



Summer 2017
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CITY of RIVERTON



RECREATION
AND CWC COMMUNITY EDUCATION



hosted by: Central Wyoming College

WHAT'S INSIDE

2017 Summer 'R' Recreation Brochure

May - August, 2017

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'R' RECREATION/COMMUNITY EDUCATION

Mary Axthelm- Program Manager
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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
 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 cancelling 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.

You can **NOW** register and pay
online at rrecreation.com

KIDZ KORNER

Little Kicks Tot Soccer

Boys and girls, ages 3-5, come and join the fun and excitement with the Riverton Little Kicks Soccer program. The camp consists of a series of fun group activities and non-competitive short games. Little Kicks focuses on exercise, coordination, participation and basic soccer skills all while having fun. You couldn't find a better way to introduce the exciting sport of soccer to your preschooler. Bring Mosquito Spray for the kiddos and register by the deadline to guarantee a spot before it fills up!

Registration deadline: Friday, June 9

Date: June 13-29; Tues and Thurs
 Time: 5:30-6:30pm
 Place: RHS Turf field
 Cost: \$25
 Ages: 3-5 years old



Color Me Happy

A kaleidoscope of colors awaits your child in this class held at the Central Wyoming Children's Center for Art, Technology and Science. Colors are taught and explored using a variety of methods, including stories, art projects, painting and games. Children are encouraged to dress in the "color of the day", with emphasis on how that color is part of the world around them. Enjoy this fun interactive class and all that the CATS has to offer. Participants must register in advance. *(Limited to 20 participants)*

Registration Deadline: Friday, June 9

Date: June 15; Blue
 June 22; Orange
 July 6; Lime Green
 July 13; Purple
 Time: 10-11am
 Place: Center for Art, Technology and Science (CATS)
 Cost: \$15 non-member/\$10 CATS member
 Ages: 3-5 years old

Theme of the Day Art and Activity Time

Join us at the Central Wyoming Children's Center for Art, Technology, and Science each week for a new theme of activities, arts and crafts, stories and snacks. Your child, ages 3-5, is sure to have a great time exploring each theme, being creative, and burning off their abundance of energy through interactive physical activity and innovative movement. Couple this class with Color Me Happy and your pre-schooler will have a great way to end their week. Participants must register in advance.

(Limited to 20 Participants)

Registration Deadline: Friday, June 9

Date: June 16; Boogie On Down
 June 23; Mini Einsteins
 July 7; Animal Friends
 July 14; Electrifying Summer Day
 Time: 10-11am
 Place: Center for Art, Technology and Science
 Cost: \$15 non-member/\$10 CATS member
 Ages: 3-5 years old

Go Ahead - Get Ahead

Getting Ready for School

Join us for a fun four day opportunity for your four to five year old children to get a jump start for academic skill development. This summer "camp," will focus on gross, fine, and sensory motor skills through a variety of engaging activities. The children will practice pre-scissor, coloring and writing skills necessary in the classroom. This camp will help provide the foundation needed for early development and continued success in school.

Registration Deadline: Friday, June 9

Date: June 19-22; Mon-Thurs
 Time: 10-11:30am
 Place: TBD
 Cost: \$20
 Ages: 4-5 years old



Little Ninjas

Don't miss this fun way to introduce your child to the lifelong activity of Taekwondo. Each class will include a warm-up, cardio exercises, stretching and the practicing of basic techniques like blocking, punching and kicking. Children will learn self-confidence, respect and self-discipline throughout the class. Participants must register in advance due to limited spots.

Registration deadline: Friday, July 7

Date: July 11-27; Tues and Thur
 Time: Class A: 5-5:45pm; 4-7 years old
 Class B: 6-6:45pm; 8-14 years old
 Place: CWC ProTech Bldg. #113
 Cost: \$30
 Ages: 4-14 years old

Riverton Gymnastics Classes: Preschool

This program will give students the opportunity to check out gymnastics. This class will combine gymnastics skills with games that are designed to help learn the proper gymnastics

skills. Students will get to experience floor exercises, vault, beam, trampoline and bars in addition to learning basic gymnastics skills. Join Riverton Gymnastic coaches for a fun hour of exercise! Register early because there is a limit to the number of students they can accept.

Registration deadline: Friday, July 7

Date: July 11-20; Tues and Thur
 Time: 10-10:45am
 Place: Riverton Gymnastics Center (608 E. Main Street)
 Cost: \$40
 Ages: 3-5 years old

YOUTH ACTIVITIES

Self Defense for Women

Perception, Intuition and Conflict Avoidance

In a world filled with bullying and societal pressures, we need our girls to grow up knowing that they are smart, strong, and empowered. This class will teach the basics of Awareness and Preparation. Emphasis will be taught on first impressions, enhanced perception, controlled reactions and personal alert levels. While conflict avoidance is the goal, this class will also help young ladies instill a mindset of confidence and readiness should conflict become unavoidable. Self Defense and Awareness for girls could be the best thing you ever opened her eyes to.

Registration deadline: Wednesday, May 24

Dates: May 27, June 24, July 22, Aug. 26; Saturdays
 Time: 8am-12:30pm
 Place: CWC Rural Justice Training Center
 Cost: \$45
 Ages: 13 + years old

High Adventure Week

Learn the skills you need to be confident in the outdoors! Learn leadership skills, rock climbing, canoeing, backcountry cooking, fly fishing, mountain biking, art and more on this three night backpacking trip into the Wind River Mountains. Three days of instruction will take place in the Sinks Canyon Center followed by the three night backpacking trip. All courses will be taught by Darren Wells, CWC Professor of Outdoor Education and Leadership and Stacy Wells, CWC Adjunct Professor of Outdoor Education and Leadership. To register call (307)332-3394 or email landercenter@cw.edu.

Registration deadline: Thursday, May 25

Dates: June 3-9; Sat - Fri
 Place: Sinks Canyon Center; Wind River Mountains
 Cost: \$390 Early Bird Rate until April 30
 \$450 if registering between May 1 - May 25
 Ages: 9th-12th grade

Theatre Stage Makeup

Have you always wondered how Hollywood makes people look old and wrinkled? Have you ever wanted to make yourself look like a zombie?! Then this is the class for you! Students will learn basic stage makeup techniques as well as fantasy makeup, old age makeup, and moulage makeup. Come, let your imagination

and soar create any character you want! Register early because there is a limit to the number of students. *(Limited to 10 Participants)*

Registration deadline: Wednesday, May 31

Date: June 5, 12, 19, 26; Mondays
 Time: 1-2pm; 3rd-5th grade
 2-3pm; 6th-8th grade
 Place: CWC Arts Center Makeup Room
 Cost: \$15
 Ages: 3rd-8th grade

Intro to Acting and Performing

If you are interested in acting then this is the class for you. Students will learn beginning techniques of acting: the art of projecting, changing your voice with accents and character development. Most importantly though, students will have a blast!

(Limited to 10 Participants)

Registration deadline: Friday, June 2

Date: June 6-29; Tues and Thurs
 Time: 1-2pm
 Place: CWC Arts Center 138 *(Dance Studio)*
 Cost: \$20
 Ages: 4th-8th grade



Improv Acting

An introduction for teens to learn the fundamentals of improvisation, the basic tools, rules, and philosophy through games, drills, and simple scenes with character creation! *(Limited to 10 Participants)*

Registration deadline: Friday, June 2

Date: June 7, 14, 21, 28; Wednesdays
 Time: 1-2pm; 3rd-5th grade
 2-3pm; 6th-8th grade
 Place: CWC Arts Center Makeup Room
 Cost: \$15
 Ages: 3rd-8th grade

Introduction to Archery

Learning to shoot a bow and arrow is simple when you have excellent instruction from trained, experienced instructors. Students will use old school, authentic archery and traditional shooting techniques while shooting recurve bows at stationary bullseye targets. Students will be introduced to archery equipment, shooting safety and mechanics. Because this class uses real arrows across a wide space participants must display maturity and be able to follow strict safety rules.

**Registration deadline: Wednesday, June 7 (Session A)
 Wednesday, June 14 (Session B)**

Date: Session A: June 12-15; Mon - Thurs
 Session B: June 19-22; Mon - Thurs
 Time: 9-10am; 5th-7th grade
 10-11am; 8th-10th grade
 Place: CWC Soccer Field, Southwest Corner
 Cost: \$10
 Ages: 5th-10th grade

Tie Dye Days

Join 13-year Girl Scout volunteer, Connie Murray, to tie dye the most awesome projects. Students will have the opportunity to make your own colorful, tie dyed pillow cases that are great fun for school bus trips and slumber parties! Other projects the students may make include a cool pair of tie dyed socks that show-off their unique creativeness, or possibly a tie dyed t-shirt that you can wear with pride. Get signed up early as the class is limited to the first 12 students.

**Registration deadline: Friday, June 9 (Session A)
 Friday, July 14 (Session B)
 Friday, August 4 (Session C)**

Date: Session A: June 13 & 14; Tues/Wed
 Session B: July 24 & 25; Mon/Tues
 Session C: August 8 & 9; Tues/Wed
 Time: 10am-12pm; 1st-4th grade
 12-2pm; 5th-8th grade
 Place: CWC Classroom Bldg., Main Hall #163
 Cost: \$10
 Ages: 1st-8th grade

Camp Popo Agie

Your love of the outdoors starts here! Learn leadership skills, rock climbing, canoeing, backcountry cooking, fly fishing, mountain biking, art and more on this three night backpacking trip into the Wind River Mountains. Three days of instruction will take place in the Sinks Canyon Center followed by the three night backpacking trip. All courses will be taught by Darren Wells, CWC Professor of Outdoor Education and Leadership and Stacy Wells, CWC Adjunct Professor of Outdoor Education and Leadership. To register call (307)332-3394 or email landercenter@cw.edu.

Registration deadline: Friday, June 9

Dates: June 18-24; Sun - Sat
 Place: Sinks Canyon Center; Wind River Mountains
 Cost: \$390 Early Bird Rate until April 30
 \$450 if registering between May 1 - June 10
 Ages: 6th-8th grade

Time to Tumble

Jessica Murray is a Certified Acrobatics Teacher, and has been teaching dance and tumbling for the past 12 years. She believes in safety first but wants her students to have a good time while they are learning. This is a great opportunity for boys and girls to try out tumbling. Students should wear tight fitting clothing (leotards or shorts and tops) nothing loose or baggy and they need to be barefoot during the class.

**Registration deadline: Friday, June 16 (Session A)
 Friday, June 23 (Session B)**

Date: Session A: June 20, 21, 22; Tues - Thurs
 Session B: June 27, 28, 29; Tues - Thurs
 Time: 2-3pm; 1st - 3rd grade
 3-4pm; 4th grade and up
 Place: Room to Dance Studio *(824 E. Lincoln Street)*
 Cost: \$30/session
 Ages: 1st-8th grade



Dance Discovery

Come and learn the latest dance moves and styles! Join our instructor, Charlie Peterson, for an hour of up-beat fun dancing with expert instruction! These particular classes will be full of age-appropriate and current favorite music. Students will make a performance "costume" and learn a dance routine to be performed on

the last day of class. Sign up for one, or two, or all four weeks! Make sure to register in advance due to limited space.

Registration Deadlines: Friday, June 23 (Session A)

Friday, July 7 (Session B)

Friday, July 21 (Session C)

Friday, July 28 (Session D)

Date: Session A: June 26-30 Hip Hop
 Session B: July 10-14 Jazz Dance
 Session C: July 24-28 Hip Hop
 Session D: July 31-Aug.4 Jazz Dance

Time: 9-10am; 4-6 years old
 10-11am; 7-10 years old
 11am-12pm; 10-13 years old

Place: CWC Fitness Center

Cost: \$20 per session

Ages: 4-13 years old

Rock Climbing 'The Wall'

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, CWC Outdoor Education Adjunct Instructor. Climbing ropes, helmets, harnesses and all climbing equipment is included. Please come with water and a snack. Participants must register in advance for each class, as class size is limited. Each time is considered as a separate class.



Registration deadline: Friday, June 23 (Class 1 & 2)

Friday, July 28 (Class 3 & 4)

Date: Class 1: June 27, 12-2pm
 Class 2: June 27, 2-4pm
 Class 3: Aug. 1, 12-2pm
 Class 4: Aug. 1, 2-4pm

Place: CWC Climbing Wall (*gymnasium lobby*)

Cost: \$15/per class

Ages: 8-14 years old

Build a Hot Air Balloon

We have brought one of our popular Summer Academy class to the evenings for the entire family to take part in! Bring your family out to explore the physics of hot air flight and build a high flying hot air balloon. The class will conclude with a

balloon launch that will hold you captive and fill you with pride for what your family built.

Registration deadline: Friday, July 7

Date: July 12; Wednesday

Time: 5:30-7:30pm

Place: CWC ProTech Bldg. #106

Cost: \$10/balloon

Age: Families!

Everyone Can Play

Remember when neighborhood games ruled the summer? Here is our attempt to recreate some nostalgia. Introduce your family to baseball, kickball, basketball, football, soccer and other great sports in this all inclusive fun and friendly environment. Children will begin to learn the fundamental skills and basic concepts of all these sports. As was the case with summer games, the kids will even get to set some of the rules and create fun variations. Bring ALL your kids and let them interact and play in a family fun, safe environment.

Registration deadline: Wednesday, July 6

Dates: July 10-Aug. 2; Mon and Wed

Times: 5:30-6:30pm

Place: RHS Turf field

Cost: \$10 per child or \$25 for a family

Ages: 5 years old to adult

Riverton Gymnastics Classes: Beginners

This program will give students the opportunity to check out gymnastics. Students will get to do floor exercise, the vault, beam, trampoline and bars in addition to learning basic gymnastics skills. Join Riverton Gymnastic coaches for a fun hour of exercise! Register early because there is a limit to the number of students they can accept.

Registration deadline: Friday, July 7

Dates: July 11-20; Tues and Thurs

Times: 9-10am

Place: Riverton Gymnastics Center (*608 E. Main St.*)

Cost: \$40

Ages: 6-10 years old

YOUTH SPORTS

Challenger Soccer Camp

The number one youth soccer company in the United States will have one of their nationwide British Soccer training camps in town. Each child will be coached by a member of challenger's British coaching staff flown to the USA exclusively to work on these programs. The children will practice and master new individual skills and understand small group and team tactics through Challenger's innovative camp curriculum. The Camp will be July 10-14 at the CWC Soccer Field and offer four different sessions (mini camp for 3-4 years old, half day for 5-14 years old, and an afternoon goal keeper camp. Time and cost will depend on the child's age. Registration forms and details are available at 'R' Recreation or online at challengersports.com.

Riverton Raiders Youth Baseball Camp

The Riverton Elks-Legion Raiders coaches and players will be holding a baseball clinic on July 17th & 18th at their stadium from 8am-Noon each day. This is for baseball players ages 5-12 and we will be teaching hitting, fielding, pitching and base running skills. Cost is \$25 for players who pre-register at 'R' Recreation or \$30 the day of the camp. For more information contact Troy Brown at 717-847-3601 or by email at keeya@epix.net.

Rustler Volleyball Camp

Head Coach Tiffany Stauffenberg will direct the Rustler Volleyball Camp along with CWC players and area coaches. Volleyball skills will be taught through individual skill sessions. Team work will be taught and individual skills reinforced through game competition. There is a separate registration form for this camp. For more information and to register go to

cwc.edu/sports/wvball

Dates: June 12-14

Check In: June 12 from 12-1pm

Check Out: June 14 at 3pm

Place: Central Wyoming College Gym

Cost: \$165 dorm stay or \$125 commuter

Ages: 6th-12th grade



Rustler Basketball Team Camp

This is a boys and girls team camp with both varsity and JV divisions. 4 game guarantee. On-campus housing can be provided if desired for June 9th & 10th. Meals will not be provided, but the cafeteria will be open. There is a separate registration form for this camp. For more information contact Assistant Men's Basketball Coach Bob Ludwig at 402-720-3816 or rludwig@cwc.edu.

Registration deadline: Friday, June 2

Dates: June 9-10

Place: Central Wyoming College Gym, RHS & RMS gyms

Cost: \$300/team (10 t-shirts per team included)

\$25/person charge for on-campus housing

Rustler 3-on-3 Basketball Tournament

Don't miss out on the fun this summer. Put together a team and partake in the 1st Annual Rustler 3-on-3 Basketball

Tournament that will be held outdoors on the gorgeous CWC campus courts. There is a separate registration form for this camp. For more information contact Assistant Men's Basketball Coach Bob Ludwig at 402-720-3816 or rludwig@cwc.edu.



Registration deadline: Friday, June 9

Dates: June 17-18

Place: Central Wyoming College Outside Courts

Cost: \$90/team (maximum of 4 players per team)

Ages: 3rd-12th Grade and Adult Men & Woman

Rustler Youth Basketball Offensive Skills Camp

This camp is for boys and girls entering grades 3rd-8th. Whether you are a recreational level player trying to learn fundamental offensive basketball skills, or a more experienced player trying to improve your game, this camp will focus on the ball-handling, shooting, and passing techniques that will assist in building your offensive game. The two days will consist of high-energy drills, competitions, and team play. There is a separate registration form for this camp. For more information contact Assistant Men's Basketball Coach Bob Ludwig at 402-720-3816 or rludwig@cwc.edu.

Dates: June 19-21; Mon-Wed

Time: 9am-Noon (Check-in from 8:30-9am)

Place: Central Wyoming College Gym

Cost: \$75

Ages: 3rd-8th grade

Father & Son Flag Football

You won't want to miss getting your son involved in this all skills clinic designed to get Fathers and Sons together before the summer ends for a morning of absolute fun, teaming up with each other to learn the finer fundamental points of the game and understanding what it takes to play football. The goal is to provide information and drills that will help each father and son understand the importance of physical movements and positions. All guardians, dads, grandpas, stepdads, uncles, etc. are welcome and encouraged to come out!

Registration deadline: Friday, July 21

Date: July 29, Aug. 5, 12; Saturday's

Time: 9-10:30am

Place: Tonkin Stadium

Cost: \$10/per boy (no charge for adults)

Ages: 2nd-5th grade



Hot Shots! Soccer Camp

Refine your foot skills and improve your soccer game just in time for the fall soccer season! The camp will focus on fundamental foot work, striking and strategies of the game. Valuable instruction is provided by Riverton High School soccer coaches and players. Enjoy this unique, affordable opportunity for your little soccer player to be mentored by the older players. Registrations must be made in advance.

Registration deadline: Wednesday, July 26

Dates: July 31-Aug. 4; Mon-Fri

Time: 9-10:30am

Place: RHS Turf Field

Cost: \$20/player

Ages: 6-10 years old

Jr Wolverine Football Camp

Want to start your junior football season off on the right foot? The Jr. Wolverine Camp is designed for young players to develop a base level of football fundamental skills. Join the RHS coaches and players for two days of fun, dynamic drills and skills and be well prepared for your football season.

Registration deadline: Friday, July 28

Date: Aug. 3 and 4; Thurs and Fri

SUMMER LEARNING OPPORTUNITIES

Time: 9-10:30am
Place: RHS Turf field
Cost: \$25 (includes t-shirt)
Ages: 3rd-6th grade

Spartan Football Camp

Awesome opportunity to get a jump on your middle school football season! Spartan Camp is designed for RMS players to develop a base level of football fundamental skills. Join your middle school coaches for fun, dynamic, intense drills and skills and be well prepared for your upcoming football season.

Registration Deadline: Friday, August 4

Date: Aug. 9, 10; Wed and Thurs
Time: 8-10am
Place: RMS Practice Field
(drop off at alternative school parking lot)
Cost: \$10
Ages: 7th-8th grade

FALL YOUTH SPORTS

(that you need to register for in the summer!)

Riverton Youth Soccer Fall Season

Registration deadline is Aug. 4!!! This league is designed for players of all abilities and focuses on the fundamentals of soccer and the improvement of skills. Players must register by Aug. 4 to be guaranteed a space in the league. No late registrations will be accepted. The season runs from Aug. 21-Oct 5. Practices and games are played weeknight evenings at Rein Park (west end of Monroe). Based on state rules, children must have been born by December 31, 2013 or earlier to participate. The league is for children 5-14 years and fees are \$40. There is a separate RYSA registration form

used (not the 'R' Rec form) available online at rivertonsoccer.org or at the 'R' Rec office. The success of this league depends solely on volunteer coaches and team parents. Please consider volunteering for the success of the league! Go to rivertonsoccer.org for more information.

Riverton Junior Football League

The Riverton Junior Football League will be taking registrations for the 2017 season beginning Monday, July 31st. RJFL is a football league for youth players in grades 1st-6th and the success of this league depends solely on volunteer coaches, referees and line crew, so plan to get involved! Please consider volunteering to help make this season the best yet! League information is as follows:

- 5th-6th Sr. Tackle, cost \$30,
- **Registration deadline Aug. 11th**

Mini-Camp practices start Aug 14th at the RJFL field at 5:30. A sports physical from a physician prior to the first night of practice (Aug. 14) is required for all 5th/6th grade players! Be watching for specials on sports physicals offered by some local physicians in July and August. The league will provide pads, pants, jersey and helmet. Players are required to purchase a mouth guard.

- 3rd-4th Jr Tackle, cost \$30
- **Registration deadline Aug. 18th**

Coach's draft will take place on August 20. The league will provide pads, pants, jersey and helmet. Players are required to purchase a mouth guard.

- 1st-2nd Flag Football, cost \$25
- **Registration deadline Aug. 25th**

Coach's draft will take place on August 30. The league will provide the team t-shirt, flag belt and flags. Players are required to purchase a mouth guard.

Registration forms are available at 'R' Recreation and Teton Athletic Club. There is a separate RJFL registration form used (not the 'R' Rec form). Check out 'Riverton Jr. Football' on Facebook for up-to-date league information.

2017 Summer Movie Matinees

ICE AGE COLLISION COURSE	JUNE 6 & 7
THE WILD LIFE	JUNE 13 & 14
STORKS	JUNE 20 & 21
SING	JUNE 27 & 28
TROLLS	JULY 11 & 12
MONSTER TRUCKS	JULY 18 & 19
ROCK DOG	JULY 25 & 26
LEGO BATMAN	AUG 1 & 2
SURPRISE MOVIE	AUG 8 & 9
SURPRISE MOVIE	AUG 15 & 16

ADULT HEALTH AND FITNESS

Summer HIIT

This course will primarily use the HIIT (High Intensity Interval Training) method to challenge individuals to improve their current level of fitness. The workouts will involve a variety of interval activities that will include cardio exercises, use of body weight, use of free weights, and utilizing the CWC weight room and its equipment to get a total body workout. The goal of this class is to improve overall cardio, strength, balance, and flexibility. All fitness levels welcome. This class will be led by instructor Kenna Sweglar, Certified Fitness Trainer. Please register in advance as space is limited.

Registration Deadline: Friday, May 26

Date: May 30 - Aug. 24; Tues, Wed, Thurs
 Time: 5:15-6:15am
 Place: CWC Fitness Center
 Cost: \$75



Summer 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 effective in improving stress levels and can be enjoyed by all ages and physical abilities. The summer session offers quick 30 minute classes you can easily fit into your schedule. You are guaranteed to feel a difference after just one class!

Registration Deadline: Thursday, May 25

Dates: May 30 - Aug. 3; Tues and Thurs
(no classes the week of July 3)
 Time: 5:15-5:45pm
 Place: CWC ProTech Bldg. #106
 Cost: \$50 *(Sign up for both Taijifit and Walk 15 Plus for \$75)*

Walk 15 Plus

The Walk 15 Indoor Walking Class is a new group fitness class created by Leslie Sansone's Walk At Home Program. It takes the best from low impact aerobics classes and adds fun walking-based moves, making it easy to follow and effective too! The class is designed so you can "walk" a mile or more in a single 30 minute class. PLUS; new for the summer, Penny will also mix in resistance tube training, core work, stretching and more throughout the session.

Registration Deadline: Thursday, May 25

Dates: May 30 - Aug. 3; Tues and Thurs
(no classes the week of July 3)
 Time: 5:45-6:15pm
 Place: CWC ProTech Bldg. #106
 Cost: \$50 *(Sign up for both Taijifit and Walk 15 Plus for \$75)*

Adult Co-Ed Soccer League

What you have all been waiting the long winter for is finally here! The chance to be crowned the best adult soccer team in the county! Format will be 6-on-6 with a goalie. Because it is a co-ed league,

two girls are required to be on the field at all times. Get your team registered by the deadline to guarantee you are part of this awesome league. The league will conclude in a tournament to give bragging rights to the best team! Players must be 18 years or older to participate. Registration forms and rules are online at cwc.edu/recreation.

Registration deadline Friday, June 16

Dates: June 19-July 26; Mon and Wed
 Time: 7pm and 8pm
 Place: RHS Turf field
 Cost: \$60 per ten player roster
 \$10/person for additional players over ten



Ladies Orchard Yoga Retreat

Treat yourselves to a fabulous ladies getaway this summer. We will explore beginner mountain biking and rock climbing to try new things. Reconnect with nature through Yoga and journaling then pamper yourself with a massage. In the evening enjoy a glass of wine while we cook a rustic meal and then explore the CWC orchard and campus. Host Stacy Wells and guest instructors will keep you entertained. All equipment, food, lodging, yoga and massage are included in the price.

For more information contact CWC Lander at 307-855-2330.

Date: July 28-July 30; Friday-Sunday
 Time: 4pm Friday-5pm Sunday
 Place: CWC Sinks Canyon Center, Lander
 Cost: Registration by May 1; \$225
 Registration between May 2-July 1; \$250
 Registration after July 1; \$275

SPECIAL INTERESTS

Rent a Community Garden Plot

The Riverton Community Garden is "natural" (pesticides and fertilizers restricted to approved products), the watering is automatic, the soil has been amended with compost. Gardeners sign one season contracts with the option to renew at the conclusion of each season. To get an application, set of guidelines and gardening contract, please call 855-2026 or 855-2015 or email mtate@cwc.edu. You may also pick the packet up in the 'R' Recreation Office in the Pro-Tech Building at CWC. Each plot is \$50 for the 2017 season.

Communication and Conflict

Conflict is inevitable. With this workshop participants will gain the skills to understand differing perspectives, strong emotions, and how to listen and speak for maximum effectiveness. Not only do these skills enhance the participant's ability to problem solve and negotiate amongst co-workers and clients but they also help develop better relationships and stronger teams to work together more effectively and ultimately be more productive. Learn how to resolve workplace and personal conflict by examining your own approach to conflict,



SUMMER LEARNING OPPORTUNITIES

increasing your communication skills, and having effective conversations.

Registration deadline: Friday, June 2

Date: June 6; Tuesday
Time: 6-7:30pm
Place: CWC ProTech Bldg., Innovation Lab
Cost: \$10

Solar Eclipse Presentation

(A Sneak Peek at NASA's Eclipse Project)

Here is your opportunity to witness a NASA sanctioned project up-close and in-person with our local Wind River Eclipse Education Team (WREET). WREET will be conducting a high altitude balloon flight during the August 21st eclipse to capture live video and still images and stream them to the NASA website. This cutting edge project began as the dream of Montana Space Grant Consortium Director and Solar Physicist Angela Des Jardin and has been made a reality by the generous funding of the Wyoming Space Grant.

As a result of this support, WREET will be sending a high altitude balloon with video, still image, emergency cut down, secondary, and satellite tracking payloads to approximately 100,000 feet. The launch time and location must be carefully coordinated to ensure the balloon is between 60,000 and 100,000 feet and rising on the path of totality at the time of totality to capture the desired footage. Are you curious as to how this will be done and the massive preparation it has taken?



Join our local WREET team for a live demonstration, tethered balloon launch, and eclipse overview with a question/answer session. We are so lucky that Riverton is in the path of totality, come and see how NASA plans to capitalize on our good fortune!

Dates: June 13; Tuesday
Time: 6-8pm
Place: CWC Health & Science Bldg. #100
Cost: Free
Ages: All Ages

Medicare 101

This course will provide the basic principles of Medicare health insurance. Specific topics include Medicare Parts A, B, C, D and Medicare Supplement plan options with an emphasis on when you need to enroll based on your circumstances. This opportunity is designed for those turning 65 as well as those wanting a better understanding of their Medicare benefits. This course is presented by the State Health Insurance Program through Wyoming Senior Citizens, Inc.

Registration deadline: Tuesday, June 20

Date: June 22; Thursday
Time: 6-8pm
Place: CWC ProTech Bldg. #106

Cost: Free

Getting to know your Computer (and Microsoft Windows)

Do you have a computer or are thinking about purchasing one, but you are not sure what you can do with it? This class will help get you acquainted with the Windows Operating System. Windows has lots of features that are available that does not require any additional purchases and that many people are unaware of. You'll learn to set up your computer the way that works best for you and how to organize your files so they are easy to access. We will also discuss navigating the internet and email. Class meets in a computer lab where each student will have his/her own computer to work on. Students may also bring their own laptop if desired.

Registration deadline: Friday, June 16

Date: July 20; Tuesday
Time: 9am-1pm
Place: Health & Science Bldg. #208
Cost: \$35

ADDITIONAL COMMUNITY ACTIVITIES FOR ALL AGES

Movie Matinees

'R' Recreation will be selling the summer movie matinee tickets for Gabel Theatres. The cost is \$15 for 10 movies and will be shown at the GEM theater. Movie times are Tues. and Wed. at 10:45am, 11:15am, 1:00pm & 1:30pm. The \$15 ticket packets can be purchased at the 'R' Rec office. The 2017 Summer Movie Matinees are subject to change.

See page 7 for movie details.



Riverton Little League Fireworks

Don't miss one of Riverton's finest fireworks shows on June 29 that celebrates the conclusion of the Riverton Little League season. The fireworks show will be at dusk in conjunction with the Championship game and closing ceremonies. Fireworks will be launched near the intersection of Park Avenue and Smith Road.

Riverton Swim Club

The Riverton Swim Club is a competitive USA swim team and is accepting swimmers for the summer session, June 12-July 20. It is open to all swimmers ages 6 and up, who meet the minimum requirements. Practice times are Mon-Thurs from 7:30-9am at the Riverton Aquatic Center. Check out our Learn to Swim pre-competitive program for kids ages 4-8, June 12-July 20. Contact Joel Harms at 840-1490 for more information or check online at rivertonswimclub.org. Cost will be a \$75 flat fee for the summer session + a USA Seasonal Fee of \$37 (Apr. - Aug. 2017 only)

Raiders Legion Baseball

Want to catch some exciting baseball games this summer? Then why not attend one of Riverton's Legion Baseball home games and support our high school aged team.

May 17	vs Green River	5/7pm
May 25	vs Cody	5/7pm
June 2-4	Roy Peck Memorial Tournament	
June 9	vs Powell	5/7pm
June 13	vs Lovell	3/5pm
June 24	vs Rawlins	1/3pm
June 29	vs Douglas	4/6pm
July 11	vs Sheridan	4/6pm
July 26-29	State Tournament in Lovell	

Hot Notes, Cool Nights

Hot Notes, Cool Nights is a summer concert series that not only features music from our local community band, but also features performances by Wyoming artists and music groups. These groups vary in style from rock-and-roll, folk, blues, country and more. All band musicians, regardless of age, are invited to participate in the community band portion of each concert. Concerts alternate weekly between Riverton and Lander in July and August, and all events are free! Riverton will host the concerts at the City Park band shell on June 26, July 10 and 24. Lander's City Park will be the concert host on July 3, 17 and 31.



Fremont Area Road Tour

Enjoy the best that Wyoming has to offer by cycling through routes in the Fremont County area that range from 15 miles to Metric Century. Registration for this event includes; custom socks, breakfast, lunch, SAG Vehicles, Swag, and Aid Stations. For more information or to register contact landercyclingevents.org.

Date: June 10; Saturday

Place: Lander City Park Gazebo

Cost: Registration starts at \$55; *Brewfest packages are available*

Lander Half Marathon and 5K

The annual Lander Half Marathon and 5K, held on July 4, is a 13.1 mile race is for runners and walkers. The course follows the scenic Baldwin Creek-Squaw Creek loop road, beginning and ending at Centennial Park on Main Street. The half marathon walkers and runners will start together promptly at 6:00am. The 5K competitive run and walk will begin at 7am. The event will include entertainment, breakfast, and prizes and will be followed by Lander's famous July 4 Parade. Registration is now available online at landercommunityfoundation.org.

Kid's 1 Mile Mad Dash Challenge for Charities

This one mile run is for youth 9 years and under on July 4 at 8:30am. Registration is available online at landercommunityfoundation.org. The registration fee is \$15, which includes a t-shirt for all racers who register prior to June 25. This event will be followed by Lander's famous July 4th Parade.

Riverton Aquatic Center

The Riverton Aquatics Center has restructured the Swim Lesson registration procedure to better serve the community. Below is a list of the sessions and dates to get registered. Register during open pool hours. No phone registrations will be taken and payment must be made in full at time of registration.

Session 1 - June 12-29 (registration starts June 5 for session 1 only)

Session 2 - July 10-27 (registration starts June 26 for session 2 only)

Session 3 - July 31- Aug. 17 (registration starts July 24 for session 3 only)

Morning lessons are 9, 10 and 11am. Evening lessons will be at 5pm. Cost is \$35. Open Swim times are Monday-Friday 2-4pm and 6-8pm; Saturday 10am-2pm and 4-6pm; Sunday 12-4pm. Contact the Aquatic Center at 856-4230 for more complete information.

Closed for Maintenance and Cleaning May 29-June 10

Rugrat Carnival

The 6th Annual Rugrat Carnival will be run in conjunction with the Rocky Mountain Rebels Car and Bike Show. This family event will be held on the Front Lawn on the Central Wyoming College campus on July 15 from 11am-3pm. There will be a BBQ, carnival games, inflatables, prizes and family fun. Wristbands will be \$10 and this includes 20 game tickets.

Riverton Gymnastics

Riverton Gymnastics welcomes new and previous students to join in the fun, learn new skills and advance in the sport of gymnastics. There are classes for children starting at age 3 and up. We will also be offering an adult/child class this summer where you and your preschool age can participate and have fun together. We will be holding regularly scheduled classes all summer so come join us in our air conditioned gym. You can relax and watch while your child get a great workout and learn new skills! We are also available to schedule your special occasion or to host your play groups. For more information visit our Facebook page at <https://www.facebook.com/RivertonGymnastics> or contact Delaney 349-5284 or Connie 240-1401.



CHECK OUT OUR NEW
WEBSITE AND REGISTER
ONLINE!

www.rrecreation.com



RIVERTON BRANCH LIBRARY SUMMER PROGRAMS

CHILDREN'S SUMMER READING PROGRAM

Get Ready...Get Set...Read!

The Riverton Branch Library summer reading program is for children age 12 and under, including toddlers. Kids are asked to read (or be read to) any book of choice, and record every 20 minutes they read on a provided reading log. Upon completion of the reading log, each child will receive an invitation to a special night program. We will also have one weekly program that all summer reading participants are able to attend. A calendar listing dates and times of these events will be available at registration. Registration begins Thursday June 1st at the Riverton Branch Library, 1330 W Park Ave, 307-856-3556. *Thank you to the Riverton Friends of the Library, and the Fremont County School District #25 Recreation Board for their generous support of our program.*

Teen Summer Reading

Create a Better World

The Teen Summer Reading will be held June 1st – July 31st with registration beginning on June 1st. The first 40 sign-ups will receive a “create box”. The rules for the “create box” are as follows: Books read must be a library book, YA or Adult book. For every book read, fill out a book coupon in the Teen Department. There will be weekly drawings on Saturdays for a fun gift card. At the end of June, most books read by a teen will win a “White Wave Bamboo Longboard”. At the end of July, most books read by a teen will win a “Fujifilm Mini Instant Polaroid Camera with Case and extra film”. (13-18 years old)

Rebel Storytime

Creation Meeting: May 30; 4-5pm/Event Date: June 13; 2-3pm
Teen's partner with the Riverton Branch Library's Children's Department and put a whole new twist on Storytime! Teen led and kid inspired, teens have the opportunity to create a story hour like no other. Imagine... Sword fights, dance parties, live action puppet shows... Sky's the limit! Share your unique creative talents with the children in our community. But wait... There's more! Kids bring along their favorite stuffed pal to the event and teens take them on a wild and crazy adventure! Hey! How did Snoopy end up at a tattoo parlor? JK! Through pics on Snapchat and Instagram the kids can follow their fluffy friend's adventures throughout the week. Mr. Cuddles takes a walk on the wild side!

Adult Summer Reading

Create a Better World

The Adult Summer reading will be held June 1st – July 31st with registration beginning on June 1st. The first 40 sign-ups will receive a “create box”. Drawings will be held each week for fun gift cards. At the end of each month, a winner will be chosen for a “dinner and a movie” bundle. All you have to do to join the fun is register, read a library book, fill out a review

card and put it in the drawing jar. You get an entry for every book or CD book you read. It's easy! What do you have to lose? Visit the Riverton Branch Library on June 1st (or any time after) and register! (18 years and older)

Yoga Happy Hour

Every Monday in June & July; 6-7pm

Enliven your spirit with this refreshing and energizing yoga practice with a twist in the Riverton Branch Library Community Room. These yoga poses combine power poses and dance like flows. Charge your body, soothe your mind, & shake your booty! You must pre-register for this class. First 10 teens & 10 adults to sign up will receive a free colorful yoga mat! (13 years and older)

Refashioned: Upcycle Workshop

Saturday, June 10; 1-4pm

Join us in the Riverton Branch Library Community Room and turn your recyclables into art & fashion. Bring your own recycled goods or use ours. (13 years and older)

Environmental Graffiti

Saturday, June 24; 1-4pm

Meet at High Plains Art Gallery, downtown Riverton, and prepare to embark on an all-natural, graffiti tagging experience. We will be using stencils, power washers, mud, & natural dyes. (13 years and older)

Garage Band Music Festival

Thursday, June 29 and July 13th; 5-9pm

Drop in any time at the Riverton Library Garage between 5 & 9pm to jam out with fellow musicians. Enjoy the power of garage acoustics! (13 years and older)

Sustainable Expressions: Pottery Workshop

Saturday, July 22; 1-4pm

Owner, Danny Brown will be helping you mold Wyoming clay into small works of art through unique hand building techniques at High Plains Gallery, downtown Riverton. (13 years and older)

Chalk the Walk and LIVE MUSIC

(with Patti Fiasco)

Wednesday, July 12; 7-9pm

For more information or to reserve your square, call the library at 856-3556. Fifteen squares available for adults, families and teens at the Riverton Branch Library.

Music on the Lawn

Live music Wednesdays in June & July at the Riverton Branch Library. Open to all ages.

June 28th at 7pm Elk Tongue

July 12th at 7pm Patti Fiasco and Chalk the Walk!

July 19th at 7pm Whiskey Slaps

July 26th at 7pm Low Water String Band

RIVERTON AQUATIC CENTER 2017 SUMMER SWIM LESSONS

The Riverton Aquatics Center has restructured the Swim Lesson registration procedure to better serve the community. Below is a list of the sessions and dates to get registered. Register during open pool hours. No phone registrations will be taken and payment must be made in full at time of registration.

SESSIONS

Session 1; June 12-29 (*registration starts June 5 for session 1 only*)

Session 2; July 10-27 (*registration starts June 26 for session 2 only*)

Session 3; July 31- Aug. 17 (*registration starts July 24 for session 3 only*)



Morning lessons are 9, 10 and 11am. Evening lessons will be at 5pm. Cost is \$35.

Parent/Child and Preschool Classes are 30 minutes. All other classes are 50 minutes.

NOTE: Class size is limited. Preschool, Level 1 & 2 usually fill the first day of open registration.

Open Swim times are Monday-Friday

2-4pm and 6-8pm; Saturday 10am-2pm and 4-6pm; Sunday 12-4pm. Contact the Aquatic Center at 856-4230 for more complete information.

SUMMER SCHEDULE

Day	Lap Swim	Lessons	Open Swim	Special
Sunday	None	None	12-4pm	
Monday	5:15-9am 12-1pm	9am-12pm 5-6pm	2-4pm 6-8pm	
Tuesday	5:15-9am 12-1p	9am-12pm 5-6pm	2-4pm 6-8pm	
Wednesday	5:15-9am 12-1p	9am-12pm 5-6pm	2-4pm 6-8pm	Inflatable 2-4pm
Thursday	5:15-9am 12-1p	9am-12pm 5-6pm	2-4pm 6-8pm	
Friday	5:15-9am 12-1p	None	2-4pm 6-8pm	Family Swim; 6-8pm (<i>Special Rate for Families</i>)
Saturday	None	None	10am-2pm 4-6pm	Inflatable 10am-2pm

Classes may be cancelled if less than 3 students are registered for that level and time. Refunds only if the class is cancelled by the Director, otherwise only credit will be given if the student cancels for any reason.



TIME SCHEDULE

7-8pm	Adult Lessons	11-11:30am	Parent/Child
9-9:30am	Parent/Child	11:30am-12pm	Preschool
9:30-10am	Preschool	11-11:50am	Levels 1-4
9-9:50am	Levels 1-6	11am-12pm	Diving
10-10:30am	Preschool	5-5:30pm	Preschool
10:30-11am	Preschool	5:30-6pm	Preschool
10-10:50am	Levels 1-6	5-5:50pm	Levels 1-6

Closed for Maintenance and Cleaning May 29-June 10

2017
SUMMER

Register Online
www.rrecreation.com

**FULL PAYMENT
DUE AT
REGISTRATION**



Registration Form

Participant First Name: _____ Participant Last 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)

Emergency Contact: _____ Phone Number: _____

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

Class Name	Dates	Times	Location	Classroom

I, initial 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 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 or Jamie Nelson 307-855-2190 or Mandy Tate 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



Help CWC
celebrate it's
50th anniversary
by sharing your
story!

Go to cwc.edu to
submit your story.

Summer Academy was originally designed as an enrichment program for students in the 5th-8th grades. Throughout the years 'R' Recreation has been fortunate to include classes for the younger grades. Even though there aren't as many opportunities for students in these lower grades, we hope that you appreciate that they have been included in Summer Academy.

Due to limited classroom availability this summer the 2017 Summer Academy class offerings had to be significantly reduced.

Thank you!

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.

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.

HELP US EXPAND OUR PROGRAMMING?

Go to cwc.edu/rrec and click the survey link.

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

Please use our convenient drop-box if you have registrations you would like to drop off after hours. Registration forms can be obtained from our website
www.rrecreation.com

Follow us on Facebook,
Twitter and Instagram!
[@R_Recreation](#)



Summer Academy Classes

Week 1
June 12-15

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CLASS	TIMES	AGES	LOCATION	DESCRIPTION
Tennis	8-9am	K-2nd	CWC Tennis Courts	Join RHS Tennis Coach, Gary Peterman, to learn a sport you can play for a lifetime! Instruction will include proper form and technique for the forehand, backhand, and serves. Kids will learn through fun games and drills.
String Balloon Banner <i>Robyn Beers</i>	9-10am	3rd-5th	Jackson School	This class will create a unique piece of art with glue and balloons combined with embroidery thread to make a fun, colorful decoration; whether you hang it in your bedroom or help decorate the house by hanging it on the mantel, you will love what you create! <i>Limit 12</i>
Botany & Bugs; Buttons, Beads & Sticks <i>Joy Pettit</i>	9-10am	3rd-8th	Jackson School	What says summer more than flowers and bugs? This class will have you creating your own flower pots, planting included. We will then craft friendly bugs using buttons, beads and sticks to adorn your beautiful potted flowers. This class will brighten up any patio or would make a lovely summer gift for that someone special! <i>Limit 12</i>
Puppet Workshop <i>Mary Lea Wolf</i>	9-10am	3rd-8th	Jackson School	Have fun making assorted puppets with us! We will make sock puppets, paper bag puppets and a stick puppet. You will be able to take home cool new puppets to entertain your friends and family. Check out samples of our puppet creations in the 'R' Rec display case. <i>Limit 12</i>
Survival 101 <i>Mary Lea Wolf</i>	9-10am	5th-8th	Jackson School	Has the wild caught your eye? Does the thought of survival intrigue you? Then this class is perfect for you. Join us as we embark on a wild adventure to experiment with shelter creating, compass reading, snare building and basic knot tying. You will learn basic survival techniques and enjoy the wilder side of life! <i>Limit 12</i>
Junior Crafts I <i>Kierra Muehler</i>	9-10am	1st-3rd	Jackson School	Students will work on a variety of themes according to their individual interests and create a craft or project. Everything from designing and decorating football helmets, birdhouses, jewelry, hats, mosaics to crazy craft projects will be available. Everyone is sure to have a fun time. <i>Limit 15</i>
Junior Sports I <i>Kylie Ridgway</i>	9-10am	1st-3rd	Jackson School	Let's run off some energy and have some fun! Games will include tenniball, whiffleball, badminton, jedi dodgeball, soccer, kickball and a variety of other games.
Soccer <i>Reed Axthelm</i>	9-10am	3rd-6th	Jackson School	Join us on the pitch to refine your foot skills, improve your soccer game or learn some new tricks. Sessions will include footwork training, shooting and small sided games.
Junior Crafts II <i>Kierra Muehler</i>	10-11am	1st-3rd	Jackson School	Students will work on a variety of themes according to their individual interests and create a craft or project. Everything from designing and decorating football helmets, birdhouses, jewelry, hats, mosaics to crazy craft projects will be available. Everyone is sure to have a fun time. <i>Limit 15</i>
Safety Pin Bracelet <i>Robyn Beers</i>	10-11am	3rd-5th	Jackson School	Here is a unique twist on jewelry making with safety pins and beads. You will make a beautiful bracelet that you can wear or as a gift to give to someone special. <i>Limit 12</i>
Friendship Fun <i>Joy Pettit</i>	10-11am	3rd-8th	Jackson School	More Friends = More FUN! Grab your friends and join in the fun. This class will have you crafting the best trinkets that will be perfect for you and your friends to trade or share with others. Who knows, the best part may be meeting your new summer BFF! <i>Limit 12</i>

8-9am

9-10am

10-11am

Summer Academy Classes

Week 1
June 12-15

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CLASS	TIMES	AGES	LOCATION	DESCRIPTION
Destination Outdoors <i>Baylor Beers</i>	10-11am	5th-8th	Jackson School	Fed up with being indoors? Getting a little stir-crazy and cabin fever? Then come along on this adventure to experience something refreshing, the outdoors! We will have a fantastic week learning about the outdoors through games, a friendly shelter building skirmish, and learning how to signal for help without tools. <i>Limit 12</i>
Get Your ROCK On! <i>Mary Lea Wolf</i>	10-11am	3rd-8th	Jackson School	Oh, you will get your ROCK on when we paint rocks to dazzle your friends and family! We will make monsters, inspirational rocks, animal rocks, and even a rock game. Our rocks will be so amazing that you could actually give them away as gifts. This is one fun trend you will want to get in on this summer! <i>Limit 12</i>
CSI: Crime Scene Investigation <i>Jeff Hosking</i>	10-11am	5th-8th	Jackson School	Science and math are important to solving crimes in this modern technological time. This class will discuss how law enforcement technology is used to solve crimes. CSI will discuss the use of DNA, blood, fingerprints, hair and fibers in crime detection and solution. Students will dust and analyze fingerprints. In addition a simulated surveillance will also be conducted. Traditional methods of inductive and deductive reasoning will be introduced. <i>Limit 15</i>
Junior Sports II <i>Kylie Ridgway</i>	10-11am	1st-3rd	Jackson School	Same class as Junior Sports I but offered at a different time. Let's have some fun playing tennis, whiffleball, badminton, jedi dodgeball, soccer, kickball and more!
Soccer <i>Reed Axthelm</i>	10-11am	1st-3rd	Jackson School	Wanting to get started in the awesome game of futbol? We will work on the fundamentals of the game to improve footskills, ball handling and shooting.
Backyard Campouts <i>Joy Pettit</i>	11am-12pm	3rd-8th	Jackson School	Who doesn't love campouts in the summertime? Some of the best campouts can be held in your own backyard! This class will have you making the best backyard campout accessories and playing some cool campout games... things you will be able to use and do again all summer long! <i>Limit 12</i>
Myth Busters <i>Kylie Ridgway</i>	11am-12pm	4th-8th	Jackson School	Have you seen the Myth Buster show and all the things they test? Here is your chance to bust some myths! This is a class that mixes science and entertainment using elements of the scientific method to test the validity of rumors and myths. Bring your ideas and theories and let's test them out. <i>Limit 12</i>
Games Galore <i>Robyn Beers</i>	11am-12pm	3rd-5th	Jackson School	Let's test your gaming skills! Each day we will play a variety of different games. Come and enjoy a time to visit with your friends and see if you can come out as the winner of a game or two. <i>Limit 12</i>
Fun & Funky Stuff Toys <i>Mary Lea Wolf</i>	11am-12pm	3rd-8th	Jackson School	Join a class that has been a popular Summer Academy offering for years! We will make the coolest stuffed monster, a stuffed snake and a surprise creation that will blow your socks off (pun intended!). No sewing skills are necessary to get in on the fun. Students are required to bring 5 clean socks with you to the class...they don't need to match or be new...just freshly laundered. <i>Limit 12</i>
Flag Football <i>Reed Axthelm</i>	11am-12pm	3rd-5th	Jackson School	Who doesn't love a friendly game of flag football. This is for boys and girls to come out and enjoy some fun competition and perfect their end-zone celebration dance!

10-11am

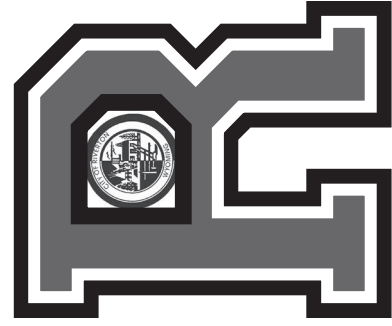
11am-12pm

Summer Academy Classes

Week 1
June 12-15

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CLASS	TIMES	AGES	LOCATION	DESCRIPTION
Super Smoothies <i>Joy Pettit</i>	12-1pm	3rd-8th	Jackson School	A refreshing homemade super smoothie goes perfectly with any lunch! Join us to make your own special creation and if you dare, try some healthy ingredients that you never thought you would (Spinach, Kale, Dates, Chia Seeds) to make a treat that will satisfy your grumbly tummy! <i>Limit 12</i>
Francasis s'il vous-plait! <i>Mary Lea Wolf</i>	12-1pm	5th-8th	Jackson School	If you have ever wanted to learn one of the coolest languages on earth, then this is the class you have been waiting for! You will learn a ton of French words, eat some French treats, sing some French songs, play French games, and make a French journal. A bonus to this class is that you will be provided lunch everyday from the Fremont School District's summer lunch program. We can't wait for you to "parlez-vous Français"! <i>Limit 12</i>
Brain Warp <i>Kiley Ridgway</i>	1-2pm	4th-8th	Jackson School	How far will your marshmallow gun shoot? Are you sure your boat will float? Will your structure hold? Meet your friends at the intersection of creativity, imagination and fun! Design, build, and then test your mind bending creations. <i>Limit 12</i>
Run About Snack Attack <i>Joy Pettit</i>	1-2pm	3rd-8th	Jackson School	Quick and easy snacks and beverages make the best "on-the-go" treats! Each day we will make a quick and convenient snack. This will be the perfect class to end your day at 'R' Recreation's Summer Academy! <i>Limit 12</i>
Learn to Play the Guitar <i>Mary Lea Wolf</i>	1-2pm	5th-8th	Jackson School	Students will need to have their own guitar in good working condition for this class. Check with the instructor if you have questions. Can you learn some guitar basics in a week? You betcha! If you have ever wanted to learn a few chords on the guitar then come and join us for a fun week of guitar basics. This class will be offered in Week 2 as an extension of Week 1, so sign up for both classes. <i>Limit: 12</i>



'R' Recreation Mission Statement

The 'R' Recreation Mission is to strengthen our community and enrich the lives of all Riverton residents by providing affordable and diverse recreational, physical and cultural opportunities with a focus on families, youth development and building healthy communities.

Summer Academy Classes

Week 2
June 19-22

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CLASS	TIMES	AGES	LOCATION	DESCRIPTION
Tennis <i>Gary Peterman</i>	8-9am	3rd-5th	CWC Tennis Courts	Join RHS Tennis Coach, Gary Peterman, to learn a sport you can play for a lifetime! Instruction will include proper form and technique for the forehand, backhand, and serves. Kids will learn through fun games and drills.
Mark It! <i>Mary Lea Wolf</i>	9-10am	3rd-8th	CWC Main Hall 177	If you are a book-worm you will want to sign up for this class! Who knew that there were so many great and crazy bookmarks out there to make? Check out our monster samples in the 'R' Rec display case and then join the fun. We will make a couple of different ones each day. <i>Limit 12</i>
Pom Pom Rug <i>Robyn Beers</i>	9-10am	3rd-5th	CWC Main Hall 181	Do you need a cozy rug for your cold bathroom floor or somewhere else in your home? You will make a unique, colorful and fuzzy rug out of pom poms that will reflect your style and your awesomeness! 1. <i>Limit 12</i>
Junior Crafts I <i>Kierra Muehler</i>	9-10am	1st-3rd	CWC Main Hall 185	Students will work on a variety of themes according to their individual interests and create a craft or project. Everything from designing and decorating football helmets, birdhouses, jewelry, hats, mosaics to crazy craft projects will be available. Everyone is sure to have a fun time. <i>Limit 15</i>
Junior Sports I <i>Kylie Ridgway</i>	9-10am	1st-3rd	CWC Soccer Field SW	Let's run off some energy and have some fun! Games will include tenniball, whiffleball, badminton, jedi dodgeball, soccer, kickball and a variety of other games.
Soccer <i>Reed Axthelm</i>	9-10am	4th-6th	CWC Soccer Field NW	Join us on the pitch to refine your foot skills, improve your soccer game or learn some new tricks. Sessions will include footwork training, shooting and small sided games.
Junior Crafts II <i>Kierra Muehler</i>	10-11am	1st-3rd	CWC Main Hall 185	Students will work on a variety of themes according to their individual interests and create a craft or project. Everything from designing and decorating football helmets, birdhouses, jewelry, hats, mosaics to crazy craft projects will be available. Everyone is sure to have a fun time. <i>Limit 15</i>
Smell Goods <i>Robyn Beers</i>	10-11am	3rd-5th	CWC Main Hall 181	Come and try this new DIY project, you might just find your new favorite activity. We will be making the popular bath bombs, sug-ar scrubs and a variety of products that will make you feel and smell amazing! <i>Limit 12</i>
CSI: Crime Scene Investigation <i>Jeff Hosking</i>	10-11am	5th-8th	CWC Rural Justice Training Center	Science and math are important to solving crimes in this modern technological time. This class will discuss how law enforcement technology is used to solve crimes. CSI will discuss the use of DNA, blood, fingerprints, hair and fibers in crime detection and solution. Students will dust and analyze fingerprints. In addition a simulated surveillance will also be conducted. Traditional methods of inductive and deductive reasoning will be introduced. <i>Limit 15</i>
Owl Pal <i>Mary Lea Wolf</i>	10-11am	3rd-8th	CWC Main Hall 177	It is true, owls are always our pals! How would you like to make your very own little stuffed owl pal? He is super cute and sure to be a hit at the next sleep over! In this class we will also make a super-cute owl picture (Students need to bring their own 8x10 frame for this class- we will be spray painting them so color doesn't matter). We will frost some cupcakes to look like owls and make an owl bookmark. This entire class will be a HOOT! <i>Limit 12</i>

Summer Academy Classes

Week 2
June 19-22

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CLASS	TIMES	AGES	LOCATION	DESCRIPTION
Junior Sports II <i>Kyley Ridgway</i>	10-11am	1st-3rd	CWC Soccer Field SW	Same class as Junior Sports I but offered at a different time. Let's have some fun playing tenniball, whiffleball, badminton, jedi dodgeball, soccer, kickball and more!
Soccer <i>Reed Axthelm</i>	10-11am	1st-3rd	CWC Soccer Field NW	Wanting to get started in the awesome game of futbol? We will work on the fundamentals of the game to improve footskills, ball handling and shooting.
Holiday Wreath <i>Robyn Beers</i>	11am-12pm	3rd-5th	CWC Main Hall 181	How about making a new seasonal decoration for your front door? Join the party and make a super cool 4th of July wreath and display your patriotism and pride in our country. <i>Limit 12</i>
Sock Critters <i>Mary Lea Wolf</i>	11am-12pm	3rd-8th	CWC Main Hall 177	You will have so much fun making stuffed sock friends in this class. No sewing skills are necessary. You will be able to take home the cuddliest creatures, all made from socks! Students will need two pairs of fuzzy bed-type (spa) socks for the first class, new or used is fine, just make sure they are clean. <i>Limit 12</i>
Flag Football <i>Reed Axthelm</i>	11am-12pm	3rd-5th	CWC Soccer Field NW	Who doesn't love a friendly game of flag football. This is for boys and girls to come out and enjoy some fun competition and perfect their end-zone celebration dance!
Clothespin Creatures <i>Mary Lea Wolf</i>	12-1pm	3rd-8th	CWC Main Hall 169	If you like making tiny things, then this is the class for you! We will be creating a variety of cute little clothespin pals for you. Take a look at the samples in the 'R' Rec display case to see what you could be making in this class! You will get to eat your sack lunch as we craft the noon hour away. <i>Limit 12</i> (Bring a cold lunch if you sign up for this class)
T-Shirt Treasures <i>Mary Lea Wolf</i>	1-2pm	3rd-8th	CWC Main Hall 177	Sign up for this class if you want to have fun using old t-shirts to create new accessories. You will be making a fun bag, a scarf, and even a pillow using an old t-shirt. Students will need to provide 3 old adult size t-shirts for this class. Bring the clean t-shirts to the 1st class. You should be able to finish your new tote bag the very first day. Look for samples of the projects at the 'R' Rec office. <i>Limit 12</i>
Brain Warp <i>Kyley Ridgway</i>	1-2pm	3rd-5th	CWC Main Hall 185	How far will your marshmallow gun shoot? Are you sure your boat will float? Will your structure hold? Meet your friends at the intersection of creativity, imagination and fun! Design, build, and then test your mind bending creations. <i>Limit 12</i>
Brain Warp <i>Kyley Ridgway</i>	2-3pm	5th-8th	CWC Main Hall 185	How far will your marshmallow gun shoot? Are you sure your boat will float? Will your structure hold? Meet your friends at the intersection of creativity, imagination and fun! Design, build, and then test your mind bending creations. <i>Limit 12</i>
Learn to Crochet <i>Mary Lea Wolf</i>	2-3pm	3rd-8th	CWC Main Hall 177	Crocheting is much easier that you might think. You will learn to make a chain stitch and then we will whip that chain into some cool projects. You will totally impress your family and friends with your new skill and the projects that you will take home. Be sure to check out the samples in the 'R' Rec display case. <i>Limit 12</i>

CLASS	TIMES	AGES	LOCATION	DESCRIPTION
Myth Busters <i>Kiley Ridgway</i>	3-4pm	5th-8th	CWC Main Hall 185	Have you seen the Myth Buster show and all the things they test? Here is your chance to bust some myths! This is a class that mixes science and entertainment using elements of the scientific method to test the validity of rumors and myths. Bring your ideas and theories and let's test them out. <i>Limit 12</i>
Guitar II <i>Mary Lea Wolf</i>	3-4pm	5th-8th	CWC Main Hall 177	Students need to have their own guitar in good working condition for this class. Sign up for this class if you took the first week of guitar class or already know a few chords on your guitar. We will expand your repertoire of chords and songs. <i>Limit 12</i>

3-4pm

CLASS	TIMES	AGES	LOCATION	DESCRIPTION
Tennis <i>Gary Peterman</i>	8-9am	6th-8th	CWC Tennis Courts	Join RHS Tennis Coach, Gary Peterman, to learn a sport you can play for a lifetime! Instruction will include proper form and technique for the forehand, backhand, and serves. Kids will learn through fun games and drills.
Pom Pom Rug <i>Robyn Beers</i>	9-10am	K-2nd	CWC Main Hall 181	Do you need a cozy rug for your cold bathroom floor or somewhere else in your home? You will make a unique, colorful and fuzzy rug out of pom poms that will reflect your style and your awesomeness! <i>Limit 10</i>
Survivor Challenge <i>Joy Pettit</i>	9-10am	3rd-8th	CWC Main Hall 177	Do you have what it takes to be a SURVIVOR? This class will have you challenging yourself and teammates physically and mentally to win pyramid pieces that represent 13 essential inner qualities; strength, heart, courage, perseverance, luck, trust, leadership, discipline, knowledge, commitment, teamwork, ingenuity, and friendship. The team that collects all 13 pieces become the Survivor champions. Teams will also compete in the "Temple of Fate", where you will go head to head in a strategic mind-bending game of "Wood, -Water-Fire"! <i>Limit 12</i>
Junior Crafts I <i>Kierra Muehler</i>	9-10am	1st-3rd	CWC Main Hall 185	Students will work on a variety of themes according to their individual interests and create a craft or project. Everything from designing and decorating football helmets, birdhouses, jewelry, hats, mosaics to crazy craft projects will be available. Everyone is sure to have a fun time. <i>Limit 15</i>
Junior Sports I <i>Kylie Ridgway</i>	9-10am	1st-3rd	CWC Soccer Field SW	Let's run off some energy and have some fun! Games will include tenniball, whiffleball, badminton, jedi dodgeball, soccer, kickball and a variety of other games.
Soccer <i>Reed Axthelm</i>	9-10am	4th-6th	CWC Soccer Field NW	Join us on the pitch to refine your foot skills, improve your soccer game or learn some new tricks. Sessions will include footwork training, shooting and small sided games.

8-9am

9-10am

Summer Academy Classes

Week 3
June 26-29

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CLASS	TIMES	AGES	LOCATION	DESCRIPTION
Junior Crafts II <i>Kierra Muehler</i>	10-11am	1st-3rd	CWC Main Hall 185	Students will work on a variety of themes according to their individual interests and create a craft or project. Everything from designing and decorating football helmets, birdhouses, jewelry, hats, mosaics to crazy craft projects will be available. Everyone is sure to have a fun time. <i>Limit 15</i>
Stepping Stones & Garden Chandeliers <i>Joy Pettit</i>	10-11am	3rd-8th	CWC Main Hall 177	This class is all about sprucing up your garden, patio or yard. We will use plain stepping stones and glass gems or tiles to make a neat mosaic designed stepping stone. This would also be a great item to enter at the Fremont County Fair in July. We will also be adding some sparkle to your patio or garden by turning wire, beads and metal into a chandelier that will have visitors, people and creatures alike, mesmerized by the splendor. <i>Limit 12</i>
String Balloon Banner <i>Robyn Beers</i>	10-11am	K-2nd	CWC Main Hall 181	This class will create a unique piece of art with glue and balloons combined with embroidery thread to make a fun, colorful decoration; whether you hang it in your bedroom or help decorate the house by hanging it on the mantel, you will love what you create! <i>Limit 10</i>
CSI: Crime Scene Investigation <i>Jeff Hosking</i>	10-11am	5th-8th	CWC Rural Justice Training Center	Science and math are important to solving crimes in this modern technological time. This class will discuss how law enforcement technology is used to solve crimes. CSI will discuss the use of DNA, blood, fingerprints, hair and fibers in crime detection and solution. Students will dust and analyze fingerprints. In addition a simulated surveillance will also be conducted. Traditional methods of inductive and deductive reasoning will be introduced. <i>Limit 15</i>
Junior Sports II <i>Kylie Ridgway</i>	10-11am	1st-3rd	CWC Soccer Field SW	Same class as Junior Sports I but offered at a different time. Let's have some fun playing tenniball, whiffleball, badminton, jedi dodgeball, soccer, kickball and more!
Soccer <i>Reed Axthelm</i>	10-11am	1st-3rd	CWC Soccer Field NW	Wanting to get started in the awesome game of futbol? We will work on the fundamentals of the game to improve footskills, ball handling and shooting.
Games Galore <i>Robyn Beers</i>	11am-12pm	K-2nd	CWC Main Hall 181	Let's test your gaming skills! Each day we will play a variety of different games. Come and enjoy a time to visit with your friends and see if you can come out as the winner of a game or two. <i>Limit 10</i>
Tin Can Creations <i>Joy Pettit</i>	11am-12pm	3rd-8th	CWC Main Hall 177	Let's recycle some of your trash by making fun and colorful creations using tin cans of all sizes! A variety of projects can be made including tin can man, animals, robots, bird feeders, wind chimes, bugs and lanterns. Ask your parents to start saving washed tin cans and lids so that we have plenty for our projects. <i>Limit 12</i>
Flag Football <i>Reed Axthelm</i>	11am-12pm	3rd-5th	CWC Soccer Field NW	Who doesn't love a friendly game of flag football. This is for boys and girls to come out and enjoy some fun competition and perfect their end-zone celebration dance!

10-11am

11am-12pm

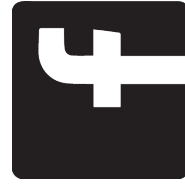
Summer Academy Classes

Week 3
June 26-29

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CLASS	TIMES	AGES	LOCATION	DESCRIPTION
Wafflewiches <i>Joy Pettit</i>	12-1pm	5th-8th	CWC Main Hall 185	Waffle irons are not just for breakfast anymore! Get your taste buds ready for something new! Using waffles as our "bread", these sandwiches will have you getting endlessly creative with your lunch! <i>Limit 12</i>
ParacordCrazy <i>Joy Pettit</i>	1-2pm	5th-8th	CWC Main Hall 177	Join others in the Parachute Cord craze. These "survival" bracelets and key chains are easy to make and fun to make, and in a pinch can be taken apart to be used for a multitude of uses. We will have a variety of cord colors for boys & girls, so get signed up and learn to braid your own survival bracelet and key chain. <i>Limit 12</i>
Brain Warp <i>Kiley Ridgway</i>	1-2pm	3rd-5th	CWC Main Hall 185	How far will your marshmallow gun shoot? Are you sure your boat will float? Will your structure hold? Meet your friends at the intersection of creativity, imagination and fun! Design, build, and then test your mind bending creations. <i>Limit 12</i>
Brain Warp <i>Kiley Ridgway</i>	2-3pm	5th-8th	CWC Main Hall 185	How far will your marshmallow gun shoot? Are you sure your boat will float? Will your structure hold? Meet your friends at the intersection of creativity, imagination and fun! Design, build, and then test your mind bending creations. <i>Limit 12</i>
Desserts on the Go <i>Joy Pettit</i>	2-3pm	3rd-8th	CWC Main Hall 177	No need to skip dessert when you are in a rush! Quick and easy no-bake desserts that are simply scrumptious! Rocky Road, Banana Split, Salted Caramel Brownie, 'Fireless' Smores, Strawberry Pretzel... the combinations are endless and are guaranteed to satisfy everyone's sweet tooth! We will have a blast creating a different combo each day. <i>Limit 12</i>
Myth Busters <i>Kiley Ridgway</i>	3-4pm	5th-8th	CWC Main Hall 185	Have you seen the Myth Buster show and all the things they test? Here is your chance to bust some myths! This is a class that mixes science and entertainment using elements of the scientific method to test the validity of rumors and myths. Bring your ideas and theories and let's test them out. <i>Limit 12</i>

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website and
register online
www.vrecreation.com

2017
SUMMER

Summer Academy Classes

Register Online

www.rrecreation.com

Registration Form

Participant First Name: _____ Participant Last Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Date of Birth: _____ Grade (Fall of 2017): _____ Gender (*Circle*): Male or Female

Email Address (*Confirmation will be delivered by email only*): _____

Emergency Contact: _____ Phone Number: _____

Medical Conditions/Allergies: _____

I, initial understand that transportation is NOT provided and I am responsible for making arrangements for getting my child to class and picking them up after classes end. I understand that classes are offered at the CWC campus and Jackson Elementary. I understand that my child is required to be in attendance in a class in order to be on campus.

Class Name	Dates	Times

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

I, initial parent/guardian, hereby give permission for any and all medical attention to be administered to my child in the event of accident, injury, sickness, etc. under the direction of CWC, until such time as I may be contacted. I also assume the responsibility for the payment of any such treatment. In consideration for the acceptance of my 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, my child's conduct directly affects the good order and safety of the group. I expect my child to exhibit conduct, and behave in accordance with their regular school 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 my child. If, at the sole discretion of the registered adult leader on an activity, my child's acts or continual behavior and conduct violates school rules and regulations, **I understand that I will need to make immediate arrangements to pick up my child from CWC and that my child will be suspended from all remaining program sessions**

Parent/Guardian Signature: _____ Date: _____

For information call Mary Axthelm at 307-855-2015 or Jamie Nelson 307-855-2190
Mail form to 'R' Recreation/CWC, 2660 Peck Avenue, Riverton, WY 82501
Drop off at CWC Pro Tech Bldg, #102, 8am-5pm weekdays or use the convenient drop-box

