ACTIVE ADULT

DRAWING INTO PAINTING Ages 18+
Using acrylics, watercolors and inks on a variety of surfaces. All materials provided. All experience levels are welcome. Taught by Janet Woelfle, arties and retired art teacher. Fees: $60R/NR 331203-A Th Sep 24-Oct 29 1-3 p.m. TWRC

ZENTANGLE Ages 18+
This is an easy-to-learn, relaxing process of drawing beautiful images using structured patterns. Fees: $30R/$32NR 331215-A Tu Sep 29 10 a.m.-12 p.m. TWRC

ANDROID SMARTPHONE LAB Ages 18+
Make an appointment to come and solve your Android phone problems. Fees: $10R/$12NR 331121-A Th Oct 1 10-10:30 a.m. TWRC 331121-B Th Oct 1 10:30-11 a.m. TWRC 331121-C Th Oct 1 11-11:30 a.m. TWRC 331121-D Th Oct 1 11:30 a.m.-12 p.m. TWRC

BEGINNING LINE DANCING Ages 18+
Beginning Line Dance classes are a fun way of getting exercise, and getting to know new people. It’s just not country western music any more. It’s pop, swing, rock and roll, salsa and jazz. Dance socks will be available for purchase for $5 in class, or bring your own. Fees: $16R/$18NR 336309-A We Sep 9-30 10-11 a.m. TWRC

HEALTHY LIVING WITH ESSENTIAL OILS Age 18+
BACK TO SCHOOL Learn what essential oils are and how to use them safely on your kids. Leave with three ready to use DIY recipes. Fees: $30R/$33NR 336421-A Mo Sep 14 6-7 p.m. TWRC

THE TRUTH ABOUT A REVERSE MORTGAGE
If you or your spouse are over the age of 62 and own a home, you owe it to yourself to find out all that there is to know about the reverse mortgage. There are many variations within the many options of the reverse mortgage. Fees: $10R/$12NR 336921-A Tu Sep 15 11 a.m.-12 p.m. VIRTUAL

Arts & Culture

BEGINNING TAPESTRY & WEAVING Ages 18+
In this three session, nine hour class, students will learn the basics of tapestry weaving on looms provided by the instructor. Students will learn a variety of techniques including plain weave, knotted pile, inlay and soumak. The instructor will use cultural sources as foundations for design. The materials for this workshop are included in the tuition and include a warped loom that the students get to keep. Fee: $100R/NR 396621 Sa Sep 19, Oct 3 and Oct 17 1-4 p.m. TWRC

HIKES Fees: $10R/NR Ages 62+, $15R/NR under 62

TILTING MESA TO MESA TOP LOOP
This hike is 3.2 miles with a 501 foot elevation gain. Follow directions to North Table Mountain Park West Trailhead. Parking is available off of Route 93. Look for the Thornton van. Bruce will meet you at trailhead. 235101-B Th Aug 13 7 a.m.-4 p.m.

NCAR TABLE MESA & BEAR CANYON LOOP
This hike is 4.1 miles with a 731 foot elevation gain. Follow directions to NCAR Table Mesa Trail. Look for the Thornton van. Bruce will meet you at trailhead 235102-B Th Aug 20 7 a.m.-4 p.m.

RAWHIDE TRAIL
This hike is five miles with a 859 foot elevation gain. Follow directions to White Ranch Park West Trailhead. Look for the Thornton van. Bruce will meet you at trailhead 235103-B Th Aug 27 7 a.m.-4 p.m.

More hikes coming soon!
ADAPTIVE & INCLUSIVE RECREATION (AIR)

Depending on current COVID-19 social distancing guidelines, a household family member may be asked to provide 1:1 assistance as needed.

- **AIR ADAPTIVE SWIM LESSONS AGES 4-12**
  Basic swim and safety skills are introduced and adapted for swimmers with disabilities. Depending on current COVID-19 social distancing guidelines, a household family member may be asked to provide 1:1 assistance in the water. Registration for Residents: August 17 at 7 p.m. Nonresidents: August 18 at 7 a.m. Fees: $40R/$46NR
  364911-1C Fr Sep 11-Oct 2 5:15-6 p.m. CRC

- **AIR FITNESS TRAINING AGES 16+**
  Join one of Thornton’s personal trainers as we work to get fit! This small group fitness training will offer assistance with adapting workouts and developing goals. In addition to the small group training, one-to-one personal training session is included. Fees: $28R/$34NR
  No class September 7.
  369406-A Mo Aug 31-Sep 28 5-6 p.m. TWRC

- **AIR GYMNASTICS AGES 4+**
  Learn gymnastics skills for all the Olympic events: Vault uneven bars, parallel bars, pommel horse, rings, floor exercise, balance beam, and tumble trak (trampoline). This class is designed to include gymnasts of all abilities. Registration for Residents: August 17 at 7 a.m. Nonresidents: August 18 at 7 a.m. Fees: $27R/$32NR
  Ages 4-12
  317180-1A Fr Sep 11-Oct 2 5:15-6 p.m. CRC
  Ages 13+
  317180-2A Fr Sep 11-Oct 2 6:15-7 p.m. CRC

- **AIR DANCE FOR ALL ABILITIES AGES 16+**
  This is a fun dance class to get your body moving to music with age appropriate dance styles and techniques. This class is designed to include dancers of all abilities. Fees: $35R/$42.50NR
  369520-A We Sep 2-30 5:15-5:55 p.m. TWRC

- **AIR UNIFIED VOLLEYBALL AGES 16+**
  Athletes with disabilities and partners will practice volleyball skills and play together in a fun, recreational setting. Fees: $35R/$42.50NR
  369910-A1 Tu Sep 1-29 5-5:45 p.m. TWRC

- **AIR ARCHERY AGES 7+**
  AIR is partnering with the NSCD (National Sports Center for the Disabled)! Whether you are a brand new or experienced archer, this is the perfect opportunity to improve your skills with guidance from a USA Archery Level II instructor. A variety of adaptations are available to ensure success for all abilities! Fees: $7R/$8.50NR
  309920-A Th Sep 3 5-7 p.m. Carpenter Park Fields
  309920-B Th Sep 17 5-7 p.m. Carpenter Park Fields
  309920-C Th Oct 1 5-7 p.m. Carpenter Park Fields

- **AIR CELEBRATE MUSIC AGES 13+**
  Clap, slap, snap and tap to your favorite songs. Step and sing to classic tunes old and new. Fees: $28R/$34NR
  No class September 7.
  369406-A Mo Aug 31-Sep 28 5-6 p.m. TWRC

- **ADULT & YOUTH ENRICHMENT**
  Enrichment programs are taught by a contractual instructor who plans the program based upon the number of students registered 48-hours prior to the start of the program. Therefore, we cannot grant refund, credit or transfer requests after 48-hours prior to the start of the class.

- **ADULT CLASSES**
  - **DIABETES SELF-MANAGEMENT**
    A series of four, 2-hour long diabetes group classes. These classes will help you to develop the tools you need to better manage your diabetes. Our classes are interactive and involve lively discussions. You are welcome to attend one or all four classes. Fee: $5R/NR
    Each month we will play different games to get us thinking, socializing and having fun! Activities might include music video bingo, team trivia, group games and more. This program is designed to include people of all abilities. Fee: $5R/NR
    369120-A Fr Sep 25 7-8:30 p.m. CRC

- **AIR YOUTH & TEEN GAME NIGHT AGES 10-21**
  Come hang out with friends as Thornton AIR and the Center for People with Disabilities partner to bring fun social activities designed to include people of all abilities. There will be a 50% discount for any additional family members that wish to participate in this activity. Fees: $5R/NR
  319800-A Sa Sep 12 3:30-4:30 p.m. Carpenter Park

- **AIR PLAY GROUP AGES 3-9**
  This activity is geared-toward families with young children with a disability, giving parents a chance to network and kids a time to play. Loosely structured Gross motor activities will be offered. Siblings welcome. We will meet in the great outdoors at Carpenter Park near the Tennis Courts/Pavilions. FREE!
  319800-A Sa Sep 12 3:30-4:30 p.m. Carpenter Park

- **AIR JOURNEY TO WELLNESS AGES 16+**
  Join a Thornton Parks employee as we walk together and talk about how to stay healthy. Walk and talk together and learn about health and wellness. Each month we will play different games to get us thinking, socializing and having fun! Activities might include music video bingo, team trivia, group games and more. This program is designed to include people of all abilities. Fee: $5R/NR
  319830-A Th Sep 3-24 3:5 p.m. CRC
  319830-B Mo Oct 5-26 1:30-3:30 p.m. CRC

- **AIR YOUTH & TEEN GAME NIGHT AGES 10-21**
  Each month we will play different games to get us thinking, socializing and having fun! Activities might include music video bingo, team trivia, group games and more. This program is designed to include people of all abilities. Fee: $5R/NR
  319800-A Sa Sep 12 3:30-4:30 p.m. Carpenter Park

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  319800-A Sa Sep 12 3:30-4:30 p.m. Carpenter Park

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  Each month we will play different games to get us thinking, socializing and having fun! Activities might include music video bingo, team trivia, group games and more. This program is designed to include people of all abilities. Fee: $5R/NR
  319800-A Sa Sep 12 3:30-4:30 p.m. Carpenter Park
CLASSES & PROGRAMS TAKING PLACE AUGUST 31-OCTOBER 3

■ HOW TO MANAGE STRESS-EATING ☀
Do you turn to food when you feel stressed out? You are not alone! Learn the physical and psychological reasons why stress can lead to overeating, as well as strategies you can use to manage stress without relying on food. Fees: $7R/$8NR
This is the first in a series of four classes. Visit webtrac.thorntonparks.com for complete listings. Register for all four and save 20%.

316904-A  Th  Sep 24  6:15-7:15 p.m.  CRC

■ REAL ESSENTIALS MOTHERHOOD WORKSHOP ☀
This course was designed by moms, for moms, to encourage one another throughout the motherhood experience. Research indicates that social connection improves your physical, mental and emotional well-being. This workshop, exclusively for mothers, will enhance your communication strategies, stress and time management skills and change your overall self-concept. Classes will be led by a trained Registered Nurse from Tri-County Health Department. FREE! Pre-registration required.

If COVID-19 conditions allows, use of our facility child care will be offered. Fees for child care are $3/hour for first child, $1.50/hour per additional child.
318302-A  We  Sep 23-Oct 28 10-11:30 a.m.  CRC

■ PARTNERS IN PARENTING EDUCATION
Looking for something fun to do with your little ones? Tri-County Health Department will host this FREE parenting babies and tots support class. Bring your baby or toddler age 0-3 years for games, crafts and snack while you build new friendships with other mothers. This group will be led by a trained Registered Nurse from Tri-County Health. Drop-in, no registration needed. Please call 720-977-5934 to verify the start of this program. Program is scheduled to begin Wednesday, September 2, 2020. FREE!

Drop-in  We  Ongoing beginning Sep 2 10-11:30 a.m.  TCB

■ WILLMAKER LEGAL SEMINAR ☀
In a single easy session, you'll complete a will, financial power of attorney and combined medical directive which includes a living will, medical power of attorney and organ donation with the help of attorney Rebecca L. Bennett and her staff. Fee includes all materials, witnessing, notarizing, individual review and plenty of time for discussion and questions. Fees: $125R/$150NR
316900-A  Th  Sep 16  5:30-7:30 p.m.  CRC

■ GALLERY ON THE GO: ARTSY KIDS ☀ AGES 6-14
Kids love to paint and be creative, but the thought of getting out the craft supplies and cleaning up after makes you twitch! Artsy Kids is perfect for getting the kids out of the house, to socialize and create. The best part is we guide them with instructions through beautiful artwork and we do all the clean up! Artwork is pre-selected, but creativity is encouraged! If you have any questions about this course offering, please email Toni@GalleryOnTheGo.com. Fees: $22R/$26NR
316902-A  We  Sep 16  5:30-7:30 p.m.  CRC

■ JUMPBUNCH: FIT & FUN PARENT-TOT CLASS ☀ AGES 1½-3
Enjoy hands-on interaction with your child as they learn and grow with this highly-acclaimed program created for toddlers! Our movement-based curriculum is specially designed to help build self-confidence while developing fine and gross motor skills, hand-eye coordination, balance and more! JumpBunch provides your toddler the opportunity to explore a wide range of age-appropriate sports equipment, while also reinforcing the basics like colors, shapes, animals, counting and more!

Themes: Football, Broomball, Scoops, Rebounder and Soccer Juggling
5-weeks  I  Fees: $45R/$54NR
317900-A1  We  Sep 2-30  5:30-6 p.m.  CRC

4-weeks  I  Fees: $36R/$43NR
317900-A2  Th  Sep 3-24  11-11:30 a.m.  TWRC

CLASS LOCATIONS

| Active Adult Center | AAC |
| Carpenter Recreation Center | CRC |
| Thornton Arts & Culture Center | TACC |
| Thornton Community Building | TCB |
| Thornton Community Center | TCC |
| Trail Winds Recreation Center | TWRC |

■ FIRST ABRAKADOODLE ART CLASS ☀ AGES 1½-4
In this "My First" series, the activities are designed to provide opportunities for the Twoosys to touch, feel, hear, see and explore while building fine motor skills, language, creativity and cognitive skills. An adult must attend with a child. Supply fee of $10 is due to the instructor on the first day of class. Fee: $60R/NR

316900-A  Th  Sep 3-24  9:30-10:15 a.m.  TWRC

■ ABRAKADOODLE SERIES 1 ☀
This special series of "My Firsts" includes collage, 3D art, handprinting, acrylic paintings, beginning paper cutting and musical art. Fee: $60R/NR
363701-A  Mo  Sep 14-Oct 5  9:30-10:15 a.m.  CRC

■ ABRAKADOODLE READY, SET, CREATE! ☀ AGES 3-5
We'll learn about the Bull's Eye painting technique and create interesting effects using white crayons that disappear then magically re-appear when we paint! Then, we'll discover one of our newest Artists of Distinction – Natasha Wescoat - who designs paintings using colorful swirls and soft edges. Also featured are Paul Klee and his very unusual self portrait and Wolf Kahn and his luminous technique of depicting landscapes, fantasy forests and more! Supply fee of $20 is due to the instructor on the first day of class. Fees: $75R/NR
363703-A  Sa  Sep 12-Oct 10  9:30-10:30 a.m.  CRC

■ ABRAKADOODLE WET AND STICK! ☀ AGES 3-5
We'll use this technique as we have fun creating distinctive artwork, including Navajo rugs, Haida masks and a playful geometric abstract focusing on the design techniques of Robert Delaunay. Stencils, colored papers and paints will be featured as we use our imaginations and design original funky animals like the artwork of Sophie Harding and simple figures inspired by the work of Charlotte Derain. This action-oriented session will result in some of our most colorful and lively artwork yet! Supply fee of $20 is due to the instructor on the first day of class. Fee: $75R/NR
363704-A  Sa  Sep 12- Oct 10  9:30-10:30 a.m.  TWRC

■ JUMPBUNCH: FIT & FUN PARENT-TOT CLASS ☀ AGES 1½-3
Enjoy hands-on interaction with your child as they learn and grow with this highly-acclaimed program created for toddlers! Our movement-based curriculum is specially designed to help build self-confidence while developing fine and gross motor skills, hand-eye coordination, balance and more! JumpBunch provides your toddler the opportunity to explore a wide range of age-appropriate sports equipment, while also reinforcing the basics like colors, shapes, animals, counting and more!

Themes: Football, Broomball, Scoops, Rebounder and Soccer Juggling
5-weeks  I  Fees: $45R/$54NR
317900-A1  We  Sep 2-30  5:30-6 p.m.  CRC

4-weeks  I  Fees: $36R/$43NR
317900-A2  Th  Sep 3-24  11-11:30 a.m.  TWRC
JUMPBUNCH: INTRO TO SPORTS ☀️ 3½ -7 YEARS
Get your child moving with JumpBunch! In each class, our trained coaches will introduce the fundamentals of a different sport or fitness activity through exploration and play. Stretching, cardiovascular movements and muscle strengthening exercises will also be included in every class. Come see what being fit and having fun is all about!

Themes: Football, Broomball, Scoops, Rebounder and Soccer Juggling

5-weeks | Fees: $45R/$54NR
317902-A1 We Sep 2-30 6-6:30 p.m. CRC

4-weeks | Fees: $40R/$48NR
317902-A2 Th Sep 3-24 10:15-11 a.m. TWRC

LANGUAGE CLASSES FOR CHILDREN ☀️
Kiddie Language Academy is offering immersion-based language classes. Their native-speaking and bilingual teachers will lead the kids through adventure-filled lessons that combines storytelling, music, movement, art and dramatic play to teach kids to understand and ultimately speak new languages.

Spanish Ages 3-5 | Fees: $80R/$96NR
313711-A1 Tu Sep 8-Oct 27 3-3:45 p.m. CRC

Spanish Ages 6-9 | Fees: $100R/$120NR
313712-A2 Tu Sep 8-Oct 27 4-5 p.m. CRC

ADULT & YOUTH SPORTS

TAEKWON-DO ☀️ AGES 8+
This class is a great way to instil self-confidence. Students are taught the five tenets of courtesy, integrity, perseverance, self-control and indomitable spirit. Instructors are class B & C certified through the International and United States Taekwon-Do Federation. Fees: $60R/$72NR ($75R/$90NR*)

327400-A1 Tu/Th Aug 4-Sep 29 7-8:30 p.m. TCC
327400-B2 Tu/Th Oct 1-Dec 10 7-8:30 p.m. TCC

ADULT SOFTBALL LEAGUES ☀️ AGES 16+
The Mens and Coed "D" Divisions are for teams with average skills and typically some prior experience in leagues. Registration begins August 1 at Carpenter Recreation Center and team fee is $375 up until August 15. After that, if there is space available, team fee is $400. Deadline to register is August 19 or until leagues fill (maximum nine teams each.) There are no player’s fees. For more information, go to quickscores.com/thornton or email mike.coulter@ThorntonCO.gov. Location: Riverwalk Ballfields

307210-A Tu Aug 25-Oct 27 6-10 p.m. Men’s D
307210-B Th Aug 25-Oct 27 6-10 p.m. Coed D

THORNTON SPORTS ACADEMY

SOCCER ☀️ AGES 6-9
Improve your shooting, dribbling and defensive skills by practicing fundamental drills designed to make you a better soccer player. Fees: $70R/$84NR

Ages 6-7
317925-A Mo/We Sep 9-Nov 2 4-5 p.m. TW Park

Ages 8-9
317925-B Mo/We Sep 9-Nov 2 5-6 p.m. TW Park

SPEED, AGILITY & CONDITIONING ☀️ AGES 11-18
This class is designed to increase your overall fitness by practicing fundamental speed and agility drills. This will improve your success whether trying out for a team or individual sport or just trying to get in better shape for whatever activity you choose. Fees: $50R/$60NR

Ages 11-14
317940-A We Sep 9-Oct 28 4-5 p.m. TWRC
317940-B We Sep 9-Oct 28 3-4 p.m. TWRC

BASKETBALL ☀️ AGES 10-13
Improve your dribbling, shooting, and rebounding skills by practicing fundamental drills designed to make you a better basketball player. Fees: $70R/$84NR

Ages 10-11
317920-A Tu/Th Sep 8-Oct 29 4-5 p.m. TWRC
317920-B Tu/Th Sep 8-Oct 29 5-6 p.m. TWRC

TENNIS ☀️ AGES 6-12
Sharpen your tennis skills in a fun setting by practicing backhand, forehand, serving and other drills. You’ll come out of this eight week program a much better and confident player! Fees: $70R/$84NR

Ages 6-9
317930-A Tu/Th Sep 8-Oct 29 4-5 p.m. Eastlake Park

Ages 10-12
317930-B Tu/Th Sep 8-Oct 29 5-6 p.m. Eastlake Park

AQUATICS

SESSION DATES
Tuesday and Thursday . . . . . . . . . . . September 1-October 1
Saturday . . . . . . . . . . . . . . . . . . September 12-November 14

PARENT/TOT AGES 6 MONTHS-3
This class was designed with an emphasis on safety skills, water adjustment and fun. At least one parent must accompany each child in the water. Fees: $40R/$46NR

Ages 3-5 years
364000-3 Tu/Th C 10-10:30 a.m. TWRC
364000-8 Tu/Th C 6:30-7 p.m. TWRC
364000-5 Sa G 11:30 a.m.-12 p.m. TWRC

LEVEL 1-WATER EXPLORATION
This class will orient kids to water and teach them basic swimming skills. Due to new COVID-19 guidelines, one parent must accompany each child in the water. Fees: $40R/$46NR

Ages 6+ years
364111-4 Tu/Th C 10:45-11:15 a.m. TWRC
364111-6 Tu/Th C 5:30-6 p.m. TWRC
364111-7 Tu/Th C 5:45-6:15 p.m. TWRC
364111-2 Sa G 10-10:30 a.m. TWRC
364111-5 Sa G 11:30 a.m.-12 p.m. TWRC

CLASS LOCATIONS
Active Adult Center ............................................ AAC
Carpenter Recreation Center ................................. CRC
Thornton Arts & Culture Center ............................ TACC
Thornton Community Building .............................. TCB
Thornton Community Center ............................... TCC
Trail Winds Recreation Center ............................ TWRC

thorntonparks.com I 303-538-PARK (7275)
**LEVEL 2-PRIMARY SKILLS**

Must have passed or show competency in Level 1 skills. Skills taught include underwater swimming, front/back glides, deep water skills, breathing, combined stroke and safety. Due to new COVID-19 guidelines, one parent must accompany each child in the water. Fees: $40R/$46NR

*Ages 3-5 years*

- 364211-1 Tu/Th C 9:15-9:45 a.m. TWRC
- 364211-6 Tu/Th C 5:30-5:30 p.m. TWRC
- 364211-8 Tu/Th C 6:30-7 p.m. TWRC
- 364211-2 Sa G 10-10:30 a.m. TWRC
- 364211-4 Sa G 10:45-11:15 a.m. TWRC

*Ages 6+ years*

- 364221-7 Tu/Th C 5:45-6:15 p.m. TWRC
- 364221-2 Sa G 10-10:30 a.m. TWRC
- 364221-5 Sa G 11:30 a.m.-12 p.m. TWRC

**LEVEL 3-STROKE READINESS**

Must have passed or show competency in Level 2 skills. Skills taught include components of front/back crawl, elementary backstroke, dive from poolside, bobbing, basic rules of safe diving. Due to new COVID-19 guidelines, one parent must accompany each child in the water (Level 3, 3-5 years classes only.) Fees: $40R/$46NR

*Ages 3-5 years*

- 364311-7 Tu/Th C 5:45-6:15 p.m. TWRC
- 364311-4 Sa G 10:45-11:15 a.m. TWRC

*Ages 6+ years*

- 364321-6 Tu/Th C 5:30-5:30 p.m. TWRC
- 364321-8 Tu/Th C 6:30-7 p.m. TWRC
- 364321-2 Sa G 10-10:30 a.m. TWRC
- 364321-4 Sa G 10:45-11:15 a.m. TWRC

**LEVEL 4-STROKE DEVELOPMENT**

Must have passed or show competency in Level 3 skills. Skills taught include endurance in elementary backstroke, front/back crawl, rotary breathing, as well as introduction to breaststroke kick and turns. Fees: $40R/$46NR

*Ages 6+ years*

- 364421-6 Tu/Th C 5:30-5:30 p.m. TWRC
- 364421-7 Tu/Th C 5:45-6:20 p.m. TWRC
- 364421-5 Sa G 11:30 a.m.-12:05 p.m. TWRC

**LEVEL 5-STROKE REFINEMENT**

Must have passed or show competency in Level 4 skills. Skills taught include diving, swimming, front crawl 100-yards, back crawl 100-yards, breaststroke 25-yards, sidestroke 25-yards, butterfly, speed turn for breaststroke and flip turn for front crawl. Fees: $40R/$46NR

*Ages 6+ years*

- 364521-4 Sa G 10-10:30 a.m. TWRC
- 364521-7 Tu/Th C 5:45-6:15 p.m. TWRC

**LEVEL 6-STROKE PROFICIENCY**

Must have passed or show competency in Level 5 skills. Skills taught include diving, back crawl 100-yards, breaststroke 50-yards, sidestroke 25-yards, butterfly, speed turn for breaststroke and flip turn for back crawl. Fees: $40R/$46NR

*Ages 6+ years*

- 364621-2 Sa G 10-10:35 a.m. TWRC

**LEVEL 7-ADVANCED SKILLS**

Must have passed or show competency in Level 6 skills. Skills taught include fundamentals of competitive swimming and training, swim continuously for 500-yards, front crawl 200-yards, underwater swimming 10-yards, back crawl 100-yards, breaststroke 50-yards, sidestroke 25-yards, butterfly 25-yards, backstroke flip turn, retrieve diving brick from deepest area of pool, and treading water for two minutes, legs only. Fees: $40R/$46NR

*Satisfies precourse requirement for lifeguard certification programs.

*Ages 6+ years*

- 364721-8 Tu/Th C 6:30-7:05 p.m. TWRC
- 364721-5 Sa G 11:30 a.m.-12:05 p.m. TWRC

**PRIVATE SWIM LESSONS**

Private swim lessons are available at the Recreation Center and are designed to address the specific needs of the swimmer. Sessions are 30-minutes, one-on-one with the instructor. Class days and times are arranged between the student and the instructor. Participants of all ages and ability levels are welcome.

Call 303-538-PARK(7275) for information. Fees: $24R/$28NR per 30-minute session; $66R/$78NR three 30-minute sessions

**DANCE**

Due to the fluidity of the COVID-19 pandemic, if we experience any closures we will continue to offer these classes virtually until re-opening. All classes will have a small winter showcase performance in December. Costume fee has been included in your registration fee.

Dance classes will not be held on the following days:

- September 4-7 (Labor Day weekend)
- October 31 (Halloween)
- November 23-38 (Thanksgiving Break)

Questions? Contact Kendra Keefe, Dance Specialist at 720-977-5937 or kendra.keefe@ThorntonCO.gov.

**DANCE PROGRAM FEES**

- 40-minute classes .................................................. $140R/$162.50NR
- 55-minute classes .................................................. $155R/$185NR

Classes that fall on a holiday mentioned above will be prorated.

**PRESCHOOL COMBO LEVEL 1 AGES 3-5**

An introduction to ballet, jazz, and tap designed for preschool ages without the assistance of their parents. Ballet shoes and tap shoes are required.

- 327510-A Mo Aug 31-Dec 14 9:15-9:55 a.m. TWRC
- 327510-B Mo Aug 31-Dec 14 5:15-5:55 p.m. TCC
- 327510-C Tu Sep 1-Dec 15 9:30-10:10 a.m. TWRC
- 327510-E We Sep 2-Dec 16 9:15-9:55 a.m. TCC
- 327510-F We Sep 2-Dec 16 2:05-2:45 p.m. TCC
- 327510-G Th Sep 3-Dec 17 9:30-10:10 a.m. CRC
- 327510-I Fr Sep 11-Dec 18 11:15-11:55 a.m. TCC
- 327510-J Fr Sep 11-Dec 18 11:15-11:55 a.m. CRC
- 327510-L Sa Sep 12-Dec 19 4-4:40 p.m. CRC
- 327510-M Sa Sep 12-Dec 19 10:45-11:25 a.m. CRC
- 327510-N Sa Sep 12-Dec 19 11:30-12 p.m. TCC
- 327510-P Sa Sep 12-Dec 19 11:45-12:25 p.m. TWRC
- 327510-Q Sa Sep 12-Dec 19 12:30-1:10 p.m. CRC
- 327510-R Sa Sep 12-Dec 19 12:30-1:10 p.m. TWRC
- 327510-S Sa Sep 12-Dec 19 12:30-1:10 p.m. TCC
- 327510-T Sa Sep 12-Dec 19 12:30-1:10 p.m. CRC

**CLASSES & PROGRAMS TAKING PLACE AUGUST 31-OCTOBER 3**
PRESCHOOL COMBO LEVEL 2 AGES 3-5
An introduction to ballet, jazz, and tap designed for preschool ages without the assistance of their parents. Ballet shoes and tap shoes are required.

327511-E Wed Sep 2-Dec 16 10:15-10:55 a.m. TWRC
327511-I Fri Sep 11-Dec 18 12:15-12:55 p.m. TWRC
327511-J Fri Sep 11-Dec 18 5:05-5:45 p.m. CRC
327511-K Sat Sep 12-Dec 19 1:45-2:25 p.m. TWRC

PRESCHOOL BALLET AGES 3-5
An introduction to ballet for preschool ages without the assistance of their parents. Ballet shoes are required.

327511-E Wed Sep 2-Dec 16 10:15-10:55 a.m. TWRC
327511-I Fri Sep 11-Dec 18 12:15-12:55 p.m. TWRC
327511-J Fri Sep 11-Dec 18 5:05-5:45 p.m. CRC
327511-K Sat Sep 12-Dec 19 1:45-2:25 p.m. TWRC

DANCE COMBO LEVEL 1 & 2 AGES 5-17
A combo class studying ballet, jazz, and tap while focusing on correct technique and terminology. Ballet shoes and tap shoes are required.

LEVEL 1 YOUTH AGES 5-7
327530-A Mon Aug 31-Dec 14 6:15-7:10 p.m. TCC
327530-E Wed Sep 2-Dec 16 3-3:55 p.m. TWRC
327530-G Thu Sep 3-Dec 17 12:30-12:40 p.m. TWRC
327530-I Fri Sep 11-Dec 18 3:55-4:50 p.m. CRC
327530-K Sat Sep 12-Dec 19 12:30-1:25 p.m. TWRC
327530-L Sat Sep 12-Dec 19 5-5:55 p.m. CRC

LEVEL 2 YOUTH AGES 5-7
327531-A Mon Aug 31-Dec 14 4:15-4:55 p.m. TCC
327531-D Tue Sep 1-Dec 15 5:45-6:25 p.m. TCC
327531-E Wed Sep 2-Dec 16 4:15-5:10 p.m. TWRC
327531-G Thu Sep 3-Dec 17 6:30-7:25 p.m. TWRC
327531-I Fri Sep 11-Dec 18 4:15-5:10 p.m. TWRC
327531-K Sat Sep 12-Dec 19 2:45-3:40 p.m. TWRC

LEVEL 1 JUNIOR AGES 8-10
327532-A Mon Aug 31-Dec 14 1:45-2:40 p.m. TWRC
327532-E Wed Sep 2-Dec 16 5-5:55 p.m. TCC

LEVEL 2 JUNIOR/PRE-TEEN AGES 8-11-17
327534-C Tue Sep 1-Dec 15 6:45-7:40 p.m. TCC
327534-E Wed Sep 2-Dec 16 6:10-7:05 p.m. TCC

LEVEL 1 PRE-TEEN/TEEN AGES 11-17
327536-A Mon Aug 31-Dec 14 7:20-8 p.m. TCC
327536-G Thu Sep 3-Dec 17 7:45-8:25 p.m. TCC
327536-I Fri Sep 11-Dec 18 6:55-7:35 p.m. CRC

HIP-HOP CLASSES AGES 3-17
An age-appropriate hip-hop class introducing students to the different elements of hip-hop without the assistance of their parents. Sneakers are required.

PRESCHOOL AGES 3-5
327540-A Mon Aug 31-Dec 14 11:15-11:55 a.m. TCC
327540-E Wed Sep 2-Dec 16 2:15-2:55 p.m. TCC
327540-I Fri Sep 11-Dec 18 10:15-10:55 a.m. CRC
327540-J Fri Sep 11-Dec 18 3:15-3:55 p.m. TWRC
327540-K Sat Sep 12-Dec 19 2:20-2:40 p.m. CRC

YOUTH AGES 5-7
327544-C Tue Sep 1-Dec 15 4:30-5:10 p.m. TWRC
327544-D Tue Sep 1-Dec 15 5:45-6:25 p.m. CRC
327544-E Wed Sep 2-Dec 16 3:35-4:15 p.m. CRC
327544-I Fri Sep 11-Dec 18 6:40-7:40 p.m. CRC
327544-K Sat Sep 12-Dec 19 3:34-4:00 p.m. CRC

(HIP-HOP CLASSES CONTINUED)

JUNIOR AGES 8-10
327546-G Thu Sep 3-Dec 17 7:45-8:25 p.m. TCC
327546-I Fri Sep 11-Dec 18 3:45-4:25 p.m. TWRC

PRE-TEEN/TEEN AGES 11-17
327545-G Thu Sep 3-Dec 17 6:30-7:25 p.m. TCC
327545-I Fri Sep 11-Dec 18 3:45-4:25 p.m. TWRC

BALLETT CLASSES AGES 5-17
A ballet class focusing on learning proper technique and terminology with an emphasis on the correct placement of the arms, legs and body while dancing. Ballet shoes required.

YOUTH AGES 5-7
327550-A Mon Aug 31-Dec 14 4:15-4:55 p.m. TCC
327550-C Tue Sep 1-Dec 15 3:30-4:10 p.m. TWRC

JUNIOR AGES 8-10
327555-G Thu Sep 3-Dec 17 6:30-7:25 p.m. TCC

PRE-TEEN/TEEN AGES 11-17 Fees: $133R/$154NR
327557-A Mon Aug 31-Dec 14 7:20-8 p.m. TCC

BALLROOM CLASSES AGES 5-17
A ballroom sampler class introducing students to ballroom styles such as Swing, Waltz, Foxtrot, Salsa, and Cha-Cha. Partners are not required. Smooth-soled shoes are recommended. Classes are held in the Columbine Room.

JUNIOR AGES 8-10
327572-A Mon Aug 31-Dec 14 5:20-6:15 p.m. TCC

PRE-TEEN AGES 11-13
327573-A Mon Aug 31-Dec 14 6:30-7:25 p.m. TCC

TEEN AGES 14-17
327574-A Mon Aug 31-Dec 14 7:40-8:35 p.m. TCC

CHEERLEADING & POM AGES 4-10
A dance class focusing on the basics of cheerleading and poms. Sneakers are required.
327597-A Mon Aug 31-Dec 14 3:50-4:45 p.m. CRC

LYRICAL JAZZ AGES 5-17
Students will learn jazz and contemporary ballet styles while expressing emotion through movement.

YOUTH AGES 5-7
327580-E Wed Sep 2-Dec 16 1:55-2:35 p.m. CRC

JUNIOR AGES 8-10
327585-G Thu Sep 3-Dec 17 5:30-6:10 p.m. CRC

PRE-TEEN/TEEN AGES 11-17
327586-K Sat Sep 12-Dec 19 4-4:40 p.m. TWRC

ADULT TAP AGES 16+
Get a great workout while learning how to tap dance in a non-judgemental and fun atmosphere. Tap shoes are required. Level 1 is a beginner class, level 2 is an intermediate class. Fees: $35R/$42.50NR per session.

LEVEL 1
327593-G1 Thu Sep 3-Oct 1 8:30-9:10 a.m. TWRC
327593-G2 Thu Oct 8-Nov 5 8:30-9:10 a.m. TWRC
327593-G3 Thu Nov 12-Dec 17 8:30-9:10 a.m. TWRC

LEVEL 2
327594-C1 Tue Sep 1-29 8:30-9:10 a.m. TCC
327594-C2 Tue Oct 6-Nov 3 8:30-9:10 a.m. TCC
327594-C3 Tue Nov 10-Dec 15 8:30-9:10 a.m. TCC
**GYMNASICS**

**SESSION DATES . . . . . . . AUGUST 30-October 3**

*No classes Labor Day weekend, September 4-7.*

Class fees have been prorated.

### LITTLE EXPLORERS AGES 2-3½

This class prepares your child to attend a gymnastics class on his or her own. **Parents are REQUIRED to participate.** The class consists of 40-minutes of structured activity and five minutes to explore freely. Dancing, singing and movement to music are incorporated in the curriculum. **PLEASE MAKE SEPARATE ARRANGEMENTS FOR INFANTS AND OTHER CHILDREN.** Only one adult per child please. Fees: $21R/$25NR

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<td>317105-U1</td>
<td>Sa</td>
<td>8:45-9:30 a.m.</td>
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### TUMBLETOT 1 AGES 3-4½ (based on age, not ability)

This class is 45-minutes of structured activity that incorporates cognitive skills through the use of colors, letters and counting. Children will learn to follow instruction, a circuit and practice waiting for a turn **without** a parent by their side. These skills will be acquired while doing the basics of gymnastics.

**TWICE PER WEEK | Fees: $57.50R/$70NR**

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<td>317110-C1*</td>
<td>Mo/We</td>
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<td>317110-G1</td>
<td>Tu/Th</td>
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<td>317110-H1</td>
<td>Tu/Th</td>
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<td>317110-J1</td>
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**ONCE PER WEEK | Fees: $23R/$28NR**

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<td>317110-Q1</td>
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<td>317110-R1</td>
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<td>317110-U1</td>
<td>Sa</td>
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<tr>
<td>317110-V1</td>
<td>Sa</td>
<td>11-11:45 a.m.</td>
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### TUMBLETOT 2 AGES 4½-5 (based on age, not ability)

Children will learn new skills and master old skills. Combinations and skill sequencing will make the class more challenging. This class is 50-minutes of structured activity including quizzes on the names of gymnastics skills and positions.

**TWICE PER WEEK | Fees: $57.50R/$70NR**

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<tr>
<td>317120-C1*</td>
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<td>317120-H1</td>
<td>Tu/Th</td>
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<td>317120-J1</td>
<td>Tu/Th</td>
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**ONCE PER WEEK | Fees: $23R/$28NR**

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<tr>
<td>317120-Q1</td>
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<tr>
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<td>Sa</td>
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</tr>
<tr>
<td>317120-V1</td>
<td>Sa</td>
<td>11:20 a.m.-12:10 p.m.</td>
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### PRE-BEGINNER AGES 5-6½

*(based on age, not ability, no pre-requisite)*

This 50-minute class will prepare your young gymnast for a “big boys or girls” beginner Level 1 class. Circuits will be similar to those used in Tumbletots; however, a change in mat size and height will make the skill progressions more challenging.

**TWICE PER WEEK | Fees: $67.50R/$80NR**

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<th>Code</th>
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<td>317125-D1*</td>
<td>Mo/We</td>
<td>4-4:50 p.m.</td>
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<td>317125-K1</td>
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**ONCE PER WEEK | Fees: $27R/$32NR**

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<tr>
<td>317125-W1</td>
<td>Sa</td>
<td>12-12:50 p.m.</td>
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<tr>
<td>317125-X1</td>
<td>Sa</td>
<td>12:20-1:10 p.m.</td>
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### GIRLS LEVEL 1 AGES 6+

This is the beginning level for girls six years and older. Gymnasts will learn skills on the four Olympic events: Vault, Bars, Beam and Floor Exercise. Students are expected to learn the names of the skills they practice and will be tested on their ability to perform them. Several sessions at this level may be necessary to meet the requirements for Level 2.

**TWICE PER WEEK | Fees: $67.50R/$80NR**

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<th>Code</th>
<th>Days</th>
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**ONCE PER WEEK | Fees: $27R/$32NR**

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<td>317130-X1</td>
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<td>1:30-2:30 p.m.</td>
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<td>317130-Y1</td>
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<td>2:45-3:45 p.m.</td>
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<tr>
<td>317130-Z1</td>
<td>Sa</td>
<td>4-5 p.m.</td>
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### GIRLS LEVEL 2 AGES 6+

This class is for gymnasts who have passed Level 1 by mastering the very basics of gymnastics. The curriculum focuses on the development of strength to help the gymnast perform more challenging skills. Gymnasts will be tested and **MUST** have a pull-over on bars to advance to Level 3. Several sessions at this level will be necessary to build the strength and skill consistency for Level 3.

**TWICE PER WEEK | Fees: $60.75R/$72NR**

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**ONCE PER WEEK | Fees: $27R/$32NR**

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<th>Code</th>
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<tr>
<td>317140-X1</td>
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<td>1:40-2:40 p.m.</td>
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<tr>
<td>317140-Y1</td>
<td>Sa</td>
<td>2:55-3:55 p.m.</td>
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### GIRLS LEVEL 3

This class is 1½ hours long and **gymnasts are REQUIRED to wear a leotard.** Continued development of strength and flexibility are key to perform skills properly at this level. It takes multiple consecutive sessions in Level 3 to meet the requirements to advance to Pre-Team.

**TWICE PER WEEK | Fees: $90R/$107.50NR**

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<td>317150-M1</td>
<td>Tu/Th</td>
<td>5:20-6:50 p.m.</td>
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### GIRLS PRE-TEAM

This 1½ hour class concentrates on the skills and combinations necessary to compete with the CARA Team. Gymnasts may begin to learn basic routines and typically need an entire year at this level to prepare for team.

**TWICE PER WEEK | Fees: $81R/$96.75NR**

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**CLASS LOCATIONS**

| Active Adult Center | AAC |
| Carpenter Recreation Center | CRC |
| Thornton Arts & Culture Center | TACC |
| Thornton Community Building | TCB |
| Thornton Community Center | TCC |
| Trail Winds Recreation Center | TWRC |
(GYMNASTICS CONTINUED)

**BOYS LEVEL 1 AGES 6+**

Boys will learn skills on the six Olympic events: Vault, High Bar, Pommel Horse, Parallel Bars, Rings and Floor Exercise. Students are expected to learn the names of the skills they practice and will be tested on their ability to perform them. Several sessions at this level may be necessary to meet the requirements to advance.

**TWICE PER WEEK I Fees: $67.50R/$80NR**

317135-M1 Tu/Th 5-6 p.m. CRC

**ONCE PER WEEK I Fees: $27R/$32NR**

317135-Z1 Sa 4:14-5:15 p.m. CRC

**TEAM GYMNASTICS**

Contact Gymnastics Specialist, Susan Ludwig, susan.ludwig@ThorntonCO.gov or 720-977-5935

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**PRIVATE LESSONS**

Private gymnastics lessons are available at the Carpenter Recreation Center and are designed to address the specific needs of the gymnast. Private lesson day and times are arranged between the gymnast and the instructor. It takes a minimum of two weeks to schedule your first private lesson. Participants of all ages and abilities are welcome. Please check with an instructor to determine which package to purchase below.

**REGULAR PRIVATE LESSONS (30-minute sessions)**

<table>
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<tbody>
<tr>
<td>$20R/$23NR</td>
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<tr>
<td>$54R/$65NR</td>
<td>for three sessions</td>
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**TEAM PRIVATE LESSONS (60-minute sessions)**

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<td>$40R/$48NR</td>
<td>for one session</td>
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<tr>
<td>$108R/$130NR</td>
<td>for three sessions</td>
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**PRESCHOOL**

**2020-21 SCHOOL YEAR September 14, 2020-May 21, 2021**

The city of Thornton Preschool program is a continuous program. Please call 720-977-5942 or email sharon.juel@ThorntonCO.gov for openings.

SEPTEMBER 8: Mandatory TCC Open House, details TBD
SEPTEMBER 9: Mandatory CRC Open House, details TBD
SEPTEMBER 10: Mandatory TWRC Open House, details TBD
SEPTEMBER 14/15: First day of school

Families enrolling during the school-year are responsible for paying the non-refundable $45 registration fee, May 2021 tuition and the prorated tuition for the month they enroll. This is due at the time of registration.

For complete information regarding Covid adaptations and health practices as well as program forms and information, please visit gocot.net/preschool.

**EARLY PRESCHOOL AGES 3-4**

Social skills through play are emphasized. The routine of the classroom, shapes, colors, numbers and alphabet are introduced. The class also introduces sight words, letter sounds, sentence structure, projects and activities aligned with the Colorado Early Learning Development Guidelines (ELDG).

**FIVE-DAY OPTION I Fees: $311R/$373NR monthly**

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<td>913160-C</td>
<td>Mo-Fr 11:30 a.m.-2 p.m. TWRC</td>
</tr>
<tr>
<td>913150-C</td>
<td>Mo-Fr 8:30-11 a.m. TCC</td>
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**THREE-DAY OPTION I Fees: $187R/$224NR monthly**

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<tbody>
<tr>
<td>913160-E</td>
<td>Mo/We/Fr 11:30 a.m.-2 p.m. TWRC</td>
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<tr>
<td>913150-E</td>
<td>Mo/We/Fr 8:30-11 a.m. TCC</td>
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**TWO-DAY OPTION I Fees: $124R/$149NR monthly**

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<td>913160-F</td>
<td>Tu/Th 11:30 a.m.-2 p.m. TWRC</td>
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<tr>
<td>913150-F</td>
<td>Tu/Th 8:30-11 a.m. TCC</td>
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**KINDER READINESS AGES 4-5**

This class is designed for children who are entering kindergarten next year. In addition to classroom routine and social skills through play, it goes into depth with sight words, letter sounds and sentence structure, skills practice (like cutting and gluing), and projects and activities aligned with the Colorado Early Learning Development Guidelines ELDGs. Must be 4-years old by October 1, 2020.

**FIVE-DAY OPTION I Fees: $311R/$373NR monthly**

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<tbody>
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<td>913360-C</td>
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<tr>
<td>913350-C</td>
<td>Mo-Fr 11:30 a.m.-2 p.m. TCC</td>
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**THREE-DAY OPTION I Fees: $187R/$224NR monthly**

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<td>Mo/We/Fr 11:30 a.m.-2 p.m. TCC</td>
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**TWO-DAY OPTION I Fees: $124R/$149NR monthly**

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<tr>
<td>913350-F</td>
<td>Tu/Th 11:30 a.m.-2 p.m. TCC</td>
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**TWO-DAY OPTION I Fees: $117R/$140NR monthly**

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<td>913330-D</td>
<td>Tu/Th 10:15 a.m.-12:15 p.m. CRC</td>
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**THREE-DAY OPTION I Fees: $234R/$281NR monthly**

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<tbody>
<tr>
<td>913330-A</td>
<td>Mo/We/Fr 8:30-11:30 a.m. CRC</td>
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<tr>
<td>913330-B</td>
<td>Mo/We/Fr 12-3 p.m. CRC</td>
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**OUR PROMISE TO YOU!**

The safety of our staff and our patrons is our number one priority.

No matter which of our program(s) you choose to participate in, all Thornton Parks, Recreation & Community Programs staff follow all current locally mandated safety measures to help keep everyone safe and prevent further spread of the Coronavirus.

If you have further questions, please speak to a staff member or call 720-977-5901.