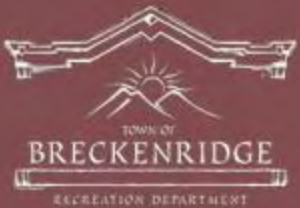


Winter/
Spring
2010



BRECKENRIDGE
RECREATION DEPARTMENT



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Member Information

Who is a Member?

A member is anyone who has a current monthly, six month, annual, or 25-punch pass at the Recreation Center. For children under 3, the parent must be a member to get the member rate on toddler programs. For children 3 years old and above, the child must hold one of these passes or be included in a family pass to receive the member rate on youth programs.

What do you get for your membership?

- A 10% discount on most Recreation programs including personal training, fitness, wellness, youth programs, aquatics, outdoor recreation and education. For specific offsite programs, participants must pre-register (online or in person) to receive the discount.
- Access to all facility amenities except tennis courts, child care, climbing wall (if not certified), and ball fields, which require additional fees.
- A variety of drop-in group fitness classes. Schedules change monthly. Please obtain the latest schedule at the front desk or online.
- Fitness area orientation.



Staff and Member Information



Town of Breckenridge Mission Statement

The Town of Breckenridge protects, maintains and enhances our sense of community, historical heritage and alpine environment. We provide leadership and encourage citizen involvement.

Recreation Department Mission Statement

The Breckenridge Recreation Team offers quality programs, facilities, and services that encourage community participation and promote fun, physical activity, and growth.

Programs Policies & General Info

- The Breckenridge Recreation Department is constantly striving to provide you with the highest quality recreation programs. If you are not completely satisfied, let us know and we will do our best to serve your needs.
- All classes will meet or be conducted at the Breckenridge Recreation Center, Stephen C. West Ice Arena or Gold Run Nordic Center, unless otherwise noted.
- The Breckenridge Recreation Department reserves the right to cancel any activity due to lack of enrollment, inclement weather or causes beyond our control.
- If you have special needs and require assistance to participate in our programs or use our facilities, please contact us at (970) 463-1734 to make arrangements prior to class start.
- Class confirmations are not mailed out. Assume your class is a "go" unless you are notified.
- Refunds and transfers must be requested 5 working days, excluding weekends, prior to the scheduled start of any activity.
- There is a \$3 service charge on refunds requested by the participant and no refunds with less than 5 days notice. There is no service charge if we cancel the activity. Please refer to individual class descriptions for further information regarding refunds and transfer policies, as some classes may differ. Refunds may take 3 to 4 weeks to process.
- No refunds of any programs after one year past a program's start date.
- Program participants who do not have a Center pass may use locker room and shower facilities.
- If additional information or assistance is required, please contact the Breckenridge Recreation Department at (970) 463-1734.
- The consumption of alcohol and/or the use of illegal substances are prohibited while participating in any and all Town of Breckenridge programs.

Recreation Center Policies

- All guests use the Recreation Center programs and facilities at their own risk.
- Children under 10 years of age must be accompanied by an adult at all times.
- We ask that all guests be considerate of other users and visitors in the building. Please dress appropriately and use appropriate language while in the Recreation Center or participating in programs.
- In order to provide you with the best experience possible, we ask that you please be aware of high usage times. These include early morning (before work), early evening (after work), poor weather days and holidays. You may wish to plan your visits accordingly.
- Alcohol is not permitted in the Recreation Center, except during sanctioned/permitted events.
- Private instruction is not permitted in public facilities.

Town Officials and Staff

Breckenridge Town Council

Mayor: Dr. John Warner

Council Members: Jeffrey Bergeron, Jennifer McAtamney, Dave Rossi, Eric Mamula, Peter Joyce, Rob Millisor

Town Officials

Town Manager: Tim Gagen

Assistant Town Manager: Kate Boniface

Recreation Department Team

Director of Recreation: Lynn Zwaagstra

Administrative Manager: Jenise Jensen

Administrative Coordinator: Lisa Sockett

Marketing Coordinator/Rec Attendant: Aaron Olthoff

Recreation Center Manager: Steve Wright

Aquatics Coordinator: Brigitta St. Armand

Aquatics Supervisor: Chris Hale

Guest Services Coordinator: Justin Werth

Guest Services Supervisor: Patt Reyes

Fitness & Facility Coordinator: Amy Guras

Tennis Coordinator: John O'Connor

Lead Guest Service Attendants: Shani Williams, Brian Schaefer

Head Lifeguards: Dorothy Sabo

Programs Manager: Diane McBride

Sports & Special Events Coordinator: Linsey Kach

Youth Coordinator: Erin Socks

Outdoor Recreation & Education Coordinator: Scott Cline

Nordic Coordinator: Zeke Zdechlik

Nordic Supervisor: Deb Oatley

Ice Arena Manager: Kevin Zygulski

Ice Arena Guest Service Coordinator: Dennis Vander Schaaff

Ice Arena Programs Coordinator: Bree Schacht

Ice Arena Facility Supervisor: Tom Brideau

Ice Arena Lead Guest Service Attendants: Tom Butt, Ryan Everts

***Photo Credits:** Joe Kusumoto (www.kusumotophoto.com) and Breckenridge Recreation Department Staff

Breckenridge Recreation Center, Carter Park & Kingdom Park



Breckenridge Recreation Center

880 Airport Road/PO Box 168
Breckenridge, CO 80424
(970) 453-1734
www.breckenridgerecreation.com
Located on the north end of Breckenridge, west of Highway 9

Center Hours of Operation:

Monday-Friday 6:00am—9:00pm
Saturday 7:00am—6:00pm
Sunday 10:00am—6:00pm

Holiday Hours:

Date	Day	Time
December 31	Thursday	6:00 am – 6:00 pm
January 1	Friday	10:00 am – 6:00 pm
April 4	Sunday	10:00 am – 6:00 pm

Indoor Facilities:

- 2 Tennis Courts
- Racquetball/Wally ball Court
- Gymnasium
- 2 Rock Climbing/Bouldering Walls
- Free Weights Room
- Child Care Room
- 25-yard, 4-lane Lap Swimming Pool with hydraulic lift
- Leisure Pool with Water Slide, Vortex and Kiddie Fountain
- Steam Room, Hot Tub and Sauna
- Running Track
- 2 Fitness Studios
- Circuit Weight Area and Cardiovascular Equipment
- Pro Shop
- Family Locker Room

Kingdom Park Facilities

- 4 Hard Tennis Courts/4 Clay Tennis Courts
- Basketball Court
- Skateboard Park with Lights
- 2 Lighted Softball Fields
- Soccer/Rugby Field
- Picnic Tables
- Playground
- Whitewater Kayak Park
- Public Restrooms



Carter Park Pavilion/Patio

Renting Carter Park & Pavilion
For rates and info call (970) 547-3119 or
CarterParkInfo@townofbreckenridge.com
Located 4 blocks east of Main Street in Breckenridge at the south end of High Street and adjacent to Breckenridge Elementary School

Pavilion/Patio:

- Indoor heated gathering area
- Gas fireplace
- Picnic tables
- Large natural gas grill
- Patio on the southwest end with spectacular views of the Ten Mile Range

Carter Park

- 4 hard tennis courts (2 lighted)
- Playground
- Picnic tables
- Public restrooms
- Sand volleyball
- Pavilion
- Dog park

Pass Information

Residency Qualifications

Base: Any person who does not qualify for resident or worker status.

Worker: Any person who works for a business with a current Breckenridge Occupational Licensing Tax (BOLT) license. Proof of worker status is required in the form of pay stub or business card with Breckenridge business and employee's name and address printed on it or a letter from employer on company letterhead.

Resident: A person living in or owning real property within the corporate boundary of Breckenridge. Proof of residency is required in the written form of a property tax receipt, property deed, lease, driver's license, utility bill with pass purchaser's name and physical address printed on it or affidavit.

Explanation of Passes/Cancellation

All passes non-refundable. Daily General Admission includes use of all Recreation Center facilities except tennis courts, and fee-based classes and services.

Couple: Two legally married adults or two domestic partners.

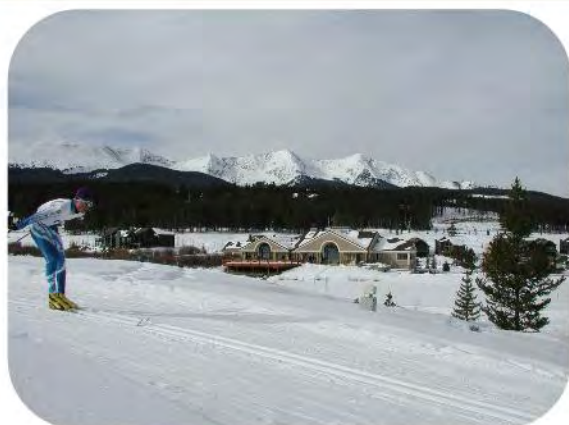
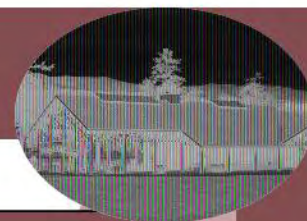
Family: Two legally married adults or two domestic partners and up to two dependent children.

Dependent: Any person eighteen (18) years or younger and who qualifies as a dependent pursuant to IRS. Dependent passes can only be purchased when an adult, couple, senior or family pass is also purchased and must run concurrently with this pass.

Tennis Add-Ons

Tennis add-ons may only be purchased in conjunction with the monthly/6 month/1 year pass system for a maximum of one year. Tennis add-ons include unlimited court time for the individual purchasing the add-on only (subject to court availability); playing partners will be charged their appropriate rate. Court time is included for up to two dependent children when both parents have current tennis add-ons.

Recreation Center Fees



Group Rates

Save money when you come as a group! If your group has 10 or more people, call the Recreation Center to make your reservation at least two weeks in advance, and bring one total payment on the day you arrive (single check or credit card payment). Call (970)453-1734 for discounted group rates.

Pass:	Adult (18-59)	Senior (60+)	Youth (3-17)
Daily General Admission <i>Includes use of all Rec Center facilities except tennis, child care, fee based programs, classes and rentals</i> Towel rental \$1/towel Racquetball rental \$1/racquet Wallyball/Person \$3	\$10	\$8	\$5
Weekly Admission	\$42	\$34	\$21
6 Punch Pass* (transferable)	\$48	\$38	\$24
Summit 15 Visit Pass* <i>Valid at both Breckenridge and Silverthorne Recreation Centers</i>	\$110	\$75	\$75
25 Visit Individual Pass*			
Base	\$156	\$125	\$94
Resident	\$130	\$104	\$78
<i>This pass is not transferable</i>			
Monthly			
Base	\$53	\$42	\$32
Resident	\$53	\$42	\$32
6 Months			
Base	\$268	\$214	\$162
Resident	\$223	\$178	\$135
1 Year			
Base	\$464	\$372	\$276
Resident	\$387	\$310	\$230

**Expires 1 year from date of purchase. Please note: all fees are subject to change.*

Pass Add-ons:

Tennis—Indoor and Outdoor (weather permitting) \$65/month
Towel \$12/month (one per visit)

These passes must run concurrent with a monthly, six-month or year pass type (not included).

Couples/Families

Primary family member (must be an adult) pays full price, each additional member receives 25% off. Applies to monthly, 25 punch, 6 mo and annual passes.



Personal Training, Fitness and Wellness

PERSONAL TRAINING

Is personal training for you? Our team of professional trainers has the skills you need to be successful. Each trainer has a background and education suited to a variety of needs from sports-specific conditioning to weight loss. Call the Fitness and Facilities Coordinator at (970) 453-3381 for more information.

Personal Training Rates

	Member	Non-Member
1 Session	\$50	\$55
3 Session	\$144	\$159
6 Sessions	\$284	\$313
12 Sessions	\$528	\$580

The above passes are non-transferable.

Private Yoga and Pilates

Private Yoga and Pilates is available upon request. Call (970) 453-3381 for rates and available instructors.

Body Fat Testing and Consultation

Body Fat Testing and Consultation is available upon request. Call (970) 453-3381 to schedule an appointment.

FITNESS AND WELLNESS CLASSES

The Breckenridge Recreation Center offers a wide variety of fun and exciting group fitness classes taught by nationally certified, motivating instructors. You can participate in two ways:

- Drop-in classes that are included with the purchase of a daily admission or membership.
- Session-based classes that are progressive in nature, running from 4 to 8 weeks. The session-based classes are generally led by the personal trainers and are limited in participants. Sign up early to reserve your space. Contact the Breckenridge Recreation Center for the most current group fitness schedule at (970) 453-1734, or log on to www.townofbreckenridge.com.

DROP-IN GROUP FITNESS CLASSES

A variety of drop-in classes are included in your daily admission or membership including yoga, pilates, cycling, low impact aerobics, water aerobics, kickboxing, endurance and toning, Zumba and the Les Mills class - BODYPUMP™.



Members of the U.S. Ski Team enjoy dry land training in the studio.

Ballroom Sampler

Dance class is for everyone! Anyone is welcome to come and dance the night away. Each class will consist of specific choreography that will allow all participants to get in a great workout while having a blast! Don't worry if you are not a good dancer - the moves will be catered for all skill levels. For couples or singles alike - you can enjoy the steps of Swing!

Days: Thursdays
 Dates: January 7 - 28
 Times: 6:45 - 7:45 pm
 Cost: \$44

Country 2 Step

The Classic Country Western partner-style dance! You'll be moving around the floor in no time. All dance levels - come learn some easy new steps! No partner needed - we rotate partners, so everyone gets to dance.

Days: Thursdays
 Dates: February 4 - 25
 Times: 6:45 - 7:45 pm
 Cost: \$44

Holiday Calorie Burn

Are you tired of that regular Holiday Bulge? Come get rid of some of those extra calories taken in over the holidays with exercise.

Days: Mondays & Wednesdays
 Dates: January 4 - 27

OR

February 1 - 24
 Times: 6-7 pm
 Cost: \$60



Wellness Wednesdays

On Wednesdays throughout the winter learn about a variety of topics including nutrition, stress management, mental health and more. Seminars and lectures will be held on the second Wednesday of the month. A variety of topics will be presented.
 Days: Second Wednesday of each month
 Dates: January 13 - March 10
 Times: 6:30-7:30pm
 Cost: FREE

Women's Fitness

Women's Fitness will be a group training session where the goal is to achieve greater lean body mass and to reduce fat. Learn about weight lifting and core exercises. Specific goals will be set and the instructor will be your coach to help you reach your personal goals.
 Days: Thursdays
 Dates: Session 1: January 7-28
 Session 2: February 4 - 25
 Session 3: March 4 - 25
 Times: 9-10am
 Cost: \$44

Ride The Road

Are you interested in a 2-hour ride? Add this class to the 1-hour group fitness cycling class and get a 2-hour cycling workout. This class will incorporate outdoor cycling skills during the winter months. More emphasis will be given to techniques and skills needed for extended cycling periods.
 Days: Saturdays
 Dates: January 9 - February 20
 Times: 8:30-9:30am
 Cost: \$33



Women's Self Defense Workshop

Instructed by Master Sean Cavins of Sahn Taekwondo, this two-night workshop is designed to give hands-on training in the basics of self-defense. Being aware and having a plan are the best ways to reduce the risk. Learn a variety of techniques for protection from an attack. This workshop will equip you with the information and drills to help you not become a victim.
 Days: Mondays
 Dates: January 18 - 25
 Times: 6:30-8:30pm
 Cost: \$50

NIA Workshop III

Energize yourself through Nia. Learn to energize your life by breaking negative patterns and cultivating joy, and discover how to rest even with the most busy schedule. Includes a Nia routine; no prior experience necessary.
 Day: Saturday
 Date: January 16
 Time: 4-6:30pm
 Cost: \$15

Nightclub 2 Step

This romantic, partner-style dance is perfect for those slower songs. Smooth and graceful. All dance levels are welcome, so come learn some easy new steps! No partner needed - we rotate partners, so everyone gets to dance.
 Days: Thursdays
 Dates: March 4 - 25
 Time: 6:45-7:45pm
 Cost: \$44



Adult Sports and Events



Winter Indoor Soccer Leagues

High Country Soccer Association and the Breckenridge Recreation Department are teaming up again this winter for recreational and competitive soccer league opportunities. The Friday night competitive MICRO league is played full-court. For more information or to register, please call HCSA at (970) 513-9668 or www.highcountrysoccer.org

Days: Fridays

Dates: January 22 - March 5

Times: 6-9pm

OR

Days: Wednesdays

Dates: January 20 - March 3

Times: 6-9pm

Cost: Please call HCSA for fee information

Coed 6 Volleyball

Bump, Set, Spike! Fall volleyball is back in action! This officiated Monday night recreational league is for coed teams of six with average volleyball skills. Mandatory meeting Jan. 4, 5:30pm.

Days: Mondays

Dates: January 4 - March 8

Times: 6-9pm

Cost: \$295

5 x 5 Competitive Basketball

Once the snow starts falling spend your Tuesday evenings playing in the competitive 5x5 basketball league! No gender specific rules apply. Managers' Meeting Jan. 18, 6pm.

Days: Tuesdays & Thursdays

Dates: January 26 - March 25

Times: 6-9pm

Cost: \$375

St. Patty's Dodgeball Tournament

Is Patches O'Houlihan your inspiration? Dip, dodge, duck, dive and dodge your way into the annual St. Patty's Day Dodgeball Tournament! A minimum of six players with at least two females per team is required.

Day: Tuesday

Date: March 16

Time: 7-9pm

Cost: \$90



Lifetime Activities

Foothills Art Center Senior Travel (ages 55 & up)

Established 40 years ago, this art center hosts several competitive exhibitions throughout the year. The Center is housed in two National Historic Register buildings. Price includes transportation and admission.

Day: Saturday

Date: January 9

Time: 8:30am-5pm

Cost: \$35

Glenwood Springs Senior Travel (ages 55 & up)

Enjoy Glenwood Springs for the day! This destination has been a favorite of health seekers since the late 1800's. Price includes transportation. Lunch, general admission to the hot springs and other spa services are the responsibility of the participant.

Day: Monday

Date: February 22

Time: 8:30am-5pm

Cost: \$41

Black Hawk Senior Travel (ages 55 & up)

Join us for a fun day at Black Hawk!!! Black Hawk is an excellent local resource for great food, entertainment and shopping. The bus will leave the senior center at 8:30 AM and return by 5 PM. Price includes transportation.

Day: Saturday

Date: March 13

Time: 8:30am-5pm

Cost: \$35

Aquatics



Breck Swim Club (ages 5-12)

Join the Breck Rec Swim Club! Coach Carly Moore will work with you on your competitive swimming skills. Goals of the club are to focus on stroke technique and endurance. Swimmers must be able to swim one length of the pool. You may choose both days of the week or only one day.

Days: Mondays and Fridays

Dates: January 1-29

February 1-26

March 1-31

Time: 4:30-5:30pm

Cost: 2 days/week: \$50 (per month); 1 day/week: \$35 (per month)

Breckenridge Competitive Swim Team (ages 6-13)

This program is designed for kids to learn how swim competitively. The coach will evaluate strokes and make corrections to improve efficiency and endurance. The environment will prepare the students for future meets. The participant must be familiar with three strokes (freestyle, back and breast stroke). Participants can be evaluated prior to sign up. The goal of the class is to prepare for and attend some meets, if available. Entry fees for swim meets are not included.

Days: Monday, Wednesday, Friday

Dates: January 1-29

February 1-26

March 1-31

Times: 4:30-5:30pm

Cost: \$60 per month

CPR/AED/First Aid Lay Responder Certification Class (ages 16 & up)

American Red Cross CPR/AED and First Aid Certification for Lay Responder. This American Red Cross course offers Cardiopulmonary Resuscitation (CPR) techniques used on adults, infants and children. It also teaches how to respond to injuries and sudden illness in a systematic manner. The first two nights cover CPR/AED and the third covers first aid. Includes workbook.

Day: Tuesday, Wednesday, Thursday

Date: February 9-11

Time: 6-9pm

Cost: \$50

Swim Parent & Child Aquatics level 1 (ages 6 mos.-2 yrs)

For each level of Parent and Child Aquatics, our instructors follow a plan to introduce new swimming and water safety skills that are developmentally appropriate for infants and young children.

Day: Tuesdays & Thursdays

Date: January 12-January 28

Time: 9-9:30 am or 5:30-6pm

Cost: \$45

OR

Date: March 6-April 10

Time: 9-9:30am

Cost: \$45

Swim Parent & Child Aquatics level 2 (ages 6 mos.-2 yrs)

For both levels of Parent and Child Aquatics, our instructors follow a plan to introduce swimming and water safety skills that are developmentally appropriate for infants and toddlers.

Routines and the familiar are extremely important to this age group. Each class uses toys, songs, fun and games to keep the children engaged and enjoying the water experience, all-the-while teaching them basic aquatic skills. Parent and Child Aquatics Level 2 builds upon the skills learned in Level 1.

Dates: M/W, January 12-28 @ 9:35-10:05am

Sat, January 16-February 20 @ 9:00-9:30am

T/Th, February 2-18 @ 9-10am

Cost: \$45



Winter Aquatics Academy 2010 (ages 15 & up)

This program is designed to certify Individuals to become American Red Cross (ARC) Instructors and Lifeguards. Re-certification classes will keep previously certified Lifeguards current and prepared for the next season. Guard will prepare younger individuals to become Lifeguards and ensures early understanding of Lifeguards responsibility and physical fitness. The Academy provides current and future ARC Lifeguards and Instructors to network and to have all classes in one location.
Dates: February 22-23

Winter Aquatics Academy: O2 Administration

The "Administering Emergency Oxygen" Course is to provide individuals with the knowledge and skills necessary to provide care to a victim of a breathing emergency using breathing devices, including resuscitation masks, bag-valve-mask resuscitators (BVMs) and emergency oxygen.
Day: Thursday
Date: February 25
Time: 1:30-4:00pm
Cost: \$30

Winter Aquatics Academy: PDT

Bloodborne Pathogens Training Course: Preventing Disease Transmission provides individuals an understanding of the intent of the bloodborne pathogens regulation issued by the Occupational Safety and Health Administration (OSHA); how Bloodborne pathogens are spread; how to help prevent exposure incidents by following work practice control using personal protective equipment and to recognize, report and follow up on employee exposures to infectious materials.
Day: Wednesday
Date: February 24
Time: 8:30-10:30pm
Cost: \$25

Winter Aquatics Academy: AED/CPR for PRO (ages 16 & up)

This course is a must have for all Lifeguards. For Lifeguards this course is valid for 1 year, others such as Healthcare providers and Professional Rescuers it is valid for 2 years. The purpose of this course is to teach those with a duty to act (professional rescuers) the skills needed to respond appropriately to breathing and cardiac emergencies. This includes the use of an automated external defibrillator (AED) to care for a victim of cardiac arrest.
Day: Tuesday
Date: February 23
Time: 8:30am-4:30pm
Cost: \$50

Winter Aquatics Academy: FIT (ages 16 & up)

Fundamentals of Instructor Training - FIT, Required course for American Red Cross Instructor courses. This class is intended to introduce instructor candidates to the history, structure, and activities of the American Red Cross. It prepares candidates to

teach American Red Cross specialty courses to diverse populations, and introduces the candidates to the policies and procedures of the American Red Cross. The FIT course will ensure course consistency, quality, and appropriate reporting.
Day: Saturday
Date: February 20
Time: 9am-2pm
Cost: \$45

Winter Aquatics Academy: GuardStart (any age)

GuardStart: Lifeguarding Tomorrow This American Red Cross GuardStart program is for youth 11-14 years of age that provides a foundation of aquatic and leadership knowledge, attitudes and skills for future successful completion of the Red Cross Life Guarding courses. Learning objectives will focus on prevention, fitness, response, leadership and professionalism.
Days: Mon, Tue, Wed, Thu, Fri
Date: February 22-26
Time: 9:30-11am
Cost: \$65

Winter Aquatics Academy: WSI (ages 16 & up)

The Water Safety Instructor course - WSI, is taught in accordance with American Red Cross guidelines and after successful completion allows you to teach water safety to include Basic Water Rescue course, six levels of the Learn to Swim and Parent and Child Aquatics.
Days: Thu, Fri, Sat, Sun
Date: February 25-28
Time: 9am-5pm
Cost: \$195

Winter Aquatics Academy: Lifeguarding (ages 16 & up)

The American Red Cross Lifeguarding course teaches participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and prevent drownings and injuries.
Days: Mon, Tu, Wed, Thu
Date: February 22-25
Time: 8-9am
Cost: \$160

Winter Aquatics Academy: Lifeguarding Instructor (ages 16 & up)

The American Red Cross Lifeguard Instructor Course trains instructor candidates to teach basic-level Lifeguarding, to include First Aid, Lifeguard Management, CPR/AED for Professional Rescuer, Administering Emergency Oxygen, Bloodborne Pathogens Training: Preventing Disease Transmission and Basic Water Rescue courses.
Days: Su, Mon, Tue, Wed
Date: February 21-24
Time: 8am-4pm
Cost: \$165



Valentine Splash Celebration (any age)

Bring a self-designed Valentine's Day card and get FREE pool admission (submitted cards will enter a drawing and will be displayed) or bring your buddy or sweetheart and get one entry free (Members bringing other Members receive a free day pass). A prize drawing will take place at 5:00 pm (must be present to win).

Day: Sunday

Date: February 14

Time: 10am-6pm

Swim Preschool Aquatics Level 1 (ages 4-5)

For each level of Preschool Aquatics, our instructors follow a plan to introduce new swimming and water safety skills that are developmentally appropriate for young children. Preschool Aquatics puts the "fun" in fundamentals. Each class is loaded with enjoyable, engaging and challenging activities that motivate children to want to perform and learn to swim. In Preschool Aquatics Level 1, your child is introduced to basic skills. These skills lay the foundation for future skill development of swimming strokes. Certain milestones are necessary for successful completion of Level 1, including: Entering the water independently using ladder, steps or side and traveling at least 5 yards, submerging mouth and blowing bubbles for at least 3 seconds, exiting the water safely, gliding on front for at least 2 body lengths, rolling to back and floating for 3 seconds, recovering to a vertical position.

Day: Tuesdays & Thursdays

Date: January 12-28

Time: 9:35-10:05am or 4:55-5:25pm

Cost: \$45

OR

Day: Saturdays

Date: January 16-February 20

Time: 9:35-10:05am

Cost: \$45



Swim Preschool Aquatics Level 2 (ages 4-5)

In Preschool Aquatics Level 2, our instructors follow a plan to introduce new swimming and water safety skills that are developmentally appropriate for young children. Preschool Aquatics puts the "fun" in fundamentals. Each class is loaded with enjoyable, engaging and challenging activities that motivate children to want to perform and learn to swim. Some of the milestones in Level 2 include gliding on front at least 2 body lengths, rolling to back, floating on back for 5 seconds then recovering to a vertical position, gliding on back for at least 2 body lengths, rolling to front, floating for 5 seconds then recovering to a vertical position, swimming using combined arm and leg actions on front for 3 body lengths, rolling to back, floating for 5 seconds, rolling to front then continuing to swim on front for 3 body lengths.

Day: Tuesdays & Thursdays

Date: February 2-18

Time: 9:35-10:05am

Cost: \$45

OR

Day: Saturdays

Date: March 6-April 10

Time: 9:35-10:05am

Cost: \$45

Swim Preschool Aquatics Level 3 (ages 4-5)

In Preschool Aquatics Level 3, our instructors follow a plan to introduce new swimming and water safety skills that are developmentally appropriate for young children. Preschool Aquatics puts the fun in fundamentals. Each class is loaded with enjoyable, engaging and challenging activities that motivate children to want to perform and learn to swim. Some of the milestones in Level 3 include: Stepping from the side into chest-deep water; moving into a front float for 5 seconds; rolling to back, floating for 5 seconds then recovering to a vertical position; moving into a back float for 5 seconds; rolling to front then recovering to a vertical position; pushing off and swimming using combined arm and leg actions on front for 5 body lengths; rolling to back; floating for 15 seconds; rolling to front then continuing to swim for 5 body lengths.

Day: Tuesdays & Thursdays

Date: March 2-18

Time: 4:55-5:25pm

Cost: \$45

Swim, Learn-to-Swim Level 1 (age 4)

For every level of Learn-to-Swim, our instructors follow a plan to introduce new swimming and water safety skills and build on previously learned skills. Each class is loaded with fun, engaging and challenging activities that motivate children to want to perform and learn to swim. In Level 1: Introduction to Water Skills, your child is introduced to basic skills as the foundation for future skills. Certain milestones are necessary for successful completion of Level 1, including: Entering the water independently using ladder, steps or side; traveling at least 5 yards, bobbing 3 times then safely exiting the water; gliding on front supported at least 2 body lengths; rolling to a back float for 3 seconds with support; recovering to a vertical position with support. It is common for children to participate in several sessions of Level 1 before they successfully demonstrate each skill. That is okay! It is not important how quickly they move through a level, but that they acquire each skill.

Day: Monday & Wednesday

Date: January 11-27

Time: 9-9:30am

Cost: \$45

OR

Day: Tuesdays & Thursdays

Date: February 2-February 18

Time: 4:55-5:25pm

Cost: \$45

Swim, Learn-to-Swim Level 2 (age 5)

Level 2: Fundamental Aquatic Skills builds on skills learned in Level 1. Our instructors follow a plan to introduce new swimming and water safety skills and build on previously learned skills. Each class is loaded with fun, engaging and challenging activities that motivate children to want to perform and learn to swim. Some of the milestones that are

necessary for successful completion of Level 2 include: Stepping from the side into chest-deep water; moving into a front float for 5 seconds, rolling to back, floating for 5 seconds then recovering to a vertical position; moving into a back float for 5 seconds, rolling to front then recovering to a vertical position; pushing off and swimming using combined arm and leg actions on front for 5 body lengths, rolling to back, floating for 15 seconds, rolling to the front then continue swimming for 5 body lengths.

Day: Saturday

Date: January 16-February 20

Time: 10:15-10:45am

Cost: \$45

OR

Day: Tuesdays & Thursdays

Date: March 2-18

Time: 5:30-6pm

Cost: \$45

Swim, Learn-to-Swim Level 3 (ages 6 & up)

In Learn-to-Swim Level 3, our instructors follow a plan to introduce new swimming and water safety skills and to build on previously learned skills. Each class is loaded with fun, engaging and challenging activities that motivate children to want to perform and learn to swim. Some of the milestones in Level 3: Stroke Development include: Jumping into deep water from the side; swimming the front crawl for 15 yards; maintaining position by treading or floating for 30 seconds; swimming the elementary backstroke for 15 yards.

Day: Tuesdays & Thursdays

Date: February 2-18

Time: 5:30-6pm

Cost: \$45

OR

Day: Saturday

Date: March 6-April 10

Time: 10:15-10:45am

Cost: \$45



Toddler/Preschool Programs



Family Gym Time (ages 0-5)

Bring your family on Wednesday & Friday this winter to the Breckenridge Recreation Center to enjoy family playtime away from the snow! Our inflatable jungle will be set up along with gym mats and play equipment so kids can have a warm indoor place to play and socialize! This program is an open play format and no instruction is provided. Parent supervision is required and a Program Instructor will be present if you have any questions or need any assistance.

Days: Mondays & Wednesdays

Dates: January 6, 8, 13, 15, 20, 22, 27, 29

February 3, 5, 10, 12, 17, 19, 24, 26

March 3, 5, 10, 12, 17, 19, 24, 26

Time: 10am-12pm

Cost: \$6 per class, punch passes available \$50/10 punches

Imagine Tomorrow Computer Class (ages 2 1/2-5)

Children ages 2 1/2 to 5 work as Computer Detectives, helping animated characters known as the "Puterbugs" solve their zany missions! Each lesson introduces a technology concept, but also reinforces early childhood academic foundations. We "play" to strengthen early literacy, logic skills, and creativity. Proprietary software can't be found anywhere except certified, licensed Imagine Tomorrow providers and adjusts to your child's individual academic and computing proficiency level. Every child gets their own laptop during class time to maximize the learning and fun! A truly unique early childhood experience since 1991. Register early to guarantee placement.

Day: Wednesdays

Date: January 19-February 10 & March 3-March 31

Time: 10-11am

Cost: \$95

Little Kicks TKD (ages 3-5)

Little Kicks is the taekwondo program for kids ages 3-5 years old. Transportation can be arranged from local pre-schools upon request.

Days: Fridays

Dates: February 5-26, March 5-26, April 2-23

Times: 11:15-11:45am

Cost: \$30/Session

The Great Egg Scramble (ages up to 11) - FREE!

Vail Resorts ECHO and the Breckenridge Recreation Department present the 19th Annual Great Egg Scramble! Come celebrate at the most EGGcellent event ever! Get your picture taken with the Breckenridge Bunny and scramble for eggs at the Recreation Center!

Day: Saturday

Date: April 3, 10am-12pm

Age Division Times TBA

Little Learners: Olympics (ages 3-5)

Calling all 3 to 5 year olds! A session based hands on learning program for preschoolers. Inspired by the 2010 winter Olympics just around the corner. Each day students will focus on a different sport, learning about the history, it's relation to the Olympics and of course playing the sport itself. Sports to learn are track & field, ice skating, swimming and gymnastics.

Days: Tuesdays

Dates: January 12-February 2

Times: 9am-noon

Cost: \$96

SuperSkate (ages 3 & up)

See page 20

Breck Skating School Me & My Shadow (ages 3-6)

See page 20

Girl Scouts Programs (ages 3 & up)

See page 19

Community Field Day Event (ages 3-13)

See page 19

Mini Mites Youth Hockey

See page 21

Bearly Big Childcare (ages 2 mos. - 6 years)

The Bearly Big Childcare Center is a service intended to provide childcare for Recreation Center guests who would like to use the Breckenridge Recreation Center's facilities and programs (parents must remain on-site). Childcare is provided for children ages 2 months through 6 years of age. Children may participate in Bearly Big for a maximum of two hours. Ages 0-1yr maximum. Customers must make a reservation to be guaranteed a spot. Please call the front desk to do this at 970-453-1734.

Days: Monday-Friday

Times: 8:55-1:15 pm

Cost: \$8/hour, \$70 punch cars available for 10 hours

2nd child discount also available

Pre-School Tumbling Wednesdays (ages 3-6)

This class begins the child's development, coordination, body movement and fitness through fun tumbling skills. We encourage good listening skills, staying in line and group participation, which are all needed to prepare for school.

Day: Wednesdays

Date: Session 1: January 19-February 17

Session 2: March 3-April 7

Time: 9-9:45am

Cost: \$54



Youth Programs

Parents Night Out (ages 5-12)

Hey parents, spend the night out on the town and we'll watch the kids! Drop them off for a night of climbing, gym games, and all sorts of other fun activities. We'll even have dinner for them! This is a very popular program and space is limited.

Days: Fridays

Dates: February 12, March 12, April 2

Times: 6-8:45pm

Cost: \$22

Taekwondo - TKD Youth (ages 5-17)

Students learn the basic techniques of self-defense while improving balance, strength, coordination and flexibility. All ability levels.

Days: Tuesdays, Wednesdays, Fridays

Dates: Ongoing

Times: 4:15-5:45pm

Cost: \$90/month; Multi-month rates also available

Junior Tennis Session (ages 7-12)

See Page 24

Jump Into Food and Fitness (JIFF) (ages 5-12)

Jump Into Food and Fitness this spring as we learn about being physically active, eating right and making healthy choices! Each day participants will make their own healthy snack, participate in a variety of games and learn how to be a healthy kid.

Day: Monday

Date: April 19-May 24

Time: 3:30-5:30pm

Cost: \$120

Kookin Kids (ages 8-12)

Tired of eating the same old food? Well then, join us as we teach you about foods from all over the world. Each week will have you cooking from countries like Italy, Spain, Mexico, and Japan! The only thing you need is your appetite!

Days: Mondays

Dates: March 1-April 5

Times: 3:30-5:30pm

Cost: \$120

Mad Scientists (ages 5-12)

Do you like bugs, goo, eruptions, volcanoes, dissecting things or making slime? Then join us Mondays as we dive into exciting hands-on science activities. This class is sure to inspire any child who likes fun and exploring.

Day: Mondays

Date: January 11-February 15

Time: 3:30-5:30pm

Cost: \$120

Beginner Tumbling (Ages 5-12)

This tumbling class is more skill-oriented and designed for children who are looking to perfect the most sought after tumbling skills. Open to children ages 5-12, handstands, backbends, cartwheels and balance are emphasized during this class. Participants will also gain floor, bars, beam and spring board experience.

Days: Tuesdays

Dates: Session 1: Jan 12-Feb 16

Session 2: March 2-April 6

Times: 4:15-5pm

Cost: \$54

Advanced Tumbling (Ages 5-12)

Is your child looking for more of a challenge out of their tumbling class? Open to children ages 5-12, this class will focus on learning the round-off with the back-handspring. Once this is mastered the possibilities are endless for them to advance their tumbling skills.

Days: Tuesdays

Dates: Session 1: Jan 12-Feb 16

Session 2: March 2-April 6

Times: 5-5:45pm

Cost: \$54

Breckenridge Synchronized Skating Team (ages 5-17)

See page 20

Figure Skating Mentor Clinic (ages 5 & up)

See page 20





Cliffhangers (Ages 6-10)

See Page 16

Junior Climbing Team (Ages 10-14)

See Page 16

Monday Mountaineers (Ages 5-12)

See Page 16

High Country Soccer After School Soccer (ages 5-7 & 8-10)

Kick into action with this developmental soccer program designed to make you a better player in the off-season. Registration takes place through HCSEA at (970) 513-9668 or www.highcountrysoccer.com. Transportation from Upper Blue and Breckenridge Elementary will be provided by Summit County School buses upon request.

Ages 5-7

Day: Wednesdays

Date: January 13-February 17

Time: 4:30-5:45pm

Ages 8-10

Day: Friday

Date: January 8-February 12

Time: 4:30-5:45pm

Junior Basketball (ages 5-7)

Dribble, shoot and pass! Get a jump-start on your basketball skills. This program is open to boys and girls in ages 5-7, all ability levels welcome. Participants will learn the fundamentals of basketball. Please complete a sports waiver BEFORE the start of the program. Transportation from Upper Blue and Breckenridge Elementary will be provided by Summit County School buses upon request.

Day: Thursdays

Date: January 14-February 18

Time: 4:30-5:45

Cost: \$60

Boys 4/5 Grade Lacrosse (ages 8-10)

Lacrosse continues to be one of the fastest growing sports in the country. Join our fantastic coaches for a season you will not forget! Participants grades 4-8 are required to be active members of the US Lacrosse Association. Mandatory Parents Meeting will be held from 6:30-8pm at the Breckenridge Recreation Center on Wednesday, February 3, 2010.

Day: Mondays & Wednesdays

Dates: March 15-June 7

Time: 4-6pm

Cost: Early Registration Fee, Jan. 2-Feb. 12: \$220

Activity Fee, Feb 13-March 1: \$255

Late Fee, Beginning March 2: \$285

Boys Middle School Lacrosse (ages 11-14)

Lacrosse continues to be one of the fastest growing sports in the country. Join our fantastic coaches for a season you will not forget! Participants in grades 4-8 are required to be active members of the US Lacrosse Association.

Day: Mondays

Date: March 15-June 7

Time: 6-8pm

Cost: Pre-Activity Fee, Jan. 1-Feb. 20: \$220

Activity Fee, Feb. 21-March 2: \$255

Late Fee, Beginning March 3: \$285

Girls Middle School Lacrosse (ages 11-14)

Lacrosse continues to be one of the fastest growing sports in the country. Join our fantastic coaches for a season you will not forget! Participants grades 4-8 are required to be active members of the US Lacrosse Association.

Day: Thursdays

Date: March 4-June 10

Time: 6-8pm

Cost: Pre-Activity Fee, Jan. 1-Feb. 20: \$220

Activity Fee, Feb. 21-March 2: \$255

Late Fee, Beginning March 3: \$285

Imagine Tomorrow Computer Class-Grades K-2 (ages 5-7)

Children grades K-2 join us after school as Computer Detectives, helping animated characters known as the "Puterbugs" solve their zany missions! Each lesson introduces a technology concept, but also reinforces early childhood academic foundations. We "play" to strengthen early literacy, logic skills, and creativity. Proprietary software can't be found anywhere except certified, licensed Imagine Tomorrow providers and adjusts to your Childs individual academic and computing proficiency levels. Each child gets their own laptop to maximize the learning and fun!

Day: Thursdays

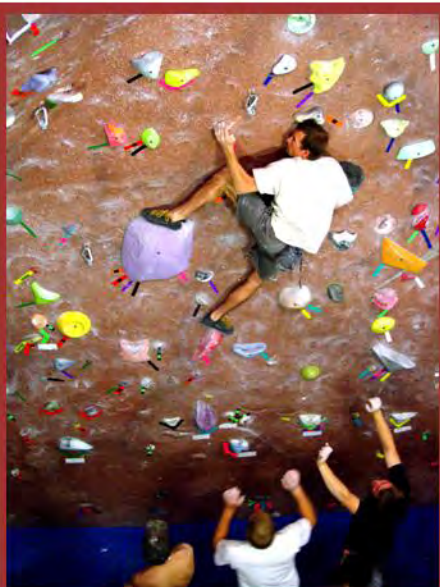
Date: January 14-February 11, March 4-April 1, April 22-May 13

Time: 4:30-5:30pm

Cost: \$30/Session (May session discounted)



Climbing Programs



Climbing Rentals

- Shoes \$3.00
- Harness \$2.00
- Chalk Bag \$1.00
- Belay Device \$1.00
- Climbing Package \$5.00
(includes all of the above items)

Route Setting

The routes are always changing! Our professional route setters understand the needs of the climbing community and provide world class routes. You're sure to find the perfect route for your skill level.

Bouldering

Our extensive bouldering areas offer challenges for everyone. From V0 to V12, test your inner strength along with your physical ability.

Top Rope Climbing

With many options to choose from, our top rope experience will blow you away. With the standardized YDS (Yosemite Decimal System), it's easy to find your way around.

Lead Climbing

What more do you need in an indoor climbing wall? How about over 500 square feet of overhanging lead routes, as well as technical lead routes throughout. From jugs to crimps, we've got them all.

HOW TO GET INTO ROCK CLIMBING

- Step 1: Take an Intro Class or a Private Lesson
- Step 2: Take the Certification Test
- Step 3: Climb, Climb, Climb
- Step 4: Check out various classes to improve your skills

School of Rock (Ages 16-Adult)

For those about to rock or for those who already rock! These ongoing classes will provide many of the skills and fundamentals you need to know in order to climb on your own. Can't make it to a class? Let our professional climbing staff know a good time for you to take a class and we will cater to your needs.

- Weekdays, 6-7 pm; \$10
- Sun: Learn to Climb 3-4pm
- Mon: Basic Footwork & Bouldering 6-7
- Tue: Learn to Climb 6-7pm
- Wed: Top Rope Anchor Building Basics 6-7pm
Basic Footwork & Bouldering
- Thu: Learn to Get Down! 6-7pm
Learn to Climb 7-8
- Fri: Learn to Lead 6-7pm
- Sat: Basic Footwork & Bouldering 3-4pm
Advanced Footwork & Bouldering 4-5pm

Belay Rides

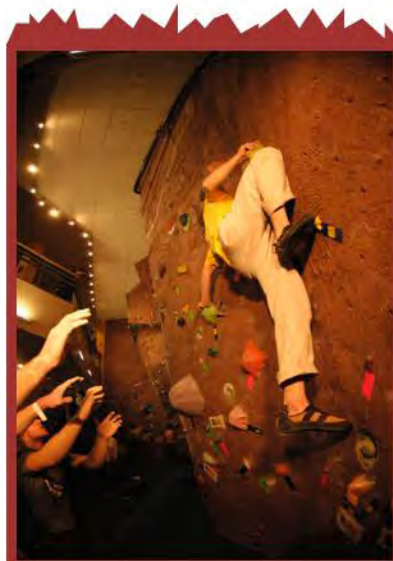
Try rock climbing today! Let our professional staff handle the technical side while you enjoy the thrill of climbing. Ages 6 and above (including adults), are welcome. All equipment is provided. Space is limited, so sign up today!
Every day, 12:00-3:00 pm; \$12 for 15 minutes

Climbing Skills Check (ages 12 & up)

Do you already know how to climb? Skills checks are required once a year for all climbers in the gym and our staff is here to test these skills. Once certified, you can climb any time the climbing wall is open and space is available. If you aren't sure on how to tie a figure eight knot, please check out the "School of Rock" classes or private lessons that teach you all the fundamentals of the sport.
Every day, 12:00-3:00 pm; FREE

Private Climbing Lessons

Looking for one-on-one instruction in climbing? The sky's the limit on what our professional staff can teach you. The lesson is at a convenient time for both you and your instructor. Call (970) 547-4324 for details.
Every day; \$45/hour up to four people





Outdoor Rec & Ed

Monday Mountaineers (ages 5-12)

The Outdoor Recreation and Outdoor Education staff team up once again to provide this incredible after school experiences. We'll cover the basics of rock climbing while we learn about high altitude mountain cultures, tracking animals, using a compass, building shelters and various other wilderness skills. We will be outside most days, so dress for the weather. This is a session-based program (no drop-ins). Please complete a climbing waiver BEFORE the start of the program. Review & update your Active account with current information.

Day: Mondays

Session 1: January 11-February 18

Session 2: March 1-April 5

Time: 3:45-6pm

Cost: \$108

Parents Night Out (ages 5-12)

See Page 13

April Falls Climbing Competition

The infamous April Falls climbing competition is back for its second year! This is a SCS sanctioned roped competition for all ages and abilities. Come test your mental and physical strength at this amazing event! Climbing gear is available to rent at the climbing wall.

Day: Friday

Date: April 2

Time: 3-9pm

Cost: \$25



Cliffhangers (ages 6-10)

This program is designed for kids who enjoy climbing and want to develop and/or enhance their skills. The classes will focus on team dynamics and climbing fundamentals. This group of kids will be eligible to join the Climbing Team at age ten.

Day: Wednesdays

Date: January 6-February 10, March 3-April 7

Time: 4:30-6pm

Cost: \$72/Session

Try A Climb (ages 6 & up)

Not sure if you love rock climbing yet? Give yourself a chance to feel what climbing is like with a Try a Climb- 5 minutes of climbing for \$5! Let our professional staff handle the technical side while you enjoy the thrill of climbing.

Every day, 12-8 pm; \$5

Junior Climbing Team (ages 10 and up)

Climbing Team is the coolest thing you can do with your Thursday afternoons! Focus on technique and movement to become a better climber in all aspects and terrain. The team will travel throughout Colorado to a variety of different climbing gyms as we compete against ourselves and other teams.

Day: Thursdays

Date: January 7-February 11, March 4-April 8

Time: 4:30-6pm

Cost: One Session: \$99; Both Sessions: \$178.20

Stephen C. West Ice Arena



0189 Boreas Pass Road/P.O. Box 168
Breckenridge, CO 80424
(970) 547-9974
Located at the south end of Breckenridge, east of Highway 9

- Indoor Rink
- Outdoor Rink
- 8 Team Locker Rooms (4 with showers)
- Family Locker Room
- Event Concession Stand
- Pro Shop
- Meeting Rooms
- Seating Capacity - 500 Spectators
- Birthday Parties

Ice Arena Building Hours

Building hours vary by season. Visit us online for current public skate schedules. Please note: there are specific hours dedicated to public skating.

Group Rates

Want to have fun skating with friends and save money? If your group has 10 or more people, call the ice arena to make your reservation at least two weeks in advance, and bring one total payment on the day that you skate (single check or credit card payment). Call (970) 547-9974 for rates.

Rentals

The Stephen C. West Ice Arena has two multi-purpose rooms available for a nominal rental fee. Both the North and South rooms accommodate up to 40 people each and share a small kitchen area. The kitchen area's amenities include a sink, refrigerator, coffee maker and microwave. The entire facility (ice rental and multi-purpose rooms) is also available for your private, corporate and company parties and events, weddings and gatherings. Please call the Stephen C. West Ice Arena front desk for details and pricing, (970) 547-9974.

Birthday & Party Packages

Birthday cake, skating with friends, and presents...what more could a kid want? Our birthday packages include 60 minutes in our party room, skating and skate rental, and a message on our scoreboard for the guest of honor. A deposit for a minimum of 10 guests is required to book your party! Please make your reservations at least two weeks in advance. Pizza and cake are available as part of the package if desired. Call for more information (970) 547-9974.

"Lunch Shot"

This adult (age 18 and older) drop-in hockey session allows you to order lunch from Downstairs at Eric's and Empire Burger, play hockey, and have lunch and a drink waiting for you after the session. For just \$13, you no longer need to decide between hockey and lunch! The minimum equipment requirement is a helmet and stick, which are available for rent, if needed. Full equipment is highly recommended.

Days: Tuesdays and Thursdays
Time: 11:30 am - 1:00 pm
Fee: \$13 for lunch and drop-in

Stick & Puck Sessions

Helmet + stick + skates = Ready for some stick and puck action! Novices and visitors welcome! Sticks, helmets and skates are available for rental. Come prepared to practice your hockey skills by yourself or with friends. Sorry, no scrimmaging is allowed at these sessions. Helmets are required, and full gear is recommended. Call (970) 547-9974 for current schedule.

Breck Skating School (ages 3-16)

Breckenridge Skating School will offer a variety of classes at the same time, each taught by a different instructor. The classes that will be taught include the following: Tots Beginner Class is for 3-6-year-olds that have never skated before or have just started skating. Pre-Alpha is designed for 6-12-year-old skaters that have never skated before or advanced youngsters who have already taken the Tots classes. Alpha/Beta is for those skaters ages 6-12 that have already had lessons and can skate forwards or backwards. Gamma/Delta is for those skaters ages 6-16 that are able to skate smoothly and fluently forward and backward. Instructors will put skaters into the correct class when they arrive for skating. \$66 per session. Drop-in option offered Tuesdays and Fridays only for \$13.50 per class. Register for Saturday classes by January 7th for Session #1, March 4th for Session #2 and April 22nd for Session #3.

Days	Dates	Times	Fee
Tuesdays	Jan 5-Feb 9	6-6:30pm	\$66
	March 2-April 6	6-6:30pm	\$66
	April 20-May 25	6-6:30pm	\$66
Fridays	Jan 8-Feb 12	6:15-6:45pm	\$66
	March 5-March 19	6:15-6:45pm	\$33
	April 23-May 28	6:15-6:45pm	\$66
Saturdays	Jan 9-Feb 13	12:15-12:45pm	\$66
	March 6-April 10	12:15-12:45pm	\$55
	April 24-May 29	12:15-12:45pm	\$66





Stephen C. West Ice Arena Fees



Member Information

Who is a member?

A member is anyone who has a current six month or annual pass at the Ice Arena. For children under 3, the parent must be a member to get the member rate on toddler programs. For children 3 years old and above, the child must hold one of these passes to receive the member rate on youth programs.

What do you get for your membership?

- Access to public skating, freestyle, public hockey sessions (dependent on type of membership).
- A 10% discount on most Ice programs including learn to skate, specialty skating classes, hockey classes, and hockey/freestyle sessions.

Pass:	Adult (18-59)	Youth (13-17)	Child (0-3)	Senior (60+)	Family w/o skate rental	Family w/ skate rental	Freestyle	Stick & Puck and Drop-in Hockey
Admission Public Skate <i>Per Session</i>	\$7	\$5	Free	\$5	\$19	\$30	\$8	\$8
6 Month Pass Public Skate <i>(non-transferable)</i>								
Resident	\$120	\$96		\$96				
Base	\$126	\$101		\$101				
6 Month Public Skate w/ Skate Rental <i>(non-transferable)</i>								
Resident	\$144	\$120		\$120				
Base	\$150	\$125		\$125				
All Inclusive Annual Pass* <i>(non-transferable)</i>								
Resident	\$330	\$300			\$500			
Base	\$363	\$330			\$550			

*Public skate, freestyle, stick & puck and drop-in hockey.

Public Skate Punch Pass	Adult With Skates	Adult w/ out Skates	Youth/Senior w/ Skates	Youth/Senior w/ out Skates
3 Punch <i>(non-transferable)</i>	\$25	\$15	\$20	\$12
6 Punch Pass <i>(transferable)</i>	\$41	\$27	\$37	\$23
10 Punch <i>(transferable)</i>	\$63	\$42	\$56	\$35

All passes expire 1 year from date of purchase.

Hockey Freestyle Punch Passes	Adult/Youth/Senior w/ Skates	Adult/Youth/Senior without Skates
3 Punch <i>(non-transferable)</i>	\$25	\$18
6 Punch <i>(transferable)</i>	\$50	\$36
10 Punch <i>(transferable)</i>	\$77	\$56

*Includes drop-in hockey, stick & puck and freestyle sessions. All passes expire 1 year from date of purchase.

Equipment & Skate Rental	Ice Rentals	Skate Sharpening
Skate Rental \$3	Resident \$185/hr	Hockey Overnight \$4
Helmet Rental \$2	Base \$210/hr	Hockey Same Day \$7
Stick Rental \$3	Outdoor \$105/hr	Figure Skates \$10
Hockey Equip Rental \$5	<i>Call to make an ice rental reservation.</i>	

Hockey skate rentals are available in youth size 11-adult size 13. Figure skate rentals are available in toddler size 6-adult size 13. Portable skate aids are available for anyone who has never skated before. All skaters use the Ice Arenas at their own risk. All passes are non-refundable.

Resident: A person living in or owning residential property within the corporate boundary of Breckenridge. Proof of residency is required in the written form of a property tax receipt, property deed, lease, driver's license, utility bill with pass purchaser's name and physical address printed on it or affidavit.

Family: Is two legally married adults or two domestic partners and up to two dependent children.



Special Events & Programs

Community Field Day Event (ages 3-13)

All skaters under the age of fourteen are encouraged to participate. This is a team event in which skaters will participate in fun competitions, relays and races. Both hockey and figure skating coaches will be assisting this event! From Learn to Skate participants to Summit Youth Hockey players (Pee Wee age and younger), come share your love of ice skating!

Day: Tuesday
Date: February 16
Time: 5-6:15pm
Cost: \$15

Girl Scouts Programs (ages 3 & up)

This workshop is for the Brownie and Junior Girl Scouts interested in learning basic ice skating skills, or who choose it as their sport of choice. Brownies will be able to earn their Brownie Try It Badge and Juniors will be able to earn their Sports Badge during this fun-filled day of skating activities on the indoor ice arena. Please bring a water bottle, snacks and dress in warm, comfortable clothing.

Day: Saturday
Date: April 24
Time: 9am-12pm
Cost: \$20

School of the Week (ages 5 & up)

For 6 weeks the Stephen C. West Ice Arena will be featuring a Summit County Elementary School. If your school is the School of the Week, you will get to participate in SK&R DAYZ for FREE!!! Plus, you'll get discounts on our upcoming figure skating & hockey programs. SK&R DAYZ includes either a FREE Skating Lesson on Friday from 6:15-6:45p OR a FREE Hockey Lesson on Friday from 6:15-6:45p plus a FREE Public Skate Pass to use during the upcoming week. All you need to do is bring your School ID to the Ice Arena front desk to be able to join in on the fun of SK&R DAYZ!

Days: Fridays
Dates: January 8—Frisco Elementary
January 15—Silverthorne Elementary
January 22—Summit Cove Elementary
January 29—Dillon Valley Elementary
February 5—Breckenridge Elementary
February 12—Upper Blue Elementary

Times: 6:15-6:45pm
Cost: FREE

2010 Spring Skate Show (ages 3 & up)

All Breckenridge Figure Skating Club members are invited to participate in our 2010 Spring Skate Show. The show will showcase our talented skating club members plus invited members from skating clubs in other parts of Colorado. The skating performances will be learned during the SuperSkate program or Synchro Team practice. Register for this fun and exciting community event at the Stephen C. West Ice Arena! Dress Rehearsal is on March 27 from 9am-1pm. The Spring Skate Show is on April 3 at 7pm. This event is free for Breck Skating Club Members and \$75 for non-club members. Spectator fees are \$8 for adults/ \$6 for youth (ages 3-17) and free for kids under 3 who

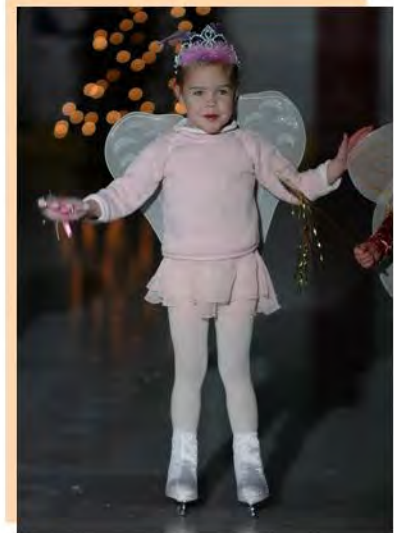
will be sitting in their parents' laps. To become a Breck Figure Skating Club member, please pick up a BFSC application at the ice arena or contact the Ice Arena Programs Coordinator at 970-547-3148 for more information about the club.

Day: Saturday
Date: April 3
Time: 7pm
Cost: Free to participate for BFSC Members; \$75 for non-club members

Breck Figure Skating Club Banquet (ages 5 & up)

Come and celebrate the 2009/2010 Figure Skating season with carriage rides, dinner at Carter Park, and awards for skaters.

Day: Friday
Date: April 2
Time: 5-7pm
Cost: \$30



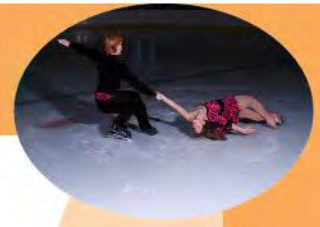


Figure Skating

Breck Skating School Adult Tuesday Classes

Have you always wanted to learn how to ice skate, but never had the opportunity? We have the perfect solution for you! Sign up for our Adult Skating Skills Class and you'll receive skating instruction from one of our certified instructors. This class will share the ice with our Youth Skating Classes, so it could be the perfect chance for you to get a workout in while your child has his or her skating lesson. The classes will all be held on the indoor rink, which is approximately 48 degrees, so please dress in warm, comfortable clothing.

Day: Tuesdays

Dates: January 5-February 9, March 3-April 6, April 20-May 25

Time: 6-6:30

Cost: \$66

Breck Skating School Me & My Shadow (ages 3-6)

So you want your child to learn how to ice skate, but you don't know how to teach them? This class is designed just for you! Skaters, ages 3-6, and their parents will be introduced to the basics of skating in a fun and encouraging atmosphere complete with games and music that will incorporate the skills being developed. Parents do not need to have skating skills to participate in this class, we will teach you the skating skills at the same time as your child. The classes will all be held on the indoor rink, which is approximately 48 degrees, so please dress your child in warm, comfortable clothing. Mittens or gloves and snowpants are highly recommended for never-ever skaters as they may spend some time on the ice while learning to skate. No class on March 27. Class on March 6 will be on the outdoor rink.

Days: Saturdays

Dates: Jan 9-Feb 13, March 6-April 10, April 24-May 29

Time: 12:15pm-12:45pm

Cost: 5 week session \$55, 6 week session \$66

Breckenridge Synchronized Skating Team (ages 5-17)

Do you know how to figure skate and want to share the excitement and fun with your friends who know how to skate? Come join our Synchro Team and learn to do jumps, spins and formations in unison with 8-10 other figure skaters. Change your figure skating world into a team sport today by signing up. No class February 19, 26 or March 26, but we will have a make-up class on Wed, March 31 from 5:45-6:30pm. Classes on January 15 & 22 will be on the outdoor rink.

Days: Wednesdays & Fridays

Date: January 8-March 31

Times: 5:30-6:15pm

Cost: \$144

Create-a-Class Figure Skating (ages 3 & up)

Calling all youth and adult figure skaters...this class is designed for you! Wanna have fun with a group of your closest friends and at the same time, improve your skating skills? Round up 4 of your buddies and create a class of your own. Yep, you heard it right, YOU choose what skating skills you'd like to work on, YOUR favorite instructor to teach the class and it can be ANY 30 minutes during a Public Skate Session! You must sign up 1 week in advance of the chosen class date so that your instructor is ready for your class.

You choose the Day and Time

Cost: \$60

Figure Skating Coffee Club

Have you been waiting for the perfect opportunity to take a break from everyday hassles? You don't have to wait any longer! Treat yourself to a leisurely morning at the ice arena! Enjoy skating, coffee and spending time with your friends at our Coffee Club on Thursday mornings. The Coffee Club runs from 8-9a and includes a 30 minute lesson from 8:30-9a. No class on Feb 18, Feb 25 or April 15.

Days: Thursdays

Date: January 14-May 6

Time: 8-9am

Cost: \$154

Figure Skating Mentor Clinic (ages 5 & up)

Be a Figure Skating Mentor! Help the figure skating instructors teach their Breck Skating School classes and enjoy benefit such as: -Free session to Public Skate or Freestyle for every class you help with -Coaching experience -Community service hours. If you're still interested, sign up for the FREE Spring Figure Skating Mentor Clinic and learn some teaching tips and techniques from our instructors! The mentor clinic is REQUIRED for all skaters who wish to mentor classes this spring and did not take the fall mentor clinic. This mentor clinic will be 2 hours (11a-Noon will be off-ice and Noon-1p will be on-ice).

Day: Saturday

Date: January 16

Time: 11am-1pm

Cost: FREE

SuperSkate (ages 3 & up)

Has your child completed a Skating School class and is looking for the next step in the skating world? Enroll him or her in our SuperSkate program and they will learn a routine that is choreographed to music with 3-5 other skaters of similar skating levels. This is a great option for your child to learn a performance that can be incorporated into our Spring Skate Show in April!

The last day of SuperSkate will include an "exhibition show" for parents and friends to enjoy.

Days: Tuesdays

Date: March 2-30

Time: 5:15-6pm

Cost: \$72





Hockey

Master's Hockey League (ages 35 & up)

For seasoned veterans, ages 35 and over, who still love the game of hockey! This co-ed league will be on Saturdays and will consist of 10 league games and 2 play-off games. Games will be on the outdoor rink from Jan 23-Feb 27, with game times from noon-1p or 1:15-2:15p (varies weekly) and the indoor rink March 6-April 10 with game times from 6:30-7:30a or 7:45-8:45a (varies weekly). The Master's League is open to players of all different abilities, but you MUST be over 35 years of age by 1/23/10 to play. All teams will be a mix of skill-levels. Just sign up individually for this league and we will put you on a team!

Day: Saturdays

Date: January 23-April 10

Time: Game times vary weekly

Cost: \$75

Mini Mites Youth Hockey (ages 3-7)

Just because you're mini, doesn't mean you can't play hockey! Get a head start on the sport! This class is for the beginner hockey player (ages 7 and under). If your child has never skated before, we recommend enrolling him/her in our Tots Breck Skating School class (available Tuesdays, Fridays or Saturdays) before participating in this class because skating skills are REQUIRED for Mini Mites. Full hockey equipment is required for all participants. No class on Feb 26, March 26 and April 16. Classes on January 15 & 22 and March 5 will be on the outdoor rink.

Day: Fridays

Date: January 8-May 14

Time: 6:15-7:15pm

Cost: \$144

Breck Betties Women's Hockey League

Are you always at the rink watching your son, daughter, husband, boyfriend or friend play hockey? Do you wish that you had a league of your own to learn how to play the game yourself? Come join our Breck Betties Winter Hockey League! This league will start with 2 coached practices, followed by 9 games and 2 play-off games. Players must be female, 18 or older and all levels of players are welcome to join this exciting league. Full gear is required; the Ice Arena has rental gear and a full service Pro Shop. Games on March 7 will be on the outdoor rink.

Day: Sundays

Date: January 17-April 18

Time: Game times vary weekly.

Cost: \$100

Adult Hockey Skills Clinics

Have you played hockey for years, but now only play during games? Do you want some time dedicated to refining your skills of the game? Join our Hockey Skills Clinics! Instruction will focus on a variety of aspects of the game including puck handling, passing and shooting, power and endurance, defensive and offensive skills. Prior hockey experience is required for this class and full hockey equipment is highly recommended.

Day: Wednesdays

Date: May 5-May 19

Time: 5:45-7pm

Cost: \$40

Create a Class-Hockey (ages 3 & up)

Calling all youth and adult hockey players...this class is designed for you! Wanna have fun with a group of your closest friends and at the same time, improve your hockey skills? Round up 4 of your buddies and create a class of your own. Yep, you heard it right, YOU choose what hockey skills you'd like to work on, YOUR favorite instructor to teach the class and it can be ANY hour during a Stick & Puck Session! You must sign up 1 week in advance of the chosen class date so that your instructor is ready for your class.

Date: You choose the day and time

Cost: \$40



Men's Spring Fling Hockey Tournament (Open, Intermediate and Recreational Divisions)

Why not combine the best of both worlds and come to Breckenridge to play in the Spring Fling Men's Hockey Tournament as well as enjoy the early spring weather and great deals in Breckenridge during the mud season! On May 14-16th, the Stephen C. West Ice Arena will be hosting an adult round-robin tournament with a 3 game guarantee. There will be 3 divisions of play: Men's Open, Intermediate and Recreational. Registration is \$500 per team and ends on Friday, April 30th at 5pm. Full payment is due with registration. The registration fee includes beer, burgers and brats at the party on Friday night. There will be no spectator fees.

Day: Friday, Saturday, Sunday

Date: May 14-16

Time: 8:30-9:30pm

Cost: \$500

Tennis



Tennis Coordinator:

John O'Connor is USPTA Certified P1. For additional information call (970) 547-4305.

Associate Tennis Professional:

Tim Wyatt is USPTA Certified P2.

Tennis Rates/Indoor Courts

Court Time

1.5 hours/\$27

1 hour/\$20

Off Time Special Rates

Monday - Friday 6:00 - 9:00 am, Saturday 7:00 - 9:00 am,
Sunday 8:00 - 9:00 am

1.5 hours/\$14

1 hour/\$10

Private Lessons/Semi-Private Lessons

Specific critiquing, fine-tuning, or overhauling your stroke is offered to all levels. Video taping analysis is available. Call to schedule.

\$50 per hour Head Pro (\$45 Associate Pro)

Series of four 1-hr. sessions: \$179 Head Pro (\$165 Associate Pro)

Semi Private (2 people) Lesson: \$30/person per hour

(\$26/person per hour Associate Pro)

Three Players and A Pro: \$20 per person per hour

Friday Extreme Tennis Drop-In (ages 16 & up)

This is a great workout with intense footwork drills and coaching. Meant for the **ADVANCED ACCOMPLISHED PLAYER**.

Day: Fridays

Date: January 1-March 26

Time: 1:30-3pm

Cost: \$19

Junior Tennis Session (ages 7-12)

Fun drills and games with the tennis professionals guiding the kids to develop strong fundamentals. Please complete a sports waiver **BEFORE** the start of the program. Review & Update your Active Account with current information.

Day: Thursdays

Date: January 7-23, February 4-18, March 4-25

Time: 4:30-5:30pm

Cost: January & March: \$45, February: \$35

Monday Intermediate Drop-in Tennis Clinic (Ages 16 & up)

A great workout with drills and point play coached by our tennis pro's.

Day: Mondays

Date: January 4-March 22

Time: 10:30am-noon

Cost: \$19

Saturday Senior Tennis Court Time (ages 60 & up)

The seniors will have court time for round robin doubles play.

Show up on a per time basis.

Day: Saturdays

Date: January 2-March 27

Time: 10:30am-12:30pm

Cost: \$8

Sunday Senior Tennis Court Time (ages 60 & up)

The seniors will have court time for round robin doubles play.

Show up on a per time basis.

Day: Sunday

Date: January 3-March 28

Time: 12-2pm

Cost: \$8





Breckenridge Gold Run Nordic Center

Gold Run Nordic Center

200 Clubhouse Drive/PO Box 168
Breckenridge, CO 80424
(970) 547-7389
www.goldrunnordic.com

- Select Dog Friendly Trails
- Group/Private Instruction
- PSIA Certified Member Ski School
- Equipment Rentals
- Rossignol Demo Center
- Nordic Retail/Ski Service Shop

Gold Run Nordic Center is a world-class venue featuring a diverse, impeccably groomed trail system surrounding a breathtaking Nordic Center day lodge. Twenty seven kilometers of groomed skating and classic trails and a network of snowshoe and backcountry touring trails comprise the trail system, which winds across and up historic Delaware Flats and the Gold Run Valley north of Breckenridge. Ideal beginner terrain for learning, expansive mountain views and a fun mix of trails for all abilities provide a mountain experience you will never forget.

The Gold Run Nordic Center Day Lodge (Breckenridge Golf Course in summer) is where you will find our friendly and professional Nordic staff, a full service Nordic retail and rental shop, and room to relax in a beautiful mountain lodge. We are a PSIA Certified Ski School, a Rossignol Demo Center. Other services at Gold Run include food and beverage service in the lodge, indoor heated wax room and scenic horse drawn sleigh rides.

Directions: From Breckenridge, drive north approximately 3 miles on State Highway 9 toward Frisco. Turn right on Tiger Road (watch for the "Ski Area Gold Run Nordic Center" sign) Follow the signs to the Nordic Center located on Clubhouse Drive, 1/2 mile from the highway.

From I-70, take State Highway 9 (exit 203) south approximately 7 miles toward Breckenridge. Turn left on Tiger Run Road (watch for the "Ski Area Gold Run Nordic Center" sign). Follow the signs to the Nordic Center located on Clubhouse Drive, 1/2 mile from the highway.

Private Lessons:

Private Lessons are offered daily, based on instructor availability.
Private lessons are 1 to 1.5 hours.
Classic or skate lessons are available; beginning to advanced levels.
Trail pass is included.
Rentals are available at a discounted rate.
Reservations are highly recommended. Walk-ins are welcome based on instructor availability.
Cancellation policy: Cancellations must be received at least 24 hours in advance to receive a full refund.
Rates:
Private Instruction: \$45
Each additional adult: \$34
Each additional youth or senior: \$28

Snowshoe Tours:

Gold Run Nordic Center offers two snowshoe touring options: The Jesse Mill Historical Snowshoe Tour & the Gold Run Scenic Snowshoe Tour.
Tours offered daily @ 10am.
Tours are 1.5 to 2 hours.
Trail pass and snowshoe rentals are included.
Reservations are highly recommended. Walk-ins welcome based on instructor availability.
Cancellation Policy: Cancellations must be received at least 24 hours in advance to receive a full refund.
Rates:
Adult: \$39
Youth (7-17): \$32
Seniors (60+): \$32

Group Lessons:

Group Lessons are offered daily at 10am and 1pm.
Group lessons are 1 to 1.5 hours.
Classic or skate lessons are available; beginning to advanced levels. Trail pass included. Rentals are available at a discounted rate. Reservations are highly recommended. Walk-ins are welcome based on instructors availability.
Rates:
Adult (18 & over): \$34
Youth (7-17): \$20
Seniors (60+): \$20

Nordic Mondays (ages 5-12)

You get out of school early on Mondays, so come ski with us at the Gold Run Nordic Center. Kids will be taught the fundamentals of classic and/or skate skiing. All abilities are welcome. Rentals are included with the price. Be sure to wear appropriate winter clothing for Nordic skiing! Parent pick-up is at the Gold Run Nordic Center at 5:30pm.
Day: Mondays
Date: February 1-15 & March 1-15
Time: 3:30-5:30pm
Cost: \$45



Breckenridge Gold Run Nordic Center



Rentals

Adult Ski Package Rental _____	\$17
Youth (7-17) Ski Package Rental _____	\$12
Senior (60+) Ski Package Rental _____	\$12
Youth (6 & under) Ski Package Rental _____	\$12
Performance Ski Package Rental _____	\$24
High Performance Ski Package Rental _____	\$30
Backcountry Ski Equipment Rental _____	\$35
Boots Only _____	\$6
Poles Only _____	\$3
Skis Only _____	\$8
Performance Skis Only _____	\$20
High Performance Skis Only _____	\$25
Pulk Sled _____	\$15/day or \$35 for overnight

Tools to Improve Your Skiing:

Speedy Ski Maintenance - let us wax your skis for speed and longevity of your skis life

Ski with Zeke - drop in ski for intermediates and above skate and classic skiers. Every Monday and Wednesday at 9:00 am for an hour of skiing and coaching on the fly.

Ski with Marie Peyot - Enjoy a drop in session with a former French National Team Member, Marie Peyot. Every Monday and Wednesday at 9:00am. Classic technique is her specialty, but she loves to skate too.

Weekend Specials - Come inside the Nordic Center to see what the "Daily Special" is today.

Wax Room - Enjoy the comfort and ease of working on your personal skis in our heated wax room. Benches, profile benches and irons are available for your use.

Wax Clinics - Interactive wax clinics run by our professional staff and guest wax specialists.

Questions - Does glide waxing seem foreign to you; want to know the kick wax of the day? Come inside the Nordic Center for tips and instruction.