

TRAILGUIDE

Fall/Winter 2021-2022

**Rediscover Your Best Self.
Rediscover Trails.**

The
Trails
Recreation Center

303-269-8400
www.trailsrecreationcenter.org
16799 E. Lake Ave • Centennial, CO 80016

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Arapahoe
Park & Recreation
District

www.aprd.org

General Information



AMERICANS WITH DISABILITIES ACT

ARAPAHOE PARK AND RECREATION DISTRICT SUPPORTS THE ADA AND IS COMMITTED TO IMPLEMENT AND ENFORCE ALL ADA REQUIREMENTS INCLUDING REASONABLE EMPLOYMENT ACCOMMODATIONS AND ACCESSIBLE FACILITIES AND PROGRAMS. THE DISTRICT WISHES TO SEE ALL FACILITIES AND PROGRAMS ACCESSIBLE TO INDIVIDUALS WITH DISABILITIES. FOR FURTHER INFORMATION CONTACT JULIE AT 303 269-8400.

Vision and Mission Statement

Trails Recreation Center, as part of the Arapahoe Park and Recreation District, strives to enhance your family's quality of life by offering exceptional amenities and programs within a safe, clean and healthy environment.

Trails Code of Conduct

Patrons are encouraged to behave in an appropriate manner and should act in a way that will not injure another person physically or emotionally. Individuals who do not abide by facility and program standards may be asked to leave the facility and/or withdraw from a program. Actions interfering with or disrupting the Trails Recreation staff while trying to provide a safe and secure family environment will be cause for expulsion from all District facilities.

Check out our website for more information

Did you know the Trails website is full of useful information? Please see the list below for useful items you will find on our website, located at www.trailsrecreationcenter.org:

- * Facility Hours are located on the home page, on the right side.
- * Rules and Regulations can be viewed by clicking on the link of the same name at the top of the website in the red bar.
- * Admission and Pass Fees can be viewed by clicking on the link of the same name at the top of the website in the red bar.
- * A list of amenities, as well as information about our child care area can be found under the tab for "departments" and then "facilities."

Birthday Parties

The Trails Recreation Staff is inviting you to celebrate your birthday with us! We offer a wide variety of parties including Pool, Gymnastics, Climbing Wall, Sports, and Ballet/Dance.

All parties include.....
A party room, a Cold Stone Creamery cake, soda/drink options, paper products, the activity and staff member. Non-dairy cakes can also be provided from Cold Stone Creamery.

For more detailed party information, visit our website under the "departments" and "facilities" tab.

For availability and scheduling or for more information on any of the parties contact Michelle at 303-269-8404 or at michellemcg@aprd.org

Martial Arts



Martial Arts Descriptions

TAEKWONDO

Taekwondo Tiny Tigers (4-6rs) - This program provides children with a dynamic and exciting look into the world of Martial Arts Training where they will learn how to increase their strength, coordination, balance and focus. Respect, integrity, perseverance, and self-control are the foundations on which the core program was developed and is taught.
Tue/Thu 4:30-5:00p, or 5:15-5:45p

Beginner Taekwondo for Juniors and Adults (7+yrs) - This program was designed to teach the fundamentals of Taekwondo. Class is taught using a variety of conditioning and coordination drills, forms, interactive one-steps, sparring, board breaks, and balance workouts. Respect, integrity, perseverance and self-control are emphasized. Tue/Thu 6:15-7:00p

Intermediate Taekwondo for Juniors and Adults (7+yrs) - This class is the next step after you have mastered the beginner class.
Tue/Thu 7:15-8:00p

BRAZILIAN JIU-JITSU

Brazilian Jiu-Jitsu (5-12yrs) - In our kids' program we are all about giving every child a guide to self-regulation through Martial Arts. Our techniques are based on the fundamental principle of Jiu-Jitsu that is, "Maximum Efficient Use of Mind and Body." We are looking to weaken our opponent's posture or balance and using timing to make our defense successful.
Mon/Wed 5:00-6:00p

Martial Arts Session Dates

Martial Arts classes meet monthly.

Taekwondo meets on Tuesdays and Thursdays.

Brazilian Jiu-Jitsu meets on Mondays and Wednesdays.

Martial Arts Uniforms

Uniforms are not required for martial arts classes; however, uniforms may be purchased through the instructor if so desired. If you are not purchasing a uniform, wear comfortable clothing that does not restrict movement.

Visit our website at www.trailsrecreationcenter.org

To see dates, times and pricing for Martial Arts, [click HERE](#)

AQUATICS



Aquatics Class Descriptions

Parent and Tot (6mo-3yrs) – Parents will get in the water with their children and engage in a variety of activities that include songs, games and basic water skills.
Mon/Wed 6:00-6:25p, Tue/Thu 5:30-5:55p, Sat 10:00-10:25a, or Sat 11:30-11:55a

Tadpole (3yrs)– This class gets kids used to being in the water without a parent as well as teaching them basic in water skills such as floats, kicks and arm scooping. All these skills are not required to be done without support from the instructor.
Mon/Wed 5:30-5:55p, Mon/Wed 6:30-6:55p, Tue/Thu 6:00-6:25p, or Sat 11:30-11:55a

Guppy (3-5yrs) – This class gets kids used to doing basic in water skills with help from an instructor. Participants by the end of the course should be willing to do all skills with support and should be willing to participate for the entire duration of the class.
Mon/Wed 4:30-4:55p, Tue/Thu 5:00-5:25p, Tue/Thu 5:30-5:55p, Sat 9:30-9:55a, Sat 10:30-10:55a, or Sat 11:00-11:25a

Minnow (3-5yrs) – This class further advances the beginner level skills learned in Guppy as well as teaches more intermediate skills such as elementary backstroke and streamline on their back with kicks. By the end of the course kids should be able to float for at least 3 seconds without the help of an instructor.
Mon/Wed 5:30-5:55p, Mon/Wed 6:00-6:25p, Tue/Thu 4:30-4:55p, Tue/Thu 5:30-5:55p, Tue/Thu 6:00-6:25p, Sat 9:00-9:25a, or Sat 10:30-10:55a

Shark (3-5yrs) – This class is designed for kids who are already mostly comfortable in the water and are willing to push off the wall and swim 2-3 body lengths of front crawl using both arms and legs as well as float and kick by themselves. By the end of the course kids should be willing to swim alone for some length of the pool and perform most skills independently.
Mon/Wed 5:00-5:25p, Tue/Thu 4:30-4:55p, Tue/Thu 5:00-5:25p, Sat 9:30-9:55a, or Sat 11:00-11:25a

Orca (3-5yrs) – This class is for advanced swimmers. Kids should be swimming mostly by themselves with little to no help from the instructor. By the end of the course kids should be able to use rotary breathing to breathe off the side when performing freestyle as well as do back crawl and breaststroke.
Mon/Wed 5:00-5:25p, Mon/Wed 6:30-6:55p, Tue/Thu 6:00-6:25p, or Sat 10:00-10:25a

Sea Turtle (Youth 1) (6-12yrs) – This class is our most beginner level and is made to help kids get more comfortable in the water as well as teach basic water skills. By the end of the class kids should be willing to participate in all skills and should be able to perform all skills with the help of an instructor.
Mon/Wed 5:30-5:55p, Mon/Wed 6:00-6:25p, Tue/Thu 4:30-4:55p, Sat 9:00-9:25a, Sat 10:00-10:25a, or Sat 11:30-11:55a

LEARN-TO-SWIM

Our Learn-to-Swim program follows American Red Cross program guidelines. Each session runs four weeks in length. Make-up classes are not offered for missed classes on behalf of the participant. Classes fill quickly; be sure to register early to hold your spot! For more information, or to determine which level to register for, email the Learn-to-Swim Coordinator at sarahhahn@aprd.org or call 303 269-8430.

SESSION DATES

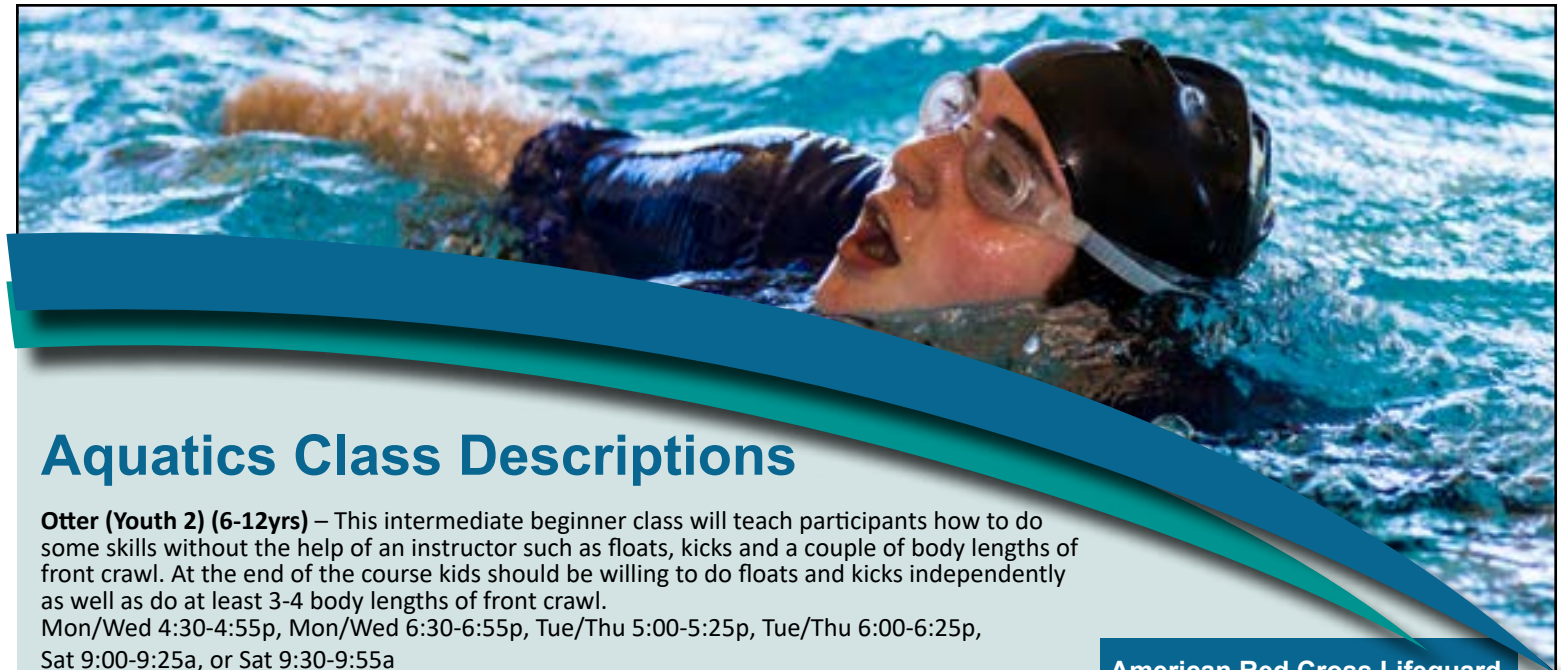
Session #10:
October 3 – November 6
(No class October 17-23 for Fall Break)

Session #11:
November 14-December 18
(No class November 21-27 for Thanksgiving)

Session #1:
January 16 – February 12

Session #2:
February 13 – March 12

Session #3:
March 20 – April 16



Aquatics Class Descriptions

Otter (Youth 2) (6-12yrs) – This intermediate beginner class will teach participants how to do some skills without the help of an instructor such as floats, kicks and a couple of body lengths of front crawl. At the end of the course kids should be willing to do floats and kicks independently as well as do at least 3-4 body lengths of front crawl.
Mon/Wed 4:30-4:55p, Mon/Wed 6:30-6:55p, Tue/Thu 5:00-5:25p, Tue/Thu 6:00-6:25p, Sat 9:00-9:25a, or Sat 9:30-9:55a

Piranha (Youth 3) (6-12yrs) – This class is intermediate, and kids should already be aware of how to perform front and back crawl. By the end of the course kids should be able to swim 15 yards of front crawl by themselves as well as perform adequate rotary breathing, back crawl and breaststroke kick.
Mon/Wed 4:30-4:55p, Mon/Wed 5:00-5:25p, Tue/Thu 4:30-4:55p, Sat 10:30-10:55a, or Sat 11:00-11:25a

Stingray (Youth 4) (6-12yrs) – Kids will take their first steps into the lap pool and will move away from instruction and more towards coaching. Kids will learn how to swim laps and go full lengths of the pool without stopping. At the end of the course kids should be able to perform treading, shallow water dives, and swim all strokes for at least 25 yards.
Mon/Wed 5:00-5:50p, Sat 9:00-9:50a, or Sat 10:00-10:50a

Sea Lion (Youth 5) (6-12yrs) – Kids will be swimming full laps and will continue working on their strokes as well as learning flip turns, open turns and butterfly. By the end of the class kids should be able to tread for at least 1 ½ minutes and swim all strokes for at least 50 yards except for front crawl where they should be able to swim 100 yards without stopping.
Mon/Wed 6:00-6:50p, Tue/Thu 5:00-5:50p, or Sat 11:00-11:50a

Dolphin (Youth 6) (6-12yrs) – Kids should be able to swim all strokes for at least 50 yards as well as the occasional 100 yards. By the end of the course kids should be able to swim 200 yards of front crawl as well as perform all dives, tread for 2 or more minutes and perform flip turns on their front crawl and back crawl.
Sat 10-10:50a

Youth Conditioning (YOCO) (6-12yrs) - Kids will receive instruction on all the strokes and prepare them for swim team in the future. Kids will learn all the basics necessary to swim laps continuously without needing to stop in between sets as well as receive further coaching on their strokes and how they can improve.
Mon/Wed 7:00-7:50a

Hurricane Drill Academy (6-18yrs) – This clinic is designed to help kids who are at a swim team level and are wanting to practice their skills during the off season. Participants are required to know all strokes and should need no assistance from the instructor in learning skills.
Fri 6:00-7:00p

Adult and Teen Beginner (13+yrs) - This class is for anyone 13 or older and has little to no water experience. Participants will learn a variety of both swimming and water safety skills that will enhance their knowledge of the water as well as teach them life saving skills.
Mon/Wed 7:00-7:50a

American Red Cross Lifeguard Training (15+yrs)

Serve your community, learn valuable lifesaving skills and earn leadership experience. Become a lifeguard! Upon successful completion, candidates will earn certification in American Red Cross Lifeguarding, CPR/AED for the Professional Rescuer and First Aid, valid for 2 years. For re-certification opportunities, please visit our website for upcoming class dates.

Mon, Oct 18 – Thu, October 21
9:00 AM – 4:00 PM Daily

Tue, March 15 – Fri, March 18
9:30 AM – 5:30 PM Daily

PRIVATE SWIM LESSONS

PRIVATE SWIM LESSONS ARE AVAILABLE 7 DAYS PER WEEK, AND RUN ON THE SAME SESSION SCHEDULE AS GROUP SWIM LESSONS. CHECK OUR WEBSITE FOR AVAILABLE DATES AND TIMES.

Teen and Adult Conditioning Swim Club

Join us for an organized morning swim! Add structure and variety to your workouts. This program will focus on developing technique, timing, and endurance in a coached setting. Great for triathletes!
Tue 9:00-10:15a, or Thu 6:00-7:15a

To see dates, times and pricing for Aquatics, [click HERE](#)

ARAPAHOE ACADEMY OF DANCE



Arapahoe Academy of Dance Class Descriptions

YOUTH DANCE CLASSES

Dance classes are based on age, with the exception of Ballet which is based on skill level. Parents are not allowed in the classroom unless otherwise indicated.

Parent/Tot Dance (walking-3yrs) - Introductory class for children and parents to explore movement through music and dance.
Fri 9:00-9:30a

Sampler Combo (3-5yrs) - A combination of Tap and Ballet.
Mon 5:15-6:00p, or Thu 10:00-10:45a

Pre-Ballet (3-4yrs) - Learn the basics of ballet technique and terminology.
Mon 6:15-7:00p, Thu 11:00-11:45a, or Fri 10:00-10:45a

Ballet Beginner (5-7yrs) - Learn the fundamentals of ballet technique and terminology.
Thu 4:30-5:30p

Ballet Intermediate (5-15yrs) - Must take Ballet Beginner and have teacher's approval to move up.
Thu 5:45-6:45p

Ballet Advanced (10+yrs) - Must take Ballet Intermediate and have teacher's approval to move up, or you must be 16 years and older and willing to learn ballet terminology.
Thu 7:00-7:55p

Tap Dance (5-9yrs) - A Tap class for beginners or as a follow up to Sampler Combo.
Mon 4:15-5:00p

Jazz Dance (7-14yrs) - Combination of techniques, turns, jumps, and improvisation.
Mon 7:15-8:15p

Arapahoe Academy of Dance Session Dates

September 27-December 10
(No class October 18-22, or November 21-27)
Final Dance Recital TBD

January 10-March 4

Dance Recital Information

Once all the logistics are secured for the recital, we will release the date. Registered participants will be notified as soon as possible through email.

Parents are responsible for purchasing recital costumes for their dancer.



Arapahoe Academy of Dance Class Descriptions

YOUTH DANCE CLASSES

Poms (5-10yrs) - Learn cheers, jumps, and short dances.
Tue 5:00-5:45p

Hip Hop (5-10yrs) - A high energy, rhythmic form of dance focusing on body isolations.
Tue 4:00-4:45p or 6:00-6:45p

Hip Hop II (10-16yrs) - Learn the next step in Hip Hop.
Tue 7:00-7:45p

ADULT DANCE CLASSES

Line Dancing - Enjoy an hour of fun, low impact dancing. Classes run monthly
Mon 2:30-3:30p Intermediate/Advanced Line Dance
Thu 2:30-3:30p Beginner Line Dance

Belly Dance Trial - If you are interested in signing up for Belly Dancing, but wish to try it first, this is the class for you.
Sun 3:30-4:30p Sep 12, or Nov 7

Belly Dancing - Study belly dancing with Denver's own Phoenix! This class is designed for new and continuing belly dance students.
Sun 3:30-4:30p Sept 26-Oct 24, or Nov 14-Dec 19

Broadway Meets Burlesque - Get a little sassy with this fun, energetic dance class.
Tue 8:00-9:00p Sep 21-Oct 12

Ballet - Learn the fundamentals of ballet technique and terminology. This class is designed for new and continuing Ballet students.
Thu 7:00-7:55p Sep 27-Dec 10, or Jan 10-Mar 4

Line Dance Workshops

Sep 26 - Chill Factor (An Advanced Line Dance) Sun
2:00-3:00p

Oct 24 - East Coast Swing
Sun 2:00-3:00p

Nov 28 - West Coast Swing
Sun 2:00-3:00p

Dec 12 - Cowboy Cha Cha
Sun 2:00-3:00p

Jan 23 - Shim Sham
Sun 1:30-3:00p

Feb 27 - Country Two Step & Triple Two Step
Sun 1:30 -3:00p

Did you know Trails offers dance camps during Winter Break? We have camps for both pre-school and school age children. Check out our School Break Camps to learn more!

To see dates, times and pricing for Dance, [click HERE](#)

ATHLETICS



Athletics Class Descriptions

VOLLEYBALL

Level 1 (8-12yrs) - Recreational instruction provided to learn the proper techniques on passing, setting and hitting.
Mon 4:30-5:30p

Level 2 (10-16yrs) - The next step in volleyball; reinforcing the skills learned in Level 1. Skills necessary: underhand serve 80% of the time, pass the ball consecutively at least 20 times.
Mon 5:30-6:30p

Level 3 (10-16yrs) - This class is designed to enhance the skill level of a serious minded player. The advanced drills taught will help each player reach a higher level.
Mon 6:30-7:30p

Serve It Up (11-14yrs) - Middle school age students will play a variety of different styles of games. The emphasis is on playing games and advancing your skills. This class meets once a week for 4 weeks.
Tue 6:30-8:00p Sep 21-Oct 12

GYMNASTICS

Parent Tot (18 mos- 3yrs) - This class offers parents a chance to interact and play with their child while learning the beginning skills of gymnastics. It will also enhance motor development in a fun and safe environment.
Mon 10:00-10:45a, Mon 11:00-11:45a, or Sat 9:00-9:45a

Itty Bitty (3-5yrs) - This fun and creative class will feature techniques which teach balance and coordination.
Wed 4:00-4:45p, Wed 5:00-5:45p, Sat 10:00-10:45a, or Sat 11:00-11:45a

Volleyball Session Dates

Session #2:
September 27-October 25
(no class October 18)

Session #3:
November 1-November 22

Session #4:
January 3-January 31
(no class January 17)

Session #5:
February 7-March 7
(no class February 21)

Gymnastics Session Dates

Session #3:
October 11-November 20

Session #4:
November 29-Dec 18
(three week session)

Session #5:
January 3-February 5
(no class January 15 or 17)

Session #6:
February 7-March 12
(no class February 19 or 21)



Athletics Class Descriptions

BASKETBALL

Hot Shots (5-7yrs) - This program focuses on teaching the proper basic techniques of dribbling, passing and shooting.

All Sessions Tue 4:00-5:00p
Session 6 only Tues 5:15-6:15p

Fast Breakers (8-11yrs) - This program teaches the proper techniques of dribbling, passing, shooting, rebounding, and defense.

All Sessions Tue 4:00-5:00p
Session 5 and 7 Tue 5:15-6:15p

Advanced Basketball (8-16yrs) - This clinic will advance all skills necessary for the serious-minded player from shooting to defense.

Tue 5:15-6:15p

Shooting Clinic (8-11yrs) - This clinic will focus on different aspects of shooting, layups, jump shots, shots off the dribble, catch and shoot, coming off screens and using an assortment of cuts.

Tue/Thu 5:15-6:15p Nov 30- Dec 9

Triple Threat Coed League (5-10yrs) - League includes qualified officiating, coaches, game t-shirts, one hour practice during the week and one weekly game.

Sat 9:00a-12:00p (5-7yrs) Oct 9-Nov 20, or Sun 12:00-3:00p (8-10yrs) Oct 10-Nov 21
Sat 9:00a-12:00p (5-7yrs) Jan 15-Feb 19, or Sun 12:00-3:00p (8-10yrs) Jan 16-Feb 20

All Buckets Club (11-14yrs) - Coed recreational club for middle school age students. The emphasis is on playing games and advancing your skills. This is an instructional playing club with coaching and officiating. This class meets once a week for 4 weeks.

Tue 6:30-8:30p Oct 26- Nov 16

Baseline Bombers Basketball Camp (5-14yrs) - You will shoot plenty at this camp along with learning all the other fundamentals: passing, dribbling, rebounding and defense. Have fun. Play lots of games.

See the School Break Camps section for dates and times

Basketball Session Dates

Session #5:
October 26-November 16

Session #6:
January 4-25

Session #7:
February 8-March 1



Big Hitters Volleyball Camp (8-14yrs)

- Oh, what fun it is to learn how to bump, set, spike and serve. Sharpen your skills on the underhand and overhand serves. There will be games galore.

Holiday Camp
Dec 20- Dec 21 9:00a-12:00p

To see dates, times and pricing for Athletics, [click HERE](#)

CULTURAL ARTS



Cultural Arts Session dates:

October 25-December 12
(No class November 21-27 for Thanksgiving Break)

January 3-February 13

February 21-April 3

Cultural Arts Class Descriptions

CLAY AND POTTERY CLASSES

Sculpting (16+yrs) - Create beautiful statues, mystical creatures, or anything else your mind can imagine out of clay.
Sun 12:30-3:30p

Pottery (16+yrs) - Learn how to hand-build or use a potter's wheel in this class designed for all skill levels.
Tue 5:30-8:30p, Wed 9:30-12:30p, Thu 9:30-12:30p, or Thu 5:30-8:30p

StoryTime Clay (4-6yrs) - Create exciting clay masterpieces based on some of your child's favorite lovable book characters.
Mon 4:15-5:00p

Clay Creations (7-12yrs) - Create your own unicorn, goblin, or favorite pet. The sky's the limit in this three dimensional sculpting class.
Wed 5:00-6:00p

Pirates and Princesses (5-9yrs) - Create treasure boxes, parrots, and crowns. Your child will love this clay class based around pirates and princesses!
Mon 5:15-6:00p

COOKING CLASS

Cooking Classes (9-14yrs) - This is a deliciously fun, technique based, hands-on cooking class.
Wed 6:15-7:30p

Cooking and Crafting (5-15yrs) - Kids will learn a simple recipe, and create a fun craft in each class.
Thu 4:30-6:00p



This photo was taken in the Digital Photography for Kids Class



Cultural Arts Class Descriptions

YOUTH AND ADULT ART CLASSES

Artist's Studio (16+) - This class is designed for anyone who wishes to have time and instruction on how to finish a painting that is already started, or who has a painting idea in their head but does not know how to get started or keep it going.
Mon 9:30-11:30a Oct 11-Nov 8

Parent/Tot Art (2-5yrs + parent) - Kindle your child's creativity and educate their mind. You and your preschooler will delight in making messes and masterpieces.
Wed 9:30-10:15a

Crafting Closet Jr. (5-7yrs) - Art is yours to enjoy in this fun class that explores all types of art concepts, from watercolor to clay.
Mon 4:30-5:15

Crafting Closet (8-12yrs) - Explore art concepts using all types of media, from clay to watercolor, pencils to sewing.
Mon 5:30-6:30p

MUSIC, PHOTOGRAPHY, AND THEATER

KidStage Elf theater class (6-12yrs) - Raised as an over-sized elf, a human travels from the North Pole to NYC to meet his biological father who doesn't know he exists and is in desperate need of some Christmas spirit.
Mon 6:15-7:45 Oct 4-Dec 6/ final performance Dec 10

Digital Photography with an SLR (16+) - Are you disappointed in your photographs with your digital SLR? Manual photography is for you! Study the art of a great composition and learn what to do with all those gadgets and dials.
Wed 6:00-8:00p Apr 6-27

Photography Editing in Adobe Lightroom (16+) - Learn to edit photography in Adobe Lightroom. Learn how to make colors pop, bring out the beauty of the sky, clear skin blemishes and more!
Wed 6:00-8:00p Jan 19-26

Digital Photography for Kids (7-13yrs) - Want to WOW your friends? Bring your camera, even one on a phone, and let's have some fun learning how to take really great pictures.
Thu 4:30-5:30p Apr 14-28

HEALTH AND SAFETY

Red Cross Babysitting Training (11-15yrs) - This class provides youth with the skills necessary to provide safe and responsible care for children.
Sat 8:00a-1:00p Sep 25, Oct 23, Nov 20, or Dec 11

ELF

Kidstage Theater Production

Raised as an over-sized elf, a human travels from the North Pole to NYC to meet his biological father who doesn't know he exists and is in desperate need of some Christmas spirit.



Cultural Arts hosts a variety of fun holiday events. Check those out on the Special Events page!

- *Trunk-Or-Treat
- *Art and Pottery Sale
- *Cookie Decorating
- *Easter Egg Hunt
- *Easter Egg Decorating

Did you know Trails offers camps during Fall, Winter, and Spring Break? Check out our School Break Camps to learn more!

To see dates, times and pricing for Cultural Arts, [click HERE](#)

FITNESS



Drop-In Fitness Class Descriptions

Cardio Strength - Combine cardio, strength training, and core strengthening using a variety of equipment to get a nice, toned body.

Forever Fit - Have fun and move to the music through a variety of exercises designed to increase muscular strength for daily living. A chair is used for seated and/or standing support.

Gentle Fitness - This class is designed for beginners, participants with chronic conditions or rehabilitation needs. Includes strength training, range of motion, balance and education.

Kickboxing - Tone your body and improve your cardiovascular fitness using kickboxing training techniques and principles.

Muscle Madness - Weight training workout that strengthens, tones, and defines every muscle in your body using a variety of equipment.

Piyo - Combine the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of Yoga. We crank up the speed to deliver a true fat-burning, low impact workout that leaves your body looking long, lean, and incredibly defined.

SilverSneakers Cardio - Get up and go with an aerobic class that is safe, heart healthy, and gentle on the joints.

Splash - Incorporate aqua weights and the resistance of water to get a powerful aerobic and strength workout in the pool.

Step - Expand your stepping skills through fun choreography and combinations.

Stretched & Balanced - Rejuvenate your body, improve your flexibility, and lengthen tight muscles with a variety of effective stretching exercises.

Yoga Sculpt - Combine yoga and strength training to tone, sculpt, and lengthen every muscle.

Fitness Classes
Drop-In Fitness classes as described on this page have no additional cost and are included in your membership or with the daily drop-in rate. Please register for these classes on our webpage. To register, visit the Drop-In Activity Reservations on our website.

Fall Prevention

This class offers practical ideas for preventing falls, teaches balance exercises, works through gait patterns, emphasizes proper posture and body alignment, and talks about balancing our imbalances.
Thu Oct. 7, 1:30-2:30p



Small Group Fitness Class Descriptions

Breathe/Relax/Meditate with Sharon - This class combines breathing awareness, gentle yoga movements, relaxation and meditation to benefit you both physically and mentally. Dress comfortably, bring a yoga mat, yoga blocks & a firm cotton or wool blanket for support of the spine & head.

Wed 6:30-7:30p

Fit at 60+ - This total body conditioning class, taught by a Certified Personal Trainer, is designed for very active adults 60 and over who wish to increase their stamina and strength. We stress functional training with an emphasis on core strength and stability.

Wed 12:00-1:00p

Senior Power Hour - This interval style class consists of a combination of low impact aerobics, strength training, and balance and stability improving movements. Designed for active adults 60+ who wish to improve their overall stamina and strength.

Thu 12:00-1:00p

Strength Circuit - This small group class is focused on helping you get and stay strong & fit. With the guidance of a Certified Personal Trainer, you will use a variety of free weights, machines, and body weight to challenge all of your muscles. Your strength will be mixed with cardio bursts to torch body fat and get you stronger and more fit than you ever thought was possible.

Tue/Thu 6:30-7:30p

Women on Weights - This class provides personal instruction in a fun, energetic small group setting. We will encompass multiple exercise formats and a variety of exercise tools to give you a full body workout. Come work with a Certified Personal Trainer and work toward achieving your health and fitness goals.

Tue 4:30-5:30p or Tue 5:30-6:30p

Personal Training - Our Certified Personal Trainers can create a personalized fitness routine to assist you in achieving your fitness, health, and wellness goals. We offer Personal Training and Nutritional Consulting for youth, adults, seniors, as well as buddy sessions. Please complete one of our training packets which can be found on our website under Fitness.

For additional information on any of our programs, please contact: Gina Flowers-Fitness & Wellness Supervisor 303-269-8409 ginacas@aprd.org or Andrea Robinson-Fitness Program Coordinator 303-269-8416 andrearob@aprd.org

Small Group Fitness Information

Registration for small group fitness classes becomes available on the 20th of the month prior to the start of the class, and ends on the 1st of the month.

Brain Fitness

Join us to learn, practice and build your own arsenal of brain fitness exercises.

This class is for all ability levels, all ages, and anyone who is ready to improve their brain fitness.

Improvements can be achieved by the following:

exercising your body,
challenging your brain,
resting your brain,

hydrating your body, eating foods that help the brain to function at its best, and meditating. We will cover these as we explore a variety of physical and mental challenges.

Thu Sep 30, 1:30-2:30p

To see dates, times and pricing for Fitness, [click HERE](#)

SCHOOL BREAK CAMPS



School Break Camp Descriptions

FALL BREAK CAMPS

Inspire to Learn and Imagine: Advanced Robotics Camp (7-14yrs) - Grow critical thinking and creativity skills in this mind-blowing Robotics Inventions camp! Campers will learn how ideas can become a reality as they build motorized robots, machines and robo-animals using Mindstorms EV3 systems.

Oct 18-22 Mon-Fri 9:00a-12:00p

Baseline Bombers Basketball Camp (ages 5-14) - You will shoot plenty at this camp along with learning all the other fundamentals: passing, dribbling, rebounding and defense. Have fun. Play lots of games.

Oct 18-Oct 19 Mon-Tue 9:00a-12:00p Ages 5-11
Oct 20-Oct 21 Wed-Thu 9:00a-12:00p Ages 11-14

WINTER BREAK CAMPS

Preschool Dance and Art Camp (3-5yrs) - Let your preschool child enjoy all the fun of a dance camp and an art camp. This class will have an hour of dance, followed by a fun seasonal craft. This is a good time for parents to get their Christmas shopping done!

Dec 15-17 Wed-Fri 10:00a-12:00p

Big Hitters Volleyball Camp (ages 8-14) - Oh, what fun it is to learn how to bump, set, spike and serve. Sharpen up your skills on the underhand and overhand serves. There will be games galore.

Dec 20-21 Mon-Tue 9:00a-12:00p

Preschool Dance Camp (3-5yrs) - A dance camp just for preschoolers and kindergartners! Your child will enjoy learning ballet, along with creative movement skills, stretching techniques, and rhythm.

Dec 20-22 Mon-Wed 10:00a-12:00p

Check out the Special Events page on our registration website to find fun family activities including holiday themed events!

These events include:
Pumpkin Splash
Trunk-or-Treat
Art & Pottery Sale
Holiday Cookie Decorating
Egg Hunt
Egg Decorating



School Break Camp Descriptions

WINTER BREAK CAMPS

Cooking Camp (8-15yrs) - Learn all the best holiday recipes so you can impress your family this holiday season!

Dec 20-22 Mon-Wed 9:00-11:00a

School Age Dance Camp (6-10yrs) - Your child will learn a lot of fun Ballet, Hip Hop, and Cheer techniques in this fun camp. This is a great gift to give as a Christmas present!

Dec 27-29 Mon-Wed 10:00a-12:00p

Mad Science of Colorado: AstroInnovators By NASA ((6-11yrs) - Developed by NASA and Mad Science, this camp will send students on an expedition to infinity and beyond as they explore our Earth's atmosphere, the outer reaches of our solar system, galaxies far, far away -- and everywhere in between! Explore exciting developments in space travel, technology, astronomy and more as you create your own NASA branded projects to take home each day!

Dec 27-30 Mon-Thu 9:00a-12:00p

Play-Well TEKologies: Minecraft Engineering with Lego Material (5-10yrs) - Bring Minecraft to life using tens of thousands of LEGO parts! Build engineer-designed projects such as a Creeper, a Lava Trap, and a Minecart. Create your favorite Minecraft mobs, tools, and objects with the guidance of an experienced Play-Well instructor.

Dec 27-30 Mon-Thu 1:00-4:00p

Baseline Bombers Basketball Camp (ages 5-14) - You will shoot plenty at this camp along with learning all the other fundamentals: passing, dribbling, rebounding and defense. Have fun. Play lots of games.

Dec 22-Dec 23 Wed-Thu 9:00a-12:00p Ages 5-11
Dec 27-Dec 28 Mon-Tue 9:00a-12:00p Ages 11-14



To see dates, times and pricing for Camps, [click HERE](#)

SPECIAL EVENTS



Special Events Descriptions

HALLOWEEN

Pumpkin Splash (all ages) - Join us for our first ever Pumpkin Splash! The pool will be transformed into a floating pumpkin patch!

Oct 23 Sat 9:30-10:30a, or 11:00-12:00a

Trunk-or-Treat (2-18yrs) - Join us for a fun outdoor adventure! Our Trunk-or-Treat will be held at Piney Creek Hollow Park.

Oct 27 Wed 5:00-5:30p, 5:30-6:00p, or 6:00-6:30p

THANKSGIVING

Art and Pottery Sale (all ages) - Join us on Fri and Sat for our semi-annual Art and Pottery Sale! All items are handmade by employees or students of the Trails Recreation Center.

Nov 19 Fri 9:00a-8:00p and Nov 20 Sat 9:00a-3:00p

CHRISTMAS

Holiday Cookie Decorating (3-12yrs) - Join us for an evening of holiday stories and sweet treats. Your child will have an opportunity to decorate all kinds sweet items for the holidays.

Dec 17 Fri 5:00-6:00p

EASTER

Easter Egg Hunt (2-9yrs) - Join us at Piney Creek Hollow Park for our annual egg hunt!

Apr 9 Sat 11:00-11:30

Egg Decorating (all ages) - You and your family are invited to join in a fun time of egg decorating. Dress for a mess. Parent participation is required.

Apr 14 Thu 5:00-6:00p, or 6:00-7:00p

Art & Pottery Sale

Our sale will feature pottery, jewelry, photography, postcards, knit items, paintings and sculptures to please any craft fair lover.

The sale will run:

Fri, Nov 19

9:00a-8:00p

Sat, Nov 20

9:00a-3:00p



To see dates, times and pricing for Special Events, [click HERE](#)

TRAVEL OPPORTUNITIES



Travel Opportunities

Book your dream vacation with confidence! Trails Recreation Center, in conjunction with Collette Travel, has several fun trips planned for you and your friends.

Portugal: Estoril Coast, Alentejo, and Algarve

Highlights include: Portuguese Riviera, Lisbon, Belem, Obidos, Sintra, Choice on Tour, Arraiolos, Cork Factory, Evora, Winery Visit, Alentejo, Monsaraz, Lagos, Algarve, Faro, Tavira, 4 UNESCO World Heritage Sites, and Azeitao. Pricing includes airfare, hotels, excursions, ground transportation, and twelve meals.

May 14-23, 2022

Australia and New Zealand Uncovered

Highlights include: Maori Culture in Wellington, Cook Strait, Nelson, Abel Tasman National Park, Punakaiki's Pancake Rocks, Choice on Tour, Franz Josef, New Zealand's Wild West Coast, Queenstown, Milford Sound, Sydney Opera House, Adelaide Hills, Barossa Valley, Sounds of Silence Dinner at Uluru, and the Great Barrier Reef. Pricing includes airfare, hotels, excursions, ground transportation, and 31 meals.

Feb 20-Mar 13, 2023

Coming soon: a trip to Scotland! Watch our website for more information.



To find more information about travel, [click HERE](#)



HAPPY
TRAILS
TO
YOU