

HOW TO REGISTER

Program registrations

All program registrations are accepted on a first-come, first-served basis or until leagues are full in the following ways:

1. **Online**
highlandsranch.org/signmeup
2. **Mail or in person**
3280 Redstone Park Circle
Highlands Ranch, CO 80129
3. **Fax** to 303-470-9516

Waitlists will apply once leagues are full or after the registration deadline.

Late fees – A \$15 late fee will apply after the registration deadline.
If leagues are full, late registrations will be placed on a waitlist.

Program refunds

Refunds are granted in full for any program cancelled by the Metro District. Credits or refunds requested by the participant must be received at least three working days prior to the program start date and are subject to a \$15 processing fee. Credits or refunds requested after a program has started will be considered on a case-by-case basis.

Recreation Program Sponsorships

**Great for your community
Great for your business**

Support a team, league, facility or event. For details, please contact Dave Parks at 720-240-5933 or dparks@highlandsranch.org.



Batter Up!

**Batting Cages at
Redstone Park
720-240-5940**

**Open seven days a week through
October, weather permitting.**

Punch cards, cage rentals and single rounds are available.

For rates and hours, please visit highlandsranch.org.



Highlands Ranch Metro District sports programs are proudly sponsored by Dick's Sporting Goods. Our partnership includes Metro District Shop Days throughout the year. Please watch for valuable coupons and support Dick's Sporting Goods by visiting their stores.

Highlands Ranch Metro District Annual Benefit Golf Tournament

**Monday, Sept. 26
1 p.m. shotgun start
Highlands Ranch Golf Club**

Register today for this tournament! Proceeds benefit the Highlands Ranch Park & Recreation Foundation. Foundation projects include youth sports scholarships and enhancing recreation programs and amenities.

**Cost is \$95 per player
Activity #501410-A**

Visit highlandsranch.org/tournament for a registration flyer or to register. If you are interested in sponsoring this event, please contact Dave Parks at 720-240-5933 or dparks@highlandsranch.org.



Interested in a great job?

Working with Metro District recreation programs will get you outdoors in a sports environment. Each year the Metro District hires qualified individuals for a variety of positions. Please call Metro District Recreation Services at 303-791-2710 for more information.

Lacrosse Instructors
(ages 14 and older)

Youth Flag Football Supervisor
(ages 18 & older)

Officials
(ages 14 & older)

Batting Cage Attendants
(ages 16 and older)

Free fitness in the park

Pilates in the Park – Tuesdays
8:15 - 9:15 a.m. through July 26

Yoga in the Park – Saturdays
8:15 - 9:15 a.m. through Aug. 6

Both programs are hosted at Civic Green Park, 9370 Ridgeline Blvd.

For more program details, please visit www.highlandsranch.org.



Skyhawks summer sports camps

Ages 4 – 12

Registration for Skyhawks programs will be accepted until the camp is full or seven days before it starts.

Skyhawks provides fun, safe and positive programs that emphasize critical lessons in sports and life, such as teamwork, respect and sportsmanship. Skyhawks programs are designed to give each child a positive introduction into sports while fostering a lifelong love for an active, healthy lifestyle. Skyhawks staff use a variety of skill-building games and activities to give each athlete a complete understanding of the sport. Since 1979, Skyhawks has taught more than one million boys and girls life lessons through sports.



Each camp includes quality instruction, a t-shirt and merit award. A sport-specific ball is included with registration and participation in Skyhawks soccer, flag football, basketball, volleyball, mini-hawk, and multi-sport camps.

Skyhawks participants should wear appropriate clothing, bring a water bottle, two snacks, running shoes and sunscreen. Please put your child's name and phone number on all personal belongings. For more information about the Skyhawks programs and additional equipment to bring visit skyhawks.com.

For descriptions, activity numbers and to register for a Skyhawks Sports Camp, visit highlandsranch.org.

Camp Locations

July 18 - 22	MARCY PARK • Beg. Golf 9am-12pm - Upper • Soccer 9am-12pm - Upper	PLUM VALLEY PARK • Track & Field 9am-12pm	PAINTBRUSH PARK • Mini-Hawk 9am-12pm	TOEPFER PARK • Basketball 9am-12pm
July 25 - 29	FALCON PARK • Flag FB 9am-12pm	NORTHRIDGE PARK • Cheerleading 9am-12pm • Mini-Hawk 9am-12pm	CAMP FEES COLOR CODE • \$113/\$129 • \$123/\$141	
August 1 - 5	REDSTONE PARK • Mini-Hawk 9am-12pm • Flag Football 9am-12pm			



Fall Competitive Youth Baseball

Team Registration Only

Ages 7 – 14 (Age as of May 1, 2016)

This is a competitive baseball league for above average to advanced players/teams only. Games are played on Sundays. Practices are once a week on a shared field. Game balls are provided. Teams must provide their own uniforms. The eight-game season ends with a single elimination tournament. (Maximum number of players on a team is 13.)

Team Fee: 7-8 year olds - **\$1,500 per team**
9-14 year olds - **\$1,620 per team**

Registration begins: Monday, June 13

Practices begin the week of Aug. 1

Registration deadline: Monday, July 18

Age*	Type of Play	Team Activity#
7-8	Kid Pitch (Modified)	201106-1
9	Kid Pitch	201108-1
10	Kid Pitch	201110-1
11	Kid Pitch	201112-1
12	Kid Pitch	201113-1
13-14	Kid Pitch	201114-1

Please contact Luke Ruter at 720-240-5912 for more information or to register a team.

Individual players looking to get on a team can attend our Draft Day at 9 a.m. on Sunday, July 24 at Redstone Park. To participate in the draft day, individuals must pre-register using **Activity #201117-1**. Participants attending draft day are not guaranteed to be placed on a team.

Summer Baseball Camp

Ages 7 – 14

The Metro District is proud to offer this camp in association with Diamond Club Training. Diamond Club operates its own facility as a national affiliate of America's Baseball Camps and is the home of the Colorado Rockies fall scout team. Diamond Club Baseball Camp directors are experienced professional instructors with years of coaching experience at the professional and/or college level. They supplement their staff with current college players and elite high school players who have come through their system.

The focus of this camp will be on the five trademark tools of baseball: hitting for average, hitting for power, running, throwing and playing defense.

Required equipment: glove, bat, helmet, hat and water bottle. Players should wear cleats and either shorts, sweats or baseball pants.

Fee: Resident: \$120 Nonresident: \$138

Registration deadline: Monday before camp starts

July 25 - 27 9 a.m. - noon Redstone Park **Activity #101118-A**



11th Annual Fall Preseason Flag Football Clinic

Ages 4 – 14

The 11th annual camp, led by former NFL quarterback TJ Rubley, is recommended for all participants of the Metro District's Youth Flag Football leagues as well as individuals interested in learning more about flag football.

Fee: Resident: \$25 Nonresident: \$29

Registration deadline: Friday, Aug. 5

Saturday, Aug. 6 9 a.m. - noon Stone Mountain Elementary

Activity #101400-A



Fall Youth Flag Football Leagues

Ages 4 – 14



Play in this fun, recreational non-contact league with 5 v 5 games for boys and girls. Leagues focus on learning skills, game fundamentals, making friends, and having fun. Games are played on a 60-yard field where the basics of football are taught and good sportsmanship is

promoted. There will be one practice a week with eight Saturday games.

Fee: Resident: \$87 Nonresident: \$99

Registration deadline: Monday, July 25

Practices begin the week of Aug. 8.

Games begin Saturday, Aug. 20.

Current Grade*	Activity #	Current Grade	Activity #
4-5 year olds**	201400-1	Fourth	201405-1
Kindergarten	201401-1	Fifth	201406-1
First	201402-1	Sixth	201407-1
Second	201403-1	Seventh	201408-1
Third	201404-1	Eighth	201409-1

*Grade as of Aug. 8, 2016

**Must be 4 years old by program start date

Fall Youth Flag Football Tournament Saturday, Oct. 22

Grades 2 – 8

Can't get enough football? Sign up your team for the end-of-season tournament. This tournament is optional for league players.

Fee: \$200 per team

Registration deadline: Monday, Oct. 10

Grade	Activity #	Grade	Activity #
Second	201410 - 1	Sixth	201414 - 1
Third	201411 - 1	Seventh	201415 - 1
Fourth	201412 - 1	Eighth	201416 - 1
Fifth	201413 - 1		

Boys CARA Fall Lacrosse – *New Season*

Ages 6 – 14

Recreational 7 v 7 Lacrosse Leagues

Boys teams play in the Colorado Association of Recreational Athletics (CARA). This league is designed for beginner lacrosse players looking for a more recreational league. Teams will travel for away games against other CARA teams. All teams are scheduled for seven games.

Required equipment: lacrosse helmet, shoulder pads, arm pads, gloves, stick, protective cup and a mouth guard. Rib pads and throat protectors are optional, but recommended.

Fee: Resident: \$120 Nonresident: \$138

Practices begin the week of Aug. 22.

Games begin Sept. 10 and end Oct. 22 (depending on weather).

Registration deadline: Monday, Aug. 15

Age*	League Format	Activity #
6-8	No body checking	201510 - 1
8-10	No body checking	201511 - 1
10-12	One step checking	201512 - 1
12-14	One step checking	201513 - 1

*Age as of Sept. 1, 2016

Introductory Lacrosse Program

Ages 6 – 14

There's no better way to learn the game and proper use of a lacrosse stick than an introductory lacrosse clinic for new players. This is a four-week introductory program. Lacrosse sticks will be provided.

Fee: Resident: \$50 Nonresident: \$58

Registration deadline: Friday, Aug. 26

Sept. 10, 17, 24 & Oct. 1 10 - 11:30 a.m.
 Marcy Park lower field **Activity #201502-A**

Youth Lacrosse Leagues *Spring 2017*

Spring CARA lacrosse leagues will begin in February 2017. Watch for upcoming information at highlandsranch.org about early registration.

For more program details, please visit www.highlandsranch.org.

Fall CARA Cross Country

Ages 7 – 14

This program provides youth a recreational distance running experience in a fun, age-appropriate environment. This program is focused on skill development.

Teams will compete in five meets during the season (Saturdays or Sundays) starting Sept. 10 through Oct. 8. Practices are Tuesdays and Thursdays starting Aug. 16, from 6 - 7 p.m. at Redstone Park.

Meet host sites, dates and distances for events have not yet been determined. Events will be offered to boys and girls ages 7-14 (age as of Oct. 31, 2016). Boys and girls will compete in separate gender and age divisions (8 and younger, 9-10, 11-12 and 13-14).

Fee: Resident: \$65 Nonresident: \$75

Registration deadline: Friday, Aug. 12

Activity #206100-1

For more information, please contact Amber Garrett at 720-240-5934, or agarrett@highlandsranch.org.

Skateboarding

All lessons will be held at Redstone Skate Park.

SkateStart Skatecamps

Ages 6 – 14

Look forward to mastering drop-ins, carving the bowls, ollies, games of SKATE, skate trivia, scavenger hunts, prizes and more. Find out why everyone is talking about SkateStart and join the fun. If you are a beginner, it is highly recommended you attend the SkateStart Level 1 program first.

Required equipment: helmet and closed-toed shoes

Fee: Resident: \$60 Nonresident: \$69

Registration deadline: Friday before class starts

Activity #201809-A

Tuesday, Oct. 11 9 a.m. - 12:30 p.m.

Please visit highlandsranch.org for the latest listings of fall SkateStart camps.

Ruler of the Railzz

Skateboarding/BMX/ Scooter Competition

The Ruler of the Railzz skate park competition at Redstone Skate Park provides a competitive event for all skaters and riders in the Denver metro area. This annual event brings out local skaters to compete for the top spot in this area. The contest is open to all ages and abilities with seven different divisions in which to participate. A parental waiver must be signed to participate.

Saturday, Sept. 17. Competition starts at noon.

Fee: \$10 per participant per event

Activity #507201-B

For more information and the list of divisions, please go to highlandsranch.org.



Elitch Garden Tickets

The Metro District offers discount tickets to Elitch Gardens. Tickets are available at the Metro District Parks, Recreation & Open Space Service Center, 3280 Redstone Park Circle. Please call Brenda Willcutt at 720-240-5911 for more information.

Single tickets: \$35

Free special events

NFL Punt, Pass, and Kick Competition



Tuesday, Sept. 6
Ages 6 - 15

Register at this event beginning at 5:15 p.m. at Redstone Park – South Green.

This skills competition is open to both boys and girls ages 6–15 (age as of Dec. 31, 2016).

Winners from each local competition (one winner from each of the boys and girls four age groups) will move on to compete at an assigned sectional competition.

Players will test their skills in three events:

- Punting
- Passing
- Kicking

There are five separate age divisions for both boys and girls:

- 6- & 7-year-olds
- 8- & 9-year-olds
- 10- & 11-year-olds
- 12- & 13-year-olds
- 14- & 15-year-olds

Important – Each participant must have an on-site parental waiver form and copy of a birth certificate. Only gym shoes may be worn. No football shoes/cleats/turf shoes will be permitted.

Young Yogis in the Park



Young Yogis is a free, weekly yoga class for ages 6–17 (5 and younger with responsible guardian) that will share the joy of yoga for tots to teens. Through fun-based yoga, children will bend, stretch and strengthen both body and mind in an engaging environment. No registration required.

Fridays through July 22 Northridge Park 9 - 9:45 a.m.

For more program details, please visit www.highlandsranch.org.



Adult Sports



Adult Softball

Ages 18 & older

Season: Fall leagues start the week of Sunday, Aug. 14.

Fee: \$465 per team (seven games + single elimination tournament).

Registration:

Priority #1 – Returning teams from 2016 spring and summer adult softball leagues and Highlands Ranch resident teams may register starting Monday, June 13.

Priority #2 – All other teams may register beginning Monday, June 27.

Registration deadline: Thursday, Aug. 4.

Highlands Ranch Metro District softball leagues play under modified USSSA rules. We utilize the 1-and-1 pitch count rule and the 3-feet to 10-foot pitching arc. Four 55-minute game sets beginning at 6:10 p.m. Run rules will apply. Sunday games could start as early as 5 p.m., depending on the number of teams.

Fall Leagues Offered:

Day	Division
Sunday	Men's D-Open, Men's D-Rec
Monday	Men's D-Rec, Men's Upper D-Rec
Tuesday	Men's D-Open, Men's D-Rec
Wednesday	Coed Upper D-Rec, Coed D-Rec
Thursday	Men's Upper D-Rec, Men's D-Rec, Coed D-Rec
Friday	Men's D-Open, Men's D-Rec, Coed D-Rec

Please call Luke Ruter at 720-240-5912 for more information or to register for adult leagues.

Flag Football

Flag Football 8 v 8 men's leagues begin week of Aug. 21. All games are played on Sundays.

Fee: \$615 per team

Sunday 7 games + single elimination tournament

League registrations start Monday, June 20.

Registration deadline: Friday, Aug. 12

Please visit our league website – quickscores.com/hrmd for detailed information.

Bocce Ball

Programs will be held at Paintbrush Park, 4901 Valleybrook Dr.

Learn to Play

Ready to learn bocce ball? Classes will teach rules and how to play. This is a great introduction for players before leagues begin.

Fee: Resident: \$15 Nonresident: \$17

Registration deadline: Friday, Aug. 5

Wednesday, Aug. 10

6 - 7 p.m.

Activity #204214-A

Wednesday Mixed Leagues

Bocce ball is a two-player league. Sign up as a team or individual. Single players will be matched with partners. League start time is 6 p.m.

Fee: \$40 per person (Six weeks + a tournament)

Registration deadline: Friday, Aug. 12

League begins Wednesday, Aug. 17

Activity #204216-A

WASA Co-Ed Adult Kickball Leagues



The Western Alternative Sports Association (WASA) brings the fun of kickball to Highlands Ranch. Join the thousands of adults around Denver reliving their playground days. WASA Kickball is fun, laid back and social. Team fees include an eight-week outdoor season, customized team t-shirts, equipment, great specials/post game giveaways and a playoff tournament.

Games will be played Thursday nights beginning July 21.

Registration is underway at www.wasasports.com.

Free agent sign up!

What if I am an individual player without a team?

If you are interested in joining a team for a particular sport, please visit the Metro District's league website at quickscores.com/hrmd or contact Luke Ruter at 720-240-5912 or lruter@highlandsranch.org.

For more program details, please visit www.highlandsranch.org.



Golf 101 for Adults

Ages 18 & older

The Metro District and Highlands Ranch Golf Club have teamed up to offer you a way to learn or improve your game in a fun setting. All aspects of the game will be covered from the full swing to short game and putting. The class meets for 75 minutes each week for four weeks. Classes are held at the Highlands Ranch Golf Club, 9000 Creekside Way.

Fee: Resident: \$165 Nonresident: \$190

Space is limited to 6 per class.

Saturdays	July 9, 16, 23, 30 Activity #102501-D	10:30 - 11:30 a.m.
Mondays	Aug. 8, 15, 22, 29 Activity #102501-E	6 - 7 p.m.
Saturdays	Aug. 6, 13, 20, 27 Activity #102501-F	10:30 - 11:30 a.m.

Pickleball

Learn to Play

Ever wanted to learn how to play pickleball? This introductory class will teach you technique, as well as instruct you on game rules. Programs are held at Tanks Park, 10371 S. Broadway.

Fee: Resident: \$15 Nonresident: \$17

Registration deadline: Friday, Aug. 19

Thursday, Aug. 25 9 - 10:30 a.m. **Activity #203713-A**

Thursday Doubleheader League

Pickleball is a two-player league. Sign up as a team or as an individual. Single players will be matched with a partner. League matches will start at 5 p.m., and doubleheaders will be played each week.

Fee: \$45 per person (Five weeks, 10 games, plus tournament)

Registration deadline: Friday, Sept. 2

Thursdays, begins Sept. 8 Matches start at 5 p.m.

Activity #203714-A



Trash for Treasures



Trash for Treasures offers the opportunity for groups and organizations to help keep our public lands clean. During this one-hour event, a Metro District park ranger will present a brief talk about environmental stewardship, the reason trash is harmful to our natural areas, wildlife living in the area and participant safety. Trash bags and disposable gloves will be provided. Please be sure to bring water.

Scheduling for this program is Tuesday through Saturday. The group leader will choose the day and area to clean up. A minimum of two weeks is required to schedule your group. For more information or to schedule your group for a Trash for Treasures event, please call Brenda Willcutt at 720-240-5911 or bwillcutt@highlandsranch.org.

Healthy Steps Get Active, Live Healthy



The Metro District founded the Healthy Steps program to get you on the trail to a more active lifestyle. Maybe you know the guidelines about walking 10,000 steps per day. How far is 10,000 steps anyway? Based on the average person's stride, it takes just over 2,000 steps to walk one mile, and 10,000 steps is close to 5 miles. Register now and you will receive a pedometer, log book, walking suggestions, and a Highlands Ranch Outdoors Map that shows all of the great trails and parks where you can get your steps. You'll also be able to connect with other walkers through our optional walking partner list, posted online at highlandsranch.org

To register for Healthy Steps, please contact Brenda Willcutt at 720-240-5911 or bwillcutt@highlandsranch.org.

Fee: Resident: \$12 Nonresident: \$14 **Activity #505108-A**

For more program details, please visit www.highlandsranch.org.



Youth Tennis

Register for all tennis programs at <http://redstone.mytennisclub.net>.

Lebsack Tennis Center



REDSTONE PARK HIGHLANDS RANCH, CO

3280 Redstone Park Circle, Highlands Ranch, CO 80129
303-791-2348

Lebsack Tennis Center at Redstone Park features 8 lighted public tennis courts available for drop-in use when not scheduled, and is open daily from mid-March to late October.

All classes listed are subject to change and prices listed are for Highlands Ranch residents; nonresident prices are slightly higher.

Look for more information and register for all classes and drills at

<http://redstone.mytennisclub.net>.

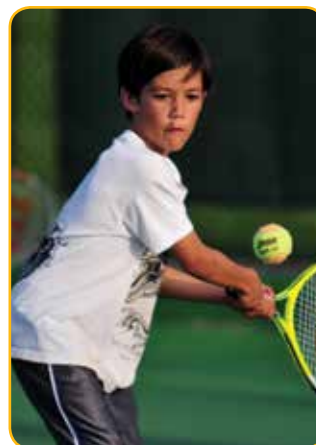
SUMMER AND FALL SESSIONS

July 5 – July 29

Aug. 8 – Sept. 3

Sept. 5 – Oct. 1

Oct. 3 – Oct. 21



Red Ball Classes

Ages 4 - 8

Fee: 4 class sessions - \$60 8 class sessions - \$120

ABC's

Saturday

Agility, balance and coordination

8 - 8:30 a.m.

Red 1

Tuesday / Thursday

Saturday

Learn to hit

4:30 - 5:15 p.m.

8:30 - 9:15 a.m.

Red 2

Tuesday / Thursday

Saturday

Let's rally

5:30 - 6:30 p.m.

9:30 - 10:30 a.m.

Orange Ball Classes

Ages 7 - 10

Fee: 4 class sessions - \$60 8 class sessions - \$120

Orange 1

Monday / Wednesday

Saturday

Learn to play — Have fun

4:30 - 5:30 p.m.

10:30 - 11:30 a.m.

Orange 2

Monday / Wednesday

Saturday

Learn to rally — Prepare to play

5:30 - 6:30 p.m.

11:30 - 12:30 p.m.

Back to School Camps — Squeeze Out Just a Bit More Summer

Join us before school starts for four days of tennis and fun.

Camp 1 (Ages 7 - 10)

Aug. 1 - 4

9 - 10:30 a.m.

Camp 2 (Ages 11 - 16)

Aug. 1 - 4

4:30 - 6 p.m.

JUNIOR DEVELOPMENT AND ELITE PROGRAMS

Green Ball Development and Elite Programs

Ages 8 - 12

The Development classes are structured for those players who are new to the game or have limited experience. The Elite classes are for those 8- to 12-year-olds who have played league tennis for at least two years. This end of summer and fall program offers players the chance to continue the development of their tennis deep into the fall. Enjoy training, drills, conditioning, games and match play.

Development	Monday / Wednesday	4:30 p.m.
Elite	Tuesday / Thursday	5 p.m.

Yellow Ball Development and Elite Programs

Ages 13 - 16

The Development classes are structured for those players who are new to the game or have limited experience. The Elite classes are for those who have played league tennis for at least two years. This end of summer and fall program offers players the chance to continue the development of their tennis deep into the fall.

Development	Monday / Wednesday	5:30 p.m.
Elite	Tuesday / Thursday	6 p.m.



Adult Tennis

Register for tennis programs at
<http://redstone.mytennisclub.net>



TEAM PRACTICES

Top USPTA and USPTR pros are ready to help your teams to victory. Book your weekly reserved times now.

ADULT SOCIALS

Our adult socials on Friday nights throughout the season are legendary, with round robin play, games, themes and a few surprises. These socials are for all levels and abilities and are built around fun. All the details can be found on our website.

COURT FEES

Reserved court fees	\$6/hour
Ball machine rental (Includes balls and a reserved court.)	\$15/hour

The above rates are for Highlands Ranch residents. Nonresident fees are slightly higher.

PRIVATE LESSONS

1 and a Pro	\$65/hour
2 and a Pro	\$35/hour per player
3 and a Pro	\$25/hour per player
4 and a Pro	\$20/hour per player

The above rates are for Highlands Ranch residents. Nonresident fees are slightly higher.



TNT (Tennis in No Time)

Our adult beginner and intermediate classes are a great way to learn a new sport, rekindle an old passion or simply have fun and meet new friends.

TNT 1	Tuesday (Beginner)	9 a.m.
TNT 1	Tuesday (Beginner)	7 p.m.
TNT 2	Wednesday (Intermediate)	9 a.m.
TNT 2	Tuesday (Intermediate)	8 p.m.

Drop In Drills

Come Out and Have Some Fun

Drills are always fun at your favorite tennis center and the pros at Lebsack Tennis Center are waiting to get you back outside, running, hitting and having the best time you can on court.

Drills and Skills

Drills and Skills are fun developmental classes that include stroke development and situational tennis for each specific level of play.

Drill and Play

A 45-minute, fast-paced drill class designed to work on a new skill set each week, followed by another 45 minutes of round robin match play with the pro on court to work on tactics and strategies.

Wanna Workout

Wanna Workout are high energy, high intensity classes that include Cardio Tennis, stroke development and situational tennis for each specific level of play. These drills and games are designed to give you a workout while enhancing your game.

Futures Drills

Drills and games set up for those players not yet ready for league play. Come enjoy learning and making new friends.

We fit your schedule

All drill classes allow you to choose the classes and times each week that fit your schedule, with no long commitment. 90-minute drill classes are \$25.

Intermediate = 2.5 – 3.0 players
Advanced = 3.5 players and higher

Register at <http://redstone.mytennisclub.net>.



Nature EdVentures

The registration deadline is one week prior to the class start date.

Unless otherwise noted, all classes will have the following fee: Resident: \$10 Nonresident: \$12
Group Rate Programs (3 or more per registration): Resident: \$6/person Nonresident: \$7/person

Children 5 and younger must be accompanied by an adult.



All Ages/ Families

Stinging, Biting and Spraying

Highlands Ranch is home to many critters that bite, sting or spray. Learn about some of your neighbors that aren't really out to hurt you, but are merely protecting themselves. You'll also get the chance to see live bees and snakes. Class maximum: 30

Activity #105211-A

Thursday, Aug. 18 6 - 7:30 p.m.
 Metro District Office Building

If you are registering as a group, please use

Activity #105211-B

Introduction to Geocaching

If you are a long time explorer or geocaching is something you have always wanted to try, bring your smart phone and join a park ranger to search for hidden caches. This is a great way for families or individuals to discover the Metro District parks and trails. This program requires a smart phone and a geocaching app from Groundspeak Inc., full version is recommended. Class maximum: 15

Activity #205319-A

Thursday, Sept. 29 5 - 7 p.m.
 Fly'n B Park

If you are registering as a group, please use

Activity #205319-B

Honey from a Hive

It's honey harvest and honeybees can make up to 100 pounds of surplus honey in a season. That's not easy because it takes two million flowers to make one pound of honey. Join our resident beekeeper for an engaging program about honeybees, how they make honey, and how they do their important job of pollinating flowers. Taste honey from different areas and see a live bee hive. Class maximum: 30

Activity #205211-A

Tuesday, Oct. 11 10 - 11:30 a.m.
 Parks, Recreation & Open Space
 Service Center

If you are registering as a group, please use

Activity #205211-B

Full Moon Hike

Hike by the light of the moon and learn about the nocturnal critters that call Highlands Ranch home. Take a stroll to look and listen for animal sights and sounds. Bring your flashlight and dress appropriately for outdoor fun. Class maximum: 25

Activity #205314-A

Saturday, Oct. 15 6:30 - 8 p.m.
 Fly'n B Park

If you are registering as a group, please use

Activity #205314-B.

For Kids

Fall Photo Contest – Free

Ages 7 – 12

Fall is the perfect season to capture a great photo. Use a camera or smart phone and take your best shot of something in nature in Highlands Ranch, and have a chance to win a great prize.

Please send your photo to

llacerte@highlandsranch.org from Sept. 1-19. All photos must be received by Sept. 19.

Maps and Compass Treasure Hunt

Ages 8 – 12

The ability to use a map and compass are a must when hiking outdoors. Even in this high-tech GPS era, nothing replaces the value of these crucial tools and the understanding of how both can help you find your way in the wilderness. Learn how to read a map, orient yourself, and find various sites using a map and compass. Find hidden treasures on an exciting scavenger hunt in the open space. All participants will get to keep their found treasures as well as a Silva compass, a \$12 value. An accompanying adult is required to come along, partner with the child and learn. Class maximum: 10

Fee: Resident: \$20 Nonresident: \$23

Activity #205201-A

Thursday, Sept. 22 5 - 7 p.m.
 Dad Clark Park

Kids & Adults

Falconry and Colorado Raptors

Presented by Wild Wings Environmental Education

Ages 10 & older

Explore the ancient practice of humans and birds of prey working together. This is a two-part program. The first hour will introduce you to the art and history of falconry. You will also learn the tools used and meet the raptors. The second hour will include a hunting demonstration from master falconers. This is not for the squeamish. The hunting demonstration is free, but donations will be accepted for the care of the birds. This is an outdoor program; please dress appropriately for weather and walking off trail. Class maximum: 25

Fee: Resident: \$15 Nonresident: \$17

Activity #205106-A

Tuesday, Oct. 4 4 - 6 p.m.
 Highlands Ranch Mansion

Adults, Ages 18 & Older

Family, Farming and Fermentation

Ages 21+

Ever wondered why it's called Cheese Ranch? Learn some history about the ranch while enjoying some beer. Taste the types of cheese that were made at Cheese Ranch back in 1879. Cheese will be provided by Whole Foods Market and beer provided by Grist Brewing Company. Class maximum: 25

Activity #205321-A

Friday, Sept. 16 5:30 - 7 p.m.
 Cheese Ranch Historic & Natural Area (near the windmill)

Nature Hike

There are so many things to see and experience in nature. Join a park ranger on an easy walk around Fly'n B Park to look for animal sights and sounds. Dress appropriately for weather and bring water. Class maximum: 25

Activity #205310-A

Saturday, Nov. 5 10 - 11:30 a.m.
 Fly'n B Park

If you are registering as a group, please use

Activity #205310-B

For more program details, please visit www.highlandsranch.org.



Hunter Safety/Education Class

Ages 10 & older

The course includes a minimum of 10 hours of instruction encompassing all aspects of the Colorado Parks and Wildlife requirements. Students must pass a written examination and complete qualification shooting with a .22 caliber rifle. Class maximum: 40

Fee: \$10

For questions about the content of the class please contact Steve Blue at sblue46@q.com.

For registration information, please contact Amber Garrett at agarrett@highlandsranch.org or 720-240-5934.

Classroom sessions are held at the Metro District Parks, Recreation & Open Space Service Center, 3280 Redstone Park Circle, Monday, Tuesday and Thursday from 6 - 9 p.m.

Range day will be held Wednesday from 6 - 9:30 p.m. at the Colorado Parks and Wildlife office at 6060 Broadway.

Session A – Activity #105201-A

Regular course. Three classroom sessions, one range day: Monday, Aug. 29 – Thursday, Sept. 1

Registration deadline: Friday, July 22

Session B – Activity #205102-A

Regular course. Three classroom sessions, one range day: Monday, Sept. 26 – Thursday, Sept. 29

Registration deadline: Friday, Aug. 26

Horseback Riding Lessons

Ride at the Ranch

All lessons will be held at Stockton's Plum Creek Stables, 7479 W. Titan Road.

Equipment and Clothing:

Helmets are mandatory. Stockton's provides ASTM/SEI approved riding helmets in all sizes. Wear jeans (pants) and close-toed shoes or boots to protect feet from hooves. Bring a water bottle, weather-appropriate jacket, sunscreen and bug spray.

Liability and Emergency Release Forms

Stockton's requires a parent/guardian to complete a liability release and emergency contact form. Please arrive 15 minutes early on the first day in order to complete these forms.

The registration deadline is one week prior to the class start date.

Mini Camp

Ages 3 – 4

This fun, hands-on class introduces your young one to the world of horses. Two half-hour classes teach horse safety, grooming and a ride (led by parent or staff) on a real pony. Parent participation is welcome and encouraged. **All classes are Monday and Wednesday.**

Fee: Resident: \$51 Nonresident: \$61

Dates	Time	Activity#
July 18, 20	3:15 - 3:45 p.m.	107300-D
July 25, 27	3:15 - 3:45 p.m.	107300-E

Kiddie Corral I

Ages 5-7

Learn about horse behavior, grooming, feeding and balance-centered riding. The focus of this class is on safety while building confidence.

All classes meet Monday through Thursday.

Fee: Resident: \$99 Nonresident: \$109

Dates	Time	Activity#
July 11-14	9 - 10 a.m.	107301-G
July 25-28	11:30 a.m. - 12:30 p.m.	107301-H
Aug. 1-4	2 - 3 p.m.	107301-I
Aug. 15-18	4:30 - 5:30 p.m.	107301-J
Aug. 29 – Sept. 1	4:30 - 5:30 p.m.	107301-K
Sept. 19-22	4:30 - 5:30 p.m.	207301-A
Oct. 3-6	4:30 - 5:30 p.m.	207301-B

Kiddie Corral II

Ages 5-7

This class builds on safety and skills from Kiddie Corral I. Students will learn about grooming with a partner, using a saddle and riding with reins. The class ends with a fun horse show on the last day. **All classes meet Monday through Thursday.**

**Students must have completed Kiddie Corral I to participate in this class.*

Fee: Resident: \$99 Nonresident: \$109

Dates	Time	Activity#
July 18-21	4 - 5 p.m.	107302-B
Aug. 8-11	11:30 a.m. - 12:30 p.m.	107302-C

Beginning Horsemanship

Ages 8 – 15

This hands-on class is an introduction to western horsemanship for beginners, emphasizing horse/rider communication, grooming and handling skills. **All classes meet Monday through Thursday.**

Fee: Resident: \$195 Nonresident: \$210

Dates	Time	Activity#
July 18-22	1 - 3 p.m.	107303-D
July 25-29	9 - 11 a.m.	107303-E
Aug. 1-5	10 a.m. - noon	107303-F

Intermediate Horsemanship

Ages 8 – 15

An intensive western horsemanship class, focused on improving students ability to catch, groom, saddle and bridle, and building confidence while jogging on horseback. Wraps up with a trail ride on the last day. **All classes meet Monday through Friday.**

**Students must have completed Beginning Horsemanship to participate in this class.*

Fee: Resident: \$195 Nonresident: \$210

Dates	Time	Activity#
July 18-22	9 - 11 a.m.	107304-D
July 25-29	1 - 3 p.m.	107304-E
Aug. 8-12	9 - 11 a.m.	107304-F

Saturday Intro to Horses

Ages 10 – Adult

This is a great introductory class for those new to the horse world. Each day, students will get a demonstration of grooming, saddling, bridling, and finish the day with a riding lesson.

Fee: Resident: \$130 Nonresident: \$140

Dates	Time	Activity#
Sept. 3, 10, 17	10 - 11 a.m.	207306-A
Oct. 1, 8, 15	10 - 11 a.m.	207306-B
Nov. 5, 12, 19	10 - 11 a.m.	207306-C

For more program details, please visit www.highlandsranch.org.



Senior Outreach of Highlands Ranch

Highlands Ranch Metro District's Senior Outreach serves as a clearinghouse for information and referrals to services for senior adults and families in Highlands Ranch. Contact Senior Outreach Coordinator Jodie McCann at 720-240-4922 or jmccann@highlandsranch.org for resource information, referrals to services or to schedule a meeting.



Review scheduled events, resources, articles of interest and program information at highlandsranch.org/seniors. Unless otherwise noted, programs are for adults 50+.

There is no fee for these activities, but an R.S.V.P. is required.

Social Security & You

Join us to learn about recent changes to Social Security, when to access your benefits for the greatest gain and what role these benefits can play in meeting your financial goals in retirement.

Fee: Free
Activity #801000-L
 Tuesday, Aug. 16 10:30 a.m. - noon
 James H. LaRue Library

Medicare & You

Open enrollment for 2017 is from Oct. 15 to Dec. 7, 2016. Join a Medicare expert to learn what changes can be expected in 2017, the difference between a Supplement and Advantage program and to have your questions answered about choosing a Medicare supplement.

Fee: Free
Activity #801000-M
 Wednesday, Oct. 5 10:30 a.m. - noon
 James H. LaRue Library

Senior Health & Information Fair

NEW this year – Educational talks following the vendor fair

Fee: Free

Saturday, Nov. 12 9 a.m. - noon
 Recreation Center at Eastridge
 9568 South University Blvd.



Living Well and Aging Well in Highlands Ranch

50 & Better Together is an after-hours speaker series and social group for adults 50+. Join us to enjoy activities, learn and make new friends. Visit highlandsranch.org/seniors for more information about many of the activities listed below.

Speaker Series

Registration is required for speaker series events. Registration and payment, if applicable, can be made at highlandsranch.org/signmeup.

Hiking Trips & Tips

Join a Highlands Ranch Metro District Park Ranger as she shares information about local trails, wildlife, ponds and safety.

Fee: \$10
Activity #801001-C
 Wednesday, July 20 6 - 7:30 p.m.
 Recreation Center at Eastridge



Emergency Preparedness

Wildfires, home security, snowstorms, terrorism — The Douglas County Sheriff's Office shares steps you can take to increase your chances of coping and surviving emergencies. Adults of all ages are welcome.

Fee: Free
Activity #801001-D
 Wednesday, Nov. 9 6:30 - 8 p.m.
 Douglas County Sheriff's Office Highlands Ranch Substation

Social & Activity Programs

There is no fee for these activities but an RSVP is required at highlandsranch.org/signmeup. Unless otherwise noted social activities meet monthly on Wednesday evenings from 5:30 – 7:30 p.m.

Social Hour

Stop in for happy hour and enjoy food and a cool drink on the patio.

Activity #802000-E
 Aug. 17 Salsa Brava

Bocce Ball & Social Hour

No experience needed — watch or learn to play. Enjoy refreshments and make new friends.

Activity #802000-H
 Sept. 21 Brother's Bar & Grill

Social Hour

Enjoy social hour treats and catch-up with old friends and meet new ones.

Activity #802000-I
 Oct. 19 Old Blinking Light

Holiday Celebration

Join us for our third annual holiday get together at The Manor House in Littleton. This special venue is beautifully decorated in December and offers live music. Enjoy dancing, a gourmet food truck and beverages for purchase.

Fee: \$5 cover charge at The Manor House, no registration fee
Activity #802000-J
 Dec. 14 5:30 - 8:00 p.m. The Manor House

For more program details, please visit www.highlandsranch.org.



Improvements to parks and trails

With 25 parks and more than 70 miles of trails in Highlands Ranch, it is a daily job to make sure they are well maintained and ready to receive visitors. This year several projects will enhance our parks and trails system.

Northridge Park

This park is the oldest in Highlands Ranch and has been undergoing a renewal this year. Phase 1 construction includes remodeling the 34-year-old restrooms. Phase 2 is anticipated to begin during the late fall and be completed by spring 2017. Phase 2 includes regrading the fields to improve drainage, renovating the irrigation system, widening the park's interior trails to 8 feet, enhancing the entry area with new retaining walls and landscaping, resurfacing or repurposing the basketball court, improving access to the picnic areas, and adding a drop-off area at the east end of the parking lot.

Falcon Park

Improvements to Falcon Park, built in 1989, include remodeling the restrooms and updating the parking lot. Due to age and deterioration, the restrooms will receive new interiors and upgraded plumbing and the parking lot will be resurfaced. Construction is anticipated to begin during the fall or winter of this year.

Diamond K Park

The playground equipment at Diamond K Park will be replaced late this year to provide a physically challenging and mentally stimulating inclusive play space that promotes social interaction. The playground is located on the east side of the park, and can be accessed from Hermosa Drive. All updates will meet current safety standards.

Upper Marcy Gulch Trail

A new section of soft surface trail will extend from Wildcat Reserve Parkway west of Mountain Vista High School and connect to the East-West Regional Trail. The Upper Marcy Gulch section is about three-quarters of a mile long. Work is expected to begin this fall. The East-West Regional Trail stretches for approximately 19.5 miles across northern Douglas County from Redstone Park in Highlands Ranch to Ridgeway Parkway in Lone Tree.

Updated Highlands Ranch maps available

The Metro District has updated and printed new Highlands Ranch Outdoors maps as a free resource to help navigate the community. Maps are now available at the Metro District offices, recreation centers, the James H. LaRue Library, the Chamber of Commerce of Highlands Ranch office and at local bicycle and running shops. For more information, please call the Metro District at 303-791-0430.



How to be snake savvy this season



Rattlesnakes vs. bull snakes

In Colorado, only three species of snakes are venomous, and two can be found in Douglas County – Western rattlesnakes and prairie rattlesnakes. Bull snakes, which are non-venomous, are often mistaken for rattlesnakes because of their behavior and coloration.

Several key differences can help you distinguish a rattlesnake from a bull snake.

RATTLESNAKES	BULL SNAKES
HEAD SHAPE	
Triangle Shaped	Oval Shaped
EYES	
Cat-like Pupils	Round Pupils
TAIL	
Stubbed or Rattled	Tapered End
BODY SHAPE	
Relatively Thicker Body	Relatively Thinner Body

Remember, if you encounter a snake, you should keep your distance. Rattlesnakes are not aggressive, but they will defend themselves if threatened or provoked.

Visit our website at highlandsranch.org/OSIC to find more snake safety tips.