

2016 FALL PROGRAMS

BRECKENRIDGE REC DEPARTMENT



BRECKENRIDGE MOUNTAIN CAMP YOUTH SPORTS TODDLERS + PRESCHOOL DROP-IN FITNESS PERSONAL TRAINING GROUP
 TRAINING ADULT SPORTS TOURNAMENTS CATCH CLIMBING TENNIS CPR + FIRST AID AQUATICS ICE SKATING HOCKEY
 LESSONS + CLINICS ADULT HOCKEY LEAGUES + CLINICS BRECKENRIDGE RECREATION CENTER STEVEN C. WEST ICE ARENA
 GOLD RUN NORDIC CENTER PARKS FACILITY RENTALS PARTY PACKAGES GROUPS + LESSONS SOCIAL MEDIA POLICIES + INFO





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VISITORS GUIDE

So much to do....so little time! Whatever recreation means to you, you'll find it here in Breckenridge. Though we're famous for our ski resort, we offer so much more for our residents and visitors. You'll find active, affordable fun with the Breckenridge Recreation Department.

Not sure what to do on a rainy or snowy day?

Splash down on the Summit Plummit waterslide! Get your blood flowing with a game of racquetball, basketball or tennis or soak your muscles in one of our hot tubs.

Want your kids to have their own Breckenridge experience?

Sign them up for a private lesson or bring the little ones in for drop-in play at Family Gym Time.

Interested in rock climbing, but not ready for the real thing?

Our indoor rock climbing wall gives you the feel for the real deal starting at only \$12!

Don't want to miss your daily workout and your hotel doesn't have an adequate gym or pool?

Our indoor track, weight room, cardio equipment, lap pool and free drop-in fitness classes keep you on your routine.

Got the shoulder season blues?

Head over to the Stephen C. West Ice Arena to play on the ice! Check out our public schedules for details on drop-in ice skating, hockey all week long.

Long stay in Breckenridge?

Our transferable punch passes are a low-cost option for multiple visits for the entire group.



EVENTS CALENDAR

August

- 3 Summit Trail Running Series:
Race #5: Flumes/Tom's Baby
- 6 Hunky Dory Half Marathon
Take in the scenery and history of Breckenridge during this race.
- 6 Kid's Tennis Competition Day
A day of fun and prizes for all levels.
- 12-14 Men's Pucks & Pilsners Hockey
Tournament: Great competition and socializing all weekend.
- 17 Summit Trail Running Series:
Race #6: Carter Park

September

- 1 Early Bird Nordic Season Pass Sale
- 9-11 Oktoberfest Women's Hockey
Tournament: Enjoy hockey, fall colors and all of the fun on Main Street during our Oktoberfest celebration.
- 10 Oktoberfest 5K Trail Run
Race through gorgeous fall scenery before hitting Main Street.
- 23 Stephen C. West Ice Arena Open House. Here's your chance to experience the Ice Arena for FREE!

October

- 3-9 Breckenridge Recreation Annual Maintenance Closure
- 28 Halloween Dodgeball Tournament
Show off your skills and costumes at this 8th annual tournament!

November

- 23-26 Thanksgiving BMC Mini Camp
- 24 Black Friday Pass Sale

December

- 1 Breckenridge Recreation Center
Winter Hours Begin
- 1 Winter Online Program
Registration Opens
- 3 Gold Run Nordic Center Opens
Visit the Open House all weekend.
- 11 Get Your Skis On! Early Season Tune Up! Nordic refresher clinic to get ready for the season.
- 16 Winter Ice Skating Show:
All That Glitters. Come enjoy family entertainment by local skaters.



CATCH & BRECKENRIDGE MOUNTAIN CAMP

CATCH

The Breckenridge Recreation Department, in partnership with the The Summit Foundation, Family Intercultural Resources Center (FIRC), Summit County Youth and Family Services, Summit School District and Keystone Science School, is pleased to offer CATCH Afterschool Kids Club at the Breckenridge Recreation Center.

WHO IS CATCH KIDS CLUB FOR?

CATCH is available to students who attend Breckenridge Elementary and Upper Blue Elementary. Students take a bus chaperoned by CATCH staff to the Breckenridge Recreation Center each day.

WHAT IS THE COST?

The CATCH program is partly subsidized by grants and in-kind donations, keeping the program affordable for all. The full fee is \$10 per day, and is based on a sliding scale according to financial need.

WHAT IS CATCH CURRICULUM?

CATCH stands for Coordinated Approach to Child Health. This afterschool program is designed to promote healthy physical activity and eating behaviors in children. It aims to equip children with the knowledge and skills to make healthy decisions, all while having fun! Each day a healthy snack is served and the children participate in a nutrition lesson followed by various exercises and non-elimination games. Tuesday and Thursday are swim days!

WHEN IS CATCH?

Mondays: 3:30-6:00pm

Tuesdays-Fridays: 4:30-6:00pm

Session 1: August 23 - November 18

Session 2: November 21 - March 3

Session 3: March 6 - June 2

CATCH is a session-based program with a minimum registration of 3 days per week for each session. CATCH is offered on Summit County School District school days. If you're looking for a flexible drop-in option, consider our **BMC Afterschool** program.

HOW DO I SIGN UP?

Download a [registration application](#) online, or pick one up at Breckenridge Elementary, Upper Blue Elementary or the Breckenridge Recreation Center. Applications can be turned in to your child's school or the Recreation Center. Online registration is not available.

QUESTIONS?

Contact Abbey Austin, Youth Programs Coordinator at 970-547-4333.

BMC Afterschool Drop-In

Ages 5-12

\$15 Monday, \$10 Tuesday-Friday

BMC Afterschool is the drop-in option for our CATCH curriculum-based afterschool program. Each day your child participates in a 30-minute nutritional lesson based on a weekly theme which includes a healthy snack each day. After snacks, kids get in 60 minutes of physical activity, including swimming on Tuesdays and Thursdays (we can provide swimsuits if your child forgets swimwear). Children can be registered as late as noon the same day! Transportation is provided from Upper Blue and Breckenridge Elementary.

Days: Monday-Friday

Dates: All Summit County school days

Register M 3:30-6:00pm

Tu-F 4:30-6:00pm



AFTERSCHOOL PROGRAMS

BMC No-School & Saturday Mini Camp

Ages: 5-12

\$40-Resident, \$45-Non-resident

Having trouble finding affordable daycare on no-school days or on Saturdays? Are you visiting 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 while off from school or while you take care of business on Saturday. 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!

Register 8:00am to 6:00pm

Saturday Mini Camp Dates:

Every Saturday Year Round!

No-School Mini Camp Dates:

August 22
September 5, 16
October 28, 31
November 23-25
December 22, 23, 26-30
January 2-4
February 3, 13-17
March 24
April 17-21
May 4

Karma Kids

Ages: 6-12

Try our new afterschool kid's yoga program! Whether you want more flexibility to play sports or you would like stronger focus to do well in school, this is your program! Each week we learn how to stretch more, focus more, and have a more zen presence. This program includes weekly yoga as well as crafts on yoga themes.

Session 1: \$84

7349 Sep 8-Oct 27 4:30-6:00pm Th

Session 2: \$72

7350 Nov 3-Dec 15 4:30-6:00pm Th

Kooking Kids

Ages: 6-12

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!

Session 1: \$108

7344 Sep 12-Oct 24 3:30-6:00pm M

Session 2: \$126

7346 Nov 7-Dec 19 3:30-6:00pm M

Mad Science

Ages: 6-12

Mad Science is back by popular demand! Your budding scientist enjoys fun, safe experiments like creating rockets, egg drop contests and making ooey gooey messes! It's a great way to stimulate their creativity and curiosity.

Session 1: \$84

7351 Sep 6-Oct 25 4:30-6:00pm Tu

Session 2: \$96

7353 Nov 1-Dec 20 4:30-6:00pm Tu

Afterschool transportation is provided from Upper Blue and Breckenridge Elementary. Students not attending Breckenridge schools are encouraged to participate but need to provide their own transportation.

SPORTS



YOUTH SPORTS



Afterschool Beginner Tumbling Level 1

Ages: 5-12

Member: \$51.20. Non-member: \$57

The goal of this tumbling class is to improve tumbling ability and to keep moving with momentum. Tumbling skills taught in this course include round offs, cartwheels in series, front walkovers followed by round offs, back handsprings, or back tucks. A solid cartwheel, forward and back rolls and a bridge kick are recommended but not required skills needed for this class.

7155 Aug 30-Sep 27 4:30-5:30pm Tu

7156 Oct 11-Nov 8 4:30-5:30pm Tu

Afterschool Beginner Tumbling Level 2

Ages: 5-12

The goal of this tumbling program is to provide your child with a more complete understanding of the skills required for a back and front handspring. Participants work toward back and front tucks/layouts with the ultimate goal of creating a tumbling line using these skills. Kids must meet certain skills requirements and be instructor approved in order to register.

Session 1: \$46 (4-week session)

7158 Sep 8-29 4:30-5:30pm Th

Session 2: \$57

7159 Oct 13-Nov 10 4:30-5:30pm Th

Afterschool Skateboarding

Ages: 6-14

\$16 - Monday, \$11 - Tuesday/Thursday

Has your child been riding the skatepark all summer?! Let our coaching staff teach him/her the skills to improve on their technique. All children are required to wear a helmet and bring their own skateboard. Elbow and knee pads are optional, but recommended. Need equipment? Skateboard, helmet and pad packages are available for \$5 per day or \$20 for the session.

4969 Sep 6-29 3:30-6:00pm M
4:30-6:00pm Tu,Th

Afterschool Taekwondo

Ages: 5-12

Students learn the basic techniques of self-defense while improving balance, strength, coordination and flexibility with instruction is provided by Sahn Taekwondo. Classes are designed for all ability levels. Taekwondo abides by the tenets of courtesy, integrity, perseverance, self-control and indomitable spirit. Monthly to annual individual and family passes are available for purchase through the Breckenridge Recreation Center.

7292 Aug 23-Jun 2 4:30-6:00pm Tu,W,F

Afterschool Bowling

Ages: 5-12

Member: \$53.90. Non-member: \$60

Get your kid throwing strikes and picking up spares in this exciting program! Afterschool Bowling teaches participants the basics of the sport of bowling, so they know how to play this popular lifetime sport. Kids practice how to throw the ball straight and how to keep score.

7160 Sep 8-Oct 13 4:30-5:30pm Th

Afterschool transportation is provided from Upper Blue and Breckenridge Elementary. Students not attending Breckenridge schools are encouraged to participate but need to provide their own transportation.

ADULT & FAMILY SPORTS



Oktoberfest 5K Trail Run

Ages: 10 and up

The 15th Annual Oktoberfest 5K is back again this fall offering an active start to a festive weekend. Lace up your running shoes and experience the changing aspens and beautiful scenery in this 5K trail run on Town of Breckenridge trails, finishing in time to enjoy the Breckenridge Oktoberfest celebration. The race is open to 200 runners. The exact mileage of this race is 3.03 miles. Pre-registration closes at 12:00pm Friday, September 9. Fees include an Oktoberfest 5K t-shirt.

Registration Fees:

Advanced: Adults:\$30,

Youth: (17 & under) \$20

Same-day: Adults:\$35,

Youth: (17 & under) \$25

7362 Sep 10 10:00am Start Sa

6x6 Flag Football League

Ages: 18 and up

\$280

Flag football is back for its fourth year! Come join us on Wednesday nights for some fun 6-on-6 competitive football action at the Breckenridge Recreation Center Kingdom Park Fields. The league is limited to 8 teams on a first-come, first-serve basis. A mandatory captain/free agent meeting is Wednesday, August 31 at 6:00pm at the Breckenridge Recreation Center.

7356 Sep 7-Oct 26 5:45-9:15pm W

Coed Volleyball League

Ages: 18 and up

\$285

Bump, Set, Spike! Our fall volleyball league is back in action! This officiated Monday night recreational league is for coed teams of six players with average volleyball skills. The league is limited to 10 teams on a first-come, first-serve basis. A captain/free agent meeting is on Monday, October 10 at 6:00pm at the Breckenridge Recreation Center with drop-in play to follow from 6:00-8:00pm.

7194 Oct 17-Dec 19 6:00-9:00pm M

5x5 Competitive Basketball League

Ages: 18 and up

\$360

Once the snow starts falling, head indoors and spend your Tuesday evenings in the full court, 5-on-5 competitive basketball league! No gender-specific rules apply. This league is limited to 8 teams on a first-come, first-serve basis. The captain/free agent meeting is Tuesday, October 11 at 6:00pm at the Breckenridge Recreation Center with drop-in play to follow from 6:00-8:00pm.

7147 Oct 18-Dec 20 6:00-9:00pm Tu



Halloween Dodgeball Tournament

Ages: 18 and up
\$100

Do you think you have what it takes to dodge witches, goblins and maybe even White Goodman? The 8th Annual Halloween Dodgeball Tournament is your chance to show off your skills AND your costume! A minimum of six players per team is required with at least two females. All teams must register by 8:00pm on Thursday, October 27.

7204 Oct 28 6:00-8:00pm F

Breckenridge Fencing Club

Ages: 8 and up

The classic sport of fencing is now available in Breckenridge! This introductory class teaches participants the basics and fundamentals of fencing.

Sundays: 1:00-3:00pm

Fridays: 6:15-8:15pm

Fees: \$5 per drop-in class

\$85 for 20-class punch pass

Taekwondo

Ages: 5 and up

Students learn the basic techniques of self-defense while improving balance, strength, coordination and flexibility. Classes are designed to meet the needs of all ability levels. Taekwondo abides by the tenets of courtesy, integrity, self-control, and 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. Please visit www.sahntkd.com for more information. Individual and family passes may be purchased online.

Morning Session

6437 10:00-11:00am M,W,F

Evening Session

6436 7:00-8:00pm M

Passes: \$99 - 1 month

\$267 - 3 months

\$504 - 6 months

\$950 - 1 year

HCSA Micro Soccer Leagues

Ages: 18 and up

High Country Soccer Association and the Breckenridge Recreation Department are teaming up again this Fall/Winter for recreational and competitive soccer league opportunities at the Breckenridge Recreation Center gymnasium. Both the Wednesday and Friday night leagues are 4 vs. 4. For more information or to register, please call HCSA at (970) 423-6283 or www.HighCountrySoccer.org.

7205 Nov 11-Mar 10 6:00-9:00pm F

7206 Nov 9-Mar 1 6:00-9:00pm W



FITNESS

Our team of certified professional trainers help you attain your fitness goals. Each has training, education and experience covering a variety of objectives from sports-specific conditioning to weight loss. Training options include one-on-one private sessions or reduced-rate Buddy Training with a group of family or friends!

Personal Training Rates/Passes

1 Session	\$55
3 Sessions	\$159
6 Sessions	\$313
12 Sessions	\$580

Passes are not transferable and are valid for one year from date of purchase. Member discount available.

Buddy Training Rates

\$40 per person, per session (2 to 4 people)

Body Fat Testing & Consultation

\$20 by appointment only.

Private Fitness Classes

Make it a party with private fitness instruction! Choose yoga, cycling, Zumba, Pilates or custom programs lead by our certified instructors. Please call 970-453-1734 for arrangements.

Nutrition Counseling

Nutrition counseling is available with nutritionist Uriell Carlson with new reduced rates. With a focus on whole foods, and total body wellness, Uriell helps you discover your best diet, customized for your lifestyle. Advanced registration required for appointments. Please call Kelly Gerken, Fitness Supervisor at 970-453-3381 for more information. Check out our new [nutrition group classes](#).



PERSONAL TRAINING & DROP-IN FITNESS

Meet Our Personal Trainers!



MARIKA PAGE

- NSCA-CSCS, Certified Strength and Conditioning Specialist
- AFAA certified Group Exercise Instructor
- NSCA trainer educator
- Focus on movement training, correcting muscle imbalance, injury rehab and pre-rehab



CHRIS HUGHES

- ACE Certified Personal Trainer
- Certified USA Weightlifting Olympic Lifting Coach
- USAW Sports Performance Coach, USAW Club Coach
- Focus on Olympic lifting technique and power training



CLEVE KELLER

- ACE Certified Personal Trainer
- Certified Pace trainer
- Focus on active, older adult population and developing range of motion



SUE STOKES

- AFAA certified Personal Trainer
- AFAA certified Group Exercise Instructor
- USA Cycling Level 3 Coach
- Focus on overall fitness improvement

Drop-In Fitness

DID YOU KNOW?

Drop-in classes are FREE with the purchase of a daily admission, punch pass or membership! The Breckenridge Recreation Center offers a great variety of fun and challenging group fitness classes taught by nationally certified, motivating instructors. Go online to the [Drop-In Fitness Class](#) page or [click here](#) to see the current schedule. Schedules are also available at the Front Desk.

CHECK OUT A SAMPLE OF OUR DROP-IN CLASSES:

Barre Fusion - A moderately paced core workout, combining standing core exercises, Pilates, ballet barre, and dance based moves.

BODYPUMP™ (Les Mills) - The original high energy pre-choreographed barbell class that strengthens your entire body. This endurance-based strength workout, challenges all major muscle groups.

Cycling - Our cycling classes are designed to challenge all levels of rider. The class focus differs per instructor, and is self paced, but is generally considered to be an interval cardio workout.

PiYo - A moderately paced class with high and low intensity options throughout. A totally new take on core exercise, featuring dynamic, non-stop fluid movement using only body weight.

Water Aerobics - A moderately paced class with less stress on the joints. This class includes toning exercises for the entire body and the use of water resistant equipment.

Yoga - A moderately paced class where a variety of pose modifications are given for students to work at all levels.

Zumba - A high energy Latin dance class, geared for all levels will get your heart rate up and your dance moves on!

GROUP TRAINING



Intuitive Eating for Weight Management

Ages: 14 and up
\$75

Soon it will be that time of year again when you feel like you are eating your way through the holidays. Let our Registered Dietitian Uriell Carlson help you enjoy the festivities and maintain a healthy weight, rather than keeping track of the amounts of energy and fats that are in your favorite foods.

7359 Oct 5-26 5:30-6:30pm W

Sports Nutrition for Athletes

Ages: 14 and up
\$75

Anyone and everyone is an athlete at heart. No matter what kind of activity you enjoy doing you should know the proper way to fuel your body to perform and recover. Learn about sports nutrition for every type of athlete.

7360 Nov 2-30 5:30-6:30pm W

Hot Topics in Nutrition

Ages: 14 and up
\$75

Are you ever curious about the ingredients of your favorite snack? Do you wonder what vitamins and minerals are actually good for? Learn about the latest hot topics in nutrition.

7361 Dec 7-28 5:30-6:30pm W

Pro-Active Fitness

Ages: 14 and up

Member: \$35.90. Non-member: \$40

Maximize your winter activities by enhancing performance, reducing injuries and gaining tools to identify and resolve what has been preventing you from moving functionally this past season. Learn to prepare your body for the specific activities and demands of everyday life and sports. Improve core stability, flexibility and balance through functional movement screens, multi-joint and multi-planar exercises that employ the use of such tools as physio-balls, balance trainers, and foam rollers.

7352 Sep 7-28 5:30-6:30pm W
7355 Oct 19 & Nov 2 5:00-7:00pm W

Mommy and Me Fitness @ Breck Create

Ages: 16 and up
\$40

Focusing on strength, your baby acts as resistance and helps you build your endurance. This class has you lunging, squatting, pressing and pushing your way back into shape. This is an energetic full body workout designed specifically to shed baby weight, tone and strengthen your muscles. Bring your favorite baby carrier to kick it off with cardio and end with a peaceful stretch. This class meets at Old Masonic Hall, 136 S. Main St.

7342 Sep 6-27 9:00-10:00am Tu

Fight Stress and Find Serenity @ Breck Create

Ages: 14 and up
\$40

This yoga class provides techniques for stress relief. Topics covered include integrative breath-work, guided visualization, aromatherapy, and restorative yoga poses. The aim of the class is to teach participants techniques they can use in their daily lives to manage stress. This class meets at Old Masonic Hall, 136 S. Main St.

7363 Oct 4-25 6:00-7:00pm Tu

Winter Conditioning

Ages: 14 and up
Member: \$62.90. Non-member: \$70

Winter conditioning prepares participants for repeated ski runs, Nordic ski marathons, all-day snowshoe hikes, and the general challenges that accompany winter sports. This is a high intensity circuit-based class that includes plyometrics, strength, endurance and power work. You work in every direction, at varying speeds in each workout. A base fitness level including strength training and cardio should be established before the session for maximum benefit.

7327 Nov 1-Dec 1 6:15-7:15am Tu,Th



ROCK CLIMBING

Climbing Rentals

Shoes	\$4.00
Harness	\$3.00
Chalk Bag or Chalk Refill	\$1.00
Belay Device	\$1.00
Climbing Package	\$6.00
(includes all above items)	

Bouldering

Our bouldering area offers challenges for everyone. From steep overhangs to long traverses, you are sure to get just the pump you are looking for.

Top Rope Climbing

With three dedicated top rope lanes and two auto belay lanes you'll be able to get a great workout whether you're with a climbing partner or by yourself!

Lead Climbing

Ready to tie-in to the sharp end? We have over 500 square feet of steep overhanging lead routes and more to test your leading skills. From jugs to crimps, we've got them all. Complete a skills-assessment with one of our instructors, grab one of our lead ropes and go!

Climbing Skills Checks

Do you already know how to climb? Our staff is available to perform the annual skills assessments required for all climbers in our gym. Bouldering orientations and top rope or lead climbing assessments are available for free. Once you have a pass, you can boulder or top-rope any time the climbing wall is open and space is available. Lead climbing is allowed only when a Climbing Wall Instructor is on duty. Please call (970) 453-1734 to schedule.

ROCK CLIMBING LESSONS



Belay Rides/ Try-a-Climb

Ages: 4 and up
\$12

Try rock climbing today! Let our professional staff handle the technical side while you enjoy the thrill of climbing. All equipment is included. Belay rides may be linked together to achieve the amount of time desired by the participant(s). Reservations are recommended. Belay Rides/Try-a-Climb are available daily during regular climbing wall hours for \$12 for 15 minutes.

6892 Call 970-453-1734 to schedule.

Intro to Climbing

Ages: 8 and up
\$65

Rock climbing is a fantastic sport that involves personal challenge, teamwork, total body fitness and fun. If you want to learn the basics but have never found the right opportunity, now is the time! Join our professional staff as we learn the basics of equipment, knots, belaying, movement and footwork. Upon completion of this class, participants are eligible to take the top-rope skills assessment to top rope climb at the Rec Center Climbing Wall without staff assistance.

6895 Call 970-453-1734 to schedule.

Learn to Belay

Ages: 8 and up
\$35

Whether you plan on spending the summer climbing outdoors with friends or would like to start adding the full height of our indoor climbing wall to your workout mix, it's time you learned how to belay. Join us in this two-hour class as we teach you about the gear involved in roped climbing, how to tie into the rope and how to belay (the act of managing slack in the rope to keep the climber from falling to the ground should they slip).

6897 Call 970-453-1734 to schedule.

Intro to Bouldering

Ages: 6 and up
\$15

Intro to Bouldering is designed to get you started bouldering as quickly and as confidently as possible. In this 45-minute lesson, you learn bouldering risk management techniques such as spotting and properly falling, how to understand the bouldering scale used in the gym, how to "read" bouldering problems, how to warm up and the basics of climbing movement. Intro to Bouldering is offered daily, with advance reservation, during regular climbing wall hours.

6894 Call 970-453-1734 to schedule.

Intro to Movement

Ages: 8 and up
\$35

Movement is the key to enjoying and improving your climbing and to making the most out of your time in the gym. Join our staff as we focus on footwork, use of different hand holds, body position, efficiency and injury prevention. With drills and exercises tailored to each individual, this class is sure to take your climbing to a whole new level.

6896 Call 970-453-1734 to schedule.

Learn to Lead

Ages: 10 and up
\$85

Ready to take the sharp end of the rope? Lead climbing involves connecting the rope to anchors as you climb adding a new level of challenge and excitement to your climbing experience. Join us as we teach you to lead belay, lead climb, recognize errors and practice taking falls. Participants must have previous climbing experience, know how to belay a top-rope climber and be able to climb 5.8 comfortably on top-rope.

6898 Call 970-453-1734 to schedule.



Cliffhangers

Ages: 6-9

Member: \$71.90. Non-member: \$80

Cliffhangers 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, to learn technical climbing skills, and to practice team work, communication and peer support via numerous fun activities.

7171 Sep 7-Oct 19 4:30-6:00pm W

7172 Nov 2-Dec 14 4:30-6:00pm W

Afterschool transportation is provided from Upper Blue and Breckenridge Elementary. Students not attending Breckenridge schools are encouraged to participate but need to provide their own transportation.

Climbing Club

Ages: 6-12

The Breckenridge Climbing Club is a fun place for our youth climbers of all ages to get their climbing fix for the week in a relaxed, yet fun and educational environment. The Climbing Club is suitable for older kids that are new to climbing, Cliffhangers participants who have been through the program several times but are not ready to move on or beginner climbers looking for new challenges.

Friday Climbing Club:

7177 Sep 9-30 4:30-6:00pm \$42

7176 Oct 14-21 4:30-6:00pm \$28

7175 Nov 4-18 4:30-6:00pm \$42

7174 Dec 2-16 4:30-6:00pm \$42

Tuesday Climbing Club:

7193 Sep 6-27 4:30-6:00pm \$56

7192 Oct 11-25 4:30-6:00pm \$42

7191 Nov 1-29 4:30-6:00pm \$56

7190 Dec 6-20 4:30-6:00pm \$42

Advanced Climbing Team

Ages: 8-17

The Advanced Climbing Team is the heart of our climbing development program. Members focus on a combination of climbing strength and technique development under our experienced and dedicated coaching staff. Fall sessions also allow participants to train for and compete in the USA Climbing American Bouldering Series. Those interested in Advanced Climbing Team should consult with the Climbing Team Coach or the Outdoor Programs Coordinator at 970-547-4324 for admittance into this program.

Session 1: \$147

7188 Sep 8-29 3:30-6:00pm M,Th

Session 2: \$126

7187 Oct 10-27 3:30-6:00pm M,Th

Session 3: \$126

7186 Nov 3-28 3:30-6:00pm M,Th

Session 4: \$126

7185 Dec 1-19 3:30-6:00pm M,Th

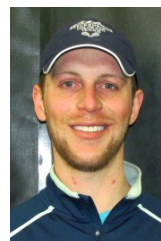


TENNIS

Tennis Professionals



Head Pro:
John O'Connor
USPTA Certified
Elite Professional



Assistant Pro:
Misha Jurkovic
USPTA Certified
Professional

Private Lessons/Semi-Private Lessons

Specific critiquing, fine-tuning, or overhauling your stroke is offered to all levels. Video tape analysis is available. Lessons are led by the Tennis Pro and Assistant Pros - fees vary. Call the Tennis Office at 970-453-4305 for information and to schedule your lesson.

Tennis Court Rates

Indoor Courts: Online: \$24 per court, per hour
Walk-up: \$32 per court, per hour
Outdoor Courts: Hard: \$16 per court, per hour (Walk-up)
\$8 per court, per hour (Online)
Clay: \$20 per court, per hour (Walk-up)
\$12 per court, per hour (Online)

Tennis Passes

Save money and time with the Tennis Punch Pass. Play for as little as \$5! [Click here](#) for more information.



All Levels Drop-in Tennis Clinics

Ages: 16 and up
\$20

No matter your skill level, our all drop-in clinic gives you a workout with drills and point play coached by our tennis pros. Have a great time learning the game, refining skills and improving fitness levels.

Monday Clinic

7296 Sep 5-Dec 26 10:30am-12:00pm

Tuesday Clinic

7298 Sep 6-Dec 27 10:30am-12:00pm

Saturday Clinic

7297 Sep 10-Dec 31 12:30-2:00pm

Extreme Fridays Drop-in Tennis

Ages: 16 and up
\$20

Take your tennis game to the extreme! Our Friday Extreme drop-in tennis 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.

7299 Sep 9-Dec 30 1:30-3:00pm F

Senior Tennis Court Time

Ages: 60 and up
\$10

Senior players have two hours of private court time for round robin doubles play Saturdays throughout the fall. Call in early to secure a spot - play is limited to the first 10 players who register.

Saturdays

7294 Oct 1-Dec 31 10:30am-12:30pm

Sundays

7295 Oct 2-Dec 18 12:00-2:00pm

Tennis Junior Lessons

Ages: 7-12

Member: \$37.70. Non-member: \$42

These afterschool sessions are filled with fun drills and games with the tennis professionals guiding kids to develop strong fundamentals. All abilities welcome. Sessions WILL sell out - please register well in advance. No drop-ins allowed.

Ages 7-8*

7304 Sep 12-26 3:30-4:30pm M

7303 Oct 10-24 3:30-4:30pm M

7302 Nov 7-28 3:30-4:30pm M

7301 Dec 5-19 3:30-4:30pm M

*Students must be picked up promptly at 4:30pm at the tennis courts.

Ages 9-11*

7308 Sep 12-26 4:30-5:30pm M

7307 Oct 10-24 4:30-5:30pm M

7306 Nov 7-28 4:30-5:30pm M

7305 Dec 5-19 4:30-5:30pm M

*Transportation is NOT included with these sessions.

Ages 7-12

7311 Sep 8-29 4:30-5:30pm Th

7310 Oct 13-27 4:30-5:30pm Th

7312 Nov 3-17 4:30-5:30pm Th

7309 Dec 1-15 4:30-5:30pm Th



AQUATICS

Private Swim Lessons

Ages: 2 -1/2 and up

Private lessons are designed to provide individualized instruction for all ages and levels of swimming. We also offer semi-private swim lessons for small groups of swimmers. Please contact the Aquatics office at 970-547-4334 for information and to schedule lessons.

Private Swim Lessons: \$25 per half-hour

Semi Private Lessons: \$40 per half-hour

Save up to 23% with a Punch Pass!

3-Punch Pass

\$70 for 3 private lessons

\$90 for 3 semi-private lessons

5-Punch Pass

\$115 for 5 private lessons

\$140 for 5 semi-private lessons

Drop In Parent & Child Swim

Ages: 6 months - 2 years

\$6

Our instructors follow a plan to introduce new swimming and water safety skills that are developmentally appropriate for infants and young children. Great experiences and fun activities are provided to teach children to be comfortable and safe in and around the water, while parents learn how to hold and support your child in the water.

Preschool Swimming Lessons Level 1 & 2

Ages: 3-5

In Preschool Swim Lessons, children gain confidence and learn to be safe and comfortable in the water. Skills include putting the head under, floating with assistance on the front and back, and arm and leg movement. For preschool aquatics, our instructors follow a plan to introduce new swimming and water safety skills and to build on previously learned skills. Each class is loaded with fun, engaging, and challenging activities that motivate children to want to perform and learn to swim.

Monday Sessions 5:15-5:50pm

7263 Aug 29-Sep 26 \$24

7269 Nov 7-Dec 19 \$42

Wednesday Sessions 5:30-6:05pm

7270 Aug 31-Sep 28 \$30

7264 Nov 2-Dec 14 \$36

Saturday Sessions-Level 1 9:05-9:40am

7267 Aug 27-Sep 24 \$24

7265 Nov 5-Dec 17 \$36

Saturday Sessions-Level 2 9:50-10:25am

7377 Aug 27-Sep 24 \$24

7266 Nov 5-Dec 17 \$36

Level 1 & 2 Swimming Lessons

Ages: 5-10

Learn-to-Swim Level 1 & 2 teaches a full plan of safety, breathing and stroke skills to achieve certain milestones. It is quite common for children to participate in several sessions of Learn-to-Swim Level 1 & 2 before they are able to successfully demonstrate all the skills necessary to move to Learn-to-Swim Level 3 & 4. That's expected and normal!

Monday Sessions 3:45-4:20pm

7276 Aug 29-Sep 26 \$24

7273 Nov 7-Dec 19 \$42

Tuesday Sessions 4:45-5:20pm

7281 Aug 30-Sep 27 \$36

7282 Nov 1-Dec 13 \$42

Wednesday Sessions 4:45-5:20pm

7274 Aug 31-Sep 28 \$30

7275 Nov 2-Dec 14 \$36

Thursday Sessions 4:45-5:20pm

7279 Sep 8-29 \$24

7280 Nov 3-Dec 15 \$36

Saturday Sessions 10:35-11:10am

7277 Aug 27-Sep 24 \$24

7278 Nov 5-Dec 17 \$36

6664 Jan 12-Dec 20 10:45-11:15am Tu



Level 3 & 4 Swimming Lessons

Ages: 5-12

Our instructors follow a plan to introduce new swimming and water safety skills and build on previously learned skills. Each class is loaded with fun, engaging, and challenging activities that motivate children to want to perform and learn to swim. After completion of Learn to Swim levels 3 & 4 participants may be ready for Breck Swim Team.

Monday Sessions 4:30-5:05pm

<u>7286</u>	Aug 29-Sep 26	\$24
<u>7287</u>	Nov 7-Dec 19	\$42

Tuesday Sessions 5:30-6:05pm

<u>7290</u>	Aug 30-Sep 27	\$36
<u>7291</u>	Nov 1-Dec 13	\$42

Thursday Sessions 5:30-6:05pm

<u>7288</u>	Sep 8-29	\$24
<u>7289</u>	Nov 3-Dec 15	\$36

Saturday Sessions 11:20-11:55am

<u>7284</u>	Aug 27-Sep 24	\$24
<u>7285</u>	Nov 5-Dec 17	\$36

Breck Swim Team

Ages: 6-13

Take your swimming to the next level! The Breckenridge 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). Swimmers learn competitive racing skills such as turning, relay racing, and diving while improving endurance in the water.

Session 1: \$54

7166 Aug 29-Sep 28 4:40-5:40pm M,W

Session 2: \$72

7167 Nov 2-Dec 19 4:40-5:40pm M,W

Adult Beginner Swimming Lessons

Ages: 13 and up

Do you miss out on fun at water parks, pools and the beach because you lack confidence in your swimming abilities? Let our patient, experienced instructors teach you the skills to explore more ways to be active, healthy, safe, and above all, to fully enjoy aquatic settings during your lifetime. Friday evenings are the perfect private setting for effective adult swim lessons.

Session 1: \$24

7260 Sep 9-30 6:05-7:15pm F

Session 2: \$30

7261 Nov 4-Dec 9 6:05-7:15pm F

U.S. Masters Swimming

Ages: 18 and up

\$5

The U.S. Masters Swimming community helps you work toward your individual swimming goals. Under the guidance of USMS Coach Jaime Brede, you develop effective habits in a fun environment with other swimmers who wish to take their fitness to the next level. Punch pass is available.

7326 Jan 5-Dec 29 6:15-7:45am Tu
6:45-8:15am Th

CPR/AED/FirstAid Lay Responder Certification

Ages: 11 and up

Member: \$62.90. Non-member: \$70

This American Red Cross course offers CPR techniques used on adults, infants and children. It also teaches how to respond to injuries and sudden illness in a systematic manner.

7340 Nov 13-15 3:15-5:15pm Su
6:15-8:15pm M,Tu

Scuba Diving Instruction

David Dee Diving is a great way to expose kids, teenagers and adults to the exciting world of diving. Please call the Aquatics Coordinator at 970-547-4338 to schedule.



TODDLER & PRESCHOOL

Bearly Big Child Care

Ages: 2 months - 6 years

The Bearly Big Child Care Center offers state-licensed childcare service for Recreation Center guests while using the Breckenridge Recreation Center facilities and programs (parents must remain on-site). Child care is provided for a maximum of two hours. Infants under 1 year may only stay in Bearly Big for a maximum of 1 hour. Drop-ins are allowed from 8:45-11:00am. Reservations are required for childcare after 11:00am. Please contact the Youth Coordinator at (970) 547-4333 for more information. Daily passes and punch passes must be purchased at the Front Desk.

Monday-Friday: 8:45am-1:15pm

Saturday: 8:15am-1:15pm

Sundays: Closed

Note: Hours vary on holidays - please call to confirm.

Member: \$8 per child per hour

Non-Member: \$10 per child per hour

Member 10-Punch Pass: \$55, **Save 31%!**

Non-Member 10-Punch: \$75, **Save 25%!**

Family Gym Time

Ages: 2 months - 5 years

\$6.50 Drop-in, \$52.75 10-Punch Pass

Bring your family on Mondays, Wednesdays and Fridays to the Breckenridge Recreation Center gymnasium to enjoy playtime out of the weather! Our inflatable jungle is set up along with gym mats and other play equipment so kids can have a roomy, warm, indoor space for active play and socialization. Family Gym Time is an open play format with no instruction provided. Parent supervision is required and a Program Instructor is present if you have questions or need assistance. No registration is required. A \$6.50 drop-in fee is due upon arrival at the Recreation Center Front Desk.

Buy a \$52.75 10-punch pass and get your 10th session free!

7201 Oct 17-Apr 28 10:00am-12:00pm
M,W,F

Tumbling Tots

Ages: 1-2

\$36 for session, \$12 Drop-in

Tumbling Tots fine-tunes your child's motor skills, movement and continues their social development. The children focus on balance and body awareness through gymnastics moves such as donkey kicks, crab walk, front rolls and more! Parent participation is required for this program. Register for the four-week session for \$36 OR drop-in for \$12 per class.

<u>7323</u>	Sep 2-30	9:00-9:45am	F
<u>7325</u>	Oct 14-Nov 11	9:00-9:45am	F



ICE PROGRAMS

Adult/Teen Ice Skating Lessons

Ages: 13 and up

Member: \$76.40. Non-member: \$85

Have you always wanted to learn how to ice skate, but never had the opportunity? Our Teen/Adult Ice Skating Lessons are the perfect solution! This class shares the ice with a Public Skate session, so it could be a perfect opportunity for you to get in a workout while your child practices his or her skating skills. Registration includes admission to the Tuesday Public Skate session after class.

7227 Sep 13-Oct 25 6:30-7:00pm Tu

7228 Nov 1-Dec 13 6:30-7:00pm Tu

Youth Ice Skating Lessons

Ages: 3-12

Summit County kids need to know how to ice skate, so come learn with our fun, engaging instructors at the Stephen C. West Ice Arena! Participants are divided into groups based on age and skill level for lessons on the indoor rink. Classes include Tots and Basic Skills classes from the United States Figure Skating Basic Skills Program.

Tuesday Sessions: \$85

7234 Sep 13-Oct 25 6:00-6:30pm Tu

7235 Nov 1-Dec 13 6:00-6:30pm Tu

Friday Session: \$74

7233 Oct 21-Dec 9 6:15-6:45pm F

Friday Afterschool Ice Skating Lessons

Ages: 5-12

Member: \$71.90. Non-member: \$80

Afterschool Ice Skating brings elementary school students to the Stephen C. West Ice Arena for 6 weeks of fun lessons right after school. Kids grades K-5 are divided into small groups based on their current skating skills - all abilities are welcome.

7224 Oct 21-Dec 9 4:15-5:15pm F

Monday Afterschool Ice Skating Lessons

Ages: 5-12

Member: \$125.90. Non-member: \$140

Returning this school year, elementary school kids can learn how to ice skate after school. Students arrive at Stephen C. Ice Arena for a 30-minute indoor skating lesson followed by 30 minutes of free-skate time to practice their new skills on-ice. A snack is provided for all participants Kids grades K-5 are divided into small groups based on their current skating skills - all abilities are welcome.

7225 Oct 17-Dec 12 3:30-5:15pm M

Stephen C. West Ice Arena Open House

Do you live in Summit County but have never been to the Stephen C. West Ice Arena!? Well, here is your chance to experience it all for FREE! Come skate for FREE and see for yourself what programs our amazing facility has to offer! Whether it's Learn-To-Skate classes, afterschool programs, figure skating or hockey programs.....we have something for everyone! All ages and abilities welcome - free admission includes skate rental and helmet rental!

7364 Sep 23 5:00-7:00pm F

Afterschool lessons include transportation from Upper Blue and Breckenridge Elementary, skate rental and helmet (students are welcome to bring their own skates and ski helmet if desired). Students not attending Breckenridge schools are encouraged to participate but need to provide their own transportation.

SKATING INSTRUCTION



Edges

Ages: 8 and up

Member: \$76.40. Non-member: \$85

Edges are the foundation of figure skating. This class focuses on control and power gained through the use of skate edges, along with the basics of skating. Skaters learn how to maneuver with grace and ease as they improve in this area of their skating. It is essential for skaters to spend time focusing on edge work to improve all aspects of their skating.

7230 Sep 13-Oct 25 6:30-7:00pm Tu

7231 Nov 1-Dec 13 6:30-7:00pm Tu

Power Skating

Ages: 8 and up

Member: \$66.50. Non-member: \$74

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. Coaches incorporate different exercises and techniques to improve a skater's abilities and power in their sport. In addition, this class requires muscle endurance and cardio so be prepared to sweat!

7229 Oct 21-Dec 9 6:45-7:15pm F

SHOWTIME Afterschool Ice Skating

Ages: 5-11

Member: \$164.60. Non-member: \$183

Has your child completed several classes of our ice skating lessons and is ready for the next step in the skating world? Our Showtime program gives him/her a chance to perform in front of an audience. All that's needed is for your child to want to shake her/his booty and to learn choreography to perform in the Winter Ice Show, *All That Glitters*. Basic skating skills are required for this class.

7237 Oct 17-Dec 12 3:30-5:15pm M

SHOWTIME Ice Skating

Ages: 10-17

Member: \$143.90. Non-member: \$160

The weekly Showtime class focuses on learning and practicing a choreographed group number for the Winter Ice Show, *All That Glitters*, held Friday, December 16 at 7:00pm. More group numbers are now being included in our bi-annual ice skating shows to take them beyond the exhibition level. Group skating routines are a great way to meet other skaters and to have fun! Skaters enrolling in Showtime should have basic skating skills and either be participating in ice skating classes or taking private lessons to continue to improve their skating skills.

7238 Oct 18-Dec 6 5:15-6:00pm Tu

Private Skating Lessons

Figure skates or hockey skates, we can teach you spins or speed. Please call (970) 547-9974 for more information on private skating lessons or [click here](#) to learn more about our coaches. Fees for private skating lessons vary per instructor, please call for rates. Group rates are also available.

All That Glitters Winter Ice Show

\$6 (Kids 3 and under are free)

This holiday season come enjoy an evening of entertainment at the Stephen C. West Ice Arena's bi-annual skate show, *All That Glitters*! This family show includes performances by local youth and adult figure skaters, in group and individual routines. You'll also be entertained with performances by Stephen C. West Ice Arena coaches! Don't miss out of this fun community event that your entire family is sure to enjoy! Tickets may be purchased online until December 15. Afterward, tickets may be purchased at the door.

7236 Dec 16 7:00pm-10:00pm F



HOCKEY & CURLING

Back to the Blades

Ages: 7-18

\$25 per clinic

After a summer of baseball, soccer, hiking and biking, it's hockey season again and time to get back to the blades! The Breckenridge Recreation Department and Summit Youth Hockey are partnering on this three-day clinic, allowing skaters to work on a wide variety of skills to help prepare for hockey team tryouts and the upcoming season. Back to the Blades focuses on power skating, passing, shooting and small-area games. Participants may sign up for all three days or register for each day individually.

6548 Sep 6-8 5:00-6:00pm Tu,W,Th

Adult Beginner Hockey Clinic

Ages: 18 and up

\$25 per clinic

New to the sport of hockey or want to improve your skating skills, hockey knowledge and technique? Register for one or all 3 of our beginner hockey clinics this fall and get skills honed before the fall adult leagues begin. Coaches run through drills and game situations for all players. This clinic is geared towards novice players including E and D league players.

6553 Sep 6-8 6:15-7:15pm Tu,W,Th

Adult Hockey Leagues

The Stephen C. West Ice Arena offers several different Adult Hockey Leagues. If you are new to the area or new to hockey and are interested in joining a hockey league, please contact Erin Socks, Ice Programs Coordinator at (970) 547-7883 or by email for league information. **The registration deadline is Sunday, August 21 (or until full). League balances are due Sunday, October 23.**

A League (Men's)

Days: Wednesdays, Fridays & Sundays
Dates: September 14 - November 30
Times: 8:30pm-12:00am
Fee: \$2,430 per team

B League (Men's)

Days: Sundays
Dates: September 18 - November 27
Times: 8:00-11:20pm
Fee: \$2,000 per team

C League (Men's)

Days: Tuesdays
Dates: September 13 - November 29
Times: 8:15-11:35pm
Fee: \$2,000 per team

D League (Co-ed)

Days: Mondays & Thursdays
Dates: September 12 - November 28
Times: 7:30-11:00pm
Fee: \$1,750 per team

E League (Co-ed)

Days: Thursdays & Fridays
Dates: September 16 - December 1
Times: 6:30-11:35pm
Fee: \$1,750 per team

Breck Betties Women's Hockey League

Ages: 18 and up

Member: \$127.70. Non-member: \$142

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! This league has one coached practice, nine games and two play-off games. No experience necessary. **Registration deadline is Sunday, September 11.**

7213 Sep 18-Dec 4 3:30-6:00pm Su

Fall Curling League

Ages: 18 and up

Standard charge: \$475

Want to compete in one of the most unusual Olympic sports? IT'S CURLING! Grab some friends for a fun and active kick-off to your Friday nights out at the rink! The season consists of 6 regular season games played on the NEWLY covered outdoor rink!! The league is limited to 8 teams of 4+ players/team, so register today! Equipment is provided (stones, brooms, slider shoe covers). No experience is necessary. **Last day to register is Sunday, October 9.**

7339 Oct 28-Dec 9 6:00-9:00pm F



NORDIC PROGRAMS

Gold Run Nordic Center Open House

Please join the staff of the Gold Run Nordic Center for our annual Open House, free to the public! The festivities begin at 9:00am on Saturday with an interactive wax clinic. On Sunday, join us at 9:00am for a Winter Warm Up - stretching and core exercises followed by an on-snow clinic. All weekend, browse the new selections of Craft, Swix, Buff and other top brands in the Pro Shop and chat with the staff about the upcoming season including clinics, lessons and equipment. The Open House is free and open to the public.

7203 Dec 3-4 9:00am-4:00pm Sa,Su

Get Your Skis On! Early Season Tune Up

Ages: 10 and up
\$30

Get back on the snow with the Gold Run Nordic Center! All ability levels are welcome to join this refresher clinic where we review movement patterns, posture, and timing to get your winter off on the right foot. Let our professional instructors review your technique, and offer drills for you to incorporate all season! We also check your equipment, and make waxing suggestions. Classic skiers and skate skiers welcome!

7202 Dec 11 10:00am-12:00pm Su

Nordic Group Lessons

Ages: 3 and up

\$45/\$35 Each Additional Person

Sign up for a group lesson, in either skate or classic cross country skiing disciplines. Lessons are offered daily at 9:30am and 1:00pm. The lesson fee includes a trail pass for the day and participants receive 50% off equipment rental for lessons. Please call the Gold Run Nordic Center Front Desk to reserve your spot - 970-547-7889!

7250 Dec 3-Apr 2 9:30am & 1:00pm

Nordic Private Lessons

Ages: 3 and up

\$55

Take advantage of private one-on-one or small group cross country skiing instruction, tailored to your needs and schedule. Our private lessons are taught by our friendly and knowledgeable instructors daily, based on instructor availability. Lessons last 1 to 1.5 hours and can cover beginner to advanced levels. Classic and skate-specific lessons are also available. Please call the Gold Run Nordic Center Front Desk at 970-547-7889 to schedule your lesson!

7251 Dec 3-Apr 2 9:00am-4:00pm Daily

Beginner Afterschool Nordic Skiing

Ages: 5-13

\$35, \$45 With Transportation

Beginner Nordic skiing offers an introduction to cross country skiing for kids new to snow sports, gets kids with some downhill or snowboarding experience comfortable on Nordic skis, and develops technical skills for kids with some previous Nordic experience. Participants practice balancing, stopping, turning, falling and getting up safely.

Intermediate Afterschool Nordic Skiing

Ages 5-13

\$35, \$45 With Transportation

Intermediate Nordic skiing develops cross country skiing skills for kids with previous Nordic experience. To enroll in the intermediate program, participants should have completed at least 2 seasons of Bill Koch, Beginning Youth Nordic Skiing, or have equivalent Nordic experience. Participants are introduced to climbing and descending small hills, the half wedge, classic skiing in the tracks, and skate skiing.

You will be prompted to choose Beginner or Intermediate.

7370 WITH Transportation from Upper Blue

7162 WITH Transportation from Breck Elem.

7161 WITHOUT Transportation

Dec 5-19 3:30-5:15pm M

4:30-6:15pm Th



Let our staff at Gold Run Nordic Center guide you on a Snowshoe Tour. Learn about local history, wildlife and nature from our knowledgeable guides, while you enjoy mountain vistas and scenic mining relics.

- Daily tours are scheduled at 11:30am.
- Rentals are available for half price.
- Please call 970-547-7889 for details and reservations.
- Snowshoe tours can be tailored to meet your specific needs and times.
- Pass includes trail pass.

Snowshoe Tour With a Guide: Overlook Adventure

Ages: 7 and up

\$45/\$30 Each Additional Person

A family-oriented tour with a gentle elevation gain of 600 ft. This tour takes you past the Jessie Mill and on to the historic town of Preston. You will see spectacular views of the Ten Mile Range from the Jumbo Mine. The Overlook Adventure is a MODERATELY STRENUOUS tour.

7373 Dec 5-Apr 1 11:30am-2:00pm M-Su

New Moon Snowshoe Tour

All Ages

\$25

Experience the wilderness up close and personal, in total darkness! Our experienced guides will provide historical and environmental insights into our local habitat. The gentle terrain and quiet darkness make wildlife sighting likely! Headlamps and a light meal are provided. Snowshoe rentals are available for \$10.

7248 Dec 30 5:00-7:00pm F

Snowshoe Tour With a Guide: Jessie Mill

Ages: 7 and up

\$35/\$20 Each Additional Person

This family-oriented tour explores gentle rolling terrain at an easy pace with information on the Golden Horseshoe mining district as well as area wildlife and flora. Jesse Mill is our MOST GENTLE tour. It is appropriate for children, and those new to snowshoeing or altitude.

7372 Dec 5-Apr 1 11:30am-1:00pm M-Su

Full Moon Snowshoe Tour

All Ages

\$25

Experience the great outdoors in of the full moon! Let our experienced guides lead you on a wild adventure, with guidance from the moon, while they share stories of our historical and natural environment. Headlamps and a light meal are included. Snowshoe rentals are available for \$10, and participants are welcome to bring their own.

7249 Dec 16 5:00-7:00pm F



RECREATION CENTER

Breckenridge Recreation Center
880 Airport Road/PO Box 168
Breckenridge, CO 80424
970-453-1734

Indoor Facilities

- 2 Indoor Tennis Courts with Deco Turf for Year-Round Play
- Racquetball/Wallyball Court
- Gymnasium
- Rock Climbing/Bouldering Wall
- Free Weight Room
- Bearly Big Childcare Room
- 25-Yard, 4-Lane Lap Swimming Pool with Hydraulic Lift
- Leisure Pool with Water Slide, Vortex and Kiddie Fountain
- Steam Room, Indoor/Outdoor Hot Tub and Sauna
- Running Track
- 2 Fitness Studios
- Circuit Weight Area
- Cardiovascular Equipment Area
- Pro Shop
- Family Locker Room

Outdoor Facilities

- Renovated Skateboard Park
- 2 Lighted Softball Fields
- Turf Soccer/Rugby/Lacrosse Field
- Picnic Tables
- Playground
- Public Restrooms
- 4 Hard Tennis Courts
- 4 Clay Tennis Courts
- Basketball Court

Hours of Operation

Winter Dec 1-Apr 30	Facility Hours	Summer May 1-Nov 30	Facility Hours
Sunday	8:00am-7:00pm	Sunday	8:00am-6:00pm
Monday-Friday	6:00am-9:00pm	Monday-Friday	6:00am-8:00pm
Saturday	7:00am-7:00pm	Saturday	7:00am-6:00pm

Aquatics area opens at 9:00am on weekends and closes 30 minutes prior to daily Recreation Center closure.

Dates and hours are subject to change.



RECREATION CENTER

Admission Rates

	Adult (18-59)	Youth (3-17)	Senior (60+)
Daily Admission	\$15	\$7.50	\$12
One Month Pass	\$55	\$35	\$45

Discounts are available for admissions and passes for individuals who live or work in greater Breckenridge. Proof of residency or employment is required. Please see Front Desk for area map.

Punch Passes

	Adult (18-59)	Youth (3-17)	Senior (60+)
6-Punch	\$53	\$26	\$42
15-Punch	\$130	\$75	\$95

6- and 15-punch passes are transferable and expire one year from date of purchase.

Memberships

	Adult (18-59)	Youth (3-17)	Senior (60+)
25-Punch	\$175	\$105	\$140
6-Month	\$268	\$162	\$214
One Year	\$464	\$276	\$372

All membership products are non-transferable and non-refundable. Resident and employee discounts are available. Program discounts of 10% are available for members. 25-punch pass expires one year from date of purchase. **An additional \$1 surcharge applies to in-person purchases.**

COUPLES AND FAMILIES

Discounted Couple and Family Passes can be purchased in One-Month, Six-Month and One Year increments. The primary family member pays the full adult rate, and each additional family member receives 25% off. Senior couples are not eligible for this discount.

GROUP RATES

Save money when you come as a group! If your group has 20 or more people, make a reservation at least two weeks in advance, and bring full payment on the day of arrival (single check or credit card payment).

Save money by purchasing your [pass online](#) — it's quick and easy to do!



STEPHEN C. WEST ICE ARENA

Stephen C. West Ice Arena
0189 Boreas Pass Road/PO Box 168
Breckenridge, CO 80424
970-547-9974

Facilities

- Indoor NHL Regulation Rink
- Outdoor NHL Regulation Rink (October-March)
- 8 Team Locker Rooms (4 with Showers)
- Family Locker Room
- Pro Shop
- Meeting Rooms
- Seating Capacity for 500 Spectators
- Party Packages

Public Skating

Ice skating is exciting for people of all ages and abilities! Sessions are held daily at various times on either the indoor or outdoor rink (October-April). Please view [monthly schedules](#) online or call 970-547-9974 for current times. Please note that schedules are subject to change. In case of inclement weather, please call ahead for possible cancellations on the outdoor rink.

Drop-In Hockey

Stephen C. West is Summit County's hockey headquarters with a variety of drop-in sessions held throughout the week. Stick & Puck and Adult and Youth Drop-In sessions offer opportunities to practice, play and get out on the ice. Helmets are required, and full gear is recommended. Please view [monthly schedules](#) online or call 970-547-9974.

Group Rates

Want to skate with friends and save money? If your group has 10 or more people, call the Ice Arena to make your reservation at least two weeks in advance, and bring one total payment on the day that you skate (single check or credit card). Call to schedule.



Public Skating Session General Admission

	Adult (18-59)	Youth(3-17)/Senior (60+)	Child Under 3
Per session	\$8	\$6	Free

Hockey/Freestyle General Admission

	Adult (18-59)	Youth /Senior
Per session	\$10	\$10

Public Skating Punch Passes*

	Adult without Skates	Adult with Skates	Youth/Senior without Skates	Youth/Senior with Skates
3-Punch	\$19	\$29	\$14	\$24
10-Punch	\$56	\$84	\$42	\$70

Hockey/Freestyle Punch Passes

	Without Skates	With Skates
3-Punch	\$24	\$34
10-Punch	\$70	\$95

Annual Memberships*

	Adult	Youth/Senior	Family
All-Inclusive	\$400 Base	\$365 Base	\$600 Base
Annual Pass	\$365 Resident	\$330 Resident	\$550 Resident

Equipment and Skate Rentals

Skate Rental	\$4
Helmet Rental	\$2
Stick Rental	\$3
Hockey Equipment Rental	\$5
12-Punch Skate Sharpening Pass	\$56

*Punch passes expire 1 year from date of purchase. Proof of residency is required for discounted Resident pricing. An additional \$1 surcharge applies to pass purchased made in person at the Front Desk.

Save money by purchasing your [pass online](#) - it's quick and easy to do!



GOLD RUN NORDIC CENTER

Gold Run Nordic Center
200 Clubhouse Drive/PO Box 168
Breckenridge, CO 80424
970-547-7889
Open December-March

Facilities

- 30K of Groomed and Natural Ski Trails
- Snow Bikes
- 13K of Snowshoe Trails
- Public Clubhouse/Day Lodge with Fireplace
- Select Dog Friendly Trails
- Group/Private Instruction
- PSIA Certified Member Ski School
- Rossignol Demo Center
- Nordic Retail/Ski Service Shop
- Free Ice Skating Pond (conditions permitting)
- Wax Room

Ice Skating

The ice skating pond at Gold Run Nordic Center offers a seasonal natural outdoor skating experience just steps away from the comforts of the Clubhouse. Bring lunch and make a day of it!

- FREE!
- Open 9:00am-4:00pm daily
- Open seasonally as conditions permit
- Located just behind the Gold Run Clubhouse
- Bring your own skates or rent a pair for a small fee (limited quantities).

Please note, this is a natural skating pond and conditions vary.

Rental & Demo Center

Gold Run Nordic Center offers a full fleet of rental skis and snowshoes, along with an excellent of gear for purchase. Gold Run features one of the few certified Rossignol Demo Centers in the mountain West.

Pro Shop

The Pro Shop at Gold Run Nordic Center offers everything you'll need to get out on the trails! Find equipment sales, rentals, outerwear, sportswear, accessories, skijoring equipment, and more. We offer top quality winter equipment to make your cross-country ski and snowshoe experience the best it can be.



GOLD RUN NORDIC CENTER

Daily Trail Pass Rates

Adult (18-59)	Youth(7-17) / Senior (60-69)	Super Senior (70 & up)	Child Under 6
\$20	\$15	\$5	Free

Punch Passes

	Adult	Youth/Senior
3 - Punch Pass	\$50	\$35
6 - Punch Pass	\$95	\$65
10 - Punch pass	\$150	\$100

Ski Rentals

- Adult (18-59) Ski Package (skis, boots, poles) - \$20
- Youth (7-17) Ski Package - \$15
- Senior (60+) Ski Package - \$15
- Child (6 and under) Ski Package - \$5
- High Performance Skis Only - \$15
- Backcountry Ski Package - \$35

Snowshoe Rentals

- Snowshoe Package (snowshoes, boots, poles) - \$20
- Boots Only - \$6
- Poles Only - \$2
- Snowshoe Only - \$20

SnowBike Rentals

- Hourly Bike Rental - \$15
- Half Day (4 hours) - \$40
- Hourly Add On to Nordic Rental - \$10

Early Bird Season Passes go on sale September 1 online at GoldRunNordic.com.
Save money by purchasing your [pass online](#) - it's quick and easy to do!

PARKS



Carter Park & Pavilion

Carter Park Pavilion and facilities are located 300 S. High Street, four blocks east of Main Street at the south end of High Street and adjacent to Breckenridge Elementary School. For directions [click here](#).

Renting Carter Park and Pavilion
[Rates and Information](#)

Email us at: FacilityRentals@TownofBreckenridge.com
Phone: 970-453-1734



Carter Park Facilities:

- 4 Hard Tennis Courts (2 Lighted)
- Picnic Tables
- Heated Public Restrooms
- Sand Volleyball
- Recreation Field
- Carter Park Trail (Summer)
- Public Dog Park (Fully Fenced)

Carter Park Pavilion/Patio:

- Indoor Heated Event Space
- Gas Fireplace
- Picnic Tables
- Large Gas Grill
- Patio with Spectacular Views of the Ten Mile Range
- Indoor Tables and Chairs

Kingdom Park

Kingdom Park facilities and fields are located at 880 Airport Road, adjacent to the Breckenridge Recreation Center. For directions [click here](#).

Renting Kingdom Park
[Rates and Information](#)

Email us at: FacilityRentals@TownofBreckenridge.com
Phone: 970-453-1734



Kingdom Park Facilities:

- 4 Hard Tennis Courts
- 4 Clay Tennis Courts
- Basketball Court
- Renovated Skateboard Park
- 2 Lighted Softball Fields
- Turf Field
- Picnic Tables
- Playground
- Public Restrooms

FACILITY RENTALS & PARTY PACKAGES



Looking for the perfect location for your party, meeting, reunion or wedding? The Breckenridge Recreation Department has many rental options available!

For Recreation Center or Nordic Center rental inquiries, please email FacilityRentals@TownofBreckenridge.com or call 970-453-1734. For Ice Arena rental inquiries, please email IceRequest@TownofBreckenridge.com or call 970-547-9974.

Breckenridge Recreation Center

- Community Rooms
- Gym
- Pool
- Dance Studio
- Climbing Wall

Stephen C. West Ice Arena

- Meeting Rooms
- Indoor Ice Rink
- Covered Outdoor Ice Rink (Winter Seasonal)
- After Hours Rental Available

Gold Run Nordic Center

- Clubhouse
- Lounge
- Dining Room
- Catering Available
- Winter Seasonal (December-March)



Celebrate your special day with one of our awesome Party Packages! Call 970-453-1734 for detailed pricing, information and reservations or click here for the [Party Brochure](#).

Ice Skating Party

Cake, pizza, skating with friends, and presents...what more could a kid want? Our [Ice Skating Parties](#) include one hour in our party room, skating and skate rental, and a message on our scoreboard for the guest of honor.

Pool Party

Have a wet and wild birthday with our Pool Party Package! Enjoy 2 hours in the Party Room and admission to the pool!

Rock Climbing Party

The sky's the limit with this rocking party package! One hour of climbing wall time with a certified instructor paired with 2 hours in the Party Room makes for a great birthday!

Bounce House Party

Pump it up for your birthday! Spend an hour bouncing on the inflatables in the gym and 2 hours in the Party Room! Our giant inflatable obstacle course is available to rent for birthday parties, family reunions, corporate events and more.



PRIVATE LESSONS



Private and semi-private (small group) instruction offers many advantages for today's busy schedules. Participants can define their own goals, and flexible scheduling allows for an individual pace. The Recreation Department offers affordable lessons and experiences across an exciting variety of sports in our state-of-the-art facilities, so now is the time to learn something new or to elevate your skills!

Swimming

Do you or your child need some assistance to help develop swimming skills? Private lessons are offered for all ages and abilities to learn in a fun and comfortable environment. Semi-private lessons are also offered. Please call the Pool Office for information and scheduling, 970-547-4334.

- Private Lesson: \$25 per ½-hour
- Semi-Private Lesson (up to 4) - \$40 per ½-hour
- 3-Punch Pass (Private/Semi-Private) - \$70/\$90
- 5-Punch Pass (Private/Semi-Private) - \$125/\$150

Tennis

Specific critiquing, fine-tuning, or overhauling your stroke is offered to all levels. Video analysis is available. Or, get your friends together for drills and customized coaching. Call the Tennis Office for information and scheduling, 970-547-4305.

- Lesson with Head Pro - \$55 per hour. Package of Four One-Hour Sessions - \$180
- Lesson w/ Assistant Pro - \$50 per hour. Package of Four One-Hour Sessions - \$170
- Junior/Adult Semi-Private Lessons - Call for rates.

Skateboarding

Are you already a good boarder but looking to get even better? Do you keep working on that special trick but can't seem to get it right? Do you prefer a one-on-one learning environment? Then check out our private skateboard lessons! Our quality instructors will have you riding your best in no time. The fee is \$35 per hour for one person. Each additional person is an extra \$5 with a maximum of 4 people per lesson. Call the Outdoor Programs Coordinator at 970-547-4324 for scheduling.

Climbing

Looking to take your climbing to the next level? From bouldering basics to belaying to movement and lead climbing, we have a class for everyone. Sessions can take 1-4 climbers, ages 6 and up and are offered daily, 12:00-5:00pm. Call the Recreation Center Front Desk for details and scheduling, 970-453-1734.

Ice Skating

Our instructors work with never-evs to competitive figure skaters. View the [Private Instruction](#) web page or call 970-547-9974 for more information and rates.

Teambuilding Session & Groups

Whether you want to build team morale or to add a memorable element to a family reunion or other event, our professional staff provides a truly rewarding experience. Call the Outdoor Recreation Programs Coordinator at 970-547-4324 for options and pricing.



SOCIAL MEDIA, POLICIES & INFORMATION

We're on Facebook, Twitter & YouTube! Follow us for updates, news, photos and more!



BRECKENRIDGERECREATIONDEPARTMENT



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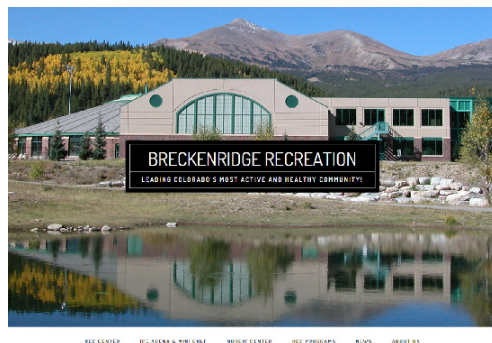


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Keep up with the latest and greatest of all things Recreation with our new and improved blog! Visit BreckRecBlog.com today!



REC CENTER REC AREA & MINI GOLF WRESTLING CENTER REC PROGRAMS NEWS ABOUT US

PROGRAMS POLICIES & GENERAL INFO

- The Breckenridge Recreation Department is constantly striving to provide the highest quality recreation programs. If you are not completely satisfied, please let us know and we will do our best to serve your needs. [Click here](#) to provide feedback.
- All programs are held at the Breckenridge Recreation Center or Stephen C. West Ice Arena unless otherwise noted.
- The Breckenridge Recreation Department reserves the right to cancel any program due to lack of enrollment, inclement weather or causes beyond our control.
- The Breckenridge Recreation Department welcomes individuals with and without disabilities into our facilities and programs. If you or a companion has special needs and requires assistance, please contact us at 970-453-1734 prior to your visit or the start of your program to make arrangements.
- Program confirmations are not mailed. Assume your program is a "go" unless you are notified.
- Refunds and transfers must be requested 5 weekdays prior to the scheduled start of any program. A \$3 service charge applies. No service charge applies if the program is cancelled. Please refer to individual program descriptions for specific refund and transfer policies, as some may differ. Refunds may take 3 to 4 weeks to process.
- No refunds are issued for any programs after one year past the program's start date.
- Program participants who do not have a Recreation Center pass may use locker room and shower facilities.
- No person who is visibly intoxicated or under the influence of federally prohibited substances shall be admitted to or permitted to remain upon the premises or the Recreation Center.

- Please contact the Breckenridge Recreation Department at 970-453-1734, if additional information or assistance is required.

RECREATION CENTER POLICIES

- All guests use the Recreation Center programs and facilities at their own risk.
- Age restrictions apply throughout the facility (see below).
- We ask that all guests be considerate of other users and visitors in the building. Please dress appropriately and use appropriate language while in the facility or participating in programs.
- In order to provide you with the best experience possible, please make note of high usage times. These include early morning (before work), early evening (after work), poor weather days and holidays. Please plan your visits accordingly.
- The consumption of alcohol and/or federally prohibited substances is prohibited while participating in any and all Recreation Department programs or facilities, except during sanctioned or permitted events.
- Outside private instruction is not permitted in public facilities.

RECREATION CENTER FACILITY RULES FOR YOUTH AGES 0-14

- Youth under age 14 must be directly supervised in the weight room and on the second floor.
- Youth ages 6-10 must have an adult in the pool area.
- Youth under age 6 must have an adult in the water AND be within reach at all times.



OFFICIALS & STAFF

Recreation Department Mission Statement

The Breckenridge Recreation Team offers quality programs, facilities, and services that encourage community participation and promote fun, physical activity, and growth.

Town of Breckenridge Mission Statement

The Town of Breckenridge protects, maintains and enhances our sense of community, historical heritage and alpine environment. We provide leadership and encourage citizen involvement.

Recreation Department Team

Director of Recreation: Scott Reid
Recreation Facility Operations Manager: Kevin Zygulski
Recreation Programs Manager: Bree Hare
Administrative Manager: Jenise Jensen
Administrative & Marketing Coordinator: Annette Kubek
Administrative Specialist: Kelly Opheim
Administrative Supervisor: Patt Reyes
Aquatics Coordinator: Vacant
Fitness Supervisor: Kelly Gerken
Ice Arena Guest Service Coordinator: Pete LaGrange
Ice Arena Programs Coordinator: Erin Socks
Outdoor Programs Coordinator: Vacant
Recreation Guest Services Coordinator: Jon Dorr
Recreation Facility Coordinator: Dennis Vander Schaaff
Sports & Special Events Coordinator: Brian Schaefer
Tennis Coordinator: John O'Connor
Youth Programs Coordinator: Abbey Austin

Town Officials

Town Manager
Rick Holman
Assistant Town Manager
Shannon Haynes

Breckenridge Town Council

Mayor
Eric Mamula
Council Members
Mike Dudick
Mark Burke
Elisabeth Lawrence
Jeffrey Bergeron
Erin Gigliello
Wendy Wolfe