



Fall 2022
Online Registration Available
www.rrecreation.com

CITY of RIVERTON



RECREATION
AND CWC COMMUNITY EDUCATION



What's Inside

2022 Fall 'R' Recreation Brochure

September - December, 2022

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'R' RECREATION

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The 'R' Recreation office is located in the Professional Technical Center on the CWC Campus, 2660 Peck Ave., Riverton WY 82501

CITY OF RIVERTON

Mayor – Richard Gard
 Ward 1 – Kyle Larson, Dean Peranteaux
 Ward 2 – Karla Borders, Kristy Salisbury
 Ward 3 – Mike Bailey, Lindsey Cox

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

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. Phone reservations will not be accepted. If a class is canceled you will receive a full refund for the amount of the class fee. **The convenience fee applied with online payment will not be refunded.**

REGISTRATION INFORMATION

REGISTRATION DEADLINES ARE LISTED FOR EACH PROGRAM!

Registration forms 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.

YOUTH SPORTS

Big Space Toddler Time

Toddlers are very special. Their curiosity is high and they plunge headlong into life. For optimal development they need a broad base of experiences, hosted by adults who offer new and exciting situations for them to explore freely. Moving in large spaces and learning how to roll, kick, and throw a ball, to step on and over things, crawl through things, jumping and running are all important for their gross motor development. We are inviting your toddler to come to the gym for this type of activity. Be sure to register early as space is limited.

**Registration Deadline: Wednesday, October 26 (session 1)
 Wednesday, January 25 (session 2)**

Date: Session 1: Oct. 29, Nov. 5, 12, 19; Saturdays
 Session 2: Feb. 4, 11, 18, 25; Saturdays

Time: 10-11am

Place: Tonkin Activity Center
 (Enter the north facing door closest to parking lot)

Ages: 1-2 years old

Cost: \$30



Kidsercize

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 in the Netherlands, and facilitated by a teacher who is from the Netherlands.

**Registration Deadline: Wednesday, October 26 (session 1)
Wednesday, January 25 (session 2)**

Date: Session 1: Oct. 29, Nov. 5, 12, 19; Saturdays
Session 2: Feb. 4, 11, 18, 25; Saturdays
Time: 11am-12pm
Place: Tonkin Activity Center
(Enter the north facing door closest to parking lot)
Ages: 3-5 years old
Cost: \$30

Lil' Hooper's Basketball

Boys and girls, 3-5 years old, come and join the fun and excitement with the Lil' Hooper's Basketball program led by CWC's Lady Rustler coach, Layton Westmoreland and Rustler players. The program will emphasize appropriate skills, while encouraging participation and sportsmanship in a fun environment. Register early because there are a limited number of kids allowed due to the age and size of gym.



Registration Deadline: Wednesday, September 21

Date: Sept. 27-Oct. 13; Tues/Thurs
Time: 4:30-5:15pm
Place: Willow Creek Elementary Gym
Ages: 3-5 years old (No Kindergarteners)
Cost: \$30

Little Spikers Volleyball

Boys and girls in first, second and third grade can come and join the fun and excitement with the Little Spikers 'R' Volleyball program. The camp consists of a series of fun group activities and non-competitive short games. Little Spikers focuses on exercise, coordination, participation and basic volleyball skills. Register early because there are a limited number of kids accepted due to the age and size of gym.

Registration Deadline: Friday, September 23

Date: Sept. 26-Oct. 12; Mon/Wed
Time: 4:30-5:30pm
Place: Willow Creek Elementary Gym
Ages: 1st-3rd grade
Cost: \$20



Junior 'R' Volleyball

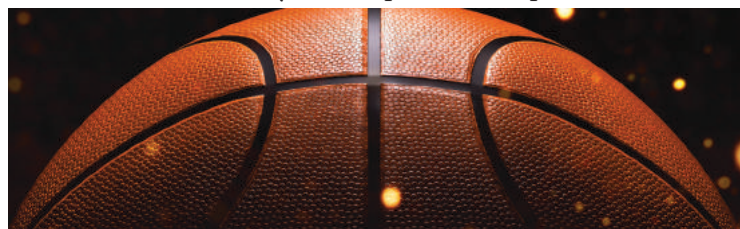
Here is a great way for fourth, fifth and sixth graders to develop skills and improve their knowledge of the game. Instruction will include passing, setting, hitting and serving with a focus on the fundamentals of the game. Players of all ability are encouraged to use this opportunity to improve on skills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

Registration Deadline: Friday, September 23

Date: Sept. 26-Oct. 12; Mon/Wed
Time: 5:30-6:30pm
Place: Willow Creek Elementary Gym
Ages: 4th-6th grade
Cost: \$20

Wind River Conference Basketball

The 'R' Rec Playmaker Basketball for 5th and 6th grade girls and 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 School Dist. 25 activity. Parents are responsible for transportation to all practices and 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, game referees and scorekeepers. Players are asked to NOT arrive at Rendezvous Elementary School prior to 4:30pm.



GIRLS Wind River Conference Basketball League

Registration Deadline: Friday, October 7

Date: Oct. 17-Nov. 17; Mon - Thurs + Games
Time: 4:30-6pm
Place: Rendezvous Elementary Gym
Ages: 5th-6th grade
Cost: \$60

Game Schedule will be available soon.

BOYS Wind River Conference Basketball League

Registration Deadline: Wednesday, December 21

Date: Jan. 9-Feb. 9; Mon - Thurs + Games
Time: 4:30-6pm
Place: Rendezvous Elementary Gym
Ages: 5th-6th grade
Cost: \$60

Game Schedule will be available soon.

Playmaker Basketball 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.

Transition League: 3rd-4th grade

**Registration Deadline: Friday, October 7 (Girls)
Friday, January 13 (Boys)**

Date: Girls: Oct. 17-Nov. 16; Mon/Wed
Boys: Jan. 16-Feb. 15; Mon/Wed
Time: 6-7pm
Place: Rendezvous Elementary Gym
Cost: \$30

Rookie League: 1st-2nd grade

**Registration Deadline: Friday, October 7 (Girls)
Friday, January 13 (Boys)**

Date: Girls: Oct. 18-Nov. 17; Tues/Thurs
Boys: Jan. 17-Feb. 16; Tues/Thurs
Time: 5:30-6:15pm; 1st grade
6:15-7pm; 2nd grade
Place: Willow Creek Elementary
Cost: \$30

Mini League: Kindergarten for Boys and Girls (Co-Ed)

**Registration Deadline: Friday, October 7 (Session 1)
Friday, January 13 (Session 2)**

Date: Session 1: Oct. 25- Nov. 17; Tues/Thurs
Session 2: Jan. 24-Feb. 16; Tues/Thurs
Time: 5:30-6:15pm
Place: Aspen Early Learning Center Gym
Cost: \$30

Rustler Tip-Off Camp

This camp is for boys and girls K-8th. The camp will focus on all the fundamental areas of developing your individual skills. A major emphasis will be placed on ball handling, passing, footwork, shooting form, defensive stance, slides and simple team concepts. The camp will consist of high-energy drills, fun competitions and an opportunity to build relationships with the CWC coaching staff and players.

Register anytime before camp and walk-ons are accepted.

Date: Oct.22- 23; Saturday & Sunday
Ages: K-8th Grade
Time: 9-10:30am (K-4)
11am-12:30pm (5-8)
Cost: \$40

Junior Wrestling Camp

Boys and girls are invited to join us for a holiday wrestling camp. Wrestlers will learn basic moves and rules along with participating in tumbling and conditioning exercises. Coach Matt Coughanour, who has over 13 years of coaching wrestling at the high school and middle school level, will lead this camp. Wrestlers are asked to wear athletic clothing and bring a water. Wrestling head-gear is optional.

Registration Deadline: Friday, December 16

Date: Dec. 20, 21, 22; Tues, Wed, Thurs
Time: 10-11am; 4-6 years old
(Six year olds little to no experience)
11am-12pm; 6-8 years old
(Six year olds with experience)
Place: Tonkin Activity Center
Age: 4-8 years old
Cost: \$30



YOUTH & FAMILY ACTIVITIES

Safe Sitter Essentials with CPR

Safe Sitter® Essentials with CPR is a 1-day class designed to prepare students ages 11-14 to be safe when they're home alone, watching younger siblings, or babysitting. The Instructor-led class is filled with fun games and role-playing exercises. Students will learn safety, child care, first aid & CPR, and life & business skills in this course. Students will use mannequins to practice rescue skills like choking rescue and CPR and child care skills like diapering. Classes are taught by Krista Edwards, certified Safe Sitter® and AHA CPR & First Aid instructor.

**Registration Deadline: Friday, September 30 (Session 1)
Friday, December 16 (Session 2)**

Dates: Session 1: Oct. 3; Monday
Session 2: Dec 28; Wednesday
Time: 9am-3:30pm
Place: Session 1: CWC Health and Science, room 206
Session 2: Main Street Dance Studio, 401 S. 1st Street
Cost: \$65

Students should come with a lunch, water bottle, writing utensil and good attitude.

'R' Family Open Gym

Here is a great way for kids and families to break up the monotony of the winter months. After dinner is finished and the homework is done come out and play! There will be a volleyball net (with enough participation) and basketball hoops available for friendly pick-up games or just shooting around. R Recreation will provide some basketballs and volleyballs. Families must bring specific sports

items they would like (ie: baseball mitts, balls, soccer, etc). Please note that the program will be cancelled if there is not adequate attendance.

Registration Deadline: Ongoing

Dates: Session 1: Nov. 29, Dec. 6, 13; Tuesdays
 Session 2: Feb. 7, 14, 21; Tuesdays
 Time: 7-8:30pm
 Place: Riverton Middle School
 Cost: No Charge

Santa's Workshop

Join us for a memorable morning of crafting and creating Christmas decorations and gifts where you will get to be the elf in Santa's Workshop! You will be thrilled with the projects that you will create and take home to share with your family and friends. Come dressed in your favorite holiday outfit because we will have prizes for the most creative "holiday cheer". The early registration deadline is so that proper supplies can be purchased.

Registration Deadline: Friday, November 18

Date: Dec. 3 and 10; Saturday
 Time: 10-11:15am; 2-4 year olds
 1-3pm; 5-8 year olds
 Place: CWC Art Center, room 106
 Cost: \$20



Ice Skating at the Riverton Community Ice Rink

Be watching our Facebook page for the opening of our own Tonkinfeller Plaza, Riverton's Community Ice Rink at Tonkin Stadium, as soon as the weather is consistently cold enough to put down a few layers of ice! The Rink is always open to the public* (note the Cold Weather Safety Policy) but skate rentals will be available for \$3 on the following schedule:

Opening Date through December 11:

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

Christmas Break (Dec. 11-Jan. 1):

- Monday-Saturday: 1-8pm
- Sundays: 1-5pm
- December 24, 25: No Rentals Available
- December 31: 1-5pm
- January 1: No Rentals Available



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

NGWSD

National Girls and Women in Sports Day

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, February 10

Date: February 18; Saturday
 Time: Doors open and check in at 8:30am
 Sessions are from 9am-12pm
 Place: Riverton High School
 Ages: 1st-8th grade girls
 Cost: \$15 by reg. deadline Feb. 10; \$25 for late registration

ADULT HEALTH AND FITNESS

Motion Bliss Swing Dance

Grab your partner and get to the dance floor! MBA is hosting a 6-week session for Country Swing. These classes are great for beginners and an awesome opportunity for a FUN date night! Candace Apodaca and her dance partner Chris Cooper are the instructors for the classes. At the end of our session, Svilar's restaurant will host a Swing Dance Party for everyone to show their skills and have an evening of fun.

See Motion Bliss Academy's Facebook page for registration details.

Date: Sept. 13- Oct. 20; Tues/Thurs
 Time: 6:30-7:15pm
 Place: Motion Bliss Studio 316 E. Main St. Riverton
 Cost: \$150 per couple



Main Street Dance Adult Class

Here it is; what you have all wanted, the opportunity to explore all styles of dance from ballet, contemporary, jazz, and tap. This class will be a well-rounded opportunity for you to try something new and challenge yourself as conditioning and stretching will also be included. It's guaranteed to be complete fun and is open to everyone, from no dance experience to experienced. Classes will be led by Regan Marinowski, owner of Main Street Dance. Register by calling Main Street Dance 307-856-9550 or 307-851-6220. Space is limited so you won't want to wait to register.

Registration Deadline: Friday, September 9 (Session 1)
Friday, January 6 (Session 2)
Friday, March 31 (Session 3)

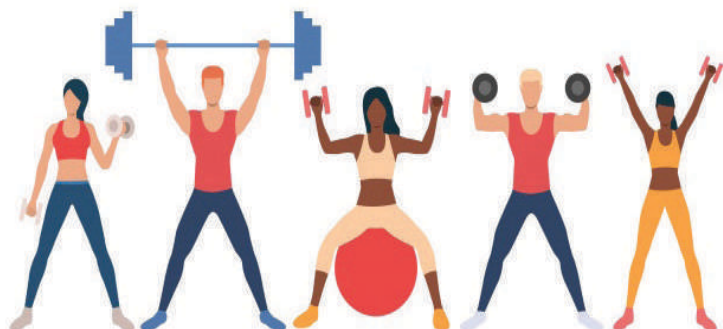
Date: Session 1: Sept. 12, 19, 26, Oct. 3; Mondays
 Session 2: Jan. 9, 16, 23, 30; Mondays
 Session 3: April 3, 10, 17, 24; Mondays
 Time: 7-8pm
 Place: Main Street Dance, 401 S. First Street
 Cost: \$60/session
 Ages: Adult

Evening FIT to the CORE

This course will use a variety of functional exercises to meet you wherever you are. It will include progressive training that is aimed at improving overall fitness. There will be an emphasis on core, balance, and flexibility. The class will generally be in a circuit style and may involve body weight, the use of free weights, kettlebells, resistance bands, bosu ball etc. If you are looking for a total body fitness adventure, come join in the fun as we challenge our bodies to reach our fitness goals. This class is led by Kenna Sweklar, Certified Fitness Trainer.

Registration Deadline: Friday, September 9

Date: Sept. 13-Dec. 8; Tues/Thurs
 (No class week of Thanksgiving)
 Time: 5:30-6:30pm
 Place: CWC Fitness Center
 Cost: \$75/12 week session



Morning FIT to the CORE

This course will use a variety of functional exercises to meet you wherever you are. It will include progressive training that is aimed at improving overall fitness. There will be an emphasis on core, balance, and flexibility. The class will generally be in a circuit style and may involve body weight, the use of free weights, kettlebells, resistance bands, bosu ball etc. If you are looking for a total body fitness adventure, come join in the fun as we challenge our bodies to reach our fitness goals. This class is led by Kenna Sweklar, Certified Fitness Trainer

Registration Deadline: Friday, September 9

Date: Sept. 14-Dec. 9; Wed/Fri
 (No class week of Thanksgiving)
 Time: 5:15-6:15am
 Place: CWC Fitness Center
 Cost: \$75/12 week session

Walking Club

Join us for a 1 mile walk once a week. Gather your friends, kids, or come by yourself for a walk around the CWC campus. One lap around is one mile, and you can walk another lap or two around as well! Walking is an excellent form of low-impact exercise that has so many awesome benefits, and it's the trendy thing to do according to the 400 million+ videos made about going for walks on TikTok. We want this walking club to be FUN and a great time to socialize and get active!

Registration Deadline: Ongoing

Dates: Sept. 14- Oct. 12; Wednesdays
 Time: Starts at 10am
 Place: Begins at CWC Professional Technical Parking Lot
 Cost: Free

Adult Coed Competitive Volleyball League

Get your team ready for some good competition and exciting volleyball matches in this competitive league! Teams can be any combination of men and women, but may not have more men. A season tournament will conclude league play. Each team is required to ref and scorekeep for another game during the evening. (Limited to 12 teams.)



Registration Deadline: Friday, October 7

Dates: Oct. 12- Dec. 7; Wednesdays
 (No games the day before Thanksgiving)
 Time: 6:30-8:30pm
 Place: Riverton High School Gym
 Cost: \$80/team

2023 Spring League: Feb. 1-March 15, 2023

Adult Coed Recreational Volleyball League

Get your squad together to have a good time in our recreational volleyball league! There will a fall and spring session offered for those players who want to have a good time or give the game a try for the first time. Teams can be any combination of men and women, but may not have more men. A tournament will conclude the league play. Each team is required to ref and score keep for another game during the evening. (Limited to 8 teams.)

Registration Deadline: Friday, October 7

Dates: Oct. 17-Dec. 5; Mondays

(No games on Halloween, Oct. 31)

Time: 6:30-8:30pm

Place: Riverton Middle School Gym

Cost: \$80/team

2023 Spring League: Feb. 6-March 20, 2023

Adult Pickleball

Pickleball is taking the nation by storm! Heard about it but not sure what it is? Try it out in this fun and friendly program! Pickleball is an exciting game that combines parts of ping-pong, tennis and badminton and can be played with two or four players. It is played on a badminton-sized court, using a 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 provides an opportunity for instruction to learn the skills, or you can jump right in and play the game. Players must be 18 years and older. Register early because there is a limit to the number of players we can take and this is a popular program! All equipment is provided.

Registration Deadline: Friday, October 14

Dates: Session 1: Oct. 17- Nov. 28; Mondays

Session 2: Feb. 6- Apr. 17; Mondays

Time: 6:30-8pm

Place: Riverton High School Gymnasium

Cost: \$20 per person per session

SPECIAL INTERESTS

Mapping Out Macronutrients

We are surrounded by food, but we have no idea how to eat for our body. Mapping Out Macronutrients is an amazing three-night workshop that teaches you how to eat for your goals, reach those goals without restrictions, and eat out with no guilt. This workshop teaches you the knowledge behind macronutrients, how to track, what to track, how to calculate for your goals and SO much more! You will walk away from this workshop with a completely personalized plan and recipes. All you need to bring is your cell phone and a desire to eat right for your body. Our instructor, Tinsley Erickson, is a Nutritional Therapy Practitioner and founder of Mapped Out Nutrition where her

mission is to provide a map for those seeking nutrition direction on their health journey.

Registration Deadline: Friday, September 9

Date: Sept. 14, 21, 28; Wednesdays

Time: 6:30-8:30pm

Place: CWC Health & Science, room 206

Cost: \$150

BINGO

We are back with our monthly bingo. R Rec bingo is a fun environment with upbeat music, good vibes and a chance to win some money! So bring your friends and family to a fun evening filled with loud exclamations of "BINGO!" The night starts with nine games of Bingo using different patterns and finishes with the big game: Blackout. The winner of Blackout takes home half of the pot and receives the opportunity to donate the other half to any local non-profit organization of your choice! No pre-registration needed. Daubers offered for only \$2 apiece.

Dates: Sept. 13, Oct. 11, Nov. 15; Tuesdays

Time: 6:30pm-8:30pm

Place: Middle School Cafeteria

Cost: \$20 for 20 Bingo Sheets; each additional sheet is \$1

CSI Adult Presentation

If you enjoy CSI shows and mysteries then this presentation is going to thrill you! Through various crime scene photos participants will look at all the evidence to determine and professionally analyze a crime scene. A fin-gerprint mutilation segment is shown on how criminals try to disguise identification. We will play a Myth vs Fact game to determine your understanding of evidence and questions are encouraged for this unique oppor-tunity to ask a forensic scientist those tricky questions. Our instructor, Lynne Dean, was a Latent Fingerprint Examiner for 35 1/2 years at King County Sheriff, Seattle, Washington and has qualified as a Forensic Scientist. For over 9 years she has instructed a 5 credit Fingerprint Science Class at Green River College in Washing-ton. She has also attended FBI Police Academy, Quantico, Virginia for a 3 week course in comparison of fin-gerprints. After spending over half her life in the field of fingerprints, crime scenes, and processing evidence, fingerprints have become a literal part of her. Her enthusiasm for work in the field of fingerprint forensics comes through during her presentations.

Registration Deadline: Friday, October 7

Dates: Oct. 12; Wednesday

Time: 6-8:30pm

Place: CWC Health & Science, room 210 or via Zoom

Ages: 18 years and older due to graphic content

Cost: \$40

Supplies: Participants will need to provide a clear sheet protector and a role of scotch tape.

Fall Wood Sign Workshop

Just bring your creativity and a willingness to learn and you will build a fall themed wooden sign. Come alone or bring your friends and family to share in our custom wood sign workshop. You will have the opportunity to select from different designs, so you'll definitely have a creative experience you will not forget! We will supply all of the materials you need.

Registration Deadline: Friday, October 7

Date: October 21; Friday

Time: 6-8pm

Place: CWC Art Center, room 106

Ages: 16 years and older

Cost: \$35



Unique Holiday Baking

Join us for some unique holiday baking fun! Our chef, Pam Rivers, will teach you all the culinary tips for making perfect crepes, home-made pies, and beautiful Christmas cookie art and more. Instructor Pam Rivers has been the Superintendent of Open Culinary Events at the Fremont County Fair for many years, and will be teaching four cooking classes. Participants will prepare the following items that they can take home and share with their family and friends:



Nov. 8: Angel Food Cake

**Bring a cake pan with a removable bottom or you can purchase one in class for \$12.*

Nov. 15: Cheesecake (Chocolate, New York, or Peppermint)

**Bring a spring form pan or you can purchase one in class for \$9.*

Nov. 22: Fruit Pie and Pumpkin Pie

**Bring two glass pie pans*

Nov. 29: Sugar Cookie Art

Registration Deadlines: Friday before each class

Dates: Nov. 8-29; Tuesdays

Time: 6-8:30pm

Place: Riverton High School, Home Ec Classroom

Cost: \$25/class or \$75 for all 4 classes

Age: Minimum age is 12 years old

Or 8 years with a registered adult

Instant Holiday Piano for Hopelessly Busy People

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do- using chords. Since this class is being held online with ZOOM you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. And since this course includes an online book and online follow up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. The course is partly lecture/demonstration and partly hands on instruction. This class will emphasize the learning of Christmas songs.

Topics will include:

- How chords work in a song
- How to get more out of sheet music by reading less of it
- How to form the three main types of chords
- How to handle different keys and time signatures
- How to avoid "counting"
- How to simplify over 12,000 complex chords

Registration Deadline: Wednesday, November 23

Date: Nov. 28; Monday

Time: 6:30-9:30pm

Place: From your home using Zoom

Ages: 13 years and older

Cost: \$59



Instant Holiday Guitar for Hopelessly Busy People

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Since this class is being held online with ZOOM, you will be able to sit at home with your guitar and take this class without any pressure at all. And since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. This class will emphasize the learning of Christmas songs. A recording of the class is included as well. Class limited to 15 students.

Topics will include:

- How chords work in a song
- How to form the three main types of chords
- How to tune your guitar
- Basic strumming patterns
- How to buy a good guitar (things to avoid)
- How to play along with simple tunes

Registration Deadline: Wednesday, November 23

Date: Nov. 29; Tuesday
 Time: 6:30-9pm
 Place: From your home + Zoom
 Ages: 13 years and older
 Cost: \$59

Violent Intruder Training

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. Class Instructors bring a combined 55 years of prior law enforcement experience. You must register to attend.

Registration Deadline: Friday before each class

Dates: Sept. 26, Oct. 17, Nov. 14; Mondays
 Time: 1-5pm
 Place: CWC ITECC, room 125
 Cost: Free

**Supporting Your Natural Immune System
 Lymphatic Self Care**

Certified lymphologist, Karen Schroeder, will lead instruction on the most powerful healing technology that you will ever see-the body's own lymphatic system! This system is the purification system for the body and is a vital part of the body's immune system responsible for health and wellbeing. This class will discuss the "fuel" needed for the various cells in your body, how to "prime the pump" to get the fuel to where it needs to go, and instruct how to naturally prevent and reverse disease. Once you are knowledgeable about what the lymph system is and how it works, you will literally have the power to determine your own overall health. This class will be offered in a classroom setting with a Zoom option available.

Registration Deadline: Friday, January 20

Dates: Jan. 28; Saturday
 Time: 9am-Noon
 Place: CWC Health & Science, room 210 or via Zoom
 Cost: \$30

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. Offered two times in the spring at CWC, to accommodate Game & Fish maximum student limits of 30 per class. Attendance at all 5 class meetings and field day is required. Instructor, Tim Pierce, hold certification to teach this course from the Game and Fish. Parents are welcome to accompany youngsters.

Registration Deadline: January 24

Date: Session 1: Feb. 6, 9, 13, 16, 20
 with field day on Feb. 25; Monday & Thursday
 Session 2: April dates TBA; Monday & Thursday
 Time: 6:30-9:30pm (classroom times)
 Place: CWC Health and Science, room 100
 Cost: \$16



**ADDITIONAL RECREATIONAL
 OPPORTUNITIES**

Fall Harvest Festival

The annual Riverton Downtowners Fall Harvest Festival is scheduled for Saturday, September 24 from 2-6pm on the Main Street in the downtown area. There will be food vendors, craft booths, face painting, pumpkin carving, great music and many other fun family-friendly events. You will want to bring your family, neighbors, and co-workers to enjoy a fun afternoon in the heart of downtown Riverton.



Rendezvous at the Riverwalk

Join us for a new community festival at the Riverwalk on Saturday, September 10 from 10am-2pm. There will be a ton of great food and beverages to try for a nominal price, free games for the youth, and music and art for all to enjoy. Our local first responders will be recognized as well as remembering and honoring those who lost their lives twenty years ago. There will be a small entrance fee with 100% of the funds donated to improve the Riverwalk. Check out the Facebook Event, Rendezvous at the Riverwalk for more information.

5K Glow Run

Join Fremont Therapy Group for a fun evening Glow Run 5K with the proceeds benefiting the Boys & Girls Club of Riverton and Eagles Hope Transitional Housing. This awesome Glow Run will be on Saturday, October 8th at 6:30pm at the Fremont Therapy parking lot, 2002 W. Sunset Drive. Advance registration before Oct. 1 will be \$20 or \$50 for a family up to 5. The fee increases to \$25 after October 1. Prizes for best costume will be awarded so load up and be creative with those glow sticks. There will be food trucks, a DJ jamming 80's music and a glow party after the race! You aren't going to want to miss this totally rad event!



SonHarvest Seasons

SonHarvest Seasons offers the experience of picking your own fresh produce directly from the farm. Sweet, delicious raspberries are available mid-August, already picked or pick your own. Stop in or call ahead, (307) 856-6616. SonHarvest opens its pumpkin patch the third weekend of September, with thousands of carving pumpkins, over fifty varieties of edible squash, mini pumpkins, gourds, straw bales, ornamental corn, and corn stalks. Before leaving SonHarvest, run through the challenging ten-acre corn maze, a new design each year. Make SonHarvest Seasons an annual fall family tradition. Get up to date information on their Facebook page, SonHarvest Seasons.

Boys & Girls Club of Riverton

When School is OUT, the Club is IN

The Boys & Girls Club of Riverton offers out-of-school time programming for youth in K-5th grades. The Riverton Club focuses on three priority outcomes for each student, including Healthy Lifestyles, Academic Success and Good Character & Citizenship. Boys & Girls Club of Riverton offers after-school programming and full day services on School's Out Days (in-service dates, Christmas break, Spring break and summer vacation). The Boys & Girls Club of Riverton offers a safe, positive environment that creates a sense of belonging through supportive relationships, outcome-based activities, and high expectations. For more information about the Boys & Girls Club of Riverton, please contact Club Director Jacque Stoldt at 307-277-9712, or visit <http://www.bgccw.org/afterschool/>



Fremont County Museums

Where Art Meets History

Located in Fremont County, Wyoming, our museums in Dubois, Lander, and Riverton seek to protect our cherished history and share it with generations to come. Come explore the museums or join us on one of our many programs offered this fall, including children's exploration series, adventure treks, discovery speakers and historic building walking tours. To view the programs happening at the museum closest to you visit our website at fremontcountymuseums.com. Our museums are open Monday-Saturdays 9-5!

Riverton Ice Hockey Association

The Riverton Ice Hockey Association (RIHA) has teams for children ages 3-18 years old of all skills and abilities (no prior playing or skating experience is required as we provide instruction for everyone). RIHA will be accepting registration for competitive traveling teams August 1st through August 31 at regular price. A late fee of \$50 will be charged for registrations starting September 1st. These teams participate in the Wyoming Amateur Hockey League (WAHL) against teams from other cities all around Wyoming from mid-October until early March.



Cost/Ages:

- High School (18U): \$290; birth years: 2004-2007
- Bantam (14U): \$230; birth years: 2008-2009
- Pee-Wee (12U): \$210; birth years: 2010-2011
- Squirt (10U): \$185; birth years: 2012-2013

RIHA will also be taking registrations for the youngest groups, the Mites and Mini-Mites. This group of players does not compete in WAHL traveling around the state, but they do travel to tournaments if families want that option.

Mite (8U): \$130: birth years: 2014-2015

Mini-Mite (6U): \$130: birth years: 2016 and younger

To register or if you want more information go online to www.rivertonhockey.org or find us on Facebook @ RivertonIceHockey. You can also email any questions to rihapresident@gmail.com.

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 2nd 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 \$100 for the first child and \$50 for additional children. **Registration deadline is February 4th.** Fees increase to \$110 on February 5th. All first time wrestlers will need to provide a copy of their birth certificate. For more information contact Travis Barton (307) 850-8613, Kathy Gambler (307) 851-0523, or Ross Thornock (307) 709-7926. Check out the Facebook page for up to date information: Riverton USA Wrestling.

(Dates and fees may be subject to change).

CATS

(Central Wyoming Children's Center for Art, Technology & Science)

CATS is an interactive museum where children, and accompanying adults can play, explore, and learn. There are activities for toddlers to centenarians! CATS is constantly adding new activities, the most recent are a computerized microscope and marble rolls. Watch for future exhibits, to include a fun wall and a Van De Graaff Generator (Watch your hair go crazy!). CATS has an event room which is perfect for a birthday party. For additional information call (307) 463-0313, go to their website, rivertoncats.com or find them on Facebook.



Chandelle Event Center

Looking for a place to host a birthday party, reception, or family reunion: The Chandelle Event Center is located at 3445 Chandelle Blvd. in Riverton. For more information contact Ron at (307) 851-3264 or email rhwarp@icloud.com

Central Wyoming College Cosmetology Salon Services

The Cosmetology Department at Central Wyoming College offers a broad range of specialty services including hair cuts and color, hair styling, manicures, pedicures, facials and waxing. Treat and pamper yourself in an affordable way while allowing a CWC student to practice their skills. The various services are discounted for children, students and seniors. For more information, prices or to schedule an appointment, please call 307-855-2326 and make sure to leave a message. CWC Cosmetology is located in the Pro-Tech Building on the CWC Campus.



Motion Bliss Academy

Motion Bliss Academy registration is open for fall dance sessions. We offer classes in the styles of Ballet, Tap, Jazz, Contemporary, Hip Hop, Creative Movement, and Country Swing. We accept students ages 3 and up. For questions call Candace Apodaca at 307-258-8523. To view class schedules and register visit our Facebook page at [Facebook.com/MotionBlissAcademy](https://www.facebook.com/MotionBlissAcademy)

Check our our website for more information, to register online or download a registration form!

www.rrecreation.com

Riverton Aquatic Center

2022 Fall/Winter Schedule/Lessons

DAILY ADMISSION FEES:

Preschool 4 & under: FREE*
 Student (K-12): \$2
 Adult: \$4
 Senior (55+): \$2

cash and check only

(25) PUNCH CARDS

Student: \$50
 Adult: \$10
 Senior: \$50

MEMBERSHIP PASSES

Savings of 15-25% as compared to Daily Admissions Rate

FALL/WINTER SCHEDULE

Dates	Lap Swim	Open Swim	Rec Swim
Sunday	11:30am-12:30pm		1-4pm
Monday	6-8am; 11am-2pm	8:30-10:30am	7:30-8:30pm
Tuesday	6-8am; 11am-2pm	8:30-10:30am	7:30-8:30pm
Wednesday	6-8am; 11am-2pm	8:30-10:30am	7:30-8:30pm
Thursday	6-8am; 11am-2pm	8:30-10:30am	7:30-8:30pm
Friday	6-8am	10am-1pm	6-8pm
Saturday	11:30am-12:30pm		1-4pm

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

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.

ACTIVITIES

Toddler Time—This is a great way to introduce your little ones to the world of swimming! Join us on the following Fridays for fun activities, games and more!

Fall Session: 9/2, 9/9, 9/23, 10/7

Winter Session: 1/6, 1/13, 1/20, 1/27

Spring Session 1: 3/3, 3/10, 3/17, 3/24

Spring Session 2: 4/7, 4/14, 4/21, 4/28

Winter Swim Lessons—11/7-11/17 with registration at the pool starting 10/31

Spring Swim Lessons—3/13-3/23 with registration at the pool starting 3/6

Group Session— 3:45-4:30pm / 4:40-5:10pm / 5:15-5:45pm

Private Session— 4-4:30pm / 4:30-5pm / 5-5:30pm

Aqua Aerobics Group— Schedule to be determined . Call the Pool for more information

ARC Lifeguard Training— Schedule to be determined . Call the Pool for more information.

INFLATABLE OBSTACLE COURSE

1-4PM | SATURDAYS

9/10, 10/1, 10/22, 11/12, 12/10, 1/7, 1/28,
2/18, 3/11

SPECIAL HOLIDAY FUN

DECEMBER 19-30
MONDAY-FRIDAY

6-8am Lap Swim

8:30-10:30am Open Swim

12:15-1:15pm Lap Swim

2-4pm Rec Swim

6-8pm Rec Swim



HOLIDAY CLOSURES:

**Closed September 4-5, November 24-25,
December 24-25, and December 31-January 1**

Aquatic Center

Contact Information

307-856-4230

2001 West Sunset Dr.

Riverton, WY 82501

Riverton Branch Library

1330 W. Park Avenue | 307-856-3556

Monday 1-5 | Tuesday-Thursday 11am-7pm | Friday 11am-6pm | Saturday 11am-3pm

Check us out on Facebook, Riverton Branch Library, for up-to-date information on all Riverton events!

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.

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

Fall Reading Program

A calendar listing dates and times of these events will be available at the Riverton Library

THE BEST PLACE IN TOWN FOR BOOKS, NO MATTER THE GENRE!



STORYTIME

Parents/Caregivers and their children are invited to sing, dance, read, laugh, and play all while supporting early literacy at the Riverton Branch Library's Storytime. Sign-ups begin August 3.

The Fall Storytime

Session starts Wednesday, Sept. 7 and ends Thursday, Dec. 16

Preschool Tales & Tunes

Ages: 3-5

Wednesday mornings 10:30am

Toddler Move & Groove

Ages: 0-2

Thursday mornings 10:30am

Starlight Storytime

Ages 0-5

Wednesday evenings 5:30pm

LEGO Club

Grades 3rd through 5th.

Thursdays 3-4:45pm; no registration required

LEGO mania at the library comes in many forms! With LEGOs provided by the library, children are invited to come and use their imagination.

WINTER BREAK HOURS

November 23-27 | Closed for Thanksgiving

December 22-January 1 | Closed for Christmas

YOU CAN STILL GET PROGRAM INFORMATION AND REGISTER FOR PROGRAMS DURING THE HOLIDAY BREAKS ONLINE AT OUR WEBSITE WWW.RRECREATION.COM

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.

Scan the QR Code below to follow us on Facebook!



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.

2022

FALL

Register Online

www.rrecreation.com



**FULL PAYMENT DUE
AT REGISTRATION**

Registration Form

Participant Name: _____

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

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

Email Address: _____ Cell Number: _____
(Confirmation will be delivered by email only) *(Only used for important notices/changes)*

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

Emergency Contact: _____ Cell Number: _____
(Only required if you are the participant and/or different from parent/guardian information)

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 R Recreation at 855-2015 or 855-2190.

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, #101, 8am-5pm weekdays or use one of the convenient interior or exterior drop-box

