



Spring 2020

Online Registration Available
www.rrecreation.com

CITY of RIVERTON



RECREATION
AND CWC COMMUNITY EDUCATION



What's Inside

2020 Spring 'R' Recreation Brochure

January - May, 2020

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'R' RECREATION/COMMUNITY EDUCATION

Mary Axthelm: Program Manager	855-2015
Kelly Anderson: Activities Coordinator	855-2190
Francesca Jones: Community Education	855-2172

The 'R' Recreation office is located at the CWC Professional Technical Center and the Community Education office is located at CWC Main Hall, Rustler Central.

CWC • 2660 Peck Avenue • Riverton WY 82501

CITY OF RIVERTON COUNCIL

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

CITY OF RIVERTON PHONE NUMBERS

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

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

PAYMENT AND REFUNDS

Registration and payment of each class is required at the time of registration. We MUST have a 48 hour notice if you are canceling your registration for a program. Any cancellations made within 48 hours of the class will NOT be refunded. 'R' Recreation does not "save spots" for any programs without proper registration and payment of fees. Phone reservations will not be accepted.

IMPORTANT

'R' Recreation and Community Education take great pride in being able to keep programs at an affordable cost for our community. Starting with our Spring 2020 programs there will be a processing fee for all online registrations at rrecreation.com. Registrations with cash or check are accepted in our office Monday-Friday, 8am-5pm or anytime with our convenient afterhours secure drop box.

MONTHLY FUN CLUB

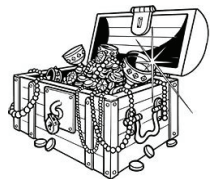
Sign up for just one Saturday event or sign up for all three! Once each month we will have an exciting and entertaining activity for your preschooler, ages 3-5 years.

TREASURE HUNT

Can you follow a treasure map leading to a daring expedition? Let's strike it rich by following a weathered pirate map, looking for clues, and solving riddles along the way.

Registration Deadline: Friday, January 17

Date: January 25; Saturday
 Time: 10-11:30am
 Place: CWC Arts Center, Room 138
 (Dance Studio)
 Cost: \$10



OBSTACLE COURSES and OPEN GYM

In and out, over and under, back and forth, fast and slow, through the obstacle course you will go! Enjoy the structured courses and time for free play in the gym.

Registration Deadline: Friday, February 14

Date: February 22; Saturday
 Time: 1-2:30pm
 Place: Tonkin Activity Center Gym (enter at the main set of North facing glass doors behind Tonkin bleachers)
 Cost: \$10

DANCE CAMP

Let's get the spring rocking and rolling! Enjoy an energetic morning learning basic jazz and ballet with some hip hop thrown in the mix.

Registration Deadline: Thursday, March 19

Date: March 28; Saturday
 Time: 10-11:30am
 Place: CWC Arts Center, Room 138 (Dance Studio)
 Cost: \$10



KIDZ CORNER

Big Space Toddler Time

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

Registration Deadline: Friday, January 24

Dates: February 1-March 14; Saturdays

Time: 10-11am

Place: Tonkin Activity Center Gym (enter at the main set of North facing glass doors behind Tonkin bleachers)

Ages: 1-2 years old

Cost: \$30

Lil Hoopers Basketball Spring Session

Boys and girls, 3-4 years old come and join the fun and excitement with the Lil' Hoopers 'R' Basketball program. The program will emphasize appropriate skills, while encouraging participation and sportsmanship in a fun-environment. You won't find a better way to introduce the game of basketball! Register early because there are a limited number of kids allowed due to the age and size of gym.

Registration Deadline: Friday, February 14

Date: February 25-March 12; Tues/Thurs

Time: 4-4:45pm

Place: Jackson Elementary Gym

Ages: 3-5 years old (No Kindergarteners)

Cost: \$30



YOUTH SPORTS

Boys Playmaker Basketball (Wind River Conference League)

The 'R' Rec Playmaker Basketball for 5th/6th grade boys will be playing in county-wide league games in the Wind River Conference and developing fundamental skills, game strategy, and teamwork. *Please note that this is not a Riverton Middle School or Fremont County School District 25 activity.* Parents are responsible for transportation to games. Depending on the number of players there may be a game rotation implemented to maximize game time for all players. The registration fees will cover the cost of hiring coaches, referees and scorekeepers.

Registration Deadline: Friday, December 20

Date: January 13-February 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. Ft. Washakie 3:30pm/4:30pm/5:30pm

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/12pm

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

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 Transition League; 3rd-4th grade

Registration Deadline: Friday, January 10

Date: January 20 - February 19; Mon/Wed

Time: 5:30-6:30pm

Place: Rendezvous Elementary Gym

Cost: \$30

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: Willow Creek Elementary Gym

Cost: \$30

Co-ed Mini Playmakers; Kindergarten

Registration Deadline: Friday, January 17

Date: January 28 - February 20; Tues/Thurs

Time: 5:30-6:15pm

Place: Aspen Early Learning Center Gym

Cost: \$30

RYSA Indoor Soccer League

Here is the opportunity to play soccer year-round! Join RYSA soccer coaches in this fun, fast-paced soccer that is played indoors on Thursday evenings. There will be a variety of drills and games all designed to improve your soccer skills. Keep your game going during the winter months or give it a try for the first time, all skill levels are welcome and registration is ongoing!

Registration Opens: December 1, 2019

Date: January 9 - February 13; Thursdays

Times: 6-8pm; born in 2011 or younger @ St. Margaret's Gym

6-8pm; born in 2010 or older @ Riverton Middle School Gym

Cost: \$20 (checks made payable to RYSA)

'R' Rec registration form is not used for this program. The RYSA registration form is required and available at www.rivertonsoccer.org.



Little Spikers Volleyball

Boys and girls in 1st, 2nd or 3rd grade come and join the fun and excitement with the spring Little Spikers 'R' Volleyball program. The camp consists of a series of fun group activities and non-competitive short games. Little Spikers focuses on exercise, coordination, participation and basic volleyball skills. You won't find a better way to introduce the exciting game of volleyball!

Registration Deadline: Friday, February 14

Date: February 25-March 12; Tues/Thurs
 Time: 4:30-5:15pm
 Place: Willow Creek Elementary Gym
 Ages: 1st-3rd grade
 Cost: \$30

Junior 'R' Volleyball

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

Registration Deadline: Friday, February 14

Date: February 25-March 12; Tues/Thurs
 Time: 5:30-6:30pm
 Place: Willow Creek Elementary Gym
 Ages: 4th-6th grade
 Cost: \$30



307 Training

This new, high energy class will introduce your young athlete to the FUNdations of athletic movement. This program is focused on preparing the novice athlete to move forward and make strides in their sports training. The participants will be introduced to proper basic movement patterns like squatting, lunging, running, pushing, and pulling. The goal of this class is to give your young athlete a head start and the capacity to enjoy the rigors of the 'next level' and remain injury free. Get registered early as space is limited to ensure a quality instructor to student ratio and take advantage of this great opportunity to train with Teton's certified staff and state-of-the-art equipment.

Registration Deadline: Friday, January 31

Date: February 4-25; Tuesdays
 Time: 3:45-4:45pm
 Place: Teton Athletic Club
 Ages: 4th-8th graders
 Cost: \$30

Lil Rustler Volleyball Camps

These fast paced, energy filled camps are for all players interested in volleyball and who want to develop basic skills, as well as more advanced positional skills. The camps will be led by Darshaya Gallard, Head Volleyball Coach at Central Wyoming College and the Rustler Volleyball team. Players will be guided and taught all the volleyball skills necessary to be successful at any level of competition. Regardless of your current level, you won't want to miss the opportunity to work along-side our collegiate athletes and their coach, a former professional player who is willing to share all her secrets of the game! See registration details below.

Registration Deadline: Friday, February 21

Dates/Times:

February 21; Friday

4-5:30pm: K-5th grade
 5:30-7pm: 6th-8th grade
 7-8:30pm: 9th-12th grade

February 22; Saturday

9-10:30am: K-5th grade
 10:30am-12:30pm: 6th-8th grade
 1-3:30pm: 9th-12th grade
 3:30-4:30pm: 2020 Graduate Open Tryout

Place: CWC Gym

Cost: K-5th grade both days, \$40;
 6th-8th both days, \$45;
 9th-12th both days, \$55
 Sibling rates apply for K-8th graders (2) \$70,
 9th-12th graders (2) \$80
 Camp for One Day, \$30

Register: Register in advance by calling Coach Gallard at (307) 855-2322 (o) or (949) 607-6658 (c), email volleyball@cw.edu, in the 'R' Recreation office, or at the gym on day of camp.

CWC Rustler Soccer Camp

Come out and meet the CWC Rustler coaches and players of the inaugural team! This camp will focus on improving foot skills, striking, and strategies of the game. What a great way to spend a Saturday being involved in dynamic, interactive drills, and games and kick-off your spring soccer season. Your game will surely benefit from Coach Paskett's high energy instruction, his knowledge as a college coach, and experiences as a collegiate and international player.

Registration deadline: Friday, February 28

Date: March 7; Saturday
 Times: 10:30 am-Noon; 6u, 8u
 1-3pm; 10u, 12u
 Place: RHS Turf Field
 Cost: \$30

YOUTH & FAMILY ACTIVITIES

Think Spring Baking

Instructor Pam Rivers, Superintendent of Open Culinary Events at the Fremont County Fair for many years, will be teaching four cooking classes. Participants will prepare the following items that they can take home and share with their family and friends on the first Tuesday of each month.

Registration Deadline: Friday before each class

Dates: January 7 – Delicious muffins and biscuits (Class 1)
 February 4 – Meringue cups drizzled with chocolate and filled with strawberries topped with whipping cream (Class 2)
 March 3 – Amazing angel food cake (Class 3)
 April 7 – Easter art cookies (Class 4)
 Time: 6-8:30 pm
 Place: Riverton High School, Culinary Arts Room 259
 Cost: \$25/class or \$75 for all 4 classes (cost for supplies included)
 Age: Minimum 12 years of age

Valentine's Day Treat Holders

Does making Valentine's Day treat holders with your child or children sound fun to you? If so, this is the class for you! Instructor Leilani Schrock, a crafter for many years, will help you make 20 treat holders for your child to exchange with his/her friends. Come have a blast while using your creative talents!

Registration Deadline: Wednesday, January 22

Date: January 25; Saturday

Time: 10am-Noon

Place: CWC Intertribal Education & Community Center, Room 106

Cost: \$25 (Class cost includes supplies to make the treat holders. Candy not included.)

Age: Grade school students
(must be accompanied by an adult) and above



'R' Family Open Gym

Here is a great way for kids and families to break up the monotony of the winter months. After dinner is finished and the homework is done come out and play! There will be a volleyball net (if there is enough interest) and basketball hoops available for friendly pick-up games or just shooting around. Participants under the age of twelve must be supervised by an adult. Please bring your own basketball balls or volleyballs. Please note that the program will be cancelled if there is not adequate attendance.

Registration Deadline: Ongoing

Dates: February 4, 11, 18; Tuesdays

Time: 7-8:30pm

Place: Rendezvous Elementary Gym

Cost: Free

Wolverine Dance Camp

RHS Wolverine Dance team and coaches will be hosting a dance camp for current kindergartners through 5th graders. The camp will be Wednesday-Friday at the RHS Career Center commons. There will be dancing, crafts and a light snack. Please dress in something you can actively move around in and bring water to stay hydrated throughout the fun! Participants will receive a t-shirt to wear at their performance during half time of the Wolverine Boys varsity basketball game on February 8. Registration forms will be available at 'R' Recreation (not available for online registration); registration form separate than 'R' Recreation registration form.

Registration Deadline: Friday, January 31 (so t-shirts can be ordered)

Dates: February 5-7; Wed-Fri

Time: 4-5pm

Place: RHS Career Center

Performance Date:

Feb. 8 at boys' varsity game halftime
(dancers meet in RHS Lobby @ 3pm)

Performance Location: RHS Gym

Ages: K-5th grade

Cost: \$30 (includes t-shirt)

Ice Skating

at the Riverton Community Ice Rink

We love our community ice skating rink at TONKINFELLER PLAZA! If you haven't skated on the open-air rink yet this season then make it a priority! Whether you are a beginner, intermediate or novice skater you are sure to have a great time.

Ice skate rentals are available in youth and adult sizes for \$3 per pair.

The Rink is always open to the public during daylight hours or scheduled evening hours if you have your own skates. Keep an eye on our Facebook page for up to date information regarding the rink usage.

Scheduled hours for when skate rentals are available are:

Fridays: 3-8pm

Saturdays: 1-8pm

Sundays: 1-5pm



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

Lantern Ice Skating Party

Enjoy a fun evening of ice skating and write your new year's wishes on a floating lantern and watch them light up the night sky. There will be hot drinks and snacks available (see pricing below). Come skate with us and help the CWC Entrada Club raise money for their annual cultural trip. Participants are asked to pre-purchase lanterns by calling 855-2159 by 4 pm Friday, January 17. *CWC students will receive a free drink with their student ID or get \$1 off a package deal. Individual items can be purchased at the event with prices of \$3/skate rental, \$8/lantern, \$2/drink, \$1/snack.*

Date: January 18; Saturday

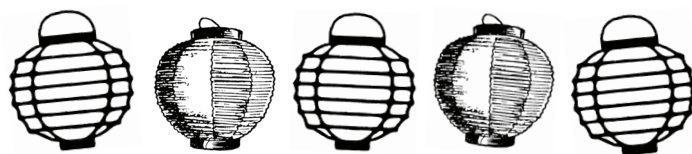
Time: 7-10pm

Place: Tonkin Community Skating Rink

Ages: All

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

To reserve lanterns by 4pm Friday, January 17 please call (307) 855-2159.



NGWSD



National Girls and Women in Sports Day invites all young women in Fremont County to participate in this year's annual event. Participants will have the opportunity to attend three activity sessions, choosing from more than twelve different options. These "Girls Only" events range from hip hop dance to TaeKwonDo and everything in between.

Sessions are led by notable Fremont County sports women. Each activity has limited space and is assigned on a first come, first serve basis so get registered early to ensure your spot!

Early Registration Deadline: Friday 5pm, February 21

Date: February 22; Saturday
 Time: 8:30am (doors open for check-in)
 9am-Noon (event sessions)
 Place: Riverton High School Gym
 Ages: 1st-8th grade girls
 Cost: \$15 in advance, \$25 on the day of the event

Victorian Tea

Instructor Pat Ward has hosted many Victorian Tea parties and is a wealth of knowledge about the Victorian era. You will learn about the clothing women wore during this time period, how fans were used as a discreet means of communication, and some information on Queen Victoria. There will be hats you can try on and wear during the class and fans available to practice what you will be taught. Invite a friend, your daughter, mom and come join us for tea and refreshments during the traditional time for tea.

Registration Deadline: Wednesday, April 22

Date: April 25; Saturday
 Time: 3-4:30pm
 Place: CWC Arts Center, Room 138 (Dance Studio)
 Cost: \$20; \$15 for 12 years of age and younger
 Age: Minimum 4 years of age
 (all young children must be accompanied by adult)



Rent a Community Garden Plot

The Riverton Community Garden is "natural" (pesticides and fertilizers 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 a community garden plot packet (application/contract, garden rules and pest control information), please call 855-2172 or email fjones@cw.edu. You may also pick the packet up in the 'R' Recreation Office in the ProTech Building at CWC. Each plot is \$45 for the 2020 season, \$35 for all returning gardeners.



COMPUTER TRAINING

Register for one computer class or all three for \$130.

Introduction to Computers & Microsoft Windows

Learn the basics of your personal computer. Instruction includes how to find out what programs are on your computer and how to get them so they are handy to use. Learn to set up your desktop the way you want it and how to organize your files so you can find things when you want them. 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: Thursday, January 9

Date: January 11; Saturday
 Time: 9am-1pm
 Place: CWC Health and Science Center, Room 214
 Cost: \$35

Microsoft Word

Students will learn basic formatting, including cut and paste, fonts, borders, pictures, and layout. This class will also cover printing envelopes and labels. You'll learn to get the most out of Microsoft Word for personal or professional use. Bring a 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: Thursday, January 16

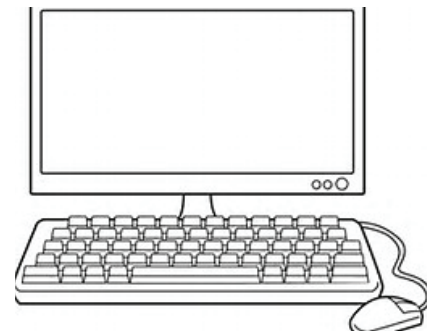
Date: January 18; Saturday
 Time: 9am-4pm (hour lunch break)
 Place: CWC Health and Science Center, Room 214
 Cost: \$55

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: Thursday, January 30

Date: February 1; Saturday
 Time: 9am-4pm (hour lunch break)
 Place: CWC Health and Science Center, Room 214
 Cost: \$55



HEALTH AND FITNESS FOR ADULTS

The Science of Getting Strong

Kinesiologist, current strength coach, and former NCAA Division 1 strength and conditioning coach, Joe Chizek, presents this class in an energetic environment. Designed to increase muscle while leaning and toning the body. Be able to understand how health and fitness directly impact other aspects of your life by correctly setting and achieving personal goals. An online forum or face-to-face consulting, nutrition coaching, and unlimited access to any questions you may have during these sessions are included. Space is limited to 10 students so register early.

**Registration Deadline: Thursday, January 2 (Session 1)
Thursday, February 6 (Session 2)
Thursday, March 19 (Session 3)**

Dates: Jan. 6 - Feb. 5; Mon/Wed (Session 1); No class 1/20
Feb. 10 - March 11; Mon/Wed (Session 2); No Class 2/17
March 23 - April 20; Mon/Wed (Session 3)

Time: 5-6pm

Place: CWC Fitness Center

Cost: \$199/session

Age: Adult

Adult Corn-Hole League

If you are one of the many who has some mad corn hole skills and want to play during the dreary winter months then get in on this! This new league is guaranteed to be a great time and get your A-game ready for summer! Two person teams will compete in pool-play format with the league culminating in a tournament. No cost to play but there will be money pots every Thursday for teams who want to enter the money games. Bags and boards provided. 16 team max for the league.

Registration Deadline: until league is full

Dates: January 9-February 27; Thursdays

Times: 7-9pm

Place: Riverton Country Club

Cost: Free

Ages: 18+

More Info and to Register: Grant at Tweeds Wholesale, 307-856-4118 or Tyler at Mike Yowell State Farm Agency, 307-856-4118

Adult Co-Ed Basketball League

Get your team together with friends, family or co-workers and compete in Riverton's first ever Co-Ed Basketball League. There must be a minimum of two girls per team on the court at all times. Due to liability and safety reasons no one under the age of 12 is allowed in the gym during games. Only space for 8 teams, registration will be accepted with full payment until the league is filled. Team captains are required to attend the Captains Meeting on Thursday, Jan. 16 at 7 pm.

Registration Deadline: Wednesday, January 15

Dates: January 19-March 8; Sundays

Time: 5pm, 6pm

Place: Central Wyoming College Gym

Cost: \$175/team

Ages: 18 years and older

Captains Meeting: Thursday, January 16 at 7pm in the 'R' Rec office (Pro-Tech Building)

Circuit HIIT

Make your day 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. 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 welcome. Class is led by Kenna Sweglar, Certified Fitness Trainer.

Evening HIIT

Registration Deadline: Friday, January 17

Dates: January 21-March 12; Tues/Thurs

Time: 5:30-6:30 p.m.

Place: CWC Fitness Center

Cost: \$70

Morning HIIT

**Registration Deadline: Monday, January 20 (Session 1)
Monday, March 23 (Session 2)**

Dates: January 22-March 13; Wed/Fri (Session 1)

March 25-May 15; Wed/Fri (Session 2)

(no class on April 10; makeup day 4/6)

Time: 5:15-6:15 a.m.

Place: CWC Fitness Center

Cost: \$70/session

Adult Pickleball

Pickleball is an exciting game that combines ping-pong, tennis and badminton. 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! Each session will include instruction to learn the skills followed by practice and round-robin play. The league will conclude with a fun tournament. Participants must be 18 years and older. Register early limited number of players.

Registration Deadline: Friday, February 7

Dates: February 12-March 18; Wednesdays

Time: 7-8:30pm

Place: Riverton High School Gym

Cost: \$20 per person

Adult Co-Ed Volleyball League

Get your squad together to have a good time in our adult coed volleyball league! This will be a blast! Teams can be any combination of men and women, but may not have more men. A 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, February 7

Dates: February 10-March 16; Mondays

Time: 7-9pm

Place: Riverton High School Gym

Cost: \$80/team

HEALTH AND FITNESS FOR ADULTS CONTINUED

Discover the Electrical Power Plants in Your Body!

Certified lymphologist, Karen Schroeder, will instruct students on the most powerful healing technology that you'll ever see, the body's lymphatic system! This system is the purification system of the body and is a vital part of the body's immune system, responsible for health and wellbeing. Discuss the "fuel" needed for the various cells in your body, how to "prime the pump" to get the fuel to where it needs to go, and learn to prevent and reverse disease naturally. *(Bring a notebook and writing utensil, wear comfortable clothing and bring water to drink.)*

Registration Deadline: Thursday, February 27

Dates: February 29; Saturday

Time: 1-5pm

Place: CWC Health and Science Center, Room 206

Cost: \$30

Age: 16 years of age & older

Medicare 101 - The Basics and Beyond

Learn 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 to enroll based on your circumstances. Designed for those turning 65 as well as those who want a better understanding of their Medicare benefits. The State Health Insurance Program through Wyoming Senior Citizens, Inc., presents this course.

Registration Deadline: Tuesday, April 14

Date: April 16; Thursday

Time: 5:30-7pm

Place: CWC Intertribal Education and Community Center, Room 116

Cost: Free

Medicare Supplemental Insurance - Medigap

Learn the core principles of Medicare supplemental plan options with an emphasis on when to enroll based on personal circumstances, what they cover, and cost of various plans. Designed for those turning 65, retiring, losing employer coverage, and/or those who want a better understanding of their Medicare supplemental benefits. The State Health Insurance Program through Wyoming Senior Citizens, Inc., presents this course.

Registration Deadline: Tuesday, April 21

Date: April 23; Thursday

Time: 5:30-7pm

Place: CWC Intertribal Education and Community Center, Room 116

Cost: Free

Using Medicare's Plan Finder Tool:

Comparing Medicare Prescription Drug Coverage Options

Get 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. Designed for those turning 65, retiring, losing employer coverage, and/or those who want 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: Tuesday, April 28

Date: April 30; Thursday

Time: 5:30-7pm

Place: CWC Intertribal Education and Community Center, Room 116

Cost: Free

SPECIAL INTERESTS

That's a Keeper (Sports Photography)

Grabbing that perfect shot of your child enjoying their favorite sport or activity is easier than you think. Learn how you can start capturing "keeper" shots at your very next event. Be prepared, this is a hands-on course that will have you taking pictures from the very start! You will enjoy the instruction and valuable information from Brant Nyberg, who has been taking sports photos for over ten years and photographed three different state championships in two states. His photographs have been published on Yahoo Sports, County 10, WyoPreps, News 13, and in Wyoming Lifestyles Magazine. *Students will need to provide their own cameras for the class.*

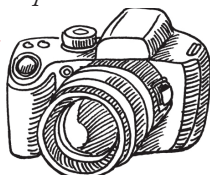
Registration Deadline: Friday, January 17

Dates: January 21-22; Tues/Wed

Time: 5:30-7pm

Place: CWC Main Hall, Room 163

Cost: \$30



Hunter 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 for hunters of any age before participation in the Teton Park Elk Hunt. The cost covers all materials. Hunter Safety is offered one time in Spring 2020 at CWC. **Attendance at all class meetings and field day is required.** Instructors, Tim Pierce and Wayne Buckles, have certification to teach this course from the Game and Fish. Parents are encouraged to accompany their child(ren).

Registration Deadline: January 24

Dates: February 3, 6, 10, 13, 20

Field Day: Saturday, February 22

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

Place: CWC Health and Science Bldg., Room 100

Cost: \$16



Now You Have Time

Have you been wanting to finish up a craft or have something new you want to start and just haven't found the time or motivation to do it? Here's your opportunity! Facilitator Retha Reinke, Fremont County Fair recipient of many blue ribbons, will oversee this fun day filled with fellowship and finishing with fellow crafters. Pack up your own supplies (for quilting, sewing, cross stitch, knitting, card making, etc.) and whatever food and drink you will need for the day, and come enjoy some time for you! Contact Retha at countyfairqueen@gmail.com with any questions.

Registration Deadline: Thursday, January 30

Date: February 1; Saturday
 Time: 9am-5pm
 Place: CWC Intertribal Education and Community Center, Rooms 106 & 116
 Cost: \$15
 Age: Responsible High Schoolers and Adults

Crafting Candles

Come make a St. Valentine's Day candle for someone you love! In this class, Instructor Hannah Thoman will help you learn how to transfer images and designs from tissue paper and napkins onto candles for any kind of custom and handmade gift or home décor. *(A separate fee of approximately \$10 for supplies will be due to the instructor before class starts. A definite amount will be communicated via email to participants after the registration deadline.)*

Registration Deadline: Thursday, January 30

Date: February 1; Saturday
 Time: 10am-Noon
 Place: CWC Arts Center, Room 106
 Cost: \$15
 Age: Responsible High Schoolers and Adults



Valentine Canvas Craft

If the winter blues are getting to you, come join Hannah Thoman and make a very cute Button Canvas Décor for Valentine's Day! If you have your own hot glue gun, please bring it, but if not, we will have some to share. *(A separate fee of approximately \$15 for supplies will be due to the instructor before class starts. A definite amount will be communicated via email to participants after the registration deadline.)*

Registration Deadline: Thursday, February 6

Date: February 8; Saturday
 Time: 10am-Noon
 Place: CWC Arts Center, Room 106
 Cost: \$15
 Age: Responsible High Schoolers and Adults

Intro to Macrame

While learning some basic macrame knots in this class, students will make a keychain and a wall hanging to take home. Join Hannah Thoman for this fun and creative class! *(A separate fee of approximately \$20 for supplies will be due to the instructor before class starts. A definite amount will be communicated via email to participants after the registration deadline.)*

Registration Deadline: Thursday, February 20

Date: February 22; Saturday
 Time: 10am-Noon
 Place: CWC Arts Center, Room 106
 Cost: \$15
 Age: Responsible High Schoolers and Adults

A.L.I.C.E. Training

(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 U.S. Department of Homeland Security and the U.S. Department of Education as well as numerous state and local law enforcement agencies. **Please wear comfortable loose-fitting clothing including long pants, long-sleeved shirts, long-sleeved jackets, sweaters, hoodies, and sweatshirts. No short-sleeved shirts, shorts, sandals, or open toe shoes. Please do not bring any personal defense items to this training including knives, Personal Tasers, pepper spray, or mace.** Class Instructors, Chuck Carr and Gene Galitz, bring a combined 55+ years of prior law enforcement experience.

Registration Deadline: Friday before each class

Date: February 10; Monday (Class 1)
 March 9; Monday (Class 2)
 Time: 1-5pm
 Place: CWC Intertribal Education and Community Center, Room 125
 Cost: Free

Fly Tying

Learn how to tie your own fishing flies! Not only can you save money, but you'll also become a more successful fisherman. Instructor Earland Thompson will start out going over the different types of tools and materials that are used to tie flies, and then he will go into the different species of aquatic insects and their life cycle. This is important when tying flies to determine what type and when to use that type of fly. In the following classes, you will actually tie the different types of flies. *Materials will be supplied. Some tools will be available, but it would be helpful if some students could bring their own.* Come have fun and learn a hobby that will last a lifetime!

Registration Deadline: Tuesday, February 11

Dates: February 13, 20, 27; Thursdays
 Time: 5:30-7pm
 Place: CWC Intertribal Education and Community Center, Room 116
 Cost: \$35 (includes materials)



Fly Casting

Learn techniques and secrets to improve your fly fishing experience and success! This class will cover selection of rod, reel, line, and leader; selection of the proper fly; how to correctly put the leader and fly on the line with the appropriate knots; correct casting techniques; and how to present the fly to fish. On the second day of class, you will move outside and start to learn how to cast. On the last day, you will be shown a few ways of casting that you can practice at home. Experienced fly fisher, Earland Thompson, has taught this hands-on class many times, and it is always enthusiastically received. This will be a fun class, and with luck, you will be able to go to the river and catch fish! *Bring your rod, reel, line, and tapered leader to class each time.* The instructor will have a few extra rods to borrow, if needed.

Registration Deadline: Monday, April 6

Dates: April 8, 15, 22; Wednesdays

Time: 5:30-6:30pm

Place: CWC Intertribal Education and Community Center, Room 116 (April 8 only)

Cost: \$20

Weather Office Tour and Balloon Launch

Ever wondered what happens at the office next to the big white ball atop Griffey Hill? Come and tour the National Weather Service (NWS) office and get an inside look at how weather forecasts are made and meet the people who make them. This tour will feature the launch of a weather balloon from inflation to flight. Find out more about how radar works, the challenges of weather forecasting in Wyoming, and the different ways the NWS sends forecasts and warnings to the public.

Registration Deadline: Tuesday, March 10

Date: March 12; Thursday

Time: 4-5:30pm

Place: NWS Office (12744 West U.S. Hwy 26)

Cost: Free

Age: Minimum 12 years of age

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

'R' Recreation Mission

The 'R' Recreation Mission is to strengthen our community and enrich the lives of all Riverton Residents by providing affordable and diverse recreational, physical and cultural opportunities with a focus on families, youth development and building healthy communities.

Weather Spotter Training

The National Weather Service in Riverton relies upon a trained group of volunteers to relay weather information from their location. These "Storm Spotters" play an important role in the weather warning process by providing ground truth reports. This class will teach the basics of thunderstorm development, thunderstorm structure, what features to look for, and where to find them. Attendees will understand the what, when, and how of reporting safely and accurately to the NWS. Video and images make for an interactive learning experience. The class is approximately 90-120 minutes long and is free and open to the public. No prior experience is required, so come and learn about the ins-and-outs of Wyoming thunderstorms!

Registration Deadline: Tuesday, March 24

Date: March 26; Thursday

Time: 6-8pm

Place: CWC Intertribal Education and Community Center, Room 106

Cost: Free

Age: Minimum 12 years of age

Introduction to Ballooning

Instructors Pat Newlin and Andy Samuelson, hot air balloon pilots, will cover the basics of hot air ballooning. Participants will learn about crewing for a hot air balloon – which includes set up, chasing, packing up, and refueling. This class includes a Friday night classroom instructional session followed by a Saturday morning hands-on opportunity on CWC's soccer field to crew (weather permitting). If needed, the hands-on portion will be rescheduled. Each participant will get a tethered balloon ride. The class cost includes gas fees for the ride.



Registration Deadline: Wednesday, April 15

Date: April 17-18; Friday and Saturday

Time: 6:30-8:30pm Friday; 7-10am Saturday

Place: CWC Intertribal Education and Community Center, Room 106 (Friday only) and CWC Soccer Field (Saturday only)

Cost: \$50

Age: Minimum 18 years of age

Victorian Tea

Instructor Pat Ward has hosted many Victorian Tea parties and is a wealth of knowledge about the Victorian era. You will learn about the clothing women wore during this time period, how fans were used as a discreet means of communication, and some information on Queen Victoria. There will be hats you can try on and wear during the class and fans available to practice what you will be taught. Invite a friend, your daughter, mom and come join us for tea and refreshments during the traditional time for tea.

Registration Deadline: Wednesday, April 22

Date: April 25; Saturday

Time: 3-4:30pm

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

Cost: \$20; \$15 for 12 years of age and younger

Age: Minimum 4 years of age

(all young children must be accompanied by adult)

IMPORTANT INFORMATION

The following programs, although not associated directly with 'R' Recreation are fantastic opportunities for the City of Riverton. 'R' Recreation does assist with the registration process but the 'R' Recreation registration forms are not used. Keep in mind that **ALMOST ALL** these programs have strict registration deadlines. Therefore, we highly encourage you to get these dates on your calendar and register early to avoid missing out on a great opportunity for you and/or your child.

ADDITIONAL COMMUNITY OPPORTUNITIES

District 25 Recreation Board Grant Requests

The District 25 Recreation Board will be accepting requests for grant funding for the 2020 calendar year on Monday, January 6 at 6 pm 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 can be found on the 'R' Recreation website www.cwc.edu/recreation. Phone numbers for more information are included on the online form.

CES Art Show

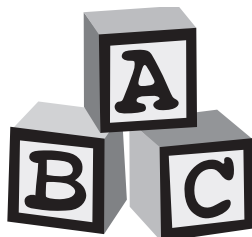
Instructor Linda Johnson and her students from CES will be presenting their annual art show at CWC in the Robert A. Peck Arts Center at the end of May or early June. You don't want to miss seeing the beautiful pieces that they have been working on since October 2019. There will be an ad in *The Ranger* in early May with the dates and times of the show.

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

CATS is a discovery center where children of any age (accompanied by an adult) can expand their understanding and experience of Art, Technology and Science through interactive materials, exhibits, activities, and programs designed by Art, Technology and Science educators. Be sure to check out their newest exhibits and see what future exhibits they are anticipating.

CATS has an event room perfect for your child's next party. They are open to the public Thursdays, Fridays, and Saturdays from 10 am-5 pm.

Admission is \$5 for ages 3+ (two and under are free) or families can purchase a year-round memberships starting at \$100/year. Questions? Call (307) 463-0313, check out their Facebook page: Central WY CATS or send them an email, rivertonwycats@gmail.com.



USA Wrestling

Registration Deadline: February 5

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 is open 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 (with open mat beginning in December) at the Tonkin Athletic Center. Fees will be \$75 for the first child and \$65 for additional children (must be immediate family; fees may be subject to change). Fees increase to \$90 on February 6. 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.



AAU Volleyball League

Registration runs January 13 to February 14

www.rivertonvolleyball.com

Ages are 8-18 years old and will play in U10, U12, U14, U16, and U18 divisions. Please note many tournaments do not have a U10 age division, thus U10 players will need to play in a U12 division if they want to play at those tournaments.

Practices will begin in February. Registration fees are \$60 and ALL registration must be completed online at www.rivertonvolleyball.com. Tournament fees, jerseys, coach's fees, and travel fees are not included and will vary by team. The Riverton Volleyball Club's success is based on volunteers and the club is in need of more volunteers and coaches as our league continues to experience growth.

Please note that registration and payment do not guarantee placement on a team. Contact Tiffani Weber (307) 851-2324, Tiffany Linck (307) 851-4140 or Andrea Taylor (307) 240-7743 with questions.

Riverton Youth Soccer – Recreation League

Registration: February 1, 2020 - March 6, 2020

(Late registrations won't be accepted)

www.rivertonsoccer.org

This league is designed for players of all ability and focuses on the fundamentals of soccer and the improvement of skills. Players must register by March 6 to be guaranteed space in the league. This program does not use the 'R' Recreation registration form.

The season runs from March 17 - May 7. Practices and games are played on weeknight evenings at Rein Park (west end of Monroe across from Willow Creek Elementary). Based on state rules, children must be born by December 31, 2014 to participate.

The league is for children 5 years through 14 years old and fees are \$40. The success of this league depends heavily on volunteers. Please consider volunteering to make it enjoyable and memorable for your child.

Riverton Competitive Soccer Rampage Travel team

Registration: January 1, 2020 - February 15, 2020

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, 2011 to be eligible for this league.

Players must be registered by February 15 to be considered for a Rampage team. This program does not use the 'R' Recreation registration form. Please ask for the Competitive Youth Soccer registration packet. The \$200 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.

****NEW: ONLINE REGISTRATION- GO TO RYSA WEBSITE FOR LINK.****



Riverton Little League Baseball

Registration runs January 27 to March 1

(Late registration 3/2-3/15 will be \$75/player)

Contact: Briley Jackson (801) 368-0890 (RLL Players' Agent)

Registration is \$45/player (\$5 off for each sibling)

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

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 at the time of registration. **Each league includes jersey/shirt & hat.* ****Wilson Skills Test day and time for Rookie, Minors, Majors, Juniors, and Seniors League players will be emailed to each player once online registration is completed.****

League ages are based on how old the player will be on Aug. 31, 2020.

T-Ball:	4-5 years old
Coach Pitch:	6-7 years old
Rookie:	8 year olds
Minors:	9-10 years old
Majors:	11-12 years old
Juniors:	13-14 years old
Seniors:	15 year olds

Girls Fastpitch Softball-Little League (local)

Registration runs January 15 to March 15

(Late registrations won't be accepted)

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

Registration fee \$40

(if registering online additional fees will be applied)

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

We want to make sure any girls wanting to play softball have the opportunity. Girls between the ages of 3-18 years old are encouraged to play (league ages are based on how old they are on January 1, 2020). Limited scholarships are available. Games will begin the week of May 4.

Travel opportunities and post season teams are available, but additional fees will apply. Please like their Facebook page for up to date information, Riverton Girls Fastpitch Softball.

Registration forms can be picked up at the 'R' Recreation office. This program does not use the 'R' Recreation registration form.

Girls Fastpitch Softball Travel-ASA League

Registration runs January 15 to March 15

(Late registrations won't be accepted)

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

Registration fee \$75 (if registering online additional fees will be applied)

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

Practice will begin the first week of April. Girls between the ages of 10-18 years old may participate in the Travel Team (league ages are based on how old they are on January 1, 2020).

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. Registration forms can be picked up at the 'R' Recreation office. This program does not use the 'R' Recreation registration form.

Adult Co-Ed Softball League

Registration is March 30 to April 24

Contact: Ricky Blackburn Jr. (307) 349-8517

A MAXIMUM of 14 teams will be allowed on a first come-first serve basis. Teams will be split into an A and B division. The season will run May 11 through the end of July. Cost for a team is \$350 and teams must have a minimum of 6 guys and 4 girl players. All players must be at least 18 years old. Registration forms are available at 'R' Recreation or online at rrecreation.com.



RIVERTON MUSEUM

The Riverton Museum collects, preserves and interprets artifacts that have a direct association with Riverton history, eastern Fremont County communities, the Eastern Shoshone peoples, the Northern Arapaho peoples, and regional history as it relates to Fremont County. The museum also tells the history of Fremont County's mining and industry economies. In addition, the Museum offers three series of programs where participants of all ages can rediscover interesting pieces of the area's past. They're open Monday thru Saturday from 9am-5pm. Follow them on Facebook, Riverton Museum, or call them at (307) 856-2665 to see what events are approaching.

Adventure Trek Series

The Adventure Trek Series, sponsored by the Wind River Visitor's Council is your opportunity to get into the country to explore, experience and walk in the footsteps of the rugged and independent people who discovered and settled the extraordinary Wind River region.



Discovery Speaker Series

The Discovery Speaker Series, sponsored by Wyoming Community Bank, is your opportunity to have a more in depth look into where we have come from and where we may be going. A very dynamic group of topics are presented, both historic and contemporary themes, are explored with experts in their respective fields.

Children's Exploration Series

The Children's Exploration Series, sponsored by Pit Stop/Bailey Tire & Auto Care, provides children with hands-on learning experiences that focuses on cultural history and our natural environment. Geology, Archaeology, Native American culture, agriculture, and pioneer history are the focus of the programs that children love to participate in.

Track Club 10 Walk/Run Program

Six time Boston Marathon qualifier and head coach of Prime Variable Athletics will offer guided walk/run programs appropriate for all levels, ranging from the first time leaving the couch to walking and running at a competitive level. Bring friends and family to join community members to take part in this program at no charge. The up-to-90 minute sessions will include warm up, stretching, a main set and cool down once weekly. Sessions are designed to augment your regular training and provide a venue for networking, learning, motivation, accountability and a work out intensity specific to you. Families are welcome and encouraged to participate. Spring sessions begin on May 8 and are every Friday from 5-6:30pm. Participants will meet at 1620 Riverview Road (Old Medical Clinic). There is no charge. Email swbangdo@hotmail.com or call Steve at (207)689-1181 for additional information.

Empower Wyoming Personal Safety and Self Defense Training

Empower Wyoming offers frequent personal safety and self-defense training in the Riverton area. Empower strives to end violence through personal safety training which teaches individuals to be more self-reliant, increases their self-esteem, and imparts practical self-defense skills. In all of Empower's classes, the emphasis is on life skills aimed at developing confidence and self-reliance by providing students with practical tools for emotional and physical safety.

They teach:

- Awareness
- Verbal boundary-setting with Strangers and with Familiars (people we know)
- Intervention and advocate strategies
- Physical self-defense

Empower Wyoming offers a variety of programs to schools, organizations, and individuals, tailored for a wide-range of age groups: children, tweens, teens, adult women. They also offer training for those with physical or developmental challenges. Check out their website empowerpersonalsafety.org for workshop information, check the 'R' Recreation facebook page or email info@empower.org for additional information.

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 (on the west end of Riverton Regional Airport). The center is 10,000 square feet equip with ADA bathrooms and fully functioning kitchen priced around \$150/day.

For more information contact Ron at (307) 851-3264 or email rhwarp@icloud.com

Brown Bag Presentations

**CWC ITECC ROOM 116
WEDNESDAYS FROM 12:10-12:50 PM**

January 8 | February 5 | March 4
April 1 | May 6 (ITECC Room 125)

Bring your lunch
and join us for free presentations!

Call Francesca
at 307-855-2172
to reserve your spot.

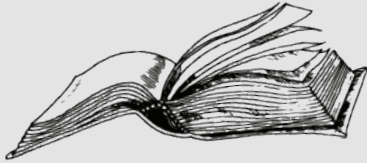
Full event information can be found
at www.rrecreation.com



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 at [rivertonbranchlibrary](#) and Instagram (RBLTEENSCEEN)



Hours of Operation

Monday-Thursday 10am-7pm

Friday-Saturday 10am-4pm

(307) 856-3556

Riverton Branch Library Adult Department

*The Riverton Branch Library hosts three different book clubs throughout the month.
Please call (307) 856-3556 or stop by the Library, 1330 W. Park Ave. to learn more.*

RIVERTON BRANCH LIBRARY BOOK CLUBS:

Riverton Readers

4th Tuesday of every month from 5-6pm

Afternoon Readers

3rd Wednesday of every month at 1pm

Page Turners

2nd Tuesday of every month at 1pm

Riverton Branch Library Youth Services Department

*Some programs may require pre-registration. Please call (307) 856-3556
or stop in the library at 1330 W. Park Avenue to get registered.*

Story Time

Parents/Caregivers and their children are invited to sing, dance, read, laugh, and play while supporting early literacy. Registration begins December 2 for the Spring Storytime session, which runs January 7-April 30.

Preschool Tales & Tunes

Tuesday mornings at 10:30am for ages 3-5 years old.

Toddler Move & Groove

Thursday mornings at 10:30am for ages 0-2 years old.

Starlight Storytime

Wednesday evenings at 6pm for ages 0-5 years old.

LEGO Club

LEGO mania at the library comes in many forms! Children (ages 8-12) are invited to come build with LEGOs provided by the library. The Lego Club spring session begins January 9 and ends April 30 (most Thursdays from 3-4:45pm); no registration is required.

Teens' Events Spring 2020:

Dungeons & Dragons for Middle School ages and up.
Most Tuesdays from 4-5pm.



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 at (307) 856-4230 for more information or check out their Facebook page, Riverton Aquatic Center, for up-to-date facility information.

(307)-856-4230 | 2001 West Sunset Dr. | Riverton, WY 82501

SPRING SCHEDULE

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	5:15 am-1 pm	5:15 am-1 pm	5:15 am-1 pm	5:15 am-1 pm	5:15 am-1 pm		
Open Swim	7:30-9 pm	7:30-9 pm	7:30-9 pm	7:30-9 pm		11 am-3 pm	2-5 pm
Family Swim					6 pm-8 pm		
Deep water Aerobics	6:30-7:30 am	6:30-7:30 am	6:30-7:30 am	6:30-7:30 am	6:30-7:30 am	6:30-7:30 am	6:30-7:30 am

Riverton Aquatic Center offers other classes. Check out their Facebook page for more details.

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

**Special Rate for Families*

Fees: \$4-Adult; \$2-Seniors; \$2-K-12 Students
\$10-Family Swim for 7 swimmers (Fridays)



NON-DISCRIMINATION STATEMENT

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.

