

2021 FALL PROGRAMS BRECKENRIDGE REC DEPARTMENT



A skateboarder wearing a red cap and brown pants is captured mid-air, performing a trick on a dark skateboard with yellow wheels. The background features a dense forest of evergreen and deciduous trees under a clear blue sky. In the foreground, a concrete skate ramp and a black metal rail are visible. Other people can be seen in the background, some standing and some on skateboards.

**OUTDOOR
PROGRAMS**

AFTERSCHOOL CLIMBING



Climbing Level 1

Level 1 is a fun, play-based class for kids who enjoy climbing and want to develop and/or enhance their skills. This class encourages elementary school-aged kids to participate in both weekly and session-long climbing challenges, and to learn technical climbing skills. Ages 5-7.

Mondays, 4:15-5:30pm

Aug 23 - Sept 27, \$60

Oct 10 - Nov 1, \$90

Nov 8 - Dec 13, \$75

Thursdays, 4:15-5:30pm

Aug 26 - Sept 30, \$75

Oct 7 - Nov 4, \$90

Nov 11 - Dec 16, \$75

Climbing Level 2

Level 2 is a fun place for climbers to get their weekly climbing fix. This program is for older kids that have participated in our Cliffhangers or Level 1 program and have mastered all of the necessary skills (knot tying, top rope belaying, etc.) and are looking for new challenges. Ages 7-10.

Tuesdays, 4:15-5:30pm

Aug 24 - Sept 28, \$75

Oct 5 - Nov , \$90

Nov 9 - Dec 14, \$90

Fridays, 4:15-5:30pm

Aug 27 - Oct 1, \$75

Oct 7 - Nov 4, \$60

Nov 11 - Dec 16, \$75

The **Bentley Bedker Scholarship** offers financial assistance for all climbing programs and equipment fees. Applications are online or at the Recreation Center Front Desk. For questions, please contact Steve Rosenthal, Outdoor Programs Coordinator at 970.547.4324 or stever@townofbreckenridge.com.



AFTERSCHOOL MOUNTAIN BIKING



Mountain Biking Level 1

Expand your skills on a mountain bike while enjoying the beautiful high country scenery. Bikers must be confident and comfortable riding their bike on a road before enrolling in this program. Ages 6-13.

Monday
4:15-5:30pm
August 23 - September 30
\$75

Mountain Biking Level 2

Bikers must have at least one season riding their bike on a trail before enrolling in this camp. Riders should be comfortable riding over obstacles on dirt before enrolling in this program. Ages 6-13.

Tuesday or Thursday
4:15-5:30pm
August 24 - September 28
August 26 - September 30
\$90

Mountain Biking Level 3

Do you have some trail riding under your belt and can ride trails for a few hours? Level 3 is for intermediate to advanced level trail riders to build upon your pre-existing mountain bike skills. Bikers must be ready for a longer ride. Ages 9-13.

Wednesday
3:30-5:30pm
August 25 - September 29
\$120



SPORTS

ADULT SPORTS



Visit the
Sports & Leagues
Web Page for
Free Agent
Sign-Up

Coed 6x6 Volleyball

Bump, Set, Spike! Fall volleyball is back in action! This officiated Monday night recreational league is for coed teams of six with average volleyball skills. The league is limited to 12 teams on a first-come, first-served basis.

Monday
6:00-9:30pm
September 27-December 15
\$375 per team

Winter 5x5 Basketball

Spend your Tuesday evenings playing in our full-court, competitive 5x5 adult basketball league! No gender-specific rules apply. League is limited to 8 teams on a first-come, first-served basis.

Tuesday
6:00-9:00pm
October 5-December 14
\$400 per team

AFTERSCHOOL SPORTS



Afterschool Flag Football

Come join us on Mondays for some Flag Football action! The first two weeks we work on football skills and strategies. All ability levels are welcome! Ages 7-12.

Monday, 4:15-5:30pm
Aug 23 - Sept 27, \$75
Oct 4 - Nov 1, \$75

All Sorts of Sports

We teach kids a variety of sports in these exciting, interactive sessions! Session 1 focuses on kickball, dodgeball and soccer. For Session 2, we move inside to play dodgeball and floor hockey. Ages 5-12.

Thursday, 4:15-5:30pm
Aug 26 - Sept 30, \$90
Nov 11 - Dec 16, \$90

Afterschool Basketball

Dribble, shoot and pass! Take advantage of this fun afterschool program that also helps develop your basketball skills. All ability levels are welcome. Participants learn the fundamentals of a great game. Ages 5-12.

Wednesday, 4:15-5:30pm
Nov 10 - Dec 15, \$75

SUMMIT STIX LACROSSE



Are you ready to take your lacrosse game up a notch? With Summit Stix Lacrosse you will be challenged to improve your skills and to compete within defined age groups. Boys and Girls teams play 3+ games at all tournaments. Ages 7-14.

Rental gear is available for an additional \$50 (not included in the program fee). **Scholarships are available!**

Wednesday
5:30-7:00pm
August 25 - October 13
\$200

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SAHN TAEKWONDO ADULT & YOUTH



Afterschool

Tuesday, Wednesday, Friday
4:15-5:30pm
\$15 per day

Students learn the basic techniques of self-defense while improving balance, strength, coordination and flexibility. All abilities are welcome. Taekwondo abides by the tenets:

- Courtesy
- Integrity
- Perseverance
- Self-control
- Indomitable spirit

All Sahn TKD instructors are black belts and certified by the World TKD Federation. Students may visit other Sahn TKD locations around the County.



YOUTH

AFTERSCHOOL CREATIVE PROGRAMS



Kreative Kids

Want to tap into your inner artist? Join us every Tuesday "Crafter-noon" for over an hour of arts and crafts! We will explore different art mediums and talk about different artists each week. Be sure to put your creativity cap in your background. The more unique the better! Ages 5-12.

Tuesdays, 4:15-5:30pm

August 24 - September 28, \$90

October 5 - November 2, \$60

November 9 - December 14, \$90

Kooking Kids

Tired of eating the same old food? Then join us as we teach you basic yet yummy meals, treats and snacks! Kooking Kids is a progressive learning class, building upon skills each week. Kids first learn the basics such as measuring and chopping, then move up to creating dinner all on their own! Ages 6-12.

Wednesday, 3:30-5:30pm

August 25 - September 29, \$90

October 6 - November 3, \$80

November 10 - December 15, \$80

BMC MINI CAMP



Having trouble finding affordable daycare on no-school days? Are you on vacation and your child isn't up for another day on the ski hill? Breckenridge Mountain Camp is your kid's favorite local getaway!

Each day, your child enjoys activities designed to provide structure, friends, and fun. Activities include swimming, climbing, gym games, ice skating, Nordic skiing, arts & crafts and local field trips. Children can be registered by 7:00am of the day of mini camp. If new to BMC, pre-registration is required. Visitors are welcome!

No-School Mini Camp Dates

August 16-18

September 24

October 22, 25, 26

November 24, 26

December 20,-24, 27-31

January 3, 28

February 14-18

March 18, 21

April 18-22

8:00am-5:30pm

Resident - \$46 per child per day

Non-Resident - \$50 per child per day

1ST FRIDAYS



KID'S NIGHT OUT!

1st Friday Dates

November 5

December 3

January 7

February 4

March 4

April 1

May 6

Fridays, 6:00-9:00pm

\$20 per child

Ages 5-12

Kids AND parents deserve a night out, so save the date for the first Friday of the month November-May for an evening of fun for everyone!

At **1st Fridays**, your child enjoys an evening of swimming, pizza dinner, and a movie. Other activities may include inflatables, indoor climbing and crafts - all for much less than a sitter and takeout at home.

Moms and Dads have three kid-free hours for dinner dates, errands, appointments or a long, long bubble bath.

Space is limited - registration recommended.

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TODDLER GYM & SWIM



This new combination program focuses on the fundamentals of movement both in the gym and in the pool over a 3-week session. We start with a 30-minute basic swim lesson then head to the gym for fun with balls, hula hoops, parachute play and more. Parent participation is NOT required. Ages 3-4.

Tuesday/Thursday

9:00am-12:00pm

Oct 5-21, Nov 2-18, Nov 30-Dec 16

\$180

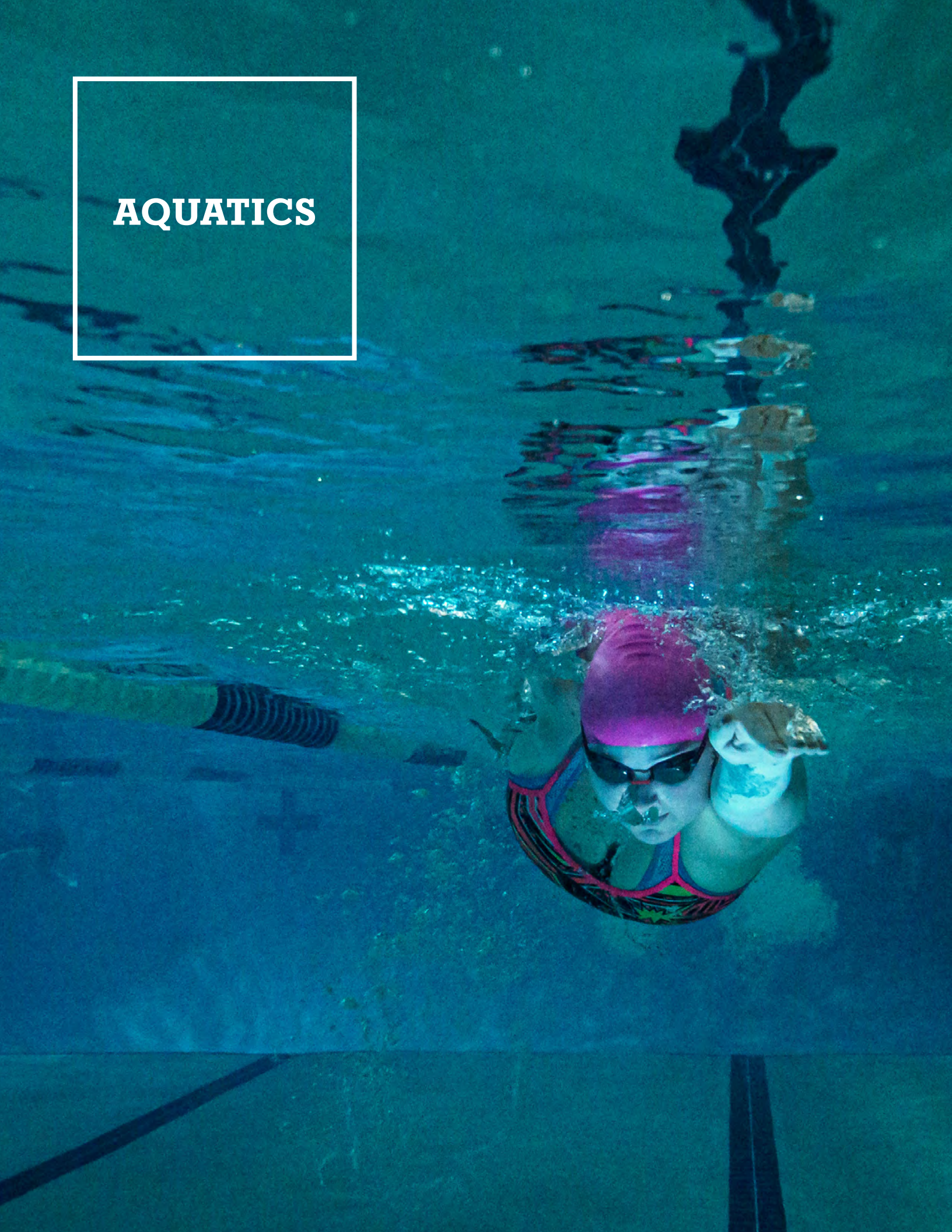
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AQUATICS



PRESCHOOL SWIMMING LESSONS



Baby Beavers

Our instructors follow a plan to introduce new swimming and water safety skills that are developmentally appropriate for infants and young children. Ages 6 months-2 years.

Tue/Thu 11:30am-12:00pm, \$56

August 24 - September 16
October 5 - November 2
November 16 - December 16

Saturday 9:15-9:45am, \$42

September 11 - October 16
November 6 - December 18

Nymphs

For our little swimmers who have completed Baby Beavers, but aren't quite ready for Tadpoles. Ages 1-2.

Tue/Thu 10:45-11:15am, \$56

August 24 - September 16
October 5 - November 2
November 16 - December 16

Tadpoles (Level 1 & 2)

In Tadpoles, children gain confidence and learn to be safe and comfortable in the water. Skills include putting the head under, floating assistance on the front and back, and arm and leg movement. Ages 3-5.

Mon/Wed 3:30-4:00pm, \$49

August 23 - September 15

Saturday 10:00-10:30am, \$42

August 28 - October 16
November 6 - December 18

Tue/Thu 3:30-4:00pm, \$56

October 5 - November 2

Tue/Thu 6:00-6:30pm, \$56

November 16 - December 16

Frogs (Level 3)

Instructors introduce new swimming and water safety skills that are developmentally appropriate for young children and help further your child's development of water competency. Ages 3-5.

Tue/Thu 3:30-4:00pm, \$56

August 24 - September 16

Saturday 10:45-11:15am, \$42

August 28 - October 16
November 6 - December 18

Mon/Wed 3:30-4:00pm, \$56

October 4 - November 1, \$56

Mon/Wed 5:45-6:15pm, \$56

November 15 - December 15

YOUTH SWIMMING



Salamanders (Level 1)

Ages: 5-10

In Salamanders, your child is introduced to basic skills as the foundation for future skills and the development of water competency (the basic minimum skills needed for water safety). Certain milestones are necessary for successful completion of Level 1. It is quite common for children to participate in several sessions of Salamanders before they are able to successfully demonstrate all the skills necessary to move to Turtles. That's expected and normal!

Monday/Wednesday 5:00-5:30pm, \$49
August 23 - September 15

Monday/Wednesday 4:15-4:45pm, \$56
October 4 - November 1

Tuesday/Thursday 5:15-5:45pm, \$56
November 16 - December 16

Turtles (Level 2)

Ages: 6-10

Turtles builds on Level 1 skills. Your child begins to perform skills at a slightly more advanced level and begins gaining rudimentary propulsive skills on both the front and the back.

Tuesday/Thursday 5:15-5:45pm, \$56
August 24 - September 16

Monday/Wednesday 5:00-5:30pm, \$56
October 4 - November 1

Monday/Wednesday 4:15-4:45pm, \$56
November 15 - December 15

Otters (Level 4)

Ages: 6-12

In Otters, our instructors follow a plan to introduce new swimming and water safety skills and to build on previously learned skills, improving the swimming stroke proficiency and swimming for longer distances.

Tuesday/Thursday 4:15-5:00pm, \$56
August 24 - September 16
October 5 - November 2

Tuesday/Thursday 5:00-5:45pm, \$56
November 16 - December 16

Cutthroats (Level 3)

Ages: 5-12

In Cutthroats, your child learns to swim the front crawl and elementary backstroke at rudimentary levels, is introduced to the scissors and dolphin kicks, learns the survival float and increases the time duration for treading water.

Monday/Wednesday 4:15-4:45pm, \$49
August 23 - September 15

Tuesday/Thursday 4:15-4:45pm, \$56
October 5 - November 2

Monday/Wednesday 5:00-5:30pm, \$56
November 15 - December 15

Breck Beavers Swim Team

Ages: 6-13

\$7 per day

The Breckenridge Beaver Swim Team focuses on progressing as a competitive swimmer while having fun working with team members and coaches to improve all four swim strokes (freestyle, back, breast, and butterfly).

Monday or Wednesday 4:15-5:30pm
August 23 - December 16



BRECKENRIDGE MASTERS SWIMMING



Whether you are a fitness swimmer, a former competitive swimmer, or a triathlete in training, the U.S. Masters Swimming community helps you work toward your individual goals. Develop effective habits in a fun environment with other swimmers who wish to take their fitness to the next level. Ages 18+.

Free with Rec Center admission/pass
Tuesdays/Thursdays
6:45-8:15am

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American Red Cross CPR/AED & FIRST AID



Are you a parent, a caregiver or work with the public? You may be called upon to save a life. Learn how with this American Red Cross course that teaches Cardiopulmonary Resuscitation (CPR) techniques to be used on adults, infants and children, and how to respond to injuries and sudden illness in a systematic manner. Certification is valid for 2 years. This class is a blended learning class. Online course work will be emailed to you a week in advance and is REQUIRED to participate in the day of training. Ages 11 & Up.

Online: Sept 22-28/In Person: Wed, Sept 29, 4:30-7:00pm

Online: Nov 10-16/In Person: Wed, Nov 17, 4:30-7:00pm

\$70

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LIFEGUARD TRAINING



American Red Cross Lifeguard Course

Lifeguarding is an in-demand skill with long-term career opportunities. This is a 6-day American Red Cross course that includes CPR/AED and First Aid. Please note a pre-test is required. All other lifeguarding skills and techniques are taught throughout the course. **Scholarships available!** Ages 15 and up.

November 12-14 AND November 19-21

Fridays - 4:00-8:00pm

Saturdays/Sundays - 9:00am-3:00pm

\$70

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**ICE ARENA
PROGRAMS**

FALL HOCKEY LEAGUES



Fall 2021 Adult Leagues

The registration deadline for adult hockey leagues is **Sunday, September 5** (or until full). League balances are due Sunday, October 17. All game times and days are subject to change.

Open League

Wednesday
Sept 22-Dec 1
7:00-11:00pm
\$180 per player

C League

Tuesday
Sept 21-Nov 30
7:00-11:30pm
\$2,000 per team

D League

Day: Monday
Sept 20-Nov 29
6:30-10:30pm
\$1,800 per team

E League

Thursday
Sept 23-Dec 2
6:30-9:15pm
\$1,800 per team

Breck Betties Women's League

Are you always at the rink watching your son, daughter, significant other or friend play hockey? Do you wish that you had a league of your own to learn how to play the game yourself? Come join our Breck Betties Hockey League! All levels of players are welcome to join this fun, inclusive league. This league has one coached practice and nine games. **Coached practice is Sunday, September 19.**

Sunday

3:45-6:00pm
September 19 - December 12
\$120 per player



FALL CURLING LEAGUE



Want to compete in one of the most unusual Olympic sports? Grab some friends for a fun, friendly and active kick-off to your Friday nights out on the rink! The league is limited to eight (8) teams of 4+ players/team. The season consists of eight (8) regular season games followed by a single elimination playoff and championship.

Ages 18 and up. **Free-agent registration on website.**

Fridays, October 8 - December 10

6:00-9:00pm

\$450 per team

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KID'S SKATING LESSONS



Evening Ice Skating Lessons

Summit County kids need to know how to ice skate, so come learn with our fun, engaging instructors! Participants are divided into groups based on age and skill level, either Snowplow Sam or Basic Skills. These lessons lay the foundation for future ice sports and a lifetime of safe fun on the ice! Ages 3-12.

Tuesday, 5:30-6:00pm, \$90
September 14 - October 19
November 2 - December 14

Afterschool Ice Skating

These convenient lessons introduce new students to ice skating and improve the skills of returning students. Kids grades K-5 are divided into small groups based on their current skating skills. Skate rental, afterschool snack and local transportation/chaperone included in program fee. Ages 5-11.

Monday, 4:15-5:30pm, \$90
October 4 - November 1
November 8 - December 13

Wednesday, 3:30-5:30pm, \$75
October 6 - November 3
November 10 - December 15

Afterschool SHOWTIME

Has your child completed several classes of our ice skating lessons and is ready for the next step in the skating world? Enroll him or her in our Showtime program for a chance to perform in front of an audience at the Winter Ice Show. Basic skating skills are required for this class. For questions regarding skating ability, please contact the Ice Programs Coordinator at 970-547-3147. Skate rental, afterschool snack and local transportation/chaperone are included in program fee. Ages 5-12.

Wednesday, 3:30-4:30pm, \$180
October 6 - December 8

FIGURE SKATING



Power Skating

Power skating is for all types of skaters. Figure skaters and hockey players alike should consistently work on improving efficiency in their skating. Skaters are taught how to use their edges correctly in order to obtain maximum power from every stroke on the ice. Ages 8 and up.

Tuesday, 6:30-7:00pm

September 14 - October 19, \$100

November 2 - December 14, \$100

Friday, 4:30-5:00pm

September 17 - October 29, \$100

November 5 - December 3, \$70

Adv. Jumps & Spins

Figure skaters of USFSA level Freestyle 6 and above, (or skaters with coaches permission) learn the fundamentals of the axel jump. Skaters learn on- and off-ice how to gain the strength, quickness, and technique to do an axel. They also learn the importance of a backspin and other practice exercises that create muscle memory for a correct and consistent axel. Ages 8 and up.

Friday, 4:30-5:00pm

September 17 - October 29, \$100

November 5 - December 3, \$70

Edges

Edges are the foundation of figure skating. It is essential for skaters to spend time focusing on edgework to improve all aspects of their skating. This class focuses on control, power, and quality of skating gained through the use of skate edges. Beginner edgework and USFSA Moves In The Field are taught, based on each skater's ability and goals. Ages 7-17.

Tuesday, \$100

September 14 - October 19, 5-5:30pm

November 2 - December 14, 6:30-7pm

Afterschool SHOWTIME

Has your child completed several classes of our ice skating lessons and is ready for the next step in the skating world? Enroll him or her in our Showtime program for a chance to perform in front of an audience at the Winter Ice Show. Basic skating skills are required for this class. For questions regarding skating ability, please contact the Ice Programs Coordinator at 970-547-3147. Ages 5-12.

Wednesday, 3:30-4:30pm

October 6 - December 8, \$180

Bridge to Freestyle

Bridge to Freestyle is a group skating class for skaters who have passed Basic Skills (or are instructor placed), and are working on more advanced elements. This class prepares and helps skaters practice skills for freestyle sessions while creating friendships and getting extra coaching. Ages 7-17.

Friday, 4:30-5:00pm

September 17 - October 29, \$100

November 5 - December 3, \$70

SHOWTIME

The weekly SHOWTIME class focuses on learning and practicing a choreographed group number for the Winter Ice Show. More group numbers are now being included in our bi-annual ice skating shows to take them beyond the exhibition level. Skaters perform with other skaters of similar skating levels, so the group skating routines are a great way to meet other skaters and to have fun! Ages 10-17.

Tuesday, 4:45-5:30pm

October 5 - December 7, \$160



FITNESS



TOTAL BODY COMBAT



Hoping to crush it this winter? Get ready by spending 3 days a week building strength and endurance in this 10-week program. As the program progresses, the workouts increase in intensity so you reach maximum fitness in 10 weeks. Ages 14 & up.

Monday/Wednesday/Friday

8:30-9:30am

September 13 - November 19

\$165

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YOUTH SPORTS CONDITIONING



Designed for middle school and high school athletes, this series is designed to improve the following fundamental components of sports training: Speed, Agility, Balance, Coordination, Explosive Power, Core Strength, Cardiovascular Endurance, Mental Toughness and Overall Athletic Performance. Keep your child on the path to progress during their pre-season or off-season schedule. Ages 10-14.

Tuesday/Thursday
4:15-5:30pm
September 7-30
\$80

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TENNIS

AFTERSCHOOL TENNIS



Our afterschool sessions are filled with fun drills and games with the tennis professionals guiding kids to develop strong fundamentals. All abilities are welcome! Ages 7-12.

Mondays, 4:30-5:30pm

August 23 - September 27, \$72

October 4 - November 1, \$60

November 8 - December 13, \$72

Wednesdays, 4:30-5:30pm

August 25 - September 29, \$72

October 6 - November 3, \$72

November 10 - December 15, \$72

Thursdays, 4:30-5:30pm

August 26 - September 30, \$72

October 7 - November 4, \$72

November 11 - December 16, \$72



TENNIS CLINICS



All clinics are \$22 per person. Please pay upon arrival at the Breckenridge Tennis Center.

All Levels Clinic

No matter your skill level, you'll have a great time learning the game, refining skills and improving fitness levels. This is an easy way to meet other guests and local players without a long-term commitment.

Mom/Tue/Wed/Sat
10:30am-12:00pm

Friday Extreme Clinic

Take your game to the extreme! This year-round clinic is a great workout with fast-paced drills geared toward the advanced, accomplished player. It is suggested that participants have a NTRP rating 4.0 or higher. Improve your skills working with our pros and other high-level players.

Fridays
1:30-3:00pm

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