ADULT CLASSES

**SESSION STARTS JUNE 5TH – AUG 25th.**

**REGISTRATION BEGINS MAY 31st**

NO CLASSES JULY 3RD & 4TH

**PADDLEBOARDING—DATES TBA**

PADDLEBOARDING IS A GREAT WAY TO HAVE FUN WHILE GETTING A GOOD WORKOUT!! **BE SURE TO RSVP WITH THE FRONT DESK TO RESERVE YOUR BOARD AND LIFE JACKET.** NURSERY AVAILABLE AS WELL.

***Instructor: TBA***

***Location: CPRD/Lake***

***Time: TBA***

**CARDIO**

**SUMMER SPIN on the DECK**

THIS CLASS IS FOR ANYONE! YOU WILL HAVE FUN CHALLENGING YOURSELF THOUGHOUT THE WORKOUT WITH HILLS, SPRINTS, JUMPS AND ANY OTHER FUN THINGS YOUR INSTRUCTOR WILL ENVISION FOR THAT DAY’S RIDE!!

***Instructor: Jazmin***

***Location: Pool Deck***

***Time: 9-9:30 am – T, TH***

***515-6PM WEDNESDAY THUR JUNE ONLY***

**PICKLE BALL**

COME DE-STRESS & BURN SOME CALORIES!! THERE IS NO INSTRUCTOR FOR THIS ACTIVITY

***Group Therapy***

***Location: Gym***

***Time: 5:30-6:15 AM – T, TH***

**GROUP CYCLE POLICY**

**We only have 11 spin bikes & 9 paddleboards & we hope people will be lining up to take advantage of this wonderful opportunity. We will be taking reservations for the bikes & paddleboards.**

**RESERVATION POLICY IS AS FOLLOWS**

**Participants must make reservations no sooner than one day before the class. If a participant reserves a bike and does not cancel at least 2 hours before the class, they will not be allowed to reserve a bike for a week after**. **The second time they do not cancel, they will lose the privilege for 2 weeks**

**\*\*CLASSES FREE TO MEMBERS\*\***

**\*\*$30 FOR NON-MEMBERS\*\***

**ZUMBA**

IF YOU HAVEN’T JOINED US YET, YOU ARE MISSSING OUT!! IT’S A FUN, EFFECTIVE AND EASY TO FOLLOW LATIN DANCE PARTY!! ANY LEVEL WELCOME. JOIN JANELU & GET THAT WORKOUT DONE WITHOUT EVEN KNOWING IT’S A WORKOUT!

***Instructor: Janelu Hosner***

***Location: Fitness Gym***

***Time: 10-10:45am – M, W***

**BARRE**

BARRE ABOVE FUSES ELEMENTS FROM BALLET, YOGA PILATES & STRENGTH TRAINING FOR A FULL BODY WORKOUT!! BARRE STRENGTHENS, TONES & INCREASES MUSCULAR ENDURANCE USING A VARIETY OF WORKOUT EQUIPMENT SUCH AS BANDS, DUMBBELS & EXERISE BALLS!!!

***Instructor: Amie & Jazmin***

***Location:*** ***Fitness Gym***

***Time: 10 – 11am T, TH***

**CARDIO KICKBOXING**

Speed. Agility. Quickness. Strength.  These are the traits of every successful ninja.  In this HIIT class you will utilize a variety of implements and obstacles to forge your body into a weapon (Legal Disclaimer: this is just a metaphor).

Intermediate to Advanced fitness levels necessary.

***Instructor: Nickolas Parker***

***Location: Fitness Gym***

***Time: 6:15-7pm T & TH THRU JUNE ONLY***

**MET CON**

METCON IS YOUR GO TO FULL BODY WORKOUT THAT WILL AIM TO GET YOUR METABOLISM FIRING ON ALL CYLINDERS!!! METCON IS UTILIZED IN CROSSFIT, HITT & TABATA WORKOUTS TO NAME A FEW!! SIMILARLY, THIS CLASS WILL INCLUDE A COMBINATION OF CARDIO & STRENGTH EXERCISES WITH VARIED INTENSITIES & DURATIONS! IF YOU ARE LOOKING FOR A HIGH INTENSITY & TIME EFFICIENT CHALLENGE THIS IS THE CLASS FOR YOU!!!

***Instructor: Allie Kappel***

***Location: Fitness Gym***

***Time: 515-6pm Monday -THRU JUNE ONLY***

***1035-1115am Friday***

**WET VEST**

A water exercise class designed for all levels of physical fitness. The water environMEnt puts less stress on the body’s joints while adding resistance to help improve your muscle tone while also getting the cardiovascular benefits! So grab a friend and get in the pool!! We wear a wet vest in the pool but you must be comfortable in the deep end of the pool. MUST BE 14 & UP

***Instructors: Nickolas & Amie***

***Location: Cprd Pool***

***Time: 12:10 – 12:50pm M, T W & TH***

**RESISTANCE TRAINING**

**MORNING CIRCUIT**

GET UP AND GET MOVING!! WORKING OUT BEFORE WORK WILL KEEP YOU ENERGIZED ALL DAY LONG! TONE UP AND GET STRONG ON MONDAYS AND WEDNESDAYS WITH A WEIGHT CIRCUIT CLASS! THIS CIRCUIT WILL SURELY GET YOU TONED FROM HEAD TO TOE!!

***Instructor: Karri***

***Location: Weight Room***

***Time: 5:30-6:15am – M, W***

**LIFT CIRCUIT**

THIS CLASS CHALLENGES ALL YOUR MAJOR MUSCLE GROUPS BY USING THE BEST WEIGHT ROOM EXERCISES! WITH A FOCUS ON SAFETY AND PROPER LIFTING TECHNIQUES, YOU WILL GAIN A WORKING KNOWLEDGE OF WEIGHT TRAINING EXERCISES THAT WILL LEAVE YOU FEELING CONFIDENT WHEN LIFTING IN OUR CLASS OR ON YOUR OWN!!

***Instructor: Allie & Nick***

***Location: Weight Room***

***Time: 9-10am – M, W, F 12-12:50pm – M, W***

**FIND YOUR STRENGTH**

COME MEET NEW FRIENDS & ENJOY THIS EASY-TO-FOLLOW WORKOUT THAT WILL INCREASE YOUR ENERGY AND STAMINA! THE INCLUDED USE OF WEIGHTS OR BANDS HELPS TO IMPROVE MUSCLE STRENGTH AND BODY DENSITY. THIS CLASS IS FOR EVERYONE FROM BEGINNER TO EXPERIENCED LIFTERS! 60 MIINUTE WORKOUT!

***Instructor: Amie***

***Location: Weight Room***

***Time: 1-2pm – T, TH***

**LIFT**

THIS CLASS IS FOR EVERYONE!! THIS BALANCED CIRCUIT WORKOUT WILL BUILD YOUR MUSCLE STRENGTH, TONE YOU UP AND GIVE YOU YOUR SECOND WIND FOR YOUR EVENING ACTIVITIES!!

***Instructor: Nickolas Parker***

***Location: Weight Room***

***Time: 5:15-6 pm – T, TH THRU JUNE ONLY***

**\*\*CLASSES FREE TO MEMBERS\*\***

**\*\*$30 FOR NON-MEMBERS\*\***

**GROUP POWER**

JOIN JANELU FOR A 1-HOUR CUTTING-EDGE, STRENGTH TRAINING WORKOUT!! DESIGNED TO GET YOU MUSCLE & MOVEMENT STRONG! COMBINES TRADITIONAL STRENGTH TRAINING WITH FULL-BODY, INNOVATIVE EXERCIESE USING AN ADJUSTABLE BARBELL, WEIGHT PLATES, BODY WEIGHT AND THE STEP!! HEART-POUNDING MUSIC & AN EXPERT COACH!!!

***Instructor: Janelu Hossner***

***Location: Fitness Gym***

***Time: 9-10am M & W***

***NO CHILDREN UNDER 10 ALLOWED IN THE WEIGHT ROOM. Ages 10-17 must have a waiver signed by a parent or legal guardian. Children under 13 must be accompanied by a parent or legal guardian. Minors (ages 13-17) are required to complete a weight room orientation. Stop in or call Deann 748-3326 to make an appointment.***

**STRETCHING/BALANCE**

**TAI-CHI**

Tai-Chi is a beautiful martial art that has been around since ancient times, but contemporary scientific research has shown it can improve cardiovascular health, enhance balance and flexibility, boost cognitive function, reduce anxiety and even support quality sleep patterns. This class will be the calm center of your turbulent modern existence.

***Instructor: Nickolas Parker***

***Location: Rye Park***

***Time: 11-1130am – Monday***

**GENTLE STRETCH**

THIS CLASS INCORPORATES BREATH WORK, SLOWER-PACED MOVEMENT & GUIDED MEDITATION/RELAXATION! YOU CAN EXPECT AN EMPHASIS ON SIMPLICITY AND REPETITION. THE GOAL OF THIS CLASS IS TO CREATE FULL-BODY RELAXATION & BALANCE AS WE WORK ON STANDING POSTURES, TWISTS & BACKBENDS, FORWARD FOLD, & HIP OPENERS. mODIFICATIONS WILL BE PROVIDED FOR THOS USING A CHAIR OR MAT! OPTION OF USING CHAIR OR MAT

***iNSTRUCTOR: AMIE***

***LOCATION: FITNESS GYM***

***TIME: 11-1145AM T- TH***

**STRETCH**

ENJOY A 45 MINUTE YOGA & STRETCH CLASS WITH A NICE RELAXING ENDING TO START YOUR WEEKEND!!

***iNSTRUCTOR: jOEY***

***LOCATION: FITNESS GYM***

***TIME: 530-615AM FRIDAY ONLY***

**HEALTHY HEART CARDIO ROOM**

The Heart Room has a variety of machines to give you a great aerobic workout! We have equipped this area with 6 treadmills, 4 Elliptical Runners, Nustep, 3 Recumbent bikes, Star Trac Trail Climber, 2 Stair Masters, 3 Cybex Arc Trainer, Stratus Upright Bike Octane 6000. Each machine is equipped with a sound system allowing you to listen with headphones to one of 3 New 65” TV’s. Don’t let your training suffer due to bad weather!! Come work out in the Heart Room. Make reservations for treadmills at the Front Desk.

***No Children Under 9 Allowed, 9-17 Years Must Have Guardian Signed Waiver, 9-10 Years Must Be with Guardian.***

**EXPANSIVE WEIGHT ROOM**

Get a great workout using our Olympic weights, dumbbells, bench press, preacher bench, back extensor rack, Cybex multi-gym, free weights, hip sled, thigh machine, sit up rack, weight trees, Nautilus, Gravitron, Matrix rear delt fly machine, Smith machine, ab machine, hamstring and leg extension machine and a Jacob’s Ladder machine and a new squat rack, LEG PRESS, DEAD LIFT MACHINE!

Check out our NEW Infrared Sauna IN THE WEIGHT ROOM! WE ALSO HAVE ONE IN THE WOMEN’S LOCKER ROOM!

***Morning Classes: 5:30-6:15am M, W***

***9-10am M, W, F***

***Noon Class: 12-1pm M, W***

***Afternoon Class: 1-2pm T, TH***

***Evening Class: 5:15-6pm T, TH(THRU JUNE ONLY)***

**HIRE A TRAINER**

At CPRD, your personal fitness goals are our priority. CPRD HAS NATIONALLY Certified Trainers!! Do you want to slim down? Win your next sporting event? Recovering from a major surgery? lET TheM find the balance of your fitness needs with hard work, fun and energy. With every visit you’ll leave a little tired and a lot rewarded!

***\*\* A FEW REASONS TO HIRE A TRAINER \*\****

***--REGULAR ACCOUNTABILITY***

***--NEED A CHALLENGE***

***--VARIETY IN WORKOUTS***

***--HAVE A PHYSICAL CONDITION WHICH REQUIRES THE ATTENTION FROM A TRAINED PROFESSIONAL***

***--NEED A LITTLE HELP IN THE MOTIVATION DEPARTMENT***

***--NEW TO THE GYM AND HAVE LOTs TO LEARN ABOUT TECHNIQUES, EQUIPMENT AND FITNESS***

***--PERSONALIZED ATTENTION BEATS ANY TIP YOU SEE ON TV OR IN A MAGAZINE***

***--STUCK IN A RUT AND JUST CAN’T SEEM TO REACH A NEW LEVEL***

***--MAXIMIZE YOUR TIME, FOCUS YOUR ENERGY & GET RESULTS!!***

***Call Tasha at 748-3326 ext 121 to set up an appointment today!!***

***$30 members, $35 non-members***

***Initial consult free to members, $25 non-members***

**FITNESS APPRAISALS**

Whether jogging, swimming, moving weights or doing calisthenics, a self-disciplined person can improve his/her fitness. Through fitness testing conducted in a semiprivate atmosphere we can help to determine a program designed with “YOU” in mind. The testing includes a step test for assessing cardiovascular fitness, a body fat composition test and tests for assessing flexibility, muscular strength and endurance. The program we’ll set up for you will be based on your test results, your conditioning and health goals, your activity interests and current time constraints. Set up an appointment today! Weight room orientation, instruction and guidelines for proper use is also available through the CPRD Fitness staff.

BY APPOINTMENT ONLY

***CONTACT Tasha at 748-3326 #121 for appointment.***

***COST: First Yearly $20 nonmember, free to members***

***FOLLOW UP: $25 nonmembers, $20 members***

**UPCOMING EVENTS**

**-COLSTRIP DAYS-**

**FUN RUN—JUNE 24TH**

**ROW, RIDE, RUN-TBA**

**START TRAINING NOW!!**

**\*\*YOUTH CLASSES\*\***

***\*\*FREE TO MEMBERS\*\****

***\*\*$10 FOR NON-MEMBERS\*\****

**\*\*except for cost of supplies for some classes\*\***

**SESSION STARTS JUNE 5th – JULY 14th.**

**REGISTRATION BEGINS MAY** **31st**

CLASSES WEEK OF JULY 4TH

NO CLASSES ON THE 3RD & 4TH

***SUPERVISION POLICY***

***Our policy requires that no child under the age of 9 years will be allowed in the building without the DIRECT SUPERVISION OF A PERSON OVER THE AGE OF 13!***

**MONDAYS & WEDNESDAYS**

**SOCCER**

MODIFIED GAMES FOR FUN AND FITNESS!!! TEACHING AND REFINING THE BASIC SKILLS AND STRATEGIES OF FIELD SOCCER!!

**AGES 6 - 12**

***Location: outdoor basketball court/Shaffer Fields***

***Time: 9-950AM M-W***

**PLAYDOUGH – LIMIT 15**

THIS CLASS IS PERFECT FOR ANY TODDLER THAT ENJOYS CREATING AMAZING ART & FIGURES & SQUISHING IT BACK INTO A BIG PLAYDOUGH BALL TO DO ALL OVER AGAIN!!

**AGES 6 - 12**

***Location: YOUTH ROOM***

***Time: 9-950AM M & W***

**FLAG FOOTBALL**

IF FOOTBALL IS YOUR THING AND YOU ENJOY TEAM SPORTS COME ON OUT AND LET’S HAVE SOME FUN!!! THIS CLASS INCLUDES BOTH BOYS AND GIRLS!!

**AGES 7 & UP**

***Location: OUTDOOR BASKETBALL COURT***

***Time: 9-950am – M & w***

**MOTION—LIMIT 15**

THIS CLASS IS FILLED WITH GAMES AND ADVENTURE TIME! COME PLAY, SING & DANCE!!

**AGES 3-5 LIMIT 15**

***Location: gym***

***Time: 10-1050am – M & W***

**P****ARK-HOP-N-PLAY**

COME ENJOY THE 18 PARKS /PLAYGROUNDS COLSTRIP HAS TO OFFER!! WE WILL INCORPORATE DIFFERENT OUTDOOR ACTIVITIES AT EACH PARK AS WE WORK OUR WAY THRU EACH PARK THROUGH OUT THE SESSION!! TRANSPORTATION IS AVAILABLE BUT YOUR CHILD MUST BE OUT OF A CAR SEAT. MEET AT THE BASKETBALL COURTS OUTSIDE.

**AGES 5 & UP**

***Location: OUTDOOR BASKETBALL COURTS***

***Time: 10-1050AM M & W***

**DIAMOND PAINT—LIMIT 15**

BRING OUT YOUR INNER ARTIST!! IF YOU LIKE TO COLOR BY NUMBERS OR ENJOY OUR IRON BEADS CLASS, THIS CLASS IS FOR YOU!!!

**AGES 8 & UP**

***Location: CPRD Basement***

***Time: 10-1050AM M & W***

***$10 MEMBER $15 NONMEMBER***

**STORY TIME—LIMIT 15**

KIDS GET TO LISTEN AND BE INVOLVED IN STORY TIME AND PUPPET ACTIVITIES!

**AGES 3 TO 6**

***Location: YOUTH ROOM***

***Time: 11-1150am M & W***

**BOARD GAMES - LIMIT 15**

COME PLAY YOUR FAVORITE BOARD GAMES & OTHER FUN GAMES LIKE TWISTER OR JUST DANCE!!

**AGES 6 & UP**

***Location: DOWNSTAIRS TABLES***

***Time: 11-1150AM M & W***

**NURF WARS - LIMIT 20**

IF YOU HAVE YOUR OWN NURF GUN, BRING IT!!! WE SET UP OBSTACLES IN THE GYM SO YOU CAN BE STRATEGIC ABOUT YOUR NURF GAME!!! JOIN US FOR SOME NURF WAR FUN!!!!

**AGES 6 & UP**

***Location: CPRD BASEMENT***

***Time: 11-1150AM M & W***

**CROCHET — LIMIT 12**

LEARN THE BASICS OF CROCHETING & LOOMING!! JOIN US FOR SOME RELAXING TIME CROCHETING OR USING A LOOM!

**AGES 7 & UP**

***Location: DOWNSTAIRS TABLES***

***Time: 12-1250PM M & w***

**ADVENTURES IN ART—LIMIT 12**

THIS CLASS LETS YOU DISCOVER YOUR CREATIVITY WITH DRAWING & PAINTING & A FEW OTHER TYPES OF ART!!!

**AGES 8 & UP**

***Location: YOUTH ROOM***

***Time: 12-1250PM M & W***

**BASKETBALL—LIMIT 20**

WE WILL TUNE UP THOSE SKILLS AND PLAY LOTS OF SKILL LEARNING GAMES!!

**AGES 7 & UP**

***Location: CPRD GYM***

***Time: 12-1250PM***

**TUESDAYS & THURSDAYS**

**scavenger HUNT—LIMIT 15**

SEARCHING THE PARKS FOR ALL SORTS OF TREASURES SOUND FUN TO YOU??? JOIN US FOR THIS ADVENTURE!!!

**AGES 3 – 5**

**L*ocation: FLAGPOLE***

***Time: 9-950am T & TH***

**JUST WHEELS LIMIT 15**

ENJOY AN HOUR OF BIKING, SKATING, OR ANYWAY YOU ROLL!!! MUST HAVE A HELMET! KIDS CAN BIKE TO THE SKATE PARK OR CATCH A RIDE IN THE VAN FROM CPRD!!

**AGES 7 & UP**

***Location: CPRD PARK FLAGPOLE***

***Time: 9-950AM T – TH***

**PAPER CREATE—LIMIT 16**

A CLASS WHERE YOU CAN BUILD YOUR OWN WORLD, DOLL HOUSE, YOUR IMAGINATION SETS THE LIMITS!!!

**AGES 7 & UP**

***Location: YOUTH ROOM***

***Time: 9-9:50AM T & TH***

**PRE=SCHOOL SPORTS—LIMIT 20**

AN EXCITING CLASS THAT INTRODUCES YOUR PRE-SCHOOLER TO SPORTS TO LEAR KILLS SUCH AS TEAM PLAY & LISTENING TO DIRECTION!!!

**AGES 3 TO 5**

***Location: CPRD GYM***

***Time: 10-1050AM T & TH***

**IRON BEADS—LIMIT 20**

JOIN US MAKING FUN DESIGNS WITH IRON BEADS!!

**AGES 5 & UP**

***Location: YOUTH ROOM***

***Time: 10-1050AM T & TH***

**BUCKET LIST—LIMIT 15**

JOIN US FOR A SUMMER BUCKET LIST OF FUN GAMES & ACTIVITIES!!!

**AGES 7 & UP**

***Location: YOUTH ROOM***

***Time: 10-1050PM T & TH***

**SENSORY TIME—LIMIT 15**

JOIN US FOR A FUN TIME EXPLORING ALL OUR 5 SENSES!! KINETIC SAND, WATER GEADS, SMELLING ACTIVITIES & MORE!!!

**AGES 3 – 5**

***Location: YOUTH ROOM***

***Time: 11-1150PM T & TH***

**SCIENCE i & SCIENCE II—LIMIT 12 EACH**

IN SUMMER SCIENCE WE WILL START OFF WITH A BANG!! & EXPLORE OUR WAY THROUGH THE SUMMER!! WE WILL USE OUR CURIOSITY & SCIENTIFIC METHERS TO LEARN NEW THINGS… AND IT MIGHT GET MESSY!!

**AGES 7-9 FOR SCIENCE 1 11-1150AM**

**AGES 10-12 FOR SCIENCE II 12-1250PM**

***Location: DOWNSTAIRS HALLWAY***

***Time: 11-1150AM & 12-1250PM TUES & THUR***

***Location: CPRD GYM***

***Time: 12-1250Pm – MONDAYS***

**SPA DAYZ—LIMIT 15**

DO YOU LOVE TO DO PAINT YOUR NAILS OR FIX YOUR HAIR A DIFFERENT WAY? JOIN US AND TRY A FUN NEW HAIR STYLE, OR A NEW NAIL COLOR!!!

**AGES 6 & UP**

***Location: Youth Room***

***Time: 12-1250pM T & TH***

**PINTEREST ART & CRAFTS-LIMIT 12**

GET READY TO HAVE FUN & USE YOUR IMAGINATION CREATING BEAUTIFUL ART & LEARNING NEW ART & CRAFT PINTEREST TRENDS!!

**AGES 6 - 8**

***Location: YOUTH ROOM***

***Time: 12-1250PM T & TH***

**DODGEBALL**

NAME SAYS IT ALL!!! JOIN US IN THE GYM!!

**AGE 7 & UP**

***Location: CPRD GYM***

***Time: 12-1250PM T & TH***

**friday dash n splash**

EACH FRIDAY THERE WILL BE FUN, FREE ACTIVITIES PLANNED FOR THE KIDS IN COLSTRIP WHO ARE AGES 6 – 12 YEARS. THE GAMES WILL BE IN THE PARK FROM 9-10AM & IN THE POOL FROM 10-11AM!! NEED TO DO THE DASH PART TO DO THE SPLASH PART!!!! ALSO NEED TO BE REGISTERED.

***Location: CPRD PARK & POOL***

***Time: 9 – 11AM FRIDAY***

**Friday FUN COOKING-LIMIT 12**

LEARN HOW MAKE TASTY TREATS WHILE LEARNING ALL ABOUT THE UPS & DOWNS OF COOKING!

**AGES 9 & UP $15 members $20 nonmembers**

***Location: KITCHEN***

***Time: 11-1230PM ONLY FRIDAY***

***\*\*YOUTH CLASSES\*\****

***\*\*FREE TO MEMBERS\*\****

***\*\*$10 FOR NON-MEMBERS\*\****

**\*\*except for cost of supplies for some classes\*\***

**day camP**

**JULY 17—Lake & Shac Day**

**JULY 18—Animal Farm & Pool Day**

**JULY 19—Gel Laser Tag & Mini Golf**

**~OPEN GYM~**

**JR HIGH/HIGH SCHOOL**

**FRIDAY EVENING**

**CPRD GYM 7-9PM**

**PONDEROSA BUTTE GOLF COURSE**

**748-2700**

**JUNIOR GOLF PROGRAM**

DATES:

TUESDAY, JUNE 6th - THURSDAY, JUNE, 8TH

TUESDAY, JUNE 13th – THURSDAY, JUNE 15th

TUESDAY, JUNE 20ST JR GOLF CHAMPIOINSHIP

TIME & AGES: 9-950AM AGES 5-10

10-1050AM AGES 11 & UP

$30 PER CHILD, CLUBS FURNISHED

**GOLF TOURNAMENT SCHEDULE**

SEASON OPENER MAY 20TH

COLSTRIP DAYS JUNE 23RD

MOOSE JAMBOREE JULY 22ND

\*\*tentative 2 days\*\*

ENERGY OPEN TBA

SHAC SEPT 9TH

ROSEBUD MINE SEPT 17TH

***SUPERVISION POLICY***

***Our policy requires that no child under the age of 9 years will be allowed in the building without the DIRECT SUPERVISION OF A PERSON OVER THE AGE OF 13!***

**ADULT BASKETBALL &**

**SOFTBALL**

**MEN’S BASKETBALL 4 ON 4**

**REGISTRATION JUNE 5TH**

**COST $40 PER PERSON**

**WILL RUN**

**WEDNESDAY 630-9PM**

**ADULT CO-ED**

**SOFTBALL LEAGUE**

**GAMES START JUNE 26TH THRU SECOND WEEK OF AUG**

**~CONTACT jODY jENSEN~**

**~@406-749-0115 ~**

**~FOR REGISTRATION INFORMATION~**

**~$250 PER TEAM~**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **SUMMER POOL SCHEDULE** | | | | | | | |
| **TIME** | | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** | |
| 9:30-10am | | **S L** | | | | 9-11AM DASH N SPLASH | CLOSED | **C**  **L**  **O**  **S**  **E**  **D** | |
| 10:10-10:40am | | **W E** | | | |
| 10:50-11:20am | | **I S** | | | | POOL  PARTIES  11-12:45PM | POOL  PARTIES  11-12:45PM |
| 11:30-11:50am | | **M S** | | | |
| 12:10-12:50pm | | WET VEST | | | |
| 1:00-5:00pm | | OPEN SWIM | | | | OPEN SWIM  1-6:30PM | OPEN SWIM  1-6:30PM | OPEN SWIM  1-6:30PM | |
| 5:00-6:00pm | | LAP SWIM 5PM | | | |
| 6:30-8pm | | OPEN SWIM | | | |
| **SPLASH POOL HOURS AT RYE PARK: 10AM TO 7PM -- MON-SAT 12-7 SUNDAY** | | | | | | | | | |

**SWIM LESSON FEE PER SESSION**

**NON-MEMBERS**

**FIRST CHILD…………………………………….………………….$25**

**EACH ADDITIONAL CHILD………..……………………..$10**

**MAXIMUM OF………………………………………$50/SESSION**

**BOTH SESSIONS………………………………………………….$40**

**MEMBERS**

**1-5 CHILDREN……………………………………………..$7/EACH**

**MAXIMUM OF………………………………..…………………….$**35

CLASSES MEET 4 TIMES WEEKLY FOR 30 MINUTES FOR 3 WEEKS.

NO CLASSES ON FRIDAY!

CHILDREN 6 MONTHS – 3 YEAR MEET FOR 20-30 MINUTES.

\*IN ORDER TO QUALIFY FOR $7 RATE ON SWIM LESSONS, INDIVIDUAL 0-5 YEARS OF AGE MUST BE A CHILD OF CPRD ADULT MEMBER (SINGLE, COUPLE OR FAMILY MEMBERHSIPS)

**SWIM LESSONS**

SESSION 1 – JUNE 12TH-JULY 5TH

\*\*NO CLASS JULY 3RD & 4TH \*\*

SESSION 2 - JULY 10TH -AUGUST 4TH

REGISTRATION STARTS MAY 31st

**SWIM LESSONS LEVELS**

EXPLORATION SERIES – AGES 6 MONTHS – 3 YEARS W/PARENTJOURNEY SERIES (3 LEVELS) - AGES MAY VARYCHALLENGE SERIES – AGES MAY VARY

**DAILY BUILDING/SWIM RATES FOR NON-RESIDENTS**

ADULTS -- $3 ………………………………. SWIM ---$4

YOUTH (18 & under ) --$1 ……………..SWIM --$2

**NON-RESIDENT SUMMER PASSES**

**(JUNE 1ST TO AUG 31ST)**

**PRICES REDUCED EACH MONDAY THROUGH AUGUST 17TH**

FAMILY…………………..…………………………………………. $100

SINGLE PARENT………………………………………………… $60

COUPLE………………………………………………………………. $80

SINGLE ADULT……………………………………………………$50

SENIOR CITIZENS (55+)……………………………………….$45

YOUTH (18 & UNDER) ………..………………………………$40

PASSES INCLUDE AVAILABILITY OF PARTICIPATION IN ALL SUMMER PROGRAMS AT ZERO COST OR REDUCED RATE PLUS FREE ADMITTANCE TO CPRD POOL DURING OPEN SWIM TIME.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **SUMMER YOUTH SCHEDULE** | | | | | |
| **MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY** | | | | | |
| 9-950am | Playdough  Soccer  Flag Football | Scavenger Hunt  Paper Create  Just Whee;ls | Playdough  Soccer  Flag Football | Scavenger Hunt  Paper Create  Just Whee;ls | Dash  &  Splash |
| 10-1050am | Motion  Park Hop  Diamond Painting | Pre-School Sports  Iron Beads  Bucket List | Motion  Park Hop  Diamond Painting | Pre-School Sports  Iron Beads  Bucket List | Dash  &  Splash |
| 11-1150pm | Story Time  Board Games  Nurf Wars | Sensory Time  Science 1  Pinterest Arts & Crafts | Story Time  Board Games  Nurf Wars | Sensory Time  Science 1  Pinterest Arts & Crafts | Fun Cooking  11-1230pm |
| 12-1250pm | Crochet  Adventrue in Art  Basketball | Spa Dayz  Dodgeball  Science ll | Crochet  Adventrue in Art  Basketball | Spa Dayz  Dodgeball  Science ll |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **SUMMER FITNESS CLASS SCHEDULE** | | | | | |
| **MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY** | | | | | |
| 5:30-6:15am | Morning Circuit | Pickleball | Morning Circuit | Pickleball | Stretch |
| 9-10am | Lift Circuit  Group Power | Summer Spin on the Deck  9-9:30 | Lift Circuit  Group Power | Summer Spin on the Deck  9-9:30 | Lift Circuit |
| 10-11am | Zumba 10-10:45 | Barre | Zumba 10-10:45 | Barre | Zumba 10-1030am  MET CON  1035-1115am |
| 11-11:45pm | Tai-Chi 11-1130 | Gentle Stretch | Tai-Chi 11-1130 | Gentle Stretch |  |
| 12:10-12:50pm | Lift  Wet Vest | Wet Vest | Lift  Wet Vest | Wet Vest |  |
| 1-2pm |  | Find Your Strength |  | Find Your Strength |  |
| 5:15-6pm | MET CON  Monday only | LIFT | SPIN  Wednesday Only | LIFT |  |
| 6:15-7pm |  | Cardio Kickboxing |  | Cardio Kickboxing |  |

**EVENING CLASSES ONLY**

**THRU JUNE**