

City of Laramie

Parks and Recreation



**Winter/Spring Program Guide
2017**



Join US
MAY 20, 2017
Laramie Ice & Events
Center
10am-2pm

TOUCH-A-TRUCK
2017



SEEKING SPONSORS: If interested in sponsoring this event, please contact Todd Feezer, Parks & Recreation Director, at tfeezer@cityoflaramie.org or call 307-721-5260. All proceeds go towards Laramie Recreation Scholarship Fund.

LARAMIE



AUTO
CENTER



GMC

3600 E. Grand Ave
Laramie, WY 82070

Proud to be the title Sponsor of the City of Laramie,
Parks & Recreation Touch-A-Truck 2017

Sales: (877) 502-3839
Service: (877) 308-3887

Recreation Center

Recreation Center Hours

Mon - Fri	Saturday	Sunday
5:00a-9:00p Pools: 5:30a-8:30p*	8:00a-8:00p Pools: 8:30a-7:30p*	Noon - 8:00p Pools: 12:30p-7p*

*Pool access dependent upon daily schedule. See pg 12 for a detailed pool schedule. Please call 721-5269 or visit cityoflaramie.org to check on the status of pools prior to your visit.

Recreation Center Admission

Age	Daily Pass	Multi-Pass (20 visits *Do not expire)
2 years old & under	Free	Free
Child (3-12)	\$3.50 / (\$4.50)	\$52.50 / (67.50)
Youth (13-18)	\$5.00 / (\$6.50)	\$75 / (\$97.50)
Adult (19-59)	\$6.00 / (\$8.00)	\$90 / (\$120)
Senior (60+)	\$5.75 / (\$7.50)	\$86.25 / (\$112.50)
Adults w/ disabilities	\$6.00 / (\$8.00)	\$86.25 / (\$112.50)
Household	N/A	N/A

Rec Center Memberships

Purchasing an annual membership is the most cost effective way to utilize the Recreation Center. If you're looking for family fun or a variety of fitness opportunities, the Recreation Center is the place to be - we truly are "A Place For All"! You can pay for six month or annual memberships with convenient, automatic monthly payments (\$1 monthly convenience charge applies). Purchase a membership with unlimited fitness classes for even more value. To sign up for a membership, stop by the Recreation Center Front Desk or download forms at: www.cityoflaramie.org/memberships. Forms can be emailed to parksandrecinfo@cityoflaramie.org

Membership Discounts

You may be eligible to receive a fifteen to twenty percent discount on memberships! Employees of several local businesses, organizations and non-profits are eligible for membership discounts! Inquire at the Recreation Center Front Desk or visit: www.cityoflaramie.org/discounts

Scholarships

The Recreation Center is a place for all! Scholarships are available for Recreation Center or Ice & Events Center Multi-Passes or activities for qualifying families and individuals in Albany County. Scholarships are awarded based upon income and family size, on a first come, first serve basis using the School Age Child Care sliding family income scale. To make a donation to the scholarship fund, please stop by the Recreation Center or call 721-5269. Applications and information are available at: www.cityoflaramie.org/scholarships

(Front Cover Photo-"Snow Monsters in Medicine Bow Peak" taken by Keith Wardlaw-Parks & Recreation, Mosquito Control)

Membership Rates

Age	1 Month Membership	6 Month Membership	6 Month Membership WITH unlimited fitness class pass	Annual Membership	Annual Membership WITH unlimited fitness class pass
		monthly installment amount	monthly installment amount	monthly installment amount	monthly installment amount
2 yrs & under	Free	Free	N/A	Free	N/A
Child (3-12)	\$40.00	\$12.17	N/A	\$8.75	N/A
Youth (13-18)	\$58.00	\$19.17	\$41.17	\$14.00	\$33.75
Adult (19-59)	\$70.00	\$40.00	\$62.00	\$29.17	\$48.92
Senior (60+)	\$66.00	\$22.67	\$44.67	\$16.58	\$36.33
Adult w/ disability	\$66.00	\$22.67	\$44.67	\$16.58	\$36.33
Household**	\$128.00	\$70.33	\$92.33	\$53.00	\$72.75

Prices for memberships are Resident rates. For non-resident rates call 721-5269 or visit <http://cityoflaramie.org/memberships>
All Albany County Residents are eligible for resident rates. Household membership costs are based upon SIX (6) household members living in the same residence. An additional charge of \$25 for an annual pass and \$15 for a six month pass or \$5 for a 1 month pass, will be assessed for every household member beyond the initial six (6). Proof of residence is required for all individuals over the age of 18 and those that are unrelated to the primary or secondary adults listed on the household membership. Memberships can be paid in full. Please call 721-5269 or visit <http://cityoflaramie.org/memberships>

**Household with fitness include one fitness pass for pricing.

Additional passes are available for other household members for an additional fee.

**Fitness passes available for individuals age 16 and older.

Locker Rentals:

Lockers are available for rent at the Recreation Center. Six month and annual membership holders may rent small lockers for \$8/month or large lockers for \$10/month, plus tax. Locks are included. For more information please call 721-5269.

Recreation Center Policies

**Please see pool age guidelines on page 12.

**Children under 12 years old must be directly supervised by an adult*.

**Recreation Center users, 12-15 years old, may use the fitness equipment and walking/jogging track under direct supervision of an adult*.
(* Adult: age 18 & older.)

For information on discounts, refunds, cancellations, and other membership policies please call 721-5253, or visit www.cityoflaramie.org/refunds, or stop by the Recreation Center Front Desk to view our membership contract.

The City reserves the right to deny admittance or suspend the membership of anyone who violates facility rules and regulations and anyone appearing to be under the influence of drugs or alcohol.

Adults



Basketball League Registration

Prepare your team for another exciting year of Adult Basketball. We are offering three tiers for the Men's Divisions and a Women's League this year, so you can find the right fit for your team. The coordinator reserves the right to move teams up or down a division based on skill. Teams will play 10 games, with a double elimination tournament at the end of the season. You can find schedules online by logging onto [HTTPS://www.parksandrec.cityoflaramie.org](https://www.parksandrec.cityoflaramie.org) under the "league scores and schedules" hyperlink. There is a mandatory stewardship promise to be signed by the team captain attesting that the members of their team will exhibit positive sportsmanship.

Age: 16 years & up

Location: Community Recreation Center

Note: Register before 12/21/17 to receive a \$50 discount. Registration deadline 1/2/17. Captains meeting 1/5 at 5:30pm at the Recreation Center.

Rec A Men's League

1/11-3/9/24 M,W 6:00-9:00 PM \$500.00 129028-1

Rec B Men's League

1/11-3/24 Tu,Th 6:00-9:00 PM \$500.00 129028-2

Rec C Men's League

1/11-3/24 M,W 6:00-9:00 PM \$500.00 129028-3

Women's League

1/11-3/24 Tu,Th 6:00-9:00 PM \$500.00 129028-4

COED Softball League

Come spend your late spring and early summer evenings playing in our Coed Softball League. There will be a ten game regular season and a double elimination tournament. Games are played M-Th nights 6:00 – 10:00 pm and Fridays are reserved for make-up games. All teams will be automatically included in the end of season tournament and seeded based on their standings at the end of the regular season.

Age: 16 years & up

Location: Aragon Softball Complex

Note: Register before 4/23/17 to receive a \$50 discount. Registration deadline 5/7/17. Captains meeting 5/10/17 at 5:30pm at the Recreation Center.

COED Competitive

5/15-7/14 Tu,Th 6:00-10:00PM \$500.00 120200-1

TU/TH REC

5/15-7/14 Tu,Th 6:00-10:00PM \$500.00 120200-2

M/W REC

5/15-7/14 M,W 6:00-10:00PM \$500.00 120200-3

Drop-In PickleBall

Drop-In PickleBall

Join in the trend that is sweeping the nation! Pickleball is a cross between Tennis and Table Tennis, played on the gym floor with a specialized paddle. The activity is free with a membership or day pass, and there is no registration needed. We have individuals of all ages and skill levels, and the participants have been wonderful about welcoming and teaching new players.

Age: 16 years & up

Location: Community Recreation Center

1/3-5/25 Tu,Th 10:00 AM-Noon

Volleyball League SPRING

Get your volleyball on! Enter your team for another enjoyable season of fun. There will be four divisions; Competitive Coed, Recreational Coed M/W, Recreational Coed Tu/Th, and Women's. An individual may play on both a Coed and a Women's team. The season is ten games and a double elimination tournament, with all games being played at the Recreation Center.

Age: 16 years & up

Location: Recreation Center

Note: Register before 3/5/17 to receive a \$30 discount. Registration deadline 3/19/17. Captains meeting 3/22/17 at 5:30pm at Recreation Center

COED Competitive

3/27-5/11 Tu,Th 6:00-9:00 PM \$180.00 123200-1

COED Rec M/W

3/27-5/11 M,W 6:00-9:00 PM \$180.00 123200-2

COED Rec Tu/Th

3/27-5/11 Tu,Th 6:00-9:00 PM \$180.00 123200-3

Women's Volleyball

3/27-5/11 M,W 6:00-9:00 PM \$180.00 123200-4

Sign up for email or text alerts to receive information about events and closures at cityoflaramie.org/notifyme.

Visit cityoflaramie.org/pool for an up to date pool schedule.



COAL CREEK TAP

12 Beers Brewed on Site.
Multiple Awards Won.
Intimate Tap House Environment.
Knowledgeable Beer Stewards.
Handcrafted Pub Foodstuffs.

Exquisite Beer.

coalcreektap.com
108 E. Grand Ave



Fitness/Personal Trainers

The services of certified trainers are available to members of the Laramie Community recreation center. Whatever your fitness needs, consider a personal trainer to begin your individualized fitness program. Offered by appointment and according to trainer availability. Find our personal trainer's profiles online at www.cityoflaramie.org/trainers
Fees: Single Session: Individual-\$30 Group Training (2 participants)-\$40 Meet our Staff: Kevin Bretting, Erin Chamberlain, Joyce Honour

Age: 16 years & up

Location: Recreation Center

Note: A Liability Waiver must be signed before participation in a class or activity. Parents or guardians must sign for children.

Personal Trainer Jan

1/1-1/31 M-Su \$30.00/\$40.00 24775-11

Personal Trainer Feb

2/1-2/28 M-Su \$30.00/\$40.00 24775-21

Personal Trainer March

3/1-3/31 M-Su \$30.00/\$40.00 24775-31

Personal Trainer April

4/1-4/30 M-Su \$30.00/\$40.00 24775-41

Personal Trainer May

5/1-5/31 M-Su \$30.00/\$40.00 24775-51



Paddleboard Yoga

Feel the strength that can only be created by moving through a sequence of yoga postures, or asana, while standing on a normal length surfboard or a specially designed stand up paddle board. Come join us on Tuesday evenings! Participants are encouraged to bring a towel to assist with balance and comfortability on the board. Skill sets are built throughout the class so participants are highly encouraged to be present for all classes.

Age: 16 years & up

Location: Recreation Center

Note: Member discounts apply. Registration deadline 01/13/17 and 3/17/17.

1/24-2/28 Tu 6:15-7:15 PM \$50.00 126104-01

3/28-5/2 Tu 6:15-7:15 PM \$50.00 126104-02



THE IMPACT OF PHYSICAL ACTIVITY ON YOUR HEALTH

Physical activity provides long-term health benefits for everyone! By being active, you will burn calories that you store from eating throughout the day and—it can be as easy as walking the dog or as rigorous as running a marathon. Providing opportunities for children to be active early on puts them on a path to better physical and mental health. It's never too late to jumpstart a healthy lifestyle.

-President's Council on Fitness, Sports & Nutrition



ViPR Orientation

ViPR combines full body movement to enhance vitality and performance while reconditioning participants to help reach fitness goals. Change the way you train. Join Kevin Bretting certified ViPR instructor as he walks you through moves and techniques in this FREE demo. Please sign-up at the front desk or on-line. Free with membership or the purchase of a day pass.

Age: 15 years & up

Location: Community Recreation Center

1/14 Sa 11:00 AM-Noon 124003-01

2/11 Sa 11:00 AM-Noon 124003-02

3/11 Sa 11:00 AM-Noon 124003-03

4/15 Sa 11:00 AM-Noon 124003-04



Weight Room Orientation

Are you new to the Laramie Recreation Center? Are you intimidated or unsure about how to use all the equipment? Do you want expert advice from our experienced fitness staff? If yes, stop in for an orientation to our weight room, our equipment and our group fitness courses. Our staff will cover proper lifting techniques and weight room etiquette. Please sign-up at the front desk or on-line. Free with membership or the purchase of a day pass.

Age: 15 years & up

Location: Community Recreation Center

1/14 Sa 9:45-10:45 AM 124002-01

2/11 Sa 9:45-10:45 AM 124002-02

3/11 Sa 9:45-10:45 AM 124002-03

4/15 Sa 9:45-10:45 AM 124002-04

Stand-Up Paddleboard

Wanting to try something new this summer? Start learning how to do stand up paddleboard and give yourself another opportunity to enjoy a new experience in the outdoors!

Age: 16 years & up

Location: Community Recreation Center

Note: Registration deadline 12/28

1/6-2/24 F 6:00-7:00 PM \$50.00 126103-01



LARAMIE
PLAINS
FEDERAL
CREDIT UNION

Fitness Classes

Winter/Spring Schedule

**Please be advised that class schedules may change. Please visit www.cityoflaramie.org/fitness for the most up-to-date schedule.

Monday		
Class Offered:	Start Time:	Workout Room
Early Bird Revolutions	5:30am	Revolutions
Kickstart Revolutions	8:15am	Revolutions
Foundation Yoga	9:30am	Studio B
XaBeat	12:00pm	Studio B
ViPR	12:00pm	Studio A
Step Aerobics	5:00pm	Studio A
Power Revolutions	5:15pm	Revolutions
Body Power	5:30pm	Studio B
Yoga Strength & Balance	6:00pm	Studio A
Tuesday		
Pilates	8:15am	Studio A
Social Step	9:00am	Studio B
Shallow H2O	9:30am	IDL Pool
XaBeat	12:00pm	Studio B
Beat Revolutions	5:30pm	Revolutions
Hardcore TBT	5:45pm	Studio B
XaBeat	7:00pm	Studio B
Wednesday		
Early Bird Revolutions	5:30am	Revolutions
Kickstart Revolutions	8:15am	Revolutions
Foundation Yoga	9:30am	Studio B
XaBeat	12:00pm	Studio B
ViPR	12:00pm	Studio A
Power Revolutions	5:15pm	Revolutions
Body Power	5:30pm	Studio B
Step Aerobics	5:45pm	Studio A
Thursday		
Pilates	8:15am	Studio A
Social Step	9:00am	Studio B
Shallow H2O	9:30am	IDL Pool
XaBeat	12:00pm	Studio B
Beat Revolutions	5:30pm	Revolutions
HardcoreTBT	5:45pm	Studio B
XaBeat	7:00pm	Studio B

Friday		
Early Bird Revolutions	5:30am	Revolutions
Kickstart Revolutions	8:15am	Revolutions
Foundation Yoga	9:30am	Studio B
XaBeat	12:00pm	Studio B
Step Aerobics	5:45pm	Studio A
Saturday		
Beat Revolutions	8:00am	Revolutions
Step Aerobics	8:30am	Studio B
Body Power	9:30am	Studio B
Sunday		
Step Aerobics	12:15pm	Studio A
Pilates	3:00pm	Studio B
Beat Revolutions	3:00pm	Revolution

Drop-In Rates

Member	\$3.00 per class
Non-Member	\$8.00 per class

Fitness-Class Pass (*unlimited)

Available to Recreation Center Members only
Passes provide the best value

6 month	\$132
12 month	\$237

Multi-Fitness Class Pass (*10 visits)

Speed up your check-in with a Pass!

Member	\$30
Non-Member	\$80

*Unlimited classes are “drop-in” classes listed on pages 6-7.

*Unlimited fitness class passes allow you to attend as many fitness classes as you want and work around your hectic schedule!

*Unlimited fitness passes are purchased in conjunction with your 6 or 12 month Recreation Center membership. Membership details can be found on page 3 of the Guide.

The Group Fitness class schedule is updated monthly. Monthly schedules are available from fitness instructors, front desk staff, the bulletin board outside the Revolutions room, or visit www.cityoflaramie.org/fitness

Fitness Classes

REVOLUTIONS: Together you and your instructor take a ride; but be prepared for a workout. Hills, flats, turns, sprints and races are all simulated for a truly fantastic high calorie burning and cardiovascular class. We recommend padded bike shorts, a towel and water. Be ready to Sweat! Pedals accommodate SPD style cleats or regular shoes. Try any of our fun and exciting versions of this great workout!

- **KICKSTARTER REVOLUTIONS:** Haven't tried revolutions before? This is a great class to get started! Go at your own pace and learn the fundamentals with our experienced instructors! They are here to welcome you into a great way to burn calories and have fun!
- **EARLY BIRD REVOLUTIONS:** Looking to get your workout done first thing in the morning? This class is perfect for you! Join us for Early Bird Revolutions to start your day on the right REVOLUTION! Get up early and get your day going! This class is designed to wake you up!
- **POWER REVOLUTIONS:** This class is short and sweet! For 45 minutes you will work hard and have fun! Our lively instructors are going to push you towards a better you! Join us after work to get the perfect workout before you end your day!
- **BEAT REVOLUTIONS:** It's all about moving those muscles to the "beat". You can burn 500-800 calories in this class that includes upper body work with weights while driving those cycling legs. The music is the key to your motivating, low impact, power-packed workout!!!

STEP AEROBICS: "Step" right into these easy to follow choreographed routines, shake up your cardio workout and have some fun. This workout flies by as you step, kick and turn in time with energizing music. Classes will include a short toning portion using hand weights and core focus.

SOCIAL STEP: It's more than just stepping when you are welcomed into a fun and dedicated group. Get your cardio on with upbeat music and fun routines. But that's not all; add weight training and floor work that could include weights, tubes, balls, and any other of the latest tools!

MASTERS SWIM CLUB: This class provides participants the opportunity to improve their swim strokes and fitness levels. Organized workouts, give adults the opportunity to get in a great workout while learning the drills and skills to improve their strokes. Open to all swimmers who want to improve their fitness through swimming.

BODY POWER: Sculpt, tone and strengthen your entire body. Body Power is a strength training class that focuses on low weights with high repetition. Join us for a workout that challenges all your muscle groups as you lift, squat, and curl to the best music.

XABEAT: XaBeat is a dance-fitness program where participants sculpt their bodies and burn calories in a party like atmosphere. Easy to follow routines are designed to provide every participant with a great workout and a sense of accomplishment. Making fitness fun allows XaBeat participants the opportunity to reshape their bodies, create community, achieve fitness goals and increase their self-confidence all while dancing.

YOGA: "De-Stress & Relax" bring balance to your hectic & fast paced life. Therapeutic in nature, yoga will help you increase flexibility and balance while relieving stress for a healthy mind, body & spirit.

- **FOUNDATION YOGA:** This class is great for new participants! Learn all of the fundamentals in a less intense yoga class. This is also a great class for stretching your ailments away! Come to Foundation Yoga to feel better one day at a time!
- **STRENGTH & BALANCE YOGA:** Interested in mixing up your yoga practice? Yoga for strength and balance offers an alternative to the typical "flow yoga" class by adding the extra challenge of weights. Test the boundaries of your balance all while building body awareness and strengthening muscles.
- **PILATES:** Pilates works to strengthen the internal stabilizing muscles of your body so that your posture, balance and core strength all improve. Pilates is great for athletes, active older adults, women rebounding from pregnancy, dancers, and people at various stages of physical rehabilitation or anyone who wants a core-focused workout.

SHALLOW WATER AEROBICS: Join us in this fun low impact water workout. Increase your balance, flexibility and strength as you move through the water. All are welcome!

ViPR: ViPR- The acronym ViPR stands for Vitality, Performance & Re-conditioning. Regaining a full pain-free range of motion for life, work, sport, and play while performing movement tasks with strength, energy, and vigor are the programming themes behind ViPR. It employs the concept of Loaded Movement Training which involves moving a submaximal weight (8 lbs-22 lbs) through a field of gravity in multiple directions. This class is suitable for moderate-to-high fitness levels (if you can sit on the ground to tie your shoes, you're fine) and will provide unique neuromuscular demands for the exerciser. Come explore ViPR and change the way you train, move, look, and feel.

HARDCORE TBT: This class is a full body challenge focusing on functional body movements and over-all body strength. Weight exercises, kettle bells, medicine balls, dumb bells are just some of the equipment used. This class is adjustable to accommodate a wide range of fitness levels and experience.

Regular physical activity can produce long-term health benefits. It can help:

- *Prevent chronic diseases such as heart disease, cancer, and stroke (the three leading health-related causes of death)
- *Control weight
- *Make your muscles stronger
- *Reduce fat
- *Promote strong bone, muscle, and joint development
- *Condition heart and lungs
- *Build overall strength and endurance
- *Improve sleep
- *Decrease potential of becoming depressed
- *Increase your energy and self-esteem
- *Relieve stress
- *Increase your chances of living longer

-President's Council on Fitness, Sports & Nutrition

Youth Activities



SACC

School Age K-6

SACC is an after-school enrichment program that provides a safe, supervised environment where children are inspired to learn. Activities include theme-based clubs, recreational sports, ice skating, swimming, homework, and tutoring, as well as indoor and outdoor free time. A healthy snack is included each day, as well as a healthy dose of positive reinforcement! Students from all Laramie elementary schools are bused to the Recreation Center by ACSD #1 school buses.

Fee: Based on a sliding fee scale, fees are \$5.50, \$9, or \$16/per day; or \$26, \$42, or \$75/per week. To be considered for the sliding fee scale, provide proof of income and a statement of household size at the time you submit the enrollment form.

SACC ACSD#1 Days Full and Half Day

In addition to our daily after-school program, SACC will be in operation during the following days designated by ACSD #1 as staff development and parent/teacher conference days. Pre-registration is required for each of these days and enrollments are taken on a first-come, first-served basis, with a maximum of 40 children accepted each day. The fee of \$32 for full-days, and \$16 for half-days, must be paid at the time of registration. Please note: you do not have to be enrolled in SACC to register. You must be registered at least 3 business days prior to the start date to be ensured a spot.

Full Day SACC

School Age K-6

Grade: Kindergarten-6

Location: Community Recreation Center

1/16	M	8:00 AM-5:30 PM	418402-04
4/14	F	8:00 AM-5:30 PM	418402-05

Half Day SACC

School Age K-6

Grade: Kindergarten-6

Location: Community Recreation Center

1/13	F	11:30 AM-5:30 PM	418401-03
2/20	M	11:30 AM-5:30 PM	418401-04
4/7	F	11:30 AM-5:30 PM	418401-05
4/13	Th	11:30 AM-5:30 PM	418401-06
5/26	F	11:30 AM-5:30 PM	418401-07

Touch-a-Truck

Please join us for the first annual Touch-a-Truck event! Local businesses and big equipment operators will bring out their trucks and excavators, ambulances and ice groomers to show off for the day. Kids will have an opportunity to collect trading cards for each of the vehicles while getting to see it up close and personal. This FREE event is sure to be a kid pleaser!

Age: 18 months & up

Location: Laramie Community Ice and Events Center

5/20 Sa 10AM-2PM

Childcare

Parks & Recreation is partnering with the Laramie Early Learning Cooperative (LELC) to provide an educational child care option for children ages 1-5 years old. You can drop your children off while you work out or you can enroll and allow your child to participate in an enriching program that is free for families that are income qualifying. Space is limited so enrollment or reservation is required. Call Laura at 721-5290 for more information. Child care operates on the ACSD #1 school year calendar for holidays and breaks.

Maximum Drop-in Spots: 3 per hour

Days: Monday through Thursday

Time: 8a-11a, register in one hour increments.

\$3.50/hour. Discount for 2nd child.

Age: 12 months-5 years

Location: Community Recreation Center

1/1-5/31 M-F 8:00-11:00 AM \$3.50

First Friday Fun Night

On the first Friday of each month, your admission fee into the Recreation Center will now buy you a whole lot more! Bring your friends, bring your family, and have some healthy Friday night fun with our traditional (and additional) activities. Additional offerings will vary slightly from month to month, but there will always be plenty to do for all ages, in all areas of the Rec Center. A sample night might look like this... bounce house and pickle ball in the gym, strength training in the weight room, yoga for kids in the exercise studio, rubber ducky races in the lazy river, a floating inflatable in the 8-lane pool, and Bingo in the multi-purpose room. All age-related Recreation Center and pool rules apply, i.e. at all times, children under the age of 12yrs must be directly supervised by an adult, those 8-12yrs must have an adult with them in the pool areas, those under 8yrs must be directly supervised in the water, those 5yrs & under must be within arm's reach of an adult who is in the water with them at all times.

Age: 6 months & up

Location: Community Recreation Center

1st Friday Fun

1/6	F	6:00-9:00 PM
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1st Friday Fun

2/3	F	6:00-9:00 PM
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1st Friday Fun

3/3	F	6:00-9:00 PM
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1st Friday Fun

4/7	F	6:00-9:00 PM
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1st Friday Fun

5/5	F	6:00-9:00 PM
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Gym Jam

Drop big brothers and sisters off for school and head to Gym Jam with the little ones! This is for pre-kindergarten children (that are able to walk) and their parents. There will be activities to focus on coordination, balance, and social interaction through both structured and unstructured play time. Children will be able to interact through music, movement, games, and sports. Parents are encouraged to bring ideas and lead an activity. This activity will be free of charge with memberships and day passes.

Location: Community Recreation Center

Note: Class will not be held on 3/13, 3/15.
1/23-5/24 M,W 9-10AM

Little Kickers Indoor Soccer

During this introductory soccer program, volunteer coaches teach soccer fundamentals, skill, techniques and ethics. The focus of the program is a positive learning experience. Players receive soccer jerseys, but must provide their own shin guards covered by socks. First practice will be a parent/coach/player meeting. Games will be held on Saturday mornings.

Age: 3-6 years

Location: Recreation Center

Note: All participants must wear shin guards covered by socks. Volunteer coaches and assistants are needed for this program and training is provided. If you are interested in coaching or assisting, please contact Kason at 721-5261 or kwalton@cityoflaramie.org. \$5 discount for registration before 3/12/17. Registration deadline 3/24/17.

Little Kickers 3-4

Age: 3-4 years

3/27-5/3 M,W,Sa 5:00-5:45 PM \$45.00 110400-01

Little Kickers 5-6

Age: 5-6 years

3/28-5/4 Tu,Th,Sa 5:00-5:45PM \$45.00 110400-02

Run, Jump and Throw

This past summer eyes were glued to Rio as world class athletes competed for Olympic medals. Join us for a new program and learn how to develop skill in Track and Field. The program introduces skills and training for those who prefer individual activities rather than team sports. We will feature the long jump, softball throw, 100M, 200M, 400M, 1600M, and relay events. This month long activity will help kids grades 3 – 6 prepare for the Track Meet on May 6th (Included with Run, Jump, and Throw fee).

Grade: 3-6

Location: Recreation Center

Note: \$5 discount for registration before 3/24/17. Registration deadline 4/1/17.

4/10-5/4 M,W 3:30-5:30 PM \$25.00 110800-1

Youth Basketball Tourney

It's time to get in the game! Teams from three states are coming to Laramie for the 27th annual YBT so get ready now. There are divisions for teams from 4th grade to high school for both genders. We will have games all over town, including the University of Wyoming and the new Laramie High School. There is a three game guarantee for all teams. Teams within 100 miles may be expected to play Friday night.

Grade: 4-8

Location: Various Gyms

Note: Register online at www.cityoflaramie.org/ybtregistration. \$25 registration discount before 2/22/17. Registration deadline 3/12/17.

3/31-4/2

\$175.00 /team

112800

Jr Cowboys/Cowgirls

This is a developmental league to develop fundamental basketball skills. A player assessment and skills clinic will be held January 9th - 13th. We will then divide teams, establish practice times, and create game schedules for Saturdays. We will be providing coach's training and player skill development material to support both the participants and the coaches. To volunteer coach to assist with this program, please contact Kason Walton at kwalton@cityoflaramie.org.

*Practices are scheduled by coaches

and are held M-F; 4-8PM.

*Games are on Saturdays; 8AM-3PM.

*Parent Meeting January 5th at 5:30pm.

Grade: K-6

Location: Community Recreation Center

Note: Registration deadline Dec. 28.

Grade: Kindergarten

Jr Cowboys K

1/9-3/4 M,W,Sa \$45.00

110100-4

Grade: 1-2

Jr Cowboys 1 - 2

1/9-3/4 M-Sa \$45.00

110100-1A

Jr Cowgirls 1 - 2

1/9-3/4 M-Sa \$45.00

110100-1B

Grade: 3-4

Jr Cowboys 3 - 4

1/9-3/4 M-Sa \$45.00

110100-2A

Jr Cowgirls 3 - 4

1/9-3/4 M-Sa \$45.00

110100-2B

Grade: 5-6

Jr Cowboys 5 - 6

1/9-3/4 M-Sa \$45.00

110100-3A

Jr Cowgirls 5 - 6

1/9-3/4 M-Sa \$45.00

110100-3B



Sign up to receive email and text alerts from designated departments within the City of Laramie at: cityoflaramie.org/notifyme



Private Rentals

Recreation Center Party Packages

Reserving the Recreation Center

Hosting an event? Planning a meeting? We have spaces available for meetings, events, classes, etc. that are ready for you to use. We can accommodate between 10 and 200 people, depending on the room and configuration. All events require a \$300 damage deposit. For more detailed information on facility reservations and fees please visit: www.cityoflaramie.org/reservations

- Conference and Multi-purpose rooms: \$35/hour, (\$40 non-members)
- Kitchen: \$10/hour, available only with a conference room reservation
- Full gym: \$60/hour, (\$70 non-members)
- One court: \$30, (\$35 per hour non-members)
- Full facility (excluding aquatics areas): \$380/hour, (\$420 non-members)
- Bounce House: \$35/hour, (\$40 non-members) plus the cost of gym rental
- Party at the Pool! Come and enjoy the lazy river, water playground, and the waterslide. Add some excitement with the Octopus Fun Run or the Aqua Challenge! Prices vary depending upon times and facilities, call 721-3584 for more information.



Party Packages are available on Saturdays and Sundays from 1:00 to 3:00 pm, or 4:00 to 6:00 pm, and must be scheduled at least 10 days in advance. Stop by the front desk of the Recreation Center to schedule your party! All Party Packages require a \$300 deposit. *Please note that party details will be confirmed during weekday business hours.

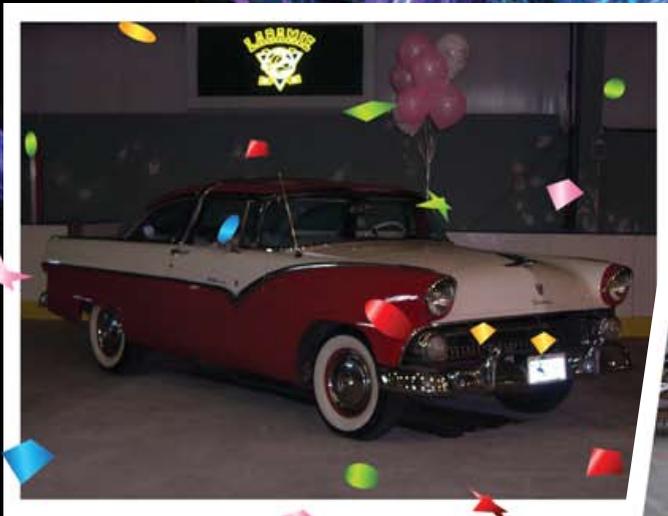
Party Package #1: \$56 (\$60 non-members) This package is our most economical option and includes room rental for 1 hour and 10 Recreation Center admissions. Bring all your own party supplies and use our conference room or multi-purpose room for your party!

Party Package #2 \$148 (\$156 non-members) This is a great option if you are looking for party activities! Choose one of the following... **Sports Package:** Includes a party host to coordinate sports-themed activities of your choice (i.e. basketball, dodge ball, kickball, pickle ball, soccer, volleyball), 2-hour room and gym court rental, 10 Recreation Center admissions, 2 pizzas, and drinks. If you exceed 10 guests, additional admissions, pizzas, and drinks are available for an extra fee. **Pool Package:** Includes a party host, 2-hour room or outdoor pavilion rental, 10 admissions for swimming in the pools, 2 pizzas, and drinks. If you exceed 10 guests, additional admissions, pizzas, and drinks are available for an extra fee. Please note the Pool Policies and Rules found on page 15 of this program guide which apply to all Pool Party Packages.

Party Package #3 \$205 (\$222 for non-members) Party Package #3 is our most "custom" party option! We will provide a party host who will contact you in advance to develop a theme. You may choose between the Sports Package OR the Pool Package (detailed above). In addition, the Sports Package may include the Bounce House inflatable (12 yrs and under) in the gym, and the Pool Package may include your choice of the Octopus Fun Run (under 8 yrs) OR the Aqua Challenge (8 yrs and older) in the pool. Also included are a 2-hour room rental, 10 Recreation Center admissions, 2 pizzas, drinks, AND party decorations, party favors, a balloon bouquet, and table ware for 10 guests. If you exceed 10 guests, additional admissions, pizzas, drinks, and party favors are available for an extra fee.

Prices vary depending upon times and facilities, call 721-3584 for more information.

ICE & EVENTS CENTER Party Packages



Birthday Parties

Need a space and activity for your next birthday party? Book one of our party packages for your group and leave the work to us!

Ice Party Package #1 \$74

Includes party room rental for 2 hours, 10 admissions and skate rentals, and 10 gift certificate ice passes to use at a later date.

Ice Party Package #2 \$115

Includes party room rental for 2 hours, 10 admissions and skate rentals, a party host, hot dogs and juice for 10, and 10 gift certificate ice passes to use at a later date.

Additional guests can be added to either package for \$10 per person.

For more information on parties, or to schedule your event, call 721-5265. Reservations are on a first come/first serve basis and payment is due at the time of reservation. Party packages must be scheduled ten days in advance and approved by the Ice Program Coordinator!

Private Events

Plan your next big event with us! The Ice & Event Center is available for rental after we remove our ice, from April-August. We host everything from circuses to weddings and everything in between. Rentals start at \$50 an hour or \$600 for a full day from 8am-11pm. If you have an upcoming event, give us a call at 721-5265.

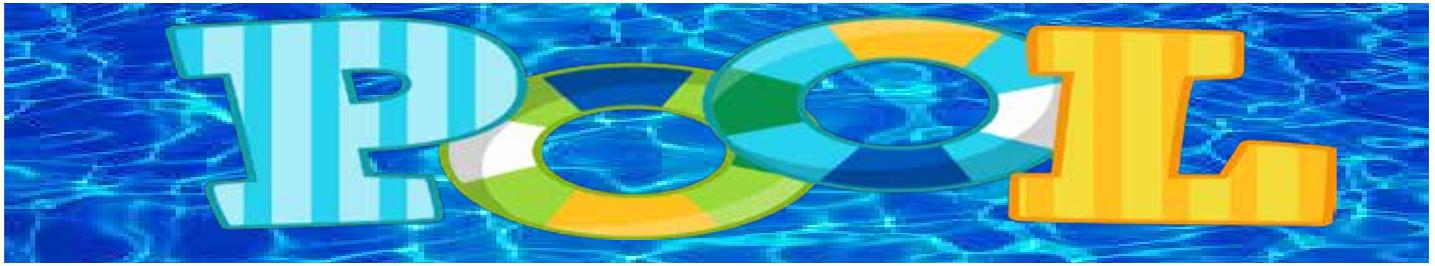
Events without Alcohol
 Mon-Sun 8a-11p \$500/day or \$40/hour
 Mon-Sun 11p-1a \$75/hour
 Damage Deposit \$300

Events with Alcohol
 Mon-Sun 8a-11p \$600/day or \$50/hour
 Mon-Sun 11p-1a \$85/hour
 Damage Deposit \$400

Open Container Permit: \$25 (Required for non-vending consumption)
 Alcohol Catering/Malt Beverage Permit: \$50 (Required for vendors providing alcohol)

Some private ice rental times for groups are available, hourly group rates begin at \$200/hour and include skate rental. All reservations are accepted on a first-come, first-served basis and must be made 10 days in advance. No alcohol or tobacco products are permitted on the premises. Call 721-5265 for more information.

Aquatics



Leisure Pool Hours

Mon - Fri	Saturday	Sunday
5:30a-8:30p	8:30a-7:30p	12:30p - 7:00p

The pools occasionally close due to necessary maintenance, special events, swim meets, weather or unforeseeable circumstances. Indoor pool slide will close when lightning is detected. We recommend calling 721-5269 to check on the status of the pools prior to your visit.

*Closure during swim lessons.

Indoor Water Slide Hours

Mon - Fri	Saturday	Sunday
6:30p-8:00p	5:30p-7:00p	5:00p - 6:00p

The Water Slide & the spray features are on during these times. Must be 48" to use slide.

8 Lane Pool Hours

Mon - Fri	Saturday	Sunday
5:30a-8:30p	8:30a-7:30p	12:30p - 7:00p

Swimmers under 48" must pass a swim test to swim in the 8 lane Pool. *Partial closure during swim lessons.

Diving Board Hours

Mon - Fri	Saturday	Sunday
12:00p-4:45p	12:30p-6:00p	12:30p - 6:00p

(Forward dives only, no specialty dives allowed. Diving board may be available upon request based on staffing.)

Sauna & Steam Room Hours

Mon - Fri	Tues-Closure	Saturday	Sunday
5:30a-8:30p	10a-12:00p	8:30a-7:30p	12:30p - 7:00p

The Steam Room and Sauna are available for use by ages 16 & up. Please observe the 15 minute limit on use.

Whirlpool Hours

Mon/ Wed-Fri	Tues	Saturday	Sunday
5:30a-8:30p	Closed	8:30a-7:30p	12:30p - 7:00p

The Whirlpool is available for use by ages 16 & up. Please observe the 15 minute limit on use.

Friends of Community Recreation

Is a non-profit organization designed to make all recreation opportunities available to Albany County residents, and was established as a scholarship fund for recreational opportunities.

FCR donates thousands of dollars to local organizations for free day passes to the Recreation Center & Ice & Events Center.



Swim Lesson Hours

Mon-Thurs

Indoor Leisure Pool 5:30-6:30p / 8 Lane Pool 5:00-6:00p

The 8 lane & IDL pool will have limited availability during swim lessons.

Pool Policies and Rules

Children 5 and under must be accompanied by an adult* in the water and within arm's reach at all times.

Children under 8 must be accompanied by an adult* in the water actively supervising at all times

Children 8-12 years must be directly supervised by an adult* in the pool area.

*Adults who are supervising must be 18+

Children under 3, or who are not toilet trained must wear a swim diaper

Groups of 25 or more please call Stuart Tapson at 721-5263 to ensure we can provide an appropriate number of lifeguards.

Childcare providers or specialty youth groups must provide 1 chaperone in the water for every 4 children for active supervision of the group.

The pools occasionally close due to necessary maintenance, special events, weather or unforeseeable circumstances. Call 721-5269 to check on the status of the pools prior to your visit.

Lifeguard Training

The first step to becoming a lifeguard, this course is designed to provide lifeguard candidates with the skills and knowledge necessary to keep patrons of aquatic facilities safe in and around the water. Completion will lead to the American Red Cross Lifeguard Training certificate including CPR/AED and water park & emergency oxygen administration and is required to become a City of Laramie lifeguard. Certification is good for two years. Member discount applies.

Age: 15 years & up

Location: Community Recreation Center

Note: Registration deadline 2/3 and 3/31

2/13-2/17	M-F	5-9:30 PM	\$225.00	126601-01
4/10-4/14	M-F	5-9:30 PM	\$225.00	126601-02



CPR/AED/1st Aid

This course teaches you the skills and knowledge to immediately care for someone who has an injury or is experiencing a cardiac or breathing emergency, until advanced medical personnel arrive. This course will provide students the opportunity to confront the fear of providing care and gain the confidence to assist others in their community.

Age: 16 years & up

Location: Community Recreation Center

Note: Registration deadline 2/6

2/11	Sa	9AM-2 PM	\$80.00	129000-01
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Administering Emergency Oxygen

An advanced skills course for professional rescuers who want to improve their ability to provide care for victims of breathing emergencies. Must hold a current CPR certification to register for the class.

Age: 16 years & up

Location: Community Recreation Center

Note: Registration deadline 4/7

4/15	Sa	2:00-4:30 PM	\$35.00	129003-01
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Battleship Canoes

Bring the classic board game to life! Teams will try to dump buckets of water to sink each others canoes until only 1 remains standing. Captains will meet prior to the event to go over rules and safety. Teams will meet in the 8 lane pool to battle it out!

Age: 16 years & up

Location: Community Recreation Center

12/11	Su	6:00-7:00 PM
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1/15	Su	6:00-7:00 PM
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2/12	Su	6:00-7:00 PM
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Kayaking & River Rafting

Take this time to keep your kayaking and rafting skills sharp. From beginners to advanced, this is the time to make sure you are ready for the next season. Please make sure all gear is clean before entry. Free with membership or the purchase of a day pass.

Age: 15 years & up

Location: Community Recreation Center

12/4-5/27	Su	4:30-6:15 PM
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Masters Swim

Master Swim- Looking to take your swimming to a new level? Try Masters swim. Each class designed for your specific needs and how to reach your best swimming level! Free with membership or the purchase of a day pass.

Age: 16 years & up

Location: Community Recreation Center

1/2-5/1	M/W	6:15-7:15 PM
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Stand-Up Paddleboard

Wanting to try something new? Start learning how to do stand up paddleboard and give yourself another opportunity to enjoy a new experience in the outdoors!

Age: 16 years & up

Location: Community Recreation Center

Note: Registration deadline 12/28

1/6-2/24	F	6:00-7:00 PM	\$50.00	126103-01
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Aquatic Easter Egg Hunt

Come and join us for the 7th annual Easter egg hunt! Games and crafts for kids of all ages! Free with your membership or day pass! Remember our age policy (kids under 8 must be accompanied in the water by an adult) Come join in the fun! Free with membership or the purchase of a day pass.

Age: 6 months-10 years

Location: Community Recreation Center

Age: 6 months-4 years

4/14	F	5:30-6:00 PM
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Age: 5-7 years

4/14	F	6:10-6:40 PM
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Age: 8-10 years

4/14	F	6:50-7:20 PM
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Aquatics

Private/Swim Lessons



Private Lessons are customized to each swimmer's abilities and comfort level. Your instructor will develop a lesson plan focused on a specific skill set from multiple levels. If you have never learned to swim or need extra help private lessons can help you. Private lessons are available for all lesson levels depending upon instructor availability and are set up based on your availability. Ask for the private lesson form at the front desk. Each private lesson is 30 minutes long.

Age: All

Location: Community Recreation Center

Private Swim 1 Time			
1/1-5/31	M-Su	\$25.00	116100-0P
Private Swim 4 Pack			
1/1-5/31	M-Su	\$72.00	116100-0Q
Private Swim 8 Pack			
1/1-5/31	M-Su	\$124.00	116100-0R
Semi Private 1 Time			
1/1-5/31	M-Su	\$30.00	116100-0S
Semi Private 4 Pack			
1/1-5/31	M-Su	\$104.00	116100-0T
Semi Private 8 Pack			
1/1-5/31	M-Su	\$188.00	116100-0U

Learn to Swim

Children (6 months-12 years)

Swim Lessons (4 or 8 classes)
****Member discounts apply****

Registration Deadlines:
***January Lessons: 12/23/17**
***February Lessons: 1/20/17**
***April Lessons: 3/24/17**

Aqua Tots A Winter/Spring Swim

Aqua Tots A builds swimming readiness by emphasizing fun in the water. Parents and children participate in guided sessions that help children learn elementary skills.

Age: 6 months-2 years

Location: Recreation Center

Note: Registration deadline - see above

1/3-1/26	Tu,Th	5:30-6:00 PM	\$48.00	116101-01
1/3-1/26	Tu,Th	6:00-6:30 PM	\$48.00	116101-02
1/31-2/23	Tu,Th	5:30-6:00 PM	\$48.00	116101-03
1/31-2/23	Tu,Th	6:00-6:30 PM	\$48.00	116101-04
4/3-4/26	M,W	5:30-6:00 PM	\$48.00	116101-05
4/3-4/26	M,W	6:00-6:30 PM	\$48.00	116101-06
4/8-4/29	Sa	9:00-9:30 AM	\$24.00	116101-07

Aqua Tots B Winter/Spring Swim

Aqua Tots B builds on the skills learned in Aqua Tots A. Parents and children participate in guided sessions that help children learn the skills to continue into the preschool levels.

Age: 2-3 years

Location: Recreation Center

1/3-1/26	Tu,Th	5:30-6:00 PM	\$48.00	116102-01
1/3-1/26	Tu,Th	6:00-6:30 PM	\$48.00	116102-02
1/31-2/23	Tu,Th	5:30-6:00 PM	\$48.00	116102-03
1/31-2/23	Tu,Th	6:00-6:30 PM	\$48.00	116102-04
4/3-4/26	M,W	5:30-6:00 PM	\$48.00	116102-05
4/3-4/26	M,W	6:00-6:30 PM	\$48.00	116102-06
4/8-4/29	Sa	9:00-9:30 AM	\$24.00	116102-07

Pre-K Intro Winter/Spring Swim

Pre-K Intro is the first level of skill building after Aqua Tots B. Students learn to feel comfortable in the water and enjoy the water safely. Students begin floating and basic skills.

Age: 3-6 years

Location: Recreation Center

1/3-1/26	Tu,Th	5:30-6:00 PM	\$48.00	116103-01
1/3-1/26	Tu,Th	6:00-6:30 PM	\$48.00	116103-02
1/31-2/23	Tu,Th	5:30-6:00 PM	\$48.00	116103-03
1/31-2/23	Tu,Th	6:00-6:30 PM	\$48.00	116103-04
4/3-4/26	M,W	5:30-6:00 PM	\$48.00	116103-05
4/3-4/26	M,W	6:00-6:30 PM	\$48.00	116103-06
4/8-4/29	Sa	9:00-9:30 AM	\$24.00	116103-07

Pre-K Basics Winter/Spring Swim

Pre-K Basics is designed for children younger than 6 who have passed Pre-K Intro and wish to develop swimming readiness. Skills from both Intro and Basics will be taught, just adapted for younger swimmers.

Age: 3-6 years

Location: Recreation Center

1/3-1/26	Tu,Th	5:30-6:00 PM	\$48.00	116104-01
1/3-1/26	Tu,Th	6:00-6:30 PM	\$48.00	116104-02
1/31-2/23	Tu,Th	5:30-6:00 PM	\$48.00	116104-03
1/31-2/23	Tu,Th	6:00-6:30 PM	\$48.00	116104-04
4/3-4/26	M,W	5:30-6:00 PM	\$48.00	116104-05
4/3-4/26	M,W	6:00-6:30 PM	\$48.00	116104-06
4/8-4/29	Sa	9:00-9:30 AM	\$24.00	116104-07

Level 1 Winter/Spring Swim

Level 1 - Introduction to Water Skills: Designed for the non-swimmer who wishes to develop swimming readiness. Skills taught: balance, breath control, supported floating, alternating arm action, proper body positioning, underwater comfort, kicking on front/back.

Age: 5-12 years

Location: Recreation Center

1/3-1/26	Tu,Th	5:30-6:00 PM	\$48.00	116105-01
1/3-1/26	Tu,Th	6:00-6:30 PM	\$48.00	116105-02
1/31-2/23	Tu,Th	5:30-6:00 PM	\$48.00	116105-03
1/31-2/23	Tu,Th	6:00-6:30 PM	\$48.00	116105-04
4/3-4/26	M,W	5:30-6:00 PM	\$48.00	116105-05
4/3-4/26	M,W	6:00-6:30 PM	\$48.00	116105-06
4/8-4/29	Sa	9:00-9:30 AM	\$24.00	116105-07

Level 2 Winter/Spring Swim

Fundamental Aquatic Skills: Designed for the beginner who is comfortable in the water and ready to swim. Skills taught: breath control, floating front/back, combined stroke on front, supported stroke on back, proper body positioning, supported gliding, retrieving submerged objects. Must pass Pre-K Basics or Level 1.

Age: 5-12 years

Location: Recreation Center

1/3-1/26	Tu,Th	5:30-6:00 PM	\$48.00	116106-01
1/3-1/26	Tu,Th	6:00-6:30 PM	\$48.00	116106-02
1/31-2/23	Tu,Th	5:30-6:00 PM	\$48.00	116106-03
1/31-2/23	Tu,Th	6:00-6:30 PM	\$48.00	116106-04
4/3-4/26	M,W	5:30-6:00 PM	\$48.00	116106-05
4/3-4/26	M,W	6:00-6:30 PM	\$48.00	116106-06
4/8-4/29	Sa	9:00-9:30 AM	\$24.00	116106-07

Level 3 Winter/Spring Swim

Stroke Development: Designed for those who have completed Level 2 (or equivalent), and swimming on their own. Skills taught: side breathing, changing directions, introduce front crawl, elementary backstroke, breaststroke kick, treading water & dives.

Age: 5-12 years

Location: Recreation Center

1/3-1/26	Tu,Th	5:30-6:00 PM	\$48.00	116107-01
1/3-1/26	Tu,Th	6:00-6:30 PM	\$48.00	116107-02
1/31-2/23	Tu,Th	5:30-6:00 PM	\$48.00	116107-03
1/31-2/23	Tu,Th	6:00-6:30 PM	\$48.00	116107-04
4/3-4/26	M,W	5:30-6:00 PM	\$48.00	116107-05
4/3-4/26	M,W	6:00-6:30 PM	\$48.00	116107-06

Level 4 Winter/Spring Swim

Stroke Improvement: Designed for those who have completed Level 3 (or equivalent) and are ready to develop strokes and stamina. Skills taught: alternate breathing, open turns, scissor kick, treading water, back crawl, butterfly, breaststroke & dives.

Age: 5-12 years

Location: Recreation Center

1/3-1/26	Tu,Th	5:30-6:00 PM	\$48.00	116108-01
1/3-1/26	Tu,Th	6:00-6:30 PM	\$48.00	116108-02
1/31-2/23	Tu,Th	5:30-6:00 PM	\$48.00	116108-03
1/31-2/23	Tu,Th	6:00-6:30 PM	\$48.00	116108-04
4/3-4/26	M,W	5:30-6:00 PM	\$48.00	116108-05
4/3-4/26	M,W	6:00-6:30 PM	\$48.00	116108-06

Level 5 Winter/Spring Swim

Stroke Refinement: Designed for those who have completed Level 4 (or equivalent) and are ready to refine their six strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and side stroke) and increase swimming endurance.

Age: 5-12 years

Location: Recreation Center

1/3-1/26	Tu,Th	5:30-6:00 PM	\$48.00	116109-01
1/3-1/26	Tu,Th	6:00-6:30 PM	\$48.00	116109-02
1/31-2/23	Tu,Th	5:30-6:00 PM	\$48.00	116109-03
1/31-2/23	Tu,Th	6:00-6:30 PM	\$48.00	116109-04
4/3-4/26	M,W	5:30-6:00 PM	\$48.00	116109-05
4/3-4/26	M,W	6:00-6:30 PM	\$48.00	116109-06

Level 6 Winter/Spring Swim

Swimming and Skill Proficiency: For those who have completed Level 5 (or equivalent) and are ready for advanced aquatic activities like competitive swimming or diving. Skills taught include spring board diving, circle swimming, using a pace clock and personal water safety.

Age: 5-12 years

Location: Recreation Center

1/3-1/26	Tu,Th	5:30-6:00 PM	\$48.00	116110-01
1/3-1/26	Tu,Th	6:00-6:30 PM	\$48.00	116110-02
1/31-2/23	Tu,Th	5:30-6:00 PM	\$48.00	116110-03
1/31-2/23	Tu,Th	6:00-6:30 PM	\$48.00	116110-04
4/3-4/26	M,W	5:30-6:00 PM	\$48.00	116110-05
4/3-4/26	M,W	6:00-6:30 PM	\$48.00	116110-06

Give the Gift of Recreation

...and fill someone's stocking this Holiday Season! Gift cards can be purchased in any denomination and used for any Parks and Recreation activity:

- *Swim Lessons
- *Day Passes
- *Concessions
- *Memberships
- *League Fees
- *Park Fees

Be sure to check out our new Fitness Classes!

Call 307-721-5269 for more information.

Recreation Center
LARAMIE COMMUNITY
A PLACE FOR ALL

Parks

Shawver Tree Fund

The City of Laramie and Rotary Clubs of Laramie have partnered to create the Shawver Tree Fund, in memory of Chuck Shawver. The fund is set up to replace dying, decayed and dangerous trees and to help provide additional trees within public use areas such as community entrance corridors or along City rights of ways where more trees are needed to fill in or extend shade tree plans, play lot parks, and new parks. For more information on the Shawver Tree Fund please contact City Arborist Randy Overstreet at roverstreet@cityoflaramie.org or 721-5338 or visit: www.cityoflaramie.org/trees

Bench and Tree Memorials

Memorialize the memory of your loved one with a tree or bench placed in a City park. A plaque may be placed by memorials or donations if desired by the donor. The Parks & Recreation Department accepts donations of trees, shrubs and park benches for beautification and enhancement of the City Parks and Recreation areas. Prior to planting or installation, the Parks staff must approve the donation and the location. The donor may plant the tree or shrub they have donated with the assistance of Parks staff members. All tree donations and memorials purchased from the City are invoiced at wholesale cost.

Imperial Heights Park

Imperial Heights Park is now open and ready for play! (Sherman Hills Rd. & Morgan St.) Future additions include a basketball court, rural trail, and a playground for older children. Interested in funding future additions? Please call 721-5260.

Adopt A Park Programs & Greenbelt Trail

Looking for a way to give back to the community? Help us maintain our beautiful parks and greenbelt areas by sponsoring sections of the greenbelt or a city park.

Adopt A Park

The City of Laramie has also entered into agreements with individuals or groups to assist with maintenance of parks in the community. Like the Greenbelt sponsorship, the agreements are for two years. This volunteer program is sponsored by the Parks & Recreation Department and encourages citizens to get involved in the care of our parks. Adopt a Park agreements are typically with an individual or a group with a common interest in a specific park or recreation area. For more information call 721-5264. This volunteer program is sponsored by the Parks & Recreation Department and encourages citizens to get involved in the care of our parks. Adopt a Park agreements are typically with an individual or a group with a common interest in a specific park or recreation area. For more information call 721-5264.

Adopt A Trail in the Greenbelt

The Laramie City Council adopted plans for a bicycle trail master plan in 1999 which included the Laramie River Greenbelt. From the observation of wildlife, birds, wetlands, and vegetation, people young and old can learn about nature and better understand the ecological importance of the Greenbelt. The Optimist Park trail head includes a playground, sheltered picnic area and fenced in dog run area. There are memorial benches located along the trail for relaxing and enjoying the scenery. The Parks, Tree and Recreation Advisory Board has opened quarter mile sections of the Greenbelt trail for adoption. Groups or individuals that adopt have a two year contract that must be approved by the advisory board. Each year the contract requires a \$75.00 payment for the signage that is placed on the adopted section of the trail.

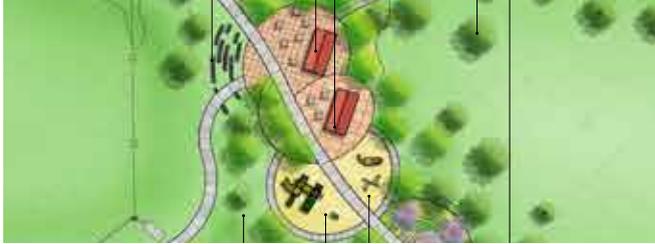
A promotional graphic for Imperial Heights Park. The background is a bright blue sky with white clouds. The text "IMPERIAL HEIGHTS PARK" is at the top in white. Below it, "OPEN FOR PLAY!" is written in large, bold, white letters. The graphic features several circular and rectangular inset images: a person walking on a path, a child on a bicycle, a child on a swing, and a child on a playground. There are also logos for "LARAMIE LAND & WATER CONSERVATION FUND" and "LARAMIE COMMUNITY Recreation Center". At the bottom, there are three boxes labeled "Future Additions:" containing images of a "Basketball Court", a "Rural Trail", and a "Playground for Older Children". Logos for "BOWLING GREEN", "DOWL Terracon", and "Diego Concepts Inc." are at the bottom right.

Community Forest Stewardship Plan

The Community Forest Stewardship Plan has been completed for a long range management system and policies for tree care and placement, throughout public spaces, right of ways, and parks system. To learn more about the plan and view digitally, please contact City Arborist Randy Overstreet at roverstreet@cityoflaramie.org or 721-5338 or visit: www.cityoflaramie.org/trees

Scout Park Playground Development

The Scout Park Development Project is underway. The City has hired a consultant to gather public input on the conceptual plan as developed in the late 1990s in preparation for site design for the park. Construction of the improvements is scheduled for spring 2017.



Cirrus Sky Technology Park Trail Project

Construction of an 11ft. concrete trail on the bluff overlooking the City of Laramie from 15th St.-30th St., will be constructed in 2016 as part of the Cirrus Sky Development Project. It is anticipated that the trail will be completed by Spring 2017.



Park Facility Reservations

Individuals, groups or organizations who wish to reserve picnic shelters or any recreation facilities such as the sand volleyball courts, horseshoe pits, softball fields, or basketball courts in any of the city parks must make reservations at least five days in advance. Reservations may only occur within the hours of 7am to 9pm. Please call 721-5269 with questions or to check on shelter availability.

To process your reservation we must have a completed facility reservation form, payment and damage deposit. Please note all park reservation fees are non-refundable. Please refer to our facility reservation form or the website for full information on fees. To make a reservation, stop by the Recreation Center at 920 Boulder Dr. or download a form at: www.cityoflaramie.org/parkreservations

Open Container Permits

If you will be consuming alcohol at your event in one of Laramie's Parks, you will need an open container permit. Permits are issued with park facility reservations and permit applications must be made a minimum of five days prior to your event. There is a \$25 fee for the permit and you must furnish proof of public liability insurance. For full details please call 721-5290 or visit: www.cityoflaramie.org/opencontainer

Dog Park Etiquette

When you and your canine companion are enjoying one of the Dog Friendly Off-Leash Areas be sure to abide by the dog park etiquette listed below. Dog park etiquette allows everyone to fully enjoy these great community amenities in a safe manner.

- You must clean up after your pet(s)
- Dogs must be leashed when outside the dog friendly off-leash area
- No aggressive dogs
- Dogs residing in the City of Laramie must be licensed
- All dogs must have up-to-date vaccinations
- Limit 3 dogs per person
- No infants or small children under the age of 5
- No puppies under 4 months
- No human food
- Dog treats permitted
- No dogs unattended; owners must accompany pets within the dog friendly off-leash area
- Children must be supervised
- You must carry a leash at all times
- Keep gates closed

In rare occurrences, should a user become a nuisance, whether in the dog friendly off-leash area or in any of the parks, they can be ejected from the park under Chapter 12.52.050 and 12.52.060 Parks Rules and Regulations.

The Parks and Recreation Department reserves the right to close the Dog Friendly Area(s) at any time. Closures will be posted on the website and Facebook as well as at the dog parks. Please contact the Parks Manager's Office at 721-5264 with questions.

City of Laramie Park Rules

Pursuant to City Ordinance #12.52.050, the following are the rules and regulations for the Laramie Parks:

- * Dogs must be on a leash.
- * Remove feces at once.
 - * No golfing.
- * No bikes on park pathways.
- * No alcohol without permit.
- * No overnight sleeping/camping.
 - * No damaging facilities.
 - * No vending without license.
 - * No damaging of vegetation.
- * No metal detectors or digging.

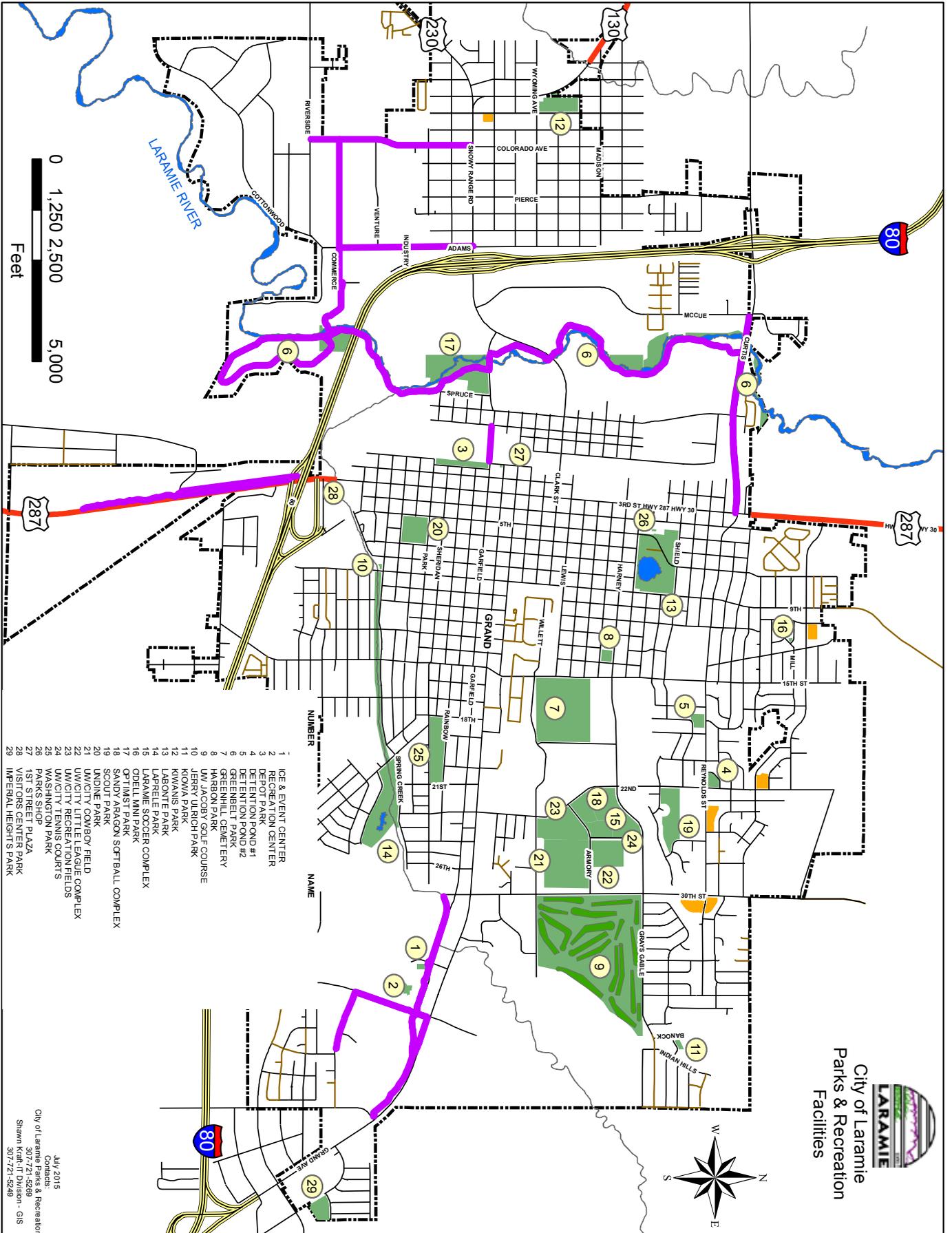


Parks

PARK AMENITIES			Basketball	Play Equipment	Softball	Baseball	Soccer
1st Street Plaza	1st & Grand Ave	.09 acres		X			
Depot Park	1st & Sheridan	2.7 acres		X			
Gateway Park	Boulder & Grand Ave	5 acres					
Greenbelt Path: (Paved shared use path)	5.9 miles long	Trailhead at Optimist Park		X			
Harbon Park	13th & Harney	2 acres		X			
Imperial Heights Park	Sherman Hills Rd & Morgan St	4.8 acres		X			
Jerry Ullrich Park	9th & Spring Creek	0.2 acres					
Kiowa Park	Bannock & Kiowa	8.4 acres		X			
Kiwanis Park	Hwy 130 & Wyoming Ave	8.4 acres		X			X
LaBonte Park	5th & Canby	30 Acres		X	X	X	
LaPrele Park	23rd & Spring Creek	29.1 acres		X			
LaRamie Park	Television & Armory	8 acres					X
O'Dell Mini Park	Albin & Mill	0.2 acres		X			
Optimist Park	W. Garfield & Spruce	28.8 acres	X	X			X
Sandy Aragon Softball Complex	22nd & Armory	12 acres			X		
Scout Park	22nd & Reynolds	12.43 acres		X			X
Undine Park	5th & Ord	9.6 acres		X			X
Washington Park	18th & Sheridan	13 acres	X	X			X
Visitors Center	3rd & Boswell	.04 acres					

	Tennis	Volleyball	Dog Park	Horseshoes	Pool/ Splash Pad	Bike/ Walking Trails	Disc Golf	Restrooms	Parking	Other
1st Street Plaza								X		Fire pit
Depot Park								X		Train
Gateway Park										
Greenbelt Path: (Paved shared use path)			X		X		X			
Harbon Park										
Imperial Heights Park										
Jerry Ullrich Park										Green area
Kiowa Park										
Kiwanis Park							X	X		
LaBonte Park					X		X	X		Garden
LaPrele Park						X	X			HF Pond
LaRamie Park			X				X			
O'Dell Mini Park										
Optimist Park			X					X		
Sandy Aragon Softball Complex			X					X		
Scout Park										
Undine Park	X				X		X			
Washington Park		X		X	X	X	X	X		Bandshell
Visitors Center								X		Info

Parks



Family Friendly Events

Touch-a-Truck

Please join us for the first annual Touch-a-Truck event! Local businesses and big equipment operators will bring out their trucks and excavators, ambulances and ice groomers to show off for the day. Kids will have an opportunity to collect trading cards for each of the vehicles while getting to see it up close and personal. This FREE event is sure to be a kid pleaser!

Age: All ages

Location: Laramie Community Ice and Events Center
5/20 Sa 10AM-2PM

Interested in sponsoring this Fantastic Event? Please contact Todd Feezer, Parks & Recreation Director, at tfeezer@cityoflaramie.org or call 307-721-5269 for more information.

Aquatic Easter Egg Hunt

Come and join us for the 7th annual Easter egg hunt! Games and crafts for kids of all ages! Free with your membership or day pass! Remember our age policy (kids under 8 must be accompanied in the water by an adult) Come join in the fun! Free with membership or the purchase of a day pass.

Age: 6 months-10 years

Location: Community Recreation Center

Age: 6 months-4 years

4/14 F 5:30-6:00 PM

Age: 5-7 years

4/14 F 6:10-6:40 PM

Age: 8-10 years

4/14 F 6:50-7:20 PM

Ceramics Classes



at the
Laramie Plains Civic Center
7th STREET STUDIO



Hand-built Techniques

Classes 15 yrs. to Adult - 6 classes

January 17-February 28, 2017

A. Tuesday morning 8:30-10:30 am

January 19 -March 2, 2017

B. Thursday evening 6:00-8:00 pm

Studio Night available: Wednesdays 8:00-10:00pm

COST: \$135.00 – includes 25lbs. clay, glaze, firing, 6 instructional classes, and studio night open work time.

Parent and Child classes - 2 Saturdays - TBA

\$50.00 1 adult, 1 child age 4 and up.

PAYMENT FOR CLASSES CAN BE MADE AT THE LARAMIE PLAINS CIVIC CENTER OFFICE. STE.110



GIVE A CLASS FOR A CHRISTMAS PRESENT!

COAL CREEK COFFEE CO.

locally roasted beans, handmade foodstuffs, your coffee shop.

110 E. Grand Ave. & 2317 Grand Ave. www.edgycoffee.com

Ice & Event Center

The Ice and Event Center is open September 17, 2016 through March 25, 2017. We offer public skating times, as well as hourly rentals available for leagues, tournaments, clinics, birthdays, school skates, and group parties.

Public Skate Times during ACSD#1 Vacations and Staff Development TBA. Please check our website or call us at 721-2161.

Looking for an alternative activity to keep fit or for recreation? Come to the Ice & Events Center for our public skate sessions which include recreational skating, figure skating, and stick and puck sessions.

Skating Schedule

Monday	Drop-In Figure Skating	5:30-7:30a
	Public Skate	12:30p - 7:00p
Tuesday	Drop-In Figure Skating	5:30-7:30a
	Public Skate	11:30a-1:30p
Wednesday	Public Skate	11:30a-1:30p
Thursday	Drop-In Figure Skating	5:30-7:30a
Friday**	Drop-In Figure Skating	5:30-7:30a
	Stick & Puck	2:30-3:30p
	Public Skate	11:30-1:30p
	Public Skate	5:45-7:45p
Saturday**	Public Skate	8:00-10:00p
	Drop-In Figure Skating	6:00-7:45a
	Public Skate	1:00-3:00p
	Stick & Puck	3:15-4:15p
Sunday**	Public Skate	4:30-6:30p
	Public Skate	7:00-9:00p
	Public Skate	1:00-3:00p
	Drop-In Curling	11:15-1:00p

**Activities may be dropped or rescheduled due to tournaments and special events, especially on Fridays and weekends. Please watch for changes posted at the Ice and Event Center and remember to check the Hotline at 721-3530 or the webpage at www.cityoflaramee.org/skate

**Please check our website or call 721-2161 for details about closures & game cancelations.

Rental Skates & Equipment

We rent figure and hockey skates from toddler's size 6 to men's size 14. Helmets are available free to use. Rental Scooters are free to use but are given out on a first come, first serve basis!

Skate Sharpening and Equipment for Purchase

A better skating experience awaits you with sharp skates. Our trained staff sharpens hockey, goalie, and figure skates overnight. We also have available for purchase sock tape, stick tape, mouth guards, hockey wax, skate guards, laces, anti-fog wipes, and helmet repair kits. Skates can be dropped off for overnight sharpening and picked up the next day!

Fees: \$7/pair or sharpen with new laces \$15/pair.

Fees & Services

Public Skate Admission (All sessions are 2 hours unless otherwise noted)

Resident*: \$5/session

3-4 Year Old Resident*: \$2.50/session

Non-Resident: \$6/session

3-4 Year Old Non-Resident \$3/session

Skate Rental: \$2.50/session

3-4 Year Old Skate Rental \$1/session

*Albany County residents are eligible for resident rates.

Drop-in Figure Skate

Resident*: \$7/session

Non-Resident: \$8/session

Drop-in Stick & Puck*

Resident: \$7/session

Non-Resident: \$8/session

*Skater under the age of 18 must have a parent or guardian signature on our Liability Waiver

Drop-in Curling

Available most Sundays 11:15a-1p

Resident*: \$5/session

20 Visit Pass: Saves 20% vs. the regular daily rate!

Can be used for summer roller skating sessions as well. Skate rentals not included. 20 Visit Passes are valid only for one person and cannot be shared.

Public Skate 20 Visit Pass

Resident: \$75

Non-Resident: \$90

Drop-in Activity Pass (Figure Skate, Stick & Puck, Curling)

Resident: \$105

Non-Resident: \$120

Summer 2017 Ice & Events Center Rentals

Our event season will run April 15th through August 1st! Rentals are on a first come first serve basis and we have a variety of pricing options to meet your events needs! With an arena floor of 200'x80', chairs and tables to accommodate 300 people, and the ability to bring vehicles into the arena, we are the place to hold your next event! We are always willing to work with you to make sure your event is perfect. Call the Ice Coordinator at 721-5265 for a private building tour to see if we are the venue for you!

UW Hockey Game Schedule

2/10/17 vs Colorado Mines 8:00pm

2/11/17 vs Colorado Mines 1:00pm

Ice & Event Center

Private Ice Skating Lessons

Private lessons are available in ½ hour & 20 min.* increments and are taught by our certified instructors. Contact the front desk at the Ice and Event Center at 721-2161 to schedule your lessons. All skaters must agree to the ISI code of conduct in their initial registration. *20 minute lesson prices will be prorated.

Age: All

Location: Laramie Ice & Events Center

Private Ice Juvenile

1/1-3/25 M-Su \$23.00 111800-P3

Private Ice Novice

1/1-3/25 M-Su \$25.00 111800-P2

Private Ice Gold

1/1-3/25 M-Su \$28.00 111800-P1

Learn to Skate

All Ages

ISI Membership

The Laramie Ice and Event Center is an administrative member of the Ice Skating Institute. As a member, we utilize the ISI weSkate program. Individual skaters enrolling in our weSkate program will automatically be enrolled as individual ISI members (included in fees). This membership allows the skater to participate in ISI competitions, including the National Holiday on Ice competition. The membership is good for one year and expires on August 31 each year. If you enroll in lessons for the fall, you will not need to pay the \$15 ISI fee for your spring lesson enrollment.

Learn to Skate Adult Lessons

Didn't learn to skate as a child but want to take advantage of a fun fitness opportunity? Join us for some fun on the ice. This class is geared for ages 16 and up, all levels and skate experience welcome.

Age: 16 years & up

Location: Laramie Ice & Events Center

1/28-3/18 Sa 11:45A-12:15P \$63.00 121800-01



Learn to Skate Pre-Alpha

No prior skating experience needed. Need to be able perform the two foot glide, one foot glide, forward swizzle, backward swizzle, backward wiggle.

Age: 6-18 years

Location: Laramie Ice & Events Center

1/24-2/16 Tu,Th 5:00-5:30 PM \$63.00 111806-01

2/21-3/16 Tu,Th 5:00-5:30 PM \$63.00 111806-02

1/28-3/18 Sa 10:45-11:15 AM \$63.00 111806-03

Learn to Skate Alpha

Pass Pre-Alpha or forward stroking, snowplow stop, forward right and left crossovers.

Age: 6-18 years

Location: Laramie Ice & Events Center

1/24-2/16 Tu,Th 5:00-5:30 PM \$63.00 111806-01

2/21-3/16 Tu,Th 5:00-5:30 PM \$63.00 111806-02

1/28-3/18 Sa 10:45-11:15 AM \$63.00 111806-03

Learn to Skate Beta

Pass Alpha or backward stroking, backward right and left crossovers, T-Stop.

Age: 6-18 years

Location: Laramie Ice & Events Center

1/24-2/16 Tu,Th 5:00-5:30 PM \$63.00 111806-01

2/21-3/16 Tu,Th 5:00-5:30 PM \$63.00 111806-02

1/28-3/18 Sa 10:45-11:15 AM \$63.00 111806-03

Learn to Skate Gamma

Pass Beta or forward right and left outside three turn, forward inside open mohawk combination and hockey stop.

Age: 6-18 years

Location: Laramie Ice & Events Center

1/24-2/16 Tu,Th 5:00-5:30 PM \$63.00 111806-01

2/21-3/16 Tu,Th 5:00-5:30 PM \$63.00 111806-02

1/28-3/18 Sa 10:45-11:15 AM \$63.00 111806-03

Learn to Skate Delta

Pass Gamma or forward right and left inside three turn, forward outside edges, forward inside edges, lunge and bunny hop.

Age: 6-18 years

Location: Laramie Ice & Events Center

1/24-2/16 Tu,Th 5:00-5:30 PM \$63.00 111806-01

2/21-3/16 Tu,Th 5:00-5:30 PM \$63.00 111806-02

1/28-3/18 Sa 10:45-11:15 AM \$63.00 111806-03

Learn to Skate Freestyle

Skaters who have completed Delta level classes or who have our instructors permission may take Freestyle Low and High Ice Skating Lessons. The program contains many skills like jumps, spins, spirals and elements from the ISI and US Figure Skating tests.

Age: 6-18 years

Location: Laramie Ice & Events Center

1/28-3/18 Tu,Sa 11:45AM-12:45PM \$63.00 111810-01

Learn to Skate Tots 1

No skating experience needed. Learn the proper way to fall and get up, marching standing position, marching while moving. The use of rental skates is included during lessons. A brief skills test is administered the first class day to ensure each skater is placed in the appropriate level. To enroll in each skate level, the skater must meet all prior level skills.

Age: 3-5 years

Location: Laramie Ice & Events Center

1/24-2/16 Tu,Th 5:00-5:30 PM \$63.00 111806-01

2/21-3/16 Tu,Th 5:00-5:30 PM \$63.00 111806-02

1/28-3/18 Sa 10:45-11:15 AM \$63.00 111806-03

(continued on next page)

Ice & Event Center

Learn to Skate Tots 2

Pass Tot 1 or two-foot jump in place, forward swizzle standing still, single swizzle, beginning two-foot glide. The use of rental skates is included during lessons. A brief skills test is administered the first class day to ensure each skater is placed in the appropriate level. To enroll in each skate level, the skater must meet all prior level skills.

Age: 3-5 years

Location: Laramie Ice & Events Center

1/24-2/16	Tu,Th	5:00-5:30 PM	\$63.00	111806-01
2/21-3/16	Tu,Th	5:00-5:30 PM	\$63.00	111806-02
1/28-3/18	Sa	10:45-11:15 AM	\$63.00	111806-03

Learn to Skate Tots 3

Pass Tot 2 or Push and glide stroking, preparation for snow plow stop, dip, forward swizzle. The use of rental skates is included during lessons. A brief skills test is administered the first class day to ensure each skater is placed in the appropriate level. To enroll in each skate level, the skater must meet all prior level skills.

Age: 3-5 years

Location: Laramie Ice & Events Center

1/24-2/16	Tu,Th	5:00-5:30 PM	\$63.00	111806-01
2/21-3/16	Tu,Th	5:00-5:30 PM	\$63.00	111806-02
1/28-3/18	Sa	10:45-11:15 AM	\$63.00	111806-03

Learn to Skate Tots 4

Pass Tot 3 or T-position and glide, backward swizzle, two-foot or one-foot snowplow stop, backward wiggle.

Age: 3-5 years

Location: Laramie Ice & Events Center

1/24-2/16	Tu,Th	5:00-5:30 PM	\$63.00	111806-01
2/21-3/16	Tu,Th	5:00-5:30 PM	\$63.00	111806-02
1/28-3/18	Sa	10:45-11:15 AM	\$63.00	111806-03

Spring Ice Show

Be a skater in the spring skating exhibition! This is our annual spring ice show and a way to show off your new skills, or perform an individual program of your choosing. Registration for this program will give you practice time on the ice with our coaches and a performance time in the exhibition. Join us for a free public skate after the show (skate rental not included). Registration for the program includes six Wednesday afternoon sessions from 3:15-4:15pm & six Friday afternoon practice sessions from 4:45-5:30pm. The Skating Exhibition is free to spectators! FREE PUBLIC SKATE FOLLOWS THE SHOW!!!

Age: 6 years & up

Location: Laramie Ice & Events Center

Spring Practice & Show

2/3-3/10	W	3:15-4:15 PM	\$30.00	111700-SP
2/3-3/10	F	4:45-5:30 PM	\$30.00	111700-SP

*Exact time dependent on skill level.

Spring Show Only

This registration is for performing in the Ice Show only with no practices included.

3/11	Sa	4:00-7:00 PM	\$10.00	111700-SS
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ISI Testing

Official ISI testing is a permanent achievement that goes on your skating record. ISI membership is required to test. Testing is necessary to compete, and all skaters are encouraged to test. The cost is \$10 per test, and includes an official ISI patch. Contact the Skate Director to arrange a time for testing.

Youth Speed Skating

This class is open to both past participants and youth who have never tried the sport. It provides an introduction to speed skating techniques and competitions with an emphasis on fun. Participants should know how to ice skate and must wear helmets, long sleeves, long pants, and gloves. Elbow and knee pads are encouraged. Speed skates will be provided.

Age: 6-15 years

Location: Laramie Ice & Events Center

1/25-3/15	W	6:30-8:00 PM	\$36.00	112700-1A
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Adult Speed Skate

Join Wyoming's only speed skating program! This class is for participants of all ages and abilities who want to learn and practice speed skating. Coaches will work with participants individually and in groups to learn and improve technique, and classes will include drills and races. Participants should have basic ice skating skills. Helmets, long sleeves, and long pants are required. Participants may also choose to wear elbow and knee pads.

Age: 16 years & up

Location: Laramie Ice & Events Center

1/25-3/15	W	6:30-8:00 PM	\$36.00	122700-1
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Broomball Leagues

Broomball is a game played indoors on the ice with rules similar to hockey. Players wear special rubber-soled shoes, use a ball instead of a puck, and use specially designed "brooms" made out of wood or aluminum. Registration deadline is January 23rd at 8pm. Managers meeting will be held at the Laramie Ice & Event Center on January 27th at 6pm.

Age: 16 years & up

Location: Laramie Ice & Events Center

1/29-3/19	Su	5:00-9:00 PM	\$300.00	129027-01
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Learn to Curl

Come out and join some of our top team curlers and find out what the sport is all about. You will learn a little bit about the sport as well as ice set-up and technique and rules for curling. All sessions will be similar, but feel free to come to more than one if you'd like a little more practice! Registration will be taken at the door just before the session. Offered during Sunday curling. Instructors will be on site.

Dates: Jan. 22nd, Feb. 19th, Mar. 19th

Age: 10 years & up

Location: Laramie Ice & Events Center

1/22-3/19	Su	11:15 AM-1:00 PM		129029-01
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Holiday Fitness Special
 Signup or renew your membership during the months of November and December and receive a free 10 punch fitness pass.
 Be sure to check out our new Fitness Classes!
 Laramie Community Recreation Center
 A PLACE FOR ALL
 Call 307-721-5269 for more information.

Already planning your Summer 2017 events?
 The Ice & Event Center is available for rental after we remove our ice, from April-August. In the past we have hosted everything from circuses to weddings and everything in between. If you have an event that needs a large space give us a call at 721-5265.

Community Recreation Organizations

Parent Information Center	www.wpic.org	800-660-9742	Laramie Girls' Fastpitch	Kristy Isaak	745-0129
Adult Co-Ed Hockey Club	Ken Gerow	760-8224	Laramie Kempo Karate	Amber Travsky	742-5840
Alpine Tennis Association	www.alpinetennis.org		Laramie Lanes Bowling	1270 N. 3rd	745-3835
Altitude Fitness	www.altitudefitness307.com		Laramie Lumberjacks	Rugby-laramierugby@gmail.com	
American Legion Baseball	Hugh Lockhard	745-3798	Laramie Rifle Range	www.laramieriflerange.com	
Blizzard Soccer	www.laramieblizzard.org		Laramie Soccer Association	david@dmpclaw.com	
Crossfit 7220	www.crossfit7220.com		Laramie Swim Club	www.laramieswimclub.org	
Eppson Center for Seniors	1560 N. 3rd	745-5116	Laramie Wrestling Club	Mark Gunnerson	745-7989
Figure Skating Club	Katherine Schulz	KSchulz@cityoflaramie.org	Laramie Youth Baseball 6-12yrs	Crystal McFadden	766-6568
Friends of Community Rec	http://www.friendsofcommunityrec.org		Laramie Youth Football	Jeremy Sell	760-7495
Friends of Laramie Skate Pk	Joshua Kaffer	207-619-3575	Laramie 4-H Club	Mary Louise Wood	721-2571
High Plains Archery Club	209 Cedar St	742-2965	Med. Bow Mtn Bike Patrol	755-9260	
High Plains Disc Golf Club	www.discgolfscene.com/clubs/high_plains_disc_golf_club		Medicine Bow Nordic Assn.	www.medbownordic.org	
High Plains Harriers	www.highplainsharriers.org		R.I.S.E. Sports Training	riseandball.com	
Jacoby Golf Course	Joe Jensen	745-3111	UW Club Sports	Adam Burke	766-6396
Laramie Amateur Hockey	Andy Thompson	760-5605	UW Indoor Tennis Facility	Edgar Clower Jr.	677-4331
Laramie Bicycling Network	Mike Harokopis	760-4797	UW Intramural Sports	Jerrad Curry	766-6492
Laramie Civic Center	Mellissa Daniele	745-8000	WY Health Fairs	1-800-979-3711	
Laramie Crossfit	www.laramiecrossfit.com		Wyo School of Gymnastics	Rob Mitchell	745-8302
Laramie Fire Basketball	www.laramieball.com		Wyoming Territorial Park	Lynette Nelson	745-6161
Laramie Fitness	208 E. McConnell St.	742-8136			

Contact Information



Parks & Recreation Department

P.O. Box C
Laramie, WY 82073

Recreation Center

920 Boulder Drive
721-5269

Parks & Rec Hotline

721-3575

Ice & Events Center

3510 Garfield St, 721-2161

Each program has an icon to help you quickly identify registration options:



In Person—Look for early registration dates in each program guide.



On-Line—Many of our classes are available for registration on-line.



Recreation Center—You can also register for most of our activities at the Recreation Center.

To register: Visit our website

<https://parksandrec.cityoflaramie.org/>

Visit our website:

www.cityoflaramie.org/parksandrec



Like us on Facebook:

facebook.com/laramie.parksandrec

Sign up for calendar alerts about closures or special events by visiting:

www.cityoflaramie.org/notifyme

Parks Shop, 1052 N. 5th St, 721-5266
Greenhill Cemetery, 455 N. 15th St, 721-5267

Mosquito Control, 1268 N. 4th St, 721-5258
Mosquito IPM Hotline, 721-5056

Parks & Recreation Director, Todd Feezer
tfeezer@cityoflaramie.org 721-5260

Recreation Supervisor, Kason Walton
kwalton@cityoflaramie.org 721-5261

Facilities Maint. Manager, Scott Stevenson
sstevenson@cityoflaramie.org 721-3585

Aquatics Supervisor, Stuart Tapson
stapson@cityoflaramie.org 721-5263

Recreation Manager, Jodi Guerin
jguerin@cityoflaramie.org 721-5259

Aquatics Coordinator, Katherine Ratigan
kratigan@cityoflaramie.org 721-5221

Interim Parks Manager, Scott Hunter
SHunter@cityoflaramie.org 721-5264

Recreation Prog. Coordinator, Cindy Stoffers
cstoffers@cityoflaramie.org 721-5262

City Arborist, Randy Overstreet
roverstreet@cityoflaramie.org 721-5338

Customer Srv. Coordinator, Laura Tangeman
ltangeman@cityoflaramie.org 721-5290

Mosquito Crew Supervisor, Keith Wardlaw
kwardlaw@cityoflaramie.org 721-5258

Ice & Fitness Prog. Coord., Devin Garcia
dgarcia@cityoflaramie.org 721-5265

Parks Crew Supervisor, Loni Wilson
lwilson@cityoflaramie.org 721-5257

Senior Business Clerk, Kat Vialpando
katv@cityoflaramie.org 721-5253

Cemetery Account Clerk, Julie McGee
jmcgee@cityoflaramie.org 721-5267

Administrative Coordinator, Inez Wildenborg
iwildenborg@cityoflaramie.org 721-3572

FRIENDS OF COMMUNITY RECREATION PRESENTS

FRIDAY
DECEMBER
23RD

FREE!

SKATE with Santa

5-8PM | MEET & GREET | PHOTOS

5-6 PHOTOS WITH SANTA / 6-7 SKATE WITH SANTA / 7-8 PHOTOS WITH SANTA

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ALL PROCEEDS TO BENEFIT THE LARAMIE RECREATION SCHOLARSHIP FUND

LARAMIE GIRLS SOFTBALL



Laramie Girls Softball invites all girls ages 6 and up to our annual **FREE** clinic on March 4, 2017 at the UW Indoor Practice Facility (IPF).

Online registration will open the following week for the regular season in which practices will start mid April and games will begin mid May and run through the end of June. 2017 registration fee is \$100 with a 10% sibling discount.

Please contact laramiegirlssoftball@gmail.com if you have any questions.

**Advertise in our Program Guide and be seen by over 19,000 households.
Call 721-3572 for more information.**

City of Laramie
Parks & Recreation
P.O. Box C
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Laramie, WY 82073

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