

# Silverthorne pastimes

Fall 2016

Recreation and Culture Department



Registration Begins on August 8th at 7:00 a.m.  
Register Online at [www.silverthorne.org](http://www.silverthorne.org)  
970-262-7370





# Welcome to Silverthorne

Almost 50 years ago Silverthorne was born.  
Little more than a work camp established to  
build the dam.  
What was a few hundred people, is now  
thousands strong.

Thousands of residents who fill this place with  
an unmistakable energy.  
The beautiful, vibrant, vital, energy of Silverthorne.  
This is the place opportunity calls home.  
Thanks to a startup attitude and room to grow,  
this town is hungry to create the future.

This is where the arts thrive, the nights come  
alive, and hospitality is at its finest.  
This is the gateway to the world's playgrounds,  
surrounded by magnetic natural beauty.

Silverthorne brings families together,  
adventures to life, and is the pulse of Summit  
County.

Once felt, it cannot be denied.  
Brilliant. Vibrant. Vital. Home.  
This is Silverthorne, Colorado.

Welcome.



# Welcome to the Town of Silverthorne's Pastimes Brochure!

Inside you will find everything you need to know about the Town of Silverthorne's recreational facilities, programs, parks and special events. Additionally, you will find information on the newly adopted Arts and Culture Strategic Plan, Town Pavilion, and new Performing Arts Complex. Our services are open to the public and we invite you to join us in all that is offered.

We would like to extend a few helpful hints when using our brochure. On this page you will notice our table of contents, you can find the information you are looking for here and jump to that page. While becoming familiar with our brochure take note of our colors, each segment is divided by color and age for easier reference. Each section lists all programs, activities and events offered this Fall.

For more information, or to register, give us a call, register online; [silverthorne.org](http://silverthorne.org), or come by to see us. We are here because of you.

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Recreation Center Programs

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I  Silverthorne



# Recreation Center Information

**Silverthorne Recreation Center**  
**430 Rainbow Drive, Silverthorne**  
**970.262.7370**  
**[www.silverthorne.org](http://www.silverthorne.org)**

## Hours of Operation

### Facility

Monday - Friday	6:00am-9:00pm
*Saturday	7:00am-9:00pm
*Sunday	8:00am-9:00pm
*June 1 - September 30 Facility Closes at 8:00 p.m.	

### Pool

Monday - Friday	6:00am-8:30pm
*Saturday & Sunday	9:00am-8:30pm
*June 1 - September 30 Pool Closes at 7:30 p.m.	

### Holiday Hours

Labor Day (9/5)	10:00am-6:00pm
Thanksgiving (11/24)	Closed
Christmas Eve (12/24)	7:00am-6:00pm
Christmas Day (12/25)	Closed
New Years Eve (12/31)	7:00am - 6:00pm
New Years Day (1/1)	10:00am - 6:00pm

Gymnasium and Aerobics Room closed for annual maintenance beginning Monday, August 22nd through Friday, September 2nd.

## Inclusion Opportunities

The Town of Silverthorne Recreation and Culture Department invites everyone to participate and enjoy our life-enriching programs, events and facilities.

Individuals with disabilities or other health conditions are invited to discuss any accommodations which are necessary for participation in our programs and services by filling out a confidential questionnaire (see front desk) or by calling 970.262.7392. Assistance requests should be made two weeks prior to the start of the activity.

## Kids Korner Child Care

Let your little ones play and discover at Kids Korner while you get a great workout, relax in the hot tub, or get some work done using our free wi-fi! Children ages 6 months to 6 years are welcome in Kids Korner while parents use the facility. Kids Korner is first come, first served, and has a limit of two hours. Up to seven children per child care attendant are accepted at one time. See attendants for detailed Kids Korner policies.

### Hours:

Monday - Friday	8:30am-11:30am
Monday - Thursday	5:00pm-7:30pm
Saturday	9:00am-11:30am

### Drop-in Fees: (per child, per hour)

Passholder:	\$4.50
Non-Passholder:	\$5.50

### Punch Card (10 hours): (40 Credits/1 Credit = 15 minutes)

Passholder:	\$32.50
Non-Passholder:	\$41.75



## Group Rates

The Silverthorne Recreation Center offers a 50% off daily admission discount to groups of twenty or more. All group visits must be arranged at least one week prior to arrival with the Aquatics Coordinator at 970.262.7380, and be paid in full by single payment upon arrival.

## Drop In Sports

Drop In Sports  
(Ages 16 & up)

Drop in sports are free with a valid Silverthorne Recreation Center pass or daily admission. For a complete schedule and rules visit [Silverthorne.org](http://Silverthorne.org) or check postings in gymnasium.

Volleyball

Sunday 6:00pm-9:00pm

Basketball

Tuesday/Thursday 6:00pm-9:00pm

Pickleball

Sunday 8:00am-11:00am

Monday/Tuesday 11:30am-2:30pm

## Drop In Fitness Classes

Drop In Fitness Classes  
(Ages 12 & up)

The Silverthorne Recreation Center employs over 30 certified fitness professionals with 20+ years of experience! The longevity of our staff ensures safe, effective, creative and fun classes.

These classes are included in your membership or daily admission and are suitable for all fitness levels. A current schedule including Yoga, Water Fitness, Strength Training, Silversneakers<sup>®</sup>, Pilates and Cycling can be found at [Silverthorne.org](http://Silverthorne.org).



## Age Requirements

**6 months and younger:** Public access areas (lobby, community room and restrooms). Pool, gymnasium and track with an adult. In addition, and at your own risk, may be in cardio and stretching areas only if secured in an infant car seat, at the side of and in clear sight of an adult.

**6 months-3 years:** Kids Korner, by self after being enrolled during open child care hours. When in arms reach of supervising, participating and paying guest who is at least 16 years old may use public access areas, pool and gymnasium. In the Pool area, Children 4 years and younger need a 3:1 ratio of kids to adults.

**4-6 years old:** Kids Korner, by self after being enrolled during open child care hours. When accompanied by a supervising, participating and paying guest who is at least 16 years old, may use public access areas, pool, gymnasium and track. Children ages 6 and older must use gender-specific locker room or family locker room.

**7-11 years:** Pool and gymnasium by self. When accompanied by a supervising, participating and paying guest who is at least 16 years old, may use the track, hot tub, sauna and steam room. Children ages 10 & 11 may also attend a fitness class with an adult.

**12-14 years:** Pool, gymnasium, track, fitness classes, and hot tub by self. Cardio area and movement Studio and Circuit area only available after completing Youth Equipment Orientation class, classes are found in the School Aged section of this brochure.

**15-17 years:** All areas of the facility including the weight room after completing Youth Free Weight Orientation.

# Membership Rates/Daily Fees

	<b>Adult 18+</b>	<b>Child/Youth 4-11/12-17</b>	<b>Senior 60+</b>	<b>Family*</b>
<b>Daily Admission</b> .....	\$12	\$6/\$7	\$10	
<b>1 Month Pass</b> .....	\$58	\$34	\$44	\$118
<b>6 Month Pass</b> .....	\$278	\$163	\$211	\$566
<b>Annual Pass</b> .....	\$487	\$286	\$370	\$991
<b>3 Month Buddy Pass (2 people)**</b>	\$296	\$174	\$224	
<b>6 Month Buddy Pass (2 people)**</b>	\$522	\$306	\$396	

\*\*Buddies: Must be in same age group and must purchase pass together

<b>20 Visit Punch Pass</b> .....	\$140	\$65/\$78		
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(Transferable, 1 year expiration)

<b>24 Credit Shared Punch Pass</b>	\$90	Adult = 2 Credits; Youth/Child = 1 Credit		
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(Transferable, 6 month expiration)

\* Family Passes: Parents with dependents 23 years and younger

## Resident Rates

- Silverthorne residents receive a 20% discount on pass prices listed above. Silverthorne residents ages 70+ receive a free membership.
- To receive Silverthorne resident rates on memberships, guest must provide proof of residency with a Silverthorne physical address located within Silverthorne town limits. Valid forms of documentation include a valid Colorado ID, current utility bill, deed to home, lease or property tax receipt.
- Summit County resident rates are available for daily admissions. Guest must provide proof of residency with a Summit County physical address. Valid forms of identification include a valid Colorado ID card or Summit County School ID.

## Pass Refund Policy

- Passes are non-refundable and punch passes expire six months to one year from purchase, depending on pass. Extensions will be granted only when proof of inability to use the facility due to medical reasons is presented in writing. Guests who cannot use the facility due to non-medical reasons (e.g. leaving the County) may give or sell remaining time on their passes to another guest. A \$10 fee per pass will be assessed.

## What's Included in My Daily Admission or Membership?

- Fitness and weight equipment
- Indoor running track
- Locker Rooms - you provide your own lock
- Daily drop in fitness classes including yoga, Pilates, cycling, SilverSneakers® & more
- Adult drop in sports that include basketball, volleyball & pickleball
- Designated open gym times
- Aquatics area which includes 4 pools, 3 slides, hot tub, a steam room & sauna
- Check out equipment
- Movement Studio and Multi-Purpose Rooms when available

## Additional Fees:

Shower Only	\$5/person			
Towel Rental	\$1.50			
Towel Punch Pass	\$35 (30 towels)			
Long Term Locker	\$10/month	\$50/6 month	\$80/year	

# Personal Training

## PRIVATE SWIM LESSONS

From beginner to tri-athlete, we have certified Water Safety Instructors to meet your personal schedules and needs. Contact sbarth@silverthorne.org or 970.262.7392 to schedule instructor.

	NPH	CODE	PH	CODE
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### Rates

1 person	\$32	.0602	\$27	.0601
2 people	\$43	.0604	\$36	.0603

### Packages

1 person/3 sessions	\$86		\$72	
2 people/3 sessions	\$115		\$96	

## PERSONAL TRAINERS

Personal Training is a great option for anyone from the beginner exerciser to the elite athletes, as it is designed to your individual needs. We have nationally certified and experienced personal trainers to help you on your journey to improving your health and fitness. Personal Trainers are available various times and days. Please contact the fitness coordinator at 970.262.7374 or via email, reneerogers@silverthorne.org to schedule your appointment. There are a number of packages to choose from, and to fit every budget.

	NPH	CODE	PH	CODE
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### Training Rates

1 person	\$74	.0344	\$62	.0343
2 people	\$113	.0346	\$94	.0345

### Training Packages

1 person/7 sessions	\$446*		\$372	
2 people/7 sessions	\$636*		\$530	
1 person/3 sessions	\$198**		\$165	
2 people/3 sessions	\$314**		\$262	
3-6 people/per person	\$38	.0348*	\$32	.0347

### Water Training Rates

1 person	\$51	.0339*	\$42	.0338
Semi Private	\$65	.0341*	\$55	.0340

### Water Training Package

1 person/4 sessions	\$158*		\$132	
2 people/4 sessions			\$196*	

\*Must be used in 1 year

\*\*Must be used in 6 months

## FITNESS BY APPOINTMENT

Gather a group of friends and request your own fitness class. Yoga, cycling, muscle madness, water fitness, etc. Request your instructor or let us suggest one for you. Great for prenatal women, bridal parties, reunions, or those who are unable to attend our drop in classes. For best availability, requests must be made at least 72 hours in advance. Please contact the Fitness Coordinator for more information at 970.262.7374.

FEE: \$50/hour POS: .0303

## BODY COMPOSITION TESTING

Find out the breakdown of lean vs. fat mass in your body. A Personal Trainer will test your body composition using skin fold calipers.

	NPH	CODE	PH	CODE
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Per Person	\$25	.0351	\$21	.0350
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## Meet Our Personal Trainers



### Amy Gray

Amy has been in the health and fitness industry since 2004. She is a Certified Personal Trainer through the National Academy of Sports Medicine (NASM), a certified Group Exercise Instructor through the Aerobics and Fitness Association of America (AFAA), a certified Cycling Instructor, and holds several TRX certifications.



### Jackie McPheeters

Jackie has been working at the Silverthorne Recreation Center since 1994, and teaching fitness since 1983. Jackie holds Personal Trainer, Advanced Personal Trainer, and Group Fitness Certifications through the American Fitness Association. Jackie created the Fitness Challenge program, and the Quick and Effective class.



### Misty Merriman

Misty specializes in creating programs specifically designed around you, for you. "Exercise can be made simple and enjoyable, while still providing great results! I strive to help my clients find their own personal path to a stronger self and a healthier lifestyle." Education/certifications: \*National Academy of Sports Medicine - Certified Personal Trainer, \*American Council on Exercise - Group Fitness Instructor.



### Nancy Wiedel

#### Water Personal Training

Nancy has been instructing water aerobics programs since 1994. She is Aquatic Exercise Association certified with over 130 hours in Aquatic Therapy & Rehabilitation. Nancy has experience in water training programs for those who have had total joint replacements, reconstructive surgeries, preventative exercises, as well as, wellness and pre & post natal exercises.



### Uriell Carlson, RDN

#### Registered Dietitian Nutritionist

Uriell completed her degree in Nutrition at Bastyr University and is working on her Masters degree in Nutrition and Business Administration. Uriell's nutrition practice focuses on incorporating whole foods nutrition with sustainable goals to help clients achieve whole body health and wellness for a lifetime. Her specialties include weight loss, sports and performance nutrition, chronic disease prevention and management. Call or email for appointments, 970-485-2584 or uri.wholelife@gmail.com.

# Recreation Center Amenities

## ***Aquatics Area***

Enjoy our four pools, three water slides, hot tub, steam room and sauna. Whether playing with the kids, soaking after a day of skiing, or keeping up with your sports training, we've got you covered! Come in with your family as our family locker room offers two cabanas to assist families with small children, as well as guests needing help due to special circumstances. Check out a current pool schedule at [silverthorne.org](http://silverthorne.org).



## ***Gymnasium***

The regulation full size gymnasium is ideal for multiple sports including the three for which it is lined: basketball, volleyball and pickleball. Come shoot some hoops, bump set and spike a volleyball, or try the newest trend, pickleball! Our gymnasium is also home to our popular gymnastics programs, so 4 days a week you will find half of the gym filled with full sized competitive gymnastics equipment and many smiling gymnasts. Check out a current gym schedule at [silverthorne.org](http://silverthorne.org) for organized or drop in opportunities.



## ***Movement Studio***

The Movement Studio is equipped with Lemond Spin bikes, TRX suspension training mounts and straps, battle rope mounts and plyometric boxes, everything you would need to put together a conditioning workout. A comfortable stretching space and mats are provided. This space hosts cycling and xtrain classes led by our certified instructors to provide safe and effective workouts.



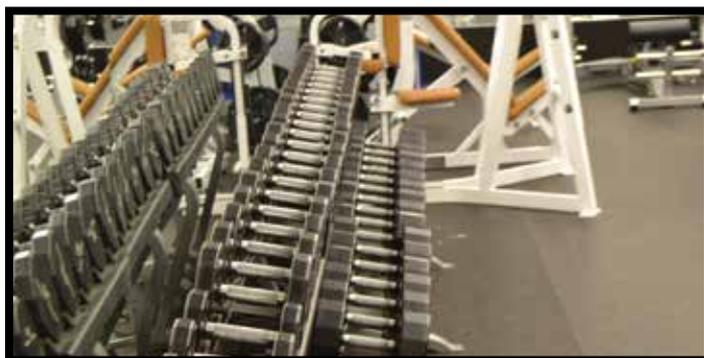
## ***Indoor Track***

Our indoor running track provides stunning views and vast amounts of natural light, and only takes 11 laps for 1 mile. The surface is comfortable and there are 3 lanes to choose from to accommodate runners and walkers. The indoor track is a great option for your exercise routine during inclement weather. Strollers are welcome on the track.



## ***Free Weight Room***

Our free weight room is an 1100 square foot space designated for strength training. You will find all you need for your workout, including Olympic chest press, Smith Machine, Leg Press and a Cybex Olympic Power Platform with bumper plates. Dumbbells of all sizes will accommodate a variety of users from those who are looking for general strength training up to the elite athlete.



## ***Cardiovascular Equipment***

The Silverthorne Recreation Center offers state of the art fitness equipment with amazing views through the large windows. Equipment includes Free Motion treadmills with the ability to incline to 30% and decline to -3%. A variety of ellipticals, upright, recumbent and Kaiser bikes, Lifefitness Stepmill, Scifit upper body ergometer, rowing machines and more. Many of these pieces have an integrated tv in the console, this feature allows users to watch their favorite program while exercising.



## ***Circuit Area***

We have 3 Cybex total access pieces on our circuit floor, built for a multitude of users. This equipment has numerous adjustments, including a seat that swivels out of the way to allow a wheelchair user access to the equipment. The Hoist Motion Cage is a versatile and unique piece of equipment providing functional fitness for a variety of users. Another unique feature is our Marpo rope pull station. This fixed/looping rope pull will challenge your upper body, core and help with a great cardio workout.



## ***Multi-Purpose Room***

The multi-purpose room is open for guests when classes are not in session to stretch or practice their own dance routines with the wall of mirrors. There are TRX wall mounts and a power rope mount for those looking to add an athletic workout. This space is used for numerous classes, such as yoga, kids cooking, and dance.



## ***Lobby***

Come one, come all. We are open to the public to use our free wi-fi, meet with friends or take a break from your outside activity; no pass is needed to enjoy this space. The lobby has a play cabin for young children, television, tables/chairs and public restrooms. While you are here peruse the daily paper and catch up on local events or shop in our Pro Shop.



## ***Pro Shop***

Look no further to find your new swimsuit, goggles and fun pool toys. The hot item right now is the monster fins for little feet! The Pro shop is an excellent option to get what you need to enjoy our facility and create lasting memories with friends and family. Need an energy boost? We sell water, power bars, energy drinks and other snacks. Don't forget to lock your items while you're here, locks are available for purchase from the pro shop.



# Facility & Park Rentals

## Silverthorne Recreation Center Facility and Room Rentals

### Birthday Parties on Pool Deck

Bring your friends and family and celebrate your special day at the Silverthorne Recreation Center! Packages include picnic tables on the pool deck and/or patio and admission to the aquatics area. Reservations must be made at least one week in advance. Call 970-262-7370 and book your party today!

**Monday-Saturday 11:30am-2:30pm & 3:00-6:00pm**  
**Sunday 9:30am-12:30pm, 1:00-4:00pm & 4:30-7:30pm**

Party Size	Rate	Deposit
Up to 10	\$99	\$50
11 to 15	\$119	\$50
16 to 20	\$139	\$50

*Supervising, participating adults are included in the party size.*

### Child/Adult Ratio Requirements for Aquatics Area:

4 years and under	3:1 ratio of kids to adults
6 years and under	5:1 ratio of kids to adults
7 years +	10:1 ratio of kids to adults



### Recreation Center Room Rentals

At 1200 square feet, this space is ideal for small meetings, parties or other social gatherings. With an entrance from the main lobby of the recreation center and an outdoor exit leading to a small patio and grassy area, the room offers easy access to parking, the Recreation Center and neighboring Rainbow Park. Up to 10 rectangular tables and 50 chairs are available with your room rental. Max capacity on the multi-purpose room is 60 people.

Rate	Deposit	
\$55/hour	\$100	2hour minimum rental



### Tumbletastic Birthday Parties

Celebrate your birthday bouncing, sliding, balancing and rolling on our toddler tumbling equipment and Air Trak! Party includes an hour with a gymnastics instructor who will tailor the party to suit your needs. Choose from different set ups, games or just open gym time: your preference! Space and times are limited, so reserve with our front desk at 970-262-7370 today. Cost is \$175 + \$100 damage deposit (code 321099) and parties are available the second Saturday of each month from October through March. Can't wait to celebrate with you!

- Available to ages 18mos-6yrs: Best fit for 3-5 yrs
- Available to up to 15 children
- Party room 11:30am-2:30pm
- Tumble time with instructor 11:45-12:45pm



## ***Town of Silverthorne Park and Facility Rentals***

The Town of Silverthorne has many beautiful parks available for your use. We encourage you to drop in and use all of our park amenities and to share the spaces with other users. For those that would like to assure a specific space is set aside for private use, we do make reservations for many of our park facilities. Reservations are required to be made at least one week prior to the reservation date requested. Larger events and field rentals are required to be made 3 weeks prior to use and may require a special events permit. Our park pavilions are a great place to celebrate family reunions, birthday parties and many other social gatherings. To learn more about our parks or to make a reservation, contact the Recreation Center Front Desk at (970) 262-7370 or visit us at [Silverthorne.org](http://Silverthorne.org).

### **Park Pavilion Rentals**

#### North Pond Park

Warming Hut / Fire Pit & Patio

Pavilion (Open Air, East side of Pond)

#### Rainbow Park

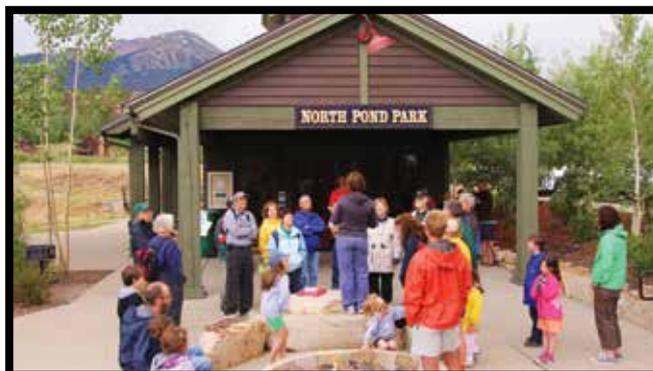
Pavilion (Open Air, West side of Park)

Tot Lot (Open Air, South of Tot Lot)

#### Trent Park

Pavilion (Open Air)

	<b>Half Day</b>	<b>Full Day</b>	<b>Deposit</b>
Warming Hut / Fire Pit & Patio	\$130	\$180	\$100
Pavilion (Open Air, East side of Pond)	\$55	\$75	\$50
Pavilion (Open Air, West side of Park)	\$65	\$85	\$50
Tot Lot (Open Air, South of Tot Lot)	\$55	\$75	\$50
Pavilion (Open Air)	\$55	\$75	\$50



### **Field and Court Rentals**

#### Rainbow Park

Volleyball Court (2 hour minimum)

Multi-Purpose Field

Tennis Court

Basketball Court

#### Trent Park

Baseball/Softball Field

	<b>Hourly</b>	<b>Full Day</b>	<b>Deposit</b>
Volleyball Court (2 hour minimum)	\$18	—	\$50
Multi-Purpose Field	\$85	\$680	\$200
Tennis Court	\$10	—	—
Basketball Court	\$50	—	—
Baseball/Softball Field	\$75	\$600	\$200

**Parks are open from dawn to dusk.**

**Half Day Rentals are dawn to 2:00pm or 3:00pm to dusk.**

**Non-profit rates available with proof of 501 C3.**

# Parks, Trails, and Open Space

## *Rainbow Park*

Rainbow Park is a 7 acre park on Rainbow Drive that contains a nationally recognized skateboard park, a multi-purpose field, 2 tennis courts, a basketball court, 4 sand volleyball courts, a large children's playground, a smaller toddler playground, 4 picnic shelters, and public restrooms. Its bowl-shaped field, which lies slightly below the rest of the park, also serves as an amphitheater for spectator events and community festivals.



## *Trent Park*

Trent Park is a 3.79 acre neighborhood park located at the entrance to Willowbrook subdivision. It consists of a picnic shelter, a baseball field, 2 tennis courts, 4 pickleball courts, a children's playground, picnic tables, and a small fishing pond for kids.



## *North Pond Park*

North Pond Park is a 5 acre park located directly south of the elementary school at the intersection of Highway 9 and Hamilton Creek Road. It is a unique mountain wetland and pond area and is home to nesting osprey and quality fishing. A small enclosed pavilion can be used for year round events or as a warming hut in the winter. Other amenities include a picnic shelter, restrooms, 2 docks, a short walking trail, gas fire pit, and picnic area. This is also a great place to come in the summer to enjoy swimming, SUP'ing, kayaking or lunching on the beach!



## *Arctic Placer*

Arctic Placer Park is a .97 acre neighborhood park with a small covered picnic area and children's playground equipment. The park provides access to National Forest land just west of the Town via soft surface trails. Arctic Placer is scheduled for playground update as well as other improvements in 2017.



## ***Blue River Trail***

The Blue River Trail is Silverthorne's summertime link to the county-wide paved trail system that spans from Keystone to Glenwood Springs. The trail is ADA accessible and open to non-motorized uses. The trail begins at the top of the Dillon Dam and ends at North Pond Park. Along the way, it winds by the Outlets, Town Center, the Silverthorne library, the Recreation Center, Rainbow Park, and Willow Grove Open Space. Some of the most spectacular views of the Blue River can be seen from the trail. Abundant fishing access points are available, along with many benches and picnic areas. Popular trail heads include North Pond Park, Willow Grove Open Space, Town Hall, and the Recreation Center.

## ***Willow Grove Open Space***

Willow Grove Open Space is a little slice of solitude located on the Blue River. It is home of the Tammy Lynn Jamieson Memorial Bridge, a magnificent clear span bridge that crosses the Blue River. It hosts a small pond with walking trail, a horseshoe pit, picnic tables, a gazebo, fishing access, restrooms, and public parking. The parking is an ideal starting point for Blue River Trail users, since the trail passes through the Open Space. Willow Grove Open Space is accessed by driving approximately ¼ mile north of the Recreation Center, located at 430 Rainbow Drive. Take a left on Mesa Drive and follow it approximately ½ mile to the end of the road.

## ***Angler Mountain Ranch Trail***

The Angler Mountain Ranch Trail is a local connection to the popular Forest Service maintained Ptarmigan Trail. Hikers are immediately challenged with an uphill that rewards with amazing views of the Town and the Gore Range. Keep going for approximately 2.5 miles and 1,200 vertical feet gain to reach the Ptarmigan Trail. Along the way, over 30 plants are marked with name plates adding education to the route. Once reaching the Ptarmigan Trail, hikers can continue an additional 3.5 miles to reach Ptarmigan Peak, elevation 12,498 feet. To find the trailhead, turn east at the intersection of Highway 9 and Bald Eagle Road. Travel approximately ½ mile on Bald Eagle Road, the trailhead is on the right.

## ***Willow Creek Highlands Trail Head***

The Willow Creek Trailhead connects to the Mesa Cortina and Gore Range Trail systems. These trails offer beautiful views of Lake Dillon and the surrounding peaks. The connection from Willow Creek is approximately ¼ mile in length before hikers enter the White River National Forest and the Eagles Nest Wilderness. Wind through aspens and pines and over several brook crossings on the way to several routes, including a trail to South Willow Falls where water tumbles between Buffalo and Red Mountains. To find the Willow Creek Trailhead, turn west at the intersection of Willowbrook Road and Highway 9. Travel approximately one mile on Willowbrook Road, the trailhead is on the left.



# General Information

## Silverthorne Town Council

**Bruce Butler, Mayor**  
bbutler@silverthorne.org

**Russ Camp**  
rcamp@silverthorne.org

**Derrick Fowler**  
dfowler@silverthorne.org

**Bob Kieber**  
bkieber@silverthorne.org

**Peggy Long, Mayor Pro-Tem**  
plong@silverthorne.org

**JoAnne Nadalin**  
jnadalin@silverthorne.org

**Tanya Shattuck**  
tshattuck@silverthorne.org

## Recreation & Culture Department Staff Directory

**Recreation & Culture Director, Joanne Cook**  
970.262.7372, jcook@silverthorne.org

**Administrative Assistant, Liz Hodson**  
970.262.7393, lbhodson@silverthorne.org

**Recreation Center Manager, Steven Herrman**  
970.262.7375, steven.herrman@silverthorne.org

**Guest Services Coordinator, Tiffany Novak**  
970.262.7376, tnovak@silverthorne.org

**Aquatics Coordinator, Paul Kulik**  
970.262.7380, pkulik@silverthorne.org

**Pool Programming Manager, Suzanna Barth**  
970.262.7392, sbarth@silverthorne.org

**Pool Operations Manager, Vance Scott**  
970.513.4902, vscott@silverthorne.org

**Sports & Athletics Coordinator, Mindy Nicholds**  
970.262.7373, nicholds@silverthorne.org

**Fitness Coordinator, Renee Rogers**  
970.262.7374, reneerogers@silverthorne.org

**Program & Events Coordinator, Carin Faust**  
970.262.7377, cfaust@silverthorne.org

**Pavilion & Marketing Coordinator, Blair McGary**  
970.262.7396, bmcgary@silverthorne.org

**Pavilion Master, Rob DeVerna**  
970.262.7390, rdeverna@silverthorne.org

**Pavilion Events Assistant, Chris Duncan**  
970.262.7391, cduncan@silverthorne.org

## General Information

All facility guest must check in at the front desk. Guests found to be using the facility without paying will be asked to leave and may be suspended from future use.

By entering this facility you agree that all use of the Town of Silverthorne recreation facilities, amenities, services, and/or programs shall be at your sole risk and the Town shall not be liable for any injuries, accidents, or deaths occurring to you, arising either directly or indirectly out of your use of those facilities, amenities, services, and/or programs. You, as a guest of our facility, do hereby expressly release, discharge, waive, relinquish, and covenant not to sue the Town of Silverthorne or its employees, officers, or agents for all such claims, demands, injuries, damages, or cause of action, with respect to use of Town of Silverthorne's recreational facilities, amenities, services, and/or programs.

All guests are required to dress appropriately when in the Center. Shirts and shoes are required at all times (except in the pool area). Non-marking shoes are required in the gymnasium, weight and cardio areas. Proper swim attire is required in the pool area. Athletic attire, including closed toe athletic shoes are required in the fitness area.

Guests are strongly encouraged to bring their own lock to secure clothing and valuables in lockers. Locks are also available for sale at the Front Desk. Long term lockers are available for rent, with an active membership, on a monthly to annual basis.

Cameras/camera phones are not allowed in the locker room areas. Phone usage is limited to the lobby area. Guests are to stow these items in a bag or carrying case when entering the entire facility.

Changes in the facility schedule may occur without notice. Please check the availability of facilities before paying.

A valid form of identification and phone number are required for equipment check out. Acceptable forms of ID include a Center pass, school ID, library card, or driver's license.

Smoking, smoking devices, chewing tobacco, marijuana, alcoholic beverages, and weapons are prohibited in the Silverthorne Recreation Center.

Animals are prohibited unless service animals accompanying person with disabilities.

Please be aware of and follow all posted Center rules and guidelines.

We make every effort to ensure accuracy of the information in this guide. Information is subject to change.

The Recreation and Culture Department has established a code of conduct to ensure safety and enjoyment and reserves the right to deny admission and/or take disciplinary action against any individual violating that code of conduct. A violation includes, but is not limited to, the use of obscene language or gestures, disorderly conduct, theft, public intoxication, use of drugs, sexual misconduct, indecency, harassment, failure to cooperate with staff, possession of weapons of any kind, non-compliance with established policies and rules, an unlawful activity and any other behavior deemed offensive or unacceptable. Staff will enforce this code of conduct.

Please visit our website, [Silverthorne.org](http://Silverthorne.org), for a complete list of policies.



**PEEWEE STORYBOOK CHEF**

(Ages 3 - 4 years)

A variety of children’s books will lead us on our food adventure to fun and creative recipes. This hands-on cooking class will explore making age appropriate recipes with a healthy twist using food choices that follow the story line of each of the books we read. Come join us for this fun food and reading adventure.

Class Will Not Meet On: 11/21

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
M	09/12-10/24 (7)	9:30-11:00A	\$70	\$58	340111 A
M	10/31-12/05 (5)	9:30-11:00A	\$50	\$42	340111 B

**LIBRARY GYM & SWIM**

(Ages 3 - 5 years)

This 3-hour class is packed full of fun! This class includes story time, book check out, snack, fitness and pool time! Bring your library card and meet at the Silverthorne library at 9am. Dress with swim suit under your clothes and be prepared for all kinds of weather while walking back to the recreation center. Children must be potty trained prior to enrolling.

Class Will Not Meet On: 11/22

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
Tu	09/27-10/25 (5)	9:00A-12:00P	\$87	\$73	340105 A
Tu	11/01-12/06 (5)	9:00A-12:00P	\$87	\$73	340105 B

**BALLET/CREATIVE MOVEMENT**

(Ages 3 - 5 years)

The art of ballet taught through visualization and creative movement using props, costumes, and fun! Leaping over “mud puddles”, curtsy to say thank you, plie, releve, passe, and arabesque your way to a lively dance routine! Ballet shoes recommended.

Class Will Not Meet On: 11/22, 11/24

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
Tu	09/13-10/25 (7)	4:20-5:05P	\$70	\$58	340115 A
Tu	11/01-12/06 (5)	4:20-5:05P	\$50	\$42	340115 B
Tu	09/13-10/25 (7)	5:15-6:00P	\$70	\$58	340115 C
Tu	11/01-12/06 (5)	5:15-6:00P	\$50	\$42	340115 D
Th	09/15-10/27 (7)	11:15A-12:00P	\$70	\$58	340115 E
Th	11/03-12/08 (5)	11:15A-12:00P	\$50	\$42	340115 F

# Programming: Toddler / Pre-K



## American Red Cross SWIM LESSONS OFFERED HERE

### TADPOLES: PARENT & INFANT SWIM

(Ages 6 mos - 2 years)

Parent and Child Level 1- With instructor assistance, parent(s) will expose their infants to a positive aquatic environment. Water adjustment will be enhanced through games and songs. Skills include different holds for the introduction of fundamental skills, cueing, & parent safety concepts.

Class Will Not Meet On: 11/24

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
Tu,Th	10/04-10/27 (8)	5:00-5:30P	\$40	\$34	361001 C
Th	11/03-12/08 (5)	10:00-10:30A	\$25	\$21	361001 G
Sa	10/01-10/22 (4)	9:15-9:45A	\$20	\$17	361001 H

### FROGS: PARENT AND TODDLER SWIM

(Ages 18 mos - 3 years)

Parent and Child Level 2: With instructor assistance, parent(s) will enhance their toddler's love for the water through positive water experiences and begin introducing them to the fundamentals of swimming.

Class Will Not Meet On: 11/26

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
Tu,Th	11/01-11/17 (6)	5:00-5:30P	\$30	\$25	361002 D
Th	09/29-10/27 (5)	10:00-10:30A	\$25	\$21	361002 F
Sa	11/05-12/10 (5)	9:15-9:45A	\$25	\$21	361002 I

### GOLDFISH: PRESCHOOL LEVEL 1 SWIM

(Ages 3 - 5 years)

Introduction to Water Skills: Young children will be oriented to the aquatic environment and gain basic skills through games, songs, exploration, and positive experiences. Children are supported in skill acquisition. Entry skill: Mature 3-year-old who can listen, follow directions, and be comfortable away from the parent.

Class Will Not Meet On: 10/24, 11/23, 11/24, 11/26

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
W	09/28-10/26 (5)	5:00-5:30P	\$25	\$21	361031 A2
W	11/02-12/07 (5)	5:00-5:30P	\$25	\$21	361031 B2
Tu,Th	10/04-10/27 (8)	5:35-6:05P	\$40	\$34	361031 C
Tu,Th	11/01-11/17 (6)	5:35-6:05P	\$30	\$25	361031 D
Th	09/29-10/27 (5)	10:35-11:05A	\$25	\$21	361031 F
Th	11/03-12/08 (5)	10:35-11:05A	\$25	\$21	361031 G
Sa	10/01-10/22 (4)	9:50-10:20A	\$20	\$17	361031 H
Sa	10/01-10/22 (4)	10:25-10:55A	\$20	\$17	361031 H2
Sa	11/05-12/10 (5)	9:50-10:20A	\$25	\$21	361031 I
M	09/26-10/24 (5)	10:35-11:05A	\$25	\$21	361031 P
M	11/07-12/05 (5)	10:35-11:05A	\$25	\$21	361031 Q

### ANGELFISH: PRESCHOOL LEVEL 2 SWIM

(Ages 3 - 5 years)

Fundamental Aquatic Skills: With instructor assistance, children will build on the basic skills from Goldfish (floats, glides, and kicks) and gain greater independence and comfort in the water. Entry skill: Children need to have comfortable, under water breath control for 3 seconds.

Class Will Not Meet On: 10/24, 11/23, 11/24, 11/26

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
W	09/28-10/26 (5)	5:35-6:05P	\$25	\$21	361032 A2
W	11/02-12/07 (5)	5:35-6:05P	\$25	\$21	361032 B2
Tu,Th	10/04-10/27 (8)	5:35-6:05P	\$40	\$34	361032 C
Tu,Th	11/01-11/17 (6)	5:35-6:05P	\$30	\$25	361032 D
Th	09/29-10/27 (5)	11:10-11:40A	\$25	\$21	361032 F
Th	11/03-12/08 (5)	11:10-11:40A	\$25	\$21	361032 G
Sa	10/01-10/22 (4)	9:50-10:20A	\$20	\$17	361032 H
Sa	11/05-12/10 (5)	9:50-10:20A	\$25	\$21	361032 I
M	09/26-10/24 (5)	10:00-10:30A	\$25	\$21	361032 P
M	11/07-12/05 (5)	10:00-10:30A	\$25	\$21	361032 Q

### STARFISH: PRESCHOOL LEVEL 3 SWIM

(Ages 4 - 5 years)

Stroke Development: Children will start to work on fundamental skills independently and gain basic swimming propulsion skills. Entry skill: Combined swim for 3 body lengths - roll to back float (with minimal assistance)

Class Will Not Meet On: 10/24, 11/23, 11/24, 11/26

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
W	09/28-10/26 (5)	6:10-6:40P	\$25	\$21	361033 A2
W	11/02-12/07 (5)	6:10-6:40P	\$25	\$21	361033 B2
Tu,Th	10/04-10/27 (8)	6:10-6:40P	\$40	\$34	361033 C
Tu,Th	11/01-11/17 (6)	6:10-6:40P	\$30	\$25	361033 D
Th	09/29-10/27 (5)	9:25-9:55A	\$25	\$21	361033 F
Th	11/03-12/08 (5)	9:25-9:55A	\$25	\$21	361033 G
Sa	10/01-10/22 (4)	11:00-11:30A	\$20	\$17	361033 H
Sa	11/05-12/10 (5)	11:00-11:30A	\$25	\$21	361033 I
M	09/26-10/24 (5)	9:25-9:55A	\$25	\$21	361033 P
M	11/07-12/05 (5)	9:25-9:55A	\$25	\$21	361033 Q



## SEAHORSE: PRESCHOOL LEVEL 4 SWIM

(Ages 4 - 5 years)

Stroke Development Plus: There is now an answer for children who have passed Starfish and a pre-school setting class is still more appropriate for their learning acquisition. Swimmers will continue to gain front and back swimming skills while improving strength and endurance for longer swim distances. Entry Skill: Graduation from a Starfish class  
Class Will Not Meet On: 11/23, 11/26

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
W	09/28-10/26 (5)	6:45-7:15P	\$25	\$21	361034 A2
<b>W</b>	<b>11/02-12/07 (5)</b>	<b>6:45-7:15P</b>	<b>\$25</b>	<b>\$21</b>	<b>361034 B2</b>
Tu,Th	10/04-10/27 (8)	6:45-7:15P	\$40	\$34	361034 C
<b>Tu,Th</b>	<b>11/01-11/17 (6)</b>	<b>6:45-7:15P</b>	<b>\$30</b>	<b>\$25</b>	<b>361034 D</b>
Sa	11/05-12/10 (5)	10:25-10:55A	\$25	\$21	361034 I
<b>M</b>	<b>09/26-10/24 (5)</b>	<b>11:10-11:40A</b>	<b>\$25</b>	<b>\$21</b>	<b>361034 P</b>

## GYMNASTICS: PARENT TAUGHT

(Ages 18 mos - 3 years)

This parent taught tumbling class is a great way to spend time with your child, meet other parents, and help your child expend some energy! The colorful shaped mats and excellent coaching help guide your child towards developing gross motor skills through climbing, rolling, balancing, jumping, landing and more!  
Class Will Not Meet On: 11/23, 11/24, 11/25

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
W	09/14-10/26 (7)	9:00-9:45A	\$51	\$42	321001 A
<b>W</b>	<b>11/02-12/07 (5)</b>	<b>9:00-9:45A</b>	<b>\$36</b>	<b>\$30</b>	<b>321001 B</b>
Th	09/15-10/27 (7)	9:00-9:45A	\$51	\$42	321001 C
<b>Th</b>	<b>11/03-12/08 (5)</b>	<b>9:00-9:45A</b>	<b>\$36</b>	<b>\$30</b>	<b>321001 D</b>
F	09/16-10/28 (7)	9:00-9:45A	\$51	\$42	321001 E
<b>F</b>	<b>11/04-12/09 (5)</b>	<b>9:00-9:45A</b>	<b>\$36</b>	<b>\$30</b>	<b>321001 F</b>

## GYMNASTICS: TUMBLE TOTS

(Ages 3 - 4 years)

Children develop abilities such as rolls, handstands, swinging, bouncing and more on our fun, kid-safe equipment. Children work on separating from parent and following directions on their own. Parents need to be present during class in order to help their child participate and to help with some activities.  
Class Will Not Meet On: 11/23, 11/24, 11/25

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
W	09/14-10/26 (7)	10:00-10:45A	\$51	\$42	321002 A
<b>W</b>	<b>11/02-12/07 (5)</b>	<b>10:00-10:45A</b>	<b>\$36</b>	<b>\$30</b>	<b>321002 B</b>
Th	09/15-10/27 (7)	10:00-10:45A	\$51	\$42	321002 C
<b>Th</b>	<b>11/03-12/08 (5)</b>	<b>10:00-10:45A</b>	<b>\$36</b>	<b>\$30</b>	<b>321002 D</b>
F	09/16-10/28 (7)	10:00-10:45A	\$51	\$42	321002 E
<b>F</b>	<b>11/04-12/09 (5)</b>	<b>10:00-10:45A</b>	<b>\$36</b>	<b>\$30</b>	<b>321002 F</b>



## GYMNASTICS: SUPER TOTS

(Ages 4 - 6 years)

Gymnastics skills such as rolls, cartwheels, jumping and landing will be the focus of this class. While participating, children develop strength, flexibility and balance which helps with other activities and sports. This course is instructor taught and children are expected to listen and follow directions. Parents are welcome to watch the class, but they are not required to be present.  
Class Will Not Meet On: 11/23, 11/24, 11/25

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
W	09/14-10/26 (7)	11:00-11:45A	\$51	\$42	321003 A
<b>W</b>	<b>11/02-12/07 (5)</b>	<b>11:00-11:45A</b>	<b>\$36</b>	<b>\$30</b>	<b>321003 B</b>
Th	09/15-10/27 (7)	11:00-11:45A	\$51	\$42	321003 C
<b>Th</b>	<b>11/03-12/08 (5)</b>	<b>11:00-11:45A</b>	<b>\$36</b>	<b>\$30</b>	<b>321003 D</b>
F	09/16-10/28 (7)	11:00-11:45A	\$51	\$42	321003 E
<b>F</b>	<b>11/04-12/09 (5)</b>	<b>11:00-11:45A</b>	<b>\$36</b>	<b>\$30</b>	<b>321003 F</b>

## GYMNASTICS: BOUNCE & TUMBLE

(Ages 18 mos - 5 years)

Have some fun with your young one during this unstructured play time. You'll get to explore the gymnastics circuit, frolic down the tumble track and discover the ball cage toys together! Sign up early to secure your space. Parent must actively supervise child. (Earlier time can be less busy.)

DAYS	DATES (# classes)	TIME	FEE	CODE
Sa	10/08 (1)	9:30-10:30A	\$8	321004 G
<b>Sa</b>	<b>10/08 (1)</b>	<b>10:30-11:30A</b>	<b>\$8</b>	<b>321004 G0</b>
Sa	11/12 (1)	9:30-10:30A	\$8	321004 G1
<b>Sa</b>	<b>11/12 (1)</b>	<b>10:30-11:30A</b>	<b>\$8</b>	<b>321004 G2</b>
Sa	12/10 (1)	9:30-10:30A	\$8	321004 G3
<b>Sa</b>	<b>12/10 (1)</b>	<b>10:30-11:30A</b>	<b>\$8</b>	<b>321004 G4</b>

# Programming: School Aged Children



## COOK & CRAFT

(Grades K - 5)

This new class includes a cooking and craft format. During each class you will get to prepare a new healthy and nutritious recipe as well as make a unique craft using a variety of materials.

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
M	09/12-10/24 (7)	3:30-5:15P	\$98	\$82	350151 A
M	11/07-12/05 (5)	3:30-5:15P	\$70	\$58	350151 B

## BABYSITTING TRAINING

(Ages 11 - 15 years)

This American Red Cross course prepares your children for their first job as a babysitter. They will learn topics such as leadership, safety, safe play, basic care, rescue breathing, and professionalism. Class includes a Babysitter Handbook, emergency reference guide and a resource CD. Please bring lunch for the all-day class.

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
Su	10/02 (1)	9:30A-4:30P	\$72	\$60	364030 B
Su	11/06 (1)	9:30A-4:30P	\$72	\$60	364030 C

## TAP/BALLET COMBO

(Grades K - 1)

Tap and ballet fundamentals will be taught using fun choreographed routines and creative movement. An appreciation for music will also be developed. Costumes and props will add to the student's creativity. Tap & ballet shoes required. Kindergartners must have dance experience to enroll in this class.

Class Will Not Meet On: 11/23

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
W	09/07-10/26(8)	4:30-5:30P	\$104	\$86	350107 A
W	11/02-12/07(5)	4:30-5:30P	\$65	\$54	350107 B

## EXPRESSIONS IN DANCE

(Grades 1 - 5)

Tap, turn, and leap into becoming a better dancer with this class. Tap, ballet, jazz, and hip hop fundamentals will be taught through fun choreographed routines. Class also focuses on developing an appreciation and love of movement. Tap and ballet shoes required.

Class Will Not Meet On: 11/24

(Grades 1-2)

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
Th	09/08-10/27 (8)	4:30-6:00P	\$115	\$96	350105 A
Th	11/03-12/08 (5)	4:30-6:00P	\$72	\$60	350105 B

(Grades 3-6)

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
Th	09/08-10/27 (8)	4:30-6:00P	\$115	\$96	350110 A
Th	11/03-12/08 (5)	4:30-6:00P	\$72	\$60	350110 B

### KIDS ART CLASS AT NORTH POND PARK

(Grades K - 5)

One hour of art a week in school just is NOT enough. This class is designed for children who LOVE art. In this class we will experiment with all types of art from drawing and painting to collage and mixed media, to clay and 3D sculpture. A healthy snack and all art materials will be provided. For questions and to register, please call local SSD art teacher Katie Salazar at 970-389-4245 or email:KRSartclass@gmail.com.

DAYS	DATES (# classes)	TIME	FEE
M	09/12-10/24 (7)	3:30-5:00P	\$102

### KIDS IN CLAY

(Grades K - 5)

Have your kids get their hands messy and experiment with clay. We create lots of fun clay projects...from animals, to tiles, to coil pots, to vases, to ornaments and much more! We will sculpt and build one day, the next we will paint and decorate! For questions and to register, please call local SSD art teacher Katie Salazar at 970-389-4245 or email: KRSartclass@gmail.com.

DAYS	DATES (# classes)	TIME	FEE
Tu	11/08-12/13 (6)	4:30-5:30P	\$75



**American Red Cross**  
SWIM LESSONS  
OFFERED HERE

### SWIMMING LEVEL 1: INTRODUCTION TO WATER SKILLS

(Ages 5 - 16 years)

Children will gain basic aquatic skills and develop positive attitudes and habits in, on, and around the water. The instructor will support children in skill acquisition during this entry level class. Class Will Not Meet On: 10/24, 11/24, 11/26

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
M	09/26-10/24 (5)	5:45-6:15P	\$25	\$21	361061 A1
<b>M</b>	<b>11/07-12/05 (5)</b>	<b>5:45-6:15P</b>	<b>\$25</b>	<b>\$21</b>	<b>361061 B1</b>
Tu,Th	10/04-10/27 (8)	6:10-6:40P	\$40	\$34	361061 C
<b>Tu,Th</b>	<b>11/01-11/17 (6)</b>	<b>6:10-6:40P</b>	<b>\$30</b>	<b>\$25</b>	<b>361061 D</b>
Sa	10/01-10/22 (4)	10:25-10:55A	\$20	\$17	361061 H
<b>Sa</b>	<b>11/05-12/10 (5)</b>	<b>10:25-10:55A</b>	<b>\$25</b>	<b>\$21</b>	<b>361061 I</b>

### SWIMMING LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

(Ages 5 - 16 years)

Students will gain confidence and success in fundamental skills and start locomotive skills that will lay the foundation for future strokes. Entry skill: breath control for 3-5 seconds under water. Class Will Not Meet On: 10/24, 11/26

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
M	09/26-10/24 (5)	5:45-6:15P	\$25	\$21	361062 A1
<b>M</b>	<b>11/07-12/05 (5)</b>	<b>5:45-6:15P</b>	<b>\$25</b>	<b>\$21</b>	<b>361062 B1</b>
Tu,Th	10/04-10/27 (8)	6:10-6:40P	\$40	\$34	361062 C
<b>Tu,Th</b>	<b>11/01-11/17 (6)</b>	<b>6:10-6:40P</b>	<b>\$30</b>	<b>\$25</b>	<b>361062 D</b>
Sa	10/01-10/22 (4)	10:25-10:55A	\$20	\$17	361062 H
<b>Sa</b>	<b>11/05-12/10 (5)</b>	<b>10:25-10:55A</b>	<b>\$25</b>	<b>\$21</b>	<b>361062 I</b>

### SWIMMING LEVEL 3: STROKE DEVELOPMENT

(Ages 5 - 16 years)

Students will build on independence in fundamental and locomotive skills. Entry skill: Combined swim on front for 5 body lengths - roll to back (with minimal assistance)- back float for 15 sec. Class Will Not Meet On: 10/24, 11/26

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
M	09/26-10/24 (5)	5:10-5:40P	\$25	\$21	361063 A1
<b>M</b>	<b>11/07-12/05 (5)</b>	<b>5:10-5:40P</b>	<b>\$25</b>	<b>\$21</b>	<b>361063 B1</b>
Tu,Th	10/04-10/27 (8)	6:45-7:15P	\$40	\$34	361063 C
<b>Tu,Th</b>	<b>11/01-11/17 (6)</b>	<b>6:45-7:15P</b>	<b>\$30</b>	<b>\$25</b>	<b>361063 D</b>
Sa	10/01-10/22 (4)	11:00-11:30A	\$20	\$17	361063 H
<b>Sa</b>	<b>11/05-12/10 (5)</b>	<b>11:00-11:30A</b>	<b>\$25</b>	<b>\$21</b>	<b>361063 I</b>

### SWIMMING LEVEL 4: STROKE IMPROVEMENT

(Ages 6 - 16 years)

Students will develop confidence and endurance in front crawl and elementary backstroke; the fundamentals of back crawl, breast stroke, butterfly, and sidestroke will be introduced. Entry skill: 15 yd Front crawl- 15 yd Elementary Back Stroke (45 minute class). Class Will Not Meet On: 10/24, 11/26

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
M	09/26-10/24 (5)	4:20-5:05P	\$28	\$24	361064 A1
<b>M</b>	<b>11/07-12/05 (5)</b>	<b>4:20-5:05P</b>	<b>\$28</b>	<b>\$24</b>	<b>361064 B1</b>
Tu,Th	10/04-10/27 (8)	4:45-5:30P	\$45	\$38	361064 C
<b>Tu,Th</b>	<b>11/01-11/17 (6)</b>	<b>4:45-5:30P</b>	<b>\$34</b>	<b>\$29</b>	<b>361064 D</b>
Sa	10/01-10/22 (4)	9:00-9:45A	\$22	\$19	361064 H
<b>Sa</b>	<b>11/05-12/10 (5)</b>	<b>9:00-9:45A</b>	<b>\$28</b>	<b>\$24</b>	<b>361064 I</b>

### SWIMMING LEVEL 5: STROKE REFINEMENT

(Ages 7 - 16 years)

Students will refine and increase their swimming distance in all strokes. New skills are included as students explore and get excited about the ideas of swim team, lifeguarding, and swimming as a lifetime activity. Entry skill: 25 yd Free & Back - 15 yd Breast. (45 minute class)

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
M	09/26-10/24 (5)	3:30-4:15P	\$28	\$24	361065 A1
<b>M</b>	<b>11/07-12/05 (5)</b>	<b>3:30-4:15P</b>	<b>\$28</b>	<b>\$24</b>	<b>361065 B1</b>

### SWIMMING LEVEL 6: SKILL PROFICIENCY

(Ages 7 - 16 years)

Students will refine their strokes to be swimming with efficiency and power over greater distances. Customized to meet individual goals, students will continue to prepare for swim team, lifeguarding, and lifetime swimming. Entry skill: 50yd Free - 25 yd Back & Breast (45 minute class)

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
M	09/26-10/24 (5)	3:30-4:15P	\$28	\$24	361066 A1
<b>M</b>	<b>11/07-12/05 (5)</b>	<b>3:30-4:15P</b>	<b>\$28</b>	<b>\$24</b>	<b>361066 B1</b>

# Programming: School Aged Children

## YOUTH SWIM CLUB

(Ages 7 - 14 years)

Youth Swim Club is a pre-swim team, transitional program geared toward the child who loves to swim and wants to explore a more competitive side to swimming. Students will gain stroke refinement, good training habits, and lasting friendships from a common bond. Entry skill: Learn to Swim Level 4 or swim test prior to program. Schedule a swim test at sbarth@silverthorne.org.

Class Will Not Meet On: 10/28

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
W,F	10/05-11/18 (13)	4:30-5:45P	\$123	\$104	363030 A
W,F	10/05-11/18 (13)	5:45-7:00P	\$123	\$104	363030 A2

## SWIM CLUB - SWIM MEETS

(Ages 7 - 15 years)

Silverthorne Youth Swim Club participates in the High Country Aquatics League. This league gives importance to positive experiences when allowing new swimmers to explore swim meets and a more competitive side to swimming. Swim club meets are additional and optional to Youth Swim Club participants. Check out the swim club page at silverthorne.org for up to date details.

DAYS	DATES (# classes)	TIME	FEE	CODE
S	TBD (Fraser)	7:30a warmup	\$20	363035 A

## JUST SWIM

(K - 5th Grades)

Come splash in the pool for an hour after school. Kids will be supervised in games and activities that include water polo, basketball, Marco Polo, and many more. Snack included. silverthorne.org for more details. Class Will Not Meet On: 11/24, 11/26

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
Th	09/29-10/27 (5)	4:30-5:30P	\$20	\$18	366100 A
Th	11/03-12/08 (5)	4:30-5:30P	\$20	\$18	366100 B

## HOME SCHOOL - NO SCHOOL SWIM

These swim lessons provide children who learn at home or have a four-day school week with physical activity, social experiences, and a critical life skill. Group lessons are formed first by age. A child may be moved due to skill set. Plan to swim for the afternoon for a great group experience.

(Ages 5 - 6 years)

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
F	10/14-11/18 (6)	1:00-1:30P	\$30	\$25	361150 A

(Ages 7 - 8 years)

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
F	10/14-11/18 (6)	1:35-2:05P	\$30	\$25	361170 A

(Ages 9 - 14 years)

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
F	10/14-11/18 (6)	2:10-2:55P	\$34	\$29	361190 A

## JR LIFEGUARD TRAINING

(Ages 12 - 14 years)

The American Red Cross JR LIFEGUARD TRAINING program provides youth a foundation in aquatic and leadership knowledge and prepares participants for future lifeguarding courses. Themes include fitness, prevention, response, leadership, and professionalism. Opportunities to volunteer over the summer will be available to successful participants. Prerequisites: 25 yd free, tread water 1 minute, and swim 10 feet under water. Bring lunches and suits to class.

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
W	11/02-12/07 (5)	6:00-7:15P	\$50	\$42	321102 2D
F	11/04-12/09 (5)	4:30-5:45P	\$50	\$42	321102 2F

## ADVANCED/PRE-TEAM GYMNASTICS

(K - 12th Grades)

Gymnasts will work on basic skills as well as more advanced moves such as; back walk overs & front hand springs on the floor, handsprings & front flips on the vault, front hip circles & tap swings on the bars, and handstands & cartwheels on the beam. Gymnasts must pass the intermediate class before attending this class.

Class Will Not Meet On: 09/16, 11/25

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
F	09/09-10/21 (6)	6:00-7:15P	\$66	\$55	321103 1D
F	11/04-12/09 (5)	6:00-7:15P	\$55	\$45	321103 2D

## THANKSGIVING GYMNASTICS CAMP

(K - 6th Grades)

Gymnastics! Swimming! Crafts! More Gymnastics! Bring a lunch, swimming suit & towel, gymnastics clothing and a lot of energy for a full day of fun! This camp is for gymnasts who are currently enrolled in or have been enrolled in Silverthorne's Gymnastics classes or team.

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
W	11/23 (1)	9:00A-4:30P	\$54	\$45	321404 X

## TEAM GYMNASTICS - COMP 3

(Ages 7 - 18 years)

Gymnasts who have developed the necessary skills will be invited to join our recreational gymnastics team, the Silverthorne Storm, during the fall season. Most first year team gymnasts compete at the compulsory 3 level, learning basic skills such as back walkovers on floor and cartwheels on the beam while also learning CARA routines for competition. Competition season is April-July. Class Will Not Meet On: 11/24

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
Tu,Th	09/06-12/08 (27)	4:30-6:30P	\$462	\$385	321111 CE



### TEAM GYMNASTICS - COMP 4

(Ages 7 - 18 years)

Silverthorne Storm Gymnasts competing at the compulsory level 4 work on learning skills such as front & back handsprings on floor and kips on uneven bars while learning CARA routines for competition. Gymnasts competing at this level generally have already competed at level 3 for a season or more. Competition season is April-July. Class Will Not Meet On: 11/24

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
Tu,Th	09/06-12/08 (27)	6:15-8:15P	\$462	\$385	321112 CE

### TEAM GYMNASTICS - OPTIONAL

(Ages 7 - 18 years)

Silverthorne Storm Gymnasts competing at the optional level develop skills and routines in accordance with National High School Rules. The minimum skills required to compete at the optional level are back handsprings on floor and kips on bars. With the coaches' help, optional gymnasts create their own routines to compete in CARA statewide meets. Competition season is April-July. Class Will Not Meet On: 11/24

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
Tu,Th	09/06-12/08 (27)	6:15-8:15P	\$462	\$385	321113 CE

### TUMBLING TEENS

(7th - 12th Grades)

This class is designed for teens that want to continue doing gymnastics in a class with other teens. We will have floor, bars, beam and vault set up and participants will be able to work out on their own or join a coach led group. Learn new skills or retain the skills you already have and don't want to lose. Either way, come on in and have some fun! Class Will Not Meet On: 11/23

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
W	11/02-12/07 (5)	7:30-8:30P	\$48	\$40	321106 2D

### JUST SPORTS BASKETBALL

(1st & 2nd Grades)

Kids learn Sports by Playing Organized Recreational games that promote Teamwork and Sportsmanship. Each class will have a skills component as well as game time. All levels of players are welcome and will be challenged to their abilities. Session 1F is Flag Football, 2H is Floor Hockey, 3B is Basketball Class Will Not Meet On: 11/25

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
F	11/04-12/09 (5)	4:30-5:30P	\$36	\$30	320001 BB

### YOUTH SPORTS HOUR

(K - 5th Grades)

Come play organized sports indoors (dodge ball, wiffleball, kickball...) Staff will appropriately divide kids into groups and review rules before starting an hour full of games. This is FREE, but we do have limited space, so call and register today!

DAYS	DATES (# classes)	TIME	FEE	CODE
Tu	12/13 (1)	4:30-5:30P	\$0	329010 C
Th	12/15 (1)	4:30-5:30P	\$0	329010 E

### MIDDLE SCHOOL VOLLEYBALL

(6th - 8th Grades)

We know youth are busy! This drop in format allows youth to try out the sport without the commitment. It's also a perfect bridge for youth to keep active between sports at the middle school. Drop in for \$7 or get a discount when you pay for all 5 in advance. Class Will Not Meet On: 10/31

DAYS	DATES (# classes)	TIME	FEE	CODE
M	10/17-11/21 (5)	3:30-5:30P	\$25	324004 B

### TAEKWONDO

(Ages 6 - 18 years)

Students learn the basic techniques of self-defense while improving balance, strength, coordination & flexibility. Taekwondo abides by the tenets: Courtesy, Integrity, Perseverance, Self-control & Indomitable Spirit. Students may visit other Sahn TKD locations: Checks payable to "Sahn TKD" on first day of class: Call 970-668-9849 or visit [www.sahntkd.com](http://www.sahntkd.com) for more info: Family rates available 3+

DAYS	DATES (# classes)	TIME	FEE
M&W	Ongoing	4:30-5:30P	\$99/Mo, \$267/3Mos,
S	Ongoing	10:45-11:45A	\$504/6Mos or 950/1Yr

### YOUTH CARDIO ORIENTATION

(Ages 12 - 14 years)

During this short orientation youth will learn how to set up and use our treadmills, bikes, ellipticals and circuit machines. Orientation also addresses safety, form and proper etiquette. After attending, participants will receive a pass which allows them access to the cardio and circuit areas. Recreation center pass or daily admission required with pass for use of facility after orientation.

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
F	09/16 (1)	2:00-3:00P	\$7	\$6	330617 A
F	10/28 (1)	2:00-3:00P	\$7	\$6	330617 B
M	11/07 (1)	4:00-5:00P	\$7	\$6	330617 C
M	12/05 (1)	4:00-5:00P	\$7	\$6	330617 D

# Programming: Adult Programs



## CPR CLASSES

The American Red Cross has a new CPR/AED program. All certificates are now good for 2 YEARS! Classes are now shorter in length and concentrate on the skills. You will receive certificates in Adult/Child/Infant CPR & AED as well as First Aid. CPR for the Professional (BLS) is available in a challenge format, please call for scheduling information.

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
W	09/14 (1)	9:30A-2:30P	\$90	\$80	364010 A
Sa	09/24 (1)	11:30A-5:00P	\$90	\$80	364010 B
Sa	10/15 (1)	11:30A-5:00P	\$90	\$80	364010 C
W	10/19 (1)	9:30A-2:30P	\$90	\$80	364010 D
W	11/09 (1)	9:30A-2:30P	\$90	\$80	364010 E
Sa	11/19 (1)	11:30A-5:00P	\$90	\$80	364010 F
Sa	12/03 (1)	11:30A-5:00P	\$90	\$80	364010 G
W	12/07 (1)	9:30A-2:30P	\$90	\$80	364010 H

## TAP DANCE

(Ages 16 & up)

Tap dance is a fun and fantastic work-out! From beginners to advanced all levels are welcome. Class focus will be to learn basic tap steps and incorporate them into choreographed routines. Loaner tap shoes are available from instructor. Class Will Not Meet On: 11/22, 11/23

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
Tu	09/06-10/25 (8)	6:15-7:15P	\$104	\$87	350175 A
Tu	11/01-12/06 (5)	6:15-7:15P	\$65	\$54	350175 B
W	09/07-10/26 (8)	10:30-11:30A	\$104	\$87	350175 C
W	11/02-12/07 (5)	10:30-11:30A	\$65	\$54	350175 D

## 6V6 COED INTERMEDIATE VOLLEYBALL

(Ages 16 & up)

Get your friends together and play ball! 3 men & 3 women is all it takes to make a great team, but get a few others for your sub list just in case! A female must contact the ball once per side out, so don't be shy ladies, the men need you! Must register at least 1 week before league starts. Rally scoring games to 21, 2 matches per night: Full set of rules at Silverthorne.org  
Class Will Not Meet On: 11/23

DAYS	DATES (# classes)	TIME	FEE	CODE
W	10/19-12/14 (8)	6:00-10:00P	\$288	313102 I

## 4V4 REVERSE COED VOLLEYBALL

(Ages 16 & up)

Teams are made up of 2 females and 2 males. Women's height net is used and females are encouraged to block and hit. Men may not block, but may hit from the 10-foot line. All players will pass, set and serve as in other co-ed leagues. The ball must be contacted by a male player when more than one contact occurs on the side. Class Will Not Meet On: 10/31

DAYS	DATES (# classes)	TIME	FEE	CODE
M	10/17-12/12 (8)	6:00-10:00P	\$192	313104 P

### ADULT INDOOR SOCCER MICRO LEAGUE (HCSA)

Four on four soccer leagues are played with small goals on the full gym court. Roster limit is 12 players per team. Teams are accepted on a first come first served basis. Call 970-423-6283 or visit [www.highcountrysoccer.org](http://www.highcountrysoccer.org) for more information or to register. Non-marking gym shoes, shin guards and socks required.

DAYS	DATES (# classes)	TIME	FEE
Sa	11/12-04/8 (21)	5:00-9:00P	\$1100/Team

### TAEKWONDO

Students learn the basic techniques of self-defense while improving balance, strength, coordination & flexibility. Taekwondo abides by the tenets: Courtesy, Integrity, Perseverance, Self-control & Indomitable Spirit. Sahn TKD students may visit other Sahn TKD locations: Checks payable to "Sahn TKD" on first day of class: For more information call 970-668-9849 or visit [www.sahntkd.com](http://www.sahntkd.com) Family rates available 3+

DAYS	DATES (# classes)	TIME	FEE
Tu & Th	Ongoing	10:00-11:00A 7:30-8:30P	\$99/Mo \$267/3Mos
Sa	Ongoing	10:45-11:45A	\$504/6Mos \$950/1Yr

### ZUMBA

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check. Class Will Not Meet On: 11/24

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
TH	09/22-10/20 (5)	6:30-7:30P	\$35	\$29	330205 A
TH	11/03-12/15 (6)	6:30-7:30P	\$42	\$35	330205 B

### HULA HOOP DANCE

Join this pre-Thanksgiving class and burn some calories! Specially weighted hula hoops will ensure proper technique and provide an excellent core workout and aerobic conditioning, learn some tricks to show your friends. All levels are welcome.

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
TU	11/22 (1)	5:45-7:00P	\$12	\$10	330206 A

### X TRAIN

This popular and short/interval style format class incorporates TRX (suspension training), power ropes, kettle bells and more. Don't let the length fool you, it will be a challenge. Class format can include circuit style, partner and total group work. You might even see some tabatas along the way.

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
M,W	09/12-09/28 (6)	11:30A-12:00P	\$42	\$35	330360 A
M,W	09/12-09/28 (6)	12:15-12:45P	\$42	\$35	330360 A1
M,W	10/03-10/26 (8)	11:30A-12:00P	\$56	\$47	330360 B
M,W	10/03-10/26 (8)	12:15-12:45P	\$56	\$47	330360 B1
M,W	10/31-11/16 (6)	11:30A-12:00P	\$42	\$35	330360 C
M,W	10/31-11/16 (6)	12:15-12:45P	\$42	\$35	330360 C1
M,W	11/28-12/21 (8)	11:30A-12:00P	\$56	\$47	330360 D
M,W	11/28-12/21 (8)	12:15-12:45P	\$56	\$47	330360 D1

### YOGA BASICS

Think you're too tight, tired or injured to do yoga? Think again! This class will assist in creating a welcoming environment for all levels, especially for those who have wanted to try yoga and have been intimidated. This practice will help you find the joy in each posture.

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
F	09/23-10/21 (5)	10:15-11:15A	\$36	\$30	330445 A

### YOGA BASICS

A mini yoga basics session with a focus on how to balance stress over the holidays! Join this 3-week class that will provide various techniques and postures to help unwind and rid your body of tension while creating a calming experience to help enjoy the holiday festivities. A perfect gift to you from you!

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
F	11/04-11/18 (3)	10:15-11:15A	\$22	\$18	330445 B

### FREE SPIRIT YOGA

Increase your strength, flexibility and stamina with Yoga. Mary Pat will guide you safely into poses, breath, intention and alignment. Come 1 or 2x per week. Monthly rates are available. Please contact Mary Pat to register (970) 485-0526 or [freespiritmp@earthlink.net](mailto:freespiritmp@earthlink.net).

DAYS	DATES (# classes)	TIME
Tu	09/06-12/27 (17)	8:00-9:15A
Th	09/01-12/29 (17)	9:00-10:15A

### DREAM & PURPOSE WORKSHOP

Is life out of balance? Are you in a period of transition? Need inspiration? Need clarity? At different points in our life journey, we get caught up in surviving versus thriving. When we are merely surviving, we stop dreaming, stop thriving and begin to disengage and grow dissatisfied from our work, relationships and life itself. The pursuit of dreams creates passion and energy. Living out your dreams gives your life purpose. Dreaming starts the journey.

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
W	10/05 (1)	12:00-1:00P	\$12	\$10	330109 A
W	10/12 (1)	7:30-8:30P	\$12	\$10	330109 B

### BALLET-FIT

Take classic ballet moves and ramp it up to a high "fitness" intensity and you have ballet-fit. Learn the basic moves that keep dancers long and lean and get a great workout along the way! No dance experience is needed. Leave this class feeling energized, refreshed and strong.

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
F	11/04-11/18 (3)	11:15-12:00P	\$26	\$22	330207 A

### PiYo

Beachbody PiYo® LIVE! combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. We crank up the music, the speed, and the fun to give you an intense, yet low-impact workout. This class will be sure to challenge you. Please bring a yoga mat or we will provide one for you.

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
Tu	12/06-12/27 (4)	6:30-7:30P	\$38	\$32	330307 C

# Programming: Adult Programs

## THRILLER DANCE

Learn the famous thriller dance just in time for Halloween. This dance style class is open for ages 10+ and families are encouraged to come together and have some fun! All levels are welcome and if you come in costume, there is no cost. Sign up if you...dare!

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
F	10/28 (1)	5:30-7:00P	\$9	\$6	330315 A

## SKI & RIDE CONDITIONING

Be ready to hit the slopes this winter and prepare for all your winter activities in this progressive session. Class format includes: aerobic and anaerobic drills, agility training, balance and power moves for an intense workout. Not recommended for the beginner skier.

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
Tu	09/27-11/15 (8)	6:30-7:30P	\$48	\$40	330806 A
Th	09/29-11/17 (8)	9:00-10:00A	\$48	\$40	330806 B

## LIQUID SNOW

Ski and ride conditioning that your joints will appreciate, in the pool. A GREAT way to prepare for the ski season, with no impact to your joints! A water fitness class designed specifically for winter sports: skiing, snowboarding, snowshoeing and more!

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
Th	09/29-11/17 (8)	6:00-7:00P	\$42	\$35	330805 A

## EQUIPMENT ORIENTATION

Learn the basics of the cardiovascular equipment, proper etiquette, general programming information and more in this FREE orientation. Please register prior to day of orientation, a minimum of 2 must be enrolled to hold the orientation. Please meet in the lobby.

DAYS	DATES (# classes)	TIME	FEE	CODE
F	09/16 (1)	11:00A-12:00P	\$0	330610 A
W	10/26 (1)	6:00-7:00P	\$0	330610 B
M	11/07 (1)	10:00-11:00A	\$0	330610 C
M	12/05 (1)	5:30-6:30P	\$0	330610 D

## FAMILY YOGA

(Ages .06 & up)

Enjoy yoga with your little one; from crawlers to walkers all are welcome. Babies six months to three years will enjoy moving their bodies in a safe and fun environment. Parents will get to practice their yoga alongside their kiddos as we move through postures appropriate for adults and kids alike. No yoga experience necessary.

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
Sa	10/22 (1)	11:00-11:30A	\$4	\$3	330405 A
Tu	10/25-11/15 (4)	11:00-11:30A	\$15	\$12	330405 B

## TAI CHI YOGA FUSION

Tai chi provides a safe, effective form of exercise that doesn't tax your joints. The gentle series of positions can increase strength and balance. Connect with your body and breath through tai chi and various yoga poses and find peace of mind through relaxing, meditative movements.

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
F	10/07-10/21 (3)	11:15A-12:00P	\$26	\$22	330612 A

## HOLIDAY TRIMMINGS

This P.A.N.T.S. (Physical Activity Nutrition Team of Summit county-wide sponsored challenge will keep you and your team motivated throughout the holiday season where the average person can put on 5-7 pounds. Sign up with friends/co-workers or family (groups of 3-6) and weigh in before Thanksgiving, total team weight is to be maintained through January 2nd. Weekly helpful hints and team challenges along the way!

DAYS	DATES (# classes)	TIME	FEE	CODE
W	11/23-01/02 (6)	varies	\$10	330108 A

## WATER REHAB

Have an injury or area that needs attention? These water rehab sessions could be the answer and help alleviate discomfort and assist with your recovery. Choose the focus your body needs. You can sign up for one or all that interest you. Please wear water shoes for class.

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
W	10/05 (1)	8:45-9:45A	\$13	\$11	330810 A
W	10/12 (1)	8:45-9:45A	\$13	\$11	330810 B
W	10/19 (1)	8:45-9:45A	\$13	\$11	330810 C
W	10/26 (1)	8:45-9:45A	\$13	\$11	330810 D



**American Red Cross**  
SWIM LESSONS  
OFFERED HERE

## ADULT LEARN TO SWIM LEVEL 1

(Ages 16 & up)

Adult Swim Level 1 introduces basic aquatic skills and swimming strokes. Participants will work on breath control, comfort moving into horizontal positions on front and back, and standing from a horizontal position. Gaining comfort and confidence while moving in the water, whether walking or swimming, will be a focus.

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
Tu	10/04-10/25 (4)	5:00-5:30P	\$20	\$17	361310 A
Tu	11/01-11/22 (4)	5:00-5:30P	\$20	\$17	361310 B

## ADULT LEARN TO SWIM LEVEL 2

(Ages 16 & up)

Adult Swim Level 2 will seek to develop the basic strokes for fitness and confidence around water. The Front crawl, Elementary Backstroke, and Back stroke will be introduced and refined as needed. This is a goal oriented class to move participants forward in comfort and enjoyment of the water for lifetime activities.

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
Tu	10/04-10/25 (4)	5:35-6:05P	\$20	\$17	361320 A
Tu	11/01-11/22 (4)	5:35-6:05P	\$20	\$17	361320 B

## ADULT LEARN TO SWIM LEVEL 3

(Ages 16 & up)

This lesson focuses on refining the participant's front crawl, back crawl and breast stroke. While level 3 will work to build endurance to be able to swim for fitness, it can be customized to meet the objectives of the participants.

DAYS	DATES (# classes)	TIME	NPH	PH	CODE
Tu	10/04-10/25 (4)	6:10-6:40P	\$20	\$17	361330 A
Tu	11/01-11/22 (4)	6:10-6:40P	\$20	\$17	361330 B

# Program / Activities Policies

## Program/Activity Policy

**Passholder vs. Non-Passholder Rates on Classes & Activities:** A passholder is a person who has an active, non-transferrable pass valid for one month or more. A punch pass or corporate admission card holder is not eligible for the passholder rate. A person over 3 years must have an individual pass or be part of a family pass to qualify for the passholder rate. A child who is 3 years or younger is eligible for the passholder rate because they are too young for passes. For classes that require parent participation, the parent must be a passholder for the child to receive the passholder rate.

**Facility Use Before and After Class:** Guests must show a current pass or pay the daily admission fee to use the facility prior to or after a class. The only exception is children who are enrolled in swimming lessons. In this situation, a child may swim up to one hour after their lesson. The parent and any other children not enrolled in swim lessons must pay the daily admission or show their pass to use the pool. Age requirements and pool rules must be followed.

**Program Cancellation Policy:** Program cancellations made at least 72 hours in advance of program start will be granted full refunds. Refunds due to cancellations made less than 72 hours prior to program start are subject to Program Coordinator's approval. Coordinator will assess class minimums, staffing, and supplies to determine if a late cancellation can be made. If a late cancellation is granted, a 20% administration fee will be assessed. Cancellations requested after a program has started are also subject to Coordinator approval. Participants must contact the Coordinator as soon as possible, and no later than after two classes are missed. Refunds, if approved, will be prorated with an additional 20% administrative fee applied (20% of total class fee). Cancellations due to injury or illness will be given prorated refunds, at Program Coordinator's discretion, when a doctor written medical excuse is submitted and 50% or more of classes in a session are missed. Refund requests must be made within 30 days of last class.



### Smile, you're on camera!

The Silverthorne Recreation & Culture Department uses brochures, flyers, social networks, and TV spots to advertise our programs and events. We reserve the right to use photographs, video recordings and/or images of anyone in any activity, program, park, special event, or public place in present and/or future publications. Participants of Silverthorne Recreation Center programs may record and/or take photographs of program activities that are open for observation as long as it does not interfere with the instructor and participants, cause a safety concern, or infringe upon copyright laws. The individual(s) taping or taking photos of participants or programs must have an association with a registered participant or program. All other individuals wanting to take photos or tape events must have prior approval from recreation staff. We reserve the right to refuse anyone the privilege of taping or photographing events.

# *Arts and Culture in Silverthorne*

Silverthorne Special Events

Silverthorne Pavilion

Lake Dillon Theatre Company

I  Silverthorne

## Town of Silverthorne Special Events

### October

#### *Pumpkin Fest at Rainbow Park*

*Sunday, October 9, 11:00 a.m. to 2:00 p.m.*

**FREE**

*590 Rainbow Drive, Silverthorne 80498*

Rainbow Park is the place to be for Halloween fun! Join us to pick out your free pumpkin. Don't feel like you need to rush to get there, we will be giving away one pumpkin per child. The fun continues with a petting zoo, fun games, cookie decorating, bounce houses (weather dependant) and more! Happy Halloween!

### November

#### *Celebrations Around the World*

*at the Silverthorne Pavilion*

*Thursday, November 17, 6:00 p.m. to 8:00 p.m.*

**FREE**

*400 Blue River Parkway, Silverthorne 80498*

Join Summit County School kids as they learn about the cultures that make up our community. Volunteers from our local Latino, Asian, African, European and Canadian communities will be hosting educational, interactive booths that will teach kids and adults alike about their county, language, currency, and customs. Free and open to the public.

#### *Country Western Dance*

*at the Silverthorne Pavilion*

*Friday, November 18, 7:00p.m. - 11:00 p.m.*

**\$5 at the door**

*400 Blue River Parkway, Silverthorne 80498*

Join us for Country Western Dances at the Pavilion. Guided instruction will be provided by Mike "Tex" DeGarie, from 7:00 p.m. to 8:00 p.m., followed by open dancing from 8:00 p.m. to 11:00 p.m.

### December

#### *Holiday Bazaar at the Silverthorne Pavilion*

*Saturday, December 3, 9:00 a.m. - 3:00 p.m.*

**FREE**

*400 Blue River Parkway, Silverthorne 80498*

A Holiday Bazaar for the local artist/craftsperson to sell their product just in time for the holiday gift giving season. The event takes place inside our beautiful Town Pavilion. Applications will be available for vendors on Oct. 1. Shopping, entertainment, and visits with Santa! Free admission for shoppers.

#### *Country Western Dance*

*at the Silverthorne Pavilion*

*Friday, December 16, 7:00p.m. - 11:00 p.m.*

**\$5 at the door**

*400 Blue River Parkway, Silverthorne 80498*

Join us for Country Western Dances at the Pavilion. Guided instruction will be provided by Mike "Tex" DeGarie, from 7:00 p.m. to 8:00 p.m., followed by open dancing from 8:00 p.m. to 11:00 p.m.





**The Silverthorne Pavilion** is one of Summit County's premier arts & entertainment venues.

The Pavilion provides locals and visitors alike a place to enjoy shows and entertainment in a clean, safe environment. We host a variety of shows throughout the year, including comedy, all genres of music, cultural activities, Country Western Dances, and children's programming.

The Silverthorne Pavilion is Summit County's affordable venue to host business meetings, weddings, fundraisers, parties and other formal events. Located along the famed Blue River and right in the heart of the Town Center, the Pavilion is conveniently located with the right space to accommodate your needs. The Pavilion's dedicated sales and maintenance teams take pride in presenting you and your guests with a facility that embodies our mountain surroundings.

Please contact Chris Duncan at 970.262.7391 for information about renting the Pavilion. For more information, please visit [silverthorne.org](http://silverthorne.org).

### ***Be Sure to check out our ongoing Cafe Concert Series!***

Cafe Concerts take place on Thursdays throughout the year. They are small, intimate concerts, the perfect evening happy hour with friends.

Concerts feature performances that are unique, diverse and engaging for our community. Performances range from dancing to classical music to bluegrass to Flamenco and much more!

For more information visit [silverthorne.org](http://silverthorne.org)



## ***Upcoming Events at the Silverthorne Pavilion:***

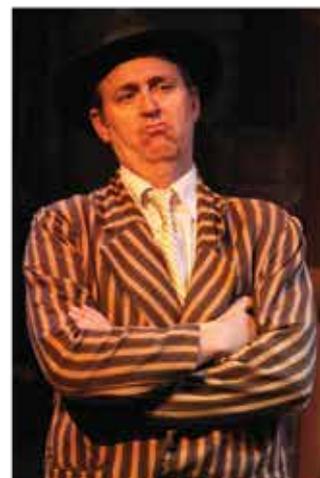
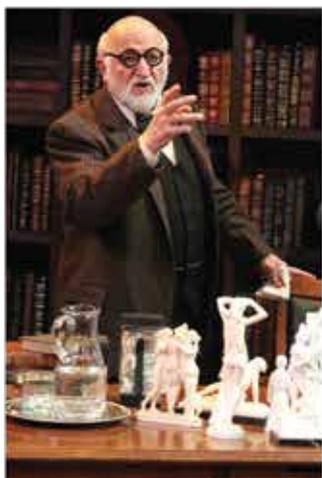
August 12	DooWop Denny Rockin' Oldies Concert	7:00 p.m.
October 9	Pumpkin Fest at Rainbow Park - New location!	11:00 a.m. to 2:00 p.m.
November 17	Celebrations Around the World	6:00 p.m. to 8:00 p.m.
November 18	Country Western Dance	7:00 p.m.
November 24	Rotary Thanksgiving Dinner	12:00 p.m. to 3:00 p.m.
December 3	Holiday Bazaar	9:00 a.m. to 3:00p.m.
December 16	Country Western Dance	7:00 p.m.
January 6	Summit Music and Arts New Year Concert	
January 20	Country Western Dance	7:00 p.m.
January 28	Brewers Rock for Rescue Beer Festival	5:00 p.m. to 9:00 p.m.
February 10	Father/Daughter Date Night	
February 14	Valentine's Comedy Show	7:00 p.m.
February 17	Country Western Dance	7:00 p.m.
February 18	Apres Ice Party for PBR Pond Hockey Tourney	8:00 p.m.

For a complete list of events, please visit [silverthorne.org](http://silverthorne.org)

# THE LAKE • DILLON THEATRE CO.

**@SILVERTHORNE**

Colorado's Intimate Professional Theatre



THE LAKE DILLON THEATRE COMPANY provides year round professional theatre in a uniquely intimate environment right here in Summit County! Animating over 225 days a year with plays, musicals, concerts and cabarets, as well as youth and adult educational opportunities, there is something for everyone at The Lake Dillon Theatre Company!



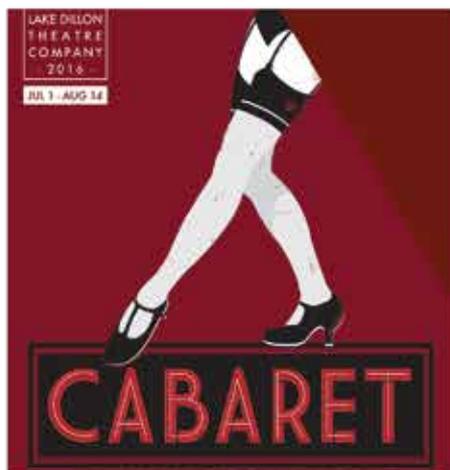
## **NEW PERFORMING ARTS FACILITY COMING TO SILVERTHORNE IN 2017!**

The Lake Dillon Theatre Company has partnered with the Town of Silverthorne to build a new performing arts facility. The building will be located on Blue River Parkway adjacent to the Silverthorne Pavilion. Construction will begin in May 2016 and will be open for LDTC's Summer Theatre Season in 2017. For more information about this project visit [ldtccampaign.com](http://ldtccampaign.com)

**For the 2016 Theatre Season, The Lake Dillon Theatre is  
located in THE OUTLETS AT SILVERTHORNE!**

You can find The Lake Dillon Theatre in the Green Village, next to the Silverthorne Welcome Center (246-X Rainbow Drive, Silverthorne, CO, 80498). For more information visit [www.lakedillontheatre.org](http://www.lakedillontheatre.org) or call 970.513.9386.

# THE LAKE DILLON THEATRE COMPANY'S 2016 THEATRE SEASON



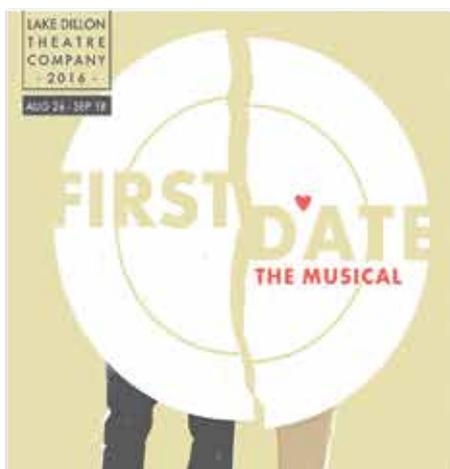
## CABARET

Written By: Kander/Ebb/Masteroff

Directed & Choreographed By: Adam Estes

**JULY 1 - AUG 14**

The scene is a nightclub in Berlin as the 1920's are drawing to a close. Exploring the relationships of a young American writer and his English muse, a Jewish greengrocer widower and a German widow, and an ensemble of colorful characters, CABARET examines life during a tumultuous and heartbreaking era.



## FIRST DATE

Written By: Winsberg/ Zachary/ Weiner

Directed By: Nick Sugar

**AUG 26 - SEPT 18**

When blind date newbie Aaron is set up with serial-dater Casey, a casual drink at a busy New York restaurant turns into a hilarious high-stakes dinner. In a delightful and unexpected twist, the couple's inner critics take on a life of their own when other restaurant patrons transform into supportive best friends, manipulative exes and protective parents.



## BAD JEWS

Written By: Joshua Harmon

Directed By: Joshua Blanchard

**NOV 25 - DEC 18**

The night after their grandfather's funeral, three cousins engage in a verbal (and sometimes physical) battle. After being left to determine who ends up with a precious family heirloom, a vicious and hilarious brawl over family, faith and legacy ensues.

**PURCHASE TICKETS AT [LAKEDILLONTHEATRE.ORG](http://LAKEDILLONTHEATRE.ORG)  
OR CALL 970.513.9386**

# Calendar of Events

## August

- 2 Osprey Day at North Pond Park
- 8 Registration Day for Fall Programming begins at noon
- 12 Slide N Slip at Rainbow Park
- 12 Doo Wop Denny at the Pavilion

## September

- 5 Labor Day Hours 10:00pm-6:00pm
- 6 Pool closed for upgrades and maintenance through September 25.

## October

- 9 Pumpkin Fest at Rainbow Park

## November

- 17 Celebrations Around The World
- 24 Recreation Center Closed

## December

- 3 Holiday Bazaar
- 16 Country Western Dance
- 24 Christmas Eve Hours 7:00 a.m.-6:00 p.m.
- 25 Recreation Center Closed
- 31 New Years Eve Hours 7:00 a.m.-6:00 p.m.

## January

- 1 New Years Day Hours 10:00 a.m.-6:00 p.m.
- 6 Summit Music and Arts New Year Concert
- 20 Country Western Dance at the Pavilion
- 28 Brewers Rock for Rescue Beer Festival

## February

- 10 Father/Daughter Date Night at the Pavilion
- 14 Valentine's Comedy Show at the Pavilion
- 17 Country Western Dance at the Pavilion
- 18 Apres Ice Party for PBR Pond Hockey Tourney

