

Fall 2025

Online Registration Available www.rrecreation.com

CITY of RIVERTON



RECREATION

AND CWC COMMUNITY EDUCATION





What's Inside

2025 Fall R Recreation Brochure

September - December, 2025

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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 – 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

856-2227
857-7720
856-4801
856-4230
856-3556
856-6611
856-9407
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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.

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.

CLASS COSTS

In this brochure, you will notice two prices listed for each class. The lower price reflects the cost when registering in our office with cash or check. The higher price applies when registering online, as our website vendor charges a convenience fee that is included in the online registration price.

TODDLER CORNER

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, Keith Wyatt 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 the gym.

Registration Deadline: Friday, September 19 or until full

Dates: Sept. 23-Oct. 2; Tues/Thurs

Time: 4-4:45pm

Place: Jackson School Gym

Age: 3-5 years old (No Kindergarteners)

Cost: \$20 (in-office registration) \$23 (online registration)

Sporty Shorty

Join us for an hour of activity designed for you and your



toddler. Preschool children will enjoy an introduction to a variety of sports during this lively and engaging class. It's a fantastic opportunity for little ones to explore different sports, develop their motor skills, and have a blast with their peers. This full-of-movement class is perfect for fostering a love for physical

activity and ensuring your child has a fun and active time. This class will be in partnership with the Riverton Boys & Girls Club.

Registration Deadline: Friday, October 24 or until full

Date: Oct. 28-Nov. 18; Tuesdays

Time: 1-2pm

Place: Boys & Girls Club Gym

Age: 2-4 years old

Cost: \$20 (in-office registration) \$23 (online registration)



Christmas Adventure

Get ready for an unforgettable experience with our Christmas Adventure program! This exciting class is perfect for toddlers and will be jam-packed with festive fun. We'll be making adorable crafts and delicious treats to embrace the Christmas spirit. And the best part? There will be a special surprise guest at the end! Don't miss out on this magical holiday celebration! The early registration deadline is so that proper supplies can be purchased.

Registration Deadline: Wednesday, November 26 or until full

Date: Dec. 6; Saturday Time: 9-10:30am

Place: Boys & Girls Club Age: 3-5 years old

Cost: \$30 (in-office registration) \$33 (online registration)

Tot Time

You aren't going to want to miss out on Toddler Tuesdays. This will be an exciting hour of movement, activities, games and art crafts. You and your toddler will have fun together as you enjoy time with new friends. This class will be in partnership with the Riverton Boys & Girls Club.

Registration Deadline: Friday, December 19 or until full

Dates: Jan. 6-27; Tuesdays Time: 9:30-10:30am Place: Boys & Girls Club Age: 2-4 years old

Cost: \$20 (in-office registration) \$23 (online registration)

YOUTH SPORTS

Little Spikers Volleyball

Boys and girls in first, second and third graders 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 the gym.

Registration Deadline: Friday, September 19

Date: Sept. 24-Oct. 15; Mon/Wed

(no practice on October 13)

Time: 4:30-5:15pm

Place: Willow Creek Elementary Gym

Age: 1st-3rd grade

Cost: \$30 (in-office registration) \$33 (online registration)

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 abilities are encouraged to use this opportunity to improve on skills and tactics of the game!

Registration Deadline: Friday, September 19

Date: Sept. 24-Oct. 15; Mon/Wed

(no practice on October 13)

Time: 5:30-6:30pm

Place: Willow Creek Elementary Gym

Age: 4th-6th grade

Cost: \$30 (in-office registration) \$33 (online registration)

Playmaker Basketball League

Our Playmaker Basketball Development League combines cliniclike instruction and small-sided game play in a program that will solidly prepare our boys and girls for the future of Wolverine Basketball. This program has been developed in consultation with the Spartan and Wolverine Basketball coaches and structured for the maximum benefit for players of all skill levels and abilities.

Playmaker Development League: 5th-6th grade

The 'R' Rec Playmaker Basketball for 5th and 6th grade girls and boys will focus on developing fundamental skills, game strategy and teamwork through group instruction and intramural game competition. In addition to the intramural games, the players will have the opportunity to play competitive games against other schools. Players are asked to NOT arrive at Rendezvous Elementary School prior to 4:20pm.

5th/6th Grade Girls Season:

Registration Deadline: Friday, October 10

Dates: Oct.14-Nov. 13; Mon/Tues/Thurs

Allstar week: Nov. 17-20 with games on Nov. 22

Time: 4:30-6pm

Place: Rendezvous Elementary Gym

Age: 5th-6th grade

Cost: \$50 (in-office registration) \$55 (online registration)

5th/6th Grade Boys Season:

Registration Deadline: Friday, January 9

Dates: Jan. 12- Feb. 12; Mon/Tues/Thurs

Allstar week: Feb. 16-19 with games on Feb. 21

Time: 4:30-6pm

Place: Rendezvous Elementary Gym

Age: 5th-6th grade

Cost: \$50 (in-office registration)

\$55 (online registration)





Transition League: 3rd-4th grade

3rd/4th Grade Girls Season:

Registration Deadline: Friday, October 17

Dates: Oct. 20- Nov. 19; Mon/Wed

Time: 6-7pm

Place: Rendezvous Elementary Gym

Age: 3rd-4th grade

Cost: \$30 (in-office registration) \$33 (online registration)

3rd/4th Grade Boys Season:

Registration Deadline: Friday, January 16

Dates: Jan. 19- Feb.18; Mon/Wed

Time: 6-7pm

Place: Rendezvous Elementary Gym

Age: 3rd-4th grade

Cost: \$30 (in-office registration) \$33 (online registration)

Rookie League: 1st-2nd grade

1st/2nd Grade Girls Season:

Registration Deadline: Friday, October 24

Dates: Oct. 27- Nov. 19; Mon/Wed

Time: 5:30-6:30pm

Place: Aspen Elementary Gym

Age: 1st-2nd grade

Cost: \$30 (in-office registration)

\$33 (online registration)

1st/2nd Grade Boys Season:

Registration Deadline: Friday, January 16

Dates: Jan. 19- Feb. 11; Mon/Wed

Time: 5:30-6:30pm

Place: Willow Creek Elementary Gym

Age: 1st-2nd grade

Cost: \$30 (in-office registration)

\$33 (online registration)

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

Kindergarten Session 1:

Registration Deadline: Friday, October 24

Dates: Oct. 28- Nov. 13; Tues/Thurs

Time: 5:30-6:15pm

Place: Aspen Elementary Gym

Age: Kindergarten

Cost: \$30 (in-office registration)

\$33 (online registration)

Kindergarten Session 2:

Registration Deadline: Friday, January 16

Dates: Jan. 20- Feb. 5; Tues/Thurs

Time: 5:30-6:15pm

Place: Aspen Elementary Gym

Age: Kindergarten

Cost: \$30 (In-office Registration)

\$33 (Online Registration)

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. Our coaches who will lead this camp have many years of coaching wrestling at the high school and middle school level. Wrestlers are asked to wear athletic clothing and bring water. Wrestling head-gear is optional.

Registration Deadline: Friday, December 19

Date: Dec. 29-30; Mon/Tues Time: 9-10am; 4-6 years old

(six-year-olds with little to no experience)

10-11am; 6-8 years old

(six-year-olds with experience)

Place: RHS Wrestling Room

Age: 4-8 years old

Cost: \$30 (in-office registration)

\$33 (online registration)

YOUTH & FAMILY ACTIVITIES

Community Tailgate Party

Let's cheer on the Wolverine Football team as they take on the Torrington Trailblazers! R Recreation is excited to bring you our 3rd annual Community Tailgate Party on Friday, October 17. Festivities will begin at 4pm, there will be games, bouncy houses, laser tag, face painting, corn hole, and other yard games. Local groups will be fundraising with tasty treats and fan gear for sale, making it a fun-filled event for all ages. Bring your team spirit, loudest cheering voices, and enjoy an evening of entertainment, community fellowship, and Wolverine pride!

Date: Oct. 17; Friday

Time: 4-6pm

Place: RHS, north side of building

Age: ALL

Intro to Timed Horse Events

This is a great opportunity for the youth in our community to ride in the new CWC Ag & Equine Complex while receiving introductory riding and timed event instruction from experienced and accomplished instructors. These



clinics are for the beginner-intermediate level and all riders must have their own horse.

Intro to Specialty Events

- * Barrels
- * Poles
- * Specialty Events
- * Breakaway

Intro to Roping

- * Groundwork
- * Dummy Work
- * Breakaway
- * Basic horsemanship for roping dummies

Registration Deadline: Friday October 17

Date: Oct. 19; Sunday

Time: 9am-12pm: Intro to Timed Events

1-4pm: Intro to Roping

Place: CWC Ag & Equine Complex

Age: 10 years and older

Cost: \$50 per session (in-office registration)

\$55 per session (online registration)

Requirements: Must provide your own horse

Dads and their Princesses

Treat your little princess to a magical outing! Dads and daughters are invited to the CWC Cosmetology Department to learn how to braid her hair in a beautiful princess style, guided by our skilled students. Each princess will enjoy refreshments and a sparkling tiara to complete her look. Afterward, you will create matching friendship bracelets with Dad while indulging in sweet desserts. It will be an unforgettable night of bonding, beauty, and creativity. Get registered early as space is limited.

Registration Deadline: Friday, November 7 or until full

Date: Nov. 13; Thursday Time: 5:30-6:30pm

Place: CWC Cosmetology School

Age: 3-8 years old

Cost: \$20 (in-office registration) \$23 (online registration)

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 the following performances:

A Veteran's Day Concert

Registration Deadline: Friday, September 26

Dates: Auditions: Sept. 30

Rehearsal: Oct. 1– Nov. 10 Performances: Nov. 11 Time: Rehearsals Sunday through Saturday, 6-9pm

Place: CWC, Robert A. Peck Art Center

Age: 8 years and older

Cost: \$35 (in-office registration) \$38 (online registration)

A Very Groovy Christmas Carol

Registration Deadline: Friday, September 26

Dates: Auditions: Sept. 30

Rehearsal: Oct. 1- Nov. 19

Performances: Nov. 20-24 and Dec. 4-7 Time: Rehearsals Sunday through Saturday, 6-9pm

Place: CWC, Robert A. Peck Art Center

Age: 8 years and older

Cost: \$35 (in-office registration) \$38 (online registration)

The Secret Garden

Registration Deadline: Friday, January 23

Dates: Auditions: Jan. 20

Rehearsal: Jan. 21- Mar. 18

Performances: Mar. 19-23 and Mar. 26-29 Time: Rehearsals Sunday through Saturday, 6-9pm

Place: CWC, Robert A. Peck Art Center

Age: 8 years and older

Cost: \$35 (in-office registration) \$38 (online registration)

CWC Summer Musical

Registration Deadline: Friday, April 3

Dates: Auditions: Apr. 7

Rehearsal: Apr. 8– Jun. 17 Performances: Jun. 18-Jun. 28

Time: Rehearsals Sunday through Saturday, 6-9pm

Place: CWC, Robert A. Peck Art Center

Age: 8 years and older

Cost: \$35 (in-office registration) \$38 (online registration)

'R' Family Open Gym

Here is a great way for kids and families to break up the monotony of the winter months. After dinner is finished and the homework is done come out and play! There will be a volleyball net (if enough participants) 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 (i.e., baseball mits, balls, soccer, etc). All children under the age of 12 must be with an adult.

Dates: Dec 2, 9, 16; Tuesdays

Feb. 10, 17, 24; Tuesdays

Time: 7-8:30pm

Place: Riverton Middle School

Cost: No Charge



Riverton Holiday Festival

Gather downtown as we kick off the holiday season together with the theme, 'Making Spirits Bright!' The Depot will be serving hot chocolate and cookies, R Rec will hand out festive Christmas surprises, and Santa himself will be there to light up Main Street! More information at rivertonholidayfestival.com.

Date: Dec. 6; Saturday

Time: 6pm

Place: Jason's Park (Behind the Depot)

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 and business skills in this course. Students will use manikins 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, December 19

Date: Dec. 22, Monday

Time: 9am-3pm

Place: CWC Health & Science, room 210

11-14 years old

Cost: \$75 (in-office registration)

\$80 (online registration)

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

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 for those who have their own skates.

Skate rentals will be available for \$5 on the following schedule: Opening Date through December 19:

Fridays: 3-5pm Saturdays: 12-5pm

Sundays: 12-5pm

Christmas Break (Dec 20-Jan. 4):

Daily Christmas Break: 12-5pm

December 24, 25: No Rentals Available

December 31: 1-4pm January 1: 1-4pm

*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 is 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. Each activity has limited space and is assigned on a first-come, first-serve basis so get registered early to ensure your spot! We will NOT be accepting late registrations so be registered by 4pm on Friday.

Registration Deadline: Friday, February 13 at 4pm

Date: Feb. 14; Saturday

Time: Doors open and check in at 8:30am

Sessions are from 9am-12pm

Place: Riverton Middle School Age: 1st-8th grade girls

Cost: \$15 (in-office registration)

\$18 (online registration)

ADULT HEALTH AND FITNESS

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. It will have an emphasis on core, balance, and flexibility. It 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 will be led by instructor Kenna Sweglar, Certified Fitness Trainer.

Registration Deadline: Until class is full

Date: Sept. 16-Nov. 20; Tues/Thurs

Time: 5:30-6:30pm

Place: CWC Fitness Center Age: 18 years and older

Cost: \$70/10-week session (in-office registration)

\$75 (online registration)

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. It will have an emphasis on core, balance, and flexibility. It 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 will



be led by instructor Kenna Sweglar, Certified Fitness Trainer.

Registration Deadline: Until class is full

Date: Sept. 17-Nov. 21; Wed/Fri

Time: 5:15-6:15am

Place: CWC Fitness Center Age: 18 years and older

Cost: \$70/10-week session (in-office registration)

\$75 (online registration)

Grace Yoga

Grace Yoga is the perfect mid-day reset designed to fit right into your lunch break. This gentle yet energizing class blends moving meditation, stretching, and breathwork to release tension, explore posture, breath awareness, restore focus, and re-energize your body and mind. Whether you're at a desk all morning or just need a mindful pause, Grace Yoga helps you return to work feeling refreshed, centered, and balanced, no experience required. The class will be guided by Yoga Instructor Becky Rosty, CYI-200. Beginners are welcome. Mats & props will be provided.

Registration Deadline: Friday prior to each session

Dates: Session 1: Sept. 17-Oct. 22; 6 weeks Session 2: Oct. 29-Dec. 10; 6 weeks Session 3: Jan. 21-Feb. 18; 5 weeks

Day: Wednesdays Time: 12:10-12:50pm

Place: CWC Art Center, room 138

Age: 18 years and older

Cost: \$50/6 week session (in-office registration) \$54/6 week session (online registration) \$40/5 week session (in-office registration) \$44/5 week session (online registration)

Adult Coed Recreational Volleyball League

Get your squad together to have a good time in our recreational volleyball league! There will be 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. Full league rules will be addressed at the Captains Meeting. A tournament will conclude the league play. Each team is required to ref and scorekeep for another game during the evening). Limited to 8 teams.

Registration Deadline: Friday, September 26 or until full

Dates: Sept. 29-Nov. 17; Mondays

Time: 6:30-8:30pm

Place: Riverton Middle School Gym

Age: 18 years and older

Cost: \$80/team (in-office registration) \$85/team (online registration)

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. Full league rules will be addressed at the Captains Meeting. A season tournament will conclude league play. Each team is required to ref and scorekeep for another game during the evening. Limited to 8 teams.

Registration Deadline: Friday, September 26 or until full

Dates: Oct. 1-Nov. 19; Wednesdays

Time: 6:30-8:30pm

Place: Riverton Middle School Gym

Age: 18 years and older

Cost: \$80/team (in-office registration) \$85/team (online registration)

Adult Pickleball

Looking for a fun and engaging way to stay active? Come join us for open play pickleball! Pickleball is a fantastic sport that combines elements of tennis, badminton, and ping-pong. It's easy to learn, great for all ages, and perfect for both beginners and seasoned players. Whether you're looking to improve your skills, meet new people, or just have a great time, pickleball is the game for you. Players must be 18 years and older. Register early because there is a limit to the number of players we can accommodate and this is a popular program! All equipment is provided.

Registration Deadline: Friday, October 3

Dates: Oct. 8-Nov. 12; Wednesdays

Time: 6:30-8pm

Place: Riverton High School Gymnasium

Age: 18 years and older

Cost: \$30 (in-office registration)

\$33 (online registration)

SPECIAL INTERESTS

BINGO

This is not your grandma's BINGO, it's the lively and loud 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 non-profit 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.

Dates: Sept. 25; Sports Jersey

Oct. 23; Halloween Costumes

Nov. 20; Ugly Sweaters

Day: Thursdays Time: 6:30pm-8:30pm

Place: CWC Student Center Cafeteria

Cost: \$20 for 20 Bingo Sheets; Daubers for \$2



Sourdough 101

Learn the basics of everything sourdough with the "bread winch of Central Wyoming" Mitchell Barnett, Wyoming born and bread (get it?), sourdough nerd and founder of Wyoming Bread, a cottage law bakery that provides sourdough baked goods to 3 markets across Wyoming. In this class we will cover basic bread starter and sourdough maintenance while also preparing delicious goodies with sourdough discard in class! Register early as space is limited. Bring a mixing bowl, Mason jar and sturdy stirring spoon, along with your sense of humor and be ready to feel confident baking sourdough at home.

Registration Deadline: Friday, October 3

Date: Oct. 11; Saturday

Time: 9-11am

Place: Riverton Middle School; Home Ec Room

Age: 13 years and older

Cost: \$35 (in-office registration) \$38 (online registration)



Cozy Candle Workshop

Fall is the season of cozy candles and all the best autumn scents! Come join us for a fun tea party where you will make



your own candle and decorate a tea towel to take home. It's the perfect chance to be creative and connect and socialize with other people with similar interests. Enjoy light refreshments as you craft and take a break from the routine of everyday life. We can't wait to spend this cozy fall afternoon with

you! All supplies are provided. Register quickly as space is limited.

Registration Deadline: Friday, October 3

Dates: Oct. 11; Saturday Time: 11am-1pm Place: CWC Cafeteria Age: 15 years and older,

or 6 years and older with a guardian

Cost: \$30 (in-office registration)

\$33 (online registration)

CSI Presentation for Adults

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 fingerprint 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 opportunity to ask a forensic scientist those tricky questions. Our instructor, Lynne Dean, was a Latent Fingerprint Examiner for 35 years at King County Sheriff, Seattle, Washington and has qualified as a Forensic Scientist. 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 10

Dates: Oct. 18; Saturday Time: 9am-12pm

Place: CWC Health & Science, room 214

or via Zoom in your home

Age: 18 years and older due to graphic content

Cost: \$40 (in-office registration) \$45 (online registration)

Supplies: Participants will need to bring a roll of Scotch tape and ONE of the following; clear sheet protector, soda can, glass bottle or ceramic drinking mug.

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.
- Key foods to include and avoid for balanced energy, mood, and metabolism.
- Practical meal-planning tips tailored to your lifestyle.
- Simple, delicious recipes to promote hormonal harmony.

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 for an empowering session that will leave you feeling informed, inspired, and equipped to thrive. Gain actionable steps to create lasting hormonal balance and improve your overall health through nutrition. Our instructor, Tinsley Erickson, is 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, October 31

Date: Nov. 3; Monday Time: 6:30-8:30pm

Place: CWC Health & Science, room 210

13 years and older Age:

Cost: \$50 (in-office registration) \$55 (online registration)

Canvas & Coffee

Get ready to spark your creativity! Join us for a unique

paint and sip class where the "sip" means enjoying brewed coffee, choose from lattes, mochas, or drip brew. Whether you're a painting pro or just looking to try something new, we'll guide you step-by-step to create your own fall themed colorful masterpiece.



This is a great opportunity to enjoy

a cozy, fun atmosphere perfect for friends, dates, or solo creative time.

Registration Deadline: Friday, November 7

Date: Nov. 8; Saturday Time: 11am-1pm Place: CWC Cafeteria Age: 15 years and older

Cost: \$40 (in-office registration)

\$44 (online registration)

Computer Training

Register for one computer class or all three for \$130 (in-office registration) or \$140 (online registration)

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, October 29

Date: Nov. 1; Saturday Time: 9am-1pm

Place: CWC Health and Science Center, Room 214

Cost: \$40 (in-office registration) \$44 (online registration)

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, November 5

Date: Nov. 8; Saturday

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

Place: CWC Health and Science Center, Room 214

Cost: \$60 (in-office registration

\$65 (online registration)

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, November 12

Date: Nov. 15; Saturday

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

Place: CWC Health and Science Center, Room 214

Cost: \$60 (in-office registration) \$65 (online registration)

Ballroom for Two

Bring your partner and learn Ballroom dance and various styles within the partner dancing realm including ballroom swing, foxtrot and waltz. You will be enthralled with how these styles of dance are then adaptable to line dancing, reception dancing and any other time you find yourself wanting to join the fun on the dancefloor. Regan Marynowski, a dance instructor for over 30 years, will be leading this class ensuring it's a special evening for each couple. Light hors d'oeuvres and wine will be offered.

Registration Deadline: Friday, October 31

Date: Nov. 7; Friday Time: 6-7:30pm

Place: Main Street Dance, 401 S. 1st Street

Age: 18 years and older

Cost: \$40/couple (in-office registration) \$44/couple (online registration)



Fun Holiday Baking

Join us for some unique holiday baking fun! Our chef, Pam Rivers, will teach you all the culinary tips and tricks for making delectable Pavlova, French macarons, Yule Log cake and the best pies. Instructor Pam Rivers has been the Superintendent of Open Culinary Events at the Fremont County Fair for many years, and will be teaching these four holiday cooking classes. Participants will prepare the following items that they can take home and share with their family and friends:

November 4: Delectable Pavlova November 11: French Macarons

November 18: Yule Log Cake (Bûche de Noel) (can be frozen and used for Christmas Dinner) November 25: Fruit Pie and Pumpkin Pie

(bring two 9" glass pie pans to take your two pies home in)

Registration Deadlines: Friday before each class or until full

Dates: Nov. 4-25; Tuesdays

Time: 6-8:30pm

Place: Riverton High School, Home Ec Classroom

Age: 15 years and older,

or 10-14 years with a guardian

Cost: \$35/class or \$120 for all 4 classes (in-office registration)

\$38/class or \$130 for all 4 classes (online registration)



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. This class will emphasize the learning of Christmas songs.

Registration Deadline: Friday, January 23

Date: Jan. 31; Saturday Time: 9am-12pm

Place: From your home on Zoom

Age: 13 years and older

Cost: \$60 (in-office registration) \$65 (online registration)

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. This class will emphasize the learning of Christmas songs. A recording of the class is included as well. Class limited to 15 students.

Registration Deadline: Friday, January 23

Date: Jan. 31; Saturday

Time: 1-3:30pm

Place: From your home on Zoom

Age: 13 years and older

Cost: \$60 (in-office registration)

\$65 (online registration)

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 accom-modate Game & Fish maximum student limits of 30 per class. Attendance at all 5 class meetings and field day is required. Instructor, Tim Pierce, holds certification to teach this course from the Game and Fish. Parents are welcome to accompany youngsters.

Registration Deadline: Session 1: Friday, January 30 Session 2: Friday, April 3

Date: Session 1: Feb. 2, 5, 9, 12, 16

with Field Day on Feb. 21; Monday & Thursday (No class on Feb. 16, moved to Tuesday, Feb. 17)

Session 2: Apr. 6, 9, 13, 16, 20

with Field Day on April 25; Monday & Thursday

Time: 6:30-9:30pm (classroom times)
Place: CWC Health and Science, Room 100

Cost: \$20

ADDITIONAL RECREATIONAL OPPORTUNITIES

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. Rustler Gym, the Climbing Wall and pickleball/tennis court need to be reserved by calling Debbie Graham, CWC Facilities Scheduler, at 307-855-2036 during normal office hours.

Fall Harvest Festival

The annual Riverton Downtowners Fall Harvest Festival is scheduled for Saturday, September 27 from 12-6pm 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.

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 4th at 6:30pm at the Fremont Therapy parking lot, 2002 W. Sunset Drive. 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 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 support-ive relationships, outcome-based activities, and high expectations. For more information about the Riverton Boys & Girls Club please contact pblakeley@bgccw.org or visit bgccw.org/riverton.

Riverton Senior Citizen Center

Where the mission is to support the independence of our seniors

The Riverton Senior Citizen Center is serving the senior population in our community through daily activities, meals, meals on wheels, transportation, and interaction. The center is located at 303 E. Lincoln Avenue. Ongoing activities includes: Friday and Saturday Night Dances, weekly Bingo, and the monthly Alzheimer's and Other Dementia Education Series for caregivers. For more information on activities they can be reached at 307-856-3546 or via email at rscwyo@gmail.com.

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!

Fremont County Ice Hockey Association

The Fremont County Ice Hockey Association has teams for ages 6-18 years old of all skills and abilities (no prior playing or skating experience is required as we provide instruction for everyone). The hockey teams participate in the Wyoming Amateur Hockey League (WAHL) against teams from other cities all around Wyoming from November 1-March 7 (20 games total; 10 home/10 away)

Cost/Age: 18U: \$350

14U: \$275 12U: \$250

10U: \$220

Practice Only (All Ages): \$100

(registration fee includes full equipment rental if needed)

To register or if you want more information go online to www.10hockey.com or find us on Facebook, Fremont County Ice Hockey. Must have a USA Hockey Number to register https://www.usahockey.com/

Email for the general club is contactfciha@10hockey.com



USA Wrestling

USA Wrestling is a great program for youth ages 4 through High School who want to learn the sport of wres-tling 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 2026. 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.

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

The Central Wyoming Center for Art, Technology and Science (C.A.T.S.), located at 120 S 3rd St E in Riverton, Wyoming, is Fremont County's family friendly destination for hands on learning, creativity, and play. It encourages children to explore art, science, and technology through interactive exhibits and engaging programming, whether it is experimenting with different media, tinkering with technology, or diving into science projects. C.A.T.S. regularly hosts themed STEAM Saturdays such as Bubble Bonanza or Pumpkin Adventures, birthday parties, and other fun educational events aimed at fostering curiosity and community engagement. For more information, visit their website rivcats.org or contact them at rivertonwycats@gmail.com, 307-463-0313, or on their Facebook page.

Central Wyoming College Cosmetology Salon Services

Pamper yourself at Central Wyoming College without spending a fortune! The Cosmetology Department offers haircuts, color, styling, manicures, pedicures, facials and waxing at affordable prices while giving CWC students a chance to practice their skills. Discounts are available for children, students and seniors. Call 307-855-2326 for more information, pricing or to schedule your appointment. Visit CWC Cosmetology in the Pro-Tech Building on the CWC Campus and treat yourself today.

CWC Ag & Equine Complex

The Rustler Ag & Equine Complex has a variety of programs scheduled for the fall 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 College Jackpots:

Dates: October 18 November 22 January 31 February 21 March 21 April 18 Time: Starts at 9am

Cost: Open: \$50; Youth: \$30; Peewee: \$20

Community Entry Services Festival of Trees

Get into the holiday spirit at the annual Festival of Trees. Bring the whole family on December 4 for a magical evening of dazzling trees, festive activities, and holiday cheer. Then dress up for the Gala on December 5 where you will enjoy an elegant night of dining, auctions, and celebration, all while supporting the wonderful mission of Community Entry Services.

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.

Scan the QR Code below to follow us on Facebook!



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

www.rrecreation.com



Riverton Aquatic Center

2025 Fall Schedule/Lessons

2001 West Sunset Dr

307-856-4230

Fall Hours (August 18-August 30)	Winter Hours (Sept 2-Feb 27)	SPECIAL SCHEDULE (Nov 24-28) & (Dec 22-Jan 2)
Week Days	Week Days	Week Days
6:00 AM - 8:00 AM (M-F) LAP SWIM 6:15a-5:45p District use if scheduled 8:30 AM - 10:00 AM (TU-F) LAP SWIM 10.30 AM - 2:00 PM (M-F) LAP SWIM 6:00 PM-8:00 PM (M-F) REC SWIM	6:00 AM - 8:00 AM (M-F) LAP SWIM 6:15a-5:45p District use if scheduled 8:30 AM-10:00 AM (TU-F) LAP SWIM 10:30 AM - 2:00 PM (M-F) LAP SWIM 7:30 PM - 8:30 PM (T-W) LAP SWIM 6:00 PM -8:30 PM (F) REC SWIM	6:00a-8:00a LAP SWIM 8:30a-10:30a REC SWIM 12:00p-1:30p LAP SWIM 2:00p-4:00p REC SWIM 6:00p-8:00p REC SWIM
Saturday	Saturday	Saturday
11:00 AM-1:00 PM REC SWIM 4:00 PM - 6:00 PM REC SWIM	11:00 AM-1:00 PM REC SWIM 4:00 PM - 6:00 PM REC SWIM	11:00 AM-1:00 PM REC SWIM 4:00 PM - 6:00 PM REC SWIM

Pool Closures

Labor Day Aug 31-Sept 1 * Thanksgiving Nov 27-28 * Christmas Dec 25-26 * New Years Dec 31-Jan 1

Winter Swimming Lessons:

November 10-20 (M-TH) registration starting 10/20

Group Classes: \$45/participant, for 2 wks = 8 classes - 3:45p-4:30p/ 4:40p-5:10p/ 5:15p-5:45p Private Classes: \$15/class up to 8 classes - 4p-4:30p / 4:30p-5:00p / 5:00p-5:30p

· Have questions about swim lesson registration? Give us a call at the pool-we're happy to help!

Daily Admission Fees

cash or check only

Preschool (4&U)..FREE* Student (5-18).....\$2.00 Adult (19-54.....\$4.00 Senior (55&O).....\$2.00

*All children under the age of 8 MUST be accompanied by an adult

*All children under the age of 3 must be accompanied by a paid quardian in the water

Memberships

8	Student (5-18)	Adult (19-54)	Senior (55+)	Fam (max 7)
Monthly	\$20	\$50	\$20	\$70
3 Mon	\$50	\$125	\$50	\$170
6 Mon	\$95	\$240	\$95	\$335
Yearly	\$170	\$430	\$170	\$540

Memberships are a savings of 38-40% as compared to Daily Admission Fees

Punch Cards

\$tudent- 25 punches \$40.00 Adult- 25 punches \$60.00 Senior- 25 punches \$40.00 Family - 25 punches \$65.00

All Punch Cards expire 1 year from the date of purchase. PC's are non-refundable or transferable and cannot be redeemed as cash. (1) punch per person per visit. The RAC is not responsible for

The RAC is not responsible for lost or stolen cards.

^{**}The schedule is subject to change without notice. Please call the pool for additional schedule changes**

https://www.fremont25.org/page/riverton-aquatic-center



Riverton Branch Library

1330 W. Park Avenue | 307-856-3556

Monday 1-5pm | Tuesday-Thursday 11am-7pm | Friday 11am-6pm | Saturday 11am-4pm

Visit our website for additional resources! www.fclsonline.org

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! Meeting Rooms, Archives, & Resources available daily.

MEET, LEARN, CONNECT, RIVERTON BRANCH LIBRARY- THE PLACE TO BE!



UPCOMING PROGRAMS & EVENTS

YOUTH PROGRAMS

LEGO CLUB

September 2, 9, 16, 23, 30

Come join us on Tuesday afternoons at 3:30- 5 pm in the RBL Children's Theatre. It is open to kids of all ages and no registration is required. Legos and building challenges are provided!

STORYTIME TALES AND TUNES

September 3, 10, 17, 24

Join us at the Riverton Branch Library for songs, stories and crafts at 11 am on Wednesdays! For newborns to 5 years old.

HOMESCHOOL HANGOUT

September 4, 11, 18, 25

Stop by RBL for a weekly hangout on Thursday afternoons from 1:45-2:45pm! We'll have games, crafts and activities for all.

ADULT PROGRAMS

CREATIVE WRITING GROUP

September 6, 18

Join us for the first Saturday 11 AM -12 PM, and third Thursday 5:30-6:30 PM of each month. RBL's Creative Writing Group is a great place to write, read, and talk about what you've written and read. Give us a call at (307) 856-3556 for more details.

BOOKWORM'S BUFFET BOOK CLUB

September 20

Join Riverton Branch Library's monthly book club, now meeting on the THIRD Saturday of the month from 1:30-2:30pm! This month we will be devouring The Midnight Library by Matt Haig. Zoom link will be available for those who cannot attend in person.

Like & follow us on Facebook for additional events and details! www.facebook.com/rivertonbranchlibrary

WINTER BREAK HOURS

Nov. 25-28 | Closed for Thanksgiving Dec. 23-Jan. 2 | Closed for Christmas Break

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



