

SOUTH SUBURBAN

SPRING 2025

SSPRD.ORG

303.347.5999

MARCH 1-MAY 31

DANCE

BIRTHDAY PARTIES

BOARD ELECTION

GUIDED HIKES



**SOUTH
SUBURBAN**
PARKS & RECREATION



STAY CONNECTED!





SOUTH SUBURBAN WINS NATIONAL GOLD MEDAL AWARD

South Suburban received the 2024 Grand Plaque National Gold Medal Award, a premier recognition that celebrates excellence in the park and recreation industry. This is the highest recognition a parks and recreation organization can achieve and is awarded to only one agency in the country in each of the population-based award divisions.

The American Academy for Park and Recreation Administration (AAPRA), in partnership with the National Recreation and Park Association (NRPA), announced the 2024 National Gold Medal Award Grand Plaque recipients at their annual conference held in Atlanta last October.

"I am incredibly proud of our organization," said South Suburban Executive Director Rob Hanna. "This is a huge accomplishment that formally recognizes our commitment to excellence and names us the best parks and recreation agency in the country. We have earned this honor thanks to our staff's dedication to innovation, sustainability, and customer service, which improves the quality of life in our communities every day."

Founded in 1965, the Gold Medal Awards program honors communities in the United States that demonstrate excellence in parks and recreation through long-range planning, resource

management, volunteerism, environmental stewardship, program development, professional development and agency recognition. Applications are comprised of six classes, with five classes based on population and one class for armed forces.

Agencies are judged on their ability to address the needs of those they serve through the collective energies of community members, staff members and elected officials. To qualify, South Suburban first received the Finalist Plaque in their category. For the Grand Plaque round of judging, each Finalist had to submit a five-minute video which supports their application, and the judges reviewed progress on the agency's strategic plan.

A panel of five park and recreation professionals judged all application materials. Judges are chosen for their considerable experience and knowledge of parks and recreation on both the local and national levels.

For more information on the Gold Medal Awards, visit nrpa.org/goldmedal or aapra.org.

Watch South Suburban's award winning video submission by scanning the QR code here:



Hudson Gardens Vision Plan CULTIVATE the future

HUDSON GARDENS VISION PLAN: SURVEY & FOCUS GROUPS

The Hudson Gardens Vision Plan is well underway! Over the past few months, hundreds of community members have shared their ideas via comment cards, interactive maps, and online comments – thank you! During this time, we've also conducted extensive interviews with staff and volunteers, performed multiple assessments of the grounds and structures, and collected data for analysis and benchmarking.

We are moving to the next community engagement phase and need your input again!

Starting the week of Jan. 6, please share your feedback through our new survey and consider participating in one of several focus group conversations. Your voice will help guide improvements and programming as we cultivate the future of Hudson Gardens. Learn more and participate at gameplan.ssprd.org/hudson-gardens-vision-plan.



REGISTRATION OPEN NOW FOR:

ALL 2025 GOLF PROGRAMMING
SPRING AND SUMMER NATURE PROGRAMMING

SUMMER CAMPS REGISTRATION OPENS:

WEEK-LONG CLUB CAMPS - FEB. 4
SPECIALTY SUMMER CAMPS - FEB. 4
SINGLE-DAY CLUB CAMPS - APRIL 1

REGULAR SUMMER PROGRAM REGISTRATION

BEGINS APRIL 15



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★ ★ ★ ★ ★ ★ ★ ★ ★ ★ 2025 BOARD OF DIRECTORS ELECTION ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

HELP SHAPE THE FUTURE OF YOUR COMMUNITY

South Suburban is governed by a Board of Directors elected by the greatest MVPs in the District – YOU! The next Board election is **Tuesday, May 6, 2025**, where candidates will run to fill three open seats to serve a four-year term on the five-member board. Board members make important decisions that impact our community, from investments in trail and park improvements to new facilities and amenities. Don't miss your chance to contribute to the continued success of South Suburban!



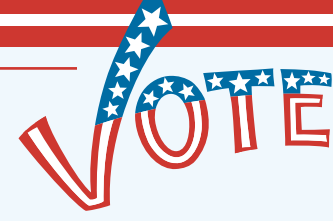
★ YOUR VOTE MAKES A DIFFERENCE ★

The South Suburban Board of Directors makes decisions that directly impact your neighborhood. During the next four years, the Board will help guide the organization as we:

- Engage the community regarding the update to the District's 2022 Master Plan and Strategic Plan
- Construct a new regional park and continue to update and improve existing facilities
- Budget to reflect the District's goals and values as set forth in the Master Plan
- Prepare the District for future growth

The Board of Directors affects everything from local parks to long-term growth. By voting, you help shape how the District engages with the community, prioritizes improvements, and plans for the future. Make sure you're part of this important process – your vote will help build a stronger South Suburban for years to come.

HOW TO



in the South Suburban Board of Directors election

REQUEST A BALLOT & VOTE AT HOME



Apply for an absentee ballot by **April 29**.

Drop your ballot off at one of the drive-up ballot boxes at Goodson Recreation Center or the South Suburban Sports Complex.

OR



Mail it to:

South Suburban Park and Recreation District
4810 E. County Line Road
Littleton, CO 80126

Must be received by **7 pm on May 6**.

HOW TO APPLY FOR AN ABSENTEE BALLOT

1. VISIT [SSPRD.ORG/ELECTIONS](https://ssprd.org/elections) OR EMAIL ELECTIONS@SSPRD.ORG
2. PRINT THE APPLICATION FOR AN ABSENTEE BALLOT
3. SIGN YOUR COMPLETED APPLICATION
4. MAIL OR EMAIL YOUR APPLICATION TO SOUTH SUBURBAN



The application also includes an option to join the District's Permanent Absentee Voter list. This will ensure that you receive a ballot for every South Suburban election, provided you remain a qualified elector.

★ GET INVOLVED ★

There are so many ways to make a difference! We're always looking for community members who want to make an impact. Visit ssprd.org to learn more about opportunities to:



Volunteer



Become a Sponsor



Attend Community Celebrations & Events



Share your Feedback through Public Input



Attend Public Hearings on the South Suburban Budget



Run for a Board of Directors Seat



Become an Election Judge



★ REMEMBER! ★

YOU WILL ONLY RECEIVE A MAIL-IN BALLOT IF YOU HAVE APPLIED FOR AN ABSENTEE BALLOT OR IF YOU ARE ON THE PERMANENT ABSENTEE VOTER LIST



JAN 26 to FEB 20

Call for Nominations

Deadline for Filing Self-Nomination and Acceptance Forms

MARCH 3 4 PM

Deadline for Filing Affidavit to be a Write-In Candidate

UOCAVA Ballot Mailing

MARCH 22

APRIL 7

Absentee Ballots Mailed

Deadline to Request an Absentee Ballot

APRIL 29 4 PM

MAY 6 7 AM- 7 PM

Election Day

Learn more at ssprd.org/elections

SPRING EVENTS

PARENTS NIGHT OUT

Various Dates
Goodson & Lone Tree Recreation Centers

Parents can take the night off while kids enjoy a movie, pizza and popcorn. Movie nights will be held at Goodson Recreation Center on March 14, April 11 and May 9, and at Lone Tree Recreation Center on March 7, April 4 and May 2.



BACK TO POOL PARTY

March 22
Lone Tree Recreation Center

Gear up for summer swim season at Lone Tree Recreation Center's Back to Pool Party, including fun games and activities.



ROCKIN' ON THE RIVER 5K

April 6
Mary Carter Greenway

Take in the view along the beautiful South Platte River on the Mary Carter Greenway for this annual 5K, which starts and ends at Hudson Gardens. Sign up at ssprd.org/RaceSeries.



EGG SCRAMBLE

April 19
Sports Dome

Meet the Easter Bunny, race for eggs, and have a blast all morning long at the Annual Egg Scramble, sponsored by the City of Centennial. Hop over to Family Sports Center after for an unforgettable day of family fun!



WAR MEMORIAL ROSE GARDEN PRUNING WORKSHOP

April 26
War Memorial Rose Garden

Gardeners of all experience levels are invited to sharpen their skills at the annual Rose Pruning Workshop. The event is free, but registration is required. Learn more at ssprd.org.



THEATRE: SPACE CONFLICTS

April 27
Hudson Gardens

Experience an original comedic parody production of "Space Conflicts: May the Farce Be With You," full of references and jokes about Star Wars and pop culture.



ACTIVE ADULT EXPO

May 1
Buck Recreation Center

Enjoy interactive demos and learn about local resources at the Active Adult Healthy Living Expo! More than 40 exhibitors will share services and support to help you live happier and healthier. The expo is free and open to the public.



44TH ANNUAL HIGH LINE CANAL 5K/10K RUN

May 10
High Line Canal Trail

A local favorite! Runners of all ages and abilities are invited to participate in the 43rd Annual High Line Canal 5K and 10K along the scenic High Line Canal. Sign up at ssprd.org/RaceSeries.



ESPORTS SPRING SHOWCASE

May 16 & 17
Lone Tree Hub

The 2025 South Suburban Esports Spring Showcase features Tekken 8, Super Smash Bros, Street Fighter 6, Rivals of Aether II and more. Enjoy local competition and connect with other gamers! Learn more at ssprd.org/esports.



CONSTRUCTION ZONE

Look forward to several local park renovations this spring throughout the District. With warmer weather around the corner, the opportunity for outside play helps promote curiosity, creativity and critical thinking. For updates on all planning and construction projects at South Suburban, visit gameplan.ssprd.org.

Spring 2025 Completion

TrailMark Park Playground

A new, upgraded playground and rubberized safety surfacing was installed in the park. Additional improvements include a new irrigation system, shade pavilion and park benches.



Fairways at Lone Tree Park

The layout of the park was reconfigured to optimize motor vehicle access. A post-tension basketball half-court was installed, along with modern playground equipment and rubberized safety surfacing, increasing accessibility.



Public Input Opportunities in 2025

- Cornerstone Park
- Hudson Gardens Vision Plan
- Powers Park
- Ridgeview Park
- Sunset Park

Spring 2025 Construction

Cherry Knolls Park

The new playground will include a larger shade pavilion, new playground equipment, poured-in-place rubber safety surfacing, concrete trail paving, and complete renovation of the restrooms.

Columbine Manor Park

Look forward to a new playground, concrete access path, mini pump track and shade pavilion.

Cornerstone Park

Phase 1 of the Cornerstone Park improvements is underway. Paving of the northern parking lots is taking place, in addition to concrete flatwork for connections from the parking lots into the park, landscaping and fencing, traffic and parking signage, stormwater improvements, and a new paved access road connection from the northern lots to the southeast lots.

Puma Park

New public art will be installed, along with upgraded playground equipment, rubberized safety surfacing, a new shade pavilion and san-o-let closure.

Reynolds Landing

The Reynolds Landing construction project is scheduled to start on January 6, 2025, and continue through spring 2027. Starting the week of January 13, a detour will be in place for the Mary Carter Greenway Trail and access to the river will be closed for the duration of the project. The parking lot, restroom, and shade pavilion will remain open through construction. Major renovations to the area include river connectivity, hiking trails, a river overlook and more!

Southpark Pickleball Complex

South Suburban broke ground on the new complex in October. The new facility will feature 19 lighted courts, parking lots, shade pavilions and restroom facilities.

TRAIL ETIQUETTE REMINDER

Spring brings warmer weather and increased use of South Suburban's 100+ miles of trails and parks. Whether you are a seasoned runner, out for a morning stroll or your weekly bike ride, here are a few tips to keep our trails safe and enjoyable for everyone.

- Share the trail
- Call your pass
- Leave an earbud out
- Limit speeds to 15 mph or less
- Keep your dogs on a leash
- Class 1 & 2 e-bikes and scooters permitted; all other unauthorized motorized vehicles prohibited





FACILITIES

RECREATION AND COMMUNITY CENTERS

DOUGLAS H. BUCK COMMUNITY RECREATION CENTER

- 2004 W. Powers Ave., Littleton
- ssprd.org/Buck-Recreation-Center
- 303.797.8787

GOODSON RECREATION CENTER

- 6315 S. University Blvd., Centennial
- ssprd.org/Goodson-Recreation-Center
- 303.798.2476

LONE TREE RECREATION CENTER

- 10249 Ridgeway Cir., Lone Tree
- ssprd.org/Lone-Tree-Recreation-Center
- 303.708.3500

SHERIDAN RECREATION CENTER

- 3325 W. Oxford Ave., Sheridan
- ssprd.org/Sheridan-Recreation-Center
- 303.761.2241

LONE TREE HUB

- 8827 Lone Tree Pkwy., Lone Tree
- ssprd.org/The-Lone-Tree-Hub
- 720.245.2601

RESTAURANTS

AVALANCHE GRILL

- Family Sports Center
6901 S. Peoria St., Centennial
- golf.ssprd.org/Avalanche-Grill
- 303.754.0544

CENTENNIAL GRILL

- Littleton Golf and Tennis
5800 S. Federal Blvd., Littleton
- golf.ssprd.org/Centennial-Grill
- 303.795.7466

LONE TREE GRILL

- Lone Tree Golf Club & Hotel
9808 Sunningdale Blvd., Lone Tree
- golf.ssprd.org/Lone-Tree-Grill
- 303.790.0202

SOUTH SUBURBAN GOLF COURSE BAR AND GRILL

- South Suburban Golf Course
7900 S. Colorado Blvd., Centennial
- golf.ssprd.org/South-Suburban-Bar-Grill
- 303.770.1882

SOUTH SUBURBAN SPORTS COMPLEX GRILL

- 4810 E. County Line Rd., Littleton
- ssprd.org/Sports-Complex
- 303.798.7515

ENTERTAINMENT & SPORT FACILITIES

FAMILY SPORTS CENTER AND MINI GOLF

- 6901 S. Peoria St., Centennial
- ssprd.org/Family-Sports-Center
- 303.708.9500

SOUTH SUBURBAN SPORTS COMPLEX

- 4810 E. County Line Rd., Littleton
- ssprd.org/Sports-Complex
- 303.347.6968

SPORTS DOME

- 6959 S. Peoria St., Centennial
- ssprd.org/Sports-Dome
- 303.754.0541

COUNTY LINE BMX

- David A. Lorenz Regional Park
8560 S. Colorado Blvd., Centennial
- ssprd.org/County-Line-BMX
- 303.798.7515

CORNERSTONE BATTING CAGES

- 5098 S. Windermere St., Littleton
- ssprd.org/Batting-Cages-at-Cornerstone-Park
- 303.797.3796

COLORADO JOURNEY MINI GOLF

- 5150 S. Windermere St., Littleton
- ssprd.org/Colorado-Journey
- 303.734.1083

NATURE FACILITIES

HUDSON GARDENS & EVENT CENTER

- 6115 S. Santa Fe Dr., Littleton
- hudsongardens.org
- 303.797.8565

SOUTH PLATTE PARK AND CARSON NATURE CENTER

- 3000 W. Carson Dr., Littleton
- ssprd.org/Nature
- 303.730.1022



Fishing at South Platte Park

For more amenity information, admission rates, facility rentals and holiday hours, please visit ssprd.org.

OUTDOOR SWIMMING POOLS

BEN FRANKLIN POOL

- 1600 E. Panama Dr., Centennial
- ssprd.org/Ben-Franklin-Pool
- 303.798.5922

COOK CREEK POOL

- 8711 Lone Tree Pkwy., Lone Tree
- ssprd.org/Cook-Creek-Pool
- 303.790.7665

HARLOW POOL

- 5151 S. Lowell Blvd., Littleton
- ssprd.org/Harlow-Pool
- 303.798.6269

HOLLY POOL

- 6651 S. Krameria Way, Centennial
- ssprd.org/Holly-Pool
- 303.770.0333

GOLF COURSES

LONE TREE GOLF CLUB & HOTEL

- 9808 Sunningdale Blvd., Lone Tree
- golf.ssprd.org/Lone-Tree-Golf-Club-Hotel
- 303.799.9940

FAMILY SPORTS GOLF COURSE

- 6901 S. Peoria St., Centennial
- golf.ssprd.org/Family-Sports-Golf
- 303.649.1115

SOUTH SUBURBAN GOLF COURSE

- 7900 S. Colorado Blvd., Centennial
- golf.ssprd.org/South-Suburban-Golf-Course
- 303.770.5500

LITTLETON GOLF AND TENNIS

- 5800 S. Federal Blvd., Littleton
- golf.ssprd.org/Littleton-Golf-and-Tennis-Club
- 303.794.5838

TENNIS & PICKLEBALL

HOLLY TENNIS CENTER

- 6651 S. Krameria Way, Centennial
- ssprd.org/Tennis
- 303.771.3654

SSIA - PICKLEBALL

- 6580 S. Vine St., Centennial
- ssprd.org/pickleball
- 303.996.5474



TENNIS CENTER AT LONE TREE GOLF CLUB & HOTEL

- 9808 Sunningdale Blvd., Lone Tree
- ssprd.org/Tennis
- 303.768.8109



3 EASY WAYS TO REGISTER

- Online: register.ssprd.org
- Phone: 303.347.5999
- Walk In

REGISTER ONLINE

The easiest way to register for South Suburban classes and programs is online! Visit register.ssprd.org and click on "catalog" to find your favorite class and register.

REGISTRATION OFFICES

Registration office is located in the Goodson Recreation Center, 6315 S. University Blvd., Centennial, CO 80121.

- Hours: Mon-Thu 7:30 am-6 pm
- Fri 7:30 am-5 pm
- Sat 9 am-1 pm

Call the registration office at 303.347.5999.

Athletics league registration is located at the South Suburban Sports Complex, 4810 E. County Line Road, Littleton, CO 80126.

- Hours: Mon-Fri 8 am-5 pm

To learn more about athletics leagues call 303.798.7515 or visit southsuburbansports.com

REFUNDS/CANCELLATIONS

Refunds or transfer must be requested and approved at least 3 full business days before the scheduled start of the activity. A full refund of the class cost will be issued as an account credit. If we cancel the class, no fees will be assessed. There is a \$5 service charge per class, per individual to refunds on a credit card. Cancellations made less than three days prior to the class start date may not be eligible for a credit or refund. There are specific programs with policy exceptions.

CODE OF CONDUCT

Appropriate social behavior is requested for all programs and facility use. Individuals are encouraged to act in a way that will not physically, mentally or emotionally hurt another person. A participant may be asked to withdraw from a class or program, or to leave a facility if behavior does not comply with program and/or facility standards.

NONDISCRIMINATION POLICY

We prohibit discrimination against any patron or volunteer on the basis of race, color, sex, age, national origin, ancestry, genetic information, disability, religion, sexual preference or orientation, gender identity or expression, marital or military status, pregnancy, childbirth and related medical conditions, political affiliation, or any status protected by state or federal law.

Americans with Disabilities Act: If you require special assistance, please call 303.483.7004.

INDEMNIFICATION AND WAIVER OF LIABILITY

By registering for any program, the registrant acknowledges that program activities carry certain risks for participants. Further, by registering, the registrant releases and indemnifies the District, its employees, agents, leaders, instructors, contractors or volunteers from and against any and all claims, demands, loss or injury to person or property caused during participation in the activity. This release and indemnity is intended to be as broad as permitted by law.

PHOTOS, VIDEOS AND EMAIL ADDRESSES

We may periodically send you email updates. You can unsubscribe at any time. We do not sell email addresses.

South Suburban Park and Recreation District may take photos, audio and/or video recordings of anyone in attendance at a District-managed property or facility or during any District-associated class, event or program. The District may use these materials at its discretion for promotional, marketing and publicity purposes without obligation, compensation or liability to those appearing in such materials.

HOUSEHOLD PASSES

The fee structure for households is based on the following definition: two adults and up to three (3) dependent children up to the age of 17, all residing year-round in the same residence. For additional dependent children residing year-round in the same household, an additional child fee will be charged. Additional adults living in the household need to create their own account and purchase their own individual admission or pass.

RESIDENCY

Use the District Address Search function on ssprd.org to learn if you live within the South Suburban boundaries to receive the resident rates. Additional proof of residency may be requested at any time, such as a current photo ID with your address printed on it or a current bill with the District address and customer name.

SCHOLARSHIPS

Scholarships are available for qualifying residents to use District facilities and participate in programs. To learn more about requirements and request an application, call the Registration Office at 303.347.5999 or visit ssprd.org/scholarships.



ACTIVE ADULTS

PROGRAMS & CLASSES

5280+ SENIOR CHORALES

The **5280+ Senior Chorales** is a non-auditioned choir that emphasizes the social, emotional, physical and mental health benefits of singing for older adults. It is open to anyone "55 & better" who seeks art education and performance opportunities under the direction of professional artists, and is interested in a fun and challenging musical adventure (no prior choral experience necessary).

CLASSES

Find your new favorite hobby, or hone your skills at a craft you love. There's something for everyone at our classes and programs including **Watercolors, Ceramics, Line Dance, Beginner Partners Dance, Intermediate Spanish, Card Trick Class, Printmaking, Watercolor Batik** and more. Connect with other adults who have the same interests as you and learn something new!



DROP-IN ACTIVITIES & GAMES

Stop by to connect with friends old and new while participating in games and activities hosted at various times and locations throughout the week. Play **Duplicate Bridge**, work on your crochet or knitting projects at **Happy Hooks and Needles**, drop in for **Pinochle** or **Poker** and more! All drop-in activities and games schedules can be found on register.ssprd.org.

TRIPS AND TOURS

Enjoy a fun outing while we do the driving! Experience culture at a live theater performance or a museum, or explore our beautiful state on day-trip adventures and hikes. A complete list of all trips, dates and pricing is available at register.ssprd.org.



RESOURCES

LOCAL INFORMATION & ASSISTANCE

Arapahoe County Council on Aging.....	accoa.info
Arapahoe County Department of Human Services.....	303.636.1130
Arapahoe County First Ride.....	720.540.5566
Centennial Senior Commission.....	centennialco.gov
DRCOG Area Agency on Aging.....	303.480.6700
Integrated Family Community Services.....	303.795.3700
RTD Access-A-Ride.....	303.299.2960
South Metro Housing Authority - Littleton.....	303.794.9608
Douglas County Human Services.....	303.688.4825
Douglas County Senior Adult Services.....	303.814.4374
Douglas County Seniors' Council.....	303.663.7681
Lone Tree Living and Aging Well Commission.....	303.225.4930

Connect on Facebook!

facebook.com/groups/southsuburbanactiveadults

Stay Informed!

Sign up for the Active Adults Newsletter at ssprd.org/Newsletter-Signup

Looking for your favorite Active Adult art, educational or fitness class? Look for this icon throughout the catalog.

You can also find all of these classes at register.ssprd.org.



AQUATICS

We're hiring indoor and outdoor lifeguards and swim instructors!

Enjoy flexible schedules and great benefits including discounts on golf, access to recreation centers and more. Free training available, find more information at careers.ssprd.org or contact Anne Harston at aharston@ssprd.org.

EVENTS

BACK TO POOL PARTY

Gear up for summer swim season at Lone Tree Recreation Center's **Back to Pool Party**, including fun games and activities.

RED CROSS CLASSES

RED CROSS CLASSES & TRAINING

Learn the skills and tactics necessary to save a life, respond to emergencies, and provide care for others. Earn American Red Cross certifications including **First Aid CPR and AED, Lifeguard Training - Shallow Water** and **Babysitter Training**. Fees, requirements and ages vary depending on course and experience.

SWIM TEAMS & LESSONS

SWIM CLUBS & CONDITIONING

Learn something new, practice your skills and stay in competitive shape all year long at indoor pools. Improve your stroke technique and physical fitness at the **Finnadicts Masters Swim**. Fine-tune strokes and maintain endurance at a **Pre-Competitive Swimming** or **Competitive Conditioning Swimming** class, or join our recreational **Wave Riders Swim Club**.

SWIM LESSONS

Swimmers of all ability levels can learn and improve at **Swim Lessons** for youth and adults. Practice basic skills and learn new ones in classes ranging from Parent-Tot to Level 5 at pools around the District. Private, flexible and sessional private swim lessons are also available.



Spring 2025 Swim Lesson Fee and Session Information

Group Swim Lessons	
Indoor Pools	Session Dates: 2 Days or 1 Day per Week (M/W, Tu/Th or Sat)
Buck, Goodson and Lone Tree Rec Center	3/3-4/5: 4 weeks - No Class 3/23-3/29 Buck & Goodson, No Class 3/17-3/22 Lone Tree 4/7-5/2: 4 weeks
Fees:	
Parent-Tot/Preschool Age 6 months-5 years old	M/W Tu/Th 4 weeks \$64R / \$84NR Sat, 4 weeks: \$32R / \$42NR
School Age and Adult 6 years and up	M/W Tu/Th 4 weeks \$62R / \$82NR Sat, 4 weeks: \$31R / \$41NR
Sessional Private Swim Lessons	
Indoor Pools	Session Dates: 1 Day per Week
Buck, Goodson and Lone Tree Rec Center	3/7-4/4: 4 weeks - No Sessions 3/23-3/29 Buck & Goodson, No Sessions 3/17-3/22 Lone Tree 4/11-5/2: 4 weeks 5/6-5/21: 3 weeks
Fees:	
Ages 3-12 only	Fri, 3 weeks: \$94R / \$109NR Fri, 4 weeks: \$125R / \$145NR

SWIM LESSON REGISTRATION

Swim lesson registration opens on a rolling basis. Registration for March and April indoor swim lesson sessions will be available Jan. 21. June and July registrations will open mid-April.

SWIM TEAMS

Enjoy competitive swimming in a fun, recreational setting when you join a South Suburban summer swim team! Practice with a team of swimmers with similar abilities and compete in weekly meets throughout the metro area. Swimmers ages 6-18 are invited to join the **Ben Franklin Fish, Cook Creek Wahoos** or **Holly Park Sharks**. Practice times differ for each team and age group. Registration opens April 15 at 9 am, with the season starting in May.



ARTS / EDUCATION

Spring Break Art Camps

Create, dance and learn at unique and fun spring break camps! Visit register.ssprd.org to view all arts and education camps and workshops.

ARTS AND CRAFTS

CRAFTS FOR ALL AGES

Let your creativity soar with hands-on crafts including **Stained Glass**, **Active Adult Ceramics**, **Origami**, **Encaustics** and more. Classes and workshops available for adults, youth and parent-tot.

DRAWING

Learn new techniques and skills in **Drawing for Teens**, and explore seasonal themes in **Draw & Paint: Famous Artists Workshop**.

HOMESCHOOL ART PROGRAMS

These in-depth **Homeschool Art** classes address art standards and explore a variety of media including drawing, painting, sculpture, collage, ceramics and printmaking.

MIXED MEDIA

Youth can experiment with various mediums from acrylics and watercolors to collage materials and textiles in **Art Club**. Build skills and develop an artistic style by making beautiful creations that blend these elements to create unique, multi-dimensional artworks. Adults can get creative and explore different techniques and mediums to express themselves through art in **Adult Art** classes or **Art Studio** sessions.



PAINTING

Classes and workshops featuring **Watercolor**, **Printmaking** and other mediums for tots, teens, adults and specialty classes just for Active Adults! Create unique works of art in **Watercolor Batik** workshops. Little ones can explore in **Art for Tots** and **Canvas and Cookies** classes, or in **Artsy Tots** at Hudson Gardens.

Creativity Lab

There are opportunities for creators of all ages at Sheridan Recreation Center's Creativity Lab! Imagine and build beautiful creations out of recycled treasures and found objects. The Creativity Lab is free with admission to the Sheridan Recreation Center.

CULINARY ARTS

COOKING FOR ADULTS

Classes include recipes, in-depth instruction and sampling of the completed dishes. This spring, learn how to make different doughs, fillings and sauces in **Handheld Pies**, create an authentic **Italian Dinner**, and take your food from ordinary to extraordinary with **Spices in Your Kitchen**. Expand your knowledge and create new habits at **Cooking & Nutrition** classes, with topics like Heart Health, Meatless Monday, Taste of Asia and more.



COOKING FOR KIDS

Cooking helps build independence, persistence and confidence in students. Learn skills to use in the classroom and at home in a **Saturday Treats Workshop**.

EVENTS

Join local business **The Chocolate Therapist** to explore delightful flavors and pairings at a chocolate and tea tasting.

LEARN SOMETHING NEW

ART & HISTORY LECTURES

Learn something new and enjoy lunch at a **Historic Lunch Lecture** from The Fort Heritage Program! Topics include stories from history in the Western and Southwestern United States. Learn how to read, interpret and better understand artworks in an **Art Literacy Lecture**.

CARD TRICK CLASS

Learn card tricks that will amaze your family and friends with no sleight of hand, no setups and no fake shuffles or cuts at **Card Trick Class**.

CHESS

Learn rules and strategy from a Master Chess Instructor to level up your chess skills.



LANGUAGE LEARNING

Build vocabulary and improve fluency and listening skills in an **Intermediate Spanish** class. Practice your English in a fun and relaxed setting during an **English Conversation Group** meeting.

Try Something New at Art Workshops

Try your hand at different arts and crafts in a single-session **Art Workshop**! Learn how to create something new and bring home a complete piece of art at the end of each class. Visit register.ssprd.org for a list of workshops and topics!

MUSIC

MUSIC FOR TOTS

Sing, dance and play! Enjoy interactive classes like **Music Together** and **Crocodile Rock** to lay the foundation for a lifetime of music appreciation.



5280+ SENIOR CHORALES

The **5280+ Senior Chorales** is a non-auditioned choir open to anyone "55 & better" seeking to perform under the direction of professional artists, and those interested in a fun and challenging musical adventure (no prior choral experience necessary).

POTTERY

CLAY

Explore the possibilities of clay work without the wheel, from boxes and bowls to platters and free-form art pieces in **Ceramics**, **Parent-Tot Clay**, **Clay for Tots**, **Youth Clay**, **Pottery Basics**, **Adult Hand Building** or **Youth Sculpture** classes.



POTTERY

Give this craft a spin with adult **Pottery** classes for Levels 1-3, **Introduction to Raku** and **Goodson Pottery Studio Open Lab Time**, and **Youth Pottery** or **Youth/Family Pottery** classes for young creators.

THEATRE

HUDSON GARDENS

Experience your favorite tropes and running gags from the entirety of the Star Wars franchise at a performance of **Space Conflicts**.



DANCE



ACADEMY OF DANCE

Academy of Dance classes offer challenging, comprehensive dance training designed specifically for students ages 3-18. Youth receive quality studio instruction in a fun and engaging setting at a fraction of the cost of other studio classes. Learn more at ssprd.org/Academy-of-Dance.

BALLET

Instill grace, balance and confidence through **Ballet**. Classes and conditioning courses available for dancers of all ages and abilities, from Level 1 to Level 4. **Ballet / Tap** and **Ballet / Jazz** combo classes are also available.

HIP HOP

Groove to the beat while learning new skills and techniques. Students will learn **Hip Hop** moves while working on coordination, strength and teamwork. Beginning, intermediate and advanced levels are available.

JAZZ

Experience the upbeat energy of **Jazz**, which combines classical ballet with modern and popular dance techniques. Beginning, intermediate and advanced levels available, as well as a **Jazz / Tap** combo class.

LEAPS & TURNS

Break down the basic skills of these dance moves to fine tune your technique during **Leaps and Turns**.

LYRICAL DANCE

Lyrical Dance is perfect for anyone who wants to learn how to use movement to express emotions. Students work on balance, technique and creativity in beginning, intermediate and advanced sessions.

STRENGTH AND CONDITIONING

Practice technique, correct stance, turnout, body structure and fully pointed foot extensions in **Strength and Conditioning**.

TAP

Get into the rhythm and explore the energetic styles of **Tap**! Students will focus on timing and technique while learning exciting dances and routines. Beginning, intermediate and advanced levels available.

Academy of Dance Spring Recital

Dancers will perform for family and friends at the Academy of Dance Spring Recital on May 15 & 16 at the Lone Tree Arts Center.

ADULT DANCE CLASSES

DANCE PROGRAMS

Explore the many benefits of **Belly Dance** or kick up your heels in **Line Dance**! Try a **Partners Dance** class to learn popular ballroom, Latin and social dances.

YOUTH RECREATIONAL DANCE CLASSES

BALLET

Learn the fundamentals of ballet in **Pre-Ballet** classes. Various age groups are available for these shorter dance sessions, lasting from 1-8 weeks.

HIP HOP

Learn **Hip Hop** choreography that is age-appropriate, high-energy and fun!

JAZZ

Combine classical ballet, modern dance and popular moves in upbeat and fun **Jazz** classes.

YOUNG DANCERS

Your little ones can move and groove at classes designed for dancers ages 1-5. Play and learn with your child at a **Parent-Tot Dance** class, or let them explore rhythm and basic steps in fun classes like **Creative Movement** and **Princess Dance**!



ESPORTS

ESPORTS CAMPS

Whether you're a seasoned pro or brand new to the genre, duke it out with various enemies, weapons and characters at **Battle Royale Camp**. Love to tinker and build? Jump on the custom South Suburban Esports Minecraft server and bring your ideas to life at **Minecraft Camp**. Master ball control, personal movement, as well as good striking/defending skills at **Rocket League Camp**. Meet new friends and prepare for local tournaments at **Super Smash Bros Camp** and **Mario Kart Camp**.



DROP-IN GAMING LONE TREE: MON-FRI 4-8 PM WEEKENDS 10 AM-4 PM SHERIDAN: M/W/F 3-7 PM

OPEN PLAY GAMING

Join us for open play sessions during daily **Drop-Ins**! Perfect your skills, try out new games, and meet friends while playing on our professional-grade equipment. Guarantee your spot by registering online or drop in and pay on-site. Enjoy a free drop-in open house every Friday night.

SPRING LEAGUE

Sign up for the Amateur Esports Association (AEA) **Esports Spring League** for youth teams. The SSE Club Teams will participate in a Fortnite Season and several Rocket League and VALORANT Open Tournaments. Matches will be played on Saturdays for the various levels.

TABLE TOP GAMING

We enjoy old-school gaming as much as the new stuff here at South Suburban. Join us on weekends at the Lone Tree Hub for some analog gaming! Bring a group and games, or swing by solo to meet new adventurers. Just \$3 for the 12-8 pm session! Join us on Sundays at **One Shot Workshops** for an introductory Dungeons and Dragons session with our Staff Dungeon Master! All supplies will be provided as you learn the ins and outs of table top roleplaying.

TOURNAMENTS

FIGHTING GAME COMMUNITY

South Suburban hosts weekly fighting game tournaments. Choose from a variety of titles, including Super Smash Bros, Tekken 8, Rivals of Aether II, Street Fighter 6 and many more. Follow South Suburban Esports on social media for updates on dates and times.

South Suburban Esports Spring Showcase

The South Suburban Esports Spring Showcase will be held on May 16 & 17 at the Lone Tree Hub! Celebrate gaming in Colorado with organizer booths, food trucks, raffles and awesome prize pools for multiple tournaments. Enjoy some competitive gameplay or watch the matches and meet new friends and colleagues. Game titles, schedule, pricing and more will be shared at start.gg/ssprd. We hope to see you there!



Connect with us for the latest updates and information on upcoming events.

 @SSPRD_Esports

 Discord:

 @ssprd_esports

 twitch.tv/southsuburbanesports





FITNESS

GROUP FITNESS

POSTURE & FUNCTIONAL TRAINING

Learn gentle corrective exercises for balance, strength and chronic pain relief in **Functional Motion** classes. Learn how to improve postural and movement habits with **Posture, Balance and Movement** private lessons and classes.



DROP-IN GROUP FITNESS CLASSES

Drop-in fitness classes are included with daily admission to any recreation center. Cardio, strength, cycling, dance, aqua fitness, mind/body, SilverSneakers® and so much more! Visit ssprd.org/drop-in-fitness.html or scan the QR code for times and locations.

**Looking for Drop-In Fitness Classes?
Scan the QR Code below for an
up-to-date schedule!**



Pro tip: Cut out this box and keep it on display or tucked away for easy access to the Drop-In Fitness calendar whenever you need it!

Try the New Smart Wall Resistance Gyms

The new Smart Wall Resistance Gyms from Prism Fitness at Goodson Recreation Center enable anyone to enjoy a wide variety of resistance tube workouts in the new Cardio and Weight Room or in the stretching area.



SMALL GROUP TRAINING

Get motivated and feel comfortable with South Suburban's group training sessions. Start with one of the free **Equipment Orientations** and gain strength with **Women on Weights, Active Adult Weight Training, Kickboxing 101, Pelvicore Yoga Fusion** and **Commit to Get Fit**. Stay mentally fit and stimulate your brain in **Ageless Grace**.

PARKINSON'S FOUNDATIONS

Parkinson's Foundations is designed for anyone experiencing mobility, cognitive, balance, or coordination issues, including Parkinson's, MS, TBI, stroke, or neuropathy. Each session focuses on exercises that will improve overall fitness, mobility, reflexes, voice strength, and balance, all in a fun and friendly atmosphere.

Free Equipment Orientations

Learn safe and proper use of a variety of cardiovascular and weight machines from a certified personal trainer. Ages 10-13 may attend with a registered adult.

HEALTH & WELLNESS

MASSAGE

Call 303.483.7080 for an appointment with a certified, licensed massage therapist at Goodson Recreation Center. Single massages can be purchased at the front desk.

PERSONAL TRAINING

Achieve your goals through affordable training. South Suburban's nationally-certified trainers will provide safe, effective workouts designed for each individual's needs. Adult, youth and group rates available.

PHYSICAL THERAPY

Receive an individualized treatment plan from Dr. Michelle Stauffer to help restore, maintain and optimize your activity. Dry needling services available. For more information, email SherianT@ssprd.org.



RESTING METABOLIC RATE TESTING

Resting Metabolic Rate (RMR) Testing is available now! The MetaCheck® RMR machine is an accurate, professional metabolic analyzer. Knowing your metabolic rate helps to create an effective weight loss plan based on individual caloric needs.

WELLNESS

Experience the benefits of a **Sound Bath** at Hudson Gardens to promote mental clarity, increase focus and reduce stress. Enjoy high-quality Chinese tea and be guided through a true sensory experience at a **GongFu Tea Ceremony** at Hudson Gardens.



PILATES

PILATES REFORMER

Pilates Reformer classes offered for the beginner to the advanced student. Try it out at **Discover Pilates Reformer**, then work your way through the three **Reformer** class levels. Once you've completed Level 2, consider trying a **Jumpboard Reformer** class! **Private Reformer** sessions for individuals or groups available as well.

SILVERSNEAKERS®, SILVER & FIT, RENEW ACTIVE/ ONE PASS

INSURANCE BENEFIT PLAN ORIENTATIONS

Get a general overview of the SilverSneakers®, Silver & Fit, and Renew Active/One Pass programs and facility tours. All members are welcome.

SILVERSNEAKERS® CLASSES

A variety of SilverSneakers® classes are offered at each of our recreation centers to help you meet your health and wellness goals. Classes are included with daily recreation center admission. Try **SilverSneakers® Circuit** for a low-impact workout or **SilverSneakers® Classic** with a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. **SilverSneakers® Yoga** is also available for all abilities.

TAI CHI

TAI CHI

Relieve stress, improve balance and promote physical and mental well-being with **Tai Chi** classes. Start with the beginning class and move your way up to advanced, and build confidence with **Moving for Better Balance** and **Tai Chi for Wellness** classes.



Private Yoga and Tai Chi Sessions

Improve your yoga or tai chi practice in private sessions with our certified instructors. Contact your recreation center for appointments.

YOGA

YOUTH YOGA

Through poses, breath work, asanas and a lot of laughter, kids ages 6-12 will learn the physical and mental benefits of yoga. Parents are welcome to register and attend with their kids.

YOGA WITH SUZANNE

Increase energy, gain flexibility and improve your overall physical shape in a class that focuses on good health and stress management. All levels welcome.



GOLF COURSES

FAMILY SPORTS GOLF COURSE



This 9-hole, par-31 executive golf course is perfect for those short on time, or those wanting to practice their short game. In addition to South Suburban's PGA teaching staff, GOLFTEC provides individual outdoor lessons onsite at Family Sports Golf Course.

Family Sports Golf Course also features the Denver metro area's only heated and lighted double-deck driving range, open year-round, and late into the night! Golfers enjoy infrared heaters while hitting range balls on cold days or nights.

Adjacent to the driving range is an award-winning short game practice area featuring two large practice greens, two bunkers and the ability to hit up to 75-yard-long pitch shots.

Avalanche Grill and Pro Shop

At the Avalanche Grill, catch your favorite sports on the big screen TV, watch the Colorado Avalanche practice on the ice below, or dine on the covered patio overlooking the golf course.

Stop by the pro shop where our certified professional staff will guide you through your purchase to ensure you have the right equipment for your game. Family Sports enjoys a very low tax rate. We will also assist you with any warranty-related issue.

LITTLETON GOLF AND TENNIS



The par-63 executive 18-hole course is a great choice if you're looking to play a round on a naturally beautiful course. The title may say executive, but the challenge of the course will put your skills to the test. It features two par-5s, five par-4s, a grass driving range with water targets and a practice putting green.

Centennial Grill and Pro Shop

Stop in for a drink or bite to eat at the new Centennial Grill. It's the perfect casual dining spot, featuring great views, large TVs and a full-service bar. Take advantage of weekly food and drink specials.

LONE TREE GOLF CLUB & HOTEL



A public course with a country club feel. The 18-hole, Arnold Palmer-designed, par-72 championship course features rolling fairways and greens and offers players incredible views of Denver and the Front Range. With five sets of tees, players can choose tee boxes to match their handicap. Lone Tree offers great practice facilities with a grass tee driving range, large putting green and a short game area consisting of two chipping greens, two sand bunkers and one grass bunker.

Lone Tree Grill and Pro Shop

The Lone Tree Grill is open seven days a week and is the perfect spot to grab breakfast before a round or a cocktail to unwind and relax. The Grill offers regular specials, music on the patio in the summer and themed parties. Stop in the newly renovated pro shop to receive a custom club fitting from professionals and enjoy competitive prices. It's the perfect spot to find a gift for the golfer who has everything.

Lone Tree Hotel and Events

The Lone Tree Golf Club & Hotel offers unique sophistication with a traditional flair for all types of events, including weddings, corporate events, life celebrations and more! Feel confident that you and your guests will receive care and attention from start to finish by hospitality professionals attending to every detail, so you can enjoy your day! In addition to 15 boutique hotel suites, Lone Tree offers a full catering menu.



SOUTH SUBURBAN GOLF COURSE

Play a round against a picturesque mountain backdrop at this regional favorite! South Suburban is a superbly maintained, 18-hole regulation course, conveniently located in the south metro area. Whether your handicap is in the single or double digits, everyone enjoys playing this fun and challenging Dick Phelps-designed course. Take advantage of our short game practice area, which includes a 3,000 square-foot chipping and putting area, as well as a practice sand bunker.

Par-3 Course

The 9-hole, par-3 golf course is an excellent choice for those who are learning the game or have limited time.

South Suburban Grill and Pro Shop

Whether you're dining indoors or on the patio, the sweeping views of the golf course and mountains are the perfect complement to your meal. The Grill is open daily for breakfast, lunch and dinner, with full bar service, daily specials and happy hour Monday-Friday. The Grill hosts events and live music on select dates year-round, and is available for your next event, reception or outing. Reservations are accepted and gluten-free items are available.

Make any day a hole-in-one at South Suburban's two mini golf courses!

- Family Sports Center Mini Golf
- Colorado Journey Mini Golf

GOLF CAMPS & CLASSES

ADULT CLINICS

Up your game at **Golf Clinics** designed for beginner, intermediate and advanced golfers. Instruction includes putting, chipping/pitching, irons and driver.

ADULT GET GOLF READY

Get Golf Ready offers basic instruction preparing the adult golfer to play the game at all four courses. Basic, intermediate and women-only classes.

FAMILY SPORTS GOLFTEC LESSONS

GOLFTEC gives lessons to every player from beginners to serious competitive golfers. They will develop a customized plan to fit your game, your learning style and your goals.

START SMART GOLF

Before your child steps out on the green, sign up for a **Start Smart Golf** program at Goodson or Lone Tree recreation centers. Players will enjoy fun activities while using specialized learning equipment and practicing the motor skills necessary to play golf.

YOUTH LEARN TO PLAY GOLF

Youth Learn to Play Golf lessons are designed to cover the basic golf fundamentals of grip, stance, full swing, short game and etiquette.

JUNIOR GOLF CAMPS

Focus on full swing and short game at a **Junior Golf Camp**, available at South Suburban, Lone Tree and Littleton golf courses. Students will learn basic fundamentals, safety and etiquette. Weeknights, juniors can enjoy range practice to teach fundamentals and drills at the **Rising Stars Junior Golf Academy**.

JUNIOR GOLF ADVANCED PLAYING CAMP AT FAMILY SPORTS

Junior golfers receive golf instruction and on-course play with instruction each day. Full swing analysis with a take-home video is included, as well as short game with a 4:1 student-to-teacher ratio.

GOLF LEAGUES

YOUTH & ADULT LEAGUES

All four golf courses offer a variety of youth and adult leagues for every golfer. Most leagues run April-October. Visit golf.ssprd.org or call your favorite pro shop for more information.

we are **HIRING**
Hey YOU! Yeah YOU! Need a job?



Check out your options at careers.ssprd.org

Part-time, flexible hours, sweet perks
and some money in your pocket.
It doesn't get better than that.



Join the South Suburban Preschool family with Universal Pre-K

Your little one can grow and learn in South Suburban's Child Discovery Time program with unique activities like swimming, a full-sized gym for indoor play, visits from the South Platte Express Nature Van, and more.

Universal Pre-K is available!

Scan the QR code below for pricing information.

2-day (T/Th) | 9 am-3 pm

3-day (M/W/F) | 9 am-3 pm

5-day (M-F) | 9 am-3 pm

Learn more and apply:



LICENSED CAMPS / PRESCHOOL

Spring Break at South Suburban

Have a blast at South Suburban spring break camps! Full-day camps are offered at Buck, Goodson and Lone Tree recreation centers, and Adventure Day Camp runs daily during spring break at Family Sports Center. Plus, enjoy the specialty arts, sports and educational camps and workshops listed throughout this catalog.

ADVENTURE DAY CAMP

Have a new adventure at Family Sports Center! During school breaks campers can explore activities including laser tag, euro bungee, ice skating, mini golf and regular camp activities like crafts and sports.

CLUB CAMP

This spring, full day **Club Camps** at the Sports Complex, Buck, Goodson and Lone Tree recreation centers offer a wide range of activities including arts and crafts, sports, science fun, group games, swimming and more for campers during school breaks.

Sign Up NOW to Save on Summer Camp

Daily licensed summer camps for ages 6-12 will begin May 28. Registration for full weeks starts at 9 am on Feb. 4, and single day registration starts at 9 am on April 1. Register in person or by contacting the Registration Office. Sign up for 10 full weeks by Feb. 21 to receive one week free! Discounts also apply for each full-week booked. Payment plans available. Contact Casey White at CWhite@ssprd.org to learn more.

PARENTS NIGHT OUT

PARENTS NIGHT OUT

Hey parents! Take the night off and bring your kiddos (ages 3-12) to a movie night, complete with pizza and popcorn. Movie nights will be held at Goodson Recreation Center on March 14, April 11 and May 9, and at Lone Tree Recreation Center on March 7, April 4 and May 2.

PRESCHOOL

To register for the following programs, contact the Family Services Coordinators at Goodson (303.483.7091) or Lone Tree (303.708.3518). Spring sessions began Jan. 7 but students may enroll at any time if the age and potty training requirements are met.



Schedule a Preschool Tour

Want to learn more about preschool activities, facilities and staff? Schedule a tour to see what makes South Suburban's Child Discovery Time preschool programs unique and perfect for your child at bit.ly/CDTtours.



PRESCHOOL / PRE-KINDERGARTEN

Children will socialize, develop self-esteem, engage in physical activities, improve verbal and listening skills, and work on math and reading readiness at this state-licensed preschool program. Half- or full-day classes available M/W/F, T/TH and M-F at Goodson Recreation Center and Lone Tree Recreation Center.

- Preschool - ages 3-4
- Pre-Kindergarten - ages 4-5

Camp and Preschool Registration Fees

Payment of annual registration fees is required to attend South Suburban licensed camps or preschool programs. The fee for licensed day camps is \$45 (before Feb. 3), \$50 (before May 26) and \$75 (before Aug. 8). Fees are \$135R / \$160NR for licensed child care and preschool programs. Visit register.ssprd.org to learn more about these fees and for more details about signing up for child care, preschool and day camps.



NATURE / OUTDOOR RECREATION

Summer Camp Registration Now Open

Make plans now for summer nature adventures! Registration is open for all summer camps, classes and workshops for outdoor explorers of all ages. View a full list of activities and sign up today at register.ssprd.org.



ADULT NATURE

GUIDED HIKES

Join a naturalist for a 1-2 mile hike at a leisurely pace near South Suburban parks at our **Active Adult Nature Walks**.

EDUCATION

HOMESCHOOL SCIENCE

Join naturalists for guided, hands-on science adventures with different content each month and season.

Nature Van & Field Trips

South Platte Park can bring our nature van to your school or community meeting to provide a hands-on natural science experience. You can also book a field trip to the South Platte River for an adventure that aligns with local curriculum standards. Visit ssprd.org/nature to learn more and start planning your adventure!



FAMILY NATURE & SPECIAL EVENTS

ARCHERY

From weekly beginner classes to week-long camps, archers ages 8+ can develop skills with recurved, compound and crossbows from a certified instructor and range coach. This spring, South Suburban is offering **Indoor Beginner, Intermediate, Drop-in** and **Explore Archery** options.



ASTRONOMY

Explore the outdoors by moonlight on a **Full Moon Walk** to see this spring's Worm Moon, Pink Moon and Flower Moon at multiple locations around the District. Discover how to read the night sky and learn about celestial stories and legends on **Monthly Constellation Quests**.

Spring Break & No School Nature Camp

No school? Time to explore! Plan now for Spring Break and No School Nature Camp adventures! Different activities each day include nature play, finding wildlife, hiking and warming up indoors with games and crafts.

GARDENING

Join a member and Master Rosarian from the American Rose Society as they teach tips and tricks in **Rose Gardening Classes**. Join the Master Gardeners from the Arapahoe County-CSU Extension program to keep your vegetables flourishing at **Vegetable Gardening Classes**.

HORSEBACK RIDING

Learn or improve skills from grooming to cantering in horseback lessons for riders of all ability levels. Aspiring riders ages 5-7 can build confidence in the **Kiddie Corral**, and riders ages 8+ can gain more experience in a group setting **Horseback Riding** course, from beginners to intermediate.

Nature Program Scholarships Available

Visit ssprd.org/scholarships to learn more and apply!



VOLUNTEER WITH SOUTH SUBURBAN!

Whether you are interested in spending your free time pursuing a passion in your community, enhancing your education and future career, or in fulfilling mandated service, we have many opportunities for you. Make a difference in your community and give back to what you love, from your local park to your favorite recreational program. We have volunteer opportunities for individuals, small teams, and large groups.

POTENTIAL OPPORTUNITIES:

- Arts and Enrichment Creativity Lab/Pottery Studio/Special Events
- BMX
- Race Series
- Hudson Gardens
- South Platte Park Nature Host/Field Trip Guide/Public Program Aid/Trail and Habitat Work
- STAR (South Suburban Therapeutic Adaptive Recreation program) Unified Partner



NATURE ART & SKILLS

Get an up-close look! Learn about different herbs and their medicinal properties in an **Herbal Education** class. Get ready for beekeeping season with **Installing Your Honeybees and Hives**. Use ropes and harnesses to pull yourself over 50 feet into the canopy of riverside cottonwoods in **Tree Climbing**.

MORE FAMILY NATURE & EVENTS

Enjoy stories, crafts and nature-inspired fun at **Wednesday Wild Tales!** Catch a glimpse of wildlife on a **Cooley Lake Nature Walk** and make memories together on a **Mother's Day Nature Walk**. Move silently past herons, ducks and beavers on a **Sunset Canoeing** adventure.

WILDLIFE WATCHING

BIRDING

Calling all birders! Classes, hikes and events are available for birders of all abilities. Join other enthusiasts at **Level Up Your Birding Skills, Birding By Ear, Wednesday Birding** and **Sunset Bird Walks**. Explore with an Audubon Master Birder to discover rich bird habitats on **Bird Walks at Hudson Gardens**.

MORE WILDLIFE

Learn about the intelligence, humor and folklore of corvids at **A Murder In the Park**, and get a fun overview of owls and visit an active nest in the park at **Nesting Great Horned Owls**. Experience an outdoor amphibian concert at **A Chorus Line...Of Frogs!**



SPORTS

Spring Break Sports Camps

Make spring break a slam dunk at a **Nothing But Net** basketball camp, learn new skills at a **Gymnastics Camp**, and more! View all camps and sign up today at register.ssprd.org.

BASKETBALL

BASKETBALL CLINICS

Players ages 4-12 can practice basic basketball skills at a **Swisher Basketball Clinic**, and players ages 6-15 can learn from experienced coaches at **Nothing But Net** camps.

For youth and adult league information, see pages 30-31.

BIKING

CHAMPS CAMP

Riders ages 5-12 can discover BMX skills in this exciting **BMX Champs Camp**, held on our sanctioned County Line BMX Track.

STRIDER CAMP

Strider Bike teaches kids ages 2-8 to ride, balance and steer on two wheels. Ignite a passion for riding with fun, socialization and instruction.



FENCING

FENCING CLASSES

Youth can develop balance, reflexes, confidence and self-esteem while exploring the art of **Fencing**!

FLAG FOOTBALL

CLINICS

Focus on developing hiking, passing, flag-pulling, catching, and throwing skills at the **Rising Rushers Flag Football Clinic**.



For youth and adult league information, see pages 30-31.

GYMNASTICS

C.A.R.A. COMPETITIVE TEAMS

South Suburban partners with the Colorado Association of Regional Athletics (C.A.R.A.) to offer this girls competitive program. For more information, call 303.483.7083 or email sparks@ssprd.org.

DROP-IN GYMNASTICS

Enjoy extra practice time or burn off excess energy at **Drop-In Gymnastics**! Trained staff supervise sessions, but do not offer instruction or structured activities. Learn more and view schedules at register.ssprd.org.

PRIVATE LESSONS

Is your child having trouble mastering one or more gymnastics skills? Private, semi-private and small group lessons are available for ages 6+ and all ability levels. Call 303.483.7085 or email kborawa@ssprd.org to request a coach.

GYMNASTICS CLASSES

Various levels of instruction offered for gymnasts ages 6-11, from **Beginner to Advanced**. Active little ones ages 18 months-5 years can jump, tumble, learn and explore at gymnastics programs including **Mighty Munchkins**, **Tiny Tots**, **Tumble Bugs**, **Tumble Tykes** and **Kindernastics**.

New gymnastics sessions begin March 3 and April 28.

ICE SKATING

ADULT LEARN TO SKATE

Beginner, Intermediate and Advanced ice skating lessons for skaters ages 18+. Get an introduction to beginning compulsory **Ice Dancing**.

YOUTH LEARN TO SKATE

From **Parent-Tot** to **Advanced Freeskate** and everything in between for ice skaters ages 2-17. Beginners can develop basic skills in **Learn to Skate** levels 1-6, and experienced skaters can learn even more in **Freestyle, Ice Dancing** and **Theatre on Ice** classes.



HOCKEY

ADULT AND YOUTH LEAGUES

South Suburban offers adult and youth leagues for all ages and abilities.

For adult hockey league information visit ssprd.org/Adult-Ice-Hockey.

For youth hockey league information visit ayhl.com.

Ice Pro Shop

Need some new gear? Visit the Family Sports Center hockey pro shop, offering the newest products and 24-hour turn around on skate sharpening. Open daily from 7:30 am-7 pm.

BLACK ACES

Lace up your skates and join South Suburban's new Adult Hockey League! Our lunch league has four seasons – Spring, Summer, Fall, and Winter. Each season is 10 weeks long with single elimination playoffs. Learn more at ssahl.sportngin.com/blackaces.

LEARN TO PLAY - HOCKEY

Focus on hockey skills in the new Learn to Play series for all abilities. Learn basic moves and then develop your technique with **Mighty Mites** (ages 4-8) or **Mighty Warriors** (ages 9-17). Play actual games in the **Junior Warrior House League** (12U & 17U). Must provide your own gear. Learn to Skate Pre 1 & Pre 2 or Level 1 are a prerequisite for Learn to Play.

LACROSSE

CLINICS

Try a **New Player Lacrosse Clinic** to be introduced to the sport and learn basic stick skills through drills and games.

MARTIAL ARTS

AIKIDO, KARATE & TAE KWON DO

Practice self-defense, discipline and other essential skills at one of South Suburban's many martial arts classes for all ages and abilities. Different levels offered for **Aikido**, **Colorado Budokan Karate**, **ISKF Colorado Karate** and **Tae Kwon Do** classes. Adults, youth and women can learn techniques and gain confidence in **Self-Defense** workshops.

Personal Training at the South Suburban Sports Complex

Denver Human Performance (DHP) provides private, small group and team training for any athlete or sport team seeking to improve their physical capabilities while strengthening camaraderie and discipline. Search for **Sports Complex Sports Performance Training** at register.ssprd.org to learn more and get started.

PICKLEBALL

CLINICS, CAMPS & DROP-IN

Meet new friends and ace your game at a **Pickleball Clinic**, **Boot Camp** or **Drop-In** at various indoor and outdoor locations! Private lessons also available. View drop-in schedules and programming updates at ssprd.org/pickleball.

For league information, see pages 30-31.



SOUTH SUBURBAN RACE SERIES

RACE SERIES

Visit ssprd.org/raceseries to learn more and register for upcoming South Suburban races!

ROCKIN' ON THE RIVER 5K

Take in the view along the beautiful South Platte River on the Mary Carter Greenway for this annual 5K, which starts and ends at Hudson Gardens on April 6, 2025.

HIGH LINE CANAL 5K/10K RUN

A local favorite! Runners of all ages and abilities are invited to participate in the 44th Annual High Line Canal 5K and 10K along the scenic High Line Canal Trail on May 10, 2025.

SOCCER

PROGRAMS & CAMPS

Learn coordination, teamwork and perseverance at soccer programs and camps! Various levels are offered for **Colorado Soccer Buddies**, **Premier Soccer Academy** and **Soccer Instruction** classes.

For youth and adult league information, see pages 30-31.

Spring Track

Competitors ages 6-15 can develop skills for different track events while working on running form, speed, distance and endurance in this spring track program.




SOUTH SUBURBAN TENNIS

TENNIS

ADULT TENNIS

Learn essential drills designed for NTRP level, cardio, or for those brand new to tennis in a **Quick Start** program.

JUNIOR TENNIS

The Junior **ROGY** Program uses a step-by-step progression to help players develop strong fundamental tennis skills.
Red Ball (ages 5-7) on a mini court
Orange Ball (ages 6-10) on a short court
Green Ball (ages 11-14) on a full court

LITTLETON TENNIS ACADEMY

A progression program for players ages 12-18 advancing from the ROGY program, with a focus on high school and tournament level play. Visit ssprd.org/tennis for additional information and registration links.



Looking for More Tennis Info?

Visit ssprd.org/tennis for information on all South Suburban tennis facilities, programs, classes and more.

VOLLEYBALL

YOUTH & ADULT

Volleyball Instruction for Youth includes fun drills and training techniques to build foundational skills. Adult players can have fun and stay active at **Over 50 Volleyball**.

For youth and adult league information, see pages 30-31.



Spring! SALE

- Buy a 20 pack of Admission Punches, **Get 5 Free**
- Buy a 10 pack of 1-hour Personal Training, Group Training or Private Reformer **Get 1 Free**

Purchase at ssprd.org or at any of our four recreation centers.

March 10-23

HOST YOUR NEXT EVENT AT FAMILY SPORTS CENTER!

- Middle School Lock-Ins
- High School After Proms
- Corporate and Private Events

Group pricing from 15 participants to 1,000+.

Choose from glow in the dark ice skating, laser tag, bumper cars, arcade, and much more!

Scan here for more information:



EXTRA! EXTRA!

Be The First To Know

- New Classes & Leagues!
- Exciting Events!
- Closures & Construction!

The news you need, delivered straight to your inbox.



JOIN A SPRING LEAGUE!



USTA Tennis, Pickleball, Youth Flag Football, Adult Softball and more southsuburbansports.com



SPRING LEAGUES

Find out more and register for all adult/youth leagues at southsuburbansports.com



Spring/Summer 2025 Adult Sports Leagues

Sport	Season	Registration Range	League Starts	Fees (R/NR)	Games	Types of Leagues
Basketball	Spring	Jan. 13-March 12	March 17	\$600	8 + playoffs	Mens Rec, Mens Comp, Mens Open & Free Agents
	Summer	April 7-June 4	June 9	\$600	8 + playoffs	Mens Rec, Mens Comp, Mens Open & Free Agents
Field Lacrosse	Spring	Feb. 10-March 23	April 2	\$1,150	6 + playoffs	Mens 18+
	Summer	March 31-June 2	June 11	\$1,150	6 + playoffs	Men's Rec/Comp/Masters 35+
Pickleball	Spring	Feb. 1-March 14	April 14	\$154	6-7 matches	Mixed Doubles, Men's Doubles, Women's Doubles
Racquetball	Spring	Jan. 17-March 14	March 18	\$65/\$75	8 + playoffs	Intermediate & Advanced
	Summer	March 24-May 23	May 27	\$65/\$75	8 + playoffs	
Soccer - Arena	Spring	Feb. 3-March 2	March 10	\$725	7 + playoffs	Men's 30+, Men's 40+, Coed 18+, Comp Coed 18+
	Summer	March 31-May 2	May 12	\$725	7 + playoffs	
Soccer - Indoor Field	Spring	Feb. 3-March 2	March 10	\$1,000	8 + playoffs	Coed and Men's
	Summer	March 31-May 9	May 19	\$1,000	8 + playoffs	Coed, Men's A & Men's B
Soccer - Outdoor Field	Summer	March 31-May 9	May 16	\$1,150	8 + playoffs	Coed
Softball	Spring	Jan. 6-March 12	March 17	\$455-\$505	6 + playoffs	Men's Rec, Men's E, Men's Open Coed D, Coed E
	Summer	April 7-May 28	June 2	\$605-\$655	9 + playoffs	
Volleyball	Spring	Feb. 17-April 4	April 11	\$225	14 + playoffs	Coed 4v4
Volleyball - Outdoor	Summer	April 7-May 28	June 2	\$225	14 + playoffs	Coed 4v4
Volleyball - Indoor	Summer	April 7-June 6	June 13	\$225	14 + playoffs	Coed 4v4

Spring/Summer 2025 Youth Sports Leagues

Sport	Grades	Season	Registration Range	Practice Start (week of)	Games Start (week of)	Fees (R/NR)
Baseball	2nd-3rd	Summer	Jan. 1-May 4	May 26	June 2	\$99/\$117
	4th-8th	Summer	Jan. 1-May 4	May 26	June 2	\$114/\$134
Basketball	Individual	Spring	Jan. 1-March 14	April 1	April 4	\$95/\$120
	3v3 Outdoor	Summer	April 1-June 14	N/A	June 23	\$45/\$50
Field Lacrosse	K-1st	Spring	Nov. 11-Feb. 2	March 3	March 8	\$150/\$170
	2nd-8th	Spring	Nov. 11-Feb. 2	March 3	March 8	\$185/\$215
	K-12th	Summer	March 31-May 30	June 9	June 16	\$95/\$115
Flag Football	K-3rd	Spring	Dec. 1-March 4	March 17	March 22	\$75/\$90
	4th-8th	Spring	Dec. 1-March 4	March 17	March 22	\$85/\$100
Softball	2nd-3rd	Summer	Jan. 1-May 4	May 26	June 2	\$99/\$117
	4th-8th	Summer	Jan. 1-May 4	May 26	June 2	\$114/\$134
T-Ball / Little Sluggers	K-1st	Summer	Jan. 1-May 4	May 26	June 2	\$99/\$117
	Pre-K-June	Summer	Jan. 1-May 4	N/A	June 2	\$49/\$59
	Pre-K-July	Summer	Jan. 1-July 1	N/A	July 7	\$49/\$59
Volleyball	2nd-12th	Spring	Dec. 30-Feb. 28	March 24	April 12	\$75/\$87

Spring 2025 Tournament Schedule

Sport	Title	Divisions	Fee	Date
Tennis	Spring Fling	Men's 3.0-5.0 NTRP Women's 2.5-4.5 NTRP	\$37	March 29-April 4



WEATHER HOTLINE

Get updates on league and program status with South Suburban's weather hotline: 303.219.1150.
Download the free app RainoutLine
Search: SSPRD rainoutline.com



STAR

South Suburban Therapeutic Adaptive Recreation

EVENTS



DANCES AND PARTIES

Dance and listen to the DJ play your favorite tunes each month at the **Friday Night Dances**. Meet old friends and make new ones. Enhance the fun by dressing according to each monthly theme. Spring themes include **Nintendo Dance**, **Rockies Dance**, and the **Rapids Dance**!



STAR TRIPS AND TOURS

Enjoy outings with friends on STAR Trips and Tours this spring! Check out scaly animal exhibits at **Repticon**, bowling at Lone Tree **Bowlero**, and have a fun day fishing with friends at the annual **Rainbow Roundup**. Douglas County residents please look into **STAR DC Friday Fun** trips!



STAR Fitness Buddies

Work out with one of our buddies and increase your fitness level and gym independence. Work toward your goals with fun and challenging exercises through cardio, weights, stretching and more. Contact Brendan Lawbaugh at blawbaugh@ssprd.org / 303.730.4614 for more information.

PROGRAMS

ART & MUSIC

Express yourself and build skills in various art mediums, from canvas painting to clay work, in **STAR Creative Crafts**. Play all kinds of instruments and move to the beat at **STAR Music and Dance**.

AQUA EXERCISE

Work on a variety of exercises including range of motion, cardio and more in the warm water therapy pool. Must be able to swim in five feet of water.

GAMES & SPORTS

Stay active as you play a variety of games and sports each week in **STAR Gym Games**, **STAR Turf Field Games**, **STAR Virtual Games** and **STAR Aqua Exercise**.

Stay Connected!

Sign up for the STAR email newsletter for the latest updates on trips, events and more. Scan the code to sign up or visit ssprd.org/Newsletter-Signup.



LET'S CELEBRATE YOU!

Choose from unique birthday packages at locations across South Suburban. Planning your celebration with us is a piece of cake!

Art Parties

Celebrate your birthday with a creative twist! Art parties for kids or adults include a room and art activity instruction. Choose from dance, clay, painting, cupcake decorating, theatre or the Creativity Lab.

Colorado Journey Mini Golf

Explore the wonders of Colorful Colorado and make your birthday a hole-in-one. Choose from a variety of mini golf party packages including 18 holes, a reserved party area and more.

County Line BMX

Riders, get ready to race! Hit the track with an adventurous BMX birthday party, including exclusive track access and a sheltered picnic table area for festivities.

Esports & Gaming

Show off your skills with a gaming party at South Suburban's Esports Lounges! Play your choice of over 250 games on professional gaming computers with headsets and gaming chairs, or on today's most popular gaming consoles. We also offer a virtual reality add-on!

Family Sports Center

There's something for everyone at a Family Sports Center party, from ice skating and laser tag to bumper cars and a rock climbing wall.

Gymnastics

Have a blast at a fun and energetic gymnastics party! Enjoy the obstacle course, foam pit, trampoline, parachute activities and games.

Nature

Calling all explorers! Celebrate in the great outdoors with a nature birthday party, including naturalist-guided programs on creepy crawlies, river treasures, geocaching, fairy parties and more.

Pool Parties

Make a splash on your special day! Pool parties are available year-round at Buck or Lone Tree's indoor pools, or plan a summer party at Cook Creek Pool.

Sports Complex

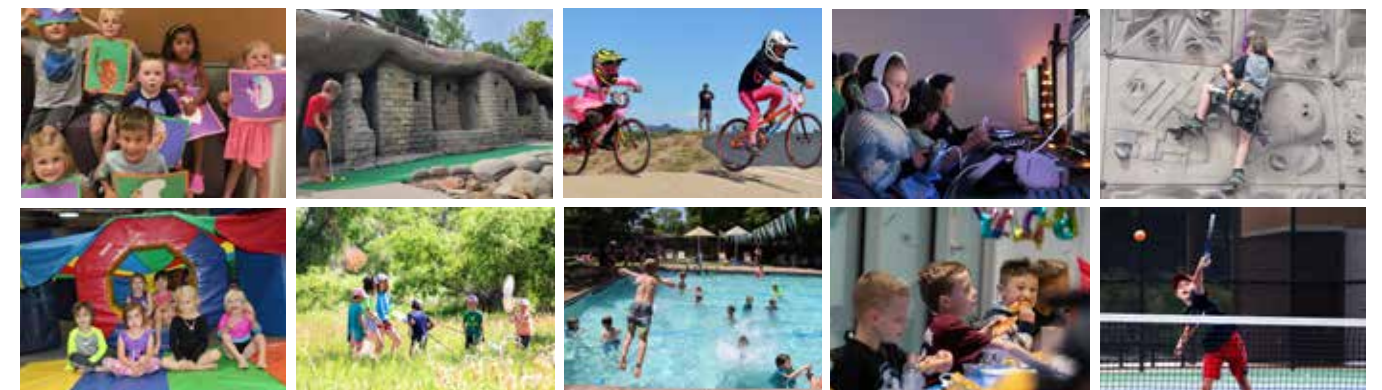
Lace up your skates or cleats and get ready to have some fun! Choose from ice, turf field or basketball court party packages, including party room space.

Tennis

Ace your special day with a tennis party, great for guests of all ages and abilities. Enjoy a court rental, instruction from a tennis pro, and food and beverage options.



Learn more at ssprd.org/birthdays





There's something for everyone at South Suburban spring and summer camps!
register.ssprd.org



SPRING & Summer CAMPS

South Suburban Social Snapshot

Follow our social media channels to stay in the know. You'll see updates like these, in real time!

Partnering for Pickleball



Coming soon: Southpark Pickleball Complex! 📍 We've partnered with **Highlands Ranch Metro District** to create one of the largest outdoor pickleball complexes in the south metro Denver area. Representatives from both of our organizations, **JHL Constructors**, and **Hord Coplan Macht** came together this afternoon to break ground on this exciting project. 🎉

Upon completion, this new complex will include 19 lighted courts, 2 restroom buildings, 2 shade pavilions, ADA walkways, and low water landscaping and irrigation. Want to follow the progress of the Southpark Pickleball Complex? Subscribe for updates at gameplan.ssprd.org.

Try Hockey For Free is a Blast



We had a blast helping 237 kiddos gear up and Try Hockey for Free last weekend! 🎉 Thanks to everyone who brought their kids out to join the fun on Saturday and Sunday!

We hope your young ones all had an unforgettable experience and that we might see them back on the ice for Learn to Skate or Learn to Play classes! 📍 Learn more about our youth ice programs at register.ssprd.org.

Follow us on social media to keep up with these topics and more!



A Bear-y Unexpected Sighting



Why did the bears cross the golf course greens? 🐻🐻🔪 Some of the best answers from our followers included:

- For breakfast—the Grill serves a great one! 😊
- They were trying to find their ball 😭 it's hard to find in the fall!
- Looks like Mama Bear doesn't believe Papa Bear really takes that long to finish 9 holes. She's headed to the clubhouse to bust him getting a beer.
- Yogi Bear told us there was a "pick-a-nick" across the greens!

Featured Profile: SouthPlattePark 📍 Fish Sampling in the South Platte River



CO Parks and Wildlife biologists did fish sampling with electrodes today as part of periodic monitoring of river conditions. Chilly day to do good science work! Data analysis will happen this winter but the anecdotal report: "You definitely have a cool stretch of river! I think that might have been one of our sites with the highest species diversity all year, even though numbers weren't super high. We found a huge catfish, walleye, darters, big rainbow trout, and lots of things in between. The highest abundance of sportfish were the rainbow trout, but it seemed like everything we found was in pretty good condition."



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