



*FALL 2017*  
Online Registration Available  
[www.rrecreation.com](http://www.rrecreation.com)

# *CITY of RIVERTON*



## RECREATION AND CWC COMMUNITY EDUCATION



hosted by: Central Wyoming College

## WHAT'S INSIDE

### 2017 Fall 'R' Recreation Brochure

September - December, 2017

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#### 'R' RECREATION/COMMUNITY EDUCATION

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The 'R' Recreation and Community Education offices are located in the Professional Technical Center on the CWC Campus, 2660 Peck Avenue, Riverton WY 82501

#### CITY OF RIVERTON

Mayor – John 'Lars' Baker  
 Ward 1 – Sean Peterson, Kyle Larson  
 Ward 2 – Holly Jibben, Lance Goede  
 Ward 3 – Mike Bailey, Tim Hancock

#### SCHOOL DISTRICT 25 RECREATION BOARD

Keith Bauder, Vice President	Holly Jibben
Brett Watson, Treasurer	Larry Foster
Sarah Hughes, Secretary	Becky Lancaster
Dean Peranteaux	Kevin Tippetts

#### PAYMENT AND REFUNDS

Payment of each class is required at the time of registration. We **MUST** have a 48 hour notice if you are canceling your registration for a program. Any cancellations made within 48 hours of the class will **NOT** be refunded. This allows us to fill empty spaces from the waiting lists and prevent last minute cancellations of the classes.

## REGISTRATION INFORMATION

**Registration deadlines** are listed for each program. Registration and payment are required by the deadline to ensure a spot in the activity. These deadlines allow us to make important decisions regarding the class, staffing and facilities. 'R' Recreation does not "save spots" for any programs without proper registration and payment of fees.

## KIDZ CORNER

### Lil' Hoopers Basketball

Boys and girls, 3-5 years old come and join the fun and excitement with the Lil' Hoopers 'R' Basketball program. The program will emphasize appropriate skills, while encouraging participation and sportsmanship in a fun-environment. You won't find a better way to introduce the exciting game of basketball! Register early because there are a limited number of kids allowed due to the age and size of gym.

**Registration Deadline: Friday, September 22**

Date: Sept. 26-Oct. 12; Tues/Thurs

Time: Session 1: 4-4:45pm

Session 2: 5-5:45pm

Place: Aspen Park Elementary Gym

Ages: 3-5 years old (*No Kindergarteners*)

Cost: \$30/session



### Big Space Toddler Time

Toddlers are very special. Their curiosity is high, they plunge headlong into life ready to taste and test every inch of this new world. For optimal development, they need a broad base of experiences, hosted by adults who offer new and exciting situations for them to explore and manipulate freely. Moving in spaces bigger than most living rooms and learning how to roll, kick and throw a ball, step on and over things, crawl through things, jumping and running is important for their gross motor development. We are inviting your toddler to come to our gym for this type of activity. We will set up an environment that is enticing to your child. The instructor has received training in the West Ed infant/toddler curriculum.

**Registration Deadline: Wednesday, October 4**

Dates: Oct. 7-Nov. 18; Saturdays

Time: 10-11am

Place: Tonkin Activity Center

(*entrance at North facing glass doors behind Tonkin bleachers*)

Ages: 1-2 years old

Cost: \$20

### Kidsercise

Your preschool aged child will be dancing and singing as they experiment with balls, hoops, and bean bags, games of tag and many other fun games. Through these activities children get the movement and exercise they love and need, while simultaneously developing all of the learning domains that are so critical for later school performance. This class is based on a curriculum for Preschool and Kindergarten age children from the Netherlands, and facilitated by a teacher from the Netherlands. Come dressed ready for action!

**Registration Deadline: Wednesday, October 4**

Dates: Oct. 7-Nov. 18; Saturdays

Times: 11am-Noon

Place: Tonkin Activity Center

*(entrance at North facing glass doors behind Tonkin bleachers)*

Ages: 3-5 years old

Cost: \$20

### My Wonderful World

What a fabulous way for your preschooler to have the opportunity to explore nature, experience science, and participate in seasonal activities and crafts. Each session, taught by a certified teacher, will be three weeks and many will center around the seasons with age appropriate activities that will help foster their creativeness and curiosity. Children will need to wear appropriate clothing for messy projects and painting.

**Registration Deadlines: Friday, Oct. 6 (Session 1)**

**Wednesday, Nov. 1 (Session 2)**

**Wednesday, Jan. 10 (Session 3)**

**Friday, Feb. 2 (Session 4)**

**Friday, March 2 (Session 5)**

Dates: Session 1: Oct. 13, 20, 27; Fabulous Fall

Session 2: Nov. 3, 10, 17; A Feast Full of Fun

Session 3: Jan. 12, 19, 26; New Year Happiness

Session 4: Feb. 9, 16, 23; Blast the Winter Boredom

Session 5: March 9, 16, 23; Spring Fling

Days: Fridays

Time: 10-11am

Place: Center for Art, Technology & Science (CATS)

Ages: 3-5 years old

Cost: \$10/member or \$20/non-member per session

## YOUTH SPORTS

### Little Spikers Volleyball

Boys and girls in 1st, 2nd or 3rd grade come and join the fun and excitement with the Little Spikers 'R' Volleyball program. The camp consists of a series of fun group activities and non-competitive short games. Little Spikers focuses on exercise, coordination, participation and basic volleyball skills. You won't

find a better way to introduce the exciting game of volleyball! Register early because there are a limited number of kids accepted due to the age and size of gym.

**Registration Deadline: Friday, September 22**

Date: Sept. 26-Oct. 12; Tues/Thurs

Time: 4-5pm

Place: Willow Creek Elementary Gym

Ages: 1st-3rd grade

Cost: \$25



### Junior 'R' Volleyball

Here is a great way for 4th, 5th and 6th graders to develop skills and improve their knowledge of the game. Instruction will include passing, setting, hitting and serving with a focus on the fundamentals of the game. Players of all ability are encouraged to use this opportunity to improve on skills and tactics of the game!

**Registration Deadline: Friday, September 22**

Date: Sept. 26 – Oct. 12; Tues/Thurs

Time: 5:30-6:30pm

Place: Willow Creek Elementary

Ages: 4th-6th grade

Cost: \$25

Register Online!

**[www.rrecreation.com](http://www.rrecreation.com)**

Our newly released website this past summer was a huge step forward for 'R' Recreation. This allowed the community to have instant access to programs, changes, updates and to register and pay online.

YES, we know online registration isn't for everyone, but that is why we provide printable registration forms for each of our programs for your convenience on our website so you can fill them out and simply drop them in our office or put them in the mail.

By registering online or providing your email, you receive an instant confirmation email for each program, a receipt for your online credit card payment and a follow up email a few days prior to the start of a program as a reminder and to let you and/or your child know what they may need to bring to make the program a fantastic experience.



## Boys & Girls Basketball Playmaker League (Wind River Conference)

The 'R' Rec Playmaker Basketball for 5th/6th grade boys & girls will be playing in county-wide league games in the Wind River Conference and developing fundamental skills, game strategy, and teamwork. Please note that this is not a Riverton Middle School or Dist. 25 activity. Parents are responsible for transportation to games. Depending on the number of players there may be a game rotation implemented to maximize game time for all players. The registration fees will cover the cost of hiring coaches, referees and scorekeepers. The season will conclude with a special practice night and pizza with the Wolverine Basketball players and coaches.

### Girls Basketball Playmaker League

**Registration Deadline: Wednesday, October 4**

Date: Oct. 9 – Nov. 20; Mon – Thurs + Games  
Time: 4-5:30pm  
Place: Rendezvous Elementary Gym  
Ages: 5th-6th Grade  
Cost: \$50

#### **Game Schedule:**

October 17 at St. Stephens 4/5pm  
October 24 vs. Ft. Washakie 4/5pm  
October 26 vs. Lander 4/5pm  
November 2 vs. Arapahoe 4/5pm  
November 8 at Lander 4/5pm  
November 10 vs. Wind River 4:45/5:45pm  
November 14 at Shoshoni 4/5pm  
November 16 at Arapahoe 4/5pm

### Boys Basketball Playmaker League

**Registration Deadline: Thursday, December 21**

Date: Jan. 3 – Feb. 12; Mon – Thurs + Games  
Time: 4-5:30pm  
Place: Rendezvous Elementary Gym  
Ages: 5th-6th grade  
Cost: \$50

#### **Game Schedule:**

January 11 at St. Stephens 4/5pm  
January 18 at Lander 4/5pm  
January 22 at Ft. Washakie 4/5pm  
January 25 at Arapahoe 4/5pm  
January 30 vs. Lander 4/5pm  
February 1 vs. Wind River 4:45/5:45pm  
February 6 vs. Arapahoe 4/5pm  
February 8 at Shoshoni 4/5pm



The Playmaker Basketball Seasons have been switched from years past!

*Girls Season: Begins in October*  
*Boys Season: Begins in January*

## Playmaker Basketball League

First year Riverton Wolverine Basketball head coaches of the boys and girls teams are excited to carry on the partnership with 'R' Rec in continuing to bring you the Playmakers Basketball Development League. This league combines clinic like instruction and league play in a five week program that will prepare our boys and girls for the future of Wolverine Basketball. The PBDL features a session-to-session teaching progression to develop the skills and teach the concepts that comprise what are referred to as Basketball Intelligence. Please take the time to visit [www.playmakersleague.com](http://www.playmakersleague.com) for detailed information.

### Transition League; 3rd - 4th grade

**Registration Deadline: Friday, Oct. 6 (Girls)**  
**Friday, Jan. 12 (Boys)**

Date: Girls: Oct. 16 – Nov. 15  
Boys: Jan. 22 – Feb. 21  
Days: Mon/Wed  
Time: 5:30-6:30pm  
Place: Rendezvous Gym  
Cost: \$25

### Rookie League; 1st-2nd grade

**Registration Deadline: Friday, Oct. 6 (Girls)**  
**Friday, Jan. 12 (Boys)**

Date: Girls: Oct. 17 – Nov. 16  
Boys: Jan. 23 – Feb. 22  
Days: Tues/Thur  
Time: 5:30-6:15pm; 1st grade  
6:15-7pm; 2nd grade  
Place: Aspen Park Elementary Gym  
Cost: \$25

### Mini Playmakers; Kindergarten

**Registration Deadline: Friday, Oct. 20 (Girls)**  
**Friday, Jan. 19 (Boys)**

Date: Girls: Oct. 24 – Nov. 16  
Boys: Jan. 30 – Feb. 22  
Days: Tues/Thur  
Time: 5:30-6:15pm  
Place: Jackson Elementary Gym  
Cost: \$25

## RUSTLER HOOPS

### **Rustler 3-on-3 Developmental League**

The boys & girls Rustler 3-on-3 Developmental League combines skill and team offense instruction with 3-on-3 league games. Each session will consist of 45 minutes of skill and offensive breakdown instruction and 45 minutes of 3-on-3 games. No need to find a team as participants register individually and will be placed on a different 3-on-3 team for each round of games.

**Registration Deadline: Wednesday, September 13**

Date: Sept. 17, 24 and Oct. 1, 8; Sundays

Time: 5-6:30pm

Place: CWC Gymnasium

Ages: 4th-8th grade

Cost: \$65

### **Rustler Basketball Academy**

The boys and girls Rustler Basketball Academy is a one hour basketball workout that will help improve YOUR skills and help take YOUR game to the next level. Athletes will receive in-depth instruction from CWC coaches and players that will teach them the drills and skills to make them better basketball players. All skills development will be non-contact drills.

**Registration Deadline: Wednesday, September 13**

Date: Sept. 17, 24 and Oct. 1, 8; Sundays

Time: 7-8pm

Place: CWC Gymnasium

Ages: 8th-12th grade

Cost: \$40

### **Junior Rustlers Basketball Clinic**

The boys & girls Junior Rustlers Basketball Clinic will provide each participant with quality instruction while learning basketball skills and building relationships with CWC basketball players. Skills will be taught not only through FUNdamental drills but also exciting and FUN games.

**Registration Deadline: Wednesday, October 11**

Date: Oct. 15, 22, 29; Sundays

Time: 4-5:30pm

Place: CWC Gymnasium

Ages: K-5th grade

Cost: \$55

### **Rustler Holiday Basketball Clinic**

This camp is for boys & girls entering grades K-8th. Whether you are a recreational level player trying to learn fundamental basketball skills, or a more experienced player trying to improve your game, this clinic will focus on ball handling, shooting, rebounding, defense and passing techniques that will assist in building your offensive and defensive game. The clinic

will consist of high-energy drills, fun competitions and an opportunity to build relationships with CWC basketball players.

**Registration Deadline: Thursday, December 21**

Date: Dec. 28 & 29; Thurs/Fri

Time: K-3rd; 9-10:30am

4-8th; 10:30am-Noon

Place: CWC Gymnasium

Ages: K-8th grade

Cost: \$40



## YOUTH ACTIVITIES

### **Halloween and Special Effects Makeup**

Whether you like your Halloween gory or gorgeous this is the makeup class for you. We will learn techniques and skills that will take your Halloween costume to the next level! From zombies to witches to mermaids, fairies, crazy creatures and beyond, we will make sure this is the best costume you've had yet! *\*If you know your costume idea, please send it to rrecreation@cwc.edu or call 855-2015 by Friday the 13th to help our instructors plan their make-up (put 'Halloween Make-up' in the subject line).*

**Registration Deadline: Friday, October 13**

Date: Oct. 19-20; Thurs/Fri

Time: 4-5:30pm

Place: CWC Art Center, Make-Up Room

Ages: 4th-8th grade

Cost: \$20



### **Handbuilt Pottery with Printmaking Techniques**

Artists will create an amazing wall plaque as they learn and experiment with printmaking techniques. Printmaking is an art form that involves transferring an image from one surface to another. Students will learn Sgraffito, a decorating pottery technique produced by applying layers of colors to the plaque and then scratching off parts of the layers to create contrasting images, patterns and textures! Join our instructor, Linda Johnson, to learn the various principles and techniques involved in this unique and fun form of art. Class size is limited to ten students so be sure to register early.

**Registration Deadline: Friday, October 13**

Date: Oct. 21, 28 and Nov. 4; Saturdays

Time: K-3rd grade: 9-10:30am

4th-6th grade: 10:45am-12:15pm

Place: CWC Art Center, Room 106

Ages: K-6th grade

Cost: \$20

### Rock Climbing 'The Wall'

If you are looking for an activity on your child's day off, we have something planned for you! Enjoy the skills and thrills of safe indoor rock climbing on CWC's climbing wall. Learn climbing movement, how to boulder and spot a boulder safely, as well as belay others safely to tops of climbs. You will have lots of fun hanging and swinging on the climbing ropes to successfully reach the top. This class is a beginner class and no experience is necessary. You will learn from the experience and expertise of Stacy Wells, NOLS Senior Instructor. Climbing ropes, helmets, harnesses, and all climbing equipment is included. Please indicate shoe size when registering for the class. Participants must register in advance for each class, as class size is limited. Each time is considered as a separate class.

**Registration Deadline: Friday, October 27 (Session 1)**  
**Friday, January 19 (Session 2)**

**Date:** Session 1: Nov. 3; Friday  
Session 2: Jan. 26; Friday  
**Time:** Class A: 10am-12pm  
Class B: 12-2pm  
**Place:** CWC Climbing Wall (*gymnasium lobby*)  
**Ages:** 8-14 years old  
**Cost:** \$20/session



### Santa's Workshop

Join us for a memorable morning of crafting and creating Christmas decorations and gifts where you will get to be the elf in Santa's Workshop! You will be thrilled with the projects that you will create and take home to share with your family and friends.

**Registration Deadline: Friday, November 17**

**Date:** Dec. 2; Saturday  
**Time:** Class A: 10am-Noon; K-2nd grade  
Class B: 1-3pm; 3rd-5th grade  
**Place:** CWC Art Center, Room 106  
**Ages:** K-5th grade  
**Cost:** \$15

### NGWSD

National Girls and Women in Sports Day invite all young women in Fremont County to participate in this year's annual event. Participants will have the opportunity to attend three activity sessions, choosing from more than ten different options. Register early to guarantee your spot in your favorite activity, as space is limited in each session. These "girls only" events range from hip hop dance to rodeo roping and everything in between!

Sessions are led by notable Fremont County sports women. Each activity has limited space and is assigned on a first come, first serve basis so get registered early to ensure your spot!

**Early Registration Deadline: Friday, March 2**

**Date:** March 3; Saturday  
**Time:** Doors open at 8:30am, Event from 9am-Noon  
**Place:** Riverton High School Gym  
**Ages:** 1st-8th grade (*Girls Only*)  
**Cost:** \$15/advance, \$25/day of the event

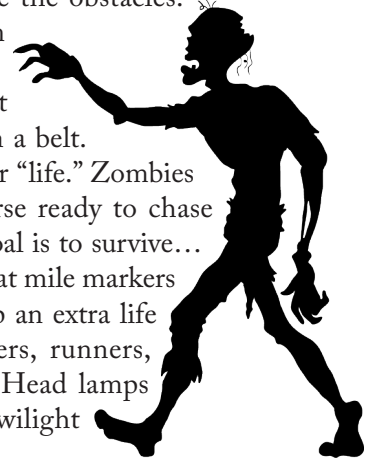
## FAMILY ACTIVITIES

### Zombie Run/Walk 5k and

### Zombie Mile Dash (Kids 8 and under)

Think you can outrun a flesh hungry Zombie? Prove It! Run for your life from flesh hungry Zombies through a 3.1 mile trail run/walk where ZOMBIES are the obstacles!

Face your fear as you escape from the undead, the Zombies are ready and ravenous for those that fail. Participants wear 3 flags on a belt. Protect these flags, they are your "life." Zombies are staged throughout the course ready to chase you and steal your flags. Your goal is to survive... if you can. Look for Safe Zones at mile markers 1 and 2 with water, and pick up an extra life flag! Prepare for creepy walkers, runners, crawlers... and some surprises. Head lamps are recommended due to the twilight atmosphere.



**Date:** October 14; Saturday  
**Details:** Registration/Check-In; 3:30pm  
Mile Dash (8 and Under) Start; 4:00pm  
-Rendezvous Pond Parking Area  
5k Zombie Run/Walk Start; 4:30pm  
-Little League Complex Parking Area  
**Cost:** \$15/5k Zombie Run/Walk and \$5/Mile Dash

### 3rd Annual Zombie Escape Room

We are in search of a team of scientists to help find the missing cure for the ever-growing zombie epidemic. The mission, should you choose to accept it, is to break into our secret lab and recover the cure. Once the team is in, the only way out is to use elements of the room to solve a series of puzzles and escape within a set time limit or your team will contract the undead disease and be lost forever. Do you have what it takes to escape?



**WATCH FACEBOOK FOR MORE INFO**



### 'R' Family Open Gym

Here is a great way for kids and families to break up the monotony of the winter months. After dinner is finished and the homework is done come out and play! There will be a volleyball net (with enough participation) and basketball hoops available for friendly pick-up games or just shooting around. **Please note that the program will be cancelled if there is not adequate attendance.**

#### Registration Deadline: Ongoing

Dates: Session A: Nov. 28-Dec. 19; Tuesdays

Session B: January 9-30; Tuesdays

Time: 6:30-8pm

Place: Middle School Gym

Cost: \$10/person for full session or \$5/evening

### Ice Skating at the Riverton Community Ice Rink

Be watching our Facebook page for the opening of our own Tonkifeller Plaza, Riverton's Community Ice Rink at Tonkin Stadium, as soon as the weather is cold enough to put down a few layers of ice! **The Rink is always open to the public** (\*note the Cold Weather Safety Policy) but skate rentals will be available on the following schedule:

#### Opening Date through December 20:

Thursdays: 3-6pm

Fridays: 3-9pm

Saturdays: Noon-9pm

Sundays: Noon-5pm

#### Christmas Break (Dec 20-Jan. 1):

Monday-Saturday: Noon-9pm

Sundays: Noon-6pm

December 24th: Noon-4pm

December 25th: No Rentals Available

*\*Cold Weather Safety Policy: For the safety of our skaters the ice skating rink will be closed if the temperature is below zero or the temperature + wind chill are below zero.*

### Learn to Skate

In our Learn to Skate class the fundamentals of ice skating will be taught, including forward and backward skating, stops, crossovers and turns. Helmets are **REQUIRED** for participation in all classes. Classes are taught by US Figure Skating certified instructor, Mary Lea Wolf, and will be held at the Community Ice Rink in Tonkin Stadium.

#### Registration Deadline: Wednesday, December 20

Dates: Dec. 27-29; Wed.-Fri.

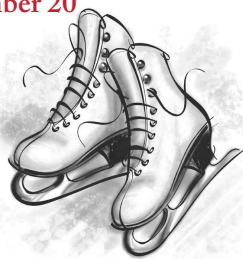
Time: 10-11am; 12 years old to adult

11am-Noon; 6-12 years old

Place: Tonkifeller Plaza

Ages: 6 years old to adult

Cost: \$20 (skate rentals included)



## ADULT HEALTH & FITNESS

### Adult Coed Kickball League

Your inner child wants YOU to play kickball. This league is filled with coed adults and play is like the elementary school game you remember – the one with the big red playground ball. It's an easy game that is open to all skill levels. **Even YOU can be a kickball superstar!** The league will conclude with a one day tournament. Each team is required to ref and scorekeep for another game during the evening. Players must be 18 years or older to participate. Teams consist of a maximum of 10 players on the field with a minimum of 8 players on the field. 4 females must be on the field at all times.

#### Registration Deadline: Wednesday, September 6

Dates: Sept. 10 – Oct. 22; Sundays

Time: 4-6pm

Place: East Softball Field Complex (Smith Rd.)

Cost: \$80/team

### Walk15

The Walk15 Indoor Walking Class is the latest program from the Leslie Sansone's popular Walk At Home Series. Indoor walking takes the best from low impact aerobics and adds fun walking-based moves, making it easy to follow and fun too! Join certified instructor Penny Fahey as she "walks" a mile or more in a single 30 minute class. Walk15 is a great way to stay in shape when it's cold outside! Wondering what indoor walking is all about? **Give it a try for free September 12, and join the fun!**

#### Registration Deadline: Tuesday, September 12 (Session 1)

Friday, October 27 (Session 2)

Dates: Session 1: Sept. 14- Oct. 26; Tues/Thurs

(no class on 10/19)

Session 2: Oct. 31-Dec. 14; Tues/Thurs

(no classes the week of 11/20)

Time: 5:15-5:45pm

Place: CWC Dance Studio

Cost: \$50/session (Sign up for both Taijifit and Walk15 for \$75)

### Taijifit

Taijifit is a new way to combine fitness and the benefits of Yoga with Tai Chi, in a constant flowing motion. There are no set routines to memorize, just follow the lead of certified instructor Penny Fahey. Taijifit is very effective in improving stress levels and can be enjoyed by all ages and physical abilities. Take just 30 minutes from your busy schedule this Fall to relax and rejuvenate. You are guaranteed to feel a difference after just one class! Wondering if Taijifit is right for you? **Give it a try for free September 12, and find out why other participants have signed up for the class again and again.**

**Registration Deadline: Tuesday, September 12 (Session 1)**  
**Friday, October 27 (Session 2)**

Dates: Session 1: Sept. 14- Oct. 26; Tues/Thurs  
*(no class on 10/19)*

Session 2: Oct. 31-Dec. 14; Tues/Thurs  
*(no classes the week of 11/20)*

Time: 5:45-6:15pm

Place: CWC Dance Studio

Cost: \$50/session *(Sign up for both Taijifit and Walk15 for \$75)*

### FIT Challenge

This class will challenge individuals to improve their current level of fitness by utilizing a variety of activities that will include core training, cardio exercises, use of body weight, use of free weights and utilizing the CWC weight room and its equipment to achieve a total body workout. The goal of this class is to improve overall core, cardio, strength and balance. This class is led by Kenna Sweglar, Certified Fitness Trainer. All fitness levels are welcome!

**Registration Deadline: Monday, September 11**

Date: Sept. 12-Dec. 14; Tues/Thur  
*(No classes on Oct. 24/26 or Nov. 21/23)*

Time: 5:15-6:15am

Cost: \$75

Place: CWC Fitness Center

### Women's Volleyball League

Get your ladies together for our Women's only volleyball league and be ready for some good competition and exciting volleyball matches! There will be both a fall and spring session with tournaments concluding each session. Each team is required to ref and scorekeep for another game during the evening. *There is a limit of 8 teams so get registered today.*

**Registration Deadline: Friday, September 29 (Fall Session)**  
**Wednesday, January 31 (Spring Session)**

Dates: Fall: Oct. 9-Nov. 20; Mondays  
 Spring: Feb. 5-March 19; Mondays

Time: 7-9pm

Place: Riverton High School Gym

Cost: \$80/team



### Adult Coed Volleyball League

This is the same great league that has existed in Riverton for years so get your team ready for some good competition and exciting volleyball matches! Teams can be any combination of men and women but may not have more men. There will be both a fall and spring session with tournaments concluding each session. Each team is required to ref and scorekeep for another game during the evening. *There is a limit of 8 teams so get registered today.*

**Registration Deadline: Friday, September 29 (Fall Session)**  
**Wednesday, January 31 (Spring Session)**

Dates: Fall: Oct. 4-Nov 15; Wednesdays  
 Spring: Feb. 7-March 21; Wednesdays

Time: 7-9pm

Place: Riverton High School Gym

Cost: \$80/team

### Adult Broomball League

It's like hockey, but not! Broomball is played on the ice, with a household broom (you provide) and a special ball (we provide) but no skates are involved. If you know how to walk you can play Broomball! Games will be 6v6 and will consist of two 20-minute halves and game times will be at 6pm, 7pm and 8pm. Get your buddies rounded up and give this new league a try. Rules and additional information will be on the 'R' Rec website [www.rrecreation.com](http://www.rrecreation.com).

**Registration Deadline: Friday, January 12**

Date: Jan. 17-Feb. 21; Wednesdays

Time: 6-9pm

Place: Community Skating Rink at Tonkin

Cost: \$80/team

## SPECIAL INTERESTS

### Infant Massage

Infant massage is a step beyond cuddling and may be a fun way to provide an emotional and physical link between parent and infant. It's a way to communicate and convey affection and a sense of security. It can provide the infant relief from daily stress or discomfort from constipation, trapped gas or teething. Massaging babies for up to 15 minutes a day can help to increase circulation, promote relaxation, aid the digestive and respiratory systems, and relieve muscle tension. The class will cover combination of relaxing strokes, light kneading, and gentle squeezing. Bring a yoga mat and small toys for you baby.

**Registration Deadline: Thursday, September 7 (Session 1)**  
**Thursday, September 14 (Session 2)**

Dates: Session 1: Sept. 9; Saturday

Session 2: Sept. 16; Saturday

Time: Session 1: 9-10am

Session 2: 5:30-6:30pm

Place: CWC ProTech Bldg., Room 106

Cost: \$50/two parents or \$25/one parent

### Couples Massage Level I

Are you looking for fun, and relaxing date night ideas that bring you and your partner closer? Have you ever given your partner a massage and at the end have a sore back and sore hands? Do you or your partner not like giving each other massages because you don't know what you are doing? This class will cover very simple massage routines such as how to give an easy effective shoulder massage, good scalp massage techniques and some



techniques for working the upper and lower back.

**Registration Deadline:** **Wednesday, September 20** (*Session 1*)  
**Wednesday, September 27** (*Session 2*)

**Dates:** Session 1: Sept. 23; Saturday  
 Session 2: Sept. 30; Saturday  
**Time:** 6-7:30pm  
**Place:** CWC ProTech Bldg., Room 106  
**Cost:** \$100/couple

### ALICE Training

**A.L.I.C.E.** (Alert, Lockdown, Inform, Counter, Evacuate)  
 The goal of this training is to prepare community members to respond to an active shooter threat in the workplace using techniques and practices that have been demonstrated to greatly improve your odds of survival. This course is designed to teach proactive option based survival strategies that can easily be employed in order to bridge that critical gap from the beginning of a violent event until the arrival of law enforcement. A proactive option based response to an active shooter event is now recommended by the US Department of Homeland Security and the US Department of Education as well as numerous state and local law enforcement agencies.

Please wear comfortable loose fitting clothing including long pants, long sleeved shirts, long sleeved jackets, sweaters or hoodies, sweatshirts. No short sleeved shirts, shorts or sandals or open toe shoes please. Please do not bring any personal defense items to this training including knives, Personal Tasers, pepper spray or mace. Class Instructors bring a combined 54 years of prior law enforcement experience.

**Registration Deadline:** **Friday, September 15** (*Session 1*)  
**Friday, December 1** (*Session 2*)

**Date:** Session 1: Sept. 18; Monday  
 Session 2: Dec. 4; Monday  
**Time:** 1-5pm  
**Place:** CWC ProTech Bldg., Room 106  
**Cost:** Free

### Juicing Your Way to Better Health



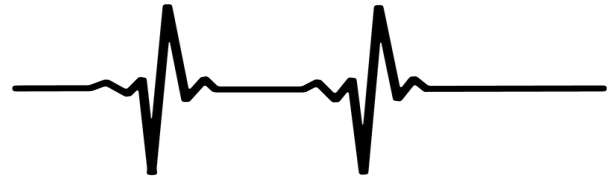
Supercharge your health by adding powerful nutrients found in simple, fresh juices you can easily make in your own kitchen to your daily diet. Learn how to make nutritious, tasty juices from vegetables and fruits you find every day in the supermarket. We will show you the proper equipment needed and the best combinations of produce to use and even bring sample juices

for you to try. As a special bonus, we will give you an easy to follow template so by the end of the class you will have everything you need to make delicious juices for yourself at home. This class is taught by Nico Homburg and Kathleen Marinell, Certified Juice Therapists and founders of Healthy Changes. Find them on Facebook at [Healthy Changes Now](https://www.facebook.com/HealthyChangesNow) and online [healthychangesnow.com](http://healthychangesnow.com).

**Registration Deadline:** **Friday, September 22** (*Session 1*)  
**Friday, September 29** (*Session 2*)  
**Friday, November 24** (*Session 3*)

**Dates:** Session 1: Sept. 26; Tuesday  
 Session 2: Oct. 4; Wednesday  
 Session 3: Nov. 28; Tuesday  
**Time:** 7-8:30pm  
**Place:** CWC ProTech Bldg., Room 103  
**Cost:** \$25/session

### AHA Heartsaver CPR and First Aid



This two-part classroom-based CPR and First Aid course is designed for individuals with limited or no medical training. Students will need to attend both sessions in order to receive certification for both CPR and First Aid.

The first portion of the session will focus on giving high quality CPR. Students will learn how to perform CPR with and without a mask on adults, children and infants, how to use an AED, and what to do when an adult, child, or infant is choking.

The second portion of the session will focus on basic first aid. Students will learn first aid basics as well as what actions to take in medical, injury, and environmental emergencies.

Krista Edwards, certified AHA instructor with Life Essentials, LLC has been teaching CPR and First Aid classes for over seven years. Krista is a high energy instructor whose primary goal is that students leave class knowing they could confidently perform CPR or First Aid in any emergency situation. Students will receive a 2-year certification card upon completion.

**Registration Deadline:** **Friday, September 22** (*Session 1*)  
**Friday, November 10** (*Session 2*)

**Dates:** Session 1: Sept. 30; Saturday; 9am-2:30pm  
*(half an hour lunch break)*  
 Session 2: Nov. 15 & 16; Wed & Thur; 6-8:30pm  
**Place:** CWC Health & Science Bldg. Room 206  
**Cost:** \$65/session (*includes book and CPR/First Aid card*)

### BLS for Healthcare Providers

This instructor-led, video-based course is designed for healthcare professionals, students and allied health professionals (i.e. trainers and therapists) who need to know how to perform CPR and other basic cardiovascular life support skills in a wide variety of settings. The focus of this course is on training participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations and provide early use of an AED. It includes adult, child, and infant rescue techniques. Krista Edwards, certified AHA instructor with Life Essentials, LLC has been teaching CPR and First Aid classes for over seven years. Krista is a high energy instructor whose primary goal is that students leave class knowing they could confidently perform CPR or First Aid in any emergency situation. Students will receive a 2-year certification card upon completion.

**Registration Deadline: Friday, October 6 (Session 1)**  
**Friday, December 1 (Session 2)**

Dates: Session 1: Oct. 11; Wednesday  
Session 2: Dec. 6; Wednesday

Time: 6-9pm

Place: CWC Health & Science Bldg., Room 206

Cost: \$50/session (includes book and CPR Card)

### Start Your Own Business Seminar

Thinking about starting your own business? Prepare for the challenge by attending this “nuts and bolts” seminar sponsored by Wyoming Entrepreneur-SBDC, U.S. Small Business Administration and Central Wyoming College Community Education. This program provides a basic overview for starting a small business in Wyoming. The program covers the stages of a business start-up, defining your business concept, testing the feasibility of your business concept, the business plan, financial realities, and pre-launch requirements. This is designed to be an interactive program, so bring your questions. If you plan on joining Wyoming’s small business community, “Start Your Own Business” is a good introduction to this exciting and challenging world.

**Registration Deadline: Tuesday, October 17**

Date: Oct. 19; Thursday

Time: 5:30-7:30pm

Place: CWC ProTech Bldg, Room 150

Cost: Free

### Cover Letter and Resume Workshop

Not sure what to do when it comes to writing a cover letter or a resume? Does your resume need updated? Preparing a dynamic resume and cover letter can set you on the right track to getting that dream job or internship. At this workshop you will learn how to compose a cover letter and resume that reflects your greatest strengths and talents. By the end of this workshop your

resume will say, “Interview me!”

**Registration Deadline: Thursday, November 2**

Date: Nov. 9; Thursday

Time: 6-8pm

Place: CWC ProTech Bldg., Room 103

Cost: \$5

### Landlord Basics

Owning and renting residential properties can be profitable, and serves an important service to the community, but there are hazards. Discuss easy, straightforward and inexpensive steps you can take to protect yourself and your property. Topics include: The application process and how to get the right renters, renter/landlord relationships and responsibilities, the eviction process, and more.

**Registration Deadline: Friday, November 3**

Date: Nov. 7; Tuesday

Time: 6-9pm

Place: CWC ProTech Bldg., Room 150

Cost: \$10



### Basics of Photography & Light Painting

What can your camera really do? Learn the basics of your camera and how to create light paintings as well. In this course you will also learn shutter speed, ISO settings, aperture, and how to compose your pictures. Please bring your long exposure camera, not point and shoot, as well as a tripod if you have it.

**Registration Deadline: Wednesday, October 4**

Date: Oct. 7; Saturday

Time: 9am-Noon

Place: CWC ProTech Bldg., Room 106

Cost: \$25

## ADDITIONAL COMMUNITY ACTIVITIES

### Riverton Elks-Legion Raiders Fall Clinic

The Riverton Elks-Legion Raiders coaches and players will be holding a fall baseball clinic on the following Wednesday evenings in September and October at the Legion ballfield. The Dates are September 13, 20, 27, and October 4. This is for baseball players ages 5-14 and we will be teaching hitting, fielding, pitching and base running skills. Cost is \$30 and is limited to the first 15 players to sign up. **Registration deadline is Monday, September 11. This program does not use the ‘R’ Recreation registration form. Please ask for the Riverton Raiders registration form. For more information they may contact Troy Brown at 717-847-3601 or by e-mail at keeya@epix.net.**

### Riverton Ice Hockey Association

Riverton Ice Hockey has instruction and leagues for all abilities ages 3-18 years old. *(Additional fees may apply for late registrations).*

#### Travel Teams

**Registration Deadline: Saturday, September 30**

Cost/Ages: Midget: \$140; *(Born in 1999, 2000, 2001 & 2002)*

Bantam: \$140; *(Born in 2003 & 2004)*

Pee Wee: \$130; *(Born in 2005 & 2006)*

Squirt: \$90; *(Born in 2007 & 2008)*

-includes equipment rental

#### Non-Travel Teams

**Registration Deadline: Friday, December 15**

Mite: \$50 *(Born in 2009 or later)*

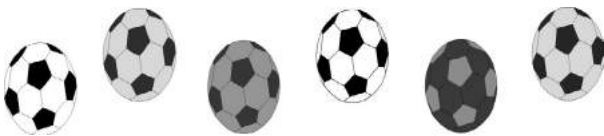
- includes equipment rentals

*All registrations and information will be online at [rivertonhockey.org](http://rivertonhockey.org) or find us on Facebook @RivertonIceHockey. Contact Danielle Post at 307-709-1374 or Robin Vail at 307-851-1092 for more information or email questions to [riha@rivertonhockey.org](mailto:riha@rivertonhockey.org).*

### Riverton's Chamber of Commerce

#### Trick-or-Treat on Main Street

Main Street Event will be on Tuesday, October 31 from 6:00pm until the candy is gone! This event is free and a safe environment for children to participate in trick-or-treating in our community. It's being held on Halloween night. All children in the community are invited to enjoy early trick-or-treating and participate in a costume parade, so be sure to wear your costume! The Chamber of Commerce asks that all children be accompanied by an adult. *For more information contact the Riverton Chamber at 856-4801.*



### Riverton Youth Soccer Indoor Season

Here is the opportunity to play soccer year-round! Join RYSA soccer coaches in this fun, fast-paced soccer that is played indoors January 11-February 15 on Thursday evenings. There will be a variety of drills and games all designed to improve your soccer skills. The 6u and 8u age group will play from 6-7pm and 10u, 12u, 14u will play from 7-8pm at St. Margaret's gym. Cost is \$15 with checks made payable to RYSA. **This program does not use the 'R' Recreation registration form. Please ask for the RYSA registration form.** Check out the RYSA Facebook page at Riverton Youth Soccer Association for up-to-date information.

### USA Wrestling

USA Wrestling is a great program for youth in grades kindergarten through high school who want to learn the sport of wrestling or improve their skills. **Registration will begin on January 2 at the 'R' Recreation office.** This program does not use the 'R' Recreation registration form. Please ask for the USA Wrestling registration packet. Practices will begin in February at the Tonkin Athletic Center. Fees will be \$60 for the first child and \$50 for additional children *(fees may be subject to change)*. Registrations after February 1 will be \$70. All first time wrestlers will need to provide a copy of their birth certificate. *For more information contact Eric Kuegler 307-840-2390, Linde Weber 307-851-4825 and Frankie Hernandez 970-692-4357. Check out the Facebook page for up to date information Riverton USA Wrestling.*

### Girl Scouts

We believe in a community where every girl has the opportunity to dream big, shine and accomplish amazing things. And Girl Scouts is the place! Girl Scouts are big thinkers, groundbreakers, and role models. Girl Scouts design robots, start garage bands, and improve their communities—and yes, they sell the best cookies on the planet. When she's a Girl Scout, she's also a G.I.R.L. (Go-getter, Innovator, Risk-taker, Leader)<sup>TM</sup>. Girls, K-12, can experience G.I.R.L. by participating in a traditional troop, individual event/series, or as a Juliette. All options are available in the Riverton area.

We're also seeking G.I.R.L. Adults too who practice leadership with grit like a go-getter, problem solve like an innovator, embrace new like a risk-taker, and show empathy like a leader. Lead a troop, volunteer at an event or be an adult helper. *Find the fit for you by calling Susan Bronson at 800-736-5243 or email [susanb@gsmwv.org](mailto:susanb@gsmwv.org).*

### "Under the Sea Adventure"

Come register for Girl Scouts, take a picture as a mermaid, eat goldfish and swim.

Date: Thursday, September 14

Time: 4-6pm

Place: Riverton Hampton Inn

Cost: \$5/girl member or \$30/girl new member

*Find the fit for you by calling Susan Bronson at 800-736-5243 or email [susanb@gsmwv.org](mailto:susanb@gsmwv.org).*

**WE BELIEVE IN THE  
POWER OF G.I.R.L.**



## Programs at the Riverton Branch Library

The staff of the Riverton Branch Library are dedicated to offering the Riverton community the best in literature, movies, music, State and National news, programming and online services including gaming. .

You can find us on Facebook at [rivertonbranchlibrary](#) and Instagram ([RBLTEENSCEEN](#))  
for up to date library news and information.

### Hours of Operation

Monday-Thursday 10am-7pm  
Friday-Saturday 10am-4pm  
307-856-3556

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## Riverton Branch Library Youth Services Activities & Events

### Children's Department Storytime

Registration begins August 1.

### Toddler Move & Groove

Begins September 7.

Day: Thursdays

Time: 10:30am

Ages: Birth - 2 years old

### Preschool Tales & Tunes

Begins September 5 & 6.

Day: Tuesdays & Wednesdays

Time: 10:30am

Ages: 3-5 years old

### LEGO Club

Children are encouraged to create and build with LEGOs. This club will begin on Thursday, September 7th. No registration necessary and LEGOs are provided by the Children's Department.

Day: Thursdays

Time: 3-5pm

Ages: 8-12 years old

### Yoga Happy Hour

This yoga class joins dance and yoga in peaceful flowing combinations. This class will pump you up, slow you down, and help connect you to your mind and body.

Day: Mondays

Time: 6-7pm

### Teen Scene:

September is Library Sign-up Month. Join the teen librarian at the Skate Park for a Daylight Donut and other fun stuff.

Date: Thursday, September 14

Time: 3:30-4:30pm

### Pottery Workshop

The High Plains Reflections Gallery (309 East Main), and the teen Librarians will host and lead a pottery workshop. All material is provided and there is no charge for participation. *(There are only 15 spots so register early.)*

Registration Deadline: Friday, September 15

Date: Tuesday, September 19 & 26

Time: 5:30-7pm

### Teen Anime Club

Activities include Manga Series Sharing, movies and Japanese craft activity. The club will meet from at the Library.

Date: Thursday, October 5 *(First Day)*

Time: 4-5pm

Ages: 13-16 years old

## Halloween Hustle Fun Run

*Sponsored by Conoco Phillips*

Family and Teen oriented costume run and scavenger hunt! Ribbons will be handed out for best themed, most original, scariest, funniest, and cutest costumes. At the finish, families will have an opportunity to enter the **Haunted Halls of the Library** which will lead them to the Community Room. Once there, the participants will enjoy a **Spooktacular Ghostly Gathering** with fun treats, photo booth, games, and prizes. The teens will head up to the **Fright Fest** where they can consume ghoulish treats, take selfies in the photo booth, and try their luck at escaping the **Dementorium**.

Date: Friday, October 13

Time: 4-6:30pm

Ages: Families and Teens up to 18

**Pre-registration is required by Friday October 6th**

## Riverton Aquatic Center • 2017 Fall Schedule/Lessons

(307)856-4230   2001 West Sunset Drive   Riverton, WY   82501

### Fall/Winter Schedule

(August 21 - May 19)

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-8am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim 10am-2pm (Inflatable)	Open Swim 12-4pm
8am - Noon	FCSD #25	FCSD #25	FCSD #25	FCSD #25	FCSD #25		
Noon-1pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
1-5:30pm	FCSD #25	FCSD #25	FCSD #25	FCSD #25	FCSD #25	Open Swim 4-6pm	Swim Team 5:30-7pm
5:30-7:30pm	Swim Team	Swim Team	Swim Team	Swim Team	*Family Swim		
7:30-9pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		

*Schedule is subject to change, without notice. Please call the pool for additional schedule changes.*

*\*Special Rate for Families during family swim.*

### Swim in Movie

Join us for a night of extra entertainment. The RAC staff will be playing family friendly movies on our BIG screen while you swim on the following evenings from 5:30-7:30pm:

October 31, November 22, December 20

### SWIM LESSONS

Registration will **ONLY** be available at the pool during open hours. **NO** phone registrations will be taken and all registrations must be paid for in full at time of registration.

#### Preschool Lessons

**Registration Begins: Friday, September 1**

Dates: September 18-28; Mon. - Thurs.

September 9 - October 28; Saturdays

Times: 8-8:30am OR 12-12:30pm; Mon - Thurs.

10:30-11am; Saturdays

Ages: 5 and Under

Cost: \$25/session

#### Home School Lessons

(Session 1; Pre, L1, L2)

**Registration Begins: Monday, October 23**

Dates: November 6-10; Mon. - Fri.

Times: 12-12:45pm

Cost: \$10/session

#### Home School Lessons

(Session 2; L3, L4, L5)

**Registration Begins: Monday, October 30**

Dates: November 13-17; Mon. - Fri.

Times: 12-12:45pm

Cost: \$10/session



### Holiday Schedule

(December 21 - January 2)

5:15-9am      Lap Swim

12-1pm      Lap Swim

2-4pm      Open Swim

6-8pm      Open Swim

Saturdays; 10am - 2pm and 4-6pm

**The Pool is closed in observance of the following Holidays:**

Labor Day      Sept. 4

Thanksgiving      Nov. 23 & 24

Christmas      Dec. 24 & 25

New Years      Dec. 31 & Jan. 1



## NON-DISCRIMINATION STATEMENT

Consistent with its mission to value diversity and to treat all individuals with dignity and respect, Central Wyoming College does not discriminate on the basis of race, color, national origin, ancestry, sex, age, religion, or disability in admission or access to, or treatment or employment in its educational program services or activities. The college makes reasonable accommodations to serve students with special needs and offers services to students who have the ability to benefit.

Inquiries concerning Title VI, Title IX, or Section 504 of the Rehabilitation Act may be referred to the Executive Director of Human Resources at Central Wyoming College, 2660 Peck Avenue, Riverton, Wyoming 82501, (307) 855-2112 or 1-800-735-8418 (instate) or the Western Division Office for Civil Rights, Office of Civil Rights, Denver Office, U.S. Department of Education, Federal Building, Suite 310, 08-7010, 1244 Speer Boulevard, Denver, CO 80204-3582, (303) 844-5696, Fax (303) 844-4303, TDD (303) 844-3417, email [OCR\\_Denver@ed.gov](mailto:OCR_Denver@ed.gov).

The spirit of free inquiry, which characterizes the educational environment, must be allowed to flourish within the context of mutual respect and civil discourse. Discriminatory, threatening, or harassing behavior against any group or individual based on, but not limited to, gender, color, disability, sexual orientation, religious preference, national origin, ancestry, or age, will not be tolerated.



### 'R' Recreation Winter Break Office Hours

Closed for Thanksgiving

*November 22 - 26*

**Christmas Break**

*December 21 - January 2*

You can still get program information and register for programs during the Holiday Breaks through our website [www.rrecreation.com](http://www.rrecreation.com).

## HELP US EXPAND OUR PROGRAMMING?

Go to [cwc.edu/rrec](http://cwc.edu/rrec) and click the survey link.

We value your opinion and we look forward to hearing from you.



Register online or download a registration form from our website [rrecreation.com](http://rrecreation.com). Please use our convenient drop-box if you have registrations you would like to drop off after hours.

Follow us on Facebook,  
Twitter and Instagram!  
**@R\_Recreation**





**2017**  
**FALL**

**Register Online**  
www.rrecreation.com



**FULL PAYMENT  
DUE AT  
REGISTRATION**

## Registration Form

Participant Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Grade (Fall of 2017): \_\_\_\_\_ or NA Gender (Circle): Male or Female

Email Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
(Confirmation will be delivered by email only)

Parent/Guardian Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
(If participant is under 18, please provide us with a parent/guardian name and phone number)

Emergency Contact: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
(Only required if you are the participant and/or different from parent/guardian info)

Class Name	Dates	Days	Times	Location	Cost

I, initial participant or parent/guardian, hereby give permission for CWC to use the likeness of myself and/or child for promotional purposes, such as newsletters, flyer's, etc.

I, initial participant or parent/guardian, hereby give permission for any and all medical attention to be administered to myself and/or child in the event of accident, injury, sickness, etc. under the direction of CWC. I also assume the responsibility for the payment of any such treatment. In consideration for the acceptance of myself and/or child's entry, I hereby, for myself, my child, and my heirs, waive and release any and all rights and claims for damages I or my child may have against Central Wyoming College and their representatives and assigns for any and all injuries suffered by myself or my child at any activity sponsored by Central Wyoming College.

I understand that during an activity, myself and/or child's conduct directly affects the good order and safety of the group. I expect myself and/or child to exhibit conduct, and behavior in accordance with institutional rules. I agree that acts such as using tobacco, speaking with profanity, consuming intoxicating drugs or beverages, fighting or stealing cannot be tolerated. I agree to be financially responsible for any loss, damage, loss or use, or costs to persons or property caused by the actions of myself and/or child. If, at the sole discretion of the registered adult leader on an activity, myself and/or child's acts out continual behavior and conduct violates institutional rules and regulations, I understand that myself and/or my child's opportunity to participate will be terminated and arrangements will need to be made to leave the program and facility at such time.

Participant or Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

For information call Mary Axthelm at 307-855-2015, Jamie Nelson 307-855-2190 or Mandy Bailey 307-855-2026

Mail form and full payment to 'R' Recreation/CWC, 2660 Peck Avenue, Riverton, WY 82501 (Registrations are not accepted without full payment)

Drop off at CWC Pro Tech Bldg, #102, 8am-5pm weekdays or use the convenient drop-box

