

# Fall 2010

[www.breckenridgerecreation.com](http://www.breckenridgerecreation.com)

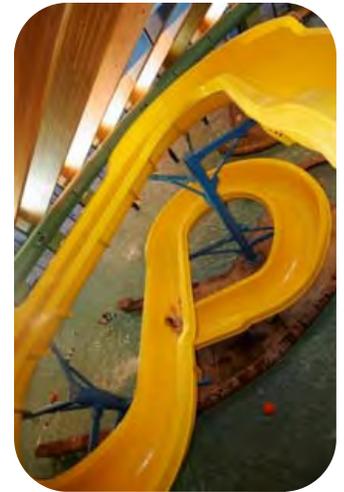


# BRECKENRIDGE RECREATION DEPARTMENT



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## Member Information

### Who is a Member?

A member is anyone who has a current 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 & 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) 453-1734 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) 453-1734.
- The consumption of alcohol and/or federally prohibited substances is prohibited while participating in any and all Recreation Department programs or facilities.

## 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, Mark Burke, Mike Dudick, Jennifer McAtamney, Eric Mamula, Peter Joyce

### **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:** Helen Cospolich

**Administration Assistant:** Aaron Olthoff

**Recreation Center Manager:** Diane McBride

**Aquatics Coordinator:** Scott Haden

**Aquatics Supervisor:** Chris Hale

**Guest Services Coordinator:** Patt Reyes

**Guest Services Supervisor:** Brian Schaefer

**Fitness & Facility Coordinator:** Vacant

**Tennis Coordinator:** John O'Connor

**Lead Guest Service Attendants:** Pete LaGrange

**Head Lifeguards:** Dorothy Sabo, Todd Stoneberg

**Programs Manager:** Bree Schacht

**Sports & Special Events Coordinator:** Linsey Kach

**Youth Coordinator:** Erin Socks

**Outdoor Recreation & Education Coordinator:** Scott Cline

**Ice Arena Manager:** Kevin Zygulski

**Ice Arena Guest Service Coordinator:** Justin Werth

**Ice Arena Programs Coordinator:** Chris Ruhly

**Ice Arena Facility Coordinator:** Dennis Vander Schaaff

**Ice Arena Facility Supervisor:** Tom Brideau

**Ice Arena Lead Guest Service Attendants:** Ryan Evarts

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# 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

### Recreation Center Hours of Operation for Summer Season (May 1-October 17):

<b>Recreation Center</b>	<b>Aquatics Area Hours</b>
Monday - Friday 6am-8pm	Monday - Friday 6am-7pm
Saturday 7am-8pm	Sat & Sun 9am-8pm
Sunday 8am-8pm	

### Recreation Center Hours of Operation for Winter Season (October 18-April 30)

<b>Recreation Center</b>	<b>Aquatics Area Hours</b>
Monday - Friday 6am-9pm	Monday - Friday 6am-8pm
Saturday 7am-8pm	Sat & Sun 9am-8pm
Sunday 8am-8pm	

### Holiday Hours:

Date	Day	Time
Labor Day	Monday	6:00 am - 6:00 pm
Thanksgiving	Thursday	6:00 am - 3:00 pm
Day After Thanksgiving	Friday	6:00 am - 10:00 pm
Christmas Eve	Friday	6:00 am - 6:00pm
Christmas Day	Saturday	Closed All Day
New Years Eve	Friday	6:00am - 6:00pm
New Years Day	Saturday	10:00am - 6:00pm

### 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



## 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

### Facility Rentals

Private rentals are available for rooms and amenities at the Breckenridge Recreation Center, Stephen C. West Ice Arena, Carter Park and the Kingdom Fields. Call or visit us online for fee information.

## Pass Information

### Residency Qualifications:

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

**Resident/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. OR 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 dependent children.

# 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)	
<b>Daily General Admission</b> <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	
<b>Visitor 10-Day Pass</b> (non-transferable)	\$42	\$34	\$21	
<b>6 Punch Pass*</b> (transferable)	\$48	\$38	\$24	
<b>15 Punch Pass*</b>	\$110	\$110	\$75 (Ages 12-17)	<b>Child Pass (3-11): \$60</b>
<b>Summit 15 Punch Pass</b> available on request, this transferable pass will allow guest access to both the Breckenridge and Silverthorne Recreation Center locations.				
<b>Monthly</b>	\$53	\$42	\$32	
<b>25 Visit Individual Pass*</b>				
Base	\$156	\$125	\$94	
Resident	\$130	\$104	\$78	
<i>This pass is not transferable</i>				
<b>6 Months</b>				
Base	\$268	\$214	\$162	
Resident	\$223	\$178	\$135	
<b>1 Year</b>				
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-on:

### Towel \$12/month (one per visit)

*This add-on 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 month 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 (970) 453-1734 for more information.

### Personal Training Rates:

1 Session	\$55
3 Session	\$159
6 Sessions	\$313
12 Sessions	\$580

*The above passes are non-transferable.*

### Private Yoga and Pilates

Private Yoga and Pilates is available upon request. Call for rates and available instructors.

### Body Fat Testing and Consultation

Body Fat Testing and Consultation is available upon request. Call to schedule an appointment.

**Our Professional Personal Training Staff is here to serve you!**

#### Kasia Smith

- Certified Personal Trainer, American Council on Exercise
- Group Exercise certified
- Teaches many of the Boot Camp classes

#### Cleve Keller

- B.S., Education for East Stroudsburg University
- Certified Personal Trainer, American Council on Exercise
- Completed Pace™ Certification

#### Chris Hughes

- Certified, Personal Trainer, American Council on Exercise
- 2003 Assistant Coach to World Champion USA Power Lifting Master Bench Press Team
- 7 years Top Ten National Power Lifter
- 7 years USSA Freestyle Skier
- 5 years strength and conditioning consultant to US Freestyle Ski Team
- USA Weightlifting Certified Olympic Lifting Coach
- USAW Sports Performance Coach, USAW Club Coach

#### Marika Page

- NSCA-CSCS, Certified Strength and Conditioning Specialist
- NSCA trainer educator
- Specializing in movement training and correcting muscle imbalance
- Clients span from first-time exercisers to Olympic athletes
- US Rowing national team member, 2005

#### Diane DeSilva

- Certified Personal Trainer, National Strength and Conditioning Association
- Certified Group Fitness, Yoga, and Cycling Instructor

## 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.breckenridgerecreation.com](http://www.breckenridgerecreation.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™.

### Set up Your Own Personal Training Group!

If you are looking for the comfort and convenience of training with your own family or friends and a time and location that suits you, then you may wish to set up your own private, group training session. This is often a very popular option as not only do you have lots of fun with your friends, you will also find yourself more motivated to get out there each week. There is also the added benefit of reducing the cost. Call (970) 453-1734 for more information.

### Cardio Camp (Ages 16 & up)

With our exciting Cardio Camp fitness program, you'll accomplish more by 7:30 am than most people do all day! With fun, energizing workouts that change every day, you'll never be bored. You will be on the cutting edge of fitness, and your body will show it! Cardio Camp workouts are efficient because you work your entire body—heart and muscles—by going from one exercise to another with no rest. Cardio Camp will consist of a combination of cardio, circuit, strength, and agility training in a group workout. A great way to burn lots of calories. Efficient - you work your whole body in a short period of time. Fun - each exercise is different so you don't get bored. Easy to fit in to a busy schedule - You can do it anywhere with little equipment.

Days: Tues & Thurs

Dates: Sept 7-30

Oct 26-Nov 18

Time: 6:30-7:30am

Cost: \$60 per session



### Ballroom Sampler (Ages 16 & up)

Ballroom Dance Sampler with a different dance every week! Join us this fall to learn four different dances:

Sept. 2 -Waltz

Sept. 9- Night Club 2 step (NOT the same as Country Two Step)

Sept. 16 - Latin Cha Cha

Sept. 23 - Swing/Fox Trot

Ballroom dance is a style of partner dance which originated in the western world and is now enjoyed both socially and competitively around the globe. Its performance and entertainment aspects are also widely enjoyed on stage, in film, and on television. Come join us on Thursday nights to learn some new dance. All dance levels - come learn some easy new steps! No partner needed -we rotate partners, so everyone gets to dance. This is an opportunity to learn some dance moves for the Dancing with the Stars event in September.

Days: Thursdays

Dates: September 2-23

Time: 6:45-7:45pm

Cost: \$44

### Healthy Back (Ages 16 & up)

Did you know that according to the ACA (American Chiropractic Association), 31 million Americans experience low back pain at any given time? Are you one of them? This healthy back class teaches you strengthening exercises for your core to help support your back. Stretching and breathing exercises are also incorporated into the program. Let your back pain be a thing of the past!



Days: Tuesdays & Thursdays

Date: Oct 12-Nov 18

Time: 10-10:45am

Cost: \$90

### Winter Conditioning (Ages 16 & up)

Winter Conditioning will prepare you to handle all of those long ski or snowboard runs, endless snowshoeing trails, and much more! This class will focus primarily on lower body strength as well as cardio.

Days: Tuesdays & Thursdays

Dates: Oct 19-Nov 11

Time: 6-7pm

Cost: \$60

### 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. You will set goals and the instructor will be your coach to help you reach them.

Days: Mon & Thurs, or only Thursdays

<u>Dates</u>	<u>Cost (2 or 1 days/week)</u>
Sept 9-30	\$52.50 or \$33
Oct 11-28	\$45 or \$25
Nov 1-29	\$60 or \$ 33
Dec 2-23	\$52.50 or \$40

Time: 9-10am





# Adult Sports and Special Events

## Arts & Music



### Adult Guitar Lessons (Ages 16 & up)

Come learn the basics of chords and strings on the guitar! Participants will learn the basics of guitar and how to jam! Participants must bring their own guitar. Meets once a week for 6 weeks at the Breckenridge Recreation Center. Let's Jam!

Days: Thursdays

Dates: Oct 14-Nov 18

Time: 6:30-7:15pm

Cost: \$100

### Learn to Knit (Ages 12 & up)

Are you looking to learn a new hobby or refresh your knitting skills? This program is for you! We will meet on Wednesday evenings to learn everything from casting to purl stitches and knit stitches. This is a great way to learn the basics with the help of an instructor! Supplies will be provided, but feel free to bring your own tools if you have them! Class will meet at the Carter Park Pavilion (Stephen C. West Ice Arena on October 6).

Days: Wednesdays

Dates: Sept 22-Oct 13

Time: 6-7:30pm

Cost: \$50

### Learn to Knit Beanies & Scarves (Ages 12 & up)

Do you have the basics of knitting down and are looking for a new project to work on? Enroll in this program and we'll teach you how to knit beanies and scarves just in time for the holiday season. Give a handmade gift this year to your friends and family! Supplies will be provided, but feel free to bring your own tools if you have them! Class will meet at the Carter Park Pavilion.

Days: Wednesdays

Dates: Oct 27-Nov 17

Time: 6-7:30pm

Cost: \$50

### Learn to Knit Kustom Koozies (Ages 12 & up)

This fun class comes just in time for the gift-giving season! Participants will learn how to make their own custom koozies and/or sleeves for bottles of wine. When everyone else is scrambling for gift ideas, you'll have yours ready to go! Supplies will be provided, but feel free to bring your own tools if you have them! Review and update your Active Account with current information. Class will meet at the Multi Purpose room at the Breckenridge Recreation Center.

Days: Thursdays

Dates: Dec 2-16

Time: 6-8pm

Cost: \$50

### 5 x 5 Competitive Basketball (18 & up)

The 5x5 Competitive Basketball league will take place on Tuesday evenings at the Breckenridge Recreation Center. This is a competitive league and no gender specific rules apply. A mandatory team captain/free agent meeting will be held at 6:45pm on Wednesday, October 6th at the Stephen C. West Ice Arena.

Days: Tuesdays

Date: November 16-January 18

Time: 6-9pm

Cost: \$350

### Coed Volleyball (18 & up)

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. A mandatory team captain/free agent meeting will be held at 6pm on Monday, October 4th at the Recreation Center.

Days: Mondays

Dates: October 18-December 6

Time: 6-9pm

Cost: \$270

### Halloween Dodgeball Tournament (18 & up)

Do you think you have what it takes to dodge witches, goblins and maybe even White Goodman? This second annual Halloween Dodgeball Tournament is your chance to show off your skills AND your costume! A minimum of six players per team with at least two females. All teams must register by 9pm on Wed., October 27th.

Date: Thursday, October 28

Time: 6-8pm

Cost: Team fee \$85

### Oktoberfest 5k Fun Run (Ages 10 & up)

**Saturday, September 18, 10am Start**

The 8th Annual Oktoberfest 5K is back again this fall offering an active start to a festive weekend. Lace up your running shoes and experience the changing aspens and beautiful scenery in this 5K trail run on Town of Breckenridge trails, finishing in time to enjoy the Breckenridge Oktoberfest happenings. The first 200 people to register will receive an Oktoberfest 5K Run t-shirt! Pre-registration ends at noon on Friday, September 17th. Day-of registration beginning at 8:30am on September 18th in the South Gondola parking lot.

### Turkey Shoot

**Saturday, November 13, 10am-1pm (Ages 6 & up)**

Shoot, score and win yourself a turkey! One adult and one child will team up to see who can make the most free throws. Prizes including turkeys and pies will be awarded to shooters in each age division. Age Groups: 6-8, 9-10, 11-12, 13-15 and 1 adult (age 16 and over).

Fee: \$4 per team by 11/12; \$6 per team after 11/12

OR \$4 plus a canned good to be donated to charity

10am Registration Opens, 10:30am Competition Begins

### Inner Tube Water Polo (18 & up)

See Page 8

### Adult Taekwondo

See Page 13

### Curling League (18 & up)

See Page 20



# Aquatics



## Breck Rec Swim Club (Ages 5-12)

Come join the Breck Rec Swim Club! The Swim Club is designed for participants who can't quite commit to the Swim Team, but desire the same level of instruction. The club meets on Monday evenings from 4:40 to 5:40pm. Coach Kevin Curtis 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.

Days: Mondays

Dates: August 30-November 1  
November 8-December 13

Time: 4:40-5:40pm

Cost: \$50

## Breck Swim Team (Ages 6-12)

Take your swimming to the next level! We will attend and compete in swim meets throughout the season. All participants must be able to swim all 4 competitive strokes (butterfly, freestyle, back and breast stroke).

Days: Mon, Wed, Fri

Dates: August 30-October 1  
October 11-November 12  
November 15-December 17

Time: 4:40-5:40pm

Cost: \$70

## Inner Tube Water Polo (Ages 18 & up)

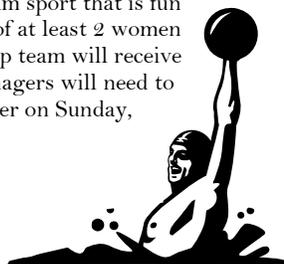
This league combines the fast pace of water polo with the unique skill of floating down a river. The rules for water polo are modified to create a team sport that is fun for the recreational athlete. Co-ed teams of at least 2 women and 4 men are required. The championship team will receive customized champion t-shirts! Team Managers will need to meet at the Breckenridge Recreation center on Sunday, October 24h at 6:30pm.

Days: Sundays

Dates: November 7-December 12

Time: 5-8pm

Cost: \$270



## Adult Swim & Triathlon Training (Ages 18 & up)

This program is designed for adults to learn how to improve their swimming endurance by building proper swim habits and improving stroke technique. The instructor, Jaime Brede, has passion and enthusiasm for swimming, competition, and fitness. She took first place at the 2009 Xterra National Championship Triathlon for amateurs, and has competed in over 300 events in her career. She also has a background as a swim coach and instructor. Jaime will evaluate strokes and make corrections to improve efficiency and endurance. The environment is a great way for participants to prepare for competitions and to meet personal swimming and fitness goals. The participant must be comfortable with three strokes (freestyle, back, and breast stroke). Participants can be evaluated prior to sign up, please contact the Aquatic Center. The goal of the class is to gain that extra edge when swim training, and to introduce those into the next level of swim training for those who may be interested in triathlon competition in the future. Please contact the Aquatics Center with any questions at (970) 547-4338

Days: Tues & Thurs

Dates: August 24-September 30

Time: 7-8:30pm

Cost: \$45



## CPR/AED/FirstAid Lay Responder Certification Class

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. Certification is valid for one year for CPR/AED and three years for First Aid. Includes workbook.

Days: Tue, Wed, Thurs

Dates: Sept 28-30 & Nov 9-11

Time: 6-8pm

Cost: \$60

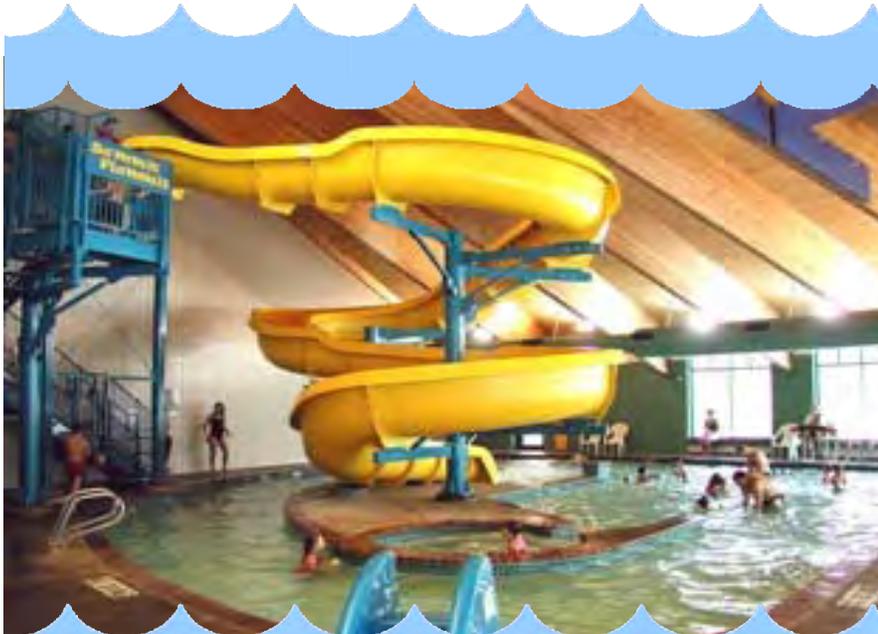




### **Preschool Swim (Ages 2 1/2-4)**

What happens in Preschool Swim Lessons? For Preschool Aquatics, 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 order to move from Preschool Swim Lessons to Learn-to-Swim instruction swimmers must be able to: Enter the water independently using ladder, steps, or side and travel at least 5 yards-Submerge mouth and blow bubbles for at least 3 seconds-exit the water safely-Glide on front for at least 2 body lengths-Roll to back and float for 5 seconds-Recover to a vertical position-Swim using combined arm and leg actions on front for three body lengths. Roll to back, float for 5 seconds, roll to front then continue to swim for 3 body lengths. It is quite common for children to participate in several sessions of Preschool Swim Lessons before they are able to successfully demonstrate all the skills necessary to move to Learn-to-Swim. That's expected and normal!



#### **Preschool Lessons:**

##### **Weekdays**

Days: Tues & Thurs

Dates: Sept 7-30

Oct 12-Nov 4

Nov 9-Dec 9

Time: 5:15-5:50pm or 9-9:35am

Cost: \$50 per session

##### **Saturdays**

Dates: Sept 11-Oct 2

Oct 16-Nov 6

Times: 9:15-9:50am

Cost: \$25 per session



## Learn to Swim (Ages 5-10)

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.

When your child arrives on the first day their skill level will be assessed, and they will be divided up into the appropriate level: 1, 2, or 3.

See level descriptions below.

### Level 1:

- 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.

### Level 2:

- 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

### Level 3:

- 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

## Learn to Swim Lessons

### Afterschool Sessions (Level 1 & 2)

Days: Tues & Thurs

Dates: Sept 7-30

Oct 12-Nov 4

Nov 9-Dec 9

Times: 4:35-5:10pm

Cost: \$50 per session

### Saturdays

#### Level 1 & 2

Dates: Sept 11-Oct 2

Oct 16-Nov 6

Time: 10-10:35am

Cost: \$25 per session

#### Level 3 & 4

Dates: Sept 11-Oct 2

Oct 16-Nov 6

Time: 10:45-11:20

Cost: \$25 per session





# Toddler/Preschool Programs

## **Breck Skating School Me & My Shadow (Ages 3-6)**

See page 20

## **Mini Mites Youth Hockey (Ages 3-7)**

See page 21

## **1, 2, 3, Climb (Ages 2 & 3)**

See page 17

## **Mighty Mite Climbers (Ages 4 & 5)**

See page 17

## **Bearly Big Childcare (Ages 2 mos.-6 yrs)**

*Monday-Friday, 8:55am-1:15pm*

*Offered on Saturdays beginning October 18th!*

**\$8 per hour or a punch pass is available for \$70 for 10 hours**

The Bearly Big Childcare Center is intended to provide childcare for Recreation Center guests who would like to use the 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. Children under 1 year may only stay in Bearly Big for 1 hour maximum. Reservations must be made by 8:30 AM that day the latest in order to secure a same day reservation.

## **Babies in Motion (Ages 3 & Younger)**

This class will help focus on motor skills, social development and movement. Children will listen to a story, sing some songs and have time to play with balls, beanbags, toys and more! Parent participation is required. We will have carpet squares/mats available to sit on, but please bring a blanket as well!

Days: Mondays

Dates: Session 1: Sept 6-27

Session 2: Oct 18-Nov 8

Time: 10-10:45am

Cost: \$40 per session

## **Family Gym Time (Ages 5 & Younger)**

Bring your family on Wednesday & Friday this fall 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 ages 0-5 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: Wednesdays & Fridays

Dates: Begins October 6

Time: 10am-Noon

Cost: \$6 a day or \$50 for a 10-visit punch pass

## **Little Kicks TKD (Ages 3-5)**

Little Kicks is the taekwondo program for kids ages 3-5 years old. The class runs on Fridays from 11:15-11:45am. Transportation can be arranged from local pre-schools upon request.

Days: Fridays

Dates: Sept 3-24, Oct 1-22, Oct 29-Nov 19

Time: 11:15-11:45am

Cost: \$30/session

## **Little Learners (Ages 3-5)**

Calling all 3 to 5 year olds! Join us Tuesday mornings at the Rec Center from 9am to 12pm for a session based hands on learning program for preschoolers. Little Learners holds two fall sessions and two spring sessions.

Days: Tuesdays

Time: 9am-12pm

Cost: \$96 per Session

### **Session 1: Outer Space (Sept 21-28)**

Has your little one ever wondered about the stars in the sky, planets and space ships? Join us for an interactive exploring session of Little Learners that teaches about outer space and all things that can be found in it!

### **Session 2: Rain Forest (Oct 19-Nov 9)**

Participants will use all of their senses to learn about the rain forest and jungle life! What kind of plants and animals you can find and how people survive in the jungle! Crafts and games a must! Join in the fun and learning!





### Preschool Pajama Parties (Ages 3-6)

**NEW!**

Does your preschooler love dressing up and playing with their favorite dolls, action figures and toys from their favorite movies? Join us for Preschool Pajama parties where your children can enjoy a themed evening with crafts, games, dinner and a goodie bag to take home! Parents can enjoy an evening out while the little one has a blast with their favorite characters! Pajamas are encouraged!

Time: 5:30-7:30pm

Shrek, Friday, Sept 24 (\$16)

Star Wars, Friday, Oct 15 (\$16)

Princess, Friday, Nov 19 (\$16)

Super Hero, Friday, Dec 10 (\$16)

### Tyke Yoga (Ages 3-5)

This class will focus on balance, stretching and developing body awareness. The children will learn how to focus and calm their bodies through stretching and breathing for the first thirty minutes of this class. The last thirty minutes of class the children will enjoy time to play with the other children in the class. Parent participation is not required.

Days: Wednesdays

Dates: Sept 8-29

Oct 27-Nov 17

Time: 9:30-10:30am

Cost: \$40 per session

### Preschool Tumbling Fridays (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 them for school. There will be NO class on Friday, October 15th.

Days: Fridays

Dates: Session 1: Sept 24-Oct 29

Session 2: Nov 5-Dec 17

Time: 9-9:45am

Cost: \$54 per session





# Youth Programs

## **Sahn Taekwondo (Ages 6 to Adult)**

Students learn the basic techniques of self-defense while improving balance, strength, coordination and flexibility. Classes are designed to meet the needs of all ability levels. Taekwondo abides by the tenets: courtesy, integrity, perseverance, self-control and indomitable spirit. All Sahn TKD instructors are black belts and certified by the World TKD Federation. Students may visit other Sahn TKD locations around the Country.

Days: Tue, Wed, Fri

Dates: Ongoing

Time: 10-11am or 7-8pm

Cost: \$90/month

## **After School Taekwondo (Ages 5-17)**

Students learn the basic techniques of self-defense while improving balance, strength, coordination and flexibility. Classes are designed to meet the needs of all ability levels. Taekwondo abides by the tenets: courtesy, integrity, perseverance, self-control and indomitable spirit. All Sahn TKD instructors are black belts and certified by the World TKD Federation. Students may visit other Sahn TKD locations around the Country.

Days: Tues, Wed, Fri

Date: All school year

Time: 4:30-5:45pm

Cost: \$90/month

## **Parents Night Out (Ages 5-12)**

Need to get out for a few hours without the kids? Spend a night out on the town and we'll watch the kids! Drop them off for a night of climbing, gym games, swimming, and all sorts of other fun activities! We'll even have dinner prepared for them! Please bring a swimsuit and towel for the swimming portion of the program. This is a very popular program and space is limited, so sign up today!

Days: Saturdays

Dates: Sept 18, Oct 23, & Dec 11

Time: 5-7:45pm

Cost: \$22 per child

## **Youth Guitar Lessons (Ages 7-15)**

Come learn the basics of chords and strings on the guitar! Participants will learn the basics of guitar and how to jam! Participants must bring their own guitar. Meets once a week for 6 weeks at the Breckenridge Recreation Center. Let's Jam!!

Days: Thursdays

Dates: Oct 14-Nov 18

Time: 5:30-6:15pm

Cost: \$100 per session

## **Kookin Kids (Ages 5-12)**

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: Monday

Dates: Oct 18-Nov 22

Time: 3:15-5:30pm

Cost: \$120 per session

## **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, beam and spring board experience. There will be NO class on Tuesday, October 12th. Transportation to the Breckenridge Recreation Center for this afterschool program is available via the Summit School District.

Days: Tuesdays

Dates: Sept 21-Nov 2, Nov 9-Dec 14

Time: 4:15-5pm

Cost: \$54 per session

## **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 teach participants to put together the round-off with the back-handspring. Once this is mastered the possibilities are endless for them to advance their tumbling skills! There will be NO class on Tuesday, October 12th.

Transportation to the Breckenridge Recreation Center for this afterschool program is available via the Summit School District.

Days: Tuesdays

Dates: Sept 21-Nov 2, Nov 9-Dec 14

Time: 5-5:45pm

Cost: \$54 per session

## **Monday Climbing Club (Ages 7-12)**

See page 17

## **Cliffhangers (Ages 6-9)**

See page 17

## **Climbing Team (Ages 10-14)**

See page 17





### After School Basketball (Ages 6-12)

Dribble, shoot and pass! Get a jump-start on your basketball skills. This program is open to boys and girls in ages 8-12, all ability levels welcome. Participants will learn the fundamentals of basketball. Please complete a sports waiver BEFORE the start of the program.  
Days: Thursdays  
Dates: Sept 2-30  
Time: 4:30-5:30pm  
Cost: \$60

### After School Skateboarding (Ages 6-12)

Does your child still want to use the skate park this fall? We have the perfect opportunity for them to work with an instructor during this four week session. Open to boys and girls ages 6-12, this class is geared towards beginner and intermediate levels. Please complete a sports waiver BEFORE the start of the program.  
Days: Tuesday  
Dates: August 31-Sept 21  
Time: 4:30-5:45pm  
Cost: \$40



### Boys After School Lacrosse (Ages 6-12)

Does your son want to get involved and try the sport everybody is talking about? This 8-week development program will introduce your child to the game of lacrosse, covering fundamentals and rules of the game. This program will allow the children to progress into the Summit Lacrosse Spring program! Rental Gear is available upon request. Request must be submitted by Thursday, September 30th. The rental price is \$35 and includes pads, stick and helmet. Class will NOT meet on October 14th and November 25th. Transportation to the Breckenridge Recreation Center for this after-school program is available via the Summit School District. From Upper Blue Elementary, please take the UB-B Bus. From Breckenridge Elementary, please take the BR-B Bus. Please let your child know which bus to ride.  
Days: Thursdays  
Dates: Oct 7-Dec 9  
Time: 4:30-5:30pm  
Cost: \$72

### Girls After School Lacrosse (Ages 6-12)

Does your daughter want to get involved and try the sport everybody is talking about? This 8-week development program will introduce your child to the game of lacrosse, covering fundamentals and rules of the game. This program will allow the children to progress into the Summit Lacrosse Spring program! Rental Gear is available upon request. Request must be submitted by Thursday, September 30th. The rental price which includes a stick and goggles is \$10. Class will NOT meet on October 13th and November 24th. Transportation to the Breckenridge Recreation Center for this afterschool program is available via the Summit School District. From Upper Blue Elementary, please take the UB-B Bus. From Breckenridge Elementary, please take the BR-B Bus. Please let your child know which bus to ride.  
Days: Wednesdays  
Date: Oct 6-Dec 8  
Time: 4:30-5:30pm  
Cost: \$72



### Youth Drop-In Lacrosse (Ages 6-12)

Is your son or daughter looking to practice their lacrosse skills before the Summit Youth Lacrosse Spring League starts up? This is their chance to come by the Breckenridge Recreation Center to meet with their teammates and practice throwing, catching, scooping and passing. This drop-in session will be supervised, but no coaching will be provided. Parents are encouraged and welcome to stay in the gym while their child plays lacrosse. No lacrosse gear will be provided for the participants. All participants must complete a Youth Sports waiver at their first drop-in session. We will also have a code of conduct for them to follow while participating. No recreation center passes accepted for this program.  
Days: Thursdays  
Dates: Sept 30, Oct 14, Nov 18, Dec 2, Dec 16  
Time: 5:30-7pm  
Cost: \$5 per day





## Breckenridge Mountain Camp (BMC) After School Program! (Ages 5-12)

Just because school's in session, doesn't mean you can't have fun after school! Each day, your child will enjoy a healthy snack (we will provide) and activities that are designed to give your child more structure to the after-school day! Programs will include homework help, swimming, climbing, gym games and arts & crafts. We are a state licensed program and will offer transportation from Upper Blue Elementary and Breckenridge Elementary each day provided by Summit County School buses. Let us take care of your children and provide them with the fun and active environment that they will be sure to enjoy! All children must have a completed packet on file to participate. Packets are available at the front desk of the Recreation Center. **NOTE: CHILDREN WILL NOT BE PERMITTED TO PARTICIPATE**

WITHOUT A COMPLETED PACKET. Please remember to register your child by noon of that program day!

**Days: Monday through Friday**

**Dates: All Summit County school days (through June 2)**

**Time: Monday: 3:05 - 6:00 pm (early dismissal Mondays)**

**Tuesday through Friday: 4:00 - 6:00 pm**

**Campers must be picked up by 6 PM the latest.**

Mon.	Tues.	Wed.	Thurs.	Fri.	Weekly
\$15	\$10	\$10	\$10	\$10	\$50

### BMC Mini Camp (Ages 5-12)

Back by popular demand, the Breckenridge Mountain Camp program will take care of your kids when school is out of session. Your child will have a fun-filled day of awesome activities, as well as exciting field trips in and out of the County! Because this is a State-Licensed program, all campers must have a full BMC After-School Packet filled out to participate in this program.

**Dates: Oct. 22, Nov. 24-26, Dec. 20-24, Dec. 27-31  
Jan. 17, Feb. 21-25, March 25, April 11-15, May 30**

**Times: 8am-6pm**

**Fee: \$38 per child/day**

#### Monday

3:15-3:45pm snack / quiet time  
3:45-5:45pm gym games  
5:45-6:00pm clean up / prepare to leave

#### Wednesday

4:00-4:35pm snack / quiet time  
4:35 - 5:45pm arts / crafts  
5:45- 6:00pm prepare to leave

#### Friday

4:00-4:35 snack / quiet time  
4:35 - 5:45 gym games  
5:45- 6:00 prepare to leave

#### Tuesday

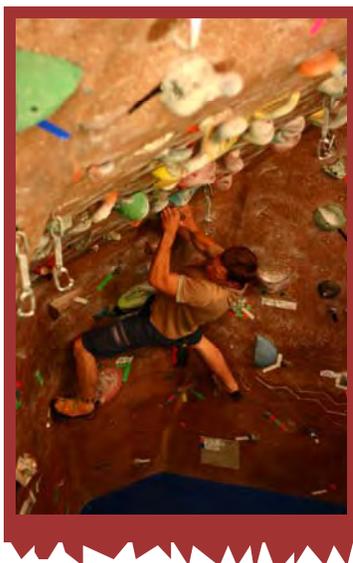
4:00-4:35pm snack / quiet time  
4:35 - 5:45pm swimming  
5:45- 6:00pm prepare to leave

#### Thursday

4:00-4:35pm snack / quiet time  
4:35 - 5:45pm swimming  
5:45- 6:00pm prepare to leave



# Climbing Programs



## 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 per class**

Sunday: Learn to Climb 3-4pm

Knots and Hitches 4-5pm

Monday: Basic Footwork & Bouldering 6-7

Tuesday: Learn to Climb 6-7pm

Wednesday: Top Rope Anchor Building Basics 6-7pm  
Basic Footwork & Bouldering 7-8pm

Thursday: Learn to Get Down! 6-7pm

Learn to Climb 7-8pm

Friday: Learn to Lead 6-7pm

Saturday: Advanced Footwork & Bouldering 6-7pm

## 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

## 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!

Days: Every day

Time: 12:00-8:00 pm

Cost: \$12 for 15 minutes or \$5 for 5 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.

Days: Every day

Times: 12:00-8:00 pm

Cost: 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.

Days: Every day

Time: You Choose!

Cost: \$45/hour up to four people

## 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.

Days: Every day

Time: 12-8 pm

Cost: \$5



### **Monday Climbing Club (Ages 7-12)**

The Outdoor Recreation and Outdoor Education staff team up once again to provide this incredible after school mini-camp. 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).

Days: Mondays

Dates: Session 1: Sept 13-Oct 18

Session 2: Nov 1-Dec 6

Time: 3:45-6pm

Cost: \$120

### **1, 2, 3, Climb (Ages 2 & 3)**

Bring your toddler in for a fun-filled session of climbing and problem solving! Work on fine and gross motor skills as well as balance and agility through a great blend of climbing and fun games! Kids will learn to climb by reaching tangible and realistic objectives. Parents are encouraged to participate!

Days: Friday

Dates: Session 1: September 10-24

Session 2: Oct 8-22

Time: 9-9:45am

Cost: \$36

### **ABS 12 Climbing Competition (Ages 6 & up)**

*Saturday, November 20, 12 - 6pm*

ABS 12 is coming to Breckenridge! This is a USA Climbing sanctioned bouldering competition for all ages and abilities. Come test your mental and physical strength at this amazing event! You can obtain points at this local event for regionals, nationals and even the World Cup of climbing!

Cost: \$25/Non-ABS Members

\$20/ABS Members

### **Cliffhangers (Ages 6-9)**

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. This program is geared towards elementary school kids!!

Days: Wednesdays

Dates: Session 1: Sept 15-Oct 20

Session 2: Nov 3-Dec 15

Time: 4:30-6pm

Cost: \$72

### **Parents Night Out (ages 5-12)**

See Page 13

### **Climbing Team (Ages 10-14)**

Climbing Team is the coolest thing you can do with your Thursday evenings! 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. Cliffhangers are encouraged to join the team at age 10.

Days: Thursdays

Dates: Session 1: Sept 16-Oct 21

Session 2: Nov 4-Dec 16

Time: 4:30-6pm

Cost: \$99

### **Mighty Mite Climbers (Ages 4 & 5)**

This class is for your little climbers who want to learn more about climbing through fun games and challenges. A great addition to 1,2,3 Climb just for the four and five year olds in your family! Sign up early, as this class will fill quickly.

Days: Fridays

Dates: Session 1: Sept 10-24

Session 2: Oct 8-22

Time: 10-11am

Cost: \$36

### **Rush Hour Climbing (18 & Up)**

Join us every Tuesday evening for Rush Hour! Get a killer workout as you learn how to beat gravity using technique, while building core-strength with climber specific training. Participants must have an intermediate climbing ability with an eagerness to climb more powerfully. Afterwards, redeem your drink tickets at Northside Pizza, Jake's Dive Bar, or Salt Creek! If you are looking to strengthen your skills before you join the class, sign up for Basic Footwork & Bouldering or Advanced Footwork & Bouldering, part of our School of Rock program.

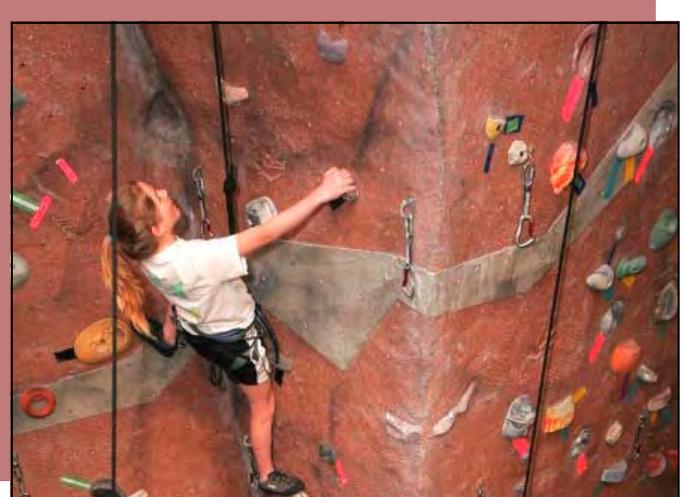
Days: Tuesdays

Dates: Session 1: Sept 14-Oct 19

Session 2: Nov 23-Dec 28

Time: 5-6pm

Cost: \$40



# 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.

## Learn to Skate

### 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 on Friday from 6:15-6:45pm on the indoor rink. The classes that will be taught include the following: Tots Beginner Class is for 3-6 yr olds that have never skated before or have just started skating. Pre-Alpha is designed for 6 - 12yr 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 has 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. 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.

Days	Dates	Times	Fee
Tuesdays	Sept 7-Oct 5	6-6:30pm	\$55
	Oct 12-Nov 9	6-6:30pm	\$55
	Nov 16-Dec 14	6-6:30pm	\$55
Fridays	Sept 10-Oct 8	6:15-6:45pm	\$44
	Oct 15-Nov 12	6:15-6:45pm	\$55
	Nov 19-Dec 17	6:15-6:45pm	\$44
Saturdays	Sept 11-Oct 9	12:15-12:45pm	\$55
	Oct 16-Nov 13	12:15-12:45pm	\$55
	Nov 20-Dec 18	12:15-12:45pm	\$44





# 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
<b>Admission Public Skate</b> <i>Per Session</i>	\$7	\$5	Free	\$5	\$19	\$30	\$8	\$8	
<b>6 Month Pass Public Skate</b> <i>(non-transferable)</i>									
Resident	\$120	\$96		\$96					
Base	\$126	\$101		\$101					
<b>6 Month Public Skate</b> w/ Skate Rental <i>(non-transferable)</i>									
Resident	\$144	\$120		\$120					
Base	\$150	\$125		\$125					
<b>All Inclusive Annual Pass*</b> <i>(non-transferable)</i>									
Resident	\$330	\$300			\$500				
Base	\$363	\$330			\$550				
<i>*Public skate, freestyle, stick &amp; puck and drop-in hockey.</i>									
<b>Public Skate Punch Pass</b>									
	Adult With Skates	Adult w/ out Skates	Youth/Senior w/ Skates	Youth/Senior w/ out Skates					
<b>3 Punch</b> <i>(non-transferable)</i>	\$25	\$15	\$20	\$12					
<b>6 Punch Pass</b> <i>(transferable)</i>	\$41	\$27	\$37	\$23					
<b>10 Punch</b> <i>(transferable)</i>	\$63	\$42	\$56	\$35					
<i>All passes expire 1 year from date of purchase.</i>									
<b>Hockey Freestyle Punch Passes</b>									
	Adult/Youth/Senior w/ Skates	Adult/Youth/Senior without Skates							
<b>3 Punch</b> <i>(non-transferable)</i>	\$25	\$18							
<b>6 Punch</b> <i>(transferable)</i>	\$50	\$36							
<b>10 Punch</b> <i>(transferable)</i>	\$77	\$56							
<i>*Includes drop-in hockey, stick &amp; puck and freestyle sessions.</i>									
<i>All passes expire 1 year from date of purchase.</i>									
<b>Equipment &amp; Skate Rental</b>			<b>Ice Rentals</b>			<b>Skate Sharpening</b>			
Skate Rental	\$3		Resident	Base	Hockey Overnight	\$4			
Helmet Rental	\$2	Indoor	\$185/hr	\$210/hr	Hockey Same Day	\$7			
Stick Rental	\$3	Outdoor	\$105/hr	\$110/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:** Two legally married adults or two domestic partners and up to two dependent children.



## Special Events & Programs

### Preschool Skating Program (Ages 3-5)

Preschool students 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. The skaters will be picked up at their preschool at 9a, and will then have a 30 minute skating lesson followed by a 30 minute free skate. Students will return to their preschool by 11a. 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.

Days: Tuesdays  
Dates: Oct 5-26  
Time: 9-11:30am  
Cost: \$28

### 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 Winter Skate Show in December! The last day of SuperSkate will include an "exhibition show" for parents and friends to enjoy.

Days: Tuesdays  
Dates: Sept 21-Oct 26, Nov 2-Dec 7  
Time: 5:15-6pm  
Cost: \$85

### Curling (Ages 18 & up)

The much anticipated return of curling is back. The season will be run in two seven week seasons plus playoffs. Sign up will be on a first come first serve basis for season one and an all new team sign up for season two. There will be one night of instruction at the start of the season that MUST be attended by all members of every team to make you eligible to play. Full payment is due at the time of registration.

Days: Fridays  
Times: 6pm  
Dates: November 19-December 17 (No Games Friday, November 26)  
Cost: \$250/Team



## 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. This Adult Breck Skating School Class is for any level of skater, ages 18 and up. The classes will all be held on the indoor rink, which is approximately 48 degrees, so please dress in warm, comfortable clothing.

Days: Tuesdays  
Date: Sept 7-Oct 5, Oct 12-Nov 9, Nov 16-Dec 14  
Time: 6-6:30pm  
Cost: \$55

### 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.

Days: Saturdays  
Dates: Sept 11-Oct 9, Oct 16-Nov 13, Nov 20-Dec 18  
Time: 12:15-12:45pm  
Cost: \$55



## Hockey

### 2010 Adult Fall Hockey League (Ages 18 & up)

Adult Fall Leagues starts the week of Sept 13. No Games Tuesday, November 22-25, 2010. Call for league prices.

#### A League

Days: Tues & Sat  
Time: 8:15-12:15pm

#### B League

Days: Sun, Mon, Sat  
Time: 9:30pm-1:30am

#### C League

Days: Wed & Sat  
Time: 7:45-11:45pm

#### D League

Days: Thurs & Sat  
Time: 6:30-10:30pm

### Breck Betties Women's Hockey League (Ages 18 & up)

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 Summer Hockey League! This league will start with 2 coached practices, followed by 9 games and 2 play-off games. Players must be 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. No Games Sept 19 & Oct 31.

Days: Sundays

Dates: Sept 12-Dec 19

Time: 3:55-5:55pm

Cost: \$125



### 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 Sept 17 and November 26, 2010

Days: Fridays

Dates: Sept 3-Dec 17

Time: 6:15-7:15pm

Cost: \$140

### Back to the Blades

#### Pee Wee (Ages 9-12) & Bantam (Ages 14-18)

After a summer of baseball, soccer, hiking and biking it's hockey season again. During this 4 day clinic you will work on a wide variety of skills that will help you become prepared for tryouts and the rest of the season.

Focus: Power and Skating, Passing, shooting and small area games.

Days: Tues, Wed, Thurs, Fri

Dates: Sept 7-10

Time: Pee Wee-7-8pm, Bantam-8:15-9:15pm

Cost: \$75



### Oktoberfest Women's Hockey Tournament (Ages 18 & up)

Start the Fall season the right way. Come to Breckenridge to play in the Annual Women's Oktoberfest Hockey Tournament as well as enjoy Fun, Food and Beverages on Breckenridge Main Street during our Oktoberfest Celebration September 17<sup>th</sup> - 19<sup>th</sup>. This is an adult round-robin tournament with a 3 game guarantee. There will be 3 divisions of play: Women's A, B1 and B2. Registration is \$525 per team and ends on Friday, September 3rd at 5:00pm.

Days: Fri, Sat, Sun

Dates: Sept 17-19

Time: 7am-10pm

Cost: Please call for fee information

# 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**

\$10/hr/per person

A 20% discount will be offered to any member who has a membership product on indoor courts only (25 punch pass, 6 month membership or 1 year membership).

### **Outdoor Courts**

Hard: \$5/hr/per person

Clay: \$6/hr/per person

### **Private Lessons/Semi-Private Lessons**

Specific critiquing, fine-tuning, or overhauling your stroke is offered to all levels. Video taping analysis is available. A variety of private lesson types are offered by the Tennis Pro and Assistant Pros. Call the tennis office at (970) 547-4305 to schedule your lesson. Cost is variable.

## **Programs**

### **Junior Tennis Session (Ages 7-12)**

These tennis sessions are filled with fun drills and games with the tennis professionals guiding the kids to develop strong fundamentals. All abilities welcome.

Days: Thursdays

Dates: Sept 2-30 (\$55), Oct 14-28 (\$35), Nov 4-18 (\$35),  
Dec 2-16 (\$35)

Time: 4:30-5:30pm

### **Friday Extreme Tennis Drop-In (Ages 16 & up)**

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

Days: Fridays

Dates: Ongoing

Time: 1:30-3pm

Cost: \$20

### **Monday Intermediate Drop-In Tennis Clinic (Ages 16 & up)**

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

Days: Mondays

Dates: Ongoing

Time: 10:30-Noon

Cost: \$20

### **Saturday Drop-In Tennis Clinic (Ages 16 & up)**

A great way to drop in and learn the game of tennis and get a fun workout. Each drop in class is only \$20. All abilities welcome. No Class on October 9 and 16.

Days: Saturdays

Dates: Oct 2-Dec 18

Time: 12:30-2pm

Cost: \$20

### **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. \$8 per time. No play on October 10 facility is closed and October 16.

Saturdays at 10:30am-12:30pm

Sundays at 10:30am-12:30pm

Cost: \$8

### **October Epic Open Tennis Tournament (Ages 18 & up)**

The OPEN LEVEL means we will have some of the best players from the region here. We will have singles and doubles for men and women players. This will be a single elimination tournament.

**PLAYED ON OUR NEWLY RESURFACED INDOOR COURTS.**

Days: Saturday & Sunday

Date: October 16 & 17

Time: 9am-5pm

Cost: \$28



# Breckenridge Gold Run Nordic Center



## Breckenridge Gold Run Nordic Center

200 Clubhouse Drive/PO Box 168

Breckenridge, CO 80424

(970) 547-7889

[www.goldrunnordic.com](http://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
- Ice Skating Pond
- Full-Service Restaurant
- Scenic Views
- Wax Room

Breckenridge Gold Run Nordic Center is a world-class venue featuring a diverse, impeccably groomed trail system surrounding a breathtaking Nordic Center day lodge. Twenty two kilometers of groomed ski 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 and a Rossignol Demo Center. Other services at Gold Run include the Clubhouse Restaurant, an ice skating pond and an indoor heated wax room.

**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.

## Day Trail Passes & Punch Passes

*All day and punch passes are valid at both Gold Run and Breckenridge Nordic Centers.*

### Day Trail Passes

Adult (18-59) \$17

Youth (7-17)/Senior (60-69) \$12

Super Senior (70+) \$4

Child (6 and under) Free

### Punch Passes

	Adult	Youth/Senior
3-Punch Pass	\$45	\$30
6-Punch Pass	\$84	\$54
10-Punch Pass	\$130	\$80

### Equipment Rentals

Adult (18-59) \$17

All Other Ages \$12

*Demo/Performance Packages are available.*

## 2010-2011 Nordic Season Passes

Purchase your Nordic Season Pass to Gold Run Nordic Center, Breckenridge Nordic Center and/or Frisco Nordic Center for the 2010-2011 ski season! Season Passes go on sale September 7th and are available for purchase online at [www.goldrunnordic.com](http://www.goldrunnordic.com).

Early Bird rates expire October 31st.