

# Casper Activities Guide



Register online at [www.activecasper.com](http://www.activecasper.com)

# Fall 2016



City of Casper Leisure Services  
[www.casperwy.gov](http://www.casperwy.gov)

# Facilities & Passes

The Fall 2016 Recreation Guide is your source for fantastic opportunities in the Casper area. From swimming at the Family Aquatic Center to playing at the Recreation Center, and skating at the Ice Arena to getting your sport on with the Recreational Leagues Association, you are sure to find a great activity that fits your personality. Get out and play!

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**NEW!** LOOK FOR THIS SYMBOL TO FIND EXCITING NEW OPTIONS FOR FUN!

**FACILITY CLOSURES — PLEASE NOTE:**  
 All recreation facilities will be closed on September 5, November 24, December 25, January 1. The Aquatic Center will be closed August 22-28. The Recreation Center gym, fitness, weights and Funshine Corner will be closed November 21-27.

All Annual Passes good for one year from date of purchase... No monthly fees!

## CASPER FAMILY AQUATIC CENTER

Phone: 235-8383  
**FALL HOURS:**  
 Effective August 29  
 Monday through Thursday: 6:00 am-6:00 pm  
 Friday: 6:00 am - 7:00 pm  
 Saturday: 8:00 am - 6:00 pm  
 Sunday: 1:00 pm - 5:00 pm  
 (Please see page 9 for specific swimming hours)

**ANNUAL PASSES:**  
 (Aquatic Passes valid at all City of Casper Aquatic Facilities, indoors and out)  
**Adult (19 & Over):** \$230  
 \$145 6 Month / \$80 3 Month  
**Youth (13 - 18):** \$180  
 \$115 6 Month / \$65 3 Month  
**Child (5 - 12):** \$130  
 \$85 6 Month / \$50 3 Month

**DAILY RATES:**  
 \$6.00 or  
 Punch Pass (minimum of 10): \$5.50/punch

## CASPER RECREATION CENTER



Phone: 235-8383  
**FALL HOURS:**  
 Effective August 22  
 Monday through Thursday: 5:00 am - 10:00 pm  
 Friday: 5:00 am - 8:00 pm  
 Saturday: 8:00 am - 7:00 pm  
 Sunday: 1:00 pm - 6:00 pm

**ANNUAL PASSES:**  
**Adult (19 & Over):** \$90 (\$60 - 6 Month)  
**Youth (13 - 18):** \$65 (\$45 - 6 Month)  
**Child (5 - 12):** \$45 (\$30 - 6 Month)

**DAILY RATES:**  
 \$4.00 or  
 Punch Pass (minimum of 10): \$3.50/punch

## ANNUAL COMBINATION PASSES:

**Recreation Center / Aquatic Center:**  
**Adult (19 & Over):** \$270 (\$170 - 6 Month)  
**Youth (13 - 18):** \$205 (\$135 - 6 Month)  
**Child (5 - 12):** \$145 (\$95 - 6 Month)

**Ice Arena / Aquatic Center:**  
**Adult (19 & Over):** \$265  
**Youth (13 - 18):** \$210  
**Child (5 - 12):** \$155

**Rec Center / Ice Arena / Aquatic Center:**  
**Adult (19 & Over):** \$340  
**Youth (13 - 18):** \$260  
**Child (5 - 12):** \$190

**Recreation Center / Ice Arena:**  
**Adult (19 & Over):** \$135  
**Youth (13 - 18):** \$100  
**Child (5 - 12):** \$75

Facility Combination Pass prices are discounted. Additional "promo" discounts may not be applied.

## CASPER ICE ARENA

Phone: 235-8484  
**PUBLIC SKATING HOURS:**  
 (Additional sessions may be added)  
 Effective August 22  
 Mondays-Fridays.....1:00 pm-3:00 pm  
 Friday Evenings..... 5:00 pm-7:00 pm  
 Saturdays & Sundays.....1:00 pm-3:00 pm

*\*Subject to change due to special events. Please call 235-8484 for questions about Public Skating hours.*

**ANNUAL PASSES:**  
**Adult (19 & Over):** \$85  
**Youth (13 - 18):** \$65 **Child (5 - 12):** \$50

**PUBLIC SKATING DAILY RATES:**  
 \$4.50 or Punch Pass (minimum of 10): \$4.00/punch  
 Skate Rental: \$2.50  
 Walker/Trainer Rental: \$3.00

Admission to our recreation facilities is FREE for children 4 years old and under when accompanied by a paid adult admission. Limit of 2 children (free) per paid admission; daily admission fees apply to all others. Specific facility age rules still apply.

Occasionally we have events that affect our advertised hours of operation. We make every attempt to notify the community of schedule variations, but please feel free to call us to double check facility availability in advance.

# Registration & General Info

Recreation Center

Family Aquatic Center / Pools

Ice Arena

Sports



## RECREATION DIVISION MISSION STATEMENT

Provide recreation services that enhance the quality of life for Casper area residents and visitors. Services promote positive recreational opportunities, skill development, and good health in friendly and well-maintained environments.

## REGISTRATION GUIDELINES

Pre-registration is required for all classes. **A person is only registered once the fee is paid.** Please keep in mind that many classes have limited enrollment, so register early!

Classes that have not met the minimum enrollment will be cancelled or combined; decisions will be made prior to the first week of class or by the end of the first week. Please note that all classes have been issued a class code number for easy identification.

## REGISTRATION OPTIONS

Online registration:

[www.activecasper.com](http://www.activecasper.com)



Walk-In:

Register in person at the  
Casper Recreation Center,  
1801 E. 4th Street,

or at the adjacent Casper Ice Arena



Phone-In:

Call to register with a credit card, 235-8383.

## REFUND AND CANCELLATION POLICY

If a class is cancelled due to insufficient enrollment, full refunds will be given. Once a class begins, full refunds will be available **PRIOR TO THE THIRD MEETING OF THE CLASS.** For one-day classes and workshops, a refund must be requested prior to the beginning of the class. Approved refunds on camp programs and facility passes will be prorated from the date of the refund request. Refunds will be in the form of a check. If an individual has paid for a class using a credit card, the card will be credited. No cash refunds will be given. Customers requesting a refund must complete a Refund Request Form.

## SENIOR CITIZEN DISCOUNTS

The City of Casper funds discounts for annual passes for participation in Recreation Division operations. Individuals 62 and over who register for any Recreation Center, Aquatic Center, or Ice Arena pass may request a 5% discount. Anyone 55+ needing financial assistance in order to participate may apply for a Community Recreation Foundation Scholarship.

## COMMUNITY RECREATION FOUNDATION SCHOLARSHIPS

When needed, recreation scholarships are available for youth of all ages, young adults 18-21 years of age, and senior citizens (ages 55+). Scholarship eligibility is based on income level relative to the number of individuals in the family. Applications are available at all Recreation Division reception counters. Each application is evaluated individually; there are no assurances of receiving a scholarship.

The Community Recreation Foundation scholarship program is supported by fundraisers and public contributions. For the scholarship program to continue, public contributions are needed. Interested donors may call the Recreation Manager, 235-8403, for more information.

## SCHOLARSHIP POLICIES

1. Approved scholarship recipients receive a 75% discounted fee for a pass or class registration (awarded scholarship amount not to exceed \$100 for classes/passes.)
2. There is a limit of one class scholarship per individual per quarter (each 3 month period) and one facility pass per year.
3. Scholarships are designated for individuals only.

## HOW TO APPLY:

1. Complete a scholarship form—available at our front desk.
2. Pay 25% of the registration fee of the class/pass. (The maximum amount of a scholarship is \$100.)
3. The scholarship will begin at that time. You will be notified if you do not qualify for a scholarship and have the option to cancel your pass or class or pay the remaining amount.

## SPECIAL SERVICES

The Recreation Division provides special services for persons with disabilities. If you require such accommodations, please do not hesitate to contact the Recreation Manager at 235-8403.

## GROUP / CORPORATE DISCOUNT

*(Recognized businesses and organizations)*

15% Discount for either of the following:

**Group** - 20 or more passes purchased at one time

**Corporate** - 20 or more passes committed to in advance

*(Employees must present proof of employment)*

Discounts not applicable to Combination Passes

# Recreation Center

## YOUR RECREATION CENTER MEMBERSHIP INCLUDES:

- STRENGTH AND WEIGHT TRAINING EQUIPMENT
- CARDIO FITNESS EQUIPMENT
  - GYMNASIUM
- FUNSHINE CORNER FOR CHILDREN
- LOCKER AND STEAM ROOMS
  - TOWEL SERVICE
  - GAME ROOM WITH BILLIARDS & TABLE TENNIS
- ORGANIZED DROP-IN SPORTS AND DANCE TIMES FOR BASKETBALL, VOLLEYBALL, PICKLEBALL, TABLE TENNIS, CLOGGING
- DISCOUNT ON RECREATION CENTER CLASSES



## STRENGTH AND WEIGHT TRAINING EQUIPMENT

A variety of equipment is available in the strength room, including numerous selectorized plate weight machines, dumbbells, multi-purpose Smith machine

with free weights, and additional machines and benches to work all major muscle groups in the body. Participants must be at least 15 years of age. Ages 13-14 may use the strength room under the direct supervision of a responsible adult.

## CARDIO FITNESS EQUIPMENT

We offer designated fitness areas for the comfort and convenience of all patrons. Our cardio room features a seated elliptical, rowers, elliptical trainers, treadmills, stair-stepping machines, a Technogym Crossover, upright and recumbent bikes, workout mat areas, televisions, and more. Participants must be at least 13 years of age. Ages 11-12 may use the cardio room under the direct supervision of a responsible adult.

## FUNSHINE CORNER

Enjoy a great place to play out of the sun or wind. Funshine Corner offers children a safe, indoor play area. Funshine Corner is open during normal operating hours except during a private rental. Membership or daily admission fees apply. Children must be accompanied by an adult. The area is available to rent for a birthday party or get together. Please call for availability.



## GAME ROOM

Play billiards, table tennis, or just relax. Equipment or table games may be checked out with a Recreation Center Pass or \$4.00 daily use fee at the reception counter. Individuals must be at least 8 years of age to play pool.

## LOCKER ROOMS AND TOWELS

The locker rooms include lockers, restrooms, showers, and steam rooms. Coin operated lockers are \$.25 per use. Lockers are also available for an annual rental (full-size locker \$50.00; half-size \$40.00). Towel rentals available at the reception counter for \$1.00 per towel (one free towel rental per visit is included for Recreation or Aquatic Pass holders). A Towel Punch Pass may be purchased for \$.50 per towel (minimum of 10 punches must be purchased).

A Recreation Center Pass or paid daily admission is required for equipment use and drop-in access to areas in the Casper Recreation Center. Use of the steam room, showers, or fitness equipment is reserved for pass holders and those who pay the daily admission fee. Class fees are reduced for all Pass holders!

**NEW!**

## BABYSITTING SERVICE

The Recreation Center offers a drop-in babysitting service in the Funshine Corner for patrons to utilize while they use our facilities. The babysitting service is not a certified daycare or childcare provider. Children are not allowed to be dropped off unless the parent or guardian is in the building at all times.

**Babysitting Hours: Wednesdays and Fridays, 9-11 am (beginning September 7).** Hours subject to change based on demand and attendance.

- Parents/guardians must remain in the Recreation Center or Aquatic Center and children must be at least 6 months old.
- Sanitary supplies must be provided by the parent and/or guardian responsible for the child. CRC staff will not potty train children. If your child is in underwear and having accidents, we ask that they come in a pull up.
- Children free of colds, flu, fever and upset tummies are welcome in the Funshine Corner. No medications will be given by the staff at any time. Recreation Center staff can refuse to babysit children that are sick or without necessary sanitary supplies.
- Please leave personal toys at home.
- No food or drinks other than water is provided by staff.
- All staff are CPR and first aid certified and background checked.

**\$5 fee per child, per visit.**

## DROP-IN SPORTS & DANCE\*

*\*Drop-in sports and games will not be held during special events/private rentals.*

Join others and play the sports and games you love!  
Admission is a Rec Center Pass or \$4.00 daily use fee.

### PICKLEBALL

Pickleball is a game played on a badminton-sized court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. All equipment needed is available for use. Pickleball is easy to learn and quickly grows into a fast-paced, competitive, and fun game! Drop-in Pickleball will be held Monday through Friday, 9:00-11:00 am and Mondays and Wednesdays from 3:30-4:45 pm.

### TABLE TENNIS

Drop-in table tennis is held Mondays, Wednesdays, and Fridays from 9:00-11:00 am and Sundays from 1:30-3:30 pm. Bring your paddle or borrow one of ours!

### VOLLEYBALL

We set the nets up for drop-in volleyball each weekend:  
Saturdays, 4:00 - 7:00 pm    Sundays, 3:30 - 6:00 pm  
Volleyballs are available for check-out at the Front Desk.

### BASKETBALL

Stop by the Rec Center for pickup hoops. Basketballs available for check-out at the Front Desk. 11:30 am - 1:30 pm Monday through Friday and all other times the gym is not in use.

### CLOGGING

Anyone who has ever done clogging or tap dancing is invited to drop in on Thursday mornings from 10:15-11:00 am. Daily admission of \$4 or CRC pass required.

# Health & Fitness Classes / Sports

Join one of our many classes for health, fitness & fun and enjoy a variety of challenging workouts. Register for a full session or mix-and-match your workouts, days, and times by purchasing a Fitness Punch Pass. It is strongly recommended that you consult your physician before beginning an exercise program. Try out any of our Fitness classes FREE the first time. NO CLASSES NOVEMBER 21-25.

## SESSION I

CLASS	DAYS	TIMES	DATES	FEES NO PASS	FEE WITH PASS	COURSE #
Earlybird RIP	M/W	5:45-6:45 am	9/7-10/26	\$92	\$80	6668
Morning RIP	W/F	9:00-10:00 am	9/7-10/28	\$97	\$85	6675
RIP—30	MON	12:15-12:45 pm	9/12-12/19	\$49	\$37	6686
Evening RIP	M/W	5:30-6:30 pm	9/7-10/26	\$92	\$80	6670
Forever Fit	M/W/F	8:00-8:50 am	9/7-10/28	\$73	\$61	6672
ZUMBA®	T/TH	5:30-6:30 pm	9/6-10/27	\$97	\$85	6684
Tai Chi for Arthritis	TH	6:00-7:00 pm	9/8-12/15	\$79	\$67	6674
Noon Yoga	FRI	12:00-1:00 pm	9/9-12/16	\$70	FREE!	6677



## SESSION II

CLASS	DAYS	TIMES	DATES	FEES NO PASS	FEE WITH PASS	COURSE #
Earlybird RIP	M/W	5:45-6:45 am	10/31-12/21	\$86	\$74	6669
Morning RIP	W/F	9:00-10:00 am	11/2-12/21	\$81	\$69	6676
Evening RIP	M/W	5:30- 6:30 pm	10/31-12/21	\$86	\$74	6671
Forever Fit	M/W/F	8:00-8:50 am	10/31-12/21	\$65	\$53	6673
ZUMBA®	T/TH	5:30-6:30 pm	11/1-12/20	\$81	\$69	6685

## FENCING



An introduction to the Olympic sport of fencing. Students age 9 through adult will learn basic foot work and use of the Foil. Students with prior experience will brush up on their basic skills and work on more advanced moves.

\*For those students that don't have their own equipment, there is a \$15.00 equipment fee. Instructors: Michael Bailey and Dan Rice.

### DAILY DROP-IN REGISTRATION

\$6.00 PER CLASS for fitness classes ONLY.

Great for visitors!

**FITNESS PUNCH PASS \$55.00 for 10 Classes.**

Use this pass to attend any of our fitness classes.

Sign up for more than one session at the same time & receive 10% discount on each!

## FITNESS CLASSES

**RIP-** Get ripped! RIP is a 60 minute barbell program for men and women of all ages and fitness levels. Matching movement to music and using traditional strength training allows participants to work at their own level while toning muscles and burning calories. Earlybird classes taught by Phyllis Pearl-Erk, Morning classes by Eve Sims and Phyllis; Evening classes by Amanda Luckenbill.

**NEW! RIP-30-** Get functionally strong as a result of this express version of RIP, the fastest growing, customizable barbell strength format. Great music, motivating exercises and amazing results while you're being pushed to the limits in 30 minutes. Instructor: Eve Sims.

**FOREVER FIT-** Get a great workout and maintain a better state of physical well-being by improving your circulation, flexibility and fitness level. Patty Kempf will take you through a warm-up, aerobics and/or walking, weights, chair exercising and stretching. This special comprehensive fitness program is designed for the 50-plus crowd but is also great for those just starting a fitness program.

**ZUMBA® FITNESS-** Party yourself into shape! Zumba® is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning fitness-party™ that's moving millions of people toward joy and health. Instructor: Sydney Carr.

**NEW! TAI CHI FOR ARTHRITIS-** Tai Chi is an ancient Chinese exercise proven to reduce pain and improve mental and physical well-being through slow, gentle movement. Developed by Dr. Paul Lam, this form uses gentle Sun style Tai Chi postures that are safe, easy to learn, and suitable for every fitness level. Tai Chi will help reduce stress, increase balance and flexibility, and improve overall wellness. Instructor: Nancy Pawlowski.

**NEW! NOON YOGA-** Experience a feeling of wholeness and deep connection with basic yoga breathing techniques and gentle to moderate poses that will relax and invigorate your body, mind and soul. If you have a Recreation Center Pass, the class is FREE! Instructor: Craig Silva.

DAYS	TIMES	DATES	FEE NO PASS	FEE W/ PASS	COURSE #
MON	6:30-8:00 pm	9/12-10/24	\$70	\$58	6692
MON	6:30-8:00 pm	10/31-12/12	\$70	\$58	6693

# Sports & Martial Arts

## TAEKWON-DO

Improve your fitness level and self-confidence and learn self-defense tactics in this TaeKwon-Do class. This Korean form of karate involves the skilled application of punches, kicks, blocks and dodges with bare hands and feet under the requirements of US and International TaeKwon-Do Federations. For ages 8 and up (unless accompanied by a participating adult; minimum age with adult is 6). Beginners meet twice a week on Tuesdays and Thursdays; an additional class for advanced students will be held on Fridays. **Sign up parent and child and receive 10% discount on both registrations.** Instructor: Jerry Sisco, 6th Degree Black Belt, USTF State Director. **NO CLASS NOVEMBER 24 or 25.**

CLASS	TIMES	DATES	FEE NO PASS	FEE W/ PASS	COURSE #
TaeKwon-Do Beginning, T/TH	5:45-7:15 pm	9/13-10/27	\$80	\$68	6690
TaeKwon-Do Beginning, T/TH	5:45-7:15 pm	11/1-12/20	\$80	\$68	6691
TaeKwon-Do Advanced, T/TH/F	5:45-7:15 pm	9/6-10/28	\$127	\$115	6688
TaeKwon-Do Advanced, T/TH/F	5:45-7:15 pm	11/1-12/20	\$108	\$96	6689



## YOUTH GYMNASTICS

Students must wear loose fitting shorts, sweatpants or leotards. No jeans or tights. **NO SATURDAY CLASSES NOVEMBER 26.**

**GYM JAM-** Music, movement, tumbling and games create an enriching parent/child environment focusing on social interaction, repetition, and play. Children 2-4 years old will improve motor skills and build a foundation for a healthy lifestyle while spending quality time with parent or other adult family member.

**TOT TUMBLING-** Your 3-4 year old will have fun learning basic tumbling moves and be introduced to the gymnastics equipment to improve coordination and flexibility.

### BEGINNING GYMNASTICS-

Students ages 5 and up will learn balance, flexibility, coordination, and body awareness while working on tumbling, balance beam, vault and uneven bars.

### ADVANCED BEGINNING AND INTERMEDIATE GYMNASTICS-

For those children ages 6 and up who have taken beginning and have the permission of instructors to move up. Two instructors will work with different levels so all students will progress.

**Instructors:** Holly Adamson, Janice Miech and Lauren Baures. Lauren comes to us with 20 years international competitive gymnastics experience and a UKCC (United Kingdom Coaching Certificate) in gymnastics.

CLASS	DAY	TIMES	DATES	FEE NO PASS	FEE WITH REC PASS	COURSE #
Gym Jam	SAT	9:15-9:55 am	9/10-10/22	\$59	—	6694
Gym Jam	SAT	9:15-9:55 pm	10/29-12/17	\$59	—	6695
Tot Tumbling	WED	4:30-5:10 pm	9/14-10/26	\$59	—	6703
Tot Tumbling	WED	4:30-5:10 pm	11/2-12/14	\$59	—	6704
Beginning Gymnastics	WED	5:15-6:15 pm	9/14-10/26	\$70	\$58	6698
Beginning Gymnastics	WED	5:15-6:15 pm	11/2-12/14	\$70	\$58	6699
Beginning Gymnastics	SAT	10:00-11:00 am	9/10-10/22	\$70	\$58	6700
Beginning Gymnastics	SAT	10:00-11:00 am	10/29-12/17	\$70	\$58	6701
Advanced Beginning/Intermed Gymnastics	SAT	11:05 am-12:30 pm	9/10-10/22	\$90	\$78	6696
Advanced Beginning/Intermed Gymnastics	SAT	11:05 am-12:30 pm	10/29-12/17	\$90	\$78	6697

## ARCHERY

Learn proper shooting fundamentals to enjoy life-long archery fun and success! Students will target shoot with adjustable compound bows in this class that emphasizes safety and improves shooting confidence. Instructor Launa Ogden is certified through the National Archery in the Schools program.

**All classes are held in the Indoor Archery Range at Rocky Mountain Discount Sports, 1351 CY Avenue. Parents must bring child in to first class and sign waiver.**



CLASS	DAYS	TIMES	DATES	FEES NO PASS	FEE W/PASS	COURSE #
Ages 9-12	TUES	4:30-5:30 pm	10/4-10/25	\$41	\$33	6705
Ages 9-12	TUES	5:30-6:30 pm	10/4-10/25	\$41	\$33	6706



\$36

## STRIDER CAMP

#6702

STRIDER™ Camp is a great program for 3-5 year olds that is dedicated to teaching children the balance needed to enjoy a lifetime of riding adventure. The simplicity of Strider bikes allows children to concentrate on the fundamental skills of balancing, leaning, and steering while propelling the bike in a natural way. Bikes provided, helmets required. **Class meets on Thursdays from September 22–October 20, 4:15-5:00 pm.**

# Dance Classes, Youth Camps



Welcome to the wonderful world of dance! Choose from a variety of classes for all ages and abilities and improve coordination, flexibility and self-confidence. Most classes meet for 13 weeks and end with the Fall Dance Recital the second week of December. \*Costume fees of \$40 are included in most youth class registration fees. No classes November 24.

**PRE-SCHOOL DANCE-** Hop, skip, plie, and turn—Your preschooler will learn ballet and dance basics while working on coordination and flexibility and having fun with creative movement. Ballet shoes, tights and leotard required.

**BEGINNING BALLET-** Students will learn the basic foundations of ballet including positions, proper body form and classical technique. Class will include footwork, barre, center and movement across the room. Ballet shoes, tights and leotard required for girls, black pants for boys.

**BEGINNING BALLET AND JAZZ-** This new combination class is for the older beginners, ages 8-12 who would like to try out two different dance forms. First half of the class will be devoted to Ballet; second half, Jazz. Ballet shoes may be worn for both.

**INTERMEDIATE BALLET-** A continuation of beginning ballet focusing on more difficult exercises, technique and combinations. Must have permission of instructor.

**ADVANCED BALLET-** For the serious student, this higher level of training involves a continuation with more disciplined techniques, choreography, strength training and fine detail. Must have permission of instructor.

**CLOGGING-** In this truly American folk dance, the dancer's footwear is used musically by striking the heel, the toe, or both against a floor or each other to create audible percussive rhythms, usually to the downbeat of the music. Dance to all types of music from the traditional bluegrass and country to contemporary hip hop, Broadway tunes, & international music! Clogging taps available for \$16; call Lori at 235-8473.

**BELLY DANCE-** Improve your self-confidence and poise while learning basic techniques, posture, and movements used in American Oriental dance. Wear comfortable, close-fitting clothes (no jeans, no sweatshirts), bring a hip-scarf or shawl to tie around your hips, and come prepared to have fun! Open to all regardless of body type, gender, or experience.

**ADULT BALLET-** Why should the kids have all the fun? This class for ages 15 & up is for you! Enjoy movement, stretching and graceful dancing with other adults! Great exercise and no experience necessary. This class will not participate in the recital.

**NEW!** **DROP-IN CLOGGING-** Anyone who has ever done clogging or tap dancing is invited to drop in on Thursday mornings from 10:15-11:00 am. Daily admission of \$4 or CRC pass required.

CLASS	DAYS	TIMES	FEE NO PASS	FEE WITH PASS	DATES	COURSE #
Pre-School Dance, 3-4 *	TUES	5:20-6:00 pm	\$124	\$112	9/13-12/6	6713
Pre-School Dance, 3-4 *	WED	4:35-5:15 pm	\$124	\$112	9/14-12/7	6714
Beg Ballet, 5-7 *	TUES	4:30-5:15 pm	\$124	\$112	9/13-12/6	6715
Beg Ballet & Jazz, 8-12 *	THUR	4:30-5:45 pm	\$147	\$135	9/15-12/8	6708
Intermediate Ballet, 6-11 *	WED	5:20-6:20 pm	\$139	\$127	9/14-12/7	6712
Advanced Ballet, 10 & up *	MON	4:15-5:15 pm	\$139	\$127	9/12-12/5	6707
Beg Clogging, 7 & up	MON	5:30-6:00 pm	\$56	\$44	9/12-12/5	6709
Intermed/Adv Clogging	MON	6:05-7:15 pm	\$89	\$77	9/12-12/5	6711
Adult Ballet, 15 & up	MON	5:20-6:20 pm	\$99	\$87	9/12-12/5	6716
Belly Dance, Adults	WED	6:30-8:00 pm	\$118	\$106	9/14-12/7	6710

\*Costume fees of \$40 are included in registration fees.

## YOUR DANCE INSTRUCTORS

**Amy Grussendorf** has taught **Clogging** for over 15 years and has been dancing since grade school. She loves to watch students grow and develop a love of dance. **India Hayford** has taught **Belly Dancing** for over 25 years. **Lucia Hill** has over 20 years of teaching and dancing experience. Ballet is her first love, but she enjoys all forms of dance and will be teaching **Pre-School Dance** and all of the **Ballet** classes. **Lori Spearman** has been teaching **Clogging** for over 20 years. Join her for the Drop-in program on Thursdays.

**KIDS NIGHT OUT-** Leave the parents at home and come out for a fun night at the Rec Center! Kids ages 5-12 will be active, have fun, and make friends in this safe, supervised program. Swim, play games, create crafts, enjoy pizza and drink for dinner, and have a great time! Don't forget your swimsuit and a towel.



DAY	TIMES	DATES	FEE NO PASS	FEE W/ REC PASS	COURSE #
SAT	4:00-7:00 pm	Nov 5	\$15	\$13	6731
SAT	4:00-7:00 pm	Dec 10	\$15	\$13	6732

## SUPER FUN DAYS & CAMPS

### REGISTER EARLY TO GUARANTEE A SPOT!

Worried about what to do with the kids during school breaks? The Rec Center's Super Fun Days & Camps are the answer. Elementary aged children will participate in a variety of activities including arts & crafts, sports, dance, ice skating, swimming, games and more. Children will be ice skating during Super Fun Days and swimming & skating during the Holiday Camp so they will need to bring warm clothes for skating or swimsuit, towel, sack lunch and morning snack. Leaders available 7:30 am-5:30 pm.

<b>SUPER FUN DAY:</b>	Tues	November 1	\$18/\$16	#6734
<b>SUPER FUN DAY:</b>	Wed	November 23	\$18/\$16	#6735
<b>SUPER FUN DAY:</b>	Fri	November 25	\$18/\$16	#6736
<b>HOLIDAY CAMP:</b>	M-F	12/21-1/3	\$157/\$145**	#6733

\*\*Limited number of Daily registrations available for \$18/\$16\*\*

# Specialty Classes, Pottery Parties



**BABYSITTING 101**– This comprehensive babysitting training for 11 to 14 year olds is a fun, interactive class that trains emergent babysitters in important topics. Content includes getting started, understanding the likes & dislikes of children, preparing a fun, practical tote bag & playing with kids of all ages. Students will learn solutions to the most common problems babysitters face and how to perform basic first aid - including a demonstration of CPR & abdominal thrusts for choking emergencies. Students will receive a notebook with first aid information and resource guide. Bring a sack lunch. Instructor: Holly Adamson

**YOUTH ART & POTTERY**– Bring out your creative side and get an introduction to drawing, painting and working with clay (hand building & throwing on the wheel)! All supplies furnished. Instructor: Brandon Bassett

**ADULT POTTERY & HANDBUILDING**– Learn handbuilding, throwing, glaze application and decorative techniques on low-fire clay. All skill levels are welcome. Most supplies are furnished and FIRING IS FREE! Instructor: Brandon Bassett. No class Nov. 24.



**ALL MEDIA**– Come and have fun exploring your favorite art medium whether it be acrylic, oil, collage or watercolor. Class begins with a critique and feedback session and is followed by creative tips from instructor, Michele McDonald. Gain inspiration from the other artists in the class. All levels are welcome.

**BEGINNING CROCHET & KNITTING**– Learn to crochet or knit an easy scarf or hat and stay warm in the Wyoming winds. Supply list available at registration. Instructor: Nancy Pawlowski



**2 HOUR SCARVES**– Knit or Crochet a boucle or fun fur scarf in a couple hours. The boucle yarn or fun fur yarn and #35 knitting needles are included in the registration fee. Some beginning knitting knowledge is helpful but not necessary. Instructor: Nancy Pawlowski

**NEW! BASICS OF PHOTOGRAPHY for YOUTH or ADULTS**– This class is for beginners interested in taking good pictures and learning to use camera settings. Experiment with a wide variety of backgrounds and lighting techniques. Bring a digital camera. Instructor: Janice Miech

**NEW! BASICS OF TAKING PORTRAITS for YOUTH or ADULTS**–

The more advanced student who understands the camera's settings will experiment with natural and artificial light. Perfect studio shots and learn how to fix common mistakes. Bring a digital camera. Instructor: Janice Miech



CLASS	DAYS	TIMES	DATES	FEE NO PASS	FEE W/REC PASS	COURSE #
Babysitting 101, 11-14	SAT	10:30 am-2:00 pm	Sept 10	\$20	\$18	6721
Babysitting 101, 11-14	SAT	10:30 am-2:00 pm	Oct 22	\$20	\$18	6722
Babysitting 101, 11-14	SAT	10:30 am-2:00 pm	Dec 3	\$20	\$18	6723
Youth Art & Pottery	TUES	6:00-7:30 pm	9/13-10/25	\$66	\$54	6725
Youth Art & Pottery	TUES	6:00-7:30 pm	11/1-12/13	\$66	\$54	6726
Adult Pottery	THUR	6:00-8:00 pm	9/8-10/20	\$79	\$67	6718
Adult Pottery	THUR	6:00-8:00 pm	10/27-12/15	\$79	\$67	6719
All Media	TUES	9:30 am-12:30 pm	10/11-11/29	\$110	\$98	6720
Crochet & Knitting	TUES	6:00-7:30 pm	10/4-11/1	\$53	\$47	6724
2 Hour Scarves	SAT	1:00-4:00 pm	Nov 19	\$22	\$20	6717
Basics of Photography, ages 10-17	MON	5:30-6:30 pm	9/19-10/24	\$54	\$42	6727
Basics of Photography, Adults	MON	6:35-7:35 pm	9/19-10/24	\$54	\$42	6729
Basics of Portraits, 10-17	MON	5:30-6:30 pm	11/7-12/12	\$54	\$42	6728
Basics of Portraits, Adults	MON	6:35-7:35 pm	11/7-12/12	\$54	\$42	6730

## POTTERY PAINTING PARTIES:

Looking for a great birthday party or gathering option? Get creative with a Pottery Painting Party at the Casper Recreation Center! Participants select a pre-fired bisque pottery item and paint their pieces as they wish. Parties include bisque pieces, painting supplies, craft instructor (for first hour of party), and use of a craft room for a two hour period... Paint, then party! Pottery will be fired after the party and may be picked up by participants at a later date. Party price is \$100 for up to 8 painters and \$10 for each additional painter. Reservations for Pottery Painting Parties must be made at least seven days in advance by contacting the Recreation Division at 235-8403.



# Aquatic Center

The Casper Family Aquatic Center is the area's largest aquatic facility. It offers two huge slides, hot tub, lap pool, and many water features. Swim lessons and water exercise classes are held at various times throughout the day and evening. Individuals and families are sure to find many opportunities to stay active and have fun this Fall.

## Special Swim Days



**Half Price Family Swims** – Join us at the Aquatic Center on the first Saturday of each month from 11:15 am – 1:00 pm. Fee is \$3.00 per person 5 and older. All facility rules apply; children 7 and under must be accompanied by an adult in the water.

**Toddler Time Swims** – Every Tuesday and Thursday from 11:00 am - 12:00 pm at the Casper Family Aquatic Center. For children age 5 and under and their parents (*sorry, no older siblings allowed*). Special swim price is \$3 per adult; kids 4 and under swim free (limit of 2 children per paid admission). Adults are required to accompany their children in the water.

**Family Fun Night - 6:30-8:30 pm on October 28** - Join us for some Friday night fun for the whole family! We have water basketball, water slides, and plenty of floaties. Special \$4.00 admission price. Children 7 and under must be accompanied by an adult in the water.

**School's Out Special Swim 1:00-5:00 pm November 1, December 21-23 and 26-30** - Do you want to find a better way to spend a day off of school other than sitting around? Try swimming at the Aquatic Center! Children 7 and under must be accompanied by an adult in the water. Regular admission fees apply.

**Drop and Shop - 9:00 am-2:00 pm November 25** - Parents... Are you looking for a little kid-free shopping time on the biggest shopping day of the year? Drop off your kids at the Aquatic Center for a fun and energy burning good time. Special \$4.00 admission price. Children 7 and under must be accompanied by an adult in the water.

**Tis' the Season Swim - 11:15 am-1:00 pm December 17** - Tis' the season to join in some holiday fun and festivities. Special \$4.00 admission price. Children 4 and under get in free with paid adult admission. Children 7 and under must be accompanied by an adult in the water.

### AQUATIC CENTER DAILY ADMISSION FEES: DAILY ADMISSION

Children 4 and under get in FREE when accompanied by an adult admission  
Limit of 2 children (free) per paid admission  
All Ages .....\$6.00  
**Children 7 and under must be accompanied in the water by an adult 18 or over at all times.**  
**ADMISSION PUNCH PASS**  
CASPER FAMILY AQUATIC CENTER ONLY - Minimum of 10 daily admissions for \$55.00.

### POOL SUPPORT SERVICES

**Towels** for use in the Aquatic Center are available for rental at the reception counter for \$1.00 per towel. (**Towel rental is included with Aquatic Center passes.**)

**Pro Shop Items** including swim goggles, nose clips, ear plugs, and other related items are available for purchase.

**Lockers** are available for day use only for 25 cents per locker per use. Locker keys are not to be removed from the facility.

### LEISURE POOL & LAP POOL SCHEDULE:

Holiday Closures: Sep 5, Nov 24, Dec 25 & Jan 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-9 am Lap Swim Water Fitness	6-11 am Lap Swim Water Fitness	6-9 am Lap Swim Water Fitness	6-11 am Lap Swim Water Fitness	6-1 pm Lap Swim Water Fitness		
9-11 am Aqua Interval Easy Does It		9-11 am Aqua Interval Easy Does It			8-9:30 am Lap Swim Water Fitness	
11-1 pm Lap Swim Water Fitness	11-12 pm Lap Swim Water Fitness Toddler Time	11-1 pm Lap Swim Water Fitness	11-12 pm Lap Swim Water Fitness Toddler Time		9:30-11:15 am Swim Lessons	
	12-1 pm Lap Swim Water Fitness		12-1 pm Lap Swim Water Fitness		11:15-6 pm Open Swim	
1-5 pm Open Swim	1-5 pm Open Swim	1-5 pm Open Swim	1-5 pm Open Swim	1-6 pm Open Swim		1-5 pm Open Swim
5:20-6:20 pm Swim Lessons Fitness Swimmer Shallow H2O Lap Swim (2 lanes)	5:20-6:20 pm Swim Lessons Water Walking Float' N' Tone Lap Swim (2 lanes)	5:20-6:20 pm Swim Lessons Fitness Swimmer Shallow H2O Lap Swim (2 lanes)	5:20-6:20 pm Swim Lessons Water Walking Float' N' Tone Lap Swim (2 lanes)			
6:20-7 pm Swim Lessons	6:20-7 pm Swim Lessons	6:20-7 pm Swim Lessons	6:20-7 pm Swim Lessons			



### Private Rentals:

Friday: 6-9 pm  
Saturday: 6-9 pm  
Sunday: 5-8 pm

Reservations must be made and paid for at least 7 days in advance. Call 235-8403 to make your reservation.

**NOTE:** Please watch for posted signs detailing changes in scheduling. The Aquatic Center hosts school groups and private rentals which may occur any time.

# Aquatic Classes

**NEW!**

## EASY DOES IT!

This class is geared toward participants who are currently in physical therapy, those who suffer from arthritis and those with hip replacements. Class will consist of low impact aerobics exercises and a short toning portion designed to increase range of motion, relieve symptoms of arthritis and improve muscular strength. A medical release form is required. Great for seniors.

**NEW!**

## SHALLOW H2O FITNESS

Using the natural properties of water, participants can tone and strengthen muscles, burn calories, improve cardiovascular fitness, increase flexibility and reduce stress on the body and mind. Class incorporates a variety of equipment for a FUN and challenging workout. Appropriate for swimmers or non-swimmers.

**NEW!**

## AQUA INTERVAL

Aqua Interval training is a form of cardio-respiratory training involving a combination of high intensity work and low intensity work/rest in repeated successions. High Intensity Interval Training is adaptable and can be tailored for anyone from novice to trained athletes.

**NEW!**

## FLOAT' N' TONE

This **deep water** class includes resistance training, core work, and high intensity cardio for a unique fitness experience. Flotation aids will be available, however participants should be comfortable in deep water. Float' N' Tone is for anyone wanting a great workout and those interested in strengthening their core.

Sign up for more than one Water Fitness session at the same time & receive 10% discount on each!

### Session Dates:

I: September 12– October 6

II: October 17– November 10

III: November 28– December 20 (7 classes)\*

\*7 class sessions will be discounted accordingly

COURSE AND TIMES	DAYS	FEE W/ PASS	FEE NO PASS	SESSION I	SESSION II	SESSION III
<b>AQUA INTERVAL</b>						
9:00 –10:00 am	M,W	\$40.00	\$50.00	6653	6654	6655
<b>EASY DOES IT!</b>						
10:00 - 10:45 am	M,W	\$22.00	\$32.00	6656	6657	6658
<b>FITNESS SWIMMER</b>						
5:20 - 6:20 pm	M,W	\$40.00	\$50.00	6678	6679	6680
<b>SHALLOW H2O FITNESS</b>						
5:20 - 6:20 pm	M,W	\$40.00	\$50.00	6659	6661	6663
<b>FLOAT' N' TONE</b>						
5:20 - 6:20 pm	T,TH	\$40.00	\$50.00	6660	6662	6664

## AMERICAN RED CROSS TRAINING & CERTIFICATIONS



**LIFEGUARD TRAINING: \$125**  
 October 10-14, 5-9 pm or  
 December 27-30, 8 am - 1 pm  
 Activity Code: 6682 / 6683

**CPR, FIRST AID & AED TRAINING: \$50**  
 Saturday, October 15, 9 am-6 pm (with a lunch break)  
 Activity Code: 6681

## FITNESS SWIMMER

Designed for students who know how to swim, but want to work on stroke technique and improve their fitness. This course covers drills, all the strokes, turns, circle swimming, using a pace clock, swim equipment (kickboards, pull buoys & fins) and training techniques. Open to all ages and participants that can swim a continuous 150 yards of freestyle and 100 yards of backstroke.

## LEARN TO SCUBA DIVE

**NEW!**

Begin learning the skills needed to become a certified PADI Scuba Diver! Participants will learn scuba diving basics and entry level skills through 4 half hour class room sessions and 4 one hour sessions in the pool. Classes will meet twice a week on Monday/Wednesday or Tuesday/Thursday from 6:30-8:00 PM. This course is ongoing and will be offered September 12 through December 15 with multiple sessions for participants, based on participant interest. Students will need to provide their own mask, snorkel and fins all other equipment will be provided. Competency in swimming is required.

Contact Master Diver/Instructor Dan Adler to receive additional information, 307-995-3542 or email dadler@osc.us.com.



## ADAPTED AQUATICS

For all ages. This is a one-on-one 30 minute class where teaching techniques and skills are adapted to accommodate individuals with disabilities or others who have special swimming instruction needs. Cost per 30 minute class is \$9.00. Classes are available on a limited schedule. A medical history form and written permission from doctor is required. Parent consultation with instructor will be required for all minors. Please register by calling Kimberly at 235-8395.

# Swim Lessons

## RED CROSS LEARN TO SWIM CLASSES

For Children Age 4 and Over  
(Participants Per Class: Min: 5; Max: 7)

- Participant must be the required age by the first day of class.
- Participant may not make up missed classes.
- All classes will have a short safety presentation as required by the American Red Cross.

### LEVEL 1

#### Introduction To Water Skills

The objectives of Level 1 are to learn basic personal water safety information and skills, to help participants feel comfortable in the water and enjoy the water safely. Level 1 includes elementary water skills and participants start developing positive attitudes, good swimming habits, and safe practices in and around the water.

### LEVEL 2

#### Fundamental Aquatic Skills

Purpose is to give students success with fundamental skills. This class marks the beginning of locomotion skills. Participants further develop simultaneous and alternating arm and leg actions on the front and back and lay the foundation for future strokes.

### LEVEL 3

#### Stroke Development

Purpose is to build on the skills in Level 2 through guided practice. Participants will learn survival float, swim front crawl and elementary backstroke. Participants will be introduced to the scissor and dolphin kick and build on the fundamentals of treading water.

### LEVEL 4

#### Stroke Improvement

For students who have passed Level 3 or can demonstrate proficiency in Level 3 skills. Participants will improve their skills and increase their endurance by swimming familiar strokes for greater distances. Participants add the arms to the scissor kick for the sidestroke. Participants will also learn the back crawl, breaststroke and butterfly and the basics of turning at a wall.

### LEVEL 5

#### Stroke Refinement

For students who have passed Level 4 or can demonstrate proficiency in Level 4 skills. The objectives of this level are coordination and refinement of all the strokes. Flip turns on the front and back are also introduced.

### LOOKING FOR LEVEL 6?

All swimmers who are ready for level 6 swimming lessons have the necessary skills to participate in our Fitness Swimmer class.  
Check page 10 for details.

## LEARN TO SWIM WEEKDAY SCHEDULE

### SESSION DATES

- I SEPTEMBER 12 - OCTOBER 6      II OCTOBER 17- NOVEMBER 10  
III NOVEMBER 28- DECEMBER 20 (Session III is 7 classes)

AQUATIC CENTER							
TIME AND LEVEL	DAYS	# OF CLASSES	FEE W/ PASS	FEE NO PASS	SESSION I	SESSION II	SESSION III *
5:30 pm – 6:10 pm							
Learn-to-Swim Level 1-3	M,W	8	\$43	\$53	6599	6601	6603
Parent-Tot	M,W	8	—	\$45	6627	6629	6631
Preschool	M,W	8	—	\$58	6641	6645	6649
Learn-to-swim Level 1-3	T,TH	8	\$43	\$53	6605	6607	6609
Parent-Tot	T,TH	8	—	\$45	6628	6630	6632
Preschool	T,TH	8	—	\$58	6642	6646	6650
6:20 pm - 7:00 pm							
Learn-to-Swim Level 1-3	M,W	8	\$43	\$53	6600	6602	6604
Learn-to-Swim Level 4-5	M,W	8	\$43	\$53	6617	6621	6625
Preschool	M,W	8	—	\$58	6643	6647	6651
Learn-to-Swim Level 1-3	T,TH	8	\$43	\$53	6606	6608	6610
Learn-to-Swim Level 4-5	T,TH	8	\$43	\$53	6618	6622	6626
Preschool	T,TH	8	—	\$58	6644	6648	6652

\* Prices for Session III classes are adjusted as follows:  
Levels 1-5: \$37/\$47, Parent-Tot: \$40, Preschool: \$51

## LEARN TO SWIM SATURDAY SCHEDULE

- I SEPTEMBER 10-OCTOBER 8      II OCTOBER 22 -NOVEMBER 19

AQUATIC CENTER						
TIME AND LEVEL	DAY	# OF CLASSES	FEE W/ PASS	FEE NO PASS	SESSION I	SESSION II
9:30 am– 10:20 am						
Learn-to-Swim Level 1-3	SAT	5	\$37	\$47	6595	6597
Learn-to-Swim Level 4-5	SAT	5	\$37	\$47	6611	6613
Parent-Tot	SAT	5	—	\$40	6633	6635
Preschool	SAT	5	—	\$51	6637	6639
10:25 am - 11:15 am						
Learn-to-Swim Level 1-3	SAT	5	\$37	\$47	6596	6598
Learn-to-Swim Level 4-5	SAT	5	\$37	\$47	6612	6614
Parent-Tot	SAT	5	—	\$40	6634	6636
Preschool	SAT	5	—	\$51	6638	6640

### PRESCHOOL

(3-4 Yrs.) 30 min class M-Th 40 min class Sat

Preschool Aquatics, consisting of three levels, is an integral part of the overall Red Cross instructional aquatic and water safety program. This course promotes developmentally appropriate learning of fundamental water safety and aquatic skills by young children 3-4 years of age. (Participants Per Class: Min: 3; Max.: 4)

### PARENT-TOT

(6 Months—3 Yrs.) 30 min class M-Th / 40 min class Sat.

American Red Cross Parent and child aquatics familiarizes young children to the water and prepares them to learn to swim. This course gives parents receive safety information and teaches techniques to help orient children to the water.

# Ice Arena

**PHONE: 235-8484**

ADMISSION: \$4.50

PUNCH PASS ADMISSION: \$4.00  
(Minimum of 10 punches purchased)

SKATE RENTAL: \$2.50

WALKER/TRAINER RENTAL: \$3.00

FREE admission & skate rental for children 4 years old and under when accompanied by a paid admission!

## PUBLIC SKATING SCHEDULE\*

(Skating sessions may be added during holidays)

Daily.....1:00 pm– 3:00 pm

Fridays Evenings.....5:00 pm-7:00 pm

## PUBLIC SKATING CANCELLATIONS:

September 5, November 24, December 25, January 1

\*Schedule subject to change due to special events.  
Please call 235-8484 for the most up-to-date schedule.

## SAVE YOUR CASH...GET A PASS!

Passes are good for all public sessions and skate rental is included, along with discounts for skating classes. All passes are good for one year from the purchase date.

Child (Ages 5 - 12 years)	\$ 50.00
Youth (Ages 13-18 years)	\$ 65.00
Adult (Ages 19 years & older)	\$ 85.00

Multi-Facility Passes are also available! Please see page 2 for details.

## DROP-IN HOCKEY RATES

Stick & Puck Single Session	\$ 6.00
Stick & Puck Punch Pass (10 Sessions)	\$ 50.00
Drop-In Hockey	\$ 8.00
Drop-In Hockey Punch Pass (10 Sessions)	\$ 70.00

## FREESTYLE (FIGURE SKATING) SESSIONS:

Each session lasts for 1hr

Unlimited Usage Freestyle Season Pass	\$750.00
Coaches Freestyle Season Pass	\$375.00
10-Session skater/coach Punch Pass	\$ 50.00
<i>(Punches must be purchased in increments of ten)</i>	
Walk-On Rate-Single Session	\$ 6.00



## PROFESSIONAL SKATE SHARPENING

Drop-off service	\$ 6.50
Same day service	\$ 8.50
Blade Profiling	\$12.00
Skate Riveting/repairs	\$12.00/hr + \$1/rivet (\$12.00 min.)

When you buy new skates, your first sharpening (next day service) is always free - no matter where you purchase the skates.

## ICE SKATING OPEN HOUSE

Saturday, September 10

FREE Public Skating from 1:00-3:00 pm

FREE Ice Skating Lesson starting at 12:30 pm

10% Discount on Ice Arena Annual Passes

10% Discount on Casper Skating School Registration

Casper Ice Arena birthday party information



## Spooky Skate

SATURDAY, OCTOBER 29, 5-7PM

FEES: \$4 (\$3 WITH A COSTUME)

## SKATE WITH SANTA!



Saturday, December 17

Time: 1:00-3:00 pm

Santa Claus will be stopping by the Casper Ice Arena. Come in and celebrate the season by skating to holiday music and visiting with Santa. All ages are welcome and admission is only \$4.00 per person with FREE skate rental! Don't miss out on the holiday fun; stop by the Casper Ice Arena and Skate with Santa!

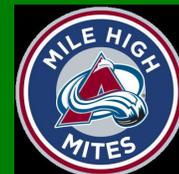
## Learn to Play Hockey

Saturdays, September 17 - October 22

Registered 4-8 Years olds receive:

- full set of CCM hockey gear
- One (1) on-ice session with an Avs Alumni
- Six (6) Avalanche Tickets to MHM game
- Six (6) one hour hockey practices

Registration at [avalanche.nhl.com/](http://avalanche.nhl.com/) : \$160



## ICE ARENA BIRTHDAY PARTIES

Birthday parties come complete with:



- Admission • Skate rental
- Reserved lobby table • Table settings
- Beverages • Hot dogs and chips or pizza
- Free pass for all guests for a future public session

Fee: \$95 for 10 people for hot dogs and chips

\$110 for 10 people for pizza

Additional guests: \$10.00 each (\$11.00 each with pizza)

Private Skybox: \$25

Please call the Ice Arena at 235-8484 at least one week in advance of your desired date to book your party. Birthday parties may be booked during any regularly scheduled public skating session.

## CONCESSIONS

Visit our concession stand! We have a variety of options to quickly satisfy your hunger. We also have \$20.00 Concession Stand punch passes available, an alternative to sending cash with the kids!

# Skating Classes

TOTS Ages 3-5	COURSE #	DAYS	TIMES	DATES	CIA PASS FEE	NON PASS FEE
Skills include how to fall, stand up, & forward marching.	6592	MONDAY	5:25 pm-5:55 pm	9/19-10/24	\$45.00	\$50.00
	6594	MONDAY	5:25 pm-5:55 pm	11/7-12/19	\$45.00	\$50.00
	6591	SATURDAY	11:40 am-12:10 pm	9/24-10/29	\$45.00	\$50.00
	6593	SATURDAY	11:40 am-12:10 pm	11/5-12/17	\$45.00	\$50.00
TOTS + Ages 3-5	COURSE #	DAYS	TIMES	DATES	CIA PASS FEE	NON PASS FEE
Skills include gliding, preparation for stopping, & one foot glides.	6588	MONDAY	5:25 pm-5:55 pm	9/19-10/24	\$45.00	\$50.00
	6590	MONDAY	5:25 pm-5:55 pm	11/7-12/19	\$45.00	\$50.00
	6587	SATURDAY	11:40 am-12:10 pm	9/24-10/29	\$45.00	\$50.00
	6589	SATURDAY	11:40 am-12:10 pm	11/5-12/17	\$45.00	\$50.00
PRE-ALPHA AGES 6 & UP	COURSE #	DAYS	TIMES	DATES	CIA PASS FEE	NON PASS FEE
Skills include how to fall, stand up, forward skating, forward swizzle, & gliding.	6585	MONDAY	6:00 pm-6:30 pm	9/19-10/24	\$45.00	\$50.00
	6586	MONDAY	6:00 pm-6:30 pm	11/7-12/19	\$45.00	\$50.00
	6583	SATURDAY	12:15 pm-12:45 pm	9/24-10/29	\$45.00	\$50.00
	6584	SATURDAY	12:15 pm-12:45 pm	11/5-12/17	\$45.00	\$50.00
ALPHA MUST HAVE PASSED PRE-ALPHA	COURSE #	DAYS	TIMES	DATES	CIA PASS FEE	NON PASS FEE
Skills include forward skating, crossovers, & one footed-stops.	6558	MONDAY	5:25 pm-5:55 pm	9/19-10/24	\$45.00	\$50.00
	6559	MONDAY	5:25 pm-5:55 pm	11/7-12/19	\$45.00	\$50.00
	6560	SATURDAY	11:40 am-12:10 pm	9/24-10/29	\$45.00	\$50.00
	6561	SATURDAY	11:40 am-12:10 pm	11/5-12/17	\$45.00	\$50.00
BETA MUST HAVE PASSED ALPHA	COURSE #	DAYS	TIMES	DATES	CIA PASS FEE	NON PASS FEE
Skills include backwards skating, crossovers, & T-stops.	6562	MONDAY	5:25 pm-5:55 pm	9/19-10/24	\$45.00	\$50.00
	6563	MONDAY	5:25 pm-5:55 pm	11/7-12/19	\$45.00	\$50.00
	6564	SATURDAY	11:40 am-12:10 pm	9/24-10/29	\$45.00	\$50.00
	6565	SATURDAY	11:40 am-12:10 pm	11/5-12/17	\$45.00	\$50.00
DELTA/GAMMA MUST HAVE PASSED BETA	COURSE #	DAYS	TIMES	DATES	CIA PASS FEE	NON PASS FEE
Skills include three-turns, hockey stops, shoot the duck, bunny hop, & forward edges.	6567 & 6573	MONDAY	5:25 pm-5:55 pm	9/19-10/24	\$45.00	\$50.00
	6568 & 6574	MONDAY	5:25 pm-5:55 pm	11/7-12/19	\$45.00	\$50.00
	6569 & 6575	SATURDAY	11:40 am-12:10 pm	9/24-10/29	\$45.00	\$50.00
	6570 & 6576	SATURDAY	11:40 am-12:10 pm	11/5-12/17	\$45.00	\$50.00

## What's included with skating classes?

- ◆ Classes are offered in 6 week sessions.
- ◆ Skate rental and helmets are included.
- ◆ **Free Public Skating** on Friday, Saturday, or Sunday for students during course session. \*Excluding special events
- ◆ Earn prizes by practicing ice skating outside of class.
- ◆ **Bring a Friend to Class** is held on the last day of each session for everyone to enjoy together.
- ◆ Testing for ISI badges is available for registered ISI members.



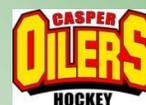
# Skating Classes/Facility Rentals

FREESTYLE	COURSE #	DAYS	TIMES	DATES	CIA PASS FEE	NON PASS FEE
Skills include two-foot spins, waltz jumps, and one-half flips.	6571	MONDAY	6:00 pm-6:30 pm	9/19-10/24	\$45.00	\$50.00
	6572	MONDAY	6:00 pm-6:30 pm	11/7-12/19	\$45.00	\$50.00
ADULT SKATING	COURSE #	DAYS	TIMES	DATES	CIA PASS FEE	NON PASS FEE
Focuses on helping each skater achieve their own specific skating goals.	6556	MONDAY	5:25 pm-5:55 pm	9/19-10/24	\$45.00	\$50.00
	6557	MONDAY	5:25 pm-5:55 pm	11/7-12/19	\$45.00	\$50.00
HOCKEY & SKATING AGES 5 & UP	COURSE #	DAYS	TIMES	DATES	CIA PASS FEE	NON PASS FEE
Skills include forward skating, puck handling, shooting, and team play.	6577	MONDAY	6:00 pm-6:30 pm	9/19-10/24	\$45.00	\$50.00
	6578	MONDAY	6:00 pm-6:30 pm	11/7-12/19	\$45.00	\$50.00
	6579	SATURDAY	12:15 pm-12:45 pm	9/24-10/29	\$45.00	\$50.00
	6580	SATURDAY	12:15 pm-12:45 pm	11/5-12/17	\$45.00	\$50.00
POWER SKATING & SHOOTING	COURSE #	DAYS	TIMES	DATES	CIA PASS FEE	NON PASS FEE
Practices advanced ice skating and shooting techniques to enhance speed and power. Ages 8-14 years old.	6581	TUESDAY	4:10 pm-5:10 pm	9/20-10/25	\$60.00	\$65.00
	6582	TUESDAY	4:10 pm-5:10 pm	11/8-12/19	\$60.00	\$65.00
ADULT HOCKEY LEAGUE	COURSE #	DAYS	TIMES	DATES	Half Season	Full Season
Season includes 15 games plus playoff series.	6566	WEDNESDAY	8:45 pm / 9:55 pm	9/28/16 - 3/15/17	\$135	\$245

## LOCAL CLUBS AT THE CASPER ICE ARENA



**Casper Figure Skating Club:**  
Kylie Burch 307-267-2686  
CasperFSC@hotmail.com



**Casper Amateur Hockey Club:**  
Diane Berg 307-315-0188  
Club@Casperhockey.com



**Casper Curling Club:**  
Dean Boril 307-266-4994,  
dboril@alluretech.net



### AQUATIC CENTER PARTIES AND RENTALS

The Casper Family Aquatic Center is available for birthday parties and group outings.

#### Fees:

##### Party Room:

\$50 - Maximum of 1.5 hours

##### Sundays Only:

\$35 - 1 hour

(does not include pool admission for each person)

Birthday parties include table covering and balloon bouquet.

##### Conference Room:

\$20 / Hour

(Maximum of \$135 per day)

##### Entire Facility:

375 - Maximum of three hours

(Available after hours only)

Reservations must be made and paid for at least 7 days in advance.

Call 235-8403 to make your reservation.

### RECREATION CENTER ROOM RENTALS

The Recreation Center is available for rental by outside groups.

#### Facilities and Rental Fees:

**Game Room:** \$15/Hour (Maximum of \$85 per day)

##### River or Desert Room

\$20/Hour (Maximum of \$135 per day)

##### Funshine Corner or Sage Studio:

\$25/Hour (Maximum of \$170 per day)

##### Activity Room (Kitchen Included):

-Half \$25/Hour (Maximum of \$170 per day)

-Full \$40/Hour (Maximum of \$270 per day)

##### Gymnasium:

-Half \$50/Hour (Maximum of \$335 per day)

-Full \$75/Hour (Maximum of \$500 per day)

**Entire Facility:** -After Hours Only \$125/Hour

**Additional staffing fees may apply.**

Call 235-8403 to make your reservation. Reservations must be made and paid for at least 7 days in advance.

### ICE ARENA GROUP OUTINGS

A cool idea for your next group outing: Rent the Ice Arena! Affordable hourly rates include skate rentals for everyone. Rental hours vary, so call ahead to reserve a spot for your event.

#### Rental Rates:

Under 100 skaters	\$135/hour	April - September
	\$145/hour	Oct. - March
100-149 skaters	\$170/hour	April - September
	\$180/hour	Oct. - March
150-199 skaters	\$215/hour	April - Sept.
	\$225/hour	Oct. - March
200 or more	\$260/hour	April - Sept.
	\$270/hour	Oct. - March

#### OTHER CONTACTS:

Stuckenhoff Sports Shooters Complex - 265-2535  
Fort Casper Museum - 235-8462  
Golf Course - 2010 Allendale Blvd - 233-6620  
Hogadon Ski Area - Casper Mtn. - 235-8499  
Casper Events Center - 235-8441; Box Office - 577-3030  
North Casper Clubhouse - 235-8400  
Casper Rail/Trail - Walking Path, Playground, Shelter - 235-8400  
Crossroads & North Casper Sports Complexes-235-8403

# CRLA Sports

## 31ST ANNUAL CASPER OPEN VOLLEYBALL TOURNAMENT

Volleyball enthusiasts from all over the Rocky Mountain Region come to Casper to compete in "The Open" each year early in November. Men's and women's divisions include competition in a variety of levels including Power, Semi-Power or Recreational. The tournament format is one day of pool play followed by double elimination bracket competition on Sunday. Games are played at nearly every court in the City of Casper. Last year over 130 Men's and Women's teams participated.

Tournament Dates: November 12-13, 2016  
Team Entry Fee-\$100  
Team Entry Deadline-Thursday, October 27

## BASKETBALL LEAGUES

Team Fee: \$459  
Team Registration Deadline:  
Thursday, November 10  
Season: November 28, 2016 -  
March 2, 2017

Men's and women's teams interested in playing in the adult basketball league should drop by the Casper Recreation Center now to pick up an informational packet and registration form. All team entries are due by November 10 with games getting underway after the Thanksgiving Holiday.



## CO-ED VOLLEYBALL LEAGUES

Team Fee: \$264  
Team Fee Deadline: February 16, 2017  
Season Begins: March 6, 2017

The Co-Ed Volleyball League reached full capacity last season. Don't wait! Get your team together now in preparation for this popular spring sport. Team packets will be available in December.

## 2016-17 Winter/Spring Leagues & Tournaments

### 4th & 5th Grade Boys Basketball (January 2-February 18)

Team Registration Deadline: Friday, December 16

### 27th Annual Casper Youth Basketball Tournament (March 18-19)

Team Registration Deadline: Friday, March 3

### Co-Ed Volleyball League (March 6-May 11)

Team Registration Deadline: Thursday, February 16

### 8th Annual Casper Co-Ed Volleyball Tournament (April 22-23)

Team Registration Deadline: Friday, April 13

Registration Forms are available at  
[www.crlasports.com](http://www.crlasports.com)

## 4TH & 5TH GRADE SCHOOL SPORTS C.A.S.P.E.R.

### Boy's & Girl's Volleyball

Register By: September 6, 2016  
Season: September 12-October 29, 2016



### Girls Basketball

Register By: October 20, 2016  
Season: October 31, 2016-January 7, 2017

### Boy's Basketball

Register By: December 16, 2016  
Season: January 2-February 18, 2017

### Cost for Each Sport: \$15

- All registrations accepted at the Casper Recreation Center
- Games played on Saturdays at the Casper Recreation Center
- Kids will play for their school team
- Practices will be held at student's school



## ULTIMATE FLAG FOOTBALL LEAGUES

### Grades K-4



Season: September 19-November 3, 2016  
Register by: September 8, 2016  
Cost: \$35

Community Recreation Foundation Scholarships Available!

Ultimate Flag Football is a recreational league with an emphasis placed on learning the basic skills of football, sportsmanship, team work, healthy lifestyles and trying new things. Kids will be put on teams according to their grade and school when possible. K-2 plays games and practices Monday and Wednesday evenings, grades 3-4 practices and plays Tuesday and Thursday evenings. All coaches are volunteers.

## WORK IN SPORTS

The Casper Recreation Division is looking for ambitious, conscientious individuals to officiate any of the following sports: basketball, volleyball and softball. Slots are available in youth and adult leagues. Training is provided. Contact Ryan Bulson or Larry Ramsey for scheduling and income opportunities, 235-8393.



# Fun & Festive Fall Events!

## PET FEST

SATURDAY, SEPTEMBER 10  
WASHINGTON PARK  
10:00 AM - 1:00 PM

Join the Casper Recreation Division and the Community Recreation Foundation in celebration of the furry, slimy or scaly loved ones in your life at the 2016 Pet Fest. This FREE event is open to all pets and their people and will include a Costume Contest at 11:00 am, Best Tricks at 12:00 pm and other surprises. The Pet Fest will be held at Washington Park in the large grassy area south east of the pool. Browse through the booths of pet related vendors for information and giveaways. Pets must be under control and on a leash or in a kennel and must be accompanied by owner at all times.



## FALL CARNIVAL

SATURDAY, OCTOBER 22  
CASPER RECREATION CENTER

6:00 - 8:00 pm

Join us for carnival games, inflatable fun, and other spook-tacular activities! Candy and prizes will be awarded at the games, and refreshments will be available. This FREE event is open to kids 12 and under and their parents.

Sponsored by the Community Recreation Foundation.



## CRAFT FAIR

Friday, November 11, and Saturday, November 12  
Casper Events Center



Bigger & Better than ever!

Join us for the largest Craft Fair in Wyoming, November 11 & 12 at the Casper Events Center. The fair will run from 3:00-8:00 pm on Friday and from 9:00 am-4:00 pm on Saturday. Reserve your booth now at the Recreation Center reception counter or put it on your calendar to attend in November. Booth rental fee is \$90 for homemade crafts and \$115 for commercial items which includes a 10' x 10' space with one table and two chairs, electricity is \$10 extra. Admission is free; Donations appreciated! The Craft Fair benefits the Community Recreation Foundation in providing scholarships for recreational activities for youth and senior citizens.

## SATURDAY, DECEMBER 17

Have a festive time participating in a holiday-themed swim event or skating at the ice arena!

11:15 am-1:00 pm:

SWIM and join in the holiday festivities at the Aquatic Center: \$4 per person.

1:00-3:00 pm:

Visit Santa at the Ice Arena!

SKATE with Santa at the Ice Arena:

Featuring skating and sleigh rides with Santa. Only \$4.00 per person with FREE skate rental!

