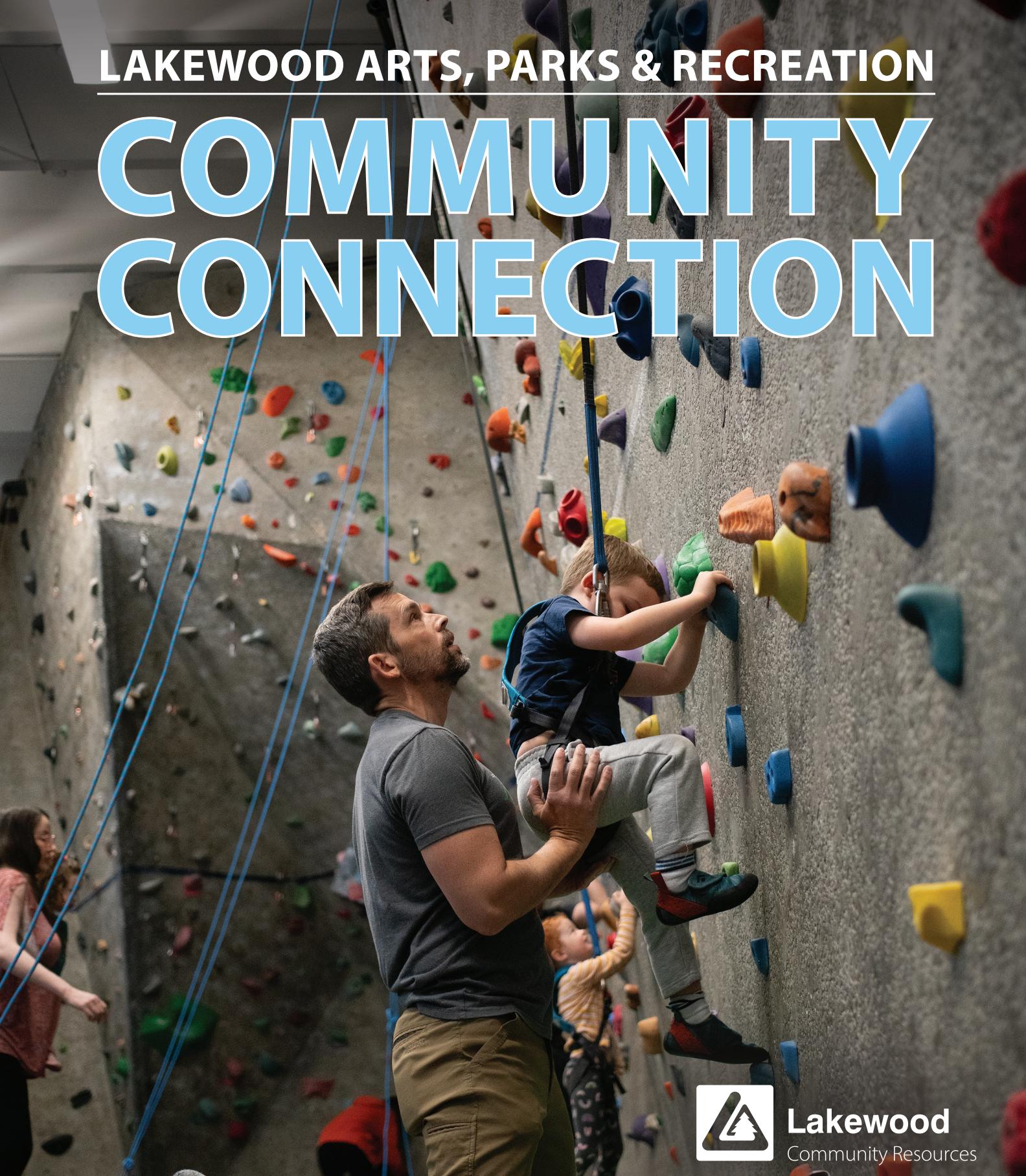


LAKWOOD ARTS, PARKS & RECREATION

COMMUNITY CONNECTION



Lakewood
Community Resources

Resident registration
opens Dec. 9 at noon

Nonresident registration opens
Dec. 11 at noon

CLASSES | PROGRAMS | LEAGUES
JANUARY–MAY 2026

Save the date... For these fun family events!

Monday Mile Challenge

Different Park Each Week

Turn ordinary Mondays into movement and motivation: walk a mile and get a chance to win prizes.

FREE!



Who Lived Here?

Heritage Lakewood Belmar Park

Explore an exhibition of Lakewood's past and present – 1776, 1876, 1976 and today – through engaging maps, stories and projects. **FREE!**



Possibilities Expo

Whitlock Recreation Center

Discover vendors, resources, and services for different abilities – from recreation and sports to health care, funding, transportation, and more!

FREE!



LCC Presents Spring Season

Lakewood Cultural Center

Prepare to be captivated during extraordinary performances by nationally and internationally renowned artists in an intimate 320-seat theater.



Earth Day Volunteer Project

Bear Creek Lake Park

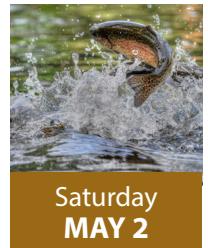
Celebrate Earth Day by assisting with projects in your local parks. Lunch will be provided. **FREE!**



Trout Tournament

Bear Creek Lake Park

Cast your reel and line during this two-person team fishing tournament. The winning fish will be determined by weight.



Active Adult Resource Fair

Whitlock Recreation Center

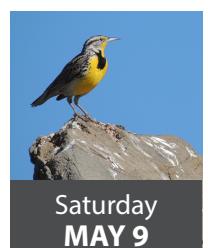
Learn about local resources and services for adults age 55+ at this free fair open to older adults, caregivers and family members. **FREE!**



World Migratory Bird Day

Bear Creek Lake Park

As birds return to their nesting sites for summer, enjoy an event focused on education, conservation, activities and crafts. **FREE!**



Car No. 25 Open House

Denver Federal Center

Hop on the historic Car No. 25, Lakewood's electric railcar from 1911, for a one-day-only ride into Colorado's transit past. **FREE!**



Rockin' Block Party

Heritage Lakewood Belmar Park

Celebrate our community with live music, an outdoor movie, kids' activities, food trucks, and a beer garden at the outdoor amphitheater. **FREE!**



Stay connected – subscribe & follow Lakewood.

VISIT: Lakewood.org/Communicate

Join the fun!

Find all upcoming events at Lakewood.org/Events.



Contents

Active Adults 55+	3–4	Outdoor	12
Aquatics	5–6	Sports and Leagues	13
Arts, Culture and History	7	Therapeutic Recreation	14
Dance	8	Camps	15
Fitness and Wellness	9	Facilities	16–17
Gymnastics and Climbing	10–11		

3 EASY WAYS TO REGISTER



Online

[Visit Lakewood.org/Register](http://Lakewood.org/Register)

Create an account and confirm your residency before registration day to save time. Use the online catalog to filter by age, day, or activity. Scan the QR codes in this guide for quick online access.



Phone

303-987-4800

Phone registration is by credit card only.



In-Person

At all facilities listed.

Register for classes and programs listed for January–May.

Lakewood Residents: Dec. 9 at noon

Nonresidents: Dec. 11 at noon

3 MANERAS SIMPLES DE REGISTRARSE



En línea

[Visit Lakewood.org/Registro](http://Lakewood.org/Registro)

Para ver el catálogo en línea en español, escanear el código y seleccionar "Spanish" del menú en el rincón abajo a la derecha de la página web.



Por teléfono

303-987-2490

Se requiere usar una tarjeta de crédito.



En persona

En todas las instalaciones.

Registrarse para clases o programas de enero a mayo.

Residentes de Lakewood: el 9 de diciembre al mediodía

No residentes: el 11 de diciembre al mediodía



Click on this icon at Lakewood.org/Register for an accessible version of this guide!

Parks & PLAY for all!

Through the Lakewood Possibilities Fund, residents can apply for funds to attend programs, classes and facilities.



Learn more about eligibility at:
Lakewood.org/PossibilitiesFund



Lakewood
Community Resources

THE CITY OF LAKWOOD IS HIRING LIFEGUARDS!



Dive Into Lifeguarding!

Year-round and seasonal positions are available at Lakewood indoor and outdoor pools.

- Flexible hours.
- Starting at \$18.50/hour.
- City paid training and certification.*

* Class reimbursement is available for all guards completing a full season of employment.



Lakewood
Recreation



Lakewood.org/Aquatics



ON THE COVER

We all need a little support as we attempt to climb to higher heights. Try out the climbing wall at the Link Recreation Center during classes, private instruction, or open climbing times.

Want to go higher? Join the Climbing Team! Learn more on page 11 or at Lakewood.org/Register.

PRIVATE USE OF PUBLIC FACILITIES

The City of Lakewood has a paramount concern for public safety. To ensure the safety of our patrons and to minimize risks and liability, only employees of the City of Lakewood or approved designees are authorized to provide any type of instruction on the premises of any facility operated by the City of Lakewood. City staff reserves the right to monitor activities that appear to violate this policy.

THANK YOU COMMUNITY PARTNERS!

For information on becoming a community partner, call 303-987-7871 or email Sponsorship@Lakewood.org.



INFORMATION

CGreene@Lakewood.org | 303-987-4824

CLASSES

GENERAL ADMISSION FITNESS CLASSES

All General Admission fitness classes are listed on Lakewood.org/Register on the General Admission tab. Registration is required for General Admission classes and is available in advance or day-of online, in person at the recreation centers, or over the phone. Registration opens every other Monday for two-week intervals. Classes are programmed for those ages 55+ and are included with all insurance-based memberships (IBM) programs and facility memberships. Classes are subject to cancellation or time change.

ARTS

Featuring **Drawing Basics**, **Japanese Bunka Embroidery**, **Painting Workshops**, **Pottery**, **Silversmithing**, **Stained Glass**, and **Watercolor**.

Clements Center hosts a variety of art programs to introduce new skills or hone those more familiar.



CONTINUED LEARNING

Spend your lunch hour with experts that present on various topics related to aging well at our **Interactive Lecture Series** programs! Topics include **Reiki Massage**, **Chef for Seniors**, **Financial Literacy: Retirement**, **Spellbinder Storytellers**, and many more. Gain or enhance your **Tech** skills in a one-on-one session.

20% | RenewActive/One Pass and SilverSneakers members receive a 20% discount off select class fees. See class descriptions for details.



DANCE

Join classes that teach dance basics in **Silver Drums**, **DanceAbility**, **Move with the Beat** and **Line Dance**, or join one of our group dances.

FITNESS AND WELLNESS

With a full palette of fitness classes, find the level and topic that suit you best — **Qi Gong**, **Yoga**, **Tai Chi**, **Pilates**, and more.

SPECIALTY

Class topics rotate frequently from subjects such as **Creative Writing**, **Mah Jongg**, **Nutrition Demonstrations**, and **Tech Help** appointments.

Active Adults 55+

SOCIAL AND ADVENTURE EXCURSIONS

Join Clements Center for a **Social Excursion** including social trips to the **Butterfly Pavilion** and **Molly Brown Summer House** or adventure trips to the **National Western Stock Show, History Colorado, Miner's Alley Theater** performance, **Colorado Ballet** behind the scenes, and the **Denver Botanical Gardens**.



SERVICES

HOT MEAL DEALS

Clements Center offers Hot Meals at 11:45 a.m. Monday through Thursday. Reservations should be made three days in advance, and a contribution of \$2.50 is recommended but not required.

DRIVER SAFETY

This AARP Driver Safety course is specially designed for motorists over 50. The course helps drivers refine existing skills and develop safe, defensive driving techniques and may help you qualify for an insurance discount.

REACHOUT OFFICE

The Reachout Office assists older adults in being as independent as possible for as long as possible by providing reliable information for older adults and their caretakers. Contact David Appel at 303-987-4838 or DavApp@Lakewood.org for more information.

ACTIVITIES

SENIOR VOLLEYBALL

Teams play in the Colorado Senior Volleyball Association. For more information visit CSVA.org.

DROP-IN ACTIVITIES

Drop in to Clements Center and enjoy Choir, Radio Club, Mah Jongg, Table Tennis, Men's Club, Needlecraft, Woodcarving, Bridge, Billiards, Coloring Club, and Women's Club. All drop-in activities require a payment of \$3 for each meeting or the purchase of a passholder card, valid for one-year, for \$50 for residents and \$55 for nonresidents.

FREE ACTIVITIES

Clements Center has a variety of free activities! The lounge is open during all business hours; horseshoe pits are outside; **Monday Movies** are open to all with a registration; and a sewing group meets to create projects for nonprofits each Tuesday! *Call ahead to 303-987-4820 or stop by!*



Scan me for more Active Adults 55+ information!



INFORMATION

For information about Lakewood pools, visit the facilities section or Lakewood.org/Pools.

SWIM TEAMS AND LESSONS

GROUP SWIM LESSONS (YOUTH)

Kids learn the fundamentals of swimming while building confidence in the water. [Group Swim Lessons](#) are offered at Carmody, Link and Green Mountain pools. For specific questions, view details online or email SwimLessons@Lakewoodco.org.

MASTERS SWIM

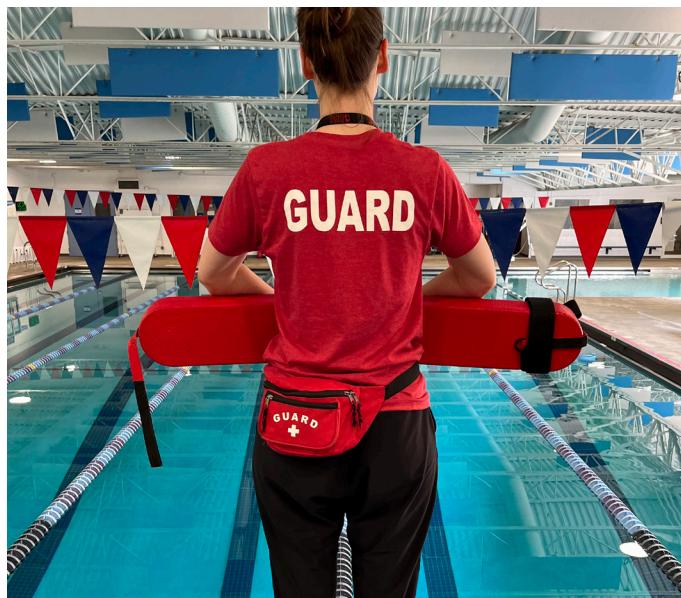
Join the Lakewood Dawgs Masters team where beginning swimmers and seasoned athletes master their goals. A Lakewood [Masters Swim Team](#) pass is required for all practices. Open to participants ages 18+.

LAKWOOD HAMMERHEADS SWIM TEAM

The [Lakewood Hammerheads \(CARA\) Swim Team](#) provides swimmers ages 6-18 with a fun introduction to competitive swimming. Emphasis is placed on learning and improving swim strokes, building endurance, and creating a fun and structured team atmosphere.

LIFEGUARD TRAINING

An American Red Cross [Lifeguard Training](#) class combines classroom and online learning with time in the water to teach participants the essential skills for lifeguarding. See prerequisites for certification. Open to ages 15+. *Class fees are reimbursed for guards working a full season.*



IMPORTANT RULES FOR YOUR POOL VISIT

- Parents/guardians are responsible for actively supervising children when using Lakewood aquatic facilities.
- Anyone 7 years old and younger must be accompanied by an adult in the pool.
- No water wings or swimming suits with flotation devices built in are allowed in Lakewood aquatic facilities. Only Coast Guard-approved life jackets or life floats may be worn by swimmers. Life jackets are available at all facilities.
- Swim diapers are required for all non-toilet-trained swimmers. Appropriate diapers are available for purchase at each facility.
- Proper swimming attire is encouraged at all facilities.
- All indoor and outdoor pools are nonsmoking facilities.
- Additional rules are posted at each facility.
- The lifeguards have the authority to enforce these and any additional rules based on participant safety.
- Glass and ceramic are not allowed near any pool areas.
- No alcohol allowed, as stated in Community Resources Department rules, found at Lakewood.org/CRRules.

Aquatics



AQUA FITNESS

GENERAL ADMISSION CLASSES

All General Admission classes are listed on Lakewood.org/Register on the General Admission tab. Registration is required for General Admission classes and is available in advance or day-of online, in person at the recreation centers, or over the phone. Registration opens every other Monday for two-week intervals. The Aqua Fitness team provides inclusive, effective programs for any level of fitness that build strength, improve balance and overall fitness. Aqua Fitness classes are included in facility membership and insurance-based memberships (IBM), except for GlideFit. Classes are subject to cancellation or time change. Learn more about insurance-based memberships (IBM) at Lakewood.org/RecMemberships.

AQUA AI CHI

Ai Chi is a breath-focused stretching and strengthening form of exercise that recharges the spirit and body. Class held in warm water.

ARTHRITIS MOVEMENT

Classes are designed for those with arthritis but are open to everyone and are led in shallow, warm water. Focus is on improving range of motion, balance, and coordination for daily living.

SHALLOW WATER

These moderate-impact classes are led in both warm and cooler water and are designed to create a higher intensity workout and use the resistance of water along with equipment and intervals.

DEEP WATER

Led in cooler water, these no-impact classes use the resistance of the water, equipment, and intervals to create an energizing workout. Must be comfortable in 10–12 feet of water.

AQUA ZUMBA

An intermediate, energetic, dance-based aqua class.

GLIDE FIT

Take your total body workout to the next level on **GlideFit** boards during drop-in classes. **GlideFit** classes are a Specialty Fitness class.

DROP-IN 60 MINUTE SPECIALTY FITNESS CLASSES

\$6 Resident, \$7 Nonresident (per class)



INFORMATION

303-987-7845

ADULT PERFORMING ARTS

MUSIC

Ukulele, Guitar and more — find your instrument and get started to level up your skills in harmonizing, finger-picking, and experimentation.

VISUAL ARTS

ADULT VISUAL ARTS

Unlock your creativity in a variety of classes for teens and adults! Whether you're interested in **Digital Art, Drawing, Painting, Fibers, Printmaking, Pottery**, or more, we have a program tailored to your artistic interests. Please note pottery registration dates vary; please see individual classes for details.

YOUTH VISUAL ARTS

Kids thrive through art! Our process-oriented art instruction opens opportunities to be creative and have fun! Come explore classes offered in **Pottery, Digital Illustration, Mixed Media, Stop Motion, Painting**, and more!

YOUTH PERFORMING ARTS

THEATER

Do you have a young thespian who is ready to take the stage? Actors will get the full musical **Theater** experience through rehearsals and performance during our season productions with Missoula Children's Theater. Come check it out!

CULINARY ARTS

COOKING

Learn how easy preparing a menu for any occasion can be. **Cooking Basics, Little Chefs, Baking Bootcamp, Canning & Pickling, Fun with Historical Recipes**, and more all provide wonderful instruction from prep to plating (*and of course sampling!*). Learn nutrition principles to help you ditch dieting and make peace with food and overcome nutritional habits.

HANDS-ON WORKSHOPS

Take a step back in time and learn classic skills in **Soapmaking, Skateboarding Decorating, Calligraphy, Sewing**, and more.

LEARNING AND LECTURES

We dish up exciting historical topics and engaging presenters alongside delicious food and refreshments at **Historical Teas, History Happy Hour, Sneak Peeks and Snacks**, or with a visit to one of our historic structures.

TOURS

Enjoy Lakewood's distinct past with a guided tour of the historic buildings at Heritage Lakewood during **Historic Building Tours**. Stroll through historic Belmar Park, once the home of The Denver Post heiress May Bonfils Stanton, to discover our farmhouse, diner, or country school.

ARTS & HISTORY OUTREACH

Bring art, dance, and history right into your classroom, community center, or organization! Our outreach programs are designed to spark curiosity, creativity, and connection no matter the age or experience level. Explore hands-on activities and engaging presentations that bring learning to life through storytelling, movement, and art. Ready to bring arts or history to your group? Inquire at crinfo@lakewood.org for content ideas, availability, and pricing.

EVENTS

The grounds at Heritage Lakewood are the perfect host for unique seasonal events such as our **Sounds Exciting!** summer concert series. Join us at the Denver Federal Center for a ride on **Car No. 25** in May. Visit Lakewood.org/Events.

HOMESCHOOL ART

Dive into fun, hands-on projects using a variety of media like **Painting, Drawing, Clay**, and more. Explore your creativity while making new friends. Perfect for all skill levels, this class helps kids connect with others who love art just as much as they do!

Scan
me for
more
Arts, Culture,
and History
information!



INFORMATION

303-987-7845

TEEN AND ADULT DANCE

GENERAL INFORMATION

Join a welcoming community where movement and creativity meet! For ages 15+, our classes invite all levels to explore new styles, build confidence, and connect through dance. Whether you're returning or just starting out, this is your space to grow and express yourself. Registration required; drop-in and private lessons available. Email NatRen@Lakewood.org for details.



DANCE

Learn or refine your skills in **Ballet**, **Hip Hop**, **Jazz**, **Modern/Contemporary**, or **Tap**. Classes are open to multiple levels, helping you progress at your own pace while having fun and connecting with fellow dancers.

BALLROOM

Experience the rhythm and partnership of **Latin** and **Standard Ballroom** styles. Learn steps, form, and flair in these timeless social dances – perfect for couples or individuals looking to move with confidence and enjoy the music.

BELLY DANCE

Celebrate strength, grace, and self-expression through **Belly Dance**. Build core strength, coordination, and confidence in this joyful, inclusive class for all body types and experience levels.

ACCESSIBLE DANCE (ADULT)

Dance Fitness is gentle and accessible, suitable for all fitness levels. **DanceAbility** invites dancers of all abilities, disabilities, and experience levels to explore creative expression, connection, and movement in an inclusive, supportive space.

YOUTH DANCE

PROGRAM LEVEL ASSESSMENT

Our instructors help each dancer find the right level during the first week of class to ensure a rewarding experience. Classes build a foundation in technique, vocabulary, flexibility, and strength. They shift focus toward rhythm, expression, and choreography in the second half of the semester. **Dance with Me** does not participate in the Spring Recital. Recital details are listed in class descriptions.

DANCE

From **Ballet** and **Contemporary** to **Hip Hop**, **Jazz**, **Lyrical**, and **Tap**, youth dancers can progress through multiple skill levels as they develop artistry and confidence. **Parent-Tot** dancers can share the joy of movement in **Dance with Me**, while **Creative Movement** helps preschoolers explore independence and imagination

PERFORMANCE TROUPE

Be part of something bigger! Our **Performance Troupe** offers dancers ages 8 and up a chance to perform, collaborate, and share their passion with the community. This yearlong commitment fosters teamwork, creativity, and performance skills.

ACCESSIBLE DANCE (YOUTH)

Our **Feel the Beat** classes are designed for dancers of all abilities to connect through rhythm, movement and joy. Learn more or register at FeeltheBeat.dance.

HOMESCHOOL DANCE

Jump, spin, and groove with our **Homeschool Dance** classes! Explore different dance styles in a relaxed and social setting—no experience needed. These classes focus on fun, self-expression and building confidence while connecting with fellow homeschoolers. Customizable scheduling options are available: email NatRen@Lakewood.org for more information.





20%

RenewActive/One Pass and SilverSneakers members receive a 20% discount off select class fees. See class descriptions for details.

INFORMATION

Wellness@Lakewood.org

INTRODUCTORY PROGRAMS

Get acquainted with our facilities during a free tour or sign up for a free equipment orientation for adults and youth. Call any recreation center to sign up or register online and search Equipment Orientation.

CLASSES AND PROGRAMS

GENERAL ADMISSION CLASSES

All General Admission classes are listed on Lakewood.org/Register on the General Admission tab. Registration is required for General Admission classes and is available in advance or day-of online, in person at the recreation centers, or over the phone. Registration opens every other Monday for two-week intervals. General admission classes are included in facility membership and insurance-based memberships (IBM). Classes are subject to cancellation or time change. Learn more about insurance-based memberships (IBM) at Lakewood.org/RecMemberships.

MIND AND BODY PROGRAMS

Set your intention and focus your energy with **Yoga**, **Meditation**, **Pilates**, or **Tai Chi**.

SPECIALTY FITNESS CLASSES

Try out our Specialty Fitness classes such as **BodyPump**, **Les Mills Core**, **TRX**, **GlideFit**, **Body Combat**, **Baby & Me** and more!

NUTRITION

Meal planning is all the buzz; take control of your diet through **Nutrition Consultations** with our on-staff registered dietician or join us for some fun and education in the kitchen with our

Cooking Demonstrations at the Link or monthly **Nutrition Interactive Lecture Series** at the Clements Center.

All insurance-based membership holders receive a 20% discount on personal training and nutrition packages.

PERSONAL TRAINING & NUTRITION



Achieve optimal health with the support of personal training and nutrition consultations.

Schedule a **FREE** 30-minute wellness consultation or select from a variety of training and nutrition packages:

PERSONAL TRAINING | TRAIN WITH A FRIEND
NUTRITION CONSULTATION



Lakewood
Recreation

Lakewood.org/Fitness
wellness@lakewood.org

*Scan
me for
more
Fitness
and Wellness
information!*



Gymnastics and Climbing

INFORMATION

CecLit@Lakewood.org | 720-963-5384

RESOURCES

INFORMATION

All classes are at the Lakewood Link Recreation Center. Recommended attire is shorts and a T-shirt, a leotard, and bare feet. Long hair must be pulled back away from face.



GYMNASICS CLASSES

FLIP & DIP (AGES 18 MOS.-5YRS.)

This class combines 45 minutes of structured gymnastics, followed by unlimited swimming! One parent/caregiver is required on the gym floor for participants under 2 1/2 years of age and one parent/caregiver is required in the pool with their child at all times.

TOTS IN ACTION (AGES WALKING-4)

Enjoy playing on gymnastics equipment and engaging in various gymnastics activities during **Tots in Action**. Trained staff will supervise and assist skills, but do not provide structured activities.

KANGAROOS (MUST BE WALKING; AGES 18 MOS.-3YRS.)

This **Kangaroos** class gives children their first exposure to our structured gymnastics classes. Children will use assorted mats, beams, rings, pre-school bars, tumble trampoline, and more. The class ends with 10 minutes of free play/gym exploration and requires one parent/caregiver to participate with each child.

TINY TUMBLERS (AGES 2 1/2-4)

Tiny Tumblers introduces toddlers to the concepts of following directions and being in a class all on their own! Children enjoy jumping, rolling, and learning preschool level gymnastics skills.

LITTLE LEAPERS (AGES 4-5)

Children enjoy weekly themed activities, navigating gymnastics obstacle courses and continuing basic skill progressions to develop strength and agility in our **Little Leapers** class, all while learning the basics of gymnastics in a fun environment.

KARTWHEEL KIDS (AGES 5-7)

This is a beginning gymnastics class and an introduction to basic tumbling and gymnastics skills. Students in **Kartwheel Kids** will be introduced to a progression of rolls, handstands, and cartwheels along with basic beam, bar, and vault skills using gymnastics equipment. No prior gymnastics experience is necessary for this class.

BRONZE FLIPS

Bronze Flips 1 (AGES 7-12)

Bronze Flips 1 is a beginning gymnastics class and an introduction to basic tumbling and gymnastics skills. Students will be introduced to a progression of rolls, handstands, and cartwheels along with basic beam, bar, and vault skills using gymnastics equipment. No prior gymnastics experience is necessary for this class. This level may require repeat sessions to accomplish development for the next level.

Bronze Flips 2 (AGES 7-12)

Bronze Flips 2 is our next level gymnastics class. In addition to perfecting basic skills, gymnasts will work on increasing flexibility and strength. Additional skills will include round offs, back extension rolls, backbends, bridge kickovers, sole circle dismounts, and inversions. This level may require repeat sessions to accomplish development for the next level.

SILVER FLIPS/PRE-TEAM (AGES 6-12)

Silver Flips/Pre-Team is a level two gymnastics class for students working on intermediate level skills. In addition to perfecting level one skills, gymnasts will work on round off connections, back walk overs, front hip circles, handstand pirouettes, and handstand/cartwheels on beam. Participants will have the option to compete in the 2024 CARA Gymnastics season. Coach approval is required for registration.



BOYS GYMNASTICS (AGES 4½–12)

These all-**Boys Gymnastics** classes will help build strength and improve agility. Boys learn basic tumbling skills and use apparatus including rings, bars, and vault.

NINJA CLASSES

Release your child's inner ninja! This exciting class is designed to increase balance, strength, agility, and coordination, utilizing fun ninja-inspired skills and obstacle courses. *All abilities are welcome!*

PRE-K NINJA (AGES 3–4)

NINJA JR. (AGES 4–6)

NINJA KIDS (AGES 7–12)

CARA GYMNASTICS

(AGES 6–18)

CARA Gold Stars Team is offered for **Compulsory** and **Optional** levels. Must have team coach approval and have passed the prerequisite classes. Gymnasts learn routines for the competitive season.

CLIMBING

CLIMBING CLASSES

Under the instruction of experienced climbing staff at the Lakewood Link Recreation Center, participants learn the basic techniques of climbing on our indoor climbing wall. Classes are available for ages 3–16 and include **Cliff Hangers**, **Rock Stars**, and **Parent/Tot**. The **Climbing Team** is offered for those wanting to push skills to new heights. All gear is provided.

OPEN WALL

Hone in your climbing skills during **Open Wall** offerings. Ages 3 and up are welcome. Shoes require a rental fee; climbing harnesses are provided at no cost, and staff will be available to help belay on a first-come, first-served basis.



Scan
me for
more
Gymnastics
and Climbing
information!



Outdoor



INFORMATION

BCLP@Lakewood.org | 303-697-6159

BEAR CREEK LAKE PARK INFORMATION

PARK PASS INFORMATION

Vehicles entering the park must have a daily pass or a **BCLP Annual Pass**, available for purchase at the entrance gate or Visitor Center. For park information, call 303-697-6159. *Registration with a valid email address is required for all programs.*

EVENTS

Visit Lakewood.org/BCLPEvents to learn about current events at Bear Creek Lake Park that celebrate and provide education about the outdoors. Participate in **Earth Day**, **Trout Tournament**, and **World Migratory Bird Day**.

HIKES

Whether you are a **Sunset** lover, appreciate **Full Moons**, or want to experience hikes in the park, BCLP rangers host themed hikes to get you out and exploring.

EDUCATION

Our rangers and naturalists host educational programs about **Archery**, **Birding and Wildlife**, **Book Club**, and pop-up events out in the parks and at trailheads. Come learn with us!



*Scan
me for
more
Outdoor
information!*



INFORMATION

YouthSports@Lakewood.org

ADULT SPORTS LEAGUES

Leagues are available for both recreational and competitive players; minimum age is 18. Teams are coordinated for men's **Basketball** and women's **Volleyball**.

DROP-IN SPORTS

Drop-in (*first-come, first-served*) indoor racquetball is offered at Green Mountain and Charles Whitlock recreation centers. Reservations are encouraged but not required.

Drop-in (*first-come, first-served*) indoor pickleball is offered on select days at Carmody, Charles Whitlock, and Green Mountain recreation centers. View the schedule at Lakewood.org/Pickleball.

UNIFIED SPORTS LEAGUES

Unified Sports connect people with intellectual disabilities (athletes) and without intellectual disabilities (unified partners) together to learn sports skills during a six-eight week league. All abilities are welcome. Teams are coordinated for **Basketball** in the winter.



THANK
YOU



CREDIT UNION
OF
COLORADO.

YOUTH SPORTS

LEAGUES

Youth leagues provide the opportunity to learn and develop fundamental skills in a safe, fun, and noncompetitive environment. Participants will receive instruction on basic skills and rules of the game during practice sessions. Leagues are offered in **Basketball** and **Volleyball**. Find more information, contact YouthSports@Lakewood.org.

CARA

Volleyball for kids is offered for all skill levels in a coed environment by Colorado Association of Recreational Athletes (CARA).

MIDDLE SCHOOL SPORTS

The Jeffco League of the **Middle School Sports Program** (MSSP) is a coed, recreational league for students of Carmody, Creighton, D'Evelyn, and Dunstan middle schools. Participants are taught the basic rules of the game along with sportsmanship. Practice times vary by school. Contact Ray Hilger for more information, RHilger@Lakewood.org or 303-987-5404.

SUPERTOTS

Supertots Sports offers programs in **Soccer**, **Basketball**, and **Baseball** for 2-5 year olds to build motor skills and self-confidence, balance, and foot-eye coordination in a lightly competitive environment. Registration information is available at skyhawkscolorado.com.

Scan
me for
more
Sports
and Leagues
information!



Therapeutic Recreation

INFORMATION

RISE@Lakewood.org, | 303-987-4867

R.I.S.E. / THERAPEUTIC RECREATION (TR)

Recreational Inclusion Services for Everyone (R.I.S.E.) is the City of Lakewood's Therapeutic Recreation (TR) program supporting individuals with disabilities. As with any recreation program, an appropriate level of independence, self-care, and behavior is required from our participants. If participants need additional support, please reach out to our TR team for **Inclusion Support**. If a participant requires additional assistance, a provider or parent may join the program at no cost except for certain program expenses (tickets, etc.).

ACTIVITIES

Join the Therapeutic Recreation team for unique experiences.

SOCIAL OPPORTUNITIES AND SPECIAL EVENTS

Attend events offered by the Therapeutic Recreation team such as **Game Nights** and **Sibshops**, where you can make new friends and enjoy some good times!

ADAPTIVE SWIMMING

THERAPEUTIC RECREATION SWIM TEAM

The Therapeutic Recreation swim team has a youth and adult team for swimmers who can swim 25 meters independently. Participants swim in the winter, spring, and fall. Spring is the Special Olympics competition season.

ADAPTIVE PRIVATE THERAPEUTIC RECREATION SWIM LESSONS

We are excited to offer **Private Adaptive Therapeutic Recreation Swim Lessons** for ages 5 and up!



SPORTS

Through the **Lakewood Lightning** teams, athletes participate on **Special Olympics** teams for **Basketball** in the winter and **Track/Field** and **Swimming** in the spring. The **Therapeutic Swim Team** will have a winter season and a spring season (Special Olympics competition season).

SERVICES

Additional services offered to individuals with disabilities in our community include **Inclusion Support** to any Lakewood Recreation program, demonstrations, and use of our **Freedom Trax** off-road assistive mobility devices, and drop-in wheelchair sports time. Please reach out to our Therapeutic Recreation staff for any additional support that we can provide.



*Scan
me for
more
Therapeutic
Recreation
information!*



INFORMATION

303-987-7800

When school is out, camp is on in Lakewood. Camps are primarily offered during seasonal school breaks in spring, summer, fall, and winter. Camps are offered at Lakewood Cultural Center, Heritage Lakewood, Washington Heights, Link, and Green Mountain recreation centers. A guide specifically listing summer camp options is distributed in the first quarter of each year. Sign up for **Extended Supervision** to cover an extra hour pre, post or at lunch between camps. Visit Lakewood.org/Camps for more information.

ART

Take a camp to **Create Art** by **Drawing, Painting, Sculpting, Collaging**, and more! Offered at Lakewood Cultural Center.

DANCE

Explore **Ballet, Hip Hop, Jazz, Tap, Improv**, and even a **Superhero** workshop for tumbling rhythm and games.

SCIENCE/STEM

See our Camps catalog for opportunities with **Science Matters, Snapology**, and **Inspire to Learn & Imagine**.

SPORTS

Need to get your kids moving? See our Camps Catalog for opportunities with **Gymnastics/Climbing, Challenger Soccer, Skyhawks Sports, SuperTots**, and more.



REFUND, CREDIT, AND TRANSFER POLICY / INCLUSION AND ACCESSIBILITY SERVICES

REFUND, CREDIT AND TRANSFER POLICY

All credit/refund requests must be made at least seven days prior to the start of a program. Requests will be evaluated on a case-by-case basis and are subject to a 50% processing fee. Refunds can be added to your household account or issued via check or credit card; no cash refunds. View the full policy at Lakewood.org/CRRules. To request a refund, contact the facility where the program is located, email CRinfo@Lakewood.org, or call 303-987-7800.

INCLUSION AND ACCESSIBILITY SERVICES

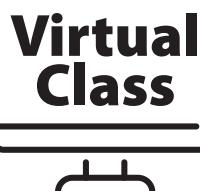
Lakewood welcomes individuals of all ages and abilities to our programs and activities. The city's Therapeutic Recreation team is here to assist in discussing adequate accommodations or adaptations. Help us prepare by contacting us at least two weeks prior to the start of the program by calling 303-987-4867 or emailing RISE@Lakewood.org.

REEMBOLSO, CRÉDITO Y NORMAS DE TRANSFERENCIA

Todas las solicitudes de crédito/reembolso deben realizarse al menos siete días antes del inicio de un programa. Las solicitudes se evaluarán caso por caso y están sujetas a una tarifa de procesamiento del 50%. Los reembolsos se pueden agregar a la cuenta de su hogar o emitirse mediante cheque o tarjeta de crédito, sin reembolsos en efectivo. Ver las reglas completas en Lakewood.org/CRRules. Para solicitar un reembolso, comuníquese con el centro donde se encuentra el programa, envíe un correo electrónico a CRinfo@Lakewood.org o llame al 303-987-7800.

INCLUSIÓN Y SERVICIOS DE ACCESIBILIDAD

Lakewood da la bienvenida a personas de todas las edades y habilidades a nuestros programas y actividades. El equipo de Recreación Terapéutica de la ciudad está aquí para ayudar a discutir adaptaciones o adaptaciones adecuadas. Ayúdenos a prepararnos contactándonos al menos dos semanas antes de que comience el programa llamando al 303-987-4867 o enviando un correo electrónico a RISE@Lakewood.org.



IN-PERSON, VIRTUAL, AND HYBRID PROGRAM OPTIONS AVAILABLE.

Virtual classes held via Zoom.

To download and view tutorials, visit Lakewood.org/Zoom.

SE OFRECEN PROGRAMAS EN PERSONA, VIRTUALES E HÍBRIDOS.

Las clases virtuales son por Zoom.

Para descargar y ver tutoriales, visite Lakewood.org/Zoom.

Facilities

RECREATION CENTERS



CARMODY RECREATION CENTER

2200 S. Kipling St.
720-963-5360
Lakewood.org/Carmody

**Features an indoor pool*

CHARLES WHITLOCK RECREATION CENTER

1555 Dover St.
303-987-4800
Lakewood.org/Whitlock

GREEN MOUNTAIN RECREATION CENTER

13198 W. Green Mountain Dr.
303-987-7830
Lakewood.org/Green-Mountain

**Features an indoor pool*

LAKWOOD LINK RECREATION CENTER

1295 S. Reed St.
303-987-5400
Lakewood.org/Link

**Features an indoor pool*

ACTIVE ADULT 55+



CLEMENTS COMMUNITY CENTER

1580 Yarrow St.
303-987-4820 TTY: 303-987-4840
Lakewood.org/OlderAdults

ARTS AND PARKS FACILITIES



BEAR CREEK LAKE PARK

15600 W. Morrison Road
303-697-6159
Lakewood.org/BCLP

HERITAGE LAKWOOD BELMAR PARK

801 S. Yarrow St.
303-987-7850
Lakewood.org/Heritage

LAKWOOD CULTURAL CENTER

470 S. Allison Parkway
303-987-7845
Lakewood.org/CulturalCenter

WASHINGTON HEIGHTS ARTS CENTER

16375 W. First Ave.
303-987-5436
Lakewood.org/WHAC



LAKWOOD PARKS

Lakewood is proud to offer over 100 parks totaling over 7,400 acres of open space.
Visit Lakewood.org/ParksList for a complete listing.

POOLS, SPLASH PADS AND SPRAY PARKS

Outdoor pools, splash pads and spray parks are open May to mid-August, depending on weather. For costs and details, visit Lakewood.org/Pools. For hours and closures, call 303-987-7006. All information is subject to change.



INDOOR POOLS



CARMODY RECREATION CENTER

2200 S. Kipling St.
720-963-5360
Lakewood.org/CarmodyPool
Pool Temperature: 80–83 degrees

GREEN MOUNTAIN RECREATION CENTER

13198 W. Green Mountain Dr.
303-987-7830
Lakewood.org/GMRCPool
Pool Temperature: 80–83 degrees

LAKewood LINK RECREATION CENTER

1295 S. Reed St.
303-987-5400
Lakewood.org/LinkPool
Pool Temperature: 90–93 degrees

OUTDOOR POOLS

CARMODY RECREATION CENTER OUTDOOR POOL

2200 S. Kipling St.
720-963-5360

GLENNON HEIGHTS OUTDOOR POOL

10600 W. Virginia Ave.
303-989-7946

MORSE PARK OUTDOOR POOL

8180 W. 20th Ave.
303-235-6881

SPLASH PADS AND SPRAY PARKS



CARMODY RECREATION CENTER SPLASH PAD

2200 S. Kipling St.
720-963-5360

RAY ROSS PARK AND SPLASH PAD

680 Harlan St.
303-987-5400

SURFSIDE SPRAY PARK

5330 W. Ninth Ave.
303-238-5780

GOLF COURSES



FOX HOLLOW GOLF COURSE

13410 W. Morrison Road
303-986-7888
GolfLakewood.com



HOMESTEAD GOLF COURSE

11500 W. Hampden Ave.
720-963-5181
GolfLakewood.com

TEEN ONLY EVENTS

Lakewood has programs just for teens.
Bring a friend and join the fun!



Art Nights
Pottery and Sculpture
Classes
Middle School Sports

Summer Jobs
Hang Out Space
Life Skills Workshops
Gaming & Social Events

Find out more at
Lakewood.org/Teen



At FYZICAL Therapy & Balance Centers, we are dedicated to treating each patient as a whole with an emphasis on overall wellness. We apply evidence-based techniques to diagnose, treat, or prevent conditions that limit your ability to move and function in daily life.

SERVICES

- ORTHOPEDICS
- BALANCE TRAINING
- VESTIBULAR
- SPORTS MEDICINE
- DRY NEEDLING
- CUSTOM ORTHOTICS
- AQUATIC THERAPY
- RETURN TO WORK

SCHEDULE YOUR APPOINTMENT TODAY:

(303) 409-2133

LOCATED CONVENIENTLY INSIDE THE
CARMODY RECREATION CENTER

2200 S. KIPLING ST.

www.FYZICAL.com/carmody-co

Additional FYZICAL locations:

Applewood, Arvada, Littleton, & Westminster

Host your next event at a Lakewood venue!



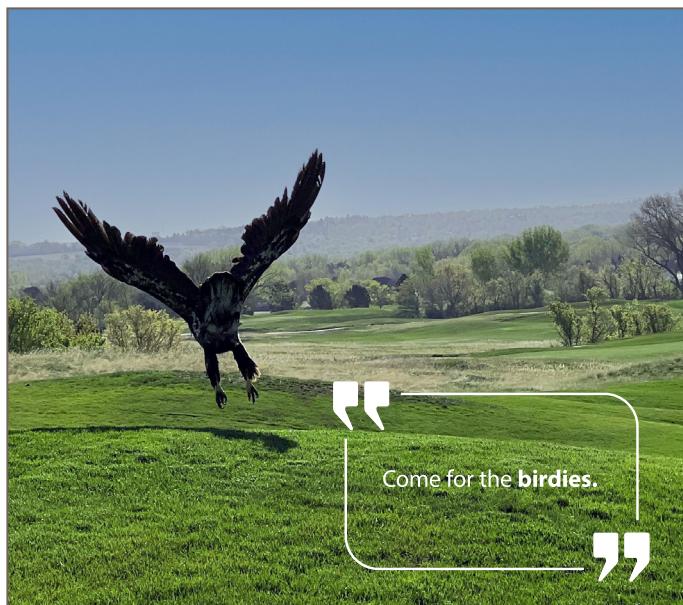
Whether you are looking for a location to have a beautiful wedding or reception, performance, fundraiser, business meeting, or family event, we have a variety of unique spaces to suit your needs.

Let us help you find the perfect venue.

Lakewood.org/Rentals



Lakewood
Community Resources



Book your tee time at GolfLakewood.com.

TAKE A SWING AT IT.

