

Spring 2025

Online Registration Available

www.rrecreation.com



CITY of RIVERTON



RECREATION
AND CWC COMMUNITY EDUCATION



What's Inside

2025 Spring R Recreation Brochure

January - May, 2025

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R RECREATION

Mary Axthelm- Program Director	855-2015
Ady Thomas- VP of Activities	855-2190

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 - Tim Hancock
Ward 1 - Kyle Larson, Karen Johnson
Ward 2 - Karla Borders, Rebecca Pierson-Lewis
Ward 3 - Mike Bailey, Eric Carr

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. 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.



Scan the QR Code to follow us on Facebook for updates on our programs!

REGISTRATION INFORMATION

In this brochure you will notice that the cost of our classes have increased. In addition to the rising cost of supplies, we were recommended by our online vendor to be proactive to align with evolving legal requirements from the Federal Trade Commission for convenience fee transparency. The convenience fee has been absorbed into the cost of each class.

TODDLER CORNER

Tot Time

You don't want to miss out on Toddler Tuesdays! This will be an exciting time of movement, activities, games, and arts and crafts. You and your toddler will have a blast together as you enjoy time with new friends. Our enthusiastic instructors will be there to guide the class, making sure everyone has a great time while learning and playing. This class is in partnership with the Boys & Girls Club of Riverton. Come join the fun and make wonderful memories with your little one!

Registration Deadline: Friday, January 10

Dates: January 14-February 4; Tuesdays

Time: 1-1:45pm

Place: Boys & Girls Club of Riverton

Ages: 2-4 years old

Cost: \$30

Real Life Heroes

Is your preschooler fascinated by police officers, fire trucks, or ambulances? Do they dream of becoming a hero when they grow up? Join us for an exciting morning where they can meet and learn from our local heroes! We'll be making superhero capes, badges, and more. Your child will have the chance to explore a fire truck, police car, and ambulance up close. This class is a fun and engaging way for your child to discover real-life heroes and what they do on the daily!

Registration Deadline: Friday, February 21

Date: March 1; Saturday

Time: 10-11:30am

Place: CWC Arts Center, Rm 138 (Dance Studio)

Ages: 3-5 years

Cost: \$20



Mini Movers Gym Time

Join us for Mini Movers Gym Time, a fun and interactive class where toddlers and their parents can come together to explore, play, and bond in a safe and welcoming gym environment. This open gym session is designed to encourage physical activity, social interaction, and developmental growth through a variety of age-appropriate equipment and activities. Whether it's climbing, jumping, or simply running around, Mini Movers Gym Time provides the perfect space for little ones to burn off energy and for parents to connect with their children and other families. Come and enjoy an afternoon of fun and play!

Registration Deadline: Friday, February 28

Date: March 4, 11, 18; Tuesdays

Time: 1-1:45pm

Place: Boys & Girls Club of Riverton

Ages: 2-5 years old

Cost: \$15



YOUTH SPORTS

Boys Playmaker Basketball League

The Playmakers Basketball Development League combines clinic like instruction and league play in a five-week program that will prepare our kids 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.



Boys Development League; 5th-6th grade

The 'R' Rec Playmaker Basketball for 5/6 grade boys has been restructured at the consultation and recommendation of our middle school and high school coaches. The league will focus on developing fundamental skills, game strategy and teamwork through group instruction and intermural game competition.

In addition to the intramural games, the players will have the opportunity to earn a roster spot on the team that will play competitive games against teams from other communities. Players are asked to NOT arrive at Rendezvous Elementary School prior to 4:20pm.

Registration Deadline: Friday, January 10

Date: January 13-February 13; M/T/TH

Allstar Week: February 18-22; T/W/TH

Scrimmage: January 30 and February 13

Time: 4:30-6pm

Place: Rendezvous Elementary Gym

Ages: 5-6 grade

Cost: \$50

Boys Transition League; 3rd-4th grade

Registration Deadline: Friday, January 10

Date: January 20-February 19; Mon/Wed

Time: 6-7pm

Place: Rendezvous Elementary Gym

Ages: 3-4 grade

Cost: \$35

Boys Rookie League; 1st-2nd grade

Registration Deadline: Friday, January 10

Date: January 21-February 20; Tues/Thurs

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

6:15-7pm; 2nd grade

Place: Aspen Early Learning Gym

Ages: 1-2 grade

Cost: \$35

Co-ed Mini Playmakers; Kindergarten

Registration Deadline: Friday, January 17

Date: January 28-February 20; Tues/Thurs

Time: 5:30-6:15pm

Place: Jackson Elementary Gym

Ages: Kindergarten

Cost: \$35

CWC Rustler Basketball Camp

This camp is for boys and girls in 1-8 grades. 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 men's basketball team. Advanced registration is encouraged. Players can register at the CWC Rustler gym prior to camp but will pay more.

Registration Deadline: Friday, January 31

Date: February 1; Saturday

Time: 9-11am; 1-4 grade

1-3pm; 5-8 grade

Place: CWC Gym

Ages: 1-8 grade

Cost: \$35 advanced registration

\$50 day of camp

307 Indoor Climbing

If you have been wondering how to start climbing in a safe and smart way or are ready to take your climbing game to the next level then this is for you! Perhaps you're completely enamored with rock climbing and see this course as the perfect opportunity to get a great mental and physical challenge. Our instructor will create an inclusive climbing class that you will feel completely comfortable in. You will learn from the experience and expertise of Stacey Wells, CWC Outdoor Education Instructor and CWC Alpine Science Institute Program Coordinator. Our goal is for you to be competent, be safe and be confident!

Registration Deadline: Friday, February 7

Dates: February 13, 20, 27; Thursdays

Time: 5-6pm

Place: CWC Student Center, Climbing Wall

Ages: 8-15 years

Cost: \$30

RHS Wolverine Mini Cheer Camp

RHS Wolverine Cheer team and coaches will be hosting a mini camp for kindergarten through 5th grade. Mini campers will learn cheers, dance, tumbling, jumps and simple stunts throughout the camp. They will then perform at halftime of the Riverton vs. Star Valley varsity basketball game on Saturday, February 22nd at the RHS Gym. Game time is 4:30pm. Registration forms and additional information will be available soon.

Registration Deadline: Friday, January 31

Dates: February 19/20; Wed/Thurs

Time: 3:30-5:30pm

Place: Willow Creek

Ages: K-5 grade

Cost: \$35 – checks made out to RHS Cheer

Additional Information: Please DO NOT drop off campers before 3:30pm as there will be no supervision prior to camp and this becomes a liability for the school.

Parents are welcome to watch the last 15 minutes of camp.

Payment can be made prior to camp by dropping them off at R Recreation. **NO REFUNDS will be issued.**

National Girls & Women in Sports Day

NGWSD is a nation-wide celebration for the young ladies in our community to have the opportunity to break the gender stereotypes built around the sports industry. This event is designed to keep supporting, celebrating, and inspiring others. The confidence, strength and character gained through sports participation are the very tools girls need to become strong leaders in sports and life. 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 14

Date: March 15; Saturday

Time: 8:30am (doors open for check-in)

9am-Noon (event sessions)

Place: Riverton High School Gym

Ages: 1-8 grade girls

Cost: \$15 in advance, \$25 on the day of the event



Youth Horse Riding Camp

This is a great opportunity for the youth in our community to ride in the new CWC Ag & Equine Complex while receiving introductory riding instruction from an experienced and accomplished instructors. These clinics are for the beginner-intermediate level and all riders must have their own horse.

Intro to Gymkhana Events

*Barrels

*Poles

*Flag Race

Intro to Roping

*Groundwork

*Dummy Work

*Basic horsemanship for roping dummies

Registration Deadline: Friday, April 4

Date: April 12; Saturday

Time: 9am-12pm: Intro to Gymkhana

1-4pm: Intro to Roping

Place: CWC Ag & Equine Complex

Ages: 6 years and older

Cost: \$55 per session

Requirements: Must provide your own horse

YOUTH & FAMILY ACTIVITIES

Bingo

This is not your grandma's BINGO, it's the lively version of the generational game! Once a month, we invite you to a fun

evening filled with sing-along music, good vibes, and loud exclamations of "BINGO!" The night starts with multiple games of Bingo using different patterns and finishes with the big game: Blackout. The winner of Blackout will take home majority of the pot while choosing a local nonprofit to donate the rest to. Don't forget to check out what each month's theme is because the best dressed of the night receives a prize. CWC Cafeteria is open until 7:30pm with affordable and delicious dinner or snack options.

Dates: January 23; Cozy Pajamas
February 20; Flannel February
March 20; 70's Hippies
April 24; Beach Party
Time: 6:30-8:30pm
Place: CWC Cafeteria
Cost: \$20 for 20 bingo sheets
Daubers available for \$2

CWC Community Theater

The CWC Theater Department routinely casts community members and is encouraging participation in one of the many scheduled programs. You are invited to audition for of the following performances:

Bright Star

Registration Deadline: Friday, January 24

Rehearsals: January 26-March 12; Sunday-Friday
Performances: March 13-March 23
Time: Rehearsals: 6-9pm
Place: CWC, Robert A. Peck Art Center
Ages: 8 years and older
Cost: \$35

Seven Brides for Seven Brothers

Registration Deadline: Friday, April 11

Rehearsals: April 3-June 18; Sunday-Saturday
Performances: June 19-June 29
Time: Rehearsals: 6-9pm
Place: CWC, Robert A. Peck Art Center
Ages: 8 years and older
Cost: \$35

R Family Open Gym

Here is a great and FREE 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! We have tons of options to enjoy including a volleyball net (if there is enough interest), basketball hoops (available for friendly pick-up games or just shooting around), kickball, Spikeball and more, so join us to get some fun movement in! Participants under the age of twelve must be supervised by an adult. Please bring your own basketballs or volleyballs.

Registration Deadline: Ongoing

Dates: February 11, 18, 25; Tuesdays
Time: 6:30-8pm
Place: Riverton Middle School Gym
Cost: No Charge

Spring Baking Series

We are so excited to offer you two baking classes! Our instructor, Pam Rivers, is a retired Home Ec teacher and has been the Superintendent of Open Culinary Events at the Fremont County Fair for ages. In the first class, you will learn how to perfect delicious muffins that are great for any occasion. The second class will guide you through the intricate process of making baklava, a sweet and flaky pastry.

Registration Deadline: Friday, March 7

Dates: Muffins: March 11; Tuesday
Baklava: March 18; Tuesday
Time: 6-8:30 pm
Place: Riverton High School, Culinary Arts Room 259
Ages: 15 years and older
or 10-14 years with a parent/guardian
Cost: \$35 per class or \$60 for both

MY FAMILY AND ME Grandparents & Me

Come join our fun and heartwarming class where grandparents and grandkids can bake and decorate Valentine's cookies together. You'll make delicious cookies and decorate them in your own unique style. It's a perfect way to enjoy quality bonding time. All materials are provided.

Registration Deadline: Wednesday, February 5

Date: February 8; Saturday
Time: 9-10:30: 5-7 years
11-12:30; 8-12 years
Place: RHS Home Ec classroom
Ages: 5-12 years old
Cost: \$30 per child

Dad & Me

This day with Dad is going to be a BLAST! There's something extremely special about the relationship between a father and child. It's incredibly important to foster those relationships and encourage both fathers and their kids to spend more time together by making time for fun activities in their lives. Join us at Central Wyoming College to build a challenging project, enjoy pizza and have the CWC gym and rock climbing wall open to play together!

Registration Deadline: Friday, February 28

Date: March 7; Friday
Time: 5:30-7:30pm
Place: CWC Student Center; gym lobby
Ages: 5-12 years old
Cost: \$30 per child

Mom & Me

May is the month for Moms! Celebrate your special bond with a delightful tea party. You and your child will enjoy creating beautiful candles and tea towels together. Our Mom and Me class also offers a chance to socialize and meet other moms with similar interests. Since it's the day of the Kentucky Derby, dress up in your Derby best! Join us for a wonderful morning that you'll both remember for a lifetime. All materials are provided.

Registration Deadline: Friday, April 25

Date: May 3; Saturday
 Time: 11am-1pm
 Place: CWC Cafeteria
 Ages: 7-14 years old
 Cost: \$30 per child

ADULT HEALTH AND FITNESS

Adult Co-Ed Rec Volleyball League

Get your squad together to have a good time in our adult coed recreational volleyball league! The Rec League is 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 on the court. A tournament will conclude league play. Each team is required to ref and scorekeep for another game during the evening. Limited to 8 teams so register early!

Registration Deadline: Friday, January 24

Dates: January 27-March 17; Mondays
 Time: 7pm and 8pm
 Place: Riverton Middle School Gym
 Ages: 18 and older
 Cost: \$80/team



Adult Co-Ed Competitive Volleyball League

Get your team ready for some good competition and exciting volleyball matches in this competitive volleyball league! The Competitive League is for those players who want to have a good time but with tougher competition. Teams can be any combination of men and women, but may not have more men on the court. A tournament will conclude league play. Each team is required to ref and scorekeep for another game during the evening. Limited to 8 teams so register early!

Registration Deadline: Friday, January 24

Dates: January 29-March 19; Wednesdays

Time: 7pm and 8pm

Place: Riverton Middle School Gym

Ages: 18 and older

Cost: \$80/team

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. With 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 class, come join in the fun as you challenge your body to reach your fitness goals. This class is led by Kenna Sweglar, Certified Fitness Trainer. Register early as the class has a limited number of spaces. *Due to the popularity of this class, if you no-show the first three classes, you will receive a refund for the remaining nine classes, and someone from the waitlist will take your spot. Thank you for your understanding.*

Registration Deadline: Friday, January 31 or until full

Dates: February 4-May 1; Tues/Thurs
 (no class the week of March 24-28)

Time: 5:30-6:30pm

Place: CWC Fitness Center

Cost: \$80

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. With 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 class, come join in the fun as you challenge your body to reach your fitness goals. This class is led by Kenna Sweglar, Certified Fitness Trainer. Register early as the class has a limited number of spaces. *Due to the popularity of this class, if you no-show the first three classes, you will receive a refund for the remaining nine classes, and someone from the waitlist will take your spot. Thank you for your understanding.*

Registration Deadline: Friday, January 31 or until full

Dates: February 5-May 2; Wed/Fri
 (no class the week of March 24-28)

Time: 5:15-6:15am

Place: CWC Fitness Center

Cost: \$80

woMan-Up Indoor Climbing

Ladies, this class is back by popular demand! This won't be your traditional group fitness class but it's going to be awesome! If you have been wondering how to start climbing in a safe and smart

way or are ready to take your climbing game to the next level then this is for you! Perhaps you're completely enamored with rock climbing and see this course as the perfect opportunity to get a great mental and physical challenge. Our instructor will create an inclusive climbing community that you will feel completely comfortable in. You will learn from the experience and expertise of Stacey Wells, NOLS Senior Instructor and part of the CWC original wall design team. Our goal is for you to be competent, be safe and be confident!

Registration Deadline: Friday, February 7

Dates: February 13, 20, 27; Thursdays
Time: 6:30-7:30pm
Place: CWC Student Center, Climbing Wall
Ages: 15 years and older
Cost: \$30

Adult Pickleball

Pickleball is taking the nation by storm right now! It's 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. All equipment is provided. 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, February 7

Dates: February 12-March 19; Wednesdays
Time: 6:30-8pm
Place: Riverton High School Gym
Ages: 18 years and older
Cost: \$20 per person

Reclaim Your Balance

A Nutritional Therapy Class for Hormone Health

Discover the power of food in achieving hormone balance and feeling like yourself again! This class is designed for women of all ages who want to take control of their health naturally. You'll learn:

- How specific nutrients can support hormonal health.
- Foods to include or avoid for balanced energy & metabolism.
- Practical meal-planning tips tailored to your lifestyle.

Whether you're navigating the challenges of puberty, postpartum, or menopause—or just want to optimize your well-being—this class is for you. Join us and you will feeling informed, inspired, and equipped to thrive. Gain actionable steps to create lasting hormonal balance and improve your overall health through nutrition. Join our instructor, Tinsley Erickson, a passionate and recently published Nutritional Therapist who has combined her

love for nutrition and her desire to help others to create these specialized classes. As the proud owner of Mapped Out Nutrition, an online private practice, Tinsley has embarked on a mission to empower Fremont County locals to harness the power of nutrition to enhance their mental health and overall wellbeing.

Registration Deadline: Friday, April 4

Date: April 8; Tuesday
Time: 6:30-8:30pm
Place: CWC Health & Science, room 206
Ages: 13 years and older
Cost: \$50

SPECIAL INTERESTS

Publishing Your Passion How to Publish a Book

Ever dreamed of writing and publishing your own book? Dive into our thrilling 10-week class! You'll learn everything from choosing topics and formatting to designing stunning covers and securing your ISBN. By the end, you'll have the skills to publish your masterpiece. Our dynamic instructors, Darrah Goggles and Ben Evans, are eager to share their secrets. Spots are limited to just ten, so sign up now and make your dream a reality!

Registration Deadline: Until full

Dates: January 13-March 21; Mon/Fri
Time: 6-7:30pm
Place: CWC ITECC, room 106
Ages: 18 years and older
Cost: \$20

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: Friday, January 24

Dates: Session 1: February 3-18; Mon/Thurs
Field day on February 22
(No class on Feb. 17, moved to Feb. 18)

Registration Deadline: Friday March 28

Session 2: April 7-21; Mon/Thurs
Field day on April 26
Time: 6:30-9:30pm (classroom times)
Place: CWC Health and Science, Room 100
Cost: \$20

Sliced & Diced

Put Your Culinary Skills to the Test

You and your partner will receive a mystery basket of four ingredients from which you will prepare 2 menu items, an entrée and dessert, in one hour. We will provide one protein, you can bring two ingredients from your home and you will have access to seasonings, pasta, rice, fresh veggies from the “pantry”. The pantry is a first come-first served opportunity so be prepared with your ideas. After the cooking frenzy, enjoy a nice dinner with dishes you’ve crafted, and a salad provided by us. A panel of judges will determine our winner. Our chef extraordinaire, Pam Rivers, will be facilitated this unique evening. The challenge will test your creativity, teamwork and culinary skills. Register early because spots are limited.

Registration Deadline: Friday, February 14

Date: February 27; Thursday
 Time: 6-8pm
 Place: RHS Home Ec Room
 Ages: 18 years and older
 Cost: \$55 per team



Instant 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.

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: Friday, January 24

Date: February 1; Saturday
 Time: 9am-12pm
 Place: From your home using Zoom
 Ages: 13 years and older
 Cost: \$55

Instant 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. 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: Friday, January 24

Date: February 1; Saturday
 Time: 1-3:30pm
 Place: From your home using Zoom
 Ages: 13 years and older
 Cost: \$55

Computer Training

Getting to Know Microsoft Windows

This class will help users become familiar with the features that are available on new and older devices that run the



Windows program. Your computer is loaded with many features that you may not know you even have available and they are free for you to use. We will also go over computer basics like file storage, saving (and being able to find it later!), and how to download or use online programs. 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. Class size is limited to 15 students, so register early to ensure your spot.

Registration Deadline: Wednesday, February 19

Date: February 22; Saturday

Time: 9am-1pm

Place: CWC Classroom Wing, MH159

Cost: \$40 or \$130 for all three classes

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 flash drive if you want to save your work to take home. Class size is limited to 15 students, so register early to ensure your spot.

Registration Deadline: Wednesday, February 26

Date: March 1; Saturday

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

Place: CWC Classroom Wing, MH159

Cost: \$60 or \$130 for all three classes

Microsoft Excel

Learn ways that Microsoft Excel can be used in your daily life or professional work environment. Instructor Connie Murray 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 if you want to save your work to take home. Class size is limited to 15 students, so register early to ensure your spot.

Registration Deadline: Wednesday, March 5

Date: March 8; Saturday

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

Place: CWC Classroom Wing, MH159

Cost: \$60 or \$130 for all three classes

NRA Home Firearm Safety

Discover the essentials of firearm safety in this informative and engaging class! Students will be taught safe gun handling, learn the primary causes of firearm accidents, and get hands-on experience unloading certain action types, ammunition components, cleaning, care, and safe gun storage. You'll receive comprehensive course materials and a respected completion certificate. Led by Hannah Thoman, a certified NRA Instructor of Home Firearm Safety and Basic Pistol Shooting, this is an opportunity you won't want to miss!

Registration Deadline: Wednesday, February 26

Date: March 1; Saturday

Time: 8:30am-12:30pm

Place: CWC Student Center, Rural Justice Training Center

Ages: 12 years and older

Cost: \$55

Community Garage Sale

Join us for the Community Garage Sale during National Spring-Cleaning Week! Skip the hassle of setting up your own sale and just buy a table (up to four per family). Bring your items to sell and enjoy a fun, community-driven event where you can declutter, make some extra cash, and connect with neighbors. It's the perfect way to find new treasures and give your old items a new home!

Registration Deadline: Friday, March 28

Date: April 5; Saturday

Time: 8am-2pm

Place: The Armory at Fremont County Fairgrounds

Cost: \$10/table for full day or \$7/table for half day

Medicare 101 - The Basics & 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: Friday, April 4

Date: April 7; Monday

Time: 5:30-7pm

Place: CWC Intertribal Center, Rm 126

Cost: Free

Understanding the Medicare Differences

In this class, we will learn the key differences between Original Medicare and Medicare Advantage plans, helping to understand coverage options, costs, and benefits. We will break down the pros and cons of each option, highlighting how they align with individual healthcare needs. Participants will gain the knowledge to make informed decisions about their Medicare choices for better healthcare outcomes. The State Health Insurance Program through Wyoming Senior Citizens, Inc., presents this course.

Registration Deadline: Friday, April 11

Date: April 14; Monday

Time: 5:30-7pm

Place: CWC Intertribal Center, Rm 126

Cost: Free

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, losing employer coverage, and/or 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: Thursday, April 17

Date: April 21; Monday

Time: 5:30-7pm

Place: CWC Intertribal Center, Rm 126

Cost: Free

Your Retirement Reality Social Security Presentation

If you are approaching retirement age and wondering about your Social Security benefits and how best to optimize your Social Security strategy for the best possible outcome, this FREE presentation is for you!

Through this presentation you will gain:

- Understanding Social Security Benefits
- Strategies to maximize your benefits
- Factors to consider before claiming the benefits
- Impact of early or delayed claiming
- Social Security and tax implications
- Q & A session with experts

You don't want to miss this valuable opportunity to gain insights into your Social Security options and make informed decisions for your retirement. The instruction and discussion will be led by Casey Major, a registered Social Security Analyst, and hosted by Lyle Henroid, Benefits Coordinator with the Bullock Agency.

Registration Deadline: Thursday, April 17

Date: April 23; Wednesday

Time: 6-8pm

Place: CWC InterTribal Center, room 126

Cost: Free

May Day, Spa Day

Ladies, grab your family, friends or co-workers to join us for this Mother's Day special at the CWC Cosmetology facility.



This girl's night out is all about treating yourself. Each person will create and build your own flower arrangements made with all the colors and flowers you love! You'll also get the chance to select between an express facial, pedicure or manicure provided by the CWC cosmetology students! Whether you have already done this, or you're new to the program, you are sure to have a relaxing and fun evening.

Register early because spots are limited.

Registration Deadline: Friday, May 2 or until full

Date: May 8; Thursday

Time: 5:30-7pm

Place: CWC Cosmetology School

Ages: 10 years and older

Cost: \$40

Community Clean Up

Come be a part of our Community Clean-Up Day in Riverton! We'll come together to clean up the city, making it a better place for everyone. During the hard work, enjoy fun competitions that bring out the best in our community spirit. We'll wrap up the day with live music and delicious food from local food trucks. It's a great way to give back, have fun, and connect with your neighbors. Don't miss out on this wonderful event!

Date: May 31; Saturday

Time: 10am-2pm

Place: Starts at Jaycee Park

Rent a Community Garden Plot

The Riverton Community Garden is "natural" (pesticides and fertilizers are restricted to approved products). The watering is automatic and 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 855-2190 or email rrecreation@cw.edu. You may also pick the packet up in the 'R' Recreation Office in the Pro-Tech Building at CWC. Each plot is \$50 for the 2025 season, \$40 for all returning gardeners. If you are a returning gardener, please watch your emails and respond by the dates requested if you plan to keep or give up your plots.



ADDITIONAL COMMUNITY OPPORTUNITIES

District 25 Recreation Board Grant Requests

The District 25 Recreation Board will be accepting requests for grant funding for the 2025 calendar year on Monday, January 13 at 6pm at the Fremont County 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 and instructions can be found on the 'R' Recreation website www.rrecreation.com. Phone numbers for more information are included on the online form.

Mardi Gras, Masks, Murder! Mystery Available to rent for your unique party

Here is your unique chance to gather coworkers, or friends for a masquerade party with a thrilling twist! Plan your own elegant evening at the governor's posh New Orleans mansion using our Murder Mystery kit. Your guests will enjoy hor d'oeuvres, drinks, and dancing, but they won't expect power outages, a mysterious theft, dastardly deeds, and unsavory scandal! Murder mystery parties combine improvisational acting, storytelling, and creative problem solving. Renting our kit will give you access to PDFs containing details on every character, explanation of the game, and ideas on how to host the perfect Murder Mystery event! This will be an evening that is an extraordinary experience your friends will talk about for years.

Cost: \$10 to rent

Ages: 18 years and older

USA Wrestling

USA Wrestling is a great program for youth ages 4 through High School who want to learn the sport of wrestling or improve their skills. Registration will begin in December 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 January 2025. All first time wrestlers will need to provide a copy of their birth certificate. For more information contact Travis Barton (307) 850-8613, or Cassie Gambler (307) 851-0523. Check out the Facebook page for up to date information: Riverton USA Wrestling.

AAU Volleyball League

Riverton AAU Volleyball is affiliated with Wyoming Club Volleyball. The league will offer separate recreation and club/travel seasons with dates TBA. The rec league will be a non-travel, developmental program designed to introduce players to the skills and game of volleyball. Club/Travel volleyball is designed for those players interested



in competitive volleyball in/around the state of Wyoming. Players may register for BOTH recreation and club/travel seasons. The AAU age divisions are determined by player birthdate. AAU Tournament fees, jerseys, coach's fees, and travel fees are not included in the RVC recreation league and will be determined based on tournament schedules and fees. The Riverton Volleyball Club's success is based on volunteers, and the club is seeking volunteers and coaches at all age/play levels. Please note that registration and payment do not guarantee placement on a competitive team. Teams will be determined by age divisions, practice/game time availability, coach availability, and number of players—tryouts if necessary. Contact Brittany Yeates (307) 851-4955 or Tiffany Linck (307) 851-4140 with questions and follow us on Facebook at Riverton Volleyball Club.

Riverton Youth Soccer – Recreation League

Online registration: www.rivertonsoccer.org

Registration Deadline Friday, February 28

(late registrations are not accepted)

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 February 28 to be guaranteed space in the league. This program does not use the 'R' Recreation registration form. Please visit RYSA Website for registration link, this program is online registration only. The season runs from March 31-May 15. 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, 2018 to participate. The league is for children 5 years through 14 years old and fees are \$62.50. The success of this league depends heavily on volunteers. Please consider volunteering to make it enjoyable and memorable for your child. Please register online, link to be found at rivertonsoccer.org



Riverton Competitive Soccer – Rampage Travel Team

Online registration: www.rivertonsoccer.org

Registration: February 1- March 10

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, 2016 to be eligible for this league. Players must be registered by February 10 to be considered for a Rampage team. A \$50 LATE FEE WILL BE ADDED TO ANY REGISTRATIONS AFTER MARCH 7. This program does not use the R Recreation registration form. Please ask for the Competitive Youth Soccer registration packet. The \$250 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.

Riverton Little League Baseball

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

Registration: January 1- March 17

Contact: Kelsi Gonzalez 307-431-0457 (RLL Players' Agent)

Cost: \$50/player (\$5 off for each sibling)

LATE REGISTRATIONS: March 18-24 will be \$75

Participants must register online (if you have previously registered your child on this site please use your existing login). New players must provide a birth certificate to the league. Uniform: Little League will provide jersey/shirt & hat. Players must provide baseball pants. Wilson Skills Test: Attendance at the Wilson Skills Test will be REQUIRED for all Minors and Major League players (league ages 9-12 years old) to ensure equal division of teams, as well as 8 year olds requesting to 'play up'. The info for the Wilson Test will be emailed to each player once online registration is completed.

League Ages: Based on how old the player will be on August 31, 2025.

T-Ball: 4-5 years old

Coach Pitch: 6-8 years old

Minors: 9-10 years old

Majors: 11-12 years old

Girls Fastpitch Softball-USA Softball (Local)

Online registration: <http://tshq.bluesombrero.com/rivertongirlsfp>

Tot and Tee-ball: \$40

Registration Deadline: March 31

Coach Pitch-18u Recreation League:

Early Registration: January 13-February 17: \$50

Late Registration: February 18-March 31: \$75

Late Fee for registrations April 1: \$100

The earlier you sign up the less you pay, so please try to get registered as soon as possible. There are scholarships available, you will need to fill out a form for that to be reviewed. Contact Missy Metzler (307) 857-9897 if you have questions or need additional information.

The Girls Fastpitch Softball recreation season will run May 27-July 3, 2025. Girls between the ages of 3-16 years old may participate in the recreational league (league ages are based on how old they are on September 1, 2024).

Girls Fastpitch Softball Travel

Online registration: <http://tshq.bluesombrero.com/rivertongirlsfp>

Registration runs January 15 to March 15

NO LATE REGISTRATIONS WILL BE ACCEPTED!

Contact: Missy Metzler, (307) 857-9897 (RGFS President)

Registration: \$250

Practice will begin early April. Girls between the ages of 8-18 years old may participate in the Travel Team (league ages are based on how old they are on September 1, 2024). 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. Most tournaments attended will be in the state of Wyoming and will start beginning of June and end mid-July.



Adult Co-Ed Softball League

The Riverton Adult Softball League will be able to take 12 teams for the 2025 season. Registration deadlines, season dates, and additional information will be coming soon. Cost for a team is \$450 and teams must have a minimum of 6 guys and 4 girl players. All players must be at least 18 years old. Registration forms will be available at R Recreation or by downloading the document online at rrecreation.com. For additional information or with questions please reach out to them through their Facebook page, 'Riverton Adult Softball Association'.

Boys & Girls Club of Riverton

When School is OUT, the Club is IN

The Riverton Boys & Girls Club is open and offering out-

of-school time programming for youth in K-8th grade. The Riverton Club focuses on three priority outcomes for each student including Healthy Lifestyles, Academic Success and Good Character & Citizenship. Boys & Girls Clubs offer 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 Riverton Boys & Girls Club please contact the Riverton Branch Director, Jacque Stoldt at 307-463-0060 or visit www.bgccw.org/our-clubs/riverton/.



Child Development Services

Child Development Services are hosting their 3rd Annual Purple Parade in April 2025 at the RHS Wolverine turf field. There will be a 5k run/walk, track stroller trot, games, silent action and other fun activities as we celebrate the youth of our community. Contact Riverton CDS at 307-856-4337 for more detailed information about this event.

CWC Community Wellness

Pickleball Courts, Fitness Center, Climbing Wall, Gym

Central Wyoming College offers the community an opportunity to use its gym, pickleball/tennis court, Fitness Center and Climbing Wall by registering for a half-credit Community Wellness class. If you desire to use these facilities for your recreation and wellness you are required to register for HLED1599 online at cwc.edu or by calling Rustler Central 307-855-2115. These spaces can be reserved through Debbie Graham, CWC Facilities Scheduler, at 307-855-2036, or dgraham@cwc.edu.

Central Wyoming College Cosmetology Salon Services

The Cosmetology Department at Central Wyoming College offers a broad range of specialty services including haircuts 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. Please call 307-855-2326 for more information, prices or to schedule an appointment. CWC Cosmetology is located in the Pro-Tech Building on the CWC Campus.

CWC Ag & Equine Complex

The Rustler Ag & Equine Complex has a variety of programs scheduled for the spring semester. For additional information

about the facility and programs, contact Caitlin Thorne at 307-855-2287 or via email at cthorne@cwc.edu.

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

Riverton Chamber and Visitors Center

The Riverton Chamber and Visitors Center champions our community and the region's economic vitality through business advocacy, economic development related to tourism and collaborative leadership. Since 1951 we have been a united voice for local businesses and influenced efforts to grow and diversify the business community in the greater Riverton area. For additional information please call 307-856-4801 or go to our website, wyriverton.com or Facebook at <https://www.facebook.com/RivertonWYChamber/>.

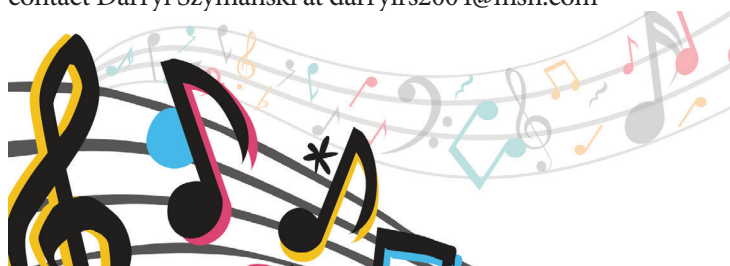
Fremont County Museums

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 spring, 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!

Regular Weekly Fremont County Jams

Musicians are encouraged to join us on Wednesday evenings from 6:30-8:30pm at the Riverton Holiday Inn. This group is amped-up for sound and voice, welcoming you to step up and share your songs for all to join in on and enjoy! For more information, please contact Darryl Szymanski at darrylrs2004@msn.com



Stay Present Mamas

This community equips moms to have confidence and joy in motherhood. The group meets twice each month at FBC with a Morning Round-Up and a Mama's Night Out. For more information text Becky Rosty (307) 259-1316 and find them on Facebook at 'RivertonStayPresentMamas' for detailed information.

St. Margaret's Community Events

St. Margaret's School Carnival: Jan. 24

Join us for a fun-filled community Carnival Night at St. Margaret's School on January 24th from 5-8pm! Enjoy giant inflatables, games, food stands, face-painting, and so much more. Pre-order your wristbands for just \$20 before January 23 at the school office, or buy them at the door for \$25. It's the perfect way to kick off the year with some festive fun for the whole family! Don't miss out on an evening of excitement and community spirit!

BINGO Nights: February 11, March 11, April 15, May 13, June 10

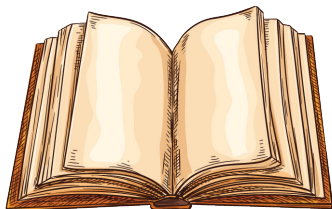
Our BINGO always includes a delicious homemade meal, 10 games of BINGO, prizes, and great company at the St. Margaret's School BINGO nights! Check the school's Facebook page for updated information.

Dinner Dance: March 1

Boot up for Nashville Nights at St. Margaret's School on March 1st at 6pm! This adults-only (21+) event will feature live music by the Jess Corbett Band, fun games, raffles, and an open bar. Dress in your best Nashville-inspired costumes and dance the night away while enjoying great company and prizes. General admission is \$50 per person, with corporate tables available. Call 856-5922 or email stmarg@wyoming.com for tickets. They sell out every year, so act fast!

Riverton Branch Library

The Riverton Branch Library is dedicated to offering the Riverton community the best in literature, movies, information and programming. Our ongoing programs include Story Time with Preschool Tales & Tunes and Toddler Move & Groove, Lego Club, Zombie Zone, Youth Gaming, Teen Scene and RBL Creation Station for the youth. For the adults in our community we offer Writers Groups, Book Clubs, Everybody Walk. To find a complete list of our ongoing community events, along with our online catalog, databases and more, go to www.fclsonline.org and follow us on Facebook!



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.

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.

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

Riverton Aquatic Center

2025 Spring Schedule/Lessons

DAILY ADMISSION FEES:

Preschool 4 & under: FREE*

Student (K-12): \$2

Adult: \$4

Senior (55+): \$2

cash and check only

PUNCH CARDS

Student: \$40

Adult: \$60

Senior: \$40

MEMBERSHIPS AVAILABLE

Savings of 15-25% as compared to daily admissions rate.

SPRING SCHEDULE

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

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!

Session 1: 2/28, 3/7, 3/14, 3/21

Session 2: 4/4, 4/11, 4/18, 4/25

Spring Swim Lessons—

Session 1—3/10– 3/20 with registration at the pool starting 2/24

Session 2— 4/7-4/17 with registration at the pool starting 3/17

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

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

Aqua Aerobics Group- M/W: 11am-12pm & Fridays 6:30-7:30am

ARC Jr. Lifeguard Course— ages 11-14
30.5 hr in person course—TBA

ARC Lifeguard Training— must be 15
2 week classes, Blended Learning and In Person available

ARC Water Safety Instructor Training— must be 16
2 week course, Blended Learning and In Person available

INFLATABLE OBSTACLE COURSE

SATURDAYS: 1-4pm

3/29 | 4/26 | 5/17



Aquatic Center Contact Information

307-856-4230

2001 West Sunset Dr.
Riverton, WY 82501

