



SPRING 2018

Online Registration Available

www.rrecreation.com

CITY of RIVERTON

R

RECREATION
AND CWC COMMUNITY EDUCATION



www.rrecreation.com

What's Inside

2018 Spring 'R' Recreation Brochure

January - May, 2018

TABLE OF CONTENTS

Kidz Korner	2-3
Youth Sports	3-5
Rustler Sports	5
Youth Activities	5-6
Family Activities	6
Adult Health and Fitness	7-8
Special Interest	8-12
Additional Community Opportunities	12-14
Riverton Library	17
Riverton Aquatic Center	18

'R' RECREATION/COMMUNITY EDUCATION

Mary Axthelm- Program Manager	855-2015
Jamie Nelson- Recreation Activities Coordinator	855-2190
Mandy Bailey- Community Education Coordinator	855-2026

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.

**ONLINE REGISTRATION IS AVAILABLE
AT RRECREATION.COM!**

KIDZ CORNER

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 Deadline: Wednesday, January 10 (Session 3)
Friday, February 2 (Session 4)
Friday, March 2 (Session 5)

Date: 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

Monthly Fun Club

Sign up for just one Saturday or sign up for them all! Once each month we will have an exciting and entertaining activity for your preschooler, 3-5 years old.

TREASURE HUNT

Can you follow treasure map leading to a daring expedition? Let's strike it rich by following a weathered pirate map, looking for clues and solving riddles along the way.

Registration Deadline: Wednesday, January 17

Date: Jan. 20; Saturday

Time: 10-11:30am

Place: CWC Peck Theater Lobby

Cost: \$10



OBSTACLE COURSES and OPEN GYM

In and out, over and under, back and forth, fast and slow, through the obstacle course you will go! Enjoy the structured courses and time for free play in the gym.

Registration Deadline: Wednesday, February 14

Date: Feb. 17; Saturday

Time: 1-2:30pm

Place: Tonkin Activity Center Gym

Cost: \$10

DANCE CAMP

Let's get the spring rocking and rolling! Enjoy an energetic morning learning basic jazz and ballet with some hip hop thrown in the mix.

Registration Deadline: Wednesday, March 21

Date: March 24; Saturday

Time: 10-11:30am

Place: CWC Dance Studio

Cost: \$10

Lil Hoopers Basketball (Spring Session)

Boys and girls, 3-4 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 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, January 26

Date: Jan. 30 – Feb. 15; Tues/Thurs

Time: 4-4:45pm

Place: Jackson Elementary Gym

Ages: 3-4 years old

Cost: \$30

YOUTH SPORTS

Boy's Playmaker Basketball (Wind River Conference League)

The 'R' Rec Playmaker Basketball for 5th/6th grade boys 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.

Registration Deadline: Wednesday, December 20

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 vs. Lander 4/5pm

January 22 at Ft. Washakie 4/5pm

January 25 at Arapahoe 4/5pm

January 30 at Lander 4/5pm

February 1 vs. Wind River 4:45/5:45pm

February 6 vs. Arapahoe 4/5pm

February 8 at Shoshoni 4/5pm



Playmaker Basketball League

First year Riverton Wolverine Basketball head coach, Beau Sheets is excited to carry on the partnership with 'R' Rec and continue 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 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 for detailed information.

Transition League; 3rd-4th grade

Registration Deadline: Friday, January 12

Date: Jan. 22 – Feb. 21; Mon/Wed

Time: 5:30-6:30pm

Place: Rendezvous Elementary Gymnasium

Cost: \$25

Rookie League; 1st-2nd grade

Registration Deadline: Friday, January 12

Date: Jan. 23 – Feb. 22; Tues/Thurs

Time: 5:30-6:15pm; 1st grade

6:15-7pm; 2nd grade

Place: Aspen Park Elementary Gymnasium

Cost: \$25

Mini Playmakers; Kindergarten

Registration Deadline: Friday, January 19

Date: Jan. 30 – Feb. 22; Tues/Thurs

Time: 5:30-6:15pm

Place: Jackson Elementary Gymnasium

Cost: \$25

RYSA Indoor Soccer

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. Keep your game going during the winter months or give it a try for the first time, all skill levels are welcome and registration is ongoing!

Registration Deadline: Ongoing

Date: Jan. 11- Feb. 15; Thursdays

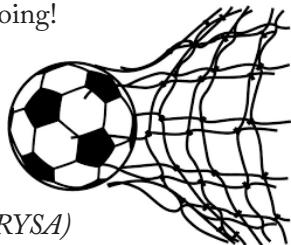
Times: 6-7pm; 6u, 8u
7-8pm; 10u, 12u, 14u

Place: St. Margaret's Gymnasium

Cost: \$15 (checks made payable to RYSA)

'R' Rec registration form is not used for this program.

The RYSA registration form is required and available at www.rivertonsoccer.org.



Fast Kids

This new, high energy class will introduce your young athlete to the FUNdations of athletic movement. This program is focused on preparing the novice athlete to move forward and make strides in their sports training. The participants will be introduced to proper basic movement patterns like squatting, lunging, running, pushing, and pulling. Foundational movements like jump rope, shuttle runs, jumps and planks will also be part of the curriculum. The goal of this class is to give your young athlete a head start and the capacity to enjoy the rigors of the 'next level' and remain injury free. Our instructor, Troy Anderson, is driven to spread the 'good word' of simple, accessible, and effective performance training. Troy specializes in providing no-nonsense, unconventional training tools and methods as the vehicle for athletes to achieve optimal results. Get registered early as space is limited to ensure a quality instructor to student ratio.

Registration Deadline: Friday, February 2

Date: Feb. 7-28; Wednesdays

Time: 5:30-6:30pm

Place: Jackson Elementary Gymnasium

Cost: \$30

Ages: 7-12 years old

Little Spikers Volleyball

Boys and girls in 1st, 2nd or 3rd grade come and join the fun and excitement with the spring 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 age and size of gym.

Registration Deadline: Friday, February 16

Date: Feb. 20-March 8; Tues/Thurs

Time: 4-5pm

Place: Riverton Middle School Gymnasium

Ages: 1st-3rd grade

Cost: \$25

Junior 'R' Volleyball

Here is a great way for fourth, fifth and sixth 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, February 16

Date: Feb. 20-March 8; Tues/Thurs

Time: 5:30-6:30pm

Place: Riverton Middle School Gymnasium

Ages: 4th-6th grade

Cost: \$25

Wolverine Soccer Camp

Come out and meet the Wolverine coaches and players with this camp that will focus on improving foot skills, striking, and strategies of the game. What a great way to spend a Saturday being involved in dynamic, interactive drills and games. A registration deadline is imposed so that Wolverine Soccer T-shirts can be ordered.

Registration Deadline: Friday, March 2

Date: March 10; Saturday

Times: 10:30-Noon; 6u, 8u

1-3pm; 10u, 12u

Ages: 5-13 years old

Place: RHS Turf Field

Cost: \$25

Middle School Tennis

This is a great opportunity to not only learn a lifelong sport, but also have your skills set evaluated and improved as preparation for tennis on the high school team. Bringing 17 years of tennis coaching experience, Gary Peterman is RHS's tennis coach and he offers a chance for 7th and 8th graders to learn the game of tennis, have fun and build skills. Coach Peterman will teach forehand, backhand, and serving all while working on proper strokes and technique.

Registration Deadline: Wednesday, May 2

Dates: May 7-17; Mon-Thurs

Time: 3:30-4:30pm

Place: Riverton Middle School Tennis Courts

Ages: 7th-8th grade

Cost: \$20



'R' Youth Track Meet

The Sports Programmers across the great state of Wyoming have decided to continue youth track in the spirit of the former Hershey Track program. Participants are encouraged to register in advance, but can register the day of the meet. The top three placers in each event will advance to compete in the Wyoming State Meet in Pinedale on Saturday, June 2. *Events will include short distance sprints (30m, 50m, 100m, 200m), middle distance (400m, 800m) and field events (softball throw, standing long jump, running long jump).*

Riverton Local Meet Information

(Register in advance or day of event from 3:15-3:45pm)

Date: May 22; Tuesday

Time: 3:15-3:45 (Registration)
4pm (Competition Begins)

Place: Riverton High School Track

MLB Pitch, Hit and Run

You won't want to miss participating in the official skills competition of Major League Baseball! This fun baseball skills competition allows boys and girls, ages 7-14, to showcase their pitching, hitting and running abilities. Don't miss this fun evening of competition on the baseball diamond. *Participants can register and compete at any time between 4-6pm. Winners advance to the state competition in Worland!

Date: May 10; Thursday

Time: 4-6pm*

Place: Riverton Little League Fields

Ages: 7-14 yrs (age as of July 17, 2018)

Cost: Free

RUSTLER SPORTS

Lil' Rustler Volleyball Camps

These fast paced, energy filled camps are for all players interested in volleyball and who want to develop basic skills, as well as more advanced positional skills. The camps will be led by Darshaya Gallard, Head Volleyball Coach at Central Wyoming College and the Rustler Volleyball team. Players will be guided and taught all the volleyball skills necessary to be successful at any level of competition. Regardless of your current level, you won't want to miss the opportunity to work along-side our collegiate athletes and their coach, a former professional player who is willing to share all her secrets of the game!

Registration Deadline: Friday, February 23 (Camp A)
Friday, April 20 (Camp B)

Dates: Camp A: February 25; Sunday
Camp B: April 22; Sunday

Times: 10am-Noon; 3rd-8th grade
1-4pm; 9th-12th grade
Place: CWC Gymnasium
Ages: 3rd-12th grade
Cost: \$20/camp (3rd-8th grade)
\$30/camp (9th-12th grade)

YOUTH ACTIVITIES

Learn to Skate

Would you like to become a better ice skater but missed our classes during Christmas Break? Here is your chance! Jump in and learn the fundamentals and joy of ice skating. Mary Lea Wolf, a veteran instructor and skater, will teach forward and backward skating, stops, crossovers and turns. Helmets are **REQUIRED** for participation in the classes.

Registration Deadline: Wednesday, January 10

Dates: Jan. 12, 19, 26; Fridays

Time: 3:45-4:45pm

Place: Tonkin Community Rink

Cost: \$20

Ages: 1st-5th grade



Rock Climbing 'The Wall'

If you are looking for an activity on your child's day off from public school, 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, January 19

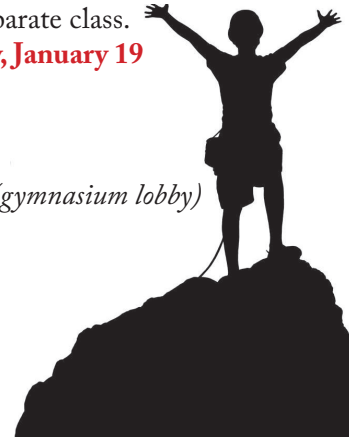
Date: Jan. 26; Friday

Time: 10am-Noon; Class A
Noon-2pm; Class B

Place: CWC Climbing Wall (gymnasium lobby)

Ages: 8-14 years old

Cost: \$20/class



Wolverine Dance Camp

RHS Wolverine Dance team and coaches will be hosting a dance camp for current kindergarten through 5th graders. The camp will be Wednesday-Friday at the RHS Career Center commons. There will be dancing, crafts and a light snack. Please dress in something you can actively move around in and bring water to stay hydrated throughout the fun! Participants will receive a t-shirt to wear at their performance during half time of the Wolverine Boys basketball game on February 10.

Registration Deadline: Friday, February 2

Dates: Feb. 7-9; Wed-Fri
 Time: 3:30-5pm
 Place: RHS Career Center
 Ages: K-5th grade
 Cost: \$25 (includes t-shirt)

Performance Information

Saturday, February 10
 Halftime of RHS Wolverine Boys Basketball vs. Star Valley
 Game Starts at 3:30pm
 RHS Gymnasium

NGWSD

National Girls and Women in Sports Day invites 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 twelve different options. These "Girls Only" events range from hip hop dance to TaeKwonDo 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: 8:30am (Doors open/Check In)
 9am-Noon (Sessions Run)
 Place: Riverton High School
 Cost: \$15/advance, \$25/day of the event
 Ages: 1st-8th grade girls



FAMILY ACTIVITIES

Ice Skating at the Riverton Community Ice Rink

We love our community ice skating rink at TONKIFELLER PLAZA! If you haven't skated on the open-air rink yet this season then make it a priority! Ice skate rentals are available in youth and adult sizes for \$3 per pair. The Rink is always open to the public during daylight hours or scheduled evening hours if you have your own skates. Our scheduled

hours for when skate rentals are available are the following:

Thursdays: 3-6pm
 Fridays: 3-9pm
 Saturdays: 12-9pm
 Sundays: 12-5pm

**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.*

'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 (if there is enough interest) and basketball hoops available for friendly pick-up games or just shooting around. Participants under the age of twelve must be supervised by an adult. Please bring your own basketballs or volleyballs. **Please note that the program will be cancelled if there is not adequate attendance.**

Registration Deadline: Ongoing

Dates: Jan. 9-30; Tuesdays
 Time: 6:30-8pm
 Place: Middle School Gymnasium
 Cost: \$10/person for full session or \$5/evening

Lantern Ice Skating Party



Enjoy a fun evening of ice skating and write your new year's wishes on a floating lantern and watch them light up the night sky. There will be hot drinks and snacks. Come skate with us and help the CWC Entrada Club raise money for a cultural trip to New York City where they will learn about American history and delve into the city life. While in NYC, CWC students will also be doing humanitarian work. Prepurchase lanterns by calling 855-2159. CWC students will receive a free drink with their student ID.

Date: Jan. 20; Saturday
 Time: 8-10pm
 Place: Tonkin Skating Rink
 Ages: All
 Cost: \$8/person (includes skate rental & floating lantern)
 \$10/person (includes the above plus a snack and drink)

Lanterns, snacks and drinks can be purchased for an additional cost.



ADULT HEALTH & FITNESS

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 with 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.

Registration Deadline: Friday, January 12

Date: Jan. 17-Feb. 21; Wednesdays

Time: 6-9pm

Place: Community Skating Rink at Tonkin

Cost: \$80/team

Total Body HIIT

This course will primarily use the HIIT (High Intensity Interval Training) method to challenge students to improve their current level of overall fitness. The workouts will involve a variety of cardio interval, full body functional, and circuit training exercises as well as use of free weights to promote a strong core, increased overall strength, balance, and flexibility. All fitness levels welcome. Instructor Kenna Sweglar, Certified Fitness Trainer, will lead this class. Please register in advance, as space is limited.

Registration Deadline: Friday, January 12 (Session 1)

Thursday, March 15 (Session 2)

Dates: Session 1: Jan. 16-March 8; Tues/Thurs

Session 2: March 20-May 10; Tues/Thurs

Time: 5:15-6:15am

Place: CWC Fitness Center

Cost: \$50/session

Core/Cardio Focused HIIT

This course will primarily use the HIIT (High Intensity Interval Training) method to challenge students to improve core strength and cardio capacity. The workouts will consist of a variety of mixed seated and standing functional moves that will challenge balance and overall core fitness. All fitness levels are welcome and all exercises can be modified. Instructor Kenna Sweglar, Certified Fitness Trainer, will lead this class. Please register in advance, as space is limited.

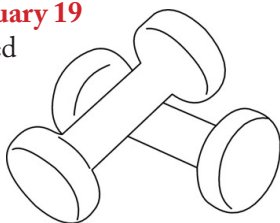
Registration Deadline: Friday, January 19

Date: Jan. 22-March 14; Mon/Wed

Time: 5:30-6:30pm

Place: CWC Fitness Center

Cost: \$50



Walk 15

The Walk 15 Indoor Walking Class is the latest program in 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, effective, and fun! 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 on January 16 and March 1, and then join the fun!**

(Limited to 12 Participants)

Registration Deadline: Friday, January 12 (Session 1)

Friday, February 23 (Session 2)

Friday, April 13 (Session 3)

Date: Session 1: Jan. 16-Feb. 22; Tues/Thurs

Session 2: Feb. 27-April 12; Tues/Thurs

(no classes week of March 26)

Session 3: April 17-May 24; Tues/Thurs

Time: 5:15-5:45pm

Place: CWC Dance Studio

Cost: \$50/session

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

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, balance, strength and flexibility for all ages and physical abilities. Take just 30 minutes from your busy schedule to relax and rejuvenate. You are guaranteed to feel a difference after just one class! Wondering if Taijifit is right for you or curious what exactly it is? **Try it for FREE on January 16 and March 1. (Limited to 12 Participants)**

Registration Deadline: Friday, January 12 (Session 1)

Friday, February 23 (Session 2)

Friday, April 13 (Session 3)

Date: Session 1: Jan. 16-Feb. 22; Tues/Thurs

Session 2: Feb. 27-April 12 ; Tues/Thurs

(no classes the week of March 26)

Session 3: April 17-May 24

Time: 5:45-6:15pm

Place: CWC Dance Studio

Cost: \$50/session

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

Adult Pickleball

Pickleball is an exciting game that combines ping-pong, tennis and badminton and can be played with two or four players. It is played on a badminton-sized court, using a wooden paddle and a wiffleball. This is a learn-as-you-

play league so knowledge or previous playing experience is not required to join in the fun! Each session will include instruction to learn the skills followed by practice and round-robin play to apply the skills, rules and strategies of the game. The league will conclude with a fun tournament. Participants must be 18 years and older. Register early because there is a limit to the number of players we can take!

Registration Deadline: Wednesday, January 17

Dates: Jan. 23-March 13; Tuesdays

Time: 6:30-8pm

Place: Riverton High School Gymnasium

Cost: \$20/person

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! A tournament will conclude the session. Each team is required to ref and scorekeep for another game during the evening. *(Limited to 8 teams)*

Registration Deadline: Wednesday, January 31

Dates: Feb. 5-March 19; Mondays

Time: 7-9pm

Place: Riverton High School Gymnasium

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. A tournament will conclude the session. Each team is required to ref and scorekeep for another game during the evening.

(Limited to 8 teams)

Registration Deadline: Wednesday, January 31

Dates: Feb. 7-March 28; Wednesdays

Time: 7-9pm

Place: Riverton High School Gymnasium

Cost: \$80/team



SPECIAL INTEREST

Hunter Safety Training

This is the Wyoming Game and Fish certified hunter safety education course. Successful completion of this course is required for all hunters born after Jan 1, 1966 and it is required for hunters of any age before participation in the Teton Park Elk Hunt. Fee covers all materials. Hunter's Safety is offered three times this spring at CWC to accommodate G&F's new maximum student limits of 30 per class. Attendance at all class meetings is required. Instructors,

Tim Pierce and Kelly Baptist, hold certification to teach this course from the Game and Fish. Parents are always welcome to accompany their youngster.

Registration Deadline: Wednesday, December 20 (Session 1)

Friday, January 19 (Session 2)

Thursday, March 15 (Session 3)

Dates: Session 1: Jan. 4, 8, 11, 18, 22; *Field Trials Jan. 27*

Session 2: Feb. 5, 8, 12, 15, 22; *Field Trials Feb. 24*

Session 3: April 2, 5, 9, 12, 16; *Field Trials April 21*

Time: 6:30-9:30pm *(classroom dates)*

Place: CWC Health and Science Bldg., Room 100

Cost: \$20/session

That's a Keeper

(Sports Photography)

Grabbing that perfect shot of your child enjoying their favorite sport or activity is easier than you think. Learn how you can start capturing "keeper" shots at your very next event. Be prepared, this is a hands-on course that will have you taking pictures from the very start! You will enjoy the instruction and valuable information from Brant Nyberg who has been taking sports photos for over ten years and photographed three different state championships in two states. His photographs have been published on Yahoo Sports, County 10, WyoPreps, News13 and in Wyoming Lifestyles Magazine. Students will need to provide their own cameras for the class.

Registration Deadline: Friday, January 12

Date: Jan 16 and 18; Mon/Wed

Time: 6:30-8pm

Place: CWC Main Hall, Room 157

Cost: \$30



Beginning Crochet

During this introduction to crocheting class you will learn the basic stitches and how to use them to create at least two projects, a scarf and a hat. Everyone will also be instructed in how to change colors and to join yarn. Bring a skein of worsted weight yarn (not bulky or black) as well as the appropriate hook size (size H).

Registration Deadline: Tuesday, January 30

Date: Feb 1-22; Thursdays

Time: 6:30-8:30pm

Place: CWC ProTech Bldg., Room 150

Cost: \$20

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, February 7 (Session 1)
Wednesday, February 14 (Session 2)**

Dates: Session 1: Feb. 10; Saturday
Session 2: Feb. 17; Saturday
Time: 6-7:30pm
Place: CWC InterTribal Center Bldg., Room 106
Cost: \$100/couple

Family & Friends CPR

Did you know that 80% of cardiac arrests happen at home? Be prepared to save the life of someone you love! This class is great for babysitters, parents, grandparents, caregivers, spouses and friends. All participants will receive a booklet with a participation card as well as the priceless knowledge of how to perform high quality adult, child, and infant CPR and respond to a choking victim. *(This is not a certification class.)*

**Registration Deadline: Wednesday, February 7 (Session 1)
Wednesday, April 25 (Session 2)**

Dates: Session 1: Feb. 10; Saturday
Session 2: April 28; Saturday
Time: 9-11am
Place: CWC Health & Science Bldg., Room 206
Cost: \$25/session

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, February 9

Date: February 12; Monday
Time: 1-5pm

Place: CWC InterTribal Center Bldg., Room 125
Cost: Free

What Are Your Food Labels Really Telling You?

Natural, organic, gluten-free, low fat, cage-free, non-GMO... What does it all mean? What is real and what is just a smoke screen to get you to buy the product? In this class, we demystify the "helpful" information on your food labels today. Nico Homburg and Kathleen Marinell, Certified Juice Therapists and founders of Healthy Changes, teach this class. Find them on Facebook at Healthy Changes Now and on the web at www.healthychangesnow.com.

Registration Deadline: Monday, February 12

Dates: Feb. 13; Tuesday
Time: 7-8:30pm
Place: CWC ProTech Bldg., Room 150
Cost: \$25

Refuse to Be a Victim

This training is a personal protection course. You will learn to help protect yourself from becoming a victim of a crime while in class, on vacation or even in your own home. A National Rifle Association certified instructor presents this training.

Registration Deadline: Friday, March 2

Date: March 5; Monday
Time: 1-5pm
Place: CWC InterTribal Center Bldg., Room 125
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. 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. Nico Homburg and Kathleen Marinell, Certified Juice Therapists and founders of Healthy Changes, teach this class. Find them on Facebook at Healthy Changes Now and on the web at www.healthychangesnow.com.

Registration Deadline: Monday, March 5

Dates: March 6; Tuesday
Time: 7-8:30pm
Place: CWC ProTech Bldg., Room 150
Cost: \$25/session

COMPUTER TRAINING

(Register for one computer class or all three for \$95)

Introduction to Computers and Microsoft Windows

Learn the basics of your personal computer. Instruction includes how to find out what programs are on your computer and how to get them so they are handy to use. Learn to set up your desktop the way you want it and how to organize your files so you can find things when you want them. Connie Murray is the experienced instructor for this class. Class meets in a teaching lab where each student will have his/her own computer to work on. Students may also bring a laptop if desired. *(Limited to 15 participants)*

Registration Deadline: Thursday, February 15

Date: Feb. 17; Saturday

Time: 9am-1pm

Place: CWC Health & Science Bldg., Room 208

Cost: \$35

Microsoft Word

Students will learn basic formatting, including cut and paste, fonts, borders, pictures and layout. This class will also cover printing envelopes and labels. You'll learn to get the most out of Microsoft Word for personal or professional use. Bring a disk or flash drive if you want to save your work to take home. *(Limited to 15 participants)*

Registration Deadline: Wednesday, March 7

Date: March 10; Saturday

Time: 9am-4pm *(hour lunch break)*

Place: CWC Health & Science Bldg., Room 208

Cost: \$45

Microsoft Excel

Learn ways that Microsoft Excel can be used in your daily life or professional work environment. The instructor will show you how to develop your own spreadsheet or choose from templates that are available from Microsoft. These include calendars, lists and bookkeeping. Bring a flash drive or disk if desired. *(Limited to 15 participants)*

Registration Deadline: Wednesday, March 21

Date: March 24; Saturday

Time: 9am-4pm *(hour lunch break)*

Place: CWC Health & Science Bldg., Room 208

Cost: \$45

**(Take Intro to Computers and
Microsoft Windows, Word
and Excel for \$95)**

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: Monday, March 5

Date: March 8; Thursday

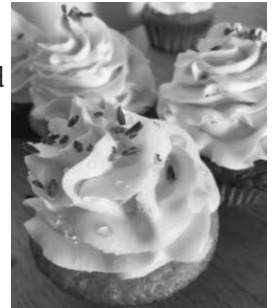
Time: 6-8pm

Place: CWC ProTech Bldg., Room 150

Cost: \$10

Gourmet Honey Lavender Cupcakes

Are you over winter? Let's start looking forward to spring and treat ourselves and our families to an amazing light and delicious cupcake. We will be making a cupcake that is reminiscent of high tea. It is a very light lavender cupcake filled with a sinful lemon mousse and topped with a heavenly honey Swiss meringue icing.



Instructor Roni Roemmich, owner of Sweet Surprises Gourmet Cupcakes, annually contributes hundreds of her scrumptious, gorgeous cupcakes to the animal shelter benefit auction where they bring top dollar....you'll see why when you take this class. Each student needs to bring a muffin tin, 2-16 inch decorating bags (can be disposable) 1M Star tip (look for a set of 3 extra-large tips) and a Bismarck tip (this is a fill tip). These items can be purchased at Walmart or brought from home. This class will be a true baking/ decorating/tasting learning experience and each student will take home a dozen gourmet cupcakes! We will offer this class twice if there is a large enough demand!

Registration Deadline: Wednesday, March 21

Dates: March 24; Saturday

Time: 1-4pm

Place: Riverton High School Home Ec Room

Cost: \$40

Infant Massage

Infant massage is a step beyond cuddling and is 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. A massage 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 a combination of relaxing strokes, light kneading, and gentle squeezing. Bring a yoga mat and small toys for your baby.

Registration Deadline: Thursday, March 22

Dates: March 24; Saturday

Time: 5–6pm

Place: CWC InterTribal Center Bldg., Room 106

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

Three Tote Bags- One Charm Pack

Make three tote bags from just one 5-inch square charm pack. You will learn to sew together squares, line a tote bag, make and add a strap to the tote, add a magnetic snap closure, and a simple quilting technique to finish a complete tote. Everyone will complete at least one tote bag in class, and possibly be able to complete all three! Retha Reinke will be leading the class on this sewing journey. Sewing experience is helpful, but not required. Bring your own sewing machine.

Registration Deadline: Thursday, April 5

Date: April 7; Saturday

Time: 9am–5pm

Place: CWC Art Center Lobby

Cost: \$20

Wyoming Whiskey Tour

Are you ready to get out of town for the day? Join us as we tour the Wyoming Whiskey Distillery in Kirby, Wyoming. This day trip will include transportation to Kirby, a one-hour tour of the distillery and whiskey tasting. Then you can choose to have lunch right next door at the Kirby Bar & Grill on your own or one of the other local options.

Registration Deadline: Wednesday, April 18

Date: April 20; Friday

Time: Leave at 9:15am, Return at 3pm

Place: Depart CWC Circle Drive

Cost: \$20

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 msbailey@cwcc.edu. You may also pick the packet up in the ‘R’ Recreation Office in the ProTech Building at CWC. Each plot is \$45 for the 2018 season, \$35 for all returning gardeners.



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, April 17

Date: April 19; Thursday

Time: 6–8pm

Place: CWC ProTech Bldg., Room 150

Cost: Free

Weather Spotter Training

If you are an avid cloud –watcher or have an interest in weather, this class is for you! This exciting and entertaining multimedia training session will explain how various weather phenomena develop, describe how to identify and report severe weather to the National Weather Service (NWS), and discuss appropriate safety actions. Videos and digital images from across Wyoming are shown to assist in correctly identifying and reporting important storm features. Even with rapidly improving technology, spotter reports of hail size, wind damage, and flash flooding help NWS forecasters make life-saving decisions. All course materials are provided—just bring a pencil or pen!

Registration Deadline: Friday, April 13

Date: April 17; Tuesday

Time: 6pm

Place: CWC Fremont Room, Student Center Room 100

Cost: Free

Medicare 101- The Basics and Beyond

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. The State Health Insurance Program through Wyoming Senior Citizens, Inc. presents this course.

Registration Deadline: Tuesday, April 17

Date: April 19; Thursday

Time: 5:30–7pm

Place: CWC ProTech Bldg., Room 150

Cost: Free

Medicare Supplemental Insurance-Medigap

This course will provide the core principles of Medicare supplemental plan options with an emphasis on when you need to enroll based on personal circumstances, what they cover, and cost of various plans. This opportunity is designed for those turning 65, retiring, and losing employer coverage, and those wanting a better understanding of their Medicare supplemental benefits. The State Health Insurance Program through Wyoming Senior Citizens, Inc. presents this course.

Registration Deadline: Tuesday, April 24

Date: April 26; Thursday

Time: 5:30-7pm

Place: CWC ProTech Bldg., Room 150

Cost: Free

Central Wyoming Children's Center for Art, Technology and Science

CATS provides a destination in which children, accompanied by an adult, can explore learn and interact in activities that will enhance their understanding of art, technology and science. CATS offers various activities and programs throughout the year. They are open on Wednesday and Thursday from 10am-5pm; Friday from 10am-7pm; Saturday from 10am-5pm. Admission is \$5 for ages 3+ (two and under are free!) or families can purchase memberships starting at \$75/year. Questions? Call 307-463-0313, visit rivertoncats.com or send them an email to rivertoncats@hotmail.com.

Riverton Aquatic Center Hours

Enjoy one of the finest aquatic facilities in the state. Facilities include hot tub, sauna, steam room, wading pool, and a main pool with lap lanes and diving boards. Contact the Riverton Aquatic Center at 856-4230 for more information. See page 18 for their full program listings.

Open Swim: Monday-Friday; 7:30-9pm

Saturday; 10-2pm, 4-6pm

Sunday: 12:00-4pm

Lap Swim: Monday-Friday; 5:15-9am, 12-1pm

Deep Water Aerobics: Mon, Wed, Fri: 6-7:00am

Fees: Adult: \$4, Seniors: \$2, K-12 Students: \$2

Punchcards and discounted memberships are available

Girls 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)[™]. 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 are celebrating Girl Scouts with an Ice Skating Party on January 20th from 1-3pm. Come out and join us for skating and hot chocolate at the Riverton Community Ice Skating Rink in Tonkin Stadium.

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

Using Medicare's Plan Finder Tool: Comparing Medicare Prescription Drug Coverage Options

This course will provide hands on training with Medicare's prescription drug Plan Finder Tool. Upon completion, attendees will be able to determine which Medicare prescription drug plan will be the most cost effective coverage for them. Understanding this online tool will be useful each year during Medicare's Open Enrollment season (Oct. 15-Dec. 7) to determine the best coverage for the upcoming year. This opportunity is designed for those turning 65, retiring, and losing employer coverage, and those wanting a better understanding of their Medicare prescription plan benefits. The State Health Insurance Program through Wyoming Senior Citizens, Inc. presents this course. * Bring a list of your prescription medications and your Medicare card if you have one.

Registration Deadline: Tuesday, May 1

Date: May 3; Thursday

Time: 5:30-7pm

Place: CWC Health & Science Bldg Room 206

Cost: Free

ADDITIONAL COMMUNITY OPPORTUNITIES

District 25 Recreation Board Grant Requests

The District 25 Recreation Board will be accepting requests for grant funding for the 2018 calendar year on Monday, January 8th at 6:00pm at the School District 25 Central Office, 121 North 5th Street West. Any group requesting funds must attend the meeting and present their request to the board. Grant applications can be found on the 'R' Recreation website www.rrecreation.com. Phone numbers for more information are included on the online form.



The following programs, although not associated directly with 'R' Recreation are fantastic opportunities for the City of Riverton youth. 'R' Recreation does assist with the registration process but the 'R' Recreation registration forms are not used. Keep in mind that **ALMOST ALL** these programs have strict registration deadlines. Therefore, we highly encourage you to get these dates on your calendar and register early to avoid missing out on a great opportunity for your child.

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 3rd 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 (must be immediate family). **Late registration after February 1 will be \$70. ALL FIRST TIME WRESTLERS NEED TO BRING A COPY OF A BIRTH CERTIFICATE.** For more information contact Eric Kuegler 307-840-2390, Linde Weber 851-4825, or Frankie Hernandez 970-692-4357. Check out the Riverton USA Wrestling facebook page for up to date information.

AAU Volleyball League

AAU Volleyball will be accepting registrations from January 4th through February 17th. Ages are 8-18 years old and will play in U10, U12, U14, U16 and U18 divisions. Please note many tournaments do not have a U10 age division, thus our U10 players will need to play in a U12 division if they want to play at those tournaments. Practices will start in mid-March. Registration fees are \$60 and registration forms can be picked up at the 'R' Recreation office. This program does not use the 'R' Recreation registration form. Please ask for the AAU Volleyball registration packet. Tournament fees, jerseys, coach's fees, and travel fees are not included and will vary by team. The Riverton Volleyball Club's success is based on volunteers and the club is in need of more volunteers and coaches as our league continues to experience growth. Visit the Riverton AAU Volleyball site on Facebook for more details or contact Amber Hinkle, 840-1176, or Heather Becker, 850-7999, for more information.

Riverton Youth Soccer Recreation League

This league is designed for players of all ability and focuses on the fundamentals of soccer and the improvement of skills. **Players must register by March 2 to be guaranteed space in the league.** This program does not use the 'R' Recreation registration form. Please ask for the Youth Soccer registration form. The season runs from March 19-May 10. Practices and games are played on weeknight evenings at Rein Park (West end of Monroe). Based on state rules, children must be born by December 31, 2013 to participate. The league is for children 5 years through 14 years old and fees are \$40. **NO LATE REGISTRATIONS WILL BE ACCEPTED!** The success of this league depends heavily on volunteers. Please consider volunteering to make it enjoyable and memorable for your child. Go to www.rivertonsoccer.org for reg form and more information or register at 'R' Rec.

ONLINE REGISTRATION
 GO TO RYSA WEBSITE FOR LINK



Riverton Competitive Soccer (Rampage Travel Team)

The Riverton Rampage is a competitive, traveling soccer league that provides a more challenging level of soccer to those players who are willing to make a commitment to playing and travel. Players must be born by December 31, 2011 to be eligible for this league. Players must be registered by February 24th to be considered for a Rampage team. This program does not use the 'R' Recreation registration form. Please ask for the Competitive Youth Soccer registration packet. The \$200 registration fees cover league registration, insurance and selected tournament fees. Go to www.rivertonsoccer.org for more info. Players must include a wallet size photo of them, a copy of their birth certificate, registration form and fees to complete their registration for consideration.*

ONLINE REGISTRATION
 GO TO RYSA WEBSITE FOR LINK

Riverton Little League

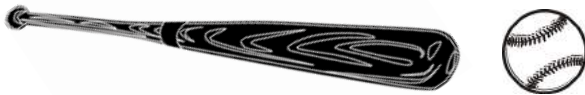
Registration is February 24 to March 23. **No registrations will be accepted after the deadline for any leagues**, so get registered early and let your friends know! There will be a Registration Kickoff on Saturday, Feb. 24 from 9am-3pm at a location yet to be determined. Registration will be on-going at the 'R' Recreation office through Friday, March 23. Cost is \$45 for the first player and \$40 for each additional sibling for Coach Pitch, Minors & Major leagues. T-Ball cost is \$35 per player. If a player in the major or minor leagues would like pants with their uniform there is an additional \$15 fee. If pants are not purchased for the additional fee, players in the minors and majors are responsible for providing their own. The league will provide the jersey, hat, belt and socks. Leagues of play are determined by the age of the player on 8/31/2018 with the exception of kids born in 2005. Call Player Agent, Karri Brost (702) 673-8966 for additional information specific to age groups. This program does not use the 'R' Recreation registration form. Please ask for the Little League registration packet.

Age Divisions are as follows:

T-Ball	4-6 years old, as of 8/31/2018
Coach Pitch	7-8 years old, as of 8/31/2018
Minors	9-10 years old, as of 4/30/2018
Majors	11-12 years old, as of 4/30/2018

Important League Dates for Wilson Skills Test:

Major League Players; Tuesday, March 27
Minor League Players; Wednesday, March 28



Riverton Babe Ruth Baseball

Riverton Babe Ruth Baseball is a league for players 13-15 years old to continue playing the All American Game and a great way for the entire family to spend an evening. Registration is underway through March 9. A late fee will be assessed after March 9. The season dates are March 19 through the end of June. All players that are new to the league, players who were placed on a team after the 2017 draft, or who are requesting to reenter the draft for a new team assignment are required to attend the Wilson Skills Testing on March 15 at 5:30pm. Players that are new to the league must provide a copy of their birth certificate. This program does not use the 'R' Recreation registration form. Please ask for the Babe Ruth registration packet. Cost of the league is \$50. Registrations are available online at www.rrecreation.com or at the 'R' Rec office. For more information check Riverton Babe Ruth Baseball on Facebook. If additional information is needed, please contact the Babe Ruth Player Agent, Kelly Rees at 307-851-5089.



Girls Fast Pitch Softball-Little League (local)

Signups for Girls Fastpitch Softball will run from Feb. 1 through March 30. **No late registrations will be accepted due to insurance reasons.** Games will begin the week of May 12. Cost will be \$45.00. We want to make sure any girls wanting to play softball have the opportunity. Limited scholarships are available. Travel opportunities and post season teams are available but may include additional fees. Please like us on Facebook under 'Riverton Girls Fast Pitch Softball' to stay up to date. Registration forms can be picked up at the 'R' Recreation office. This program does not use the 'R' Recreation registration form. Online registration is also available and encouraged at <http://tshq.bluesombrero.com/Default.aspx?tabid=1353007>. Please call Jamie at 206-954-2167 for more information.

Girls Fast Pitch Softball Travel League (ASA League)

Signups for a competitive softball team will begin February 1 through March 30. Practice will begin the first week of April. Registration cost for the travel team is \$50. Girls between the ages of 10-18 years old may participate in the Travel Team. A girl may be registered in both the local league and the travel team. Additional travel expenses for each tournament the teams compete in will apply. Please call Jamie at 206-954-2167 for more information.

Adult Co-Ed Softball League

Registration begins April 2nd for the 2018 Adult Co-Ed league. A MAXIMUM of 14 teams will be allowed on a first come-first serve basis. Teams will be split into an A and B division. The season will run May 14th through early August. Cost for a team is \$350 and teams must have a minimum of 6 guys and 4 girl players. All players must be at least 18 years old. Registration forms are available at 'R' Recreation or online at rrecreation.com. For more information contact Adam Powell at 307-851-1073. Registration Deadline is Friday, April 27th. **No Late Registrations will be accepted.**

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.



'R' Recreation will be closed the following days:

Monday, January 15
 Monday, February 19
 Friday, March 16
 Friday, March 30
 Monday, May 28

Help us expand our programming?

'R' Recreation is looking for new and fresh ideas from our community. Do you have a hobby or special skills set that you think others would enjoy learning about or participating in? Or are you passionate about a certain sport or perhaps a pro in something fun and want to offer a specific class?

Download and complete our proposal form at rrecreation.com or complete the form on Page 16.



Register online or download a registration form from our website 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



RECREATION

CENTRAL *Wyoming* COLLEGE

Pro Tech Building, Room COTC 140, 2660 Peck Avenue, Riverton 855-2015 or 855-2190

PROPOSAL FORM

(Programs, Classes, Events, etc.)

Instructor Information

Name:	Phone:
Address:	Email:

Class Information

Course Title:	Semester:
---------------	-----------

Course Description *(Complete for the Brochure)*:

Starting Date:	Ending Date:
Day(s) of the Week:	Time:
Number of Sessions: Dates:	Min. Students: Max Students:
Suggested Cost:	Desired Location:
Age Restrictions:	Room Needs?
Student Supplies (Y/N):	Reimbursement for Supplies (Y/N):

Please return this form to 'R' Recreation in the Professional-Technical Building on CWC's east campus, 2660 Peck Avenue, or email it to rrecreation@cw.edu. Please contact Mary Axthelm 855-2015 or Jamie Nelson 855-2190 with any questions.

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](https://www.facebook.com/rivertonbranchlibrary) and Instagram ([RBLTEENSCEEN](https://www.instagram.com/RBLTEENSCEEN))
for up to date library news and information.



Hours of Operation

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

Riverton Branch Library Children's Department

*Some programs may require pre-registration. Please call 307-856-3556
or stop in the library at 1330 W. Park Avenue to get registered.*

Story Time at the Riverton Branch Library

Caregivers and their children are invited to register for 20-30 minutes of books, songs, and fun at the library. Registration is required and begins December 1st, so stop by the library children's department or give us a call 307-856-3556 ext. 2140. The spring session will run from January 9 through the month of April 2018.

Toddler Move & Groove

Geared for ages birth through age two.
Thursdays at 10:30am

Preschool Tales & Tunes

Geared for ages 3-5 but all ages welcome.
Tuesdays and Wednesdays at 10:30am

LEGO Club

Children ages 8-12 are invited to build with LEGOs at the Riverton Branch Library from 3-5pm on Thursdays. LEGOs are provided and children are given a different theme each week. No registration is necessary. Spring session will be January 11 to April 26.

Riverton Branch Library, Teen Scene

Celebrate Teen Tech Week: March 4-10, 2018 for "Create Your World"

DEMOLISH

Tuesday, March 6; 5-7pm
Middle School Take-a-Part program. Participants will dissect and disassemble game controllers, microphones and other electronic devices.
Ages: Middle School Students
Place: Riverton Branch Library

BIG BANG BREAKDOWN!

Wednesday, March 7; 4-6pm
High School Take-a-Part program at the Lander Library. Participants will dissect and disassemble game controllers, microphones and other electronic devices.
Ages: High School Students
Place: Lander Library

DEVELOP

Thursday, March 8; 5-7pm
Middle School Put-Back-Together program. Participants will reassemble electronic parts into their own original creations!
Ages: Middle School Students
Place: Riverton Branch Library



Riverton Aquatic Center

2018 Spring Schedule/Lessons

SPRING SCHEDULE

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 <i>(Inflatable)</i>	Open Swim Noon-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 4pm-6pm	
5:30-7:30pm	Swim Teams	Swim Teams	Swim Teams	Swim Teams	*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*

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;
January 26, February 23, March 30 and April 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: Monday, January 8
 Dates: February 12-22; Mon-Fri
 January 20-February 24; Saturdays
 Times: 8-8:30am OR 12-13:30pm; Mon-Thurs.
 10:30-11:15am; Saturdays
 Ages: 5 and under
 Cost: \$25/session

Home School Lessons (Session 1; Pre, L1, L2)

Registration Begins: Monday, February 19
 Dates: February 26-March 2; Mon-Fri
 Times: 12-12:45pm
 Cost: \$10/session

Home School Lessons (Session 2; L3, L4, L5)

Registration Begins: Monday, March 5
 Dates: March 5-9; Mon-Fri
 Times: 12-12:45pm
 Cost: \$10/session



SPECIAL HOLIDAY SCHEDULE

(April 2-6)

5:15-9am	Lap Swim
Noon-1pm	Lap Swim
2-4pm	Open Swim
6-8pm	Open Swim

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

Easter	March 31-April 1
Memorial Day	May 28-29



Contact Information

307-856-4230
 2001 West Sunset Dr.
 Riverton, WY 82501

2018

SPRING

Register Online

www.rrecreation.com



**FULL PAYMENT DUE
AT REGISTRATION**

Registration Form

Participant Name: _____

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

Date of Birth: _____ Grade (Current): _____ or NA Gender (Circle): Male or Female

Email Address: _____ Phone Number: _____

Parent/Guardian Name: _____ Phone Number: _____

Emergency Contact: _____ Phone Number: _____

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

