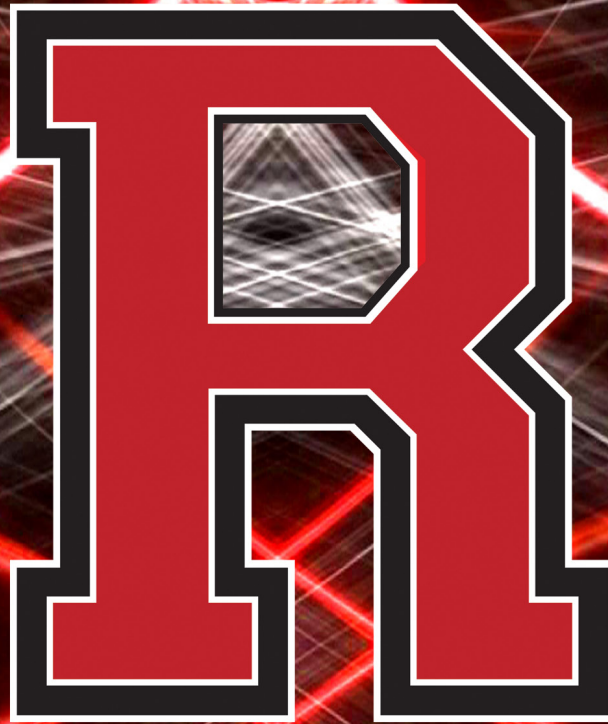




*Fall 2019*  
Online Registration Available  
[www.rrecreation.com](http://www.rrecreation.com)

*CITY of RIVERTON*



**RECREATION**  
AND CWC COMMUNITY EDUCATION



## What's Inside

### 2019 Fall 'R' Recreation Brochure

September - December 2019

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#### 'R' RECREATION/COMMUNITY EDUCATION

Mary Axthelm- Program Manager	855-2015
Kelly Anderson- Recreation Activities Coordinator	855-2190
Francesca Jones- Community Education Coordinator	855-2026

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

#### CITY OF RIVERTON

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

#### SCHOOL DISTRICT 25 RECREATION BOARD

Keith Bauder, President	Jody Ray
Dean Peranteaux, Vice President	Tom Nirider
Brett Watson, Treasurer	Kyle Larson
Cody Beers, Secretary	Cory Rota
Becky Lancaster	Renee Moss
Jeremy Hernandez	

#### 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.

## REGISTRATION INFORMATION

### REGISTRATION DEADLINES ARE LISTED FOR EACH PROGRAM!

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

### Lil' Hoopers Basketball

Boys and girls, 3-5 years old come and join the fun and excitement with the Lil' Hoopers Basketball program led by CWC's Lady Rustler coach, Lindsey Fearing 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: Friday, September 13**

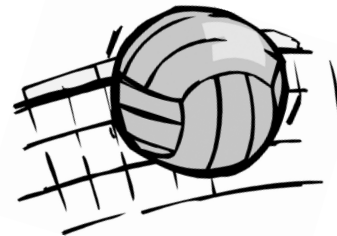
Date: Sept. 17-Oct. 3; Tues/Thurs

Time: 4:30-5:15pm

Place: Jackson Elementary Gym

Ages: 3-5 years old (*No Kindergarteners*)

Cost: \$30



### Little Spikers Volleyball

Boys and girls in first, second or 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 27**

Date: Oct. 1-17; Tues/Thurs

Time: 4:30-5:15pm

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 27**

Date: Oct. 1-17; Tues/Thurs

Time: 5:30-6:30pm

Place: Willow Creek Elementary Gym

Ages: 4th-6th grade

Cost: \$20



### Playmaker Basketball Development League

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

#### Transition League; 3rd-4th grade

**Registration Deadline: Friday, October 11 (Girls)**

**Friday, January 10 (Boys)**

Date: Oct. 21-Nov. 20; Mon/Wed (Girls)

Jan. 20-Feb. 19; Mon/Wed (Boys)

Time: 5:30-6:30pm

Place: Rendezvous Elementary Gym

Ages: 3rd-4th grade

Cost: \$30

#### Rookie League; 1st-2nd grade

**Registration Deadline: Friday, October 11 (Girls)**

**Friday, January 10 (Boys)**

Date: Oct. 22-Nov. 21; Tues/Thurs (Girls)

Jan. 21-Feb. 20; Tues/Thurs (Boys)

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

6:15-7pm; 2nd grade

Place: Willow Creek Elementary Gym

Ages: 1st-2nd grade

Cost: \$30

#### Mini Playmakers; Kindergarten (Coed)

**Registration Deadline: Friday, October 18 (Session 1)**

**Friday, January 17 (Session 2)**

Date: Oct. 29-Nov. 21; Tues/Thurs (Session 1)

Jan. 28-Feb. 20; Tues/Thurs (Session 2)

Time: 5:30-6:15pm

Place: Aspen Early Learning Center Gym

Ages: Kindergarten

Cost: \$30/session

### Playmaker Basketball

#### (Wind River Conference Basketball)

The 'R' Rec Playmaker Basketball for 5th & 6th grade boys & girls 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 District 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 3:45pm.**

#### Girls Wind River Conference Basketball League

**Registration Deadline: Wednesday, October 9**

Date: Oct. 14-Nov. 14; Mon – Thurs + Games

Time: 4-5:30pm

Place: Rendezvous Elementary Gym

Ages: 5th-6th grade

Cost: \$60

#### Game Schedule:

October 22 vs. Ft. Washakie 4/5pm

October 29 vs. Shoshoni 4/5pm

October 30 at St. Stephens 4/5pm

October 31 Shortened Practice 4-5pm

November 5 vs. Wyoming Indian 4/5pm

November 7 at Arapahoe 4/5pm

November 14 at Trinity Lutheran 4/5pm

#### Boys Wind River Conference Basketball League

**Registration Deadline: Friday, December 20**

Date: Jan. 13-Feb. 17; Mon – Thurs + Games

Time: 4-5:30pm

Place: Rendezvous Elementary Gym

Ages: 5th-6th grade

Cost: \$60

#### Game Schedule:

January 20 at St. Stephens 4/5pm

January 23 at Wyoming Indian 4/5pm

January 28 vs. Fort Washakie 4/5pm

January 30 at Arapahoe 4/5pm

February 4 vs. St. Stephens 4/5pm

February 11 at Trinity Lutheran 4/5pm

February 13 vs. Shoshoni 4/5pm

February 15 at Wind River 11am/Noon

February 17 Season Wrap-Up with RHS Wolverines 4-5pm



# FALL LEARNING OPPORTUNITIES

## 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 10 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 20**

Date: Dec. 26, 27 and Jan. 2, 3; Thurs/Fri

Time: 9-10am; 4-5 years old  
10-11am; 6-8 years old

Place: Tonkin Activity Center

Age: 4-8 years old

Cost: \$30

## YOUTH ACTIVITIES

### Rock Climbing 'The Wall'

This is a half day off from school for District 25 students and we have something planned for you! Enjoy the skills and thrills of safe indoor rock climbing on CWC's climbing wall. You will have lots of fun hanging and swinging on the climbing ropes to successfully reach the top. This class is a beginner class and no experience is necessary. You will learn from the experience and expertise of Stacy Wells, NOLS Senior Instructor. **Please indicate shoe size when registering for the class.**

**Registration Deadline: Friday, October 11**

Date: Oct. 18; Friday

Time: 1-3pm (*Session I*)  
3-5pm (*Session II*)

Place: CWC Climbing Wall (*gymnasium lobby*)

Ages: 8-14 years old

Cost: \$20/session

### BLAST- Babysitter Lessons and Safety Training

As a babysitter, parents trust you with their children's lives. Your main responsibilities are to care for a child's needs and to keep the child safe. Geared for students ages 11-14, this class will discuss safety, babysitting basics (diapering, feeding, etc), tips for entertaining kids, appropriate responses to emergency situations, basic first aid, and pediatric CPR. Each student will receive a student workbook and a certificate upon completion of the course. **Students should bring a sack lunch.**

**Registration Deadline: Friday, October 11**

Date: October 21; Monday

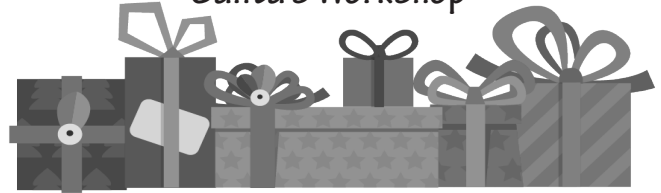
Time: 9am-2pm

Place: CWC InterTribal Center Bldg., Room 125

Age: 11-14 years old

Cost: \$50

## 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 – we will have prizes for the most creative "holiday cheer".

**Registration Deadline: Friday, November 22**

Date: Dec. 7; Saturday

Time: 10am-Noon; K-2nd grade  
1-3pm; 3rd-5th grade

Place: CWC Main Hall, Room 163

Ages: K-5th grade

Cost: \$15

## FAMILY ACTIVITIES

### "R" Family Open Gym

Here is a great way for kids and families to break up the monotony of the winter months. After dinner is finished and the homework is done come out and play! There will be a volleyball net (with enough participation) and basketball hoops available for friendly pick-up games or just shooting around. **Please note that the program will be cancelled if there is not adequate attendance.**

**Registration Deadline: Ongoing**

Dates: Dec. 3, 10, 17; Tuesdays (*Session I*)  
Feb. 4, 11, 18 Tuesdays (*Session II*)

Time: 7-8:30pm

Place: Rendezvous Elementary Gym

Cost: \$10/person/1 full session or \$5/person/evening

### Learn to Skate

In our Learn to Skate class the fundamentals of ice skating will be taught, including forward and backward skating, stops, crossovers and turns. **Helmets are REQUIRED for participation in all classes.** Classes are taught by US Figure Skating certified instructor, Mary Lea Wolf, and will be held at the Community Ice Rink in Tonkin Stadium.

**Registration Deadline: Friday, December 20**

Dates: Dec. 30, 31 and Jan. 1; Mon-Wed

Time: 11am-Noon

Place: Tonkifeller Plaza

Ages: 6-12 years old

Cost: \$20 (*includes skate rentals*)



### 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 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 20:

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

#### Christmas Break (Dec 21-Jan. 5):

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

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

## ADULT & HEALTH FITNESS

### Tai Chi Fit

Curious about Tai Chi or wanting an activity helps you relax after a long day? Tai Chi Fit is a fun and relaxing class perfect for beginners and everyone else too! Join Penny Fahey, certified Taijifit (Tai Chi Fit) instructor as she leads the class through a 30-minute flowing routine that required no memorization or prior experience! Come as you are and leave feeling great!

**Registration Deadline: Friday, September 13 (Session I)**  
**Friday, October 25 (Session II)**

Dates: Sept. 17-Oct. 22, Tuesdays  
Oct. 29-Dec. 10; Tuesdays (*No Class 11/26*)  
Time: 5:30-6pm  
Place: Robert A. Peck Art Center, Room 138 (*Dance Studio*)  
Cost: \$30/session or \$50/both sessions

### Evening Circuit HIIT

Finish your day guilt-free with a great workout. This evening course will primarily use the HIIT (High Intensity Interval)/Tabata style of training to challenge students to improve their current level of overall fitness. The workouts will involve a variety of cardio, full body, and circuit training exercises as well as use of free weights and/or machines to promote a

strong core, increased overall strength, balance, and flexibility. All fitness levels are welcome. This class is led by Kenna Sweglar, Certified Fitness Trainer.

**Registration Deadline: Friday, September 20 (Session I)**  
**Friday, November 1 (Session II)**

Date: Sept. 24-Oct. 31; Tues/Thurs (*Session I*)  
Nov. 5-Dec. 19; Tues/Thurs (*Session II*)  
Time: 5:30-6:30pm  
Place: CWC Fitness Center  
Cost: \$50/session

### No HIIT Classes the Week of Thanksgiving!

### Morning Circuit HIIT

Start your day off right with an hour of awesomeness! This course will primarily use the HIIT (High Intensity Interval)/Tabata style of training to challenge students to improve their current level of overall fitness. The workouts will involve a variety of cardio, full body, and circuit training exercises as well as use of free weights and/or machines to promote a strong core, increased overall strength, balance, and flexibility. All fitness levels are welcome. This class is led by Kenna Sweglar, Certified Fitness Trainer.

**Registration Deadline: Friday, September 20 (Session I)**  
**Friday, November 1 (Session II)**

Date: Sept. 25-Nov. 1; Wed/Fri  
Nov. 6-Dec. 20; Wed/Fri  
Time: 5:15-6:15am  
Place: CWC Fitness Center  
Cost: \$50/session

### 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 11**

Dates: Oct. 16-Nov. 20; Wednesdays  
Time: 7-9pm  
Place: Riverton High School Gym  
Cost: \$80/team



### 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



# FALL LEARNING OPPORTUNITIES

is required to ref and scorekeep for another game during the evening. *(Limited to 8 teams)*

**Registration Deadline: Friday, October 11**

Dates: Oct. 14-Nov. 18; Mondays

Time: 7-9pm

Place: Riverton High School Gym

Cost: \$80/team

## SPECIAL INTEREST

### K9 Nose Work Demonstration

The sport of K9 nose work is an exciting and fun sport involving a teamwork approach of the dog and their handler in finding scent in 4 different environments. Any breed of dog can participate. The session will include a discussion on the types of scents used, training and competition environments, with a live demonstration.

**Registration Deadline: Friday, September 20**

Date: Sept. 28; Saturday

Time: 10-11:30am

Place: CWC Main Hall, Room 181

Cost: FREE

### ALICE Training

A.L.I.C.E. (Alert, Lockdown, Inform, Counter, Evacuate) The goal of this training is to prepare community members to respond to an active shooter threat in the workplace using techniques and practices that have been demonstrated to greatly improve your odds of survival. This course is designed to teach proactive option based survival strategies that can easily be employed in order to bridge that critical gap from the beginning of a violent event until the arrival of law enforcement. A proactive option based response to an active shooter event is now recommended by the US Department of Homeland Security and the US Department of Education, as well as numerous state and local law enforcement agencies. Class Instructors bring a combined 54 years of prior law enforcement experience. You must register to attend.

**Check [rrecreation.com](http://rrecreation.com) for upcoming sessions of Refuse to Be a Victim and ALICE Training.**

### Refuse to Be a Victim

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

### 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 spring 2020 at CWC, to accommodate Game & Fish maximum student limits of 30 per class. **Attendance at all 5 class meetings and field day is required.** Instructors, Tim Pierce and Kelly Baptist, hold certification to teach this course from the Game and Fish. **Parents are welcome to accompany youngsters.**

**Registration Deadline: January 24**

Date: Feb. 3, 6, 10, 13, 20; Field Day Feb. 22

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

Place: CWC Health & Science Bldg., Room 100

Cost: \$16

*(Watch 'R' Recreation's Facebook page for Aprils Dates: Session II)*

## ADDITIONAL COMMUNITY OPPORTUNITIES

### Riverton Aquatic Center

Enjoy one of the finest aquatic facilities in the state. Facilities include hot tub, sauna, steam room, wading pool, and a main pool with lap lanes and diving boards. Contact the Riverton Aquatic Center (RAC) at (307) 856-4230 for additional information, and stop in to pick up our monthly schedule.

### Riverton Branch Library

The staff of the Riverton Branch Library are dedicated to offering the Riverton community the best in literature, movies, music, State and National news, programming and online services including gaming. You can find us on Facebook and Instagram, RBLTEENSCEEN for up to date library news and information. Contact the Riverton Branch Library (307) 856-3556 for additional information.

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

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!). For additional information call (307) 463-0313, go to their website [rivertoncats.com](http://rivertoncats.com) or find us on Facebook.

### 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 through September 30. No late registrations will be accepted). These teams participate in the Wyoming Amateur Hockey League (WAHL) against teams from other cities all around Wyoming from mid-October until early March.

#### Travel Teams

**Registration Deadline: Monday, September 30**

Cost/Ages: High School (18U) \$250; (*Born in 2001-2004*)

Bantam (14U): \$200; (*Born in 2005 & 2006*)

Pee Wee (12U): \$180; (*Born in 2007 & 2008*)

Squirt (10U): \$160; (*Born in 2009 & 2010*)

-includes full equipment rental if needed

#### Non-Travel Teams

This group of players does not compete in WAHL traveling around the state, but they do travel to tournaments if families want that option.

**Registration Deadline: Tuesday, December 31**

Mite (8U): \$125 (*Born in 2011 & 2012*)

Mini-Mite (6U): \$125 (*Born in 2013 & Younger*)

- includes full equipment rental if needed

*To register or if you want more information go online at [www.rivertonhockey.org](http://www.rivertonhockey.org) or find us on Facebook @RivertonIceHockey.*

*You can email any questions to [rihapresident@gmail.com](mailto: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 6th 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 \$70 for the first child and \$50 for additional children (fees may be subject to change). **Registration Deadline is February 5th.** Fees increase to \$80 on February 6th. All first time wrestlers will need to provide a copy of their birth certificate. For more information contact Travis Barton (307) 850-8613, Kala Liedy (307) 840-0424, or Ross Thornock (307) 709-7926. Check out the Facebook page for up to date information: Riverton USA Wrestling.

### 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.

### 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) 851-2364 or email [rhwarp@icloud.com](mailto:rhwarp@icloud.com).

### Winter Break Office Hours

**Nov. 27-Dec. 1 – Closed for Thanksgiving**

**Dec. 21-Jan. 5– Closed for Christmas Break**

*You can still get program information and register for programs during the Holiday Breaks online at our website [www.rrecreation.com](http://www.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](mailto: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.



