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Registration and links will go LIVE Monday, August 21
Birthday Parties

The Trails Recreation Staff is inviting you to celebrate your birthday with us! We offer a wide variety of parties including Pool, Gymnastics, Climbing Wall, Sports, and Art.

All parties include:
- A party room
- A Cold Stone Creamery cake
- Soda/drink options
- Paper products
- The activity and staff member

Non-dairy cakes can also be provided from Cold Stone Creamery.

For more detailed party information, visit our website under the “departments” and “facilities” tab.

For availability and scheduling or for more information on any of the parties contact Michelle at 303-269-8404 or at michellemcg@aprdd.org

Americans With Disabilities Act

Arapahoe Park and Recreation District supports the ADA and is committed to implement and enforce all ADA requirements including reasonable employment accommodations and accessible facilities and programs. The District wishes to see all facilities and programs accessible to individuals with disabilities.

For further information contact Ryan at 303-269-8400.

Vision and Mission Statement

Trails Recreation Center, as part of the Arapahoe Park and Recreation District, strives to enhance your family’s quality of life by offering exceptional amenities and programs within a safe, clean and healthy environment.

Trails Code of Conduct

Patrons are encouraged to behave in an appropriate manner and should act in a way that will not injure another person physically or emotionally. Individuals who do not abide by facility and program standards may be asked to leave the facility and/or withdraw from a program. Actions interfering with or disrupting the Trails Recreation staff while trying to provide a safe and secure family environment will be cause for expulsion from all District facilities.

New Frontier Nursery

We care for children 3 months to 9 years old for up to a daily 2-hour period of time. Reservations must be made and parents must remain in the facility while children are in the child care area. A 20-hour punch card is available for one or more children and can be purchased at the front desk.

Hours:
- Mon-Thu 8:00a-12:00p & 4:30-7:00p
- Fri 8:00a-12:00p
- Sat 8:00a-11:30a

Fees:
- District
  - First Child: $3.50/hr
  - Additional Children (same family): $3.00/hr
- Non-District
  - First Child: $4.50/hr
  - Additional Children (same family): $4.00/hr

Check out the discounted prices for annual commitment pass holders! Child care for as low as $75 a year for the first child, and $40 for the second.
Martial Arts Descriptions

TAEKWONDO

Taekwondo Tiny Tigers (4-6yrs) - This program provides children with a dynamic and exciting look into the world of Martial Arts Training where they will learn how to increase their strength, coordination, balance and focus. Respect, integrity, perseverance, and self-control are the foundations on which the core program was developed and is taught.
Tue/Thu 4:30-5:00p, or 5:15-5:45p

Beginner Taekwondo for Juniors and Adults (7+yrs) - This program was designed to teach the fundamentals of Taekwondo. Class is taught using a variety of conditioning and coordination drills, forms, interactive one-steps, sparring, board breaks, and balance workouts. Respect, integrity, perseverance and self-control are emphasized.
Tue/Thu 6:15-7:00p

Intermediate Taekwondo for Juniors and Adults (7+yrs) - This class is the next step after you have mastered the beginner class.
Tue/Thu 7:15-8:00p

Martial Arts Uniforms

Uniforms are not required for martial arts classes; however, uniforms may be purchased through the instructor if so desired. If you are not purchasing a uniform, wear comfortable clothing that does not restrict movement.

To see dates, times and pricing for Martial Arts, click HERE
Aquatics Class Descriptions

Parent and Tot (0mo-3yrs) – Parents will get in the water with their children and engage in various activities including songs, games, and basic water skills.

Preschool (3-5yrs) – This class is designed to get kids used to being in the water without a parent and teach them basic water skills like floats, kicks, and arm movement. Before moving on to the next level, children should be comfortable in water on their own and perform skills with little to no support from an instructor.

Youth Beginner (6-12yrs) – This class is designed for new swimmers. By the end of the course, kids should be able to use rotary breathing while performing freestyle, without support from the instructor. They should also be comfortable doing freestyle, backstroke, and breaststroke with support from the instructor.

Youth Advanced (6-12yrs) – Kids will take their first steps into the lap pool and will move away from instruction and more towards coaching. Students will be introduced to butterfly and swimming full lengths of the lap pool. Before moving on to the next level, students should be able to tread water for 30 seconds, perform deep water dives, swim all four strokes for 25 yards, and swim for 50 yards in total.

Youth Conditioning (YOCO) (6-12yrs) - Kids should be able to swim at least 50 yards and the occasional 100 yards. By the end of the course, kids should be able to swim 200 yards of front crawl as well as perform all dives, tread for two or more minutes and perform flip turns.

Teen/Adult Beginner (13+yrs) - This class is designed for older swimmers who are new to swimming. Attendees will learn how to swim laps and go full lengths of the pool without stopping. At the course’s end, attendees should be able to perform treading, deep water dives, and swim all strokes for at least 25 yards.

Learn-to-Swim
Our Learn-to-Swim program follows American Red Cross program guidelines. Each session runs four weeks in length. Make-up classes are not offered for missed classes on behalf of the participant. Classes fill quickly, so be sure to register early to hold your spot! For more information, or for help determining which level to register for, contact the pool manager at mailebla@aprd.org or 303 269-8429.

Session Dates
Sep 4 - Oct 2
(No class Sep 4-Labor Day)
Oct 9 - Nov 11
(No class Oct 16-21)
Nov 27 - Dec 23
Jan 8 - Feb 3
Feb 12 - Mar 9
Mar 25 - Apr 20
Aquatics Class Descriptions

Teen/Adult Conditioning (13+yrs) - This class is designed for advanced swimmers 13 years and older who can do all strokes for at least 200 yards. During this course, an instructor will create a workout plan that each attendee will complete at their own pace. The results may vary for each attendee.

Health and Safety Training
American Red Cross Lifeguard Training (15+yrs)
Serve your community, learn valuable lifesaving skills, and earn leadership experience by becoming a lifeguard! This course is designed for individuals ages 15+. Upon successful completion, candidates will earn certification in American Red Cross Lifeguarding, CPR/AED for the Professional Rescuer and First Aid, valid for 2 years. For re-certification opportunities, please visit our website for upcoming class dates.

Babysitter Training (11-15yrs)
Students will learn to care for children and infants, including first aid and CPR. For updated dates and times of classes, visit our registration website.

Activity Pool Information
Leisure pool with a zero depth “beach” entry, 2 water slides, lazy river, spray features
Temperature: 86 degrees
Pool Depth: up to 5’

Lap Pool Information
4 lap lanes
Temperature: 81-84 degrees
Pool Depth: 3’6” - 6’

Important Information for Family (Open) Swim
All children under 12 must be appropriately supervised by a responsible adult. Children 5 and under must have an adult in the water, wearing a swimsuit, and within arms reach at all times.

To avoid crowding in our lobby and common areas, please do not arrive more than 10 minutes prior to open swim time. Swimmers who arrive early will not be granted access to the pool area until open swim begins. We appreciate your cooperation.

Parties and groups of more than 10 must coordinate their visit at least two weeks prior to arrival. Walk-in birthday parties/groups will NOT be allowed. Please contact Michelle McGhee (303 269-8404) if you would like to schedule a hosted birthday party or to book a group in the pool area.

To see dates, times and pricing for Aquatics, click HERE
YOUTH DANCE CLASSES

Dance classes are based on age, with the exception of Ballet which is based on skill level. Parents are not allowed in the classroom unless otherwise indicated.

Parent/Tot Dance (walking-3yrs) - Introductory class for children and parents to explore movement through music and dance.
Fri 9:00-9:30a

Sampler Combo (3-5yrs) - A combination of Tap and Ballet.
Mon 5:15-6:00p, or Thu 10:00-10:45a

Pre-Ballet (3-4yrs) - Learn the basics of ballet technique and terminology.
Wed 6:15-7p, Thu 11:00-11:45a, or Fri 10:00-10:45a

Ballet Beginner (5-7yrs) - Learn the fundamentals of ballet technique and terminology.
Thu 4:30-5:30p

Ballet Intermediate (5-15yrs) - Must take Ballet Beginner and have teacher’s approval to move up.
Thu 5:45-6:45p

Ballet Advanced (10+yrs) - Must take Ballet Intermediate and have teacher’s approval to move up, or you must be 16 years and older and willing to learn ballet terminology.
Thu 7:00-7:55p

Tap Dance (5-9yrs) - A Tap class for beginners or as a follow up to Sampler Combo.
Mon 4:15-5:00p

Poms (5-10yrs) - Learn cheers, jumps, and short dances.
Tue 5:00-5:45p

Hip Hop (5-10yrs) - A high energy, rhythmic form of dance focusing on body isolations.
Tue 4:00-4:45p or 6:00-6:45p

Hip Hop II (10-16yrs) - Learn the next step in Hip Hop.
Tue 7:00-7:45p

ADULT DANCE CLASSES

Belly Dance Trial - If you are interested in signing up for Belly Dancing, but wish to try it first, this is the class for you.
Sun 3:30-4:30p
Sep 24-Oct 29
Session #2: Nov 12-Dec 17
Session #3: Jan 14-Mar 3

Belly Dancing - Study belly dancing with Denver’s own Phoenix! This class is designed for new and continuing belly dance students.
Sun 3:30-4:30p
Sep 17, Jan 7, or Mar 10

Heels - Embrace yourself and find your inner sexy learning to strut, move, and shimmy with the power of HEELS. No experience in heels is required. This class is open to all genders and is focused on those new to heels, new to dancing in heels, and varied levels of experience in Drag, Burlesque, and Runway.
Tue 8:00-9:00p
ADULT DANCE CLASSES CONTINUED

Broadway Meets Burlesque - Get a little sassy with this fun, energetic dance class.
Tue  8:00-9:00p

Ballet - Learn the fundamentals of ballet technique and terminology. This class is designed for new and continuing Ballet students.
Thu  7:00-7:55p

Beginner Line Dance - For those who have never line danced before or have done very little line dancing. You will learn steps and rhythms, choreography, balance, body awareness, movement, and endurance.
Classes run monthly.
Thu  1:15-2:15p

Couples & Line Dance Workshops

Country Two Step Beginners class - The two-step is a partner dance that proceeds counterclockwise around the dance floor; referred to as the race track. This is a fun, creative, and challenging dance, all while you are enjoying that good old country music.
Sun  2:00-3:00p   Sep 24

Country Triple Two Step & Country Waltz - The Triple Two Step is often called “swing on the move” since the dance uses a progressive version of triple timing swing basics. The Country Waltz is so much easier than the Ballroom Waltz, but still very romantic.
Sun  2:00-3:00p   Oct 29

Cowboy Cha Cha - Couples and Single Line Dance, designed to accomplish a romantic pattern to music, sometimes moving side to side, sometimes dancing face to face, and executing some simple turns for the lady. This class is for all levels.
Sun  2:00-3:00p   Nov 19

East Coast Swing - East Coast Swing belongs to the group of fun swing dances. It is danced to Big Band Swing music, Rock and Roll, Country, and Boogie-Woogie. It is often called simply “Swing” in this day and age. It is also known as the Jitterbug, and is so much fun!
Sun  2:00-3:00p   Dec 17

Challenging Line Dance - If you’ve been dancing for a while, and want to add some spice to your steps, a few more counts, turns and fancy moves, come to this mini workshop.
Sun  2:00-3:00p   Jan 28

Fun Country Round Dance - This is just a fun country round dance, where you dance with your partner and then switch partners, then back to your partner. This is a square dance style without the square.
Sun  2:00-3:00p   Feb 25

To see dates, times and pricing for Dance, click HERE

RECITAL!
The September session of dance will culminate in a recital. We rent a stage through Cherry Creek Schools, so the date will not be finalized until later. We are planning to have the recital sometime the week of Dec 17-23.
VOLLEYBALL

Level 1 (8-12yrs) - Recreational instruction provided to learn the proper techniques on passing, setting and hitting.
Mon 4:30-5:30p

Level 2 (10-16yrs) - The next step in volleyball; reinforcing the skills learned in Level 1. Skills necessary: underhand serve 80% of the time, pass the ball consecutively at least 20 times.
Mon 5:30-6:30p

Level 3 (10-16yrs) - This class is designed to enhance the skill level of a serious minded player. The advanced drills taught will help each player reach a higher level.
Mon 6:30-7:30p

Serve To New Heights Coed League (18+yrs) - Take your Thursday nights off and dig into a volleyball league for the beginner and intermediate level adult players who want to sharpen up their game. Enjoy the fun!
Thu 6:30-8:30p Nov 2-Dec 14

PICKLEBALL

All classes are Mon/Wed 9:00-11:00a

Start New, Finish on Top (16+yrs) - This introductory class to pickleball will enable beginners to learn the fundamentals of the game: how to hold a racquet, serving, volleying, and positioning. You will become familiar with the scoring. Get addicted because it’s easy to do.
Session #1 Nov 6-15
Session #2: Jan 22-31

Squeeze the Juice (2-2.5 Rating) - You are beginning to have that great taste for more pickleball. This course teaches how to rally, the best spots to be on the court, and learn more fundamentals. Prerequisite: Start New, Finish on Top plus 60 hours of playing.
Session #1: Feb 5-14

Movin’ on Up (3-3.5 rating) - Your game is beginning to take off. Get advice on the soft shots, the dinks, court awareness, court positioning, and ball placement. Prerequisite: Squeeze the Juice plus 60 hours of playing.
Session #1: Oct 23-Nov 1
Session #2: Feb 26-Mar 6

Going One Step Further (3-3.5 rating) - We all like to be creative with our shots. Going One Step Further is a class which focuses on shot placement and what types of shots to use during a particular part of the game. To play against higher level competition, it is important to learn the ins and outs of different types of shots.
Session #1: Dec 4-13

GYMNASTICS

Parent Tot (18 mos- 3yrs) - This class offers parents a chance to interact and play with their child while learning the beginning skills of gymnastics. It will also enhance motor development in a fun and safe environment.
Mon 10:15-11:00a, Mon 11:00-11:45a, or Sat 9:00-9:45a

Itty Bitty (3-5yrs) - This fun and creative class will feature techniques which teach balance and coordination.
Wed 4:00-4:45p, Wed 5:00-5:45p, Sat 10:00-10:45a, or Sat 11:00-11:45a

Serve To New Heights Coed League (18+yrs) - Take your Thursday nights off and dig into a volleyball league for the beginner and intermediate level adult players who want to sharpen up their game. Enjoy the fun!
Thu 6:30-8:30p Nov 2-Dec 14

Session Dates
Session #1 Sep 11 - Oct 2
Session #2 Oct 23 - Nov 13
Session #3 Nov 27 - Dec 18
Session #4 Jan 22 - Feb 12
Session #5 Feb 26 - Mar 25
*No class Mar 18

Session Dates
Session #1 Aug 26 - Sep 25
Session #2 Sep 30 - Nov 1
*No classes Oct 14-18
Session #3 Nov 11 - Dec 13
*No classes Nov 20-25
Session #4 Jan 6 - Feb 5
*No class Jan 13-15
Session #5 Feb 10 - Mar 11
*No classes Feb 17-19
Athletics Class Descriptions

BASKETBALL
Hot Shots (5-7yrs) - This program focuses on teaching the proper basic techniques of dribbling, passing and shooting.
Tue 4:00-5:00p

Fast Breakers (8-11yrs) - This program teaches the proper techniques of dribbling, passing, shooting, rebounding, and defense.
Tue 5:15-6:15p

Advanced Basketball (10-16yrs) - This clinic will advance all skills necessary for the serious-minded player from shooting to defense.
Tue 6:30-7:30p

Triple Threat Coed League (5-10yrs) - League includes qualified officiating, coaches, and game t-shirts. There is a one-hour team practice during the week (Wed, Thur, or Fri) and one weekly game. Games held Saturdays (ages 5-7) or Sundays (ages 8-10.)

Session #1:
Sat Oct 7-Nov 18* Ages 5-7
Games times: 9a, 10a, 11a
Sun Oct 8-Nov 19* Ages 8-10
Game Times 12p, 1p, 2p
*No games on Oct 21 or 22

Session #2:
Sat Jan 20-Feb 24 Ages 5-7
Games times: 9a, 10a, 11a
Sun Jan 21-Feb 25 Ages 8-10
Game Times 12p, 1p, 2p

Drop-In Volleyball
Sunday afternoons
1:30-4:30pm
Tue/Thu evenings
6:30-8:30pm

Adult Volleyball League

Serve It To New Heights Coed League
RUNS IN SEPTEMBER AND NOVEMBER!

ROCK WALL HOURS:
TUE/THU 5:30-7:30P
SAT 10:00A-12:00P

Did you know Athletics has camps during Fall, Winter, and Spring Break? See our camp page for more information.

Basketball Session Dates

Session #1
Oct 3 - 31
No class Oct 17

Session #2
Nov 7 - Dec 5
No class Nov 21

Session #3
Jan 9 - 30

Session #4
Feb 6 - 27

Session #5
Mar 5 - Apr 2
No class Mar 19

SEE OUR WEBSITE UNDER THE “ATHLETICS” PAGE FOR DROP-IN PICKLEBALL TIMES

To see dates, times and pricing for Athletics, click HERE
CLAY AND POTTERY CLASSES
Sculpting (16+yrs)
Create beautiful statues, mystical creatures, or anything else your mind can imagine out of clay.
Sun 12:30-3:30p

Pottery (16+yrs)
Learn how to hand-build or use a potter’s wheel in this class designed for all skill levels.
Tue 5:30-8:30p, Wed 9:30-12:30p, Thu 9:30-12:30p, or Thu 5:30-8:30p

Hand Building 101 (16+yrs)
Learn how to make beautiful clay pieces without a wheel. Using just hands, fingers and every day objects as tools, the possibilities are endless.
Tue 10:00a-1:00p

Parent/Tot Clay (2-5yrs + parent)
Children will learn to create imaginative sculptures with clay. This class will help “connect the tots” with their parent/caregiver.
Tue 9:00-9:45a

Pirates and Princesses (5-9yrs)
Create treasure boxes, parrots, and crowns. Your child will love this clay class based around pirates and princesses!
Wed 4:30-5:15p

Clay Creations (7-13yrs)
Create your own unicorn, goblin, or favorite pet. The sky’s the limit in this three dimensional sculpting class!
Wed 5:45-6:45p

COOKING CLASSES
Cooking Classes (9-14yrs)
This is a deliciously fun, technique based, hands-on cooking class.
Wed 6:15-7:30p

Cooking and Crafting (5-15yrs)
Kids will learn a simple recipe, and create a fun craft in each class.
Thu 4:30-6:00p

CULTURAL ARTS CLASS DESCRIPTIONS
Session dates:
Sep 11-Oct 22
Oct 30 - Dec 17
*No classes Oct 31 evening. No classes Nov 20-26
Jan 8 - Feb 18
Feb 26 - Apr 7

YOUTH AND ADULT ART CLASSES
Artist’s Studio (13+)
This class is designed for anyone who wishes to have time and instruction on how to finish a painting that is already started, or who has a painting idea in their head but does not know how to get started or keep it going.
Mon 9:30-11:30a

Parent/Tot Art (2-5yrs + parent)
Kindle your child’s creativity and educate their mind. You and your preschooler will delight in making messes and masterpieces.
Wed 9:30-10:15a

StoryTime Crafts (3-5yrs)
This art class is based around storybooks, with crafts and movement to go along! This is your child’s first venture in a class without their parents.
Wed 10:45-11:30a
Cultural Arts Class Descriptions

ART CLASSES CONTINUED...
Crafting Closet Jr. (5-7yrs)
Art is yours to enjoy in this fun class that explores all types of art concepts, from watercolor to clay.
Mon 4:30-5:15p

Crafting Closet (8-12yrs)
Explore art concepts using all types of media, from clay to watercolor, pencils to sewing.
Mon 5:30-6:30p

NEW! Printmaking (7-13yrs)
Printmaking is an exciting art form utilizing a variety of techniques such as linocut, calligraphy, engraving and monotype to create striking and unique prints. Students will focus their attention on line, shape, pattern and texture. They’ll try out a variety of techniques and materials to see cause and effect in action while creating unique art pieces.
Mon 4:30-6:30p

PHOTO EDITING
Photo Editing in Adobe Lightroom (16+)
Learn to edit photography in Adobe Lightroom. Learn how to make colors pop, bring out the beauty of the sky, clear skin blemishes and more!
Wed 6:00-8:00p Feb 21 & 28

THEATER
Polar Express (6-14yrs)
There comes a time in every child’s life when their faith in the spirit of Christmas is put to the test. For Nick and Noel, that time is now. The only way their Christmas spirit can be saved is with the help of a few friends. Join Jolly Old St. Nick, a colorful cast of elves and reindeer and many other classic holiday friends on a magical train ride to the North Pole where they discover the real meaning of Christmas and what it truly means to believe. Final performance: Wed, Dec 3 at 6:30p
Mon 6:15-7:45p Oct 30-Dec 18

To see dates, times and pricing for Cultural Arts, click HERE
Cardio/Core/Stretch – Join us for a combination of balance, stability & core work with cardio segments rounded out by great stretching. This class is suited for all ages and levels.

Cardio Strength - Combine cardio, strength training, and core strengthening using a variety of equipment. Get it all in this great format!

Cycling & Sprint Cycling – Achieve the new dimension of cardiovascular fitness that you are looking for. Drills, imagery, and music will help motivate you through intervals, speed play and hills.

Deep Water Splash – An aqua class designed to incorporate aqua weights, the resistance of the water, and suspension belt in the deep section of our pool. You will get a powerful aerobic & strength workout with no impact.

Forever Fit & Silver Sneakers Classic – Have fun and move to the music through a variety of exercises designed to increase muscular strength for daily living. A chair is used for seated and/or standing support.

Kickboxing – Tone the body and improve cardiovascular fitness using kickboxing training techniques and principles.

Muscle Madness – Weight training workout that strengthens, tones, and defines every muscle in your body using a variety of equipment.

PiYo – Combine the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of Yoga. We crank up the speed to deliver a true fat burning, low impact workout that leaves your body looking long, lean and incredibly defined.

Reb3l Groove/Strength – This energetic workout fuses choreography, powerful music & strength work resulting in a high intensity boot camp style dance fitness.

Silver Sneakers Cardio – Get up and go with an aerobics class that is safe, heart healthy and gentle on the joints. Includes easy-to-follow low impact movements, strength, abdominal conditioning, stretching & relaxation exercises.

Simply Stretch – This 30 minute class is designed to teach valuable stretching to help strengthen muscles, increase flexibility, and decrease injury.

Splash – This aqua class incorporates aqua weights and the resistance of the water to get a powerful aerobic and strength workout.

Step – Expand your stepping skills through fun choreography & combinations.

Stretched and Balanced - Rejuvenate your body with this active stretch class. Improve your flexibility and lengthen tight muscles with a variety of effective exercises.

Yoga – This class incorporates the many asanas/postures in Yoga & breathing techniques. Yoga helps to improve posture, strength, flexibility & mindfulness. Modifications are provided.

Yoga Sculpt – A total body workout that combines yoga & strength training to tone, sculpt and lengthen every muscle. Small 3, 5 or 8 lb weights are used in this easy to follow class.

Zumba - Zumba fuses Latin and other rhythms in easy-to-follow moves while providing a great workout for your entire body. You’ll have a blast while burning calories. Appropriate for all levels of fitness.
Small Group Fitness Class Descriptions

**Fit at 60+** - This total body conditioning class, taught by a Certified Personal Trainer, is designed for very active adults 60 years and over who wish to increase their stamina and strength. We stress functional training with an emphasis on core strength and stability.

*Wed 12:00-1:00p*

**Power Hour** - This interval style class consists of a combination of low impact aerobics, strength training, balance and stability improving movements. Designed for active adults 50+ who wish to improve their overall stamina and strength.

*Thu 12:00-1:00p*

**Strength Circuit** - This small group class is focused on helping you get and stay strong & fit. With the guidance of a Certified Personal Trainer, you will use a variety of free weights, machines, and body weight to challenge all of your muscles. Your strength will be mixed with cardio bursts to torch body fat and get you stronger and more fit than you ever thought was possible.

*Tue/Thu 6:30-7:30p*

**Women on Weights** - This class provides personal instruction in a fun, energetic small group setting. We will encompass multiple exercise formats and a variety of exercise tools to give you a full body workout. Come work with a Certified Personal Trainer and work toward achieving your health and fitness goals.

*Tue 4:30-5:30p or Tue 5:30-6:30p*

**Personal Training** - Our Certified Personal Trainers can create a personalized fitness routine to assist you in achieving your fitness, health, and wellness goals. We offer Personal Training and Nutritional Consulting for youth, adults, seniors, as well as buddy sessions. Please complete one of our training packets which can be found on our website under Fitness.

For additional information on any of our programs, please contact: Gina Flowers, Fitness & Wellness Supervisor 303-269-8409 ginacas@aprd.org or Andrea Robinson-Fitness Program Coordinator 303-269-8416 andrearob@aprd.org

Small Group Fitness Information

Registration for small group fitness classes becomes available on the 20th of the month prior to the start of the class, and ends on the 1st of the month.

To see dates, times and pricing for Fitness, [click HERE](#)
FALL FUN
Pickle Canning (15+yrs)
Learn the art of canning pickles. Hot bath canning technique will yield each student at least six jars of pickles. Dill and Bread and butter(sweet). This hands on class will provide instruction for beginners to be successful in class and at home.
Mon Sep 11  9:00-11:00a  or
Tue Sep 12  9:00-11:00a

Pumpkin Floral Painting (15+yrs)
Trails Recreation Center has a lot of paper mache pumpkins! Come paint your pumpkin and decorate it with fall floral. You will have a beautiful decoration to compliment your fall decor.
Tue Oct 3  9:00-11:00a

CHRISTMAS
Cookie Decorating (3-12yrs)
Join us for an evening of sweet treats. Your child will have an opportunity to decorate all kinds sweet items for the holidays. Parent participation is required.
Fri Dec 15  5:00-6:00p or 6:15-7:15p

Halloween
Trunk-or-Treat (0-18yrs)
Join us for a fun outdoor adventure! Our Trunk-or-Treat will be held at Piney Creek Hollow park, located at 6140 S. Tower Rd. Please register EVERY child who plans to attend.
Wed Oct 25  5:00-5:30p or 5:30-6:00p

Spooky Splash (all ages)
Bring your swimsuit and join us as we turn the pool into a floating pumpkin patch. This even is all-inclusive and will include pumpkin racing around the lazy river, meeting a mad scientist, decorating a pumpkin, and other holiday games. Please register EVERY child who plans to attend.
Fri Oct 27  4:30-7:00p

Special Events Descriptions

SPOOKY SPLASH

TRUNK-OR-TREAT

TRAILS 5K FAMILY RUN/WALK
An event to bring attention to mental health in youth, teens, young adults, and families in our community. Mental health affects many things including: depression, anxiety, addiction, identity, abuse, trauma, and tragedy. Proceeds will benefit Aurora Youth Options and Ellie Mental Health.
Special Events Descriptions

VALENTINE’S DAY
Cookie Decorating (3-12yrs)
Join us for an evening of sweet treats. Your child will have an opportunity to decorate all kinds sweet items for the holidays. Parent participation is required.
Mon  Feb 12  5:00-6:00p or 6:15-7:15p

ST. PATRICK’S DAY
Dive For Gold (all ages)
Visit us in the activity pool for Saint Patties Day. Gold coins will be spread throughout the pool. Each participant will dive for gold chips and exchange them for prizes. Please register EVERY child who plans to attend.
Fri  Mar 15  4:30-7:00p

EASTER
Easter Egg Hunt (2-9yrs)
Join us at Piney Creek Hollow Park for our annual egg hunt! Location: 6140 S. Tower Rd., Centennial
Sat  Mar 23  11:00a

Adult Easter Egg Hunt (21+)
Join us at Piney Creek Hollow Park for our second annual adults only egg hunt. Prizes will be for adults age 21+, so find a babysitter and join us at Piney Creek Hollow Park for this fun time!
Sat  Mar 23  2:00p

Egg Decorating (all ages)
You and your family are invited to join in a fun time of egg decorating. Dress for a mess. Parent participation is required. When signing up, sign up only the children!
Thu  Mar 28  5:00-6:00p or 6:00-7:00p

Don’t forget:
Trails is a Toys-For-Tots drop off location.
Donations Due by Dec 15

ART & POTTERY SALE
Our sale features pottery, jewelry, photography, postcards, knit items, paintings and sculptures to please any craft fair lover.
Fri, Nov 17; 9a-7p
Sat, Nov 18; 9a-3p

To see dates, times and pricing for Special Events, click HERE
Fall Break Camps

Baseline Bombers Basketball Camp (5-11yrs)
There’s a lot of bounces when it comes to basketball. You will shoot plenty at this camp along with learning all other fundamentals: passing, dribbling, rebounding and defense. Have fun. Play lots of games.
Mon-Tue Oct 16-17 9:00a-12:00p

Big Hitters Volleyball Camp (8-14yrs)
Oh, what fun it is to learn how to bump, set, spike and serve. Sharpen your skills on the underhand and overhand serves. There will be games galore.
Wed-Thu Oct 18-19 9:00a-12:00p

Baking Camp (9-15yrs)
Learn to cook some fun, sweet treats in this camp designed for kids!
Mon-Wed Oct 16-18 9:00-11:30a $155

Winter Break Camps

Baseline Bombers Basketball Camp (5-11yrs)
There’s a lot of bounces when it comes to basketball. You will shoot plenty at this camp along with learning all other fundamentals: passing, dribbling, rebounding and defense. Have fun. Play lots of games.
Wed-Fri Dec 27-29 9:00-11:00a

Ballet/Jazz (5-10yrs)
Your child will learn a lot of fun Ballet and Jazz techniques in this fun camp.
Wed-Fri Dec 27-29 10:00a-12:00p $90

Mandalorian Training Using LEGO® Materials (6-12yrs)
Here’s your chance to join your friends and learn what it takes to become a true Mandalorian. Using LEGO, an experienced instructor will guide us through the skills and equipment needed to earn the title. We will build our gauntlet fighter ship to weave through the galaxy, our Z-6 jetpacks to maneuver through the air, and of course defend ourselves with our Mandalorian armor. Coming to a galaxy near you!
Tue-Fri Dec 26-29 9:00a-12:00p $170

Visit our website at www.trailsrecreationcenter.org
Winter Break Camps Continued

**Baseline Bombers Basketball Camp (5-11yrs)**
There’s a lot of bounces when it comes to basketball. You will shoot plenty at this camp along with learning all other fundamentals: passing, dribbling, rebounding and defense. Have fun. Play lots of games.
Wed-Fri Jan 3-5 9:00-11:00a $56 Dist/$70 N-Dist

**Hip Hop (5-10yrs)**
Learn the form and technique of Hip Hop. This is a great gift to give as a Christmas present!
Wed-Fri Jan 3-5 10:00a-12:00p $90

**Pokémon Master Engineering using LEGO® Materials (6-12yrs)**
LEGO® Master, I choose you! In the race to be crowned the Ultimate Pokémon Champion, we need your help! Learn to build your favorite Pokémon, level up by teaching them special moves, evolve them into more powerful versions, and come face to face with the current champion in an epic battle for the title. Learn from our Play-Well Pokémon Masters so you can make it to the top!
Tue-Fri Jan 2-5 9:00a-12:00p $170

Spring Break Camps

**Baseline Bombers Basketball Camp (5-11yrs)**
There’s a lot of bounces when it comes to basketball. You will shoot plenty at this camp along with learning all other fundamentals: passing, dribbling, rebounding and defense. Have fun. Play lots of games.
Mon-Wed Mar 18-19 9:00-12:00p

**Bash’Em Bots using LEGO® Materials (6-12yrs)**
Design your custom LEGO® bot to take on any challenge. Mix and match chassis designs using wheels, treads, or walking legs. Combine these with tools like drills, hammers, and battering rams as you refine your masterpiece by sparring with friends and overcoming obstacles. Apply real-world engineering and physics concepts to help you bash and crash your way to victory!
Mon-Fri Mar 18-22 9:00a-12:00p $210

**Big Hitters Volleyball Camp (8-14yrs)**
Oh, what fun it is to learn how to bump, set, spike and serve. Sharpen your skills on the underhand and overhand serves. There will be games galore.
Wed-Thu Mar 20-21 9:00a-12:00p

Dance Camp Shoes
Special shoes are not required for dance camps. It is, however, easier to do ballet with leather ballet slippers. If you would like to purchase ballet slippers, Trails sells them for $15

To see dates, times and pricing for Camps, click HERE
Travel Opportunities

Book your dream vacation with confidence! Trails Recreation Center, in conjunction with Collette Travel, has several fun trips planned for you and your friends.

Pricing for these trips include all ground transportation, airfare, hotels, excursions, and some food.

Irish Splendor - March 23-30, 2024
Highlights include: Dublin, Christ Church Cathedral, Blarney Castle, Dingle Peninsula, Farm Visit, Cliffs of Moher, Whiskey Distillery, Castle Stay. Eight day trip with nine meals provided.

Spectacular South Africa - September 12-25, 2024
Highlights include: Johannesburg, Soweto, Panoramic Route, Kruger National Park, Safari Game Drives, Garden Route, Knysna, Featherbed Nature Reserve, Choice on Tour, Stellenbosch, Wine Tasting & Dinner, Cape Town, Table Mountain. Fourteen day trip with 25 meals provided.

Spotlight on Tuscany, Italy - March 12-20, 2025
Travel with the Trails own employee, Paige from Cultural Arts! She will be joining this trip and showing our friends back home all the fun sights. Highlights include: Montecatini Terme, Lucca, Gothic Line, Winery Tour, Florence, Choice on Tour: Montecatini Walking Tour or Siena, Pisa, Cooking Class, Cheese Farm, San Gimignano. Nine day trip with eleven meals provided.

To find more information about travel, click HERE