Youth Sports

CARA Recreational 7 v 7 Lacrosse Leagues

Ages 6 – 14
Boy’s teams play in the Colorado Association of Recreational Athletics. This league is designed for beginner lacrosse players or 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 mouthguard. Rib pads and throat protectors are recommended, but optional.

Fee: Resident $115 Nonresident $155

Registration deadline: Friday, Feb. 21

Spring Youth Flag Football League

Ages 4 – eighth grade
This is a recreational Saturday only league. There will be no practices allowed during the week for this program due to field availability. This league will give players and teams an early season to practice their flag football skills.

These Saturday practices will be held March 14, 21 and 28.

Games will be held April 4, 11, 18, 25 and May 2 & 9.

Fee: Resident $86 Nonresident $99

Preseason Spring Flag Football Camp

Ages 4 – 14
This camp at Shea Stadium is recommended for all participants of the Metro District Youth Flag Football league, as well as individuals interested in learning more about flag football.

Fee: Resident $50 Nonresident $55

Registration deadline: Monday, April 6

Mammoth Lacrosse Clinic

Ages 6 – 14
Colorado Mammoth players will be conducting a players clinic on March 4. Customized to each age level, this up-tempo, high-energy, skills-based session will make players better prepared for the season. Included in the fee is a ticket to a Colorado Mammoth home game.


Required equipment: Shoulder pads, helmet, gloves, arm pads and a stick.

Fee: $50

Registration deadline: Friday, Feb. 28

Spring 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 are provided. No additional equipment is required.

Fee: Resident $55 Nonresident $63

Registration deadline: Monday, April 6

COMING IN THE MARCH MESSENGER

Youth sports and activities:
• Track & Field
• Rugby
• Baseball/Softball Clinics
• Fall Competitive Baseball
• Rockies Skills Challenge
• Skateboarding Lessons
• Summer Nature Camp
• Horseback Riding Lessons
• Skyhawks Sports Camps

Adult sports and activities:
• Softball
• Golf Lessons
• Pickleball
• Bocce Ball

For more program details, please visit highlandsranch.org.
Learn skills, game fundamentals and rules with the Metros District’s recreation level T-ball, baseball and softball programs. But most importantly — spend your summer making memories that will last a lifetime.

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

**Late fees:** A $15 late fee will apply after the registration deadline. However, if leagues are full, late registrations will be placed on a waitlist.

Team rosters and team player registrations will be accepted from Saturday, Feb. 8 through Wednesday, April 8. Coaches must submit a team roster form to the Metro District office prior to players registering for their specific team.

Individual registrations will be accepted Saturday, Feb. 8 through Wednesday, April 8. Individual registration does not guarantee placement with friends. We encourage players to communicate with neighbors or schoolmates and submit a team roster to ensure playing with friends.

**Note:** With our focus on recreational play and skill development, teams conducting tryouts or playing in two or more tournaments are not eligible to play in the summer Metro District leagues.

**SPECIAL REGISTRATION DAY**
Saturday, Feb. 8
9 a.m. — noon
Metro District Parks Recreation & Open Space Service Center
3280 Redstone Park Circle

• Players will be notified by coaches after Tuesday, May 5.
• Practices will begin the week of May 11.
• Picture days are Saturday, June 6 and 13. The league fee does not include pictures.
• Games and practices will not be scheduled on the following dates: May 21 and July 1-5.
• The regular season is scheduled to end no later than Saturday, Aug. 1, weather dependent.
• Baseball leagues ages 7 and older will stop on dirt fields. All other leagues play on grass fields.
• Players ages 5-12 may play up one age group.

Please choose the appropriate division for your child. If you have any questions on which division your child should be in, please call the Metro District at 303-793-2711.

**Baseball & Softball Clinics**

The Metro District is proud to offer a skills and pitching clinic 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.

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

**Registration deadline:** Monday, April 20

**Skills Clinic**

**Ages 6 – 14**

Clinic features: Defense — outfild and infield play, catching fundamentals, footwork, balance, throwing mechanics, preparation and glove work. Hitting — balance, rhythm, timing, bat speed, power, mental approach and more.

**Fee:** Resident: $55 Nonresident: $63

**Baseball Activity #401130-A**
Sunday, April 26 9 a.m.—noon Redstone Park

**Softball Activity #401130-B**
Sunday, April 26 9 a.m.—noon Redstone Park

**Pitching Clinic**

**Ages 7 – 14**

Clinic features: Developing a repeatable delivery, balance, grip, separation, direction, weight transfer, building arm strength and more.

**Fee:** Resident: $50 Nonresident: $56

**Baseball Activity #401130-B**
Saturday, April 25 1:30 p.m. Redstone Park

**Softball Activity #401130-B**
Saturday, April 25 1:30 p.m. Redstone Park
Adult Sports

**Adult Softball – Spring Season**

Shake off the winter rust by playing spring softball with the Highlands Ranch Metro District. Please visit our league website at quickscores.com/hrmd for detailed information. To register please contact Lake Ruter at 720-240-5912 or lruter@highlandsranch.org. Leagues begin week of March 15.

**Registration deadline: Thursday, March 5**

<table>
<thead>
<tr>
<th>League</th>
<th>Day</th>
<th>Division</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Softball</td>
<td>Sunday</td>
<td>Men’s D-Rec/Men’s D-Open</td>
</tr>
<tr>
<td></td>
<td>Monday</td>
<td>Men’s D-Rec/Men’s Upper D-Rec</td>
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<tr>
<td></td>
<td>Tuesday</td>
<td>Men’s D-Rec/Men’s Upper D-Rec</td>
</tr>
<tr>
<td></td>
<td>Wednesday</td>
<td>Men’s D-Rec/Men’s D-Open</td>
</tr>
<tr>
<td></td>
<td>Thursday</td>
<td>Men’s D-Rec/Men’s Upper D-Rec</td>
</tr>
<tr>
<td></td>
<td>Friday</td>
<td>Men’s D-Rec/Men’s D-Open</td>
</tr>
</tbody>
</table>

*Leagues may be combined if necessary.
*Teams playing in the spring will have the first opportunity to register for the summer season.

**FREE AGENT SIGN-UP**

If you are interested in joining a team for an adult softball team, please visit the Metro District’s league website at quickscores.com/hrmd or contact Lake Ruter at 720-240-5912 or lruter@highlandsranch.org.

**Pickleball**

Programs will be held at Tanks Park, 10371 S. Broadway.

**Learn to Play**

So you’ve heard of pickleball, but don’t know what the fuss is all about? This introductory class will teach you game rules and techniques to help you fall in love with this rapidly growing sport.

**Fee:** $18

**Registration deadline: Friday, April 3**

**Thursday Doubleheader League**

Sign up for our recreation level double’s league as a team or as an individual. Single players will be matched with a partner. League games will start after 5 p.m. at our outdoor courts, and doubleheaders will be played each week.

**Fee:** $45 per person (five weeks, 10 matches plus a tournament)

**Registration deadline: Thursday, April 16**

**League begins: Thursday, April 23**

**Bocce Ball**

Programs will be held at Northridge Park, 8880 S. Broadway.

**Learn to Play**

Ever wanted to learn bocce ball? This class will teach rules and how to play. This will be a great introduction before spring leagues begin.

**Fee:** $18

**Registration deadline: Friday, March 27**

**Wednesday Mixed Leagues**

Bocce ball is a league with two-player teams. 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 plus a tournament)

**Registration deadline: Friday, April 10**

**Activity begins: Wednesday, April 15**

**Activity #403714-A**

**Activity #404214-A**

**Activity #404216-A**

**Spring Skateboarding Lessons**

Ages 6-14

**SkateStart Skatecamps**

Look forward to mastering drop-ins, carving the bowls, olios, games of SKATE, ski-triba, 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.

**Registration deadline: Friday, March 13**

**Activity #401804-A**

**Registration deadline: Monday, April 13**

**Activity #401804-B**

Camps will be held at Redstone Skate Park.

**SuperTots Sports**

Since 2002, SuperTots has engaged kids, ages 2-5, in physical activity in a fun, safe and non-competitive environment. SuperTots knows kids are hardwired to learn through play. For that reason, we’ve designed an engaging, skill-building curriculum in which tots learn through a series of fun games. They will acquire athletic skills and fitness while developing a love of sports. Programs are 50 minutes and meet once a week for 6 weeks. All programs include a T-shirt and an award.

**Registration deadline: Monday before each class begins**

**SoccerTots**

SoccerTots is our flagship program. Our classes focus on developing motor skills and self-confidence while also learning balance, dribbling, foot-eye coordination and running central. We also introduce an element of light competition.

**Location:** Plum Creek Academy, 9440 Commerce Center St.

**Fee:** Resident: $59 Nonresident: $102

**Activity #401804-B**

**Age Dates**

2-3: Saturdays, Jan. 11-Feb. 15 9-10 a.m. 302122-A

3-4: Saturdays, Jan. 11-Feb. 15 10-10:50 a.m. 302122-B

4-5: Saturdays, Jan. 11-Feb. 15 11-11:50 a.m. 302122-C

**HoopsterTots**

HoopsterTots classes focus on building fitness and muscle coordination, while also learning key basketball fundamentals like dribbling, shot technique, passing and teamwork. We use adjustable hoops and use the just-the-right-size basketballs.

**Location:** Plum Creek Academy, 9440 Commerce Center St.

**Fee:** Resident: $59 Nonresident: $102

**Activity #401804-B**

**Age Dates**

2-3: Saturdays, Feb. 22-Apr. 4 9-10 a.m. 302123-A

3-4: Saturdays, Feb. 22-Apr. 4 10-10:50 a.m. 302123-B

4-5: Saturdays, Feb. 22-Apr. 4 11-11:50 a.m. 302123-C

**BaseballTots**

BaseballTots classes focus on fine and gross motor skills as well as body control. We teach all the T-Ball basics, such as throwing, catching, hitting and running control. We are excited to help these little ones develop a love of the game.

**Location:** Falcon Park, 5955 Fallbrook Drive

**Fee:** Resident: $59 Nonresident: $102

**Activity #401804-B**

**Age Dates**

2-3: Saturdays, April 11-May 16 9-10 a.m. 302124-A

3-4: Saturdays, April 11-May 16 10-10:50 a.m. 302124-B

4-5: Saturdays, April 11-May 16 11-11:50 a.m. 302124-C

For more program details, please visit highlandsranch.org.
**Youth Tennis Programs**

Register for all tennis programs at redstone.mytennisclub.net.

**Lebsack Tennis Center**

REDSTONE PARK  
HIGHLANDS RANCH, CO  
9325 Foothills Canyon Blvd., Highlands Ranch, CO 80129  
303-791-2348

Lebsack Tennis Center is located on the west side of Redstone Park at Town Center Drive and Foothills Canyon Boulevard. It features eight 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 redstone.mytennisclub.net.

**SESSION DATES**

Spring 1  April 8 – May 2  
Spring 2  May 4 – May 30  
Summer 1  June 1 – June 27  
Summer 2  July 6 – Aug. 1

**WHY CHOOSE LEBSACK TENNIS CENTER?**

Our tennis professionals are specifically trained in youth instruction and are USPTA and/or USPTA-certified with background checks – all of which should be priorities when choosing a tennis program for your child. Be sure to check the programs you are considering for qualified staff.

**USTA JUNIOR TEAM TENNIS (JTT)**

AGES 8-18  Tennis is more fun on a team

Plan to be part of the best youth tennis program. Learn about teams, practices, matches and costs at redstone.mytennisclub.net.

**PARENT MEETINGS**

Youth tennis leagues

Please plan to attend one of the following mandatory parent meetings at Lebsack Tennis Center if you would like for your child to participate in one of our junior tennis leagues this summer.

Saturday, April 11  1-1:30 p.m.
Saturday, April 18  3:30-4 p.m.

**Youth Tennis Programs**

Register for all tennis programs at redstone.mytennisclub.net.

**Red Ball Classes Ages 4 - 7**

**Fee:** 4-week sessions: $60

<table>
<thead>
<tr>
<th>Class</th>
<th>Description</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>ABC’s</td>
<td>Agility, Balance and Coordination</td>
<td>Wednesday</td>
<td>4:30-5:15 p.m.</td>
</tr>
<tr>
<td>Learn to hit</td>
<td>Perfect for 4- to 5-year-old beginners</td>
<td>Wednesday</td>
<td>4:30-5:15 p.m.</td>
</tr>
<tr>
<td>Learn to play</td>
<td>Best for younger players and beginners</td>
<td>Tuesday</td>
<td>4:30-5:30 p.m.</td>
</tr>
<tr>
<td>Serve</td>
<td>Learn to rally/serve and score</td>
<td>Tuesday</td>
<td>4:30-5:30 p.m.</td>
</tr>
<tr>
<td>Junior Development</td>
<td></td>
<td>Saturday</td>
<td>10:30-11:30 a.m.</td>
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</tbody>
</table>

**Orange Ball Classes Ages 7 - 10**

**Fee:** 4-week sessions: $72

<table>
<thead>
<tr>
<th>Class</th>
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</thead>
<tbody>
<tr>
<td>Learn to play</td>
<td>Best for younger players and beginners</td>
<td>Tuesday</td>
<td>4:30-5:30 p.m.</td>
</tr>
<tr>
<td>Serve</td>
<td>Learn to rally/serve and score</td>
<td>Tuesday</td>
<td>4:30-5:30 p.m.</td>
</tr>
<tr>
<td>Junior Development</td>
<td></td>
<td>Saturday</td>
<td>10:30-11:30 a.m.</td>
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</tbody>
</table>

**Green Ball Classes Ages 11 - 15**

**Fee:** 4-week sessions: $72

<table>
<thead>
<tr>
<th>Class</th>
<th>Description</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learn to play</td>
<td>Best for younger players and beginners</td>
<td>Thursday</td>
<td>5:30-6:30 p.m.</td>
</tr>
<tr>
<td>Serve</td>
<td>Learn to rally/serve and score</td>
<td>Saturday</td>
<td>1:30-2:30 p.m.</td>
</tr>
<tr>
<td>Junior Development</td>
<td></td>
<td>Wednesday</td>
<td>4:30-5:30 p.m.</td>
</tr>
<tr>
<td>Junior Elite</td>
<td>Elite is for players with two or more years of team tennis experience.</td>
<td>Thursday</td>
<td>5:30-6:30 p.m.</td>
</tr>
</tbody>
</table>

**Junior Development Ages 9 - 17**

Development is best for players starting team tennis this year or with one year of team experience.

| Ages 9 - 12 | Monday/Wednesday | 5:30-6:30 p.m. |
| Ages 13 - 17| Tuesday/Thursday | 5:30-6:30 p.m. |
| Ages 9 - 12 | Saturday         | 12-2 p.m.      |
| Ages 13 - 17| Saturday         | 2-3 p.m.       |

**Junior Elite Ages 9 - 17**

Elite is for players with two or more years of team tennis experience.

| Ages 9 - 12 | Monday/Wednesday | 5:30-6:30 p.m. |
| Ages 13 - 17| Tuesday/Thursday | 5:30-6:30 p.m. |

**Adult Tennis Programs**

Register for all tennis programs at redstone.mytennisclub.net.

**DRILL CLASSES**

All of our drill classes allow you to choose the classes and times each week that fit your schedule, with no long commitment. Register online for the days and times that fit your life.

**Fee:** 90-minute classes $28  
Intermediate = 25 - 3.0 players  
Advanced = 3.5 players and higher

**TEAM PRACTICES**

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

**COURT FEES**

- Reserved court fees $7/hour
- Ball machine rental $18/hour

Includes balls and a reserved court.

**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 prices are slightly higher.

**ATTENTION USTA/CTA/ITA CAPTAINS:**

Information for the 2020 league season is posted at redstone.mytennisclub.net. Reservations will be accepted starting Jan. 17.

**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.

**Wednesday (Beginner)**  6:30-7:30 p.m.
**Wednesday (Beginner)**  9:30-10:30 a.m.
**Tuesday (Adv. Beg.)**  9:30-10:30 a.m.
**Wednesday (Adv. Beg.)**  7:30-8:30 p.m.

**Saturday Power Drills**

Drills and Skills combine cardio style drills with situational games and lots of fun.

**Saturday (Intermediate)**  9-10:30 a.m.
**Saturday (Advanced)**  10:10 a.m.-noon

**Drill and Play**

Instructional drill classes 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.

**Wednesday (Intermediate)**  11 a.m.-12:30 p.m.
**Thursday (Intermediate)**  6:30-8 p.m.
**Friday (Intermediate)**  9:30-11 a.m.

**Live Ball**

Drills with instruction and every point counts.

**Tuesday (Intermediate)**  6:30-8 p.m.
**Thursday (Intermediate)**  9:30-11 a.m.
**Monday (Advanced)**  6:30-8 p.m.
**Friday (Advanced)**  11 a.m.-12:30 p.m.

**Doubles Strategy**

You know how to play — now let’s get you in the right position with the right tools to make the best possible shot.

**Wednesday (Intermediate)**  10:30 a.m.-noon

**Futures Drills**

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

**Tuesday (Beginner)**  10-11:30 a.m.
**Thursday (Beginner)**  6:30-8 p.m.
**Snow Moon Hike**
All Ages/Families
Snowshoe or hike under the light of the snow full-moon and discover how wildlife survives the winter. Hike up to Highlands Point while looking for animal tracks and spotting constellations. Learn how to make a cozy habitat, then warm up with a toasty campfire and roasted marshmallows. Please dress appropriately for weather and bring optional snowshoes or snow cleats.

*Activity #305108-A*  
*Group Activity #305108-B*

**Friday, Feb. 7**  
5:30-7 p.m.  
Red-tail Park

**Campfire Fun**
All Ages/Families*
Learn the basics of campfire building with Metro District park rangers. Cook up some tasty treats while learning the importance of fire and how to use it safely. The evening will be full of classic campfire games, songs and activities.

*Activity #305202-A*  
*Group Activity #305202-B*

**Friday, Feb. 21**  
5:30-7 p.m.  
Fly’n B Park

*Children must register with at least one adult for this program.*

**Winter Wildlife Walk**
All Ages/Families
What should you do if you get caught out in the cold? How do animals survive in the snow? Sip hot cocoa and take a stroll with a park ranger around Fly’n B Park to learn about unique animal adaptations, spot wildlife evidence and get hands-on with pets and fun.

*Activity #305303-A*  
*Group Activity #305303-B*

**Saturday, Feb. 29**  
10:30 a.m. -noon  
Fly’n B Park

**Hooting Owls and Hot Cocoa**
All Ages/Families
Find out what our favorite, feathered friends of Fly’n B Park are up to this time of year. Watch our resident Great Horned Owl nest through a spotting scope and binoculars, and learn about the owl’s distinctive behavior. Dissect pellets and get hands-on with wings, talons and skulls.

*Activity #305304-A*  
*Group Activity #305304-B*

**Saturday, April 4**  
10:30 a.m. -noon  
Fly’n B Park

**Starry Night Hike**
All Ages/Families
Enjoy a night under the stars with a hike up to Highlands Point to view the Lyrid meteor shower, constellations and nocturnal animals. Our park ranger will have a telescope and binoculars to help explore the night sky. Please dress appropriately for the weather and leave your furry friends at home.

*Activity #305315-A*  
*Group Activity #305315-B*

**Tuesday, April 21**  
7:30-8:30 p.m.  
Red-tail Park

**Saturday Intro to Horses**
Ages 8 – Adult
This is a great introductory class for those new to the horse world. Each day students will get a demonstration of grooming, saddling and bridling and will finish the day with a riding lesson.

**Fee:** Resident: $130  
Nonresident: $140

**Dates**  
**Time**  
Feb. 15, 22, 29 10-11 a.m.  
407306-B  
March 7, 14, 21 10-11 a.m.  
407306-B  
April 4, 11, 18 10-11 a.m.  
407306-C

**Kiddie Corral I**
Ages 5 – 7
Learn about horse behavior, grooming, feeding and balanced-centered riding. The focus of this class is on safety while building confidence.  
All classes meet daily Monday through Thursday.

**Fee:** Resident: $99  
Nonresident: $109

**Dates**  
**Time**  
March 9-12 5-6 p.m.  
407301-A  
March 16-19 5-6 p.m.  
407301-B  
March 23-26 2-3 p.m.  
407301-C

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