



Welcome to the FALL/WINTER 2024 Recreation Guide!

In this guide, you will find information about upcoming programs, events and volunteer opportunities in the Town of Superior. There are possibilities for everyone! Explore the options and register at superiorrec.com to start making the most of your Fall/Winter. If you have questions or need assistance, please feel free to reach out via email at tospros@superiorcolorado.gov, in person at the Superior Community Center, 1500 Coalton Road or via phone at (303) 554-9005. We would love to hear from you. Have a great Fall/Winter!

-The Town of Superior Parks, Recreation and Open Space Department



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Look for SP = Senior Friendly



We are SUPERIOR Parks & Rec!

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Watch for LINKS throughout the Guide.

Additionally click on many more areas including programs to register or to find more info!

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TOWN OF SUPERIOR | Events

For more information: superiorcolorado.gov/events



CHILI & BEER FEST

Saturday, September 7, 2-6 p.m. Community Park, 1350 Coalton Road

Join us for a super spicy, fun-filled day! Come taste some of the best chili around and sample a variety of craft beers (including non-alcoholic options), ciders, wine and spirits!

- · Family-Friendly; games and activities for kids and adults!
- Live Music from FACE Vocal Band and the 5280's Band

Admission: Chili Fest general event admission is free! Beer Fest admission \$40 in advance, \$50 day-of, \$85 VIP.



CHILI & BEER FEST

MONSTER MASH

Saturday, October 26, 5-8 p.m.

Superior Community Center

Witcha up to this Halloween? We'll give you pumpkin to do!

Hosted in partnership with the Superior Youth Leadership Council (SYLC). this spooktacular event is oozing with fun for everyone: live DJ playing monster jams, trunk-or-treating, costume contests (ages 10 and under), photo booth, beverage service for the adults, food and

treats for all,

and more!

WINTER FESTIVAL

Saturday, December 14, 1-6 p.m.

Downtown Superior Civic Space, 2250 Main Street

Mark your calendars for this winter wonderland of fun: skate with Santa, cozy up on a carriage ride, shop the crafters market, take pictures with



Santa and the Grinch, visit with live reindeer, create your own art and crafts, indulge in delicious food, drinks and treats, and enjoy live music, dance and musical performances, followed by a lighting ceremony.

PLAZA PALOOZA

We have some fun plans in the works for the Plaza in Downtown Superior. Visit the Town's Event website for an up-to-date list of activities and events: SuperiorColorado.gov/Events





town arts & history

TOWN ARTS & HISTORY

The Town of Superior Arts Program brings a wide range of creativity and preservation to the community in the form of small events, public art and artifact collections, and exhibits. With support from the Cultural Arts and Public Spaces (CAPS) advisory committee and the Superior Historical Commission (SHC), there is so much creativity and education to share! Check out the Town Arts & History webpage for more information.

PLEIN AIR PAINTING WORKSHOP & PAINT-OUT

Saturday, September 28th Purple Park, 1310 S. Pitkin Ave

Join the Town's Arts & History department for a FREE outdoor painting workshop! Get inspired by the lush scenery and landscape at Purple

Park to paint on site "en plein air." Learn to work in your medium of choice whether watercolor, acrylic or ink pen.

- Workshop #1, 10 a.m.-Noon
- Workshop #2, 1:30-3:30 p.m.





HISTORIC COMMISSION'S ANNUAL FALL PROGRAM Superior's Geology

> Thursday, October 3, 7 p.m. Town Hall, 124 E. Coal Creek Drive

> > When founded in 1896, Superior took its name from the quality of the coal it mined. What made that coal "superior" to the other ores mined in Colorado's Northern Field? Learn how Superior's geology shaped our history at the Historic Commission's Annual Fall Program. Jeff Graves, Director of Inactive Mine Reclamation Program, Division of Reclamation, Mining and Safety, Colorado Department of Natural Resources, will present an overview of local geology, how it influenced the mining industry, and how inactive mines still play a role in the environment today. This event is FREE and open to the public.





Welcome to the Superior Community Center!

Your dedicated space for community connection and support. The SCC offers enrichment programs for all ages and interests, meeting rooms, engaging workspaces, live entertainment, and a great place to meet friends. Don't be a stranger! Come see us at the Superior Community Center, where togetherness thrives!

Community Center Hours:

8 a.m.-8 p.m.

8 a.m.- p.m.

Noon-6 p.m.

Monday-Thursday Friday-Saturday Sunday

Check out all of the ways you can enjoy the center below. Have questions?

Give us a ring at (303) 554-9005.

MICRO MARKET VENDING OPTIONS Now Available COME CHECK IT OUT!

THE COMMUNITY CENTER HAS IT ALL!



A special LIBRARY AREA

for readers. Reserve, pick up, and drop off books in the Louisville Library Book Locker.



FLEXIBLE SEATING

for both comfort and lounging or work and productivity.





Small and large

MEETING ROOMS

that can be arranged for your needs.



STADIUM SEATING

for small performances, educational conferences or professional seminars.



AMPLE NATURAL LIGHT

from skylights and glass garage doors.



WI-FI & TECHNOLOGY

to meet the demands of personal and professional needs.



MODERN INDUSTRIAL

design that incorporates the arts and engages the senses.



A dedicated youth room called

THE SPOT



MICRO MARKET VENDING

Grab n' Go delicious bites and drinks.



GAME NIGHTS ON FRIDAYS LIVE MUSIC ON SATURDAYS

Submit a Program Proposal

Do you have an idea for a program or service you think would benefit the residents

of Superior? Visit superiorcommunitycenter.com to find the Program Proposal form and view submission dates. Email form to tospros@superiorcolorado.gov.

Room reservations through the month of December will open on August 1 at 9 a.m.

Room reservations for the months of January through April 2025 will open on December 1. All fees for use of any of the four rooms in the Superior Community Center by Town of Superior residents, resident businesses and resident organizations shall be waived, for up to two reservations per month. Visit superiorcommunitycenter.com to reserve a room.



ENRICHMENT PROGRAMS

CBArt Classes for Toddlers/Youth/Adult

** PLEASE NOTE ** Once the Session starts you can register for DROP IN classes by clicking on Drop In - CBArt Classes for Toddlers/Youth.



Unique, multi-cultural, trilingual (English, Spanish and French) artistic experiences for all ages in a friendly and supportive environment. Check out the options below:

TODDLER ART BLAST

Age: 1yr 6m-4 | Community Center

Join us for a delightful art and craft experience designed for kids aged 18 months to 4 years old, along with their parents or caregivers. Together, we'll create unforgettable art pieces, engage in sensory and play-based exploration, and, above all, have a fantastic time bonding and enjoying the activities.

9/04-9/18	Wednesday	10-10:45 a.m.	\$81
10/02-10/30	Wednesday	10-10:45 a.m.	\$135
11/06-11/20	Wednesday	10-10:45 a.m.	\$81
12/04-12/18	Wednesday	10-10:45 a.m.	\$81

AFTER SCHOOL ARTVENTURE

Age: 5-12 | Community Center

Spark your child's creativity and imagination with these after school art classes, inspired by renowned masters. Delve into the lives, styles, cultures, and languages of artists. Unleash their artistic potential using diverse mediums to create exceptional masterpieces in every class.

9/04-9/18	Wednesday	4-5 p.m.	\$81
10/02-10/30	Wednesday	4-5 p.m.	\$135
11/06-11/20	Wednesday	4-5 p.m.	\$81
12/04-12/18	Wednesday	4-5 p.m.	\$81

KIDS ARTVENTURE: EXPLORING THE MASTERS

Age: 5-12 | Community Center

Ignite your kid's creativity and imagination with classes inspired by the world's art masters. Dive into the lives and styles of renowned artists, discover diverse world cultures, languages, and unique art forms. With a range of mediums, students will create extraordinary masterpieces in every class.

9/07-9/14	Saturday	11 a.mNoon	\$54
10/05-10/26	Saturday	11 a.mNoon	\$108
11/02-11/16	Saturday	11 a.mNoon	\$81

SCHOOL'S OUT MINI-CAMP – WHERE SCIENCE MEETS ART!

Age: 5-12 | Community Center

Looking for an activity for your kids on holidays and days off from school? Join our extraordinary "Science Meets Art Mini-Camps"! Kids will create unique, hands-on art projects inspired by science and explore the works of master artist-scientists like Leonardo Da Vinci. Guided by Cora, a PhD chemist and mixed media artist, this enriching program promises captivating experiences for young minds! Each day is a new ARTventure.

9/30	Monday	9 a.mNoon	\$55
9/30	Monday	1-4 p.m.	\$55
10/14	Monday	9 a.mNoon	\$55
10/14	Monday	1-4 p.m.	\$55
11/11	Monday	9 a.mNoon	\$55
11/11	Monday	1-4 p.m.	\$55



FIRST FRIDAY - KIDS' NIGHT OUT

Age: 4-12 | Community Center

Parents, treat yourselves and your kids to a delightful night out on the first Friday of each month at the Superior Community Center. Your children will enjoy socializing, arts and crafts, and a scrumptious pizza dinner – all at a fraction of the cost of a babysitter and takeout. Meanwhile, you can enjoy a two-hour break to dine at local restaurants, visit taprooms, run errands, or relax with a bubble bath – the choice is yours!

10/04	Friday	6-8 p.m.	\$35
11/01	Friday	6-8 p.m.	\$35

TOAST 'N TINKER SE

Age: 15+ | Community Center

Join us for an evening filled with fun, friendship, and creativity! Unleash your inner artist and create your own masterpiece while enjoying the company of others in our community. Relax and indulge in engaging conversations, and a delightful atmosphere. Arrive early to check in, secure your seat, and if desired, order drinks from Serendipity, which will be available for purchase. Come join us for a remarkable night of artistic delight that you won't soon forget!

Aspens 9/13	Friday	6-8 p.m.	\$40
Autumn Pu	umpkin Patch		
10/11	Friday	6-8 p.m.	\$40
Winter Lan	ndscape		
11/15	Friday	6-8 p.m.	\$40
,	rtical Banner		
12/13	Friday	6-8 p.m.	\$40

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FAMILY EVENT – CREATE YOUR OWN HOLIDAY CRAFTS

Age: 1yr 6m+ | Community Center

Experience the vibrant world of CBArt this holiday season! Create lasting memories with your family by crafting unique holiday cards, snow globes, and ornaments using various techniques. Enjoy holiday pastries and cocoa while you indulge in this artistic adventure. Join us at CBArt for an unforgettable holiday experience!

Please Note: First family member fee is \$36; additional family members cost \$5 each. You'll see the option to add more family members during the registration check out process.

12/08 Sunday 2-4 p.m. \$45

Snapology School Break Camps

Snapology teaches STEM/ STEAM concepts to children through hands-on, interactive play, using LEGO



bricks and other fun learning tools. Our instructors are experienced teachers who teach to the children's abilities in a safe, inclusive, social, and fun environment!

HOLIDAY ROBOTICS + FESTIVE MAKE-AND-TAKE

Age: 5-12 | Community Center

Join us for festive fun! In this camp, students will work together to build holiday-inspired robotic models. They'll play games with their models and modify their work, learning the basics of robotics and creating memories that will last much longer than just the holiday season! We'll also have builds to bring home!

11/25-11/27 Mon-Wed 9 a.m.-Noon \$145

Click on program names or sessions to register!







AFTER SCHOOL ART LESSONS

Age: 5-15 | Community Center

Does your child have some free time after school and love to paint or sketch? Register them for these lessons where they will focus on refining their sketching and painting skills. Classes will focus on pencil/charcoal drawing, sketching and coloring/painting appropriate by age and skillset level.

9/05-9/26	Thursday	4-5 p.m.	\$110
10/03-10/24	Thursday	4-5 p.m.	\$110
11/07-11/21	Thursday	4-5 p.m.	\$85
12/05-12/19	Thursday	4-5 p.m.	\$85

Louisville Public Library Programs

Programs and events facilitated by Louisville Library Staff at the Superior Community Center.



FAMILY STORYTIME

Age: 2-5 | Community Center

Join the Louisville Public Library staff for a storytime the whole family can enjoy! While the books, songs, and rhymes will be targeted at ages 2-5, older and younger siblings are welcome. *Registration not required

9/03-12/17 Tuesday 9-9:30 a.m. FREE

I LOVE BUGS!

Age: 12+ | Community Center

What are bugs? Some are tiny, others are big. Some are colorful, some fly. Some can sting, and others can jump. Come explore the life of the creepy crawly. Learn about what makes a bug, a bug, and the different types of insects that live in Boulder County.

9/28 Saturday 2-3:30 p.m. FREE

Teen Activities

TEEN NIGHTS

Age: 12-15 | Community Center

Teen Night at the Superior Community Center: Light Up your Friday Night! Join us for our Teen Nights from 6-9 p.m. this fall! Get ready for a ping pong tournaments, silent disco, video games, pizza and FUN! This FREE event offers a safe space for teens ages 12-15 to connect and make friends. Registration is required (spots are limited). Let's create a community, one game at a time!

Costume Party
10/18 Friday 6-9 p.m. FREE

Ugly Sweater Party
12/20 Friday 6-9 p.m. FREE

Superior Improv Co.

Superior Improv Co. is for anyone with a desire to practice improv, sketch-comedy or stand-up act material in a safe, supportive and entertaining space. All skill levels welcome. Learn more about us at SuperiorImprov.co.



SKETCH COMEDY, LEVEL 1

Age: 18+ | Community Center

Sketch-Comedy, Level 1. Perfect for those beginning their sketch-comedy writing journey and your pathway toward joining the Writers Room at SuplCo. For more information, visit SuperiorImprov.co/classes.

9/03-10/29 Tuesday 6-7:45 p.m. \$130





Age: 18+ | Community Center

For those beginning their fiction writing journey or those seeking their first publication. Participants will engage in exercises toward building a solid plot outline and the first five chapters of a first novel. See full class description at SuperiorImprov.co/classes.

9/09-10/14 Monday 6-8 p.m. \$135

STAND-UP COMEDY WITH CHRISTIE BUCHELE

Age: 18+ | Community Center

Stand-Up Comedy with Christie Buchele. Perfect for those beginning and/or continuing their stand-up comedy journey. Designed to give students the confidence to tackle any open mic or Level 2 class. To learn more, visit SuperiorImprov.co/classes.

9/10-10/29 Tuesday 6-8 p.m. \$185

MUSICAL IMPROV, INTRO – INTENSIVE

Age: 18+ | Community Center

Explore fundamentals of musical improv and improvised song. Even if you've never made up a song before, you'll soon be belting like a pro! Open to performers of all musical and improv skill levels. See full description for 3B at SuperiorImprov.co/classes.

9/14 Saturday 1-3 p.m. \$40

MUSICAL IMPROV, INTERMEDIATE – INTENSIVE

Age: 18+ | Community Center

Explore next-level fundamentals of musical improv and improvised song in this four-hour workshop. Perfect for those with previous musical-improv experience. Learn more about this intensive at SuperiorImprov.co/classes.

10/12 Saturday 1-5 p.m. \$80

MINDFUL IMPROV WITH CHUCK SCHULTZ

Age: 18+ | Community Center

Superior Improv Co. is for anyone with a desire to practice improv, sketch-comedy or stand-up act material in a safe, supportive and entertaining space. All skill levels welcome. Learn more on the web at SuperiorImprov.co.

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10/07-12/02 Monday 6-8 p.m. \$155

American Heart Association

AMERICAN HEART ASSOCIATION HEARTSAVER CPR AED \$5

Age: 11+ | Community Center

The American Heart Association Heartsaver CPR AED Course provides the highest quality training in the lifesaving skills of CPR and how to use an AED. The course empowers students to act with confidence in the event of an emergency at work, home or in the community. Heartsaver CPR AED is designed for anyone with little or no medical training who needs CPR AED training and a course completion card for job, regulatory (e.g., OSHA) or other requirements. This course can also be taken by anyone who wants to be prepared to act in an emergency.

10/20 Sunday 3:30-5:30 p.m. \$70











BOULDER TEEN FIRE GROUP

All Ages | Community Center

Town of Superior and Jewish Family Services Boulder are partnering to offer a six-week support group for teens, 14-17 years old, focused on finding connection after the Marshall Fire. This will be a nature-based group that meets weekly from 5-6:30 p.m. on August 5, 12, 19, 26 and September 9 and 16 at the Superior Community Center, 1500 Coalton Road Superior, CO 80027.

Goals of the group:

- · Supporting teens through the aftermath of the fire when the fire isn't being talked about in such detail as it once was.
- Supporting teens around other challenges that arise after a natural disaster.
- · For teens to create healthy connection with each other over a shared experience.
- · For teens to learn concrete skills and psychoeducation around (subject to change): Coping/managing stress, grief and loss, living through a natural disaster, how to manage or work through trauma activation.

Visit: jewishfamilyservice.org/teen-group-boulder for registration details.

FREE 8/05-9/16 Monday 5-6:30 p.m.

ROVER READY

All Ages | Community Center

Town of Superior's Disaster Preparedness and Recovery Department is hosting a Rover Ready workshop to prepare our community's dogs for future disasters. Come and learn easy preparedness training tips, meet Red Cross's therapy dogs, and seize an opportunity to prep your dog medically with the Front Range Veterinary Medical Reserve Corps! To request ADA accommodations, please email Taylor at taylors@ superiorcolorado.gov at least two weeks prior to event.

9/14 Saturday 10 a.m.-1 p.m. **FREE**

Enrichment Seminars

BACKYARD ROOTS - PUTTING YOUR GARDEN TO BED FOR THE WINTER SEASON ST

Age: 12+ | Community Center

Please join local farmer, Leah Cousin, for a class designed to educate about putting your garden to bed for the season. You'll learn about practices designed to enrich the soil over the winter months, as well as how to get a head start in planning for the following season. You'll walk away with a solid foundation of soil health and best practices related to regenerative growing.

10/19 Saturday 1-2:30 p.m. \$15

Forget Me Not Cookie Co.

COOKIE DECORATING WORKSHOPS

Age: 9+ | Community Center

This class is for the beginner cookier or anyone who is just curious about cookie

decorating! If you have limited experience with sugar cookies, found yourself frustrated with royal icing, or wanting to have fun with family or friends, this is the class for you!

Each two hour class will cover general concepts around dough and icing! Everything you'll need is provided along with an inperson instructor – just bring a smile (and maybe an apron).

Sweater \	Weather Cookie Deco	rating Workshop	
9/18	Wednesday	6-8 p.m.	\$60
9/21	Saturday	10 a.mNoon	\$60
Wickedly	Cute Cookie Decorat	ing Workshop	
10/16	Wednesday	6-8 p.m.	\$60
10/19	Saturday	10 a.mNoon	\$60
Grateful (Gobbles Cookie Deco	rating Workshop	
11/14	Thursday	6-8 p.m.	\$60
11/16	Saturday	10 a.mNoon	\$60
Elfin' Ado	rable Cookie Decorati	ing Workshop	
12/12	Thursday	6-8 p.m.	\$60
12/15	Sunday	12:30-2:30 p.m.	\$60

Learn Spanish Colorado

Click on program names

or sessions to register!

Our goal is to inspire people who want to be globally connected through learning the enticing Spanish language and culture of Spanish speaking countries. See class offerings below.

ADULT SPANISH ST

Age: 18+ | Community Center

Learn Spanish Colorado specializes in teaching Spanish classes for adults. We are dedicated to find the best teaching methods to reach the individual necessities of our students. In these classes you will find:

- Native instructor
- · Interactive, fun and practical classes with an established curriculum
- · Classes focus on communication and culture
- Level and pace depends on student's needs
- · Small classes (1-6)
- Inexpensive

9/05-10/31 Thursday 9-10:30 a.m. \$270 11/07-12/19 Thursday 9-10:30 a.m. \$180

Indian Cooking Classes

SEPTEMBER: VEGETARIAN! ST

Age: 18+ | Community Center

Samosa ragda chaat! On popular demand I'm bringing back the samosa chaat with a bang! Join Akila in creating these exquisite restaurant-worthy dishes from scratch! Participants enjoy the full menu after class.

Samosa: A savory pastry that you can't get enough of. Ragda: A curry or gravy made using soaked and steamed dried white peas. Mint chutney: A cool refreshing accompaniment that pairs well with samosa. Tamarind **chutney:** A sweet and tangy dip perfect for samosas.

9/28 Saturday 6-7:30 p.m. \$60

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OCTOBER: GLUTEN FREE! ST

Age: 18+ | Community Center

Believed to have emerged in the 15th century, this curry gets its name from a woman named "Molly." Join Akila in creating these exquisite restaurant-worthy dishes from scratch! Participants enjoy the full menu after class.

Superion community

center

Steamed rice: Sona masoori rice cooked to perfection. Fish Moilee: Aromatic and subtly spiced coconut milk based fish stew which is a real delicacy. Vathal: Crunchy and delicious sago and rice chips.

10/05 Saturday Noon-1:30 p.m. \$60

NOVEMBER: VEGETARIAN & GLUTEN FREE! SF

Age: 18+ | Community Center

Healthy & Golden time with family Indian style! Join Akila in creating these exquisite restaurant-worthy dishes from scratch! Participants enjoy the full menu after class.

Chana Pulao: An easy protein-rich, flavorful and aromatic one-pot dish made using steamed garbanzo beans. Carrot raita: A healthy and tasty yogurt-based salad. Golden milk (Turmeric tea): This delicious and healthy tea can be enjoyed with or without milk.

11/22 **Friday** 6-7:30 p.m. \$60

DECEMBER: INDIAN FEAST! SF

Age: 18+ | Community Center

The wait is over! Sign up for this once-in-a-lifetime Indian feast! Join Akila in creating these exquisite restaurantworthy dishes from scratch! Participants enjoy the full menu after class.

Garlic Naan: A favorite spin on a traditional fluffy flatbread. Made using all-purpose flour and leavening agent. Chicken Tikka Masala: Roasted marinated chicken chunks in a creamy and mildly spicy sauce. Gajar Halwa: Grated carrots simmered in milk and garnished with nuts and raisins sautéed in ghee.

12/14 Noon-1:30 p.m. Saturday \$60





Superion community center

Painting

INTRODUCTION TO ABSTRACT ALCOHOL INK SP

Age: 21+ | Community Center

Alcohol ink artist and professional speaker Debra Jason provides guidance, positive reinforcement and a FUN. optimistic outlook on creativity as you explore the world of alcohol ink painting. During this program you'll get an introduction to the inks, the tools you can use, various substrates you can paint on and more. You'll be encouraged to listen to the creative whispers of your heart as you experience the joy of creating something from nothing with this vibrant, free-flowing medium. Even if you think you're not an artist, join us and discover that there's an inner artist in each of us! (Please note: A \$15 material fee is included in the cost of the class.)

9/27

Friday

11 a.m.-1 p.m.

\$95

Musical Enrichment

Are you looking to hone your musical skills? Or just looking for a place to gather and enjoy different forms of music with your community? If so, check out these opportunities to get involved.

COMMUNITY CHOIR SE

Age: 14+ | Community Center

This is a non-auditioned choir for the community of Superior (and friends). No prior experience needed; you bring your joy — or curiosity — of singing, and the director will facilitate the rest! Rehearsals are held once a week for 1.5 hours, and performances are TBA (not required, but highly encouraged!)

9/05-12/19 Thursday

6:30-8 p.m.

\$5

6-7:30 p.m.

FREE

SE = Senior Friendly

UKULELE JAM! ST

All Ages | Community Center

All ages and abilities ukulele jam! Come jam and have fun while having the opportunity to practice your ukulele skills in a fun, supportive environment with players of all abilities. Registration is not required.

4-6 p.m.

9/09-12/16 Mondays

FREE

OPEN MIC NIGHTS! ST

Age: 15+ | Community Center

Are you a new local musician looking to have your music heard? Sign up for an Open Mic Night and play to a supportive audience of peers and surrounding community members in a professionally-hosted, liveperformance setting!

Music from 6-7:45 p.m. (15 minute/3 song sets for solo/ duo musicians) on the second and fourth Wednesday of each month. Signups in-person at 5:30 p.m. Hosted by Robert Rowe.

9/11-12/11 Wednesdays 5:30-7:45 p.m.

FREE

FREE HOLIDAY SING-ALONG ST

All Ages | Community Center

Bring your voice and your good cheer for a great time to socialize with your neighbors and sing some holiday classics! This event will be sure to lift your spirits and diffuse some of your holiday stress. If you would like to attend, please email alyna.waters@gmail.com to receive a PDF of songs that you can print or download for the singalong. Invite your friends and neighbors! This one is going to be a blast! Registration is not required.

12/16

Monday

Click on program names or sessions to register!

Piano & Guitar Lessons

BEGINNER PIANO KEYBOARD SE

Age: 13+ | Community Center

This "Amazing" Piano Keyboard Class is a fun way to begin a lifetime of enjoying playing music. Play melodies, chords, and rhythms. Learn good postures and techniques to avoid habits that hold many pianists back! Participants will need to bring their own keyboard. Instructor has low-cost rental keyboards if needed. Please call 720-290-5854 to reserve your rental.

9/24-10/29	Tuesday	5:40-6:40 p.m.	\$96
11/05-12/17	Tuesday	5:40-6:40 p.m.	\$96

BEGINNER GUITAR ST

Age: 13+ | Community Center

This "Amazing" Guitar class is a fun way to begin a lifetime of enjoying playing music. Play melodies, strum chords, create rhythms. Learn good postures and techniques to avoid habits that hold many guitarists back! Participants need to bring their own guitar. Instructor has low-cost rentals if needed. Please call 720-290-5854 to reserve your rental.

9/24-10/29 Tuesday 6:45-7:40 p.m. \$96 11/05-12/17 Tuesday 6:45-7:40 p.m. \$96

WELLNESS

Wellness is important because it impacts so many areas of life. If you are looking to live life to its fullest potential, check out the programs below.

GUIDED MEDITATION AND SOUND BATH

Join Reiki Master Crystal Chinn for a guided meditation and sound bath experience. Through this group session you will experience deeply-immersive, full-body listening that intentionally uses sound to invite gentle yet powerful therapeutic and restorative processes to nurture your

mind and body. Participants please bring your own yoga mat, blanket, pillow (anything to make your experience comfortable, such as an eye pillow). Children need to be accompanied by an adult and able to lay quietly during the hour-long session. Class will open 15 min prior to start time to settle in.

Age: 10-17 | Community Center

9/11	Wednesday	6-7 p.m.	\$15
10/09	Wednesday	6-7 p.m.	\$15
11/13	Wednesday	6-7 p.m.	\$15
12/11	Wednesday	6-7 p.m.	\$15
Age: 18+	Community Center	•	
9/11	Wednesday	6-7 p.m.	\$25
10/09	Wednesday	6-7 p.m.	\$25
11/13	Wednesday	6-7 p.m.	\$25
12/11	Wednesday	6-7 p.m.	\$25

GETTING "UNSTUCK" AND CREATING JOY IN LIFE ST

Age: 21+ | Community Center

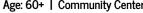
This is a monthly group for men and women of all ages, including seniors. We will brainstorm ideas to brighten the essence of your life. With the guidance of a licensed therapist (Pamela L. Fields, MA) the group will develop skills to make changes and skills for creative problem solving.

9/04	Wednesday	6-7:30 p.m.	FREE
10/02	Wednesday	6-7:30 p.m.	FREE
11/06	Wednesday	6-7:30 p.m.	FREE
12/04	Wednesday	6-7:30 p.m.	FREE



Senior Programs

BINGOCIZE!





fusion of fitness and health education that seamlessly incorporates the beloved game of bingo!

The combination is a winning formula that keeps Bingocizers coming back for more. Bingocize isn't just about exercise and health education, it's about creating memorable experiences infused with music, movement and social connections.

9/09-12/09 Monday

1-2 p.m.

FREE

A MINDFUL APPROACH TO FALLS PREVENTION Age: 60+ | Community Center

Join us for A Mindful Approach to Falls Prevention class, where you will practice guided meditation and integrate multiple strategies to prevent falls. This class offers tools to develop present moment awareness and apply evidence-based fall prevention techniques to everyday life. This class is facilitated by injury prevention and mindfulness professionals from Boulder County AAA, Boulder Community Health and Intermountain Health.

11/12 Tuesday

1-2:30 p.m.

FREE

MINDFULNESS TOOLS FOR WELL-BEING

Age: 60+ | Community Center

This experiential approach to mindfulness will offer tools and practices to support daily well-being. The workshop will include an introduction to mindfulness, guided meditation and gentle movement practices, practical applications of mindfulness, along with small and large group discussion. Whether you are new to mindfulness or an experienced practitioner, join us for a community practice and an opportunity to explore new ways of being in our lives.

About the facilitator: Kara Traikoff is the Wellness Program Specialist with Boulder County Area Agency on Aging. She has a background in higher education and community mindfulness, and she specializes in Mindfulness-Based Stress Reduction (MBSR) and adapted mindfulness courses to support healing, growth and self-compassion. Kara is passionate about encouraging others to experience and live the fullest life possible. She leads and creates wellness opportunities from the heart of her dedicated personal mindfulness practice.

12/13

Friday

10 a.m.-Noon

FREE

FOUNTAIN OF YOUTH GROUP FOR SENIORS

Age: 60+ | Community Center

This is a confidential group for women 60 and older with a focus on healthy aging and common issues related to family, a sense of purpose and overall self-awareness to be realistically youthful.

The facilitator (Pamela L. Fields, MA) is a licensed professional counselor who is also a senior and will be a participant in the process. She will educate regarding the latest information on the ageing process, physically, mentally, emotionally and socially. Giving support regarding challenges with health, grief, family and beliefs. Join us and make connections with other Seniors in the community. Registration can be done in advance or on the day you attend.

9/09-10/28 Monday 11/04-12/16 Monday

FREE FREE



1-2:30 p.m.

1-2:30 p.m.



Weekly Drop-In Activities

GARDENERS UNITE

Age: 60+ | Community Center

If you like to garden or would like to learn more about gardening, this group is for you. This group will allow you to meet other gardeners and discuss ideas. You will have the opportunity to participate in hands-on gardening projects as well. Come and get dirty with us! The Town is proud to partner with Elena Vargas Neail, General Manager from Vargas Property Services. Registration can be done in advance or on the day you drop in.

Senion

9/09-9/30	Monday	10 a.mNoon	FREE
10/07-10/28	Monday	10 a.mNoon	FREE
11/04-11/18	Monday	10 a.mNoon	FREE
12/02-12/16	Monday	10 a.mNoon	FREE

TAI CHI FORMS 1

Age: 18+ | Community Center

from Avista Adventist Hospital.

9/04-10/16 Wednesday

10/23-12/11 Wednesday

N'BALANCE FOR FALLS PREVENTION

Participants will engage in exercises and movements to

improve balance and coordination, strengthen lower body

muscles and increase confidence. Each class incorporates

sitting, standing and walking balance exercises to not only

improve balance but to also reduce the fear of falling. This

hospital and is lead by a registered Occupational Therapist

2-3 p.m.

2-3 p.m.

class has the overarching goal to increase balance and

strength to prevent falls, injuries and admissions to the

Age: 60+ | Community Center

This class focuses on relieving the symptoms of arthritis and pain and enhancing overall healthy movement with Tai Chi Forms 1. Participants do not need to have arthritis to benefit from the exercises that improve balance and reduce risk and fear of falling. Email whitney.todaro@ AdventHealth.com with any guestions.

9/05-10/17 Thursday 1:15-2:15 p.m.

TAI CHI FORMS 2

Age: 18+ | Community Center

This class focuses on relieving the symptoms of arthritis and pain and enhancing overall healthy movement with Tai Chi Forms 2. The class is taught step-by-step so anyone who is interested in improving their balance, activity tolerance or just to get their chi flowing is welcome! Participants do not need to have arthritis or take Tai Chi Forms 1 to benefit from these exercises that improve balance and reduce risk and fear of falling. Email whitney. todaro@AdventHealth.com with any questions.

10/24-12/12 Thursday

1:15-2:15 p.m.

\$35

\$35

\$35

\$35

OPEN CARD/BOARD GAMES

Age: 60+ | Community Center

Keep your mind active, sharpen your recall and challenge your brain by attending this open game group. Games will be decided by those who show up. We will have many different games to choose from each week. Registration can be done in advance or on the day you drop in.

9/03-9/24	Tuesday	2-4 p.m.	FREE
10/01-10/29	Tuesday	2-4 p.m.	FREE
11/05-11/19	Tuesday	2-4 p.m.	FREE
12/03-12/17	Tuesday	2-4 p.m.	FREE





CRAFTERS. KNITTING & CROCHETING

Age: 60+ | Community Center

Bring your project supplies and gather with other crafters to socialize and show off your unique talent. Registration can be done in advance or on the day you drop in.

9/11-9/25	Wednesday	10 a.mNoon	FREE
10/09-10/30	Wednesday	10 a.mNoon	FREE
11/13-11/20	Wednesday	10 a.mNoon	FREE
12/11-12/18	Wednesday	10 a.mNoon	FREE

EUCHRE

Age: 60+ | Community Center

Join us on Thursdays for drop-in cards and fun! Players at any level are welcome to enjoy this trick-taking card game. Euchre is an offshoot of Juckerspiel, a game that became widely popular throughout Europe during the Napoleonic era. Registration can be done in advance or on the day you drop in to play.

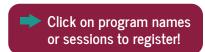
9/05-9/26	Thursday	2-4 p.m.	FREE
10/03-10/31	Thursday	2-4 p.m.	FREE
11/07-11/21	Thursday	2-4 p.m.	FREE
12/05-12/19	Thursday	2-4 p.m.	FREE

MOVIES & DOCUMENTARIES

Age: 60+ | Community Center

This group aims to build community and friendships through shared film experiences, fostering reflection and lively, informal dialogue. Registration can be done in advance or on the day you drop-in.

9/13-9/27	Friday	5-7 p.m.	FREE
10/04-10/25	Friday	5-7 p.m.	FREE
11/01-11/22	Friday	5-7 p.m.	FREE
12/06-12/20	Friday	5-7 p.m.	FREE



Monthly Drop-In Activities

TECH PALS

Age: 60+ | Community Center

Drop by with your device for assistance from a TechPals, Inc. trained volunteer. They will help you navigate your device and learn new skills. Registration can be done in advance or on the day you drop-in.

OR you can email Support@thetechpals.org to schedule an appointment. In your email, please include:

- · Details about the device or devices you need help with (the manufacturer and operating system of your laptop, phone, tablet, watch)
- · A description of what type of help you need
- · Day(s) of the week and time(s) that work best for you

TechPals will reply to your email as soon as possible to set up an appointment or provide possible solutions through email depending on your needs.

9/10	Tuesday	Noon-2 p.m.	FREE
10/08	Tuesday	Noon-2 p.m.	FREE
11/12	Tuesday	Noon-2 p.m.	FREE
12/10	Tuesday	Noon-2 p.m.	FREE

SENIOR WELCOME BREAKFAST

Age: 60+ | Community Center

Gather with other seniors to grab a bite to eat, mingle and make plans to attend the upcoming drop-in activities and program offerings. During this time seniors can stop by the front desk and create their account for program registration. Pre-registration is not required, however, an account in the system will allow staff to gather attendance data for each offering.

9/04	Wednesday	9-10:30 a.m.	FREE
10/02	Wednesday	9-10:30 a.m.	FREE
11/06	Wednesday	9-10:30 a.m.	FREE
12/04	Wednesday	9-10:30 a.m.	FREE

MT. VIEW FIRE BLOOD PRESSURE CHECKS

Age: 60+ | Community Center

Ever wonder what your blood pressure reading is? Once a month (on the third Wednesday) you can find out! Registration can be done in advance or on the day you

9/18	Wednesday	10-11 a.m.	FREE
10/16	Wednesday	10-11 a.m.	FREE
11/20	Wednesday	10-11 a.m.	FREE
12/18	Wednesday	10-11 a.m.	FREE

BILLIARDS AT PHARAOH'S

Age: 60+ | Town of Superior

Meet at Pharaoh's in Superior (404 Marshall Road) on the second and fourth Wednesday of each month for a senior gathering to play billiards in a friendly and welcoming atmosphere. First hour of play is FREE! Registration can be done in advance or by signing in at Pharaoh's.

9/11	Wednesday	5:30-6:30 p.m.	FREE
9/25	Wednesday	5:30-6:30 p.m.	FREE
10/09	Wednesday	5:30-6:30 p.m.	FREE
10/23	Wednesday	5:30-6:30 p.m.	FREE
11/13	Wednesday	5:30-6:30 p.m.	FREE
12/11	Wednesday	5:30-6:30 p.m.	FREE

GETTING "UNSTUCK" AND CREATING JOY IN LIFE

Age: 21+ | Community Center

This is a monthly group for men and women of all ages, including seniors. We will brainstorm ideas to brighten the essence of your life. With the guidance of a licensed therapist (Pamela L. Fields, MA) the group will develop skills to make changes and skills for creative problem solving.

9/04	Wednesday	6-7:30 p.m.	FREE
10/02	Wednesday	6-7:30 p.m.	FREE
11/06	Wednesday	6-7:30 p.m.	FREE
12/04	Wednesday	6-7:30 p.m.	FREE

BOOK CLUB

Age: 60+ | Community Center

You're invited to a lively discussion of books. Participants choose a list of books and discuss one each month. Come prepared with your suggestions. If you like to read and share your thoughts on chosen books, this group is for you. We will meet on the second Thursday of each month. Registration can be done in advance or on the day you drop-in.

Senion

activities

9/12	Thursday	Noon-2 p.m.	FREE
10/10	Thursday	Noon-2 p.m.	FREE
11/14	Thursday	Noon-2 p.m.	FREE
12/12	Thursday	Noon-2 p.m.	FREE

MEDICARE 101

Age: 30+ | Community Center

In this one-hour Medicare 101 educational seminar we will explain the basics of Original Medicare and how and when to apply. We will explain the options available for supplementing the gaps that Original Medicare leaves. We discuss how prescription drug coverage works and programs available to assist Medicare beneficiaries with the cost of their medications. We will go over penalties that can be incurred if you miss your enrollment window and how to avoid them. We will explain IRMAA (Income Related Monthly Adjustment amount), how it's determined, what to expect and how to potentially appeal.

9/19 Thursday 5:30-6:30 p.m. FREE

MEDICARE CHANGES FOR 2025: WHAT YOU NEED TO KNOW!

Age: 30+ | Community Center

The Medicare Annual Enrollment Period (AEP) is a time each year when people can make changes to their Medicare coverage. The AEP runs from October 15 to December 7, and new coverage choices take effect on January 1. This seminar will address the changes for 2025.

10/03	Thursday	5:30-6:30 p.m.	FREE
11/09	Saturday	10-11 a.m.	FREE

Superion community center

SPORTS & FITNESS

Denver Dance Authority

PRE-K ACROBATICS AND TUMBLING

Age: 3-5 | Community Center

Pre-k students of Superior will have the opportunity to learn tumbling skills on a 33-foot inflatable tumble track. With hands-on spotting and specialized instruction, our expert teachers provide a structured, fun and physically challenging class for each student. Students will learn to do a number of skills including handstands, dive rolls, backbends, cartwheels and much more. Dress Code: Fitted athletic wear, appropriate for going upside down. Long hair must be tied back. No jewelry. Bare feet or socks with grippers.

9/03-10/08 Tuesday 5-5:30 p.m. \$135 \$135 11/05-12/10 Tuesday 5-5:30 p.m.

BEGINNING ACROBATICS AND TUMBLING Age: 5-8 | Community Center

This high energy, fun class is for kids ages 5-8 who are interested in athletic tricks! Students will perform acrobatic and tumbling skills on a 33-foot inflatable tumble track, where they will learn to flip, fly and fall safely. Skills focused on in this level are dive rolls, cartwheels, assisted handsprings and assisted aerials.

9/03-10/08 Tuesday 5:30-6:30 p.m. \$172.50 11/05-12/10 Tuesday 5:30-6:30 p.m. \$172.50

INTERMEDIATE ACROBATICS AND TUMBLING Age: 8-12 | Community Center

This is an exhilarating and challenging class for active kids ages 8-12 of all experience levels looking to learn some seriously fun tricks! We teach everything from a cartwheel to a full twist on a 33-foot inflatable tumble track. Students will start the class with warm ups and conditioning, followed by drills and then finally, the skill of the day. This class focuses on cartwheels, roundoffs, aerials, front and back handsprings and flips.

6:30-7:30 p.m. \$172.50 6:30-7:30 p.m. \$172.50

Tai Chi for Arthritis and Falls Prevention

Tai Chi is safe for all abilities with or without arthritis. Tai Chi has been proven to prevent falls, increase balance and movement and improve quality of life for participants. These forms of Tai Chi can be safely progressed to each person's needs.

This program is led by a certified Tai Chi for Health Instructor and Avista Adventist Hospital Occupational Therapist. This class is aimed to prevent falls and maintain independence.

If you have questions regarding these classes, please email Whitney Todaro at Whitney.Todaro@AdventHealth. com or call (303) 673-1241. No previous Tai Chi experience required.

TAI CHI FORMS 1

Age: 18+ | Community Center

This class focuses on relieving the symptoms of arthritis and pain and enhancing overall healthy movement with Tai Chi Forms 1. Participants do not need to have arthritis to benefit from the exercises that improve balance and reduce risk and fear of falling.

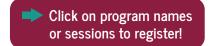
9/05-10/17 Thursday 1:15-2:15 p.m.

TAI CHI FORMS 2

Age: 18+ | Community Center

This class focuses on relieving the symptoms of arthritis and pain and enhancing overall healthy movement with Tai Chi Forms 2. The class is taught step-by-step so anyone who is interested in improving their balance, activity tolerance or just to get their chi flowing is welcome! Participants do not need to have arthritis or take Tai Chi Forms 1 to benefit from these exercises that improve balance and reduce risk and fear of falling.

10/24-12/12 Thursday 1:15-2:15 p.m. **\$**35













RABBITS

Age: 4-5 | North Pool Tennis Courts

Rabbits focuses on the introduction to tennis for students 4-5 years old. This includes working on mobility and agility skills with eye, hand and foot coordination drills and games. Kids have the opportunity to work on athleticism at an early age. They will also be introduced to learning proper tennis skills, get great exercise, develop new relationships and have lots of fun! Students are required to bring a racket and water to class. Classes are a six students to one coach ratio.

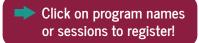
9/04-12/18 Wednesday 4:30-5:30 p.m. **Varies** 9/07-12/21 9-10 a.m. Saturday **Varies**

HOT SHOTS

Age: 6-8 | North Pool Tennis Courts

Hot Shots focuses on the introduction and development of students 8 years old and younger to tennis. This includes working on mobility and agility skills with eye, hand and foot coordination drills and games. Kids have the opportunity to work on athleticism at an early age. They will also be introduced to learning proper tennis skills, get great exercise, develop new relationships and have lots of fun! Students are required to bring a racket and water to class. Classes are six students to one coach ratio.

9/03-12/19 Tues, Thurs 4:30-5:30 p.m. **Varies** 9/07-12/21 Saturday 10-11 a.m. **Varies**



Coach Charlie

to bringing tennis to the Town of Superior. As a tennis professional with over 43 years of coaching, I have developed a unique style of teaching with an ability to teach all levels and ages. The all new tennis programming that will be available for all to see and experience in Superior is under the iluv10s.com banner. We offer tennis for everyone. This includes NTRP 4.5 plus

competitors, adults from beginner through NTRP 4.0 league

players, and youths from 4 year olds to advanced 17 year olds.

Hi! I'm Charlie Warner and look forward





junion tennis programs

JUNIOR STROKES

Age: 8-11 | North Pool Tennis Courts

Junior Strokes focuses on the introduction and development of students 11 years old and younger to tennis. This includes working on mobility and agility skills with eye, hand and foot coordination drills and games. Kids have the opportunity to work on athleticism at an early age. They will also be introduced to learning proper tennis skills, get great exercise, develop new relationships and have lots of fun! Students are required to bring a racket and water to class. Classes are six students to one coach ratio.

9/03-12/19 Tues, Thurs 5:30-6:30 p.m. **Varies** 9/07-12/21 Saturday 11 a.m.-Noon **Varies**

SKILLS & GAMES

Age: 11-16 | North Pool Tennis Courts

Skills & Games focuses on the introduction and development of students 11-16 years old to tennis. This includes working on mobility and agility skills with eye. hand and foot coordination drills and games. Kids have the opportunity to work on athleticism at an early age. They will also be introduced to learning proper tennis skills, get great exercise, develop new relationships and have lots of fun! Students are required to bring a racket and water to class. Classes are six students to one coach ratio.

9/04-12/18 Wednesday 5:30-7 p.m. **Varies** 9/06-12/20 Friday 6-7:30 p.m. **Varies** 9/07-12/21 Saturday 12-1:30 p.m. **Varies**



Junior Elite Programs

ORANGE

Age: 7-11 | North Pool Tennis Courts

The Orange Elite class is for serious 11 and under juniors who are ready for a competitive tennis game! To participate in this performance class, you must meet the following requirements:

- 11 years old or younger.
- · Can hit with some consistency.
- Show a serious and focused attitude.
- · Willing to work and play hard.

Class spots are limited and all students are evaluated by the tennis coaches. This class is great for learning technique and understanding how to use the court during point play. Students are required to bring a racket and water to class. Classes are a six students to one coach ratio.

9/02-12/20 Mon. Fri 4:30-6 p.m. 4 Session Package = \$140 | 8 Session Package = \$250

Private Tennis Lessons

All Ages | North Pool Tennis Courts

Private tennis lessons are available to all levels with three levels of pros available for teaching:

Junior Pros: (\$40/hr – for kids in the junior program)

Junior Head Pro: (\$50/hr – for youth and adults alike)

USPTA Elite Pros: – Charlie Warner and Dan Gray (\$70/hr - for all)

Package deals are also available. All private lessons must be set up in direct correspondence between clients, pros and tennis pro Charlie Warner - cwarner.iluv10s@gmail.com. Register for private lessons at iluv10s.com.







Age: 10-17 | North Pool Tennis Courts

The Tier 3 Elite class includes High School Junior Varsity, Middle School, 12 and under tournament and ranked 10 and under players.

The Tier 4 Elite class is for serious 14 and under juniors ready to be competitive tennis players!

To participate in this performance class, you must meet the following requirements:

- 10 years old or older
- · Can hit with some consistency.
- Show a serious and focused attitude.
- · Willing to work and play hard.

Class spots are limited and all students are evaluated by the tennis coaches. This class is great for players who are looking to play high school tennis and are interested in starting to play tournaments. If you are a talented 10 and under player who is having trouble finding the right fit for your game, try this class.

9/03-12/19 Tues. Thurs 6:30-8 p.m. 3:30-5 p.m. 9/08-12/22 Sunday

4 Session Package = \$140 | 8 Session Package = \$250

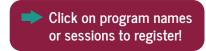
Junior Tennis Events

17 & UNDER MATCH PLAY

Age: 13-17 | North Pool Tennis Courts

Test your skills against other players. Play real sets in singles and doubles. Get coached and compete for rankings and prizes.

9/07-12/21 Saturday 1:30-3:30 p.m. \$25/day



ADULT TENNIS

Adult Programs

STROKE OF THE WEEK

Age: 18+ | North Pool Tennis Courts

This class focuses on particular shots and moves. Each class has a purpose. Learn and put into action the tennis stroke of the week. For singles and doubles.

9/02-12/20 Mon. Fri 3-4:30 p.m. \$37 9/04-12/18 Wednesday 1-2:30 p.m. \$37 4 Session Package = \$140 | 8 Session Package = \$250

DRILL & PLAY

Age: 18+ | North Pool Tennis Courts

This is the traditional drill clinic that is popular with most players. 3.0-4.0 NTRP levels with a lot of movement, drilling and game play. Let's party!

9/02-12/18 Mon, Thurs \$37 7:30-9 p.m. 9/08-12/22 Sunday 12-1:30 p.m. \$37 4 Session Package = \$140 | 8 Session Package = \$250

TOO JUICY!

Age: 18+ | North Pool Tennis Courts

By invitation only! This class is for serious tournament and league players 3.0-4.0 NTRP Levels. Drills revolve around playing scenarios while using proper techniques.

9/03-12/19 Tues, Thurs 1-2:30 p.m. \$37 9/08-12/22 Sunday 10:30 a.m.-Noon \$37 4 Session Package = \$140 | 8 Session Package = \$250

START UP

Age: 18+ | North Pool Tennis Courts

An introductory class for beginners and a refresher course for people who have been out of the game for a while. Learn the latest techniques while having fun!

9/06-12/22 Fri. Sun 9-10:30 a.m. \$37 4 Session Package = \$140 | 8 Session Package = \$250



TIER 1 & 2

Age: 12+ | North Pool Tennis Courts

The Tier 2 Elite Class includes 3.5/4.0 adult league and tournament players, high school varsity, 16, 14, and 12 and under ranked tournament players. Tier 2 is great for players who are already competing at a higher level of play. They will develop a better thought process and understanding of how to create patterns during point play.

The Tier 1 Elite Class includes 4.5+ adult league and tournament players, top high school varsity, 18, 16, 14 and under ranked tournament players with a UTR of 8 or better. Tier 1 is designed for players who are already competing at a high level. They will learn better point patterns and develop a solid style of play.

To participate in this performance class, you must meet the following requirements:

- 12 years old or older (must be able to handle power).
- · Compete in tournaments and league play.
- · Can hit with good consistency.
- · Starting to develop weapons on court.
- Have a serious and focused attitude.
- Willing to work hard.

Class spots are limited and all students are evaluated by the tennis coaches. This class is only for people who can compete against strong players. Players must be evaluated by the teaching staff.

9/02-12/16 Monday 6-7:30 p.m. 9/04-12/18 Wednesday 7-8:30 p.m. 4 Session Package = \$140 | 8 Session Package = \$250

Tennis Events

MIXED TOP DOG

Age: 18+ | North Pool Tennis Courts

Compete once a week in a round robin format for points! All who participate will be eligible for the Top Dog! title and prizes. This is open to levels 3.0 - 4.5.

adult

tennis

programs

9/03-12/18 Wednesday 8-10 p.m. \$25/day 9/07-12/21 Saturday 3:30-5:30 p.m. \$25/day

OPEN MATCH PLAY

Age: 18+ | North Pool Tennis Courts

Open Round Robin competition where players compete for points, position and prizes. Open for players NTRP 4.0 and above.

9/08-12/22 Sunday 1:30-3:30 p.m. \$25/day



Adult and Elite tennis programs now offer a "session package" option where you can purchase 4 or 8 punch-pass membership. This allows you to check in on any day a program is happening, allowing for more freedom on when you want to attend a program.

Adult programs will now also offer a "drop in" option, allowing you to participate in a program the day you sign up for.

OUTDOOR ENRICHMENT

Environmental Education

BEE TALK WITH THE BEES WAGGLE All Ages | Community Center

Honey bees make the headlines, but did you know there are 20,000 species of bees buzzing on our planet? Honey bees are not native to North America, but there are 4,000 species that are, and Colorado is home to 1,006 species. Native bees may not make honey, but they are master pollinators that uphold our native ecosystems through their pollen transporting services.

Come learn with Jessica Goldstrohm, owner and head educator of The Bees Waggle (beeswaggle.com), about the amazing characteristics and skills of bees, who some of our Colorado bees are and how to support them through gardening.

9/04	Wednesday	6-7:30 p.m.	FREE
10/09	Wednesday	6:30-8 p.m.	FREE
11/06	Wednesday	6-7:30 p.m.	FREE
12/04	Wednesday	6-7:30 p.m.	FREE

BUG HUNT: INVERTEBRATES

All Ages | Central Park

Spiders and crawlies and flies oh my! Join wildlife ecologist Ashley DeLaup and search for our tiniest but maybe most important wildlife residents! Insects and spiders are everywhere and for good reason, this will be a scavenger hunt of tiny proportions. Come prepared with weather appropriate attire, shoes and water. See you there!

9/07 **FREE** Saturday 9-11 a.m.

> Click on program names or sessions to register!

SEPTEMBER HIKE WITH THE RANGER

All Ages | Open Space

Hike with the Open Space Ranger, Phary Om! Meet up at the Oerman-Roche Trailhead at 9 a.m. This will be a 2-mile hike out and back. Dress appropriately for the weather, good hiking shoes, trekking poles (if needed), sunscreen, hat, water and snacks. See you on the trails!

9/26 Thursday 9-11 a.m. FREE

NATURE AT NIGHT: COYOTES

All Ages | Community Park

Meet at the Community Park basketball courts to learn about and look for our controversial mesopredators, the ever present neighborhood coyotes. What is normal vs abnormal behavior? What do we need to do to reduce any conflict with these intelligent creatures? Learn all about coyotes and maybe spot (or hear!) one or two with wildlife ecologist Ashley DeLaup. Come prepared with weather appropriate attire, shoes and water. See you there!

10/19 6-7:30 p.m. FREE Saturday

OCTOBER HIKE WITH THE RANGER

All Ages | Open Space

Hike with the Open Space Ranger, Phary Om! Meet up at the Coalton Trailhead at 9 a.m. This will be a 2-mile hike out and back. Dress appropriately (or wear your Halloween costume) for the weather, good hiking shoes, trekking poles (if needed), sunscreen, hat, water and snacks. See you on the trails!

10/31 Thursday 9-11 a.m. FREE



All Ages | Open Space

Join wildlife ecologist Ashley DeLaup at the South Pool parking lot at 9 a.m. to take a hike around the Coyote Ridge Open Space! What wildlife lives in the open spaces in our Town? This trail can get muddy so dress appropriately, bring your binoculars and all of your wildlife questions!

11/02 Saturday 9-11 a.m. **FREE**

Tree Climbing

Your childhood is calling. Why choose a view from under trees when you can go up them? Learn climbing techniques and hardware developed from tree works, cavers and rock climbers that allow tree canopy scientists to conduct studies. The only difference? We are doing it just for fun! Swing from

branches, recapture your own childhood and let your children have an awesome experience.

Easy to learn, safe, all equipment and instruction provided. Must be in good health. Long pants, boots, eye protection and gloves are recommended! No drop-offs please.

RECREATIONAL TECHNICAL CLIMB SESSION

Age: 7+ | Community Park

Recreational tree climbing gets kids, youth, adults, couples and families off the ground and into the canopy. Up here, you can enjoy the views of the surrounding landscape and get a new view on your life while having fun and exercise! This program is highly adaptable to fit individuals with different physical needs! Equipment will be provided. Boots are recommended.

9/15 Sunday 10:30 a.m.-12:30 p.m. \$60 10/13 Sunday 10:30 a.m.-12:30 p.m. \$60

Dog Daze of Summen

It's a day for your dogs. Bring your furry friends up to South Pool for a day of excitement just for dogs. Dogs can jump and play in the summer heat, while cooling off in the pool. Dogs only allowed in the pool today, no humans please.

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programs

Date: Thursday, September 5, 2024

Location: South Pool. 3300 Huron Peak Ave.

Superior, CO 80027

Time: 3-7 p.m.

Cost: Doggy Donations for the





OUTDOOR SPORTS & FITNESS

Pickleball Programs

Pickleball is the fastest growing sport in the United States. It combines exercising, competing and using your mind, while socializing and having fun with friends. Unlike many sports, pickleball is something men, women and children can spend time playing and enjoying together.

ADVANCED BEGINNER PICKLEBALL **SKILLS & DRILLS CLASSES**

Age: 16+ | Autrey Park Pickleball Courts

Players should know basic shots, rules and how to score. This clinic will help those practice playing with some consistency and need some coaching on technique and strategy. The first hour will be drills followed by an additional half hour of coached gameplay.

9/17	Tuesday	10:30 a.mNoon	\$30
9/30	Monday	9-10:30 a.m.	\$30

INTERMEDIATE LEVEL SKILLS & DRILLS

Age: 16+ | Autrey Park Pickleball Courts

Players should know how to execute all the basic shots with some consistency: Serve, return, dink and third shot drop. The first hour will be drills followed by an additional half hour of coached game play.

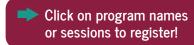
9/17	Tuesday	9-10:30 a.m.	\$30
9/30	Monday	10:30 a.mNoon	\$30

LEARN TO PLAY PICKLEBALL CLINICS

Age: 16+ | Autrey Park Pickleball Courts

This clinic is for newbies! You will learn some basic techniques, rules and scoring! Paddles are available for use during the lesson.

9/07	Saturday	11 a.m1 p.m.	\$40
9/09	Monday	5-7 p.m.	\$40
10/06	Sunday	11 a.m1 p.m.	\$40





Coach Kathu

Kathy Mihelic is a PPR (Professional Pickleball Registry) Certified Professional. Silver Medalist for USA Pickleball Nationals in 2021 and 2022, and Team HEAD Penn Pickleball sponsored player. Kathy and her team of certified coaches are available to teach private, semi-private and group lessons. Email Kathy at KathrynMihelic@gmail.com.



Pickleball Mixers / Coached Game Play

Ever struggled with finding pickleball players around your skill level to play with? Ever wanted to meet other pickleball players to rally with on the court? These mixers will help with that!

ADVANCED BEGINNER MIXER

Age: 16+ | Autrey Park Pickleball Courts

This will be a social mixer for recreational players who are confident in scoring and rules, have been playing a while and are ready for some friendly competition. There will be three courts of doubles play. A timer is set for 10 minutes. At the end of 10 minutes, the winning teams moves up a court and splits partners. Losers move down a court and split partners. A coach will monitor play and help coordinate the mixer.

9/08	Sunday	9-11 a.m.	\$25
9/16	Monday	5-7 p.m.	\$25
9/29	Sunday	9-11 a.m.	\$25

INTERMEDIATE MIXER

Age: 16+ | Autrey Park Pickleball Courts

This will be a social mixer for players who are confident in scoring, rules and have been playing competitive recreational play or novice level tournaments. There will be three courts of doubles play. A timer is set for 10 minutes. At the end of 10 minutes, the winning teams move up a court and split partners. The losing teams will move down a court and split partners. Coach Kathy will monitor play and help coordinate the mixer.

9/07	Saturday	9-11 a.m. 5-7 p.m. 9-11 a.m	\$25
9/23	Monday	5-7 p.m.	\$25
10/06	Sunday	9-11 a.m.	\$25

ADVANCED INTERMEDIATE LEVEL MIXER

Age: 16+ | Autrey Park Pickleball Courts

3.5 Level+. This will be a social mixer for players who are confident in scoring, rules and have been playing competitive recreational play or sanctioned tournaments. These players should know strategy and are confident playing at the NVZ. Players should also have the consistency of maintaining a rally of 15 or more shots without errors. There will be three courts of doubles play. A timer is set for 10 minutes. At the end of 10 minutes, the winning teams move up a court and split partners. Losers move down a court and split partners. Coach Kathy will monitor play and help coordinate the mixer.

9/08	Sunday	11 a.m1 p.m.	\$25
9/29	Sunday	11 a.m1 p.m.	\$25







Athletic Field Reservations

The Town of Superior has many athletic fields suitable for seasonal, occasional and tournament play. All Town of Superior athletic fields are open to the public for use on a first-come, first-served basis. To obtain exclusive use of a field, complete and submit a Sports Complex Permit Application to tospros@superiorcolorado.gov. Applications can be found online at superiorrec.com. Field reservations must be paid for prior to use.

- Williams Turf and the West multi-purpose field are available to rent year-round.
- Baseball fields are available to rent from April-November and are closed for field preservation from December-March.
- Superior Commons Athletic Field is available to rent from April-October. The field is closed November-March for field preservation.

Park/Pavilion Reservations

Come and enjoy the outdoors at one of Superior's beautiful parks.

 Park/Pavilion reservations are available to reserve online from May-October reservation dates. Park facilities may be used on a first-come, first-served basis from November-April.

Park/pavilion reservations may be made online beginning April 1 each year at superiorrec.com.





How do I negisten fon Town of Superion programs?



Register Online

Visit superiorrec.com and click the "Program Registration" button, log in and sign up for the program(s) of your choice!

For questions or assistance with program registration, please call (303) 554-9005 or email tospros@superiorcolorado.gov.

