

BABYSITTING

Information: 303.987.5448

AMERICAN RED CROSS BABYSITTING

This training certification course prepares youth to safely and responsibly care for themselves and other children in the absence of parents or guardians. Please bring a sack lunch. Babysitter's handbook and materials included in class fee.

Ages: 11 and up

\$99 Resident, \$125 Nonresident

Activity #	Date	Day	Time	Loc
146001-01	Jan 10	Sat	9:30 am-5 pm	LINK
146001-02	Feb 7	Sat	9:30 am-5 pm	LINK
146001-03	Mar 7	Sat	9:30 am-5 pm	LINK
146001-04	Apr 11	Sat	9:30 am-5 pm	LINK
146001-05	May 16	Sat	9:30 am-5 pm	LINK

SIGN LANGUAGE

Information: 303.987.4867

SIGN LANGUAGE BEGINNER/INTERMEDIATE

In these classes, you will learn to fingerspell your own name, the alphabet and numbers as well as full words including colors, people, locations, foods, animals and much more. Skills are learned through games and activities. All abilities welcome! The required course book is \$15.

Ages: 14 and up

\$65 Resident, \$79 Nonresident

Registration deadline: January 8 for Beginner, March 19 for Intermediate

Level	Activity #	Date	Day	Time	Loc
Beginner	110704-01	Jan 13-Feb 24	Tue	7-8:30 pm	WRC
Intermediate	110704-02	Mar 24-May 5	Tue	7-8:30 pm	WRC

SIGN LANGUAGE PRACTICE

Looking to expand your skills but just need a setting in which to practice? This class is for you! Cultivate your skills by signing sentences and stories and playing games. New vocabulary is taught as needed.

Ages: 14 and up

\$65 Resident, \$79 Nonresident

Registration deadline: January 8 for session one, March 19 for session two

Activity #	Date	Day	Time	Loc
110706-01	Jan 14-Feb 25	Wed	7-8:30 pm	WRC
110706-02	Mar 25-May 6	Wed	7-8:30 pm	WRC



Lakewood Recreation welcomes individuals of all ages and abilities into our programs and activities. Individuals with disabilities are welcome to register for any recreation class or program. If you need assistance, please

call 303.987.4869, TDD 303.987.4862.

We provide interpreter services for people with hearing impairments upon request. Please call 303.987.4869 to request this service. We request at least 72 hours notice.



Specialty Education

WOMEN'S ENRICHMENT

Information: 303.987.2490

WOMEN'S ENRICHMENT

This is a fun, enriching and thought provoking group! Topics include (but are not limited to) women's self-concept, assertive communication, boundaries and self-care. We will be discussing the book "Dance of Anger" by Dr. Harriet Lerner. Previous participants have loved this group for its lively discussions, supportive environment and meaningful connections. Please call to register.

Ages: 18 and up

Instructor: Ann Brady, M.S., L.P.C.

\$50 Resident, \$60 Nonresident

No fee for Lakewood Housing, Lakewood ECE or Lakewood Head Start participants

Date	Day	Time	Loc
April 2-May 21	Thu	6-7:15 pm	WRC

WRITING

Information: 303.987.7845

Students will need to bring either a laptop or writing tools. Handouts will be provided. Be prepared to free write and receive and give feedback.

AUTOBIOGRAPHICAL RESEARCH

Do you have boxes of images or documents that follow the line of your family? Write your family's autobiography. Learn the basics of characterization, how to develop your personal voice and how to interweave your family's history with experiences. Participants may bring images and documents they wish to work with during the class.

Ages: 18 and up

Instructor: Cara Summerfield

\$53 Early registration price, \$58 Regular price

Activity #	Date	Day	Time	Loc
178001-01	Jan 29-Mar 5	Thu	6-8 pm	LCC

WRITING YOUR MEMOIR

Learn the differences between memoir and autobiography. Begin your memoir by using the personal voice that reflects your personality and descriptive writing. Explore different strategies for telling your story and produce a page for your memoir.

Ages: 18 and up

Instructor: Cara Summerfield

\$53 Early registration price, \$58 Regular price

Activity #	Date	Day	Time	Loc
178002-01	Mar 19-Apr 23	Thu	6-8 pm	LCC



Come explore local 20th century history with us!



Lakewood Heritage Center is a 20th century museum located in Belmar Park. It is home to over a dozen unique historic structures on 15 acres, farm equipment and vehicles and more than 30,000 artifacts and photographs.

HERITAGE DAYS • MAY 5-8 • 10 A.M.-2 P.M.

This fun and educational living history experience is designed for elementary school students. Activities are teamed with Colorado Model Content Standards for Social Studies. Registration will open January 1, 2015.

- Shepherding
- Make your own Victory Garden
- Silent Movie Science
- Square Dancing
- Day in the Country School



TOURS

ADAPTABLE FOR GRADES K-12

- General Tour
- Agriculture
- Commercial Growth
- Community Culture in the Home
- Transportation



DECADE TRUNKS FOR GROUPS OF ANY AGE

Pick a decade, 1900-1990, and get up close and personal with real artifacts while exploring our area's culture and history. See the changes in fashion, calculate the changing costs of a car, discover how world events affected communities and learn about pop culture trends. The trunks can be explored on-site or off, on your own or with the help of a skilled presenter.



Lakewood
Heritage, Culture & the Arts



303.987.7879

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Lakewood.org/FieldTrips