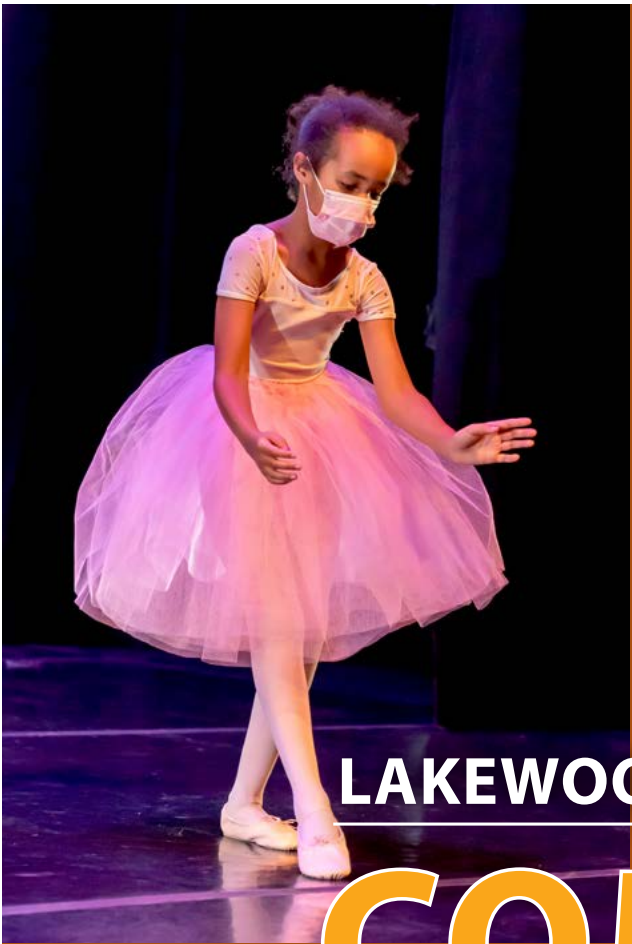


COMMUNITY CONNECTION

Lakewood's arts, parks and recreation program guide:
PAGES 13-18



LAKEWOOD ARTS, PARKS & RECREATION

COMMUNITY CONNECTION

ONLINE

Lakewood.org/Register

View more programs online.

EASY WAYS TO REGISTER

BY PHONE

303-987-5400

Phone registration is by credit card only.

Arts & History

ADULT MUSIC

Information: 303-987-7877

VIRTUAL PRIVATE VOICE

Structured to build on your strengths, needs and level. Learn the five keys to vocal success: posture, respiration, intonation, articulation and resonance to apply to any vocal genre in a healthy manner. Individual lessons are 30 minutes in length for 5 weeks and are scheduled for Mondays afternoons and Tuesdays midday. Times are scheduled through the Cultural Programs Coordinator, email at NatRen@lakewood.org

Ages: 12+ Instructor: Patrice Le Blanc
\$75 Regular price

Ongoing Mon 5 weeks
Ongoing Tue 5 weeks

VIRTUAL PRIVATE PIANO

Structured to build on your strength, needs and level, learn the three most basic techniques to piano success: hand, wrist and arm technique, posture and pedaling. Begin by learning fundamental repertoire and expand to styles based on your abilities and interests, such as musical theatre, jazz, folk and popular music. Individual lessons are 30 minutes in length for 5 weeks and are scheduled for Mondays afternoons and Tuesdays midday. Times are scheduled through the Cultural Programs Coordinator, email at NatRen@lakewood.org

Ages: 12+ Instructor: Patrice Le Blanc
\$75 Regular price

Ongoing Mon 5 weeks
Ongoing Tue 5 weeks

YOUTH ART

CREATE WITH ME

Spend time together by creating! In this adult/child class, experience creativity that is sparked by ideas and processes in a way that is meaningful to the child. Students will build fine motor and decision-making skills while building self-esteem. Different art mediums will be explored each week such as painting, clay, collage, sensory and much more. Dress for the mess! Lessons do not repeat.

Ages: 2-4 Instructor: HCA Staff

\$40 Early registration price, \$45 Regular price (5 weeks)
*\$31 Early registration price, \$36 Regular price (4 weeks)

37Y1601-02	Oct 18-Nov 15	Mon 9-9:45am	LCC
*37Y1601-03	Nov 29-Dec 20	Mon 9-9:45am	LCC
37Y1601-06	Nov 16-Dec 21	Tue 9-9:45am	LCC

(No Class Nov 23)

ART EXPLORERS

Children thrive through art! Our process-oriented instruction develops our art explorers to grow through creating and experimentation which builds self-confidence, hones fine motor skills and develop meaningful art experiences. We will explore different materials, learn about artists and create art in different mediums. Children will have lots of messy fun! Lessons do not repeat.

Ages: 3-5 Instructor: HCA Staff

\$40 Early registration price, \$45 Regular price
*\$31 Early registration price, \$36 Regular price (4 weeks)

37Y1602-02	Oct 18-Nov 15	Mon 10-10:45am	LCC
*37Y1602-03	Nov 29-Dec 20	Mon 10-10:45am	LCC
37Y1602-06	Nov 16-Dec 21	Tue 10-10:45am	LCC

(No Class Nov 23)

OPEN ART STUDIO

Budding artists will create drawings, paintings, prints, sculptures and much more! Students enjoy this self-directed and creative class with a theme focus while learning techniques, concepts, artists and different styles every week. Instructor gives individual attention and direction based on projects. All are welcome!

Ages: 7-15 Instructor: HCA Staff

\$55 Early registration price, \$65 Regular price (5 weeks)
*\$42 Early registration price, \$52 Regular price (4 weeks)

37Y1604-02	Oct 18-Nov 15	Mon 4-5:30pm	LCC
37Y1604-03	Nov 29-Dec 20	Mon 4-5:30pm	LCC

DRAWING FOR YOUTH

Develop your artistic skills by exploring a variety of exciting drawing techniques with these theme focused sessions. Get plenty of practice creating line, texture and tones with pencil, charcoal, and pastels. All materials provided.

Ages: 7-15 Instructor: Juana Martinez

\$55 Early registration price, \$65 Regular price

37Y1101-02	Oct 12-Nov 9	Tue 4-5:30pm	LCC
37Y1101-03	Nov 16-Dec 14	Tue 4-5:30pm	LCC

(No Class Nov 23)

PAINTING TECHNIQUES

Improve your artistic skills by exploring the elements of painting. Projects will cover a variety of concepts, including composition, shading, perspective, color theory and brush handling. We will focus each session on watercolors, acrylics, and experimental painting to make unique and personal works of art. All materials provided. All are welcome!

Ages: 7-15 Instructor: Juana Martinez

\$42 Early registration price, \$52 Regular price

37Y1102-03	Nov 17-Dec 15	Wed 4-5:30pm	LCC
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(No Class Nov 24)

DIGITAL ARTS

Experience art on a different level! On our provided iPads, students learn techniques to create incredible digital illustrations or simple stop motion animation clips with oil-based clay, paper and found objects. All are welcome!

Ages: 7-15 Instructor: Natalie Boedefeld

\$42 Early registration price, \$52 Regular price

37Y1001-03	Nov 18-Dec 16	Thu 4-5:30pm	LCC
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(No Class Nov 25)

Arts & History cont'd

BEGINNING SEWING

Kids love to sew and it is an excellent skill to know. Learn how to fix a hem, sew on a button and all sorts of different stitches. We will be starting with the basics of hand sewing and then move on to sewing on a sewing machine. Learn on ours or bring your own! Project options will be given, from making pillows, to stuffed animals, to bags and more.

Ages: 6-15 Instructor: Holly Causey
*\$50 Early registration price, \$60 Regular price (4 weeks)
\$65 Early registration price, \$75 Regular price (5 weeks)
37Y1201-02 Oct 16-Nov 13 Sat 9-11am LCC
*37Y1201-03 Nov 20-Dec 18 Sat 9-11am LCC
(No Class Nov 27)

FUN WITH FABRIC: HOLIDAY WORKSHOPS

Join us for some fun, sewing-friendly workshops this holiday season! Projects are designed based on the themes below, and all materials are provided. Section 02: Pennant Banner, Section 03: Holiday Birds.

Ages: 6-15 Instructor: Holly Causey
\$25 Early registration price, \$35 Regular price
37Y1206-02 Nov 6 Sat 11:30am-1:30pm LCC
37Y1206-03 Dec 4 Sat 11:30am-1:30pm LCC

TEEN ART NIGHT

These fun and engaging studio nights provide students the materials, instruction and space to work on projects of their choosing. Different themes and mediums are explored that will nurture their creative and artistic voices.

Ages: 13-17 Instructor: HCA Staff
\$25 Early registration price, \$35 Regular price
37Y1605-02 Nov 12 Fri 6:30-9pm LCC

ART STUDIO LAB

Create and share! Join us for fun-filled workshops throughout the season making art and memories with your friends. All levels welcome; no prior art experience needed. Projects are designed based on the subjects below. All materials provided. Section 03: Geometric Animal Painting, Section 04: Snow Globes.

Ages: 7-15 Instructor: HCA Staff
\$35 Early registration price, \$45 Regular price
37Y1606-03 Nov 7 Sat 10am-noon LCC
37Y1606-04 Dec 11 Sat 10am-noon LCC

Camps

FALL AND WINTER BREAK

Information: 303-987-7845

CREATE ART! FALL/WINTER BREAK

**MORE SPOTS ADDED!

When school is out, art is in! Join us for Fall and Holiday Art Break, in which students will work on age-appropriate projects including drawing, painting, sculpture, collage and more. Join us for our scheduled individual days or for all week! A one-hour supervised lunch break is included. Morning Studio and Late Studio can be added for an extra fee for parents who need a bit of extra time. Students will need to bring their own lunch, snacks, and water.

Ages: 5-15
\$60 Early registration price, \$70 Regular price
*\$230 Early registration price, \$240 Regular price (week-long)
37C1602-03 **Nov 22 Mon 9am-4pm LCC
37C1602-04 **Nov 23 Tue 9am-4pm LCC
37C1602-05 **Nov 24 Wed 9am-4pm LCC
37C1602-06 Dec 22 Wed 9am-4pm LCC
37C1602-07 Dec 23 Thu 9am-4pm LCC
*37C1602-08 Dec 27-30 Mon-Thu 9am-4pm LCC
17C1602-01 Jan 3 Mon 9am-4pm LCC
17C1602-02 Jan 4 Tue 9am-4pm LCC

DANCE FALL BREAK WORKSHOP

Come and join this fun and unique dance camp. Each day will offer a different dance style and art-themed activity. Styles we will explore: ballet, hip hop, jazz, tap, belly dance, improvisation, and hip hop. The camp schedule allows you to create the perfect combination for everyone. Join us for our scheduled individual days or for all week! A one hour supervised lunch break is included. Morning Studio and Late Studio can be added for an extra fee for parents who need a bit of extra time. Students will need to bring their own lunch, snacks and water.

Ages: 7-15
\$60 Early registration price, \$70 Regular price
37C2301-01 Nov 22 Mon 9am-4pm LCC
37C2301-02 Nov 23 Tue 9am-4pm LCC
37C2301-03 Nov 24 Wed 9am-4pm LCC

INTERESTED IN JOINING
A NON-COMPETITIVE,
COMMUNITY-BASED PERFORMANCE
GROUP FOR YOUTH?



The Lakewood Cultural Center is looking for youth ages 12-17 with some dance experience to perform within our community four to six times per year.

Sign up online and get details about our informational meeting in November.

Lakewood.org/PerformanceGroup

BALLERINAS AND CAVALIERS
DANCE WORKSHOP

Explore the enchanting and enriching world of ballet. Emphasis will be on movement and shapes that will teach dancers the love of dance and performing arts through creative play and dress-up. These fun-filled days consist of dance and craft time. Come for one day or all week! Please bring a healthy snack and bottled water. Lessons never repeat.

Ages: 4-7
\$30 Early registration price, \$40 Regular price
37C2001-01 Nov 22 Mon 9am-noon LCC
37C2001-02 Nov 23 Tue 9am-noon LCC
37C2001-03 Nov 24 Wed 9am-noon LCC

SUPERHERO DANCE WORKSHOP

If your little one enjoys jumping, rolling, kicking and tumbling then this is the camp for them! Our superheroes-in-training will learn rhythm, while adding fun dance games and movement sequences to superhero theme songs. These fun-filled days consist of dance and craft time. Come for one-day or all week! Please bring a healthy snack and bottled water. Lessons never repeat.

Ages: 4-7
\$30 Early registration price, \$40 Regular price
37C2602-01 Nov 22 Mon 1-4pm LCC
37C2602-02 Nov 23 Tue 1-4pm LCC
37C2602-03 Nov 24 Wed 1-4pm LCC

HCA FALL/WINTER BREAK
MORNING STUDIO

These studios, available only with HCA camps, provide extended, supervised fun and activities beyond camp time. No drop-ins are available at this time. Pre-registration is required.

Ages: 5-15
\$5 Regular price
*\$20 Regular price (week-long)
37C1603-03 Nov 22 Mon 8-9am LCC
37C1603-04 Nov 23 Tue 8-9am LCC
37C1603-05 Nov 24 Wed 8-9am LCC
37C1603-06 Dec 22 Wed 8-9am LCC
37C1603-07 Dec 23 Thu 8-9am LCC
*37C1603-08 Dec 27-30 Mon-Thu 8-9am LCC
17C1603-01 Jan 3 Mon 8-9am LCC
17C1603-02 Jan 4 Tue 8-9am LCC

HCA FALL/WINTER BREAK LATE STUDIO

These studios, available only with HCA camps, provide extended, supervised fun and activities beyond camp time. No drop-ins are available at this time. Pre-registration is required.

Ages: 5-15
\$5 Regular price
*\$20 Regular price (week-long)
37C1605-03 Nov 22 Mon 4-5pm LCC
37C1605-04 Nov 23 Tue 4-5pm LCC
37C1605-05 Nov 24 Wed 4-5pm LCC
37C1605-06 Dec 22 Wed 4-5pm LCC
37C1605-07 Dec 23 Thu 4-5pm LCC
*37C1605-08 Dec 27-30 Mon-Thu 4-5pm LCC
17C1605-01 Jan 3 Mon 4-5pm LCC
17C1605-02 Jan 4 Tue 4-5pm LCC

Dance

TEEN AND ADULT DANCE

Information: 303-987-7845

DROP-IN: All classes are registration classes with drop-in option. For those who can only participate when schedule permits, drop-in fee is \$12 for a one-hour class, \$15 for 1.5-hour class. For classes in which a partner is required, price is per person.

PRIVATE DANCE INSTRUCTION: Private dance instruction is available by appointment. Book a single, three or five-lesson package in the dance of your choice. Wedding dance instruction is also offered using the couple's chosen music. Couple wedding dance can be choreographed for an additional set fee. Email NatRen@Lakewood.org for pricing and information.

BALLET: BASICS FOR ADULTS

Have you always been wanting to attend a ballet class but felt nervous? Fret not! Designed for adults with absolutely no prior training, we'll gently guide you through positions, posture and balance. Learn foundational steps that will carry you through to the next level and every other type of style. Best of all, it's a great workout!

Ages: 16+ Instructor: Jessica Riggs
\$45 Early registration price, \$55 Regular price
37A2002-03 Nov 17-Dec 22 Wed 8-9pm LCC
(No Class Nov 24)

BALLET: OPEN LEVEL

Whether you are looking to start or want to start again, this class offers a wonderful and fun environment to develop strength, agility, flexibility, and fluidity of movement. Steps are practiced in classical and contemporary combinations at the barre, in the center and across the floor.

Ages: 16+ Instructor: Jessica Riggs
\$55 Early registration price, \$65 Regular price (5 weeks)
\$42 Early registration price, \$52 Regular price (4 weeks)
Include V for Virtual
37A(V)2001-03 Nov 16-Dec 14 Tue 6-7:30pm LCC
37A(V)2001-06 Nov 19-Dec 17 Fri 10:30am-noon LCC
(No Class Nov 26)

BALLROOM: LATIN BEGINNERS

Learn these nightclub styles while enjoying the exciting Latin rhythms! Rumba, sometimes called the dance of love is danced to romantic music and has origins in Afro-Cuban folk dance. Cha Cha is a lively, fun, cheeky and playful dance. It emphasizes Cuban motion, distinguished by the chasses (cha-cha-cha). Tango evolved in the dance halls of Buenos Aires and has become a favorite to dance. Dance shoes recommended. Partner required.

Ages: 16+ Instructor: Dianne Losasso
\$45 Early registration price, \$55 Regular price
Argentine Tango
37A2302-03 Nov 17-Dec 22 Wed 8-9pm LCC
(No Class Nov 24)

BALLROOM: STANDARD

Here's your chance to learn the basics of three ballroom dances and swing in a relaxed and comfortable atmosphere. You'll be dancing the fox trot, waltz, American tango and west coast swing, each in its own five-week session, to a variety of old favorites and contemporary music. Dance shoes or leather soles are suggested. Partner required.

Ages: 16+ Instructor: Dianne Losasso
\$45 Early registration price, \$55 Regular price
American Tango
37A2301-03 Nov 17-Dec 22 Wed 7-8pm LCC
(No Class Nov 24)

BELLY DANCE: BEGINNING

Learn the basics of this fun, international dance form (posture, isolations, basic steps, easy combos) while increasing core strength, coordination and fluidity. Classic body movements of the hips, ribcage, arm and hands are covered.

Ages: 16+ Instructor: Dianne Losasso
\$34 Early registration price, \$44 Regular price
37A2401-03 Nov 18-Dec 16 Thu 8-9pm LCC
(No Class Nov 25)

BELLY DANCE: INTERMEDIATE/CONTINUING

Complex moves are introduced such as layering, zills, veil techniques and combinations. Technique is emphasized that can increase core strength, flexibility, grace and self-esteem. Get in touch with your sensuality and experience freedom to express yourself through natural feminine movements. Hip scarf and jazz or ballet shoes recommended.

Ages: 18+ Instructor: Dianne Losasso
\$34 Early registration price, \$44 Regular price
37A2402-03 Nov 18-Dec 16 Thu 7-8pm LCC
(No Class Nov 25)

DANCE FITNESS: BALLROOM FOOTWORK

Enjoy the great sounds of swing and Latin music while learning a simple routine that will work on bettering your footwork technique of each style. From the Lindy Hop to Bachata come enjoy and enhance your skills and how this will translate to better partner dancing. No partner needed.

Ages: 15+ Instructor: Dianne Losasso
***\$34 Early registration price, \$44 Regular price**
***\$45 Early registration price, \$55 Regular price**
***37A2501-02 Oct 20-Nov 10 Wed 6-7pm LCC**
37A2501-03 Nov 17-Dec 22 Wed 6-7pm LCC
(No Class Nov 24)

JAZZ: BASICS FOR ADULTS

If you want to get back into dancing or are a first time mover, this is the class for you! Jazz dance includes strength, flexibility, conditioning and progressions. Students will learn the art of jazz in its entirety from old school to new styles, as well as choreography to popular music of today along with vintage styles of jazz from past decades.

Ages: 13+ Instructor: Dana Wasielewski
\$45 Early registration price, \$55 Regular price
37A2201-03 Nov 17-Dec 22 Wed 6-7pm LCC
(No Class Nov 24)

TAP: BEGINNING

Step-shuffle-ball-change your way to the Lakewood Cultural Center! This class is an introduction to the principles of tap dance technique in a fun and relaxed environment. Students learn the fundamental steps of tap dance, including basic movements performed across the floor, and simple rhythmic combinations in center.

Ages: 13+ Instructor: Jessica Riggs
\$34 Early registration price, \$44 Regular price
Include V for Virtual
37A(V)2101-03 Nov 16-Dec 14 Tue 7:30-8:30pm LCC

TAP: BEGINNING/INTERMEDIATE

This class is ideal for those who have tapped for 2-3 years and are ready to tap their way into intermediate footwork. Students will learn intermediate-level vocabulary, technique, progressions, rhythms and short routines in a fun and relaxed environment. Experience is recommended for this level.

Ages: 16+ Instructor: Jessica Riggs
\$45 Early registration price, \$55 Regular price
Include V for Virtual
37A(V)2103-03 Nov 17-Dec 22 Wed 7-8pm LCC
(No Class Nov 24)

TAP: INTERMEDIATE/ADVANCED

This class is ideal for those who have tapped, want to brush up on their skills and advance to more complex steps. Students will learn intermediate-level vocabulary, technique, progressions, rhythms and short routines in a fun and relaxed environment. Prior experience is recommended for this level.

Ages: 18+ Instructor: Jessica Riggs
\$45 Early registration price, \$55 Regular price
Include V for Virtual
37A(V)2102-03 Nov 16-Dec 14 Thu 8:30-9:30pm LCC

MODERN/CONTEMPORARY: LEVELS

Looking for a more expansive and grounded way to move? Connect with the floor and the space around you while developing body awareness and strength. Classes focus on floor work and technique exercises culminating in a fun movement combination at the end of each class. No experience necessary.

Ages: 13+ Instructor: Jessica Riggs
\$45 Early registration price, \$55 Regular price
Include V for Virtual
Open
37A(V)2701-03 Nov 18-Dec 16 Thu 7-8pm LCC
Intermediate
37A(V)2701-06 Nov 18-Dec 16 Thu 8-9pm LCC
(No Class Nov 25)

YOUTH DANCE

Information: 303-987-7845

Required Attire for Youth Dance: Leotard and tights (girls), sweatpants/shorts and T-shirt (boys), athletic/ jazz pants and tank top (jazz and hip hop).

Required Footwear for Youth Dance: Ballet slippers (leather, not satin or house; pink or white for girls, black for boys), tennis shoes, jazz shoes, tap shoes or bare feet depending on class (no flip flops, street shoes or socks).

*Students must meet minimum age requirement before class start date.

DANCE WITH ME

This class is an excellent introduction to the world of dance. A creative movement class designed for child and parent/ caregiver to enhance gross motor coordination and listening skills through music, props and dance.

Please have your child wear comfortable clothing that they will not trip in.

Ages: 1.5-2 Instructor: Amy Novak
\$45 Early registration price, \$55 Regular Price
37Y2301-03 Nov 16-Dec 14 Tue 9-9:45am LCC
37Y2301-06 Nov 18-Dec 16 Thu 9-9:45am LCC
(No Class Nov 23, 25)

NON-PERFORMANCE CLASSES

CREATIVE MOVEMENT

This class provides dancers with an introduction to movement and music while learning teamwork and showmanship in a positive and nurturing environment. Lessons include exercises for learning basic rhythms, patterns and using imagination. This is a non-performance class.

Ages: 3-5 Instructor: Amy Novak
\$80 Regular Price
37Y2001-05 Oct 19-Dec 14 Tue 10-10:45am LCC
(No Class Nov 23)

PRE BALLET II

Building on elements from Pre Ballet I, this class will teach basic ballet position, terminology, awareness of patterns and coordination through music in a lively and engaging environment. Prerequisite: One year Pre Ballet I or instructor recommendation. This is a non-performance class.

Ages: 6.5-7 Instructor: Carley Jadrich
\$80 Regular Price
37Y2003-02 Oct 23-Dec 18 Sat 10:45-11:45am LCC
(No Class Nov 27)

BALLET LEVEL II

Young dancers with prior experience will continue to learn terminology and movement while body placement, flexibility, balance, alignment, strength and classic ballet technique are developed through barre and floor work. Combinations will be expanded to further prepare dancers for more advanced movements. Prerequisite: at least one year of Ballet I or instructor permission. This is a non-performance class.

Ages: 10-15 Instructor: Carley Jadrich
\$80 Regular Price
37Y2005-02 Oct 19-Dec 14 Tue 5-6pm LCC
(No Class Nov 23)

BALLET FOR TEENS

This class is perfect for students who have little to no experience in ballet technique classes. Class focuses on learning basic ballet vocabulary and footwork through barre, center, and across the floor exercises.

**Students taking this class can progress into Ballet II, III or Adult Ballet: Open Level depending on instructor permission. This is a non-performance class.

Ages: 13-17 Instructor: Jessica Riggs
\$80 Regular Price
37Y2007-02 Oct 21-Dec 16 Thu 6-7pm LCC
(No Class Nov 11, 25)

HULA HOOP I

Hula hooping increases stamina, tones muscles, improves balance and releases stress. In addition to this fun workout, we will be reviewing terminology and moves, playing theatrical games, memorizing choreography and working on finding each dancer's unique expression through the art of hoop dance. This class is for all skill levels, and all are welcome! This is a non-performance class.

Ages: 5-15 Instructor: Ana Cruz
\$80 Regular Price
37Y2303-02 Oct 19 -Dec 14 Tue 4-5pm LINK
(No Class Nov 23)

JAZZ LEVEL I

Jazz dance includes strength, flexibility, conditioning technique and progressions including turns, kicks and leaps. In this class, students also learn many fun and trendy dance steps that are used for all forms of dance. Students will learn choreography to popular and age appropriate music of today along with vintage styles of jazz from past decades. This is a non-performance class.

Ages: 8-12 Instructor: Dana Wasielewski
\$80 Regular Price
37Y2204-02 Oct 20-Dec 15 Wed 5-6pm LCC
(No Class Nov 24)

Fitness & Wellness

MIND/BODY

Ages 14+
Information: 720-963-5366 or NicSch@Lakewood.org

BABY AND ME YOGA- 6 WEEK SESSION

Designed for new moms and their babies age 6 weeks to pre-walkers, this class will focus on postpartum recovery, developing strength and flexibility, and offers calming techniques for both mother and child.

\$53 resident, \$62 nonresident
322500-02 Oct 31-Dec 12 Sun 10-11am CARM

BEGINNER YOGA- 6 WEEK SESSION

This class focuses on basic postures, breath, and meditation to help you develop strength and understanding of the fundamentals of yoga. It is appropriate for those brand new or returning to yoga, but not for those with serious illness or injury.

\$53 resident, \$62 nonresident
322505-03 Nov 4-Dec 16 Thu 5:30-6:30pm CARM
322505-04 Nov 5-Dec 17 Fri 8:45-9:45am CARM

BEYOND BASIC ESSENTRICS- 4 WEEK SESSION

This workshop is for those that have taken Essential Essentrics Basics or have been approved by Ellen Thompson. We will explore the techniques of pulling in and pulling up with the core and pulling out with the limbs to decompress the joints, resulting in pain relief and improved range of motion. We will practice both relaxation and resistance to increase strength and flexibility of the entire body to enhance posture and balance. Emphasis will be on improving the quality of the movements. The class is mainly performed standing with some floorwork.

\$36 resident, \$42 nonresident
322601-01 Oct 11-Nov 1 Mon 2:15-3:15pm CARM
322601-02 Nov 8-Dec 6 Mon 2:15-3:15pm CARM

BREATHE AND FLOW YOGA- 6 WEEK SESSION

Taught in Vinyasa style, this class will move from pose to pose through the connection of breath and body. This class includes opportunities for pranayama (breath control) and meditation. All levels are welcome, but participants should be able to do forward folds.

\$69 resident, \$79 nonresident
322511-06 Nov 1-Dec 13 Mon 5:30-6:45pm CARM
322511-07 Nov 2-Dec 14 Tue 9:15-10:30am CARM
322511-08 Nov 2-Dec 14 Tue 5:45-7pm CARM
322511-09 Nov 4-Dec 16 Thu 9:15-10:30am CARM
322511-10 Nov 6-Dec 18 Sat 9:15-10:30am CARM

ESSENTIAL ESSENTRICS BASICS- 4 WEEK SESSION

If you are new to Essentrics or are looking to reinforce your basic Essentrics skills, this is the class for you! Essentrics is mainly a bodyweight class with the occasional use of resistance bands to help lengthen and strengthen full body musculature, as well as working on balance. We will dive into the core Essentrics movements and positional techniques, focusing on proper form and alignment to prevent injury and help achieve a successful experience in all your Essentrics classes. The class is mainly performed standing with some floorwork but can be modified for all mobility levels. Class taught by Ellen Thompson.

\$36 resident, \$42 nonresident
322600-02 Oct 11-Nov 1 Mon 1-2pm CARM
322600-03 Nov 8-Dec 6 Mon 1-2pm CARM

GENTLE YOGA- 6 OR 7 WEEK SESSION

Bring awareness to your mind, body and spirit in this gentle yoga class. Moving at a slower, controlled pace is vital to both managing body aches and pains as well as supporting overall general health. This class will allow you to improve your physical and mental well-being while gaining the flexibility and strength your body needs.

\$63 resident, \$72 nonresident
322510-05 Nov 1-Dec 13 Mon 10:15-11:45am CARM
322510-06 Nov 2-Dec 14 Tue 10:45am-12pm CARM
322510-07 Nov 3-Dec 15 Wed 10:30-11:45am CARM
322510-08 Nov 5-Dec 17 Fri 10:45am-12pm LINK

MAT PILATES- 6 WEEK SESSION

Mat Pilates offers a system of conditioning, core-strengthening and stretching to develop lean muscles, balance, strength and flexibility. It promotes the mind-body connection, greater concentration and improves posture.

\$53 resident, \$62 nonresident
322207-03 Nov 2-Dec 14 Tue 5:30-6:30pm GMRC
322207-04 Nov 4-Dec 16 Thu 6-7am CARM
VIRTUAL
\$53 resident, \$62 nonresident
322V207-02 Nov 3-Dec 15 Wed 8-9am ZOOM

PARENT AND TOT YOGA- 6 OR 7 WEEK SESSION

Bring your little one and share fun partner poses, movement, play and song. Everyone involved will benefit from the body awareness and intentional movement and thought that yoga provides, all in an atmosphere of community and shared experience. This class is for an adult caregiver with a child age walking through 5 years.

\$47 resident, \$54 nonresident
322519-02 Oct 31-Dec 12 Sun 9-9:45am CARM

PILATES YOGA FUSION- 6 WEEK SESSION

This class combines the core sculpting of Pilates and the stretching and strength of Yoga, giving you the benefit of two classes in one. This low impact class increases strength and flexibility, leaving your body feeling toned and lengthened.

\$53 resident, \$62 nonresident
322212-03 Nov 1-Dec 13 Mon 12-1pm CARM
322212-04 Nov 2-Dec 14 Tue 8:45-9:45am GMRC

YOGA FOR AUTOIMMUNE- 6 WEEK SESSION

This practice is a tool in the management of autoimmune disorders and reduction of pain for individuals diagnosed with Arthritis, MS, Lupus, Fibromyalgia, Chronic Fatigue Syndrome, and Multiple Chemical Sensitivity. This class is taught by an instructor with an autoimmune disorder. (Wheelchair access is available.)

\$59 resident, \$69 nonresident
322501-02 Nov 4-Dec 16 Thu 5:30-6:45pm CARM
VIRTUAL
\$59 resident, \$69 nonresident
322V501-02 Nov 4-Dec 16 Thu 5:30-6:45pm ZOOM

VIRTUAL YOGA FOR YOU- 6 WEEK SESSION

\$69 resident, \$79 nonresident
322V502-02 Nov 1-Dec 13 Mon 6:30-7:45pm ZOOM

QIGONG- 6 WEEK SESSION

These energy cultivation movement patterns have been refined through thousands of years of popular practice. They are gentle meditative exercises that improve the flow of internal energy and promote health, vitality and a sense of balance. Qi Gong is a good complement to any exercise routine for students of all abilities and capabilities. All SilverSneakers and Renew Active members get 20% off.

\$36 resident, \$44 nonresident
322221-03 Nov 1-Dec 13 Mon 3:30-4:30pm CCC
322221-04 Nov 4-Dec 16 Thu 3:30-4:30pm CCC

TAI CHI AT THE CLEMENTS CENTER- 6 WEEK SESSION

Reach a higher level of well-being with the flowing movements of this gentle mind-body exercise. Try Tai Chi to reduce stress, improve your balance and to gain a centered mind. All SilverSneakers and Renew Active members get 20% off.

\$31 resident, \$39 nonresident
BEGINNER TAI CHI
322222-02 Nov 4-Dec 16 Thu 8:30-9:30am CCC

INTERMEDIATE TAI CHI

322223-02 Nov 4-Dec 16 Thu 9:45-10:45am CCC

ADVANCED TAI CHI

322224-02 Nov 4-Dec 16 Thu 11am-12pm CCC

TAI CHI FOR BALANCE- 6 WEEK SESSION

Tai Chi is a wonderful exercise that strengthens the body and mind. In this class you will improve your balance through learning flowing movements. You will work mainly with a form called Tai Chi for Arthritis. The exercise is relaxing, but you will work muscles, and you will leave class feeling energized rather than tired.

\$53 resident, \$62 nonresident
322402-03 Nov 5-Dec 17 Fri 12:45-1:45pm GMRC
322402-04 Nov 5-Dec 17 Fri 2-3pm GMRC
VIRTUAL
\$53 resident, \$62 nonresident
322V402-02 Nov 5-Dec 17 Fri 2-3pm ZOOM

STRENGTH

Ages 14+
Information: 720-963-5366 or NicSch@Lakewood.org

TRX FUSION - 6 WEEK SESSION

This is a higher intensity circuit style class that will incorporate the TRX suspension straps as well as other fitness equipment. Enjoy the camaraderie while you build strength, balance, flexibility and core stability.

\$49 resident, \$59 nonresident
322130-03 Oct 31-Dec 12 Sun 8:15-9:15am CARM
322130-04 Nov 4-Dec 16 Thu 10:30-11:30am GMRC

HIIT- 6 WEEK SESSION

This high intensity class will challenge you to push your limits in your exercise potential. Increase your strength and endurance through intervals of hard work followed by active recovery. This class is tailored to the intermediate to advanced level due to the rigorous efforts required, but modifications

can be made for all abilities.
\$49 resident, \$59 nonresident
322132-03 Nov 2-Dec 14 Tue 5:30-6:30am CARM
322132-04 Nov 4-Dec 16 Thu 5:30-6:30am CARM

NUTRITION PROGRAMS

Information: 720-963-5366 or NicSch@Lakewood.org

LET'S EAT! COOKING CLASS

This hands-on class will teach you the fundamentals of using your kitchen to its fullest potential. The classes will include cooking, educational lectures and materials, and of course, eating! Each class will have a different theme where you will learn key concepts of nutrition, meal planning, knife skills and how to cook as a family, just to name a few! An email will be sent prior to the class with the list of ingredients and supplies needed. Learn how to cook using in season and local ingredients! The cooking classes will take place at the Link Rec Center on Saturdays from 11 a.m.-12:30 p.m. Class on Oct. 9 will be at 10:30 a.m.

\$15 resident, \$20 nonresident
322612-03 Oct 9 Healthy Snacks
322612-04 Oct 23 Breakfast Meals
322612-05 Nov 6 Plant-Based Meals
322612-06 Nov 20 Holiday Cooking
322612-07 Dec 4 30-Minute Meals



YOUTH FITNESS AND WELLNESS SAMPLER

This youth program is tailored to children and teens ranging in ages 5-13. Come learn different ways of adding fitness, nutrition, and mindfulness to your lives! Enjoy these fun activities and start kids on a healthy path to a great future. In case of inclement weather, classes will be held indoors or rescheduled.

For class descriptions and locations, please visit Lakewood.org/Register and search keyword: Youth Fitness. Parent or guardian can come for free.

\$5 resident, \$7 nonresident
322630-09 Oct 12 Tue 3-4pm Outside Group Fun
322630-10 Oct 16 Sat 10-11am Jump Around
322630-11 Oct 19 Tue 3-4pm Fun in Fitness
322630-12 Oct 23 Sat 10-11am Family Cooking
322630-13 Oct 26 Tue 3-4pm Gardening
322630-14 Oct 30 Sat 10-11am Family Yoga
322630-15 Nov 2 Tue 3-4pm Obstacle Course
322630-16 Nov 6 Sat 10-11am Fun in Fitness
322630-17 Nov 9 Tue 3-4pm Jump Around
322630-18 Nov 13 Sat 10-11am Youth Equipment Orientation
322630-19 Nov 16 Tue 3-4pm Wheels
322630-20 Nov 20 Sat 10-11am Eating Smart: Healthy Snacks
322630-21 Nov 30 Tue 3-4pm Still Your Mind Scavenger Hunt
322630-22 Dec 4 Sat 10-11am Outside Group Fun
322630-23 Dec 7 Tue 3-4pm Dance Off
322630-24 Dec 11 Sat 10-11am Trail Running
322630-25 Dec 14 Tue 3-4pm Family Cooking
322630-26 Dec 18 Sat 10-11am Gardening

Fitness & Wellness *cont'd*

GENERAL ADMISSION CLASSES

Ages 14+
Information: 303-987-4807 or PolZim@Lakewood.org
View and register: Lakewood.org/Programs

All classes are included with recreation center passes and daily admission fees unless marked with (\$).
Must preregister for all classes weekly.

BODYPUMP (\$)

Carmody

BOOT CAMP

Carmody, Whitlock

COORDINATION & BALANCE

Clements

CORE & MORE

Whitlock

ESSENTRICS

Green Mountain, Link, Clements

FIT FOREVER

Carmody, Virtual

FIT INTENSITY

Carmody

INDOOR CYCLE

Green Mountain

LABLAST

Whitlock

LES MILLS CORE

Carmody

SENIOR STRENGTH

Green Mountain

STRETCH

Carmody

SILVERSNEAKERS CLASSIC

All centers & Virtual

YOGA STRETCH

Green Mountain, Link, Clements

ZUMBA

Carmody, Green Mountain, Link, Whitlock

SAVE THE DATE!
For Winter Registration



LAKEWOOD ARTS,
PARKS & RECREATION

COMMUNITY
CONNECTION

January-May 2022
Programs

Preview catalog in late
November at

[Lakewood.org/
CommunityConnection](https://Lakewood.org/CommunityConnection).

Registration opens Dec. 2 at 10 a.m.



Check the trail status for
muddy conditions before coming out!

CHECK TRAIL STATUS
Lakewood.org/Trails
 @TrailsLakewood



Lakewood
Parks

FREE!
FITNESS COURTS

TWO LOCATIONS

ADDENBROOKE PARK
600 S. Kipling Parkway

**GREEN MOUNTAIN
RECREATION CENTER**
13198 W. Green Mountain Dr.

LEARN MORE:
Lakewood.org/OutdoorFitness



All residents should have access to
the City of Lakewood's programs
and facilities, regardless of income.

Apply for financial assistance online at
Lakewood.org/LPF or at any Lakewood
recreation center.

For more information, call or visit any recreation
center or email Possibilities@Lakewood.org.

Parks
PLAY
for all!

Older Adults, Ages 55+

Register by phone: 303-987-4820



CREATIVE WRITING

Find your inner voice and develop inspiration, motivation, and confidence while gaining creative writing skills to reflect your own style. Topics will vary and may include composition, editing, and reading. Bring you creativity and sense of adventure to explore these new techniques. Eligible for 20% discount for RenewActive and SilverSneakers members.

Ages: 55+ Instructor: Troy Seate
\$39 resident, \$44 nonresident
880510-02 Oct 27-Dec 8 Wed 1:30-3pm CCC

MAH JONGG

Learn Mah Jongg, the latest game craze. No experience necessary. Learn what those funny-looking tiles are all about and how to make sense of the Mah Jongg playing card. Bring a pen and paper and a handout of rules will be made available at the end of the first class. Eligible for 20% discount for RenewActive and SilverSneakers members. Participants need to attend the first day of class.

Ages: 55+ Instructor: TBA
\$34 resident, \$38 nonresident
880511-03 Oct 29-Nov 19 Fri 1-3:30pm CCC

BRAIN GYM

Increase clarity, coordination and memory with simple movements, games, exercises and activities. Improve reading and math, following calendar dates or instructions, and remembering medications. Also, fall prevention, improved speech. Come each week to see improvement. Eligible for 20% discount for RenewActive and SilverSneakers members.

Ages: 55+ Instructor: Deb Smith
\$39 resident, \$41 nonresident
880512-02 Oct 29-Dec 10 Fri 9-10:30am CCC

STAINED GLASS INTERMEDIATE

Learn the copper foil and lead method of stained-glass art. Learn glass identification, glass handling, cutting and how to choose your project. New students are encouraged to join the all-levels class. Instructor will discuss necessary supplies the first day of class. Eligible for 20% discount for RenewActive and SilverSneakers members.

Ages: 55+ Instructor: Joan Paschall
\$82 resident, \$87 nonresident
880513-02 Oct 25-Dec 13 Mon 9:15-11:45am CCC
880513-04 Oct 28-Dec 16 Thu 12:15-2:45pm CCC

STAINED GLASS ALL LEVELS

Learn the copper foil and lead method of stained-glass art. Learn glass identification, glass handling, cutting and how to choose your project. New students are encouraged to join the all-levels class. Instructor will discuss necessary supplies the first day of class. Eligible for 20% discount for RenewActive and SilverSneakers members.

Ages: 55+ Instructor: Joan Paschall
\$82 resident, \$87 nonresident
880514-02 Oct 26-Dec 14 Tue 9:15-11:45am CCC

ALTERNATIVE TECHNIQUE IN WATERCOLOR

Paint with alternative watercolor techniques. Some painting experience required. Supply list: palette with paints, brushes, water bowl, paper towels, sponge, spray bottle, 140 lb watercolor paper 1/4 sheet size, gatorboard or support, masking tape, drawing pencil, kneaded eraser, masking fluid and salt. This class is eligible for a 20% discount for RenewActive and SilverSneakers member.

Ages: 55+ Instructor: Gail Firmin
\$58 resident, \$61 nonresident
880518-01 Oct 19-Nov 9 Tue 1-3:30pm CCC
880518-02 Nov 30-Dec 21 Tue 1-3:30pm CCC

MOVE WITH THE BEAT (PREVIOUSLY CARDIO DANCE)

Get moving with dance! Learn different dance styles each week. This class teaches you a series of fun steps throughout the class and culminates in a short dance routine. Styles include jazz, tap, line dancing and even ballroom inspired steps. This class is eligible for a 20% discount for RenewActive and SilverSneakers members.

Ages: 55+ Instructor: Jessica Riggs
\$43 resident, \$45 nonresident
880522-02 Oct 28-Dec 16 Thu 3-4pm CCC

BALLROOM DANCE

Learn the basics and beyond of popular ballroom dances. Each four week session has a different focus. Couples and singles are welcome. This class is eligible for a 20% discount for Renew Active and SilverSneakers members.

Ages: 55+ Instructor: Dianne Losasso
\$36 resident, \$38 nonresident
880523-03 Oct 28-Nov 18 Thu 1:45-2:45pm CCC
880523-04 Dec 2-23 Thu 1:45-2:45pm CCC

BELLY DANCE FOR OLDER ADULTS

This form of dance became popular in the 1960s and is still going strong today. Benefits of belly dance for older adults can be core strength, coordination and balance and fluidity. Wear clothes you are comfortable to move in. No need to show your belly if you do not want to. This class is eligible for a 20% discount for RenewActive and SilverSneakers members.

Ages: 55+ Instructor: Dianne Losasso
\$27 resident, \$29 nonresident
880524-03 Oct 22-Nov 12 Fri 10:30-11:30am CCC
880524-04 Nov 19-Dec 17 Fri 10:30-11:30am CCC

CARETAKER’S COTTAGE RESEARCH ROOM

The rehabilitated Caretaker’s Cottage, which is listed in the Colorado State Register of Historic Properties as an example of a 1910s kit house, has opened for history programs and research. Residents and visitors can book a research time or use Tuesday open hours to view the museum’s online searchable database, photographs, archives and 3D artifacts upon request. Ongoing historical programs and genealogical research tools are also available.

OPEN FREE TO THE PUBLIC ON TUESDAYS
10 A.M.-NOON AND 1-3 P.M.

Heritage Lakewood Belmar Park
Lakewood.org/Collection
303-987-7850

The Caretaker’s Cottage rehabilitation project was paid for in part by a History Colorado - State Historical Fund grant.



Join the conversation to influence the future of Lakewood parks

2021 was a busy year for Lakewood parks projects with more exciting projects to come in 2022. Join the community conversation by visiting LakewoodTogether.org and help shape the future of parks in Lakewood. Check out the site designs created with resident feedback for Morse Park playground, 8180 W. 20th Ave.; and Taft Park playground, 2951 Simms Dr.; follow the development of the new Peak View Park, 2350 S. Wadsworth Blvd.; and Quail St. Park, 1960 Quail St.; take the Walker Branch Park, 5825 W. 16th Ave., improvements survey and mark your calendar for the first public meeting on the project.



LakewoodTogether.org is one of many tools used to supplement community meetings by providing participants the opportunity to learn more about current projects, take surveys, select play equipment or park amenities, and leave feedback or ask a question of the project team. Sign up today and subscribe for updates on the projects near and dear to your heart!

Lakewood's newest park

Lakewood dedicated its 111th park in August with a "small" ribbon-cutting. Cottage Park, at 110 S. Cody St., includes a resident-inspired playground with 20 play features along with public art and the first-of-its-kind sandstone labyrinth. Learn more at Lakewood.org/CottagePark.



Fall Events

Celebrate the change of seasons

Lakewood's events and programs for the fall celebrate one of the most beautiful times of the year in Colorado. From cider pressing to spook-tacular trick-or-treating, the festivities are rich in history, family fun and even ghoulish magic. A sampling of what's available are shown below, and be sure to visit Lakewood.org/FallEvents for a full listing with complete details.



Cider pressing

Calling all apples! Heritage Lakewood is pulling out our historic cider presses so you can make your own cider. Reservations required. Up to 6 people allowed per reservation. \$15 for a 20-minute reservation.

OCT. 16
10 A.M.-5 P.M.

Heritage Lakewood Belmar Park
Lakewood.org/CiderPressing

History Happy Hour

Join a paranormal podcaster as he presents findings from an investigation done at Heritage Lakewood. \$5.

OCT. 19
6-8 P.M.

Heritage Lakewood Belmar Park
Lakewood.org/Register
Search keyword "history."



Flick-or-Treat is a spook-tacular Halloween celebration! This family-friendly event kicks off with trick-or-treating, followed by a costume party at the Beer Garden and a special Halloween movie under the moonlight at our amphitheater. Reservations required. Free (\$5 suggested donation).

OCT. 30
3-8:30 P.M.
(ADAPTIVE & INCLUSIVE TRICK-OR-TREATING FROM 2:30-3 P.M.)

Heritage Lakewood Belmar Park
Lakewood.org/Halloween

Holiday Happenings

Mayor's Tree Lighting Ceremony

You're invited to the Mayor's Tree Lighting Ceremony at *Camp Christmas*. Kick off the holiday season with lights and merriment. Reserve your free ticket at dcpa.today/treelighting or call **303-893-4100**. Reservations for socially distanced visits with Santa must be made in advance. Learn more about the *Camp Christmas* experience on page 1 or by visiting denvercenter.org/campchristmas.

SPACE IS LIMITED
5-8 P.M., NOV. 16
Tree Lighting Ceremony at 5:30 p.m.

Heritage Lakewood Belmar Park
801 S. Yarrow St.
dcpa.today/treelighting

Recreation Pass Stocking Stuffers

Pick up five-visit punch cards to Lakewood Recreation centers and pools as a treat for yourself or as a gift for others on your holiday list. For Lakewood residents, the passes are just \$10 for youth/senior and \$15 for adults (the nonresident price is \$15 for youth/senior and \$20 for adults). Passes are good through Feb. 28, 2022.

AVAILABLE FOR PURCHASE
DEC. 1-30

Lakewood Recreation Centers
Lakewood.org/RecPass

LCC PRESENTS

Timothy P. and the Rocky Mountain Stocking Stuffers

This toe-tapping holiday tradition is back — with three performances to choose from! Enjoy a holiday concert from some of the region's most prestigious bluegrass, country and folk musicians. Tickets start at \$22.

2 P.M. AND 7:30 P.M., DEC. 4
2 P.M., DEC. 5

Lakewood Cultural Center
470 S. Allison Parkway
Lakewood.org/LCCPresents



Holiday Arts & Pottery Sale

Shop beautiful handmade art and pottery created by the students and instructors of Washington Heights Arts Center.

10 A.M.-4 P.M., DEC. 11

Washington Heights Arts Center
6375 W. First Ave.
Lakewood.org/HolidaySale

Winter Solstice Celebration

Celebrate the first day of winter at Bear Creek Lake Park, starting with a guided night hike and concluding with a marshmallow roast around the campfire and the traditional burning of the yule log. Bring your own mug to enjoy a hot beverage. \$5.

6-8 P.M., DEC. 21

Bear Creek Lake Park
15600 W. Morrison Road
Lakewood.org/BCLPevents

