



Spring 2019
Online Registration Available
www.rrecreation.com

CITY of RIVERTON



RECREATION
AND CWC COMMUNITY EDUCATION



What's Inside

2019 Spring 'R' Recreation Brochure

January - May, 2019

TABLE OF CONTENTS

Kidz Korner	2-3
Youth Sports	3-4
Family & Youth Activities	5-6
Adult Health and Fitness	6-7
Special Interest	7-9
Additional Community Opportunities	9-11

'R' RECREATION/COMMUNITY EDUCATION

Mary Axthelm- Program Manager	855-2015
Recreation Activities Coordinator	855-2190
Mandy Bailey- Community Education	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 COUNCIL

Mayor – Richard Gard
 Ward 1 – Sean Peterson, Kyle Larson
 Ward 2 – Karla Borders, Rebecca Schatza
 Ward 3 – Mike Bailey, Tim Hancock

CITY OF RIVERTON PHONE NUMBERS

Riverton City Hall	856-2227
Riverton City Parks Reservations	857-7720
Chamber of Commerce	856-4801
Riverton Aquatic Center	856-4230
Riverton Branch Library	856-3556
Fremont County Fair Office	856-6611
School District 25 Central Office	856-9407

*Additional Recreational Opportunities and Information
can be found at rrecreation.com.*

PAYMENT AND REFUNDS

Registration and 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. 'R' Recreation does not "save spots" for any programs without proper registration and payment of fees. Phone reservations will not be accepted.



Recently the funding for the 'R' Recreation program was reduced significantly resulting in and deeply impacting the following areas; increased program fees, a decrease in offerings and a significantly smaller brochure publication that will no longer be inserted in the Ranger newspaper. Please contact us if you have further questions or concerns at 855-2015.

KIDZ CORNER

Big Space Toddler Time

Toddlers are very special. Their curiosity is high, they plunge headlong into life ready to taste and test every inch of this new world. For optimal development, they need a broad base of experiences, hosted by adults who offer new and exciting situations for them to explore and manipulate freely. Moving in spaces bigger than most living rooms and learning how to roll, kick and throw a ball, step on and over things, crawl through things, jumping and running is important for their gross motor development.

Registration Deadline: Friday, January 18

Dates: Jan. 26-March 2; Saturdays

Time: 10-11am

Place: Tonkin Activity Center

Ages: 1-2 years old

Cost: \$30

Kisercise

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

Registration Deadline: Friday, January 18

Dates: Jan. 26-March 2; Saturdays

Times: 11am-Noon

Place: Tonkin Activity Center

Ages: 3-5 years old

Cost: \$30

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, ages 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: Friday, January 18

Date: Jan. 26; Saturday
 Time: 10-11:30am
 Place: CWC Peck Theater Lobby
 Ages: 3-5 years old
 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: Friday, February 15

Date: Feb. 23; Saturday
 Time: 1-2:30pm
 Place: Tonkin Activity Center Gym
 Ages: 3-5 years old
 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: Thursday, March 21

Date: March 30; Saturday
 Time: 10-11:30am
 Place: CWC Dance Studio
 Ages: 3-5 years old
 Cost: \$10

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.

Registration Deadline: Friday, December 21

Date: Jan. 7-Feb. 12; Mon – Thurs + Games
 Time: 4-5:30pm
 Place: Rendezvous Elementary Gym
 Ages: 5th-6th grade
 Cost: \$60

Game Schedule:

January 16 at Lander 4/5pm
 January 22 vs. Ft. Washakie 4/5pm
 January 24 vs. Arapahoe 4/5pm
 January 29 vs. Lander 4/5pm
 January 31 at St. Stephens 4/5pm
 February 5 at Arapahoe 4/5pm
 February 7 at Shoshoni 4:30/5:30pm
 February 12 vs. St. Stephen's 4/5pm

Playmaker Basketball Development League

Second 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. The Playmaker Basketball Development League combines clinic like instruction and small-sided game play in a five week program that will prepare our boys and girls for the future of Wolverine Basketball.

Boy's Transition League

Registration Deadline: Friday, January 11

Date: Jan. 21-Feb. 20; Mon/Wed
 Time: 5:30-6:30pm
 Place: Rendezvous Elementary Gym
 Ages: 3rd-4th grade
 Cost: \$30

Boy's Rookie League

Registration Deadline: Friday, January 11

Date: Jan. 22-Feb. 21; Tues/Thurs
 Time: 5:30-6:15pm; 1st grade
 6:15-7pm; 2nd grade
 Place: Aspen Park Elementary Gym
 Ages: 1st-2nd grade
 Cost: \$30

Coed Mini Playmakers

Registration Deadline: Friday, January 18

Date: Jan. 29-Feb. 21; Tues/Thurs
 Time: 5:30-6:15pm
 Place: Jackson Elementary Gym
 Ages: Kindergarten
 Cost: \$30



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 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!

Date: Jan. 10-Feb. 14; Thursdays

Times: 6-7pm; born in 2011 or younger
7-8pm; born in 2010 or older

Place: St. Margaret's Gym

Cost: \$20 (*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, specializes in providing no-nonsense, unconventional training tools and methods as the vehicle for athletes to achieve optimal results.

Registration Deadline: Wednesday, January 30

Date: Feb. 4-25; Mondays

Time: 5:30-6:30pm

Place: Jackson Elementary Gym

Ages: 7-12 years old

Cost: \$30

Little Spikers Volleyball

Boys and girls, 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!

Registration Deadline: Friday, February 15

Date: Feb. 19-March 7; Tues/Thurs

Time: 5:30-6:30pm

Place: Willow Creek Gym

Ages: 1st-3rd grade

Cost: \$30



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 15

Date: Feb. 19-March 7; Tues/Thurs

Time: 6:30-7:30pm

Place: Willow Creek Gym

Ages: 4th-6th grade

Cost: \$30

First Annual CWC Rustler Soccer Camp

Come out and meet the new CWC Rustler soccer coach, Brooks Paskett, and his inaugural 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 and kick-off your spring soccer season. Your game will surely benefit from Coach Paskett's high energy instruction, his knowledge as a college coach and experience as a collegiate and international player.

Registration Deadline: Friday, March 1

Date: March 9; Saturday

Times: 10:30am-Noon; 6u, 8u
1-3pm; 10u, 12u

Place: RHS Turf Field

Cost: \$30



Spring Rustlers Volleyball Camp

These fast paced, energy filled camps are for all players interested in volleyball and who want to develop basic skills, as well as the more advanced positional skills. The camps will be led by Darshaya Gallard, Head Volleyball Coach at Central Wyoming College, her staff, and Rustler players. Participants will be guided and taught all the volleyball skills necessary to be successful at any level of competition. There are sibling rates available. There is no online registration for this camp. Register in advance at 'R' Recreation or at the gym on date of camp. For more information contact Coach Gallard at 307-855-2322 or 949-607-6658 or email darshaya@cwcc.edu or jkellner@cwcc.edu.

Date: March 30; Saturday

Time: 9-11am; 1st-5th grade
11am-1pm; 6th-8th grade
2-4:30pm; High School

Place: CWC Gymnasium

Cost: \$20 (*1st-8th grade*)
\$30 (*High School*)

FAMILY & YOUTH ACTIVITIES

‘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. 15-Feb 5; Tuesdays

Time: 7-8:30pm

Place: Rendezvous Elementary Gym

Cost: \$10/person for full session, \$25/family or
\$5/person/evening

Wolverine Dance Camp

RHS Wolverine Dance team and coaches will be hosting a dance camp for current kindergartners through 5th graders. 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 9. Registrations forms will be available at ‘R’ Recreation and participants must register by the February 1 deadline. **You cannot register online for this event.**

Registration Deadline: Friday, February 1

Dates: Feb. 6-8; Wed-Fri

Time: 3:30-5pm

Place: RHS Career Center

Ages: K-5th grade

Cost: \$30 (includes t-shirt and snack)

Performance Date

Saturday, February 9

Halftime of RHS Wolverine Boys Basketball vs. Evanston

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

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! One of the most popular winter time activities in the city that leaves you looking forward to the next chance to hit the ice. Whether you are a beginner, intermediate or novice skater, we look forward to seeing you this winter.

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:

Fridays:	3-8pm
Saturdays:	1-8pm
Sundays:	1-5pm



**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.*

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 available, see pricing below. Come skate with us and help the CWC Entrada Club raise money for a cultural trip to Outer Banks, North Carolina where they will perform service projects for hurricane relief. Pre-purchase lanterns by calling 855-2159. *CWC students will receive a free drink with their student ID or get \$1 off a package deal. Individual item prices are as follows; \$3/person skate rental; \$8/lantern; \$2/drink; \$1/snack.*

Date: January 19; Saturday

Time: 7-10pm

Place: Tonkin Community Skating Rink

Ages: All

Cost: \$8/person (includes skate rental & floating lantern)
\$10/person (includes the above & a snack and drink)



limited space and is assigned on a first come, first serve basis so get registered early to ensure your spot!

Early Registration Deadline: Friday, February 15

Date: February 16; Saturday

Time: 8:30am (*Doors Open/Check-In*)
9am-Noon (*Sessions Run*)

Place: Riverton Middle School

Ages: 1st-8th grade (*Girls Only*)

Cost: \$15/advance, \$25/day of event

ADULT HEALTH & FITNESS

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: Friday, January 4

Dates: Jan. 9-Feb. 27; Wednesdays

Time: 7-8:30pm

Place: Riverton High School Gym

Cost: \$20

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 on our very own Tonkin Community Skating Rink. Rules and additional information will be on the 'R' Rec website www.rrecreation.com.

Registration Deadline: Friday, January 11

Date: Jan. 17-Feb. 14; Thursdays

Time: 6-9pm

Place: Tonkin Community Skating Rink

Cost: \$60/team



Get Fit With Morning HIIT

Morning workouts are a great way to start your day. 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 are creative and 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. In addition, most classes will end with added cardio to really ramp up the calorie burn. ALL exercises can be modified, ALL fitness levels welcome. Make a commitment, bring a friend, and make time for fitness in 2019. Instructor Kenna Sweglar, Certified Fitness Trainer, will lead this class

**Registration Deadline: Friday, January 18 (*Session 1*)
Monday, March 25 (*Session 2*)**

Dates: Jan. 23-March 15; Wed/Fri (*Session 1*)
March 27-May 10; Wed/Fri (*Session 2*)

Time: 5:15-6:15am

Place: CWC Fitness Center

Cost: \$55 (*Session 1*)
\$50 (*Session 2*)

Get Fit With Evening HIIT

Kick off your new year with some group fitness fun. 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 are creative and 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. In addition, most classes will end with added cardio to really ramp up the calorie burn. ALL exercises can be modified, ALL fitness levels welcome. Make a commitment, bring a friend, and make time for fitness in 2019. Instructor Kenna Sweglar, Certified Fitness Trainer, will lead this class.

Registration Deadline: Friday, January 18

Date: Jan. 22-March 14; Tues/Thurs

Time: 5:30-6:30pm

Place: CWC Fitness Center

Cost: \$55

Strong!

Join certified trainer Penny Fahey of Healthy Penny's Wellness Solutions for this new training series to help you regain strength and fitness, or find the strength you never knew you had. Lack of physical activity and sitting too much have taken their toll on many of us, leaving us feeling stiff, weak, and out of shape. Take control of your health with these sessions that incorporate a variety of activities to help you progressively get strong again beginning with core stability, to

overall strengthening exercises, and finally kettlebell training and functional fitness. We will be doing some floor exercises, so feel free to bring a mat! Questions about the class? Contact Penny at www.healthypennyswellness.com.

Level 1: Waking Up the Body with Mobility and Strength

Registration Deadline: Friday, January 18 (Session 1)
Thursday, March 21 (Session 2)

Date: Jan. 23-Feb. 13; Mon/Wed (Session 1)
 March 25-April 17; Mon/Wed (Session 2)
 Time: 5:30-6:30pm
 Place: CWC Dance Studio
 Cost: \$45/session

Level 2: Get Up off the Floor with Balance and Strength

Registration Deadline: Friday, February 15 (Session 1)
Thursday, April 18 (Session 2)

Date: Feb. 20-March 13; Mon/Wed (Session 1)
 April 22-May 15; Mon/Wed (Session 2)
 Time: 5:30-6:30pm
 Place: CWC Dance Studio
 Cost: \$45/session



Sign up for Levels 1 & 2 for \$75/session

Level 3: FUNctional Fitness with Kettlebells

Registration Deadline: Friday, January 18 (Session 1)
Thursday, March 21 (Session 2)

Date: Jan. 22-March 14; Tues/Thurs (Session 1)
 March 26-May 16; Tues/Thurs (Session 2)
 Time: 5:30-6:15pm
 Place: CWC Fitness Center
 Cost: \$50/session

Kettlebell training can be challenging. This class is open to those who have already completed levels 1 & 2 or have been exercising for at least 3 months.

Barre Fitness

Barre Fitness is a low impact fitness class that combines ballet, pilates and yoga. This style of fitness is extremely productive for strengthening, balance, toning and stretching. Students will need an exercise mat, a set of light weights (2 or 3 pounds) and a resistance band. Join Kelly Goede, an experienced personal trainer and fitness instructor of 5 years certified in Barre for 3, in this exciting new community class.

Registration Deadline: Friday, February 1 (Session 1)
Friday, March 29 (Session 2)

Dates: Feb. 6-March 20; Wednesdays (Session 1)
 April 3-May 15; Wednesdays (Session 2)
 Time: 5:15-6pm
 Place: CWC Main Hall, Room 185
 Cost: \$40/session

Women's Volleyball League

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

Registration Deadline: Friday, March 1

Dates: March 11-April 22; Mondays
 Time: 7-9pm
 Place: Riverton Middle School Gym
 Cost: \$80/team

New Year, New You Yoga

Hatha yoga is an ancient set of physical and mental practices designed to bring the body, mind and breath into balance. In the physical postures, called asanas, we gain control of the body by increasing flexibility, balance, strength, and motor coordination while toning muscle and nerve groups and benefiting the organs and endocrine glands. In the breathing exercises, called pranayama, we learn to breathe fully and efficiently, increasing oxygenation of the brain, the release of toxins from the body, and clarity and focus of mind. Darshaya Gallard will lead this popular 8-week long yoga class.

Registration Deadline: Thursday, March 21

Date: March 27-May 15; Wednesdays
 Time: 4-5pm
 Place: Robert A. Peck Arts Center, Room 138
 Cost: \$10/class, \$35/4 weeks, \$60/8 weeks

SPECIAL INTERESTS

Hunter's Safety

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. Attendance at all 5-class meetings is required. Instructors, Tim Pierce and Kelly Baptist, hold certification to teach this course from the Game and Fish. Limit 30 certifying students; parents are welcome to accompany youngsters.

Registration Deadline: Friday, December 21 (Session 1)
Friday, January 25 (Session 2)

Date: Jan. 3, 7, 10, 14, 17; Field Day Jan. 19 (Session 1)
 Feb. 4, 7, 11, 14, 21; Field Day Feb. 23 (Session 2)
 Time: 6:30-9:30pm (Classroom times)
 Place: CWC Health and Science Bldg., Room 100
 Cost: \$16/session

COMPUTER TRAINING

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. 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, January 24

Date: Jan. 26; Saturday

Time: 9am-1pm

Place: CWC Health & Science Bldg., Room 214

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, January 30

Date: Feb. 2; Saturday

Time: 9am – 4pm *(hour lunch break)*

Place: CWC Health & Science Bldg., Room 214

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, February 13

Date: Feb. 16; Saturday

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

Place: CWC Health & Science Bldg., Room 214

Cost: \$45

**Register for one computer class
or all three 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 4

Date: March 7; Thursday

Time: 6-8pm

Place: CWC ProTech Bldg., Room 150

Cost: \$10

ALICE Training

The goal of A.L.I.C.E. (Alert, Lockdown, Inform, Counter, Evacuate) 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. Class Instructors bring a combined 54 years of prior law enforcement experience.

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, March 8 (Session 1)

Friday, April 5 (Session 2)

Date: March 11; Monday (Session 1)

April 8; Monday (Session 2)

Time: 1-5pm

Place: CWC InterTribal Center Bldg., Room 125

Cost: Free

Digital Landscape Photography

There are a thousand scenes you can capture with landscape photography and this course will give you the essentials on how to prepare for and capture them. It will also include the basics of camera use and getting to know your camera apart from the auto setting. It will then show you what it takes to

make that landscape picture you can hang on your wall. We will go over planning and preparing for your outdoor trip; the equipment you should take with you, how to compose a picture, plus many other essential tips. Weather permitting; we will go outside to practice taking pictures of the Popo Agie River using long exposure technique. When you are done, you will have a blueprint that you can take with you for every trip.

Registration Deadline: Wednesday, April 3

Dates: April 6th; Saturday

Time: 9am-Noon

Place: Lander Sinks Canyon Center

Cost: \$50

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. National Rifle Association certified instructor present this training.

Registration Deadline: Friday, April 12

Date: April 15; Monday

Time: 1-5pm

Place: CWC InterTribal Center Bldg., Room 125

Cost: Free

Wyoming Whiskey Tour

Ready to get out of town for the day? Join as we tour the Wyoming Whiskey Distillery in Kirby, WY. 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: Tuesday, April 16

Date: April 19, Friday

Time: Leaving at 9:15am, Returning 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 email msbailey@cw.edu or call 855-2026 or 855-2015. You may also pick the packet up in the 'R' Recreation Office in the ProTech Building at CWC. Each plot is \$45 for the 2019 season, \$35 for all returning gardeners.



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! Check rrecreation.com for future dates & times.

**ADDITIONAL COMMUNITY
OPPORTUNITIES**

District 25 Recreation Board

Grant Requests

The District 25 Recreation Board will be accepting requests for grant funding for the 2019 calendar year on Monday, January 7 at 6pm 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 rrecreation.com. Phone numbers for more information and instructions for applying are included on the online form.



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 Thursdays, Fridays, and Saturdays 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, check out their Facebook page or send them an email to rivertoncats@hotmail.com.

Riverton Branch Library

The staff of the Riverton Branch Library is 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 information on all the cool things they are doing on Facebook at Riverton Branch Library and on Instagram at RBLTEENSCEEN.

Hours of Operation:

Monday-Thursday 10am-7pm
 Friday-Saturday 10am-4pm
 Contact Phone: 856-3556

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 or take a look at their Facebook page, Riverton Aquatic Center, for up-to-date facility information.

Open Swim: Monday-Friday; 7:30-9pm
 Saturday; 10-2pm, 4-6pm
 Sunday: Noon-4pm
 Family Swim: Friday: 5:30-7:30pm
 Lap Swim: Monday-Friday; 5:15-9am, Noon-1pm
 Deep Water Aerobics: Mon, Wed, Fri: 6-7am
 Fees: Adult: \$4 | Seniors: \$2 | K-12 Students: \$2
 Family Swim: \$10 for 7 swimmers (Fridays)



Register online and find more detailed information about our outstanding programs at rrecreation.com!

'R' Recreation Mission

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.

IMPORTANT INFORMATION

The following programs, although not associated directly with 'R' Recreation are fantastic opportunities for the City of Riverton. '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 you and/or your child.

USA Wrestling

Registration runs January 3-28

Contact: Eric Kuegler 307-840-2390
 Contact: Michelle Thompson 307-851-9489
 Contact: Ross Thornock 307-709-7926

<http://tshq.bluesombrero.com/rivertonusawrtlng>

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. 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 \$75 for the first child and \$65 for additional children (must be immediate family). Late registration after February 1st will be \$90. **All first time wrestlers need to bring a copy of a birth certificate.** Check out the Riverton USA Wrestling facebook page for up to date information.

Riverton Little League

Registration runs January 28 to March 1

(late registrations won't be accepted)

Contact: Lindsey Cox 307-851-5469

<https://tshq.bluesombrero.com/rivertonll>

Participants are encouraged to register online (if you have previously registered your child on this site please use your existing login) or at the 'R' Recreation office through Friday, March 1. New players must provide a birth certificate at the time of registration.

League ages are based on how old the player will be on August 31, 2019

T-Ball | Ages 4-5 | \$25/player
Coach Pitch | Ages 6-8 | \$35/player
Minors | Ages 9-10 | \$35/player
Majors | Ages 11-12 | \$35/player

**Each league includes jersey, hate, belt and socks. Gray pants are an additional \$15 if purchased through league.*

***Wilson Skills Test for Major and Minor League players will be emailed to each player once online registration is completed.*

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. The league plays local games and includes games with the Lander Babe Ruth teams. The Riverton Babe Ruth League registration information was not available at the time of print. Please contact 'R' Recreation at 855-2015 or 855-2190 for more information.

Girls Fast Pitch Softball-Little League (local)

Registration runs January 14 to March 15

(late registrations won't be accepted)

Contact: Royce 307-349-6793

Games will begin the week of May 6. Cost will be \$30.00. 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.

Girls Fast Pitch Softball Travel - ASA League

Registration runs January 14 to March 15

Contact: Royce 307-349-6793

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.

Riverton Youth Soccer – Recreation League

Registration Deadline is March 1

(late registrations won't be accepted)

www.rivertonsoccer.org

This league is designed for players of all ability and focuses on the fundamentals of soccer and the improvement of skills. This program does not use the 'R' Recreation registration form. The season runs from March 18-May 9. Practices and games are played on weeknight evenings at Rein Park (West end of Monroe across from Willow Creek Elementary). Based on state rules, children must be born by December 31, 2014 to participate. The league is for children 5 years through 14 years old and fees are \$40. The success of this league depends heavily on volunteers. Please consider volunteering to make it enjoyable and memorable for your child.

Riverton Competitive Soccer – Rampage Travel

Registration Deadline is January 24

www.rivertonsoccer.org

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, 2012 to be eligible for this league. This program does not register with 'R' Recreation. Register online or at the registration night on January 22 at the CWC Computer lab. 'R' Rec does not accept Rampage Travel Team registrations. The \$200 registration fees cover league registration, insurance and selected tournament fees. *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.*

AAU Volleyball League

Registration runs January 14 to February 15

Contact: Tiffani Weber 307-851-2324

www.rivertonvolleyball.com

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 ALL registration will be completed online at www.rivertonvolleyball.com. Payment is made online via credit card or at 'R' Recreation by check but you must register online at rivertonvolleyball.com. 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. Please note that registration and payment do not guarantee placement on a team.

Adult Coed Softball League

Registration Deadline is April 26

Contact: Tiffany Dornblaser 307-840-1756

Registration will begin April 1. 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 13 through end of July. 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.



