ADULT CLASSES

**JULY**

**PADDLEBOARDING—DATES TUES-THUR 11-1215pm**

**WED 515-615pm**

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: Deann Bailey & Nickolas Parker***

***Location: CPRD/Lake***

***Time: WEDNESDAY 515-615PM***

SUP YOGA WITH NATURE

THIS 45-MINUTE SESSION INCLUDES AN INTRODUCTION TO PADDLE BOARDING, A SHORT PADDLE JOURNEY & 30 MINUTES OF YOGA & FINAL RELAXATION ON THE BOARDS!! IMMERSE YOURSELF IN NATURE, CONNECTING MIND & BODY AS WE FLOW THROUGH YOGA POSES WITH NATURE! THIS IS AN ALL-LEVELS YOGA CLASS THAT IS SUITABLE FOR NEW & BEGINNER PADDLERS. SOME SUP EXPERIENCE MIGHT BE NEEDED, VISIT WITH INSTRUCTOR IF UNSURE.

***LOCATION: CASTLE ROCK LAKE***

***TIME: 11-1215pm T & TH***

***INSTRUCTOR: DEANN BAILEY***

**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: Deann Bailey***

***Location: Pool Deck***

***Time: 9-9:30 am – T, TH***

**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 , F***

**COLSTRIP NINJA WARRIOR**

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***

**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 Parker & Renee Hofacker***

***Location: Cprd Pool***

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

**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: TBA***

***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: Renee Hofacker***

***Location: Weight Room***

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

**ADULT/TEEN CONDITIONING**

A RESISTANCE TRAINING CLASS TO TONE EVERY MAJOR MUSCLE GROUP WHILE BURNING CALORIES! THIS IS A BALANCED WORKOUT THAT WILL GET YOUR HEART PUMPING & A GREAT PLACE TO START YOUR EXERCISE PROGRAM! ALL LEVELS WELCOME!

***Instructor: Deann Bailey***

***Location: Weight Room***

***Time: 10-11am – T, TH***

**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: Deann Bailey***

***Location: Weight Room***

***Time: 1-2pm – T, TH***

**\*\*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: 9:30-10am – Friday***

**FUNDAMENTAL YOGA**AMENT

THAT IMPROVE STRENGTH, BALANCE & FLEXIBILITY! RENEE USES CLEAR & CONCISE CUES & HANDS-ON ASSISTS THAT HELP THE INDIVIDUAL FEEL COMFORTABLE, INCREASE THEIR CONFIDENCE PERFORMING THE POSES & ACHIEVE PROPER ALIGNMENT EACH CLASS INCLUDES MEDITATION & BREATH WORK WHICH HELP TO RELAX MUSCLES & IMPROVE MENTAL FOCUS!

***Instructor: Renee Hofacker***

***Location: Fitness Gym***

***Time: 530-615pm T & TH***

**PARK HOP N YOGA**

**JOIN DEANN AS SHE TAKES YOGA ON A RIDE…. TO THE PARKS!! YOGA OUTSIDE WITH FRESH AIR & YOUR YOGA BUDDY IN THE PARKS, WHAT’S NOT TO LOVE!! IF YOU MAKE ALL THE CLASSES, YOU GET YOUR NAME IN FOR A COOL T-SHIRT AT THE END OF THE SESSION!! FRONT DESK WILL HAVE YOUR PARK DESTINATION FOR THAT DAY 😊**

***iNSTRUCTOR: DEANN***

***LOCATION: CPRD PARKS***

***TIME: 11-12PM***

**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 10-11am T, TH***

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

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

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

**HIRE A TRAINER**

At CPRD, your personal fitness goals are our priority. CPRD has 3 nationally Certified Trainers, Deann Bailey, nICKOLAS pARKER & kATIE HOWELL!! Do you want to slim down? Win your next sporting event? Recovering from a major surgery? Work with Deann, NICKOLAS OR KATIE! They will 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 A LOT 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 Deann , Nickolas or Katie 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 DEANN at 748-3326 #121 for appointment.***

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

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

**UPCOMING EVENTS**

**frisbee golf/ultimate frisbeE**

**MONDAY 10-1045AM**

TEENS! INJECT YOUR SIMMER SCHEDULE WITH A DOSE OF SUNSHINE!!! LEARN THE FINER POINTS OF THROWING & CATCHING ONE OF MANKIND’S MOST MARVELOUS INVENTIONS: THE FRISBEE! BOTH FRISBEE GOLF & ULTIMATE FRISBEE VALUE FAIR PLAY & FUN OVER “INTENSE” COMPETITION, SO ALL ARE WELCOME!! BRING YOUR POSITIVE ATTITUDE (& SUNSCREEN)—WE’LL SUPPLY THE REST!!!

***Location: Schaffer Fields & the Folf Course***

***When: MONDAY’S 10-1045AM***

**----ROW, RIDE, RUN----SEPTEMBER 18TH**

**START TRAINING NOW!!**

**\*\*\*REGISTRATION DEADLINE 9/15\*\*\***

**\*\*\*RACE SEPT 18TH\*\*\***

**\*WE HAVE 10 PADDLE BOARDS YOU CAN RESERvE FOR THE RACE. sIGN UP AT FRONT DESK\***

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

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

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

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

**SESSION STARTS JUNE 7nd – JULY 23th.**

**REGISTRATION BEGINS MAY 26TH & 27TH** NO KIDS CLASSES JULY 1ST-5TH

***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!***

**T-BALL (4 – 6 YEAR OLDS)**

BEGINNING T-BALL FOR THOSE WANTING TO LEARN BASEBALL OR SOFTBALL SKILLS. LEARNING THE BASICS OF THROWING, CATCHING, BATTING, ETC. WE WILL SPEND TIME SCRIMMAGING WITH THE FOCUS ON PARTICIPATION AND HAVING FUN!!! IF POOR WEATHER OR FIELD CONDITIONS, CLASS WILL BE IN THE CPRD GYM. MUST BRING OWN GLOVE

**AGES 4 - 6**

***Location: CPRD PARKS***

***Time: 9-9:45AM M & W***

**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***

***Time: 9-9:45AM M & W***

**PAPER CREATE—LIMIT 20**

IF YOU LIKE TO CREATE ART AND OTHER PROJECTS, THIS IS THE CLASS FOR YOU! WE CREATE ALL SORTS OF PAPER ART & PROJECTS!!! LEARN SOMETHING NEW!

**AGES 7 & UP**

***Location: YOUTH ROOM***

***Time: 9-9:45AM M & W***

**MOTION—LIMIT 20**

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

**AGES 3-5 LIMIT 20**

***Location: Youth Room***

***Time: 10-10:45am – M & W***

**POWER**

OUTSIDE PLAY IS THE BEST PLAY! JOIN IN ON PLAYING LOTS OF GAMES AND NEW ACTIVITIES FROM HORSESHOES TO TAG!!!

**AGES 8 & UP**

***Location: CPRD PARK FLAGPOLE***

***Time: 10-1045AM M & W***

**CROSS STITCH—LIMIT 12**

WANT TO MAKE SOMETHING BEAUTIFUL WITH YOUR HANDS?? JOIN US & LEARN SOME NEEDLEWORK!!!

**AGES 6 & UP LIMIT 12**

**$15 FOR SUPPLIES NONMEMBERS**

**$10 FOR SUPPLIES MEMBERS**

***Location: CPRD BASEMENT***

***Time: 10-1045AM M & W***

**STORY AND MORE—LIMIT 15**

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

**AGES 3 TO 6**

***Location: YOUTH ROOM***

***Time: 11-11:45AM M & W***

**LASER TAG—LIMIT 20**

LASER TAG!??!! ARE YOU KIDDING ME RIGHT NOW?!?! SIGN UP FOR THIS CLASS AND JOIN US IN SOME HIGH ACTION FUN!!!

**AGES: 7 & UP LIMIT 20**

***Location: CPRD GYM***

***Time: 11-1145AM – M & W***

**DIAMOND PAINT—LIMIT 12**

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 LIMIT 12**

***Location: CPRD Basement***

***Time: 11-11:45AM M & W***

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

**PINTEREST CRAFTS—LIMIT 15**

IN THIS CLASS WE WILL BE USING ALL THOSE FUN PIN BOARDS YOU HAVE BEEN WAITING TO ACTUALLY DO!! YOU WON’T WANT TO MISS THIS CLASS!!

**AGES 5 & UP**

***Location: YOUTH ROOM***

***Time: 12-1245PM M & W***

**DRAMA CLASS—LIMIT 20**

IF YOU’RE OUTGOING OR QUIET & SHY, THIS IS JUST WHAT YOU NEED!!! WE CATER TO BOTH WITH GAMES

**AGES 8 & UP LIMIT OF 20**

***Location: CPRD KITCHEN TABLES***

***Time: 12-1245PM M & W***

**CROCHET 1 & 2—LIMIT 12**

LEARN THE BASICS OF CROCHETING!! LEARN HOW TO MAKE A FEW PROJECTS IN THIS CLASS.

**AGES 7 & UP**

***Location: Youth Room***

***Time: 9-945am – T #1 or TH #2***

***\*\*ONLY SIGN UP FOR 1 CLASS\*\****

**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: 9-945am – T & TH***

**scavenger HUNT—LIMIT 20**

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

**AGES 4 TO 6**

***Location: TBA***

***Time: 9-9:45AM TUESDAY ONLY***

**SENSORY & PLAY—LIMIT 20**

BE PREPARED TO PLAY AND MUCH, MUCH MORE WHILE DEVELOPING & EXPLORING THEIR SENSES!!!

**AGES 3 TO 5**

***Location: CPRD GYM***

***Time: 9-9:45AM THURSDAY ONLY***

**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: 10-1045AM T & TH***

**TRENDY CRAFTS—LIMIT 15**

JOIN US FOR THE NEWEST DIY CRAFTS !!!

**AGES 8 & UP**

**$15 FOR SUPPLIES NONMEMBERS**

**$10 FOR SUPPLIES MEMBERS**

***Location: YOUTH ROOM***

***Time: 10-1045AM T & TH depending on project***

**TUMBLING—LIMIT 20**

COME PLAY GAMES AND LEARN HOW TO BALANCE, DO SUMMERSAULTS AND MUCH MUCH MORE!!

**AGES 3 TO 5**

***Location: CPRD GYM***

***Time: 11-1145AM T & TH***

**IRON BEADS—LIMIT 20**

JOIN US MAKING FUN DESIGNS WITH IRON BEADS!!

**AGES 6 & UP**

***Location: YOUTH ROOM***

***Time: 11-11:45AM T & TH***

**TOT TIME—LIMIT 15**

LEARN NEW LETTERS, COLORS, SHAPES & DO FUN PROJECTS!!

**AGES 3 TO 5**

***Location: CPRD BASEMENT***

***Time: 10-1045PM M & W***

**LET’S HAVE A BALL!!**

EVERY TYPE OF BALL GAME YOU CAN IMAGINE!!! JOIN US IN THE GYM!!

**AGE 7 & UP**

***Location: FLAGPOLE***

***Time: 11-11:45AM T & TH***

**ADVENTURES IN ART—LIMIT 12**

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

**AGES 6 & UP**

***Location: YOUTH ROOM***

***Time: 12-2451PM T & TH***

**BUCKET LIST—LIMIT 20**

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

**AGES 7 & UP LIMIT 20**

***Location: YOUTH ROOM***

***Time: 12-1245PM T & TH***

**SUMMER BAKING #1 OR #2**

PARTICIPANTS WILL LEARN BAKING 101 WHILE MAKING TASTY TREATS!!

**AGES 9 & UP**

**$15 NONMEMBERS $10 MEMBERS**

***Location: CPRD KITCHEN***

***Time: 1-12PM T & TH***

***\*\*ONLY SIGN UP FOR 1 CLASS\*\****

**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***

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

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

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

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

THIS YEAR WE ARE OFFERING CLASSES & A DAY CAMP TO OUR PRE-TEEN & TEENS!!!

**FISHING—LIMIT 10**

LET’S GO FISHING!!! LET US TAKE YOU TO THE LAKE FOR THE CATCH OF THE DAY….. YOU DO HAVE TO RELEASE IT!!!!

THINGS YOU’LL NEED….

YOUR OWN POLE,

A FISHING LICENSE—every time or you can’t fish

**AGES 12-14 LIMIT 10**

***Location: FLAGPOLE***

***Time: 10-1045PM T & TH***

**\*\*\*\*OPEN GYM\*\*\*\***

JR HIGH/HIGH SCHOOL OPEN GYM EVERY FRIDAY EVENING AT CPRD FROM 7-9PM

**WEIGHTS FOR TEENS**

THIS CLASS IS 4 WEEKS OF TRAINING FOR YOUR NEXT SPORT OR JUST TO GET INTO SHAPE!! WE WILL BE WORKING ON CORRECT LIFTING TECHNIQUES SO YOU FEEL CONFIDENT & COMFORTABLE IN THE WEIGHT ROOM. IF YOU ARE 13 OR OLDER YOU WILL BE ABLE TO BE IN THE WEIGHT ROOM ON YOUR OWN BY THE COMPLETION OF THE 4 WEEKS.

**AGES 12-14**

***Location: WEIGHT ROOM***

***Time: 10-1045 T - Th***

**PRE-TEEN DAY CAMP**

**AGES 12-14 LIMIT 10**

THIS YEAR WE ARE HAVING A DAY CAMP FOR OUR PRE-TEEN & TEENS!!! WE ARE DOING SOME PADDLE BOARDING AND TAKING A TRIP TO BILLINGS TO THE GRAND ESCAPE ROOM!!!

PADDLE BOARD DATES: THURSDAY, JULY 8TH & 15TH

TIME: 1-145PM

GRAND ESCAPE ROOM & PIZZA RANCH

THURSDAY JULY 22ND

TIME: 915AM LEAVE CPRD

LIMIT 10 COST $40 MEMBER $50 NONMEMBERS

**PONDEROSA BUTTE GOLF**

**GLEN GODFREY, PGA PROFESSIONAL 748-2700**

JUNIOR LESSONS $25 PER CHILD, CLUBS FURNISHED

**GOLF TOURNAMENT SCHEDULE**

4 PERSON SCRAMBLE – JUNE 6TH

ROSEBUD MINE SCHOLARSHIP – JUNE 20TH

COLSTRIP DAYS TOURNEY - JUNE 27TH

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| **2021 SUMMER FITNESS CLASS SCHEDULE** | | | | | |
| **MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY** | | | | | |
| 5:30-6:15am | Morning Circuit | Pickleball | Morning Circuit | Pickleball |  |
| 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 |
| 9:30-10am |  |  |  |  | Tai-Chi |
| 10-11am | \*Zumba 10-10:45 | Teen/Adult Circuit | \*Zumba 10-10:45 | Teen/Adult Circuit | Zumba  10-1030 |
| 11-12pm | Park Hop N Yoga |  | Park Hop N Yoga |  |  |
| 12:10-12:50pm | Lift  Wet Vest | Wet Vest | Lift  Wet Vest | Wet Vest |  |
| 1-2pm |  | Power Up Fitness |  | Power Up Fitness |  |
| 5-6pm |  |  |  |  |  |
|  |  |  |  |  |  |
| 5:15-6pm |  |  |  |  |  |
| 5:30-6:15pm |  | Fundamental Yoga |  | Fundamental Yoga |  |
| 6:15-7pm |  | Colstrip Ninja Warrior |  | Colstrip Ninja Warrior |  |
| **\*\*JULY\*\*** | PADDLE BOARD SCHEDULE | 11-1215PM | 515-615PM | 11-1215PM |  |
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| **2021 SUMMER YOUTH SCHEDULE** | | | | | |
| **MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY** | | | | | |
| 9-945am | T-Ball  Soccer  \*Paper Create-limit 20 | Scavenger Hunt-limit 20  Flag Football  Crochet #1-limit 12 | T-Ball  Soccer  \*Paper Create-limit 20 | Sensory & Play-limit 20  Flag Football  Crochet #2-limit 12 | Dash  &  Splash |
| 10-1045am | Motion-limit 20  Power  Cross Stitch-limit 12  Ultimate Frisbee | Park Hop  Trendy Crafts-limit 15  Tot Time-limit 15  Fishing (12-14)-limit 10  Teen Weights (12-14) | Motion-limit 20  Power  Cross Stitch-limit 12 | Park Hop  Trendy Crafts-limit 15  TotTime-limit 15  Fishing (12-14)-limit 10  Teen Weights (12-14) | Dash  &  Splash |
| 11-1145pm | Story n More-limit 15  Laser Tag-limit 20  Diamond Painting-12 | Iron Beads-limit 20  Let’s Have a Ball  Tumbling-limit 20 | Story n More-limit 15  Laser Tag-limit 20  Diamond Painting-12 | Iron Beads-limit 20  Let’s Have a Ball  Tumbling-limit 20 |  |
| 12-1245pm | Pinterest Crafts-limit 15  Drama Class-limit 20  Extra Lazer Tag | Adventures in Art-limit 12  Bucket List-limit 20 | Pinterest Crafts-limit 15  Drama Class-limit 20  Extra Lazer Tag | Adventures in Art-limit 12  Bucket List-limit 20 |  |
| 1-2pm |  | Summer Baking #1 |  | Summer Baking #2 |  |

He has priCes for individual lessons and group lessons. len a call 48-2700 HE WILL GLadly answer all your questions!

|  |  |  |  |  |  |  |  |
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| **2021 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 – TBA

SESSION 2 - TBA

REGISTRATION STARTS MAY 26TH

**SWIM LESSONS LEVELS**

EXPLORATION SERIES – AGES 6 MONTHS – 3 YEARS W/PARENT

JOURNEY SERIES (3 LEVELS) - AGES MAY VARY

CHALLENGE 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.

***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!***