

ADULT SPORTS LEAGUES

ATHLETIC LEAGUES

Information: Chris Lucas, 303-987-4806 or chluc@lakewood.org

General information regarding our leagues is listed below. For additional information on any league, call the Sports and Athletics office, 9 a.m. to 5 p.m., Monday-Friday. We would be glad to mail you information. Registration is by team only. Individuals can be placed on an interest list but not guaranteed play. Leagues are available for novice, recreational and competitive athletes.

BASKETBALL

Information: 303-987-4806

SPRING BASKETBALL LEAGUES

The spring adult basketball league will play an 8-game schedule beginning in mid-March, followed by league tournaments. A \$100 deposit is needed at time of registration to hold the team's spot in the league.

Ages: 18 and up

\$450/team

Registration deadline: March 5

Level	Date	Day	Time	Loc
Women's Competitive	Mar 11-May 20	Sun	5-9 pm	CWRC
Men's Recreational	Mar 13-May 22	Tue	6:30-10:30 pm	CWRC
Men's Rec/Comp	Mar 14-May 23	Wed	6:30-10:30 pm	CWRC
Men's Competitive	Mar 15-May 24	Thu	6:30-10:30 pm	CWRC

FLAG FOOTBALL

Information: 303-987-4806

SPRING FLAG FOOTBALL LEAGUES

The City of Lakewood and the Sports Monster have joined together to offer an 8-man adult flag football league. This spring league will offer an 8-game schedule beginning in early April, followed by a league tournament. To register please call 303-231-9690 or visit www.sportsmonster.net.

Ages: 18 and up

Registration deadline: March 26

Level	Date	Day	Time	Loc
Men's Intermediate	Apr 2-Jun 18	Mon	6-8 pm	SSP
Coed Recreational	Apr 4-Jun 20	Wed	6-8 pm	SSP
Coed Open	Apr 8-Jun 24	Sun	9 am-1 pm	SSP
Men's Open	Apr 8-Jun 24	Sun	9 am-1 pm	SSP

KICKBALL

Information: 303-987-4806

SPRING ADULT COED KICKBALL LEAGUE

The spring adult coed kickball league will play an 8-game schedule beginning in mid-April, followed by a league tournament. A \$100 deposit is needed at time of registration to hold the team's spot in the league.

Ages: 18 and up

\$225/team

Registration deadline: April 9

Level	Date	Day	Time	Loc
Coed Recreational	Apr 19-Jun 28	Thu	6-10 pm	RRF

Patron Profile Drs. Karen & Joe Krupar



We are Drs. Karen and Joe Krupar, and this past September marked our twenty-third year of using the Carmody Recreation Center.

Our family began its involvement with the facility back in 1988, when

the land and buildings were owned and operated by the Foothills Recreation District. Our two children worked out in the gym lifting weights, a habit that they have retained today in their lives in Cincinnati, Ohio, and Washington, D.C. Whenever they return to visit us, we find ourselves as a family at Carmody, lifting weights and using the walking/running track.

We use the gym as part of our regular "keeping healthy" routine, but over the years, various members of the family have spent time rehabilitating themselves at Carmody. Our daughter played four years

of soccer at Mullen High School and used Carmody to recover from an ACL injury and a broken ankle. Our son used the weight room to boost his lifts in the shot-put and discus at Green Mountain High School.

Karen took Jazzercise classes for years until she had a hip replacement, switching then to weightlifting to rehabilitate her hip. After being diagnosed and treated for breast cancer, she returned to the weight room and the walking/running track. She uses both of these to keep her weight down and immunity up.

Joe has been a fanatic gym rat for years, having begun his lifting at the age of 16 in Cleveland, Ohio. He finds Carmody's equipment, especially the Smith Machine, well-maintained and usually accessible for serious lifters like him.

More than anything else, our family has found Carmody Recreation Center a great community center. We enjoy the staff and the participants who choose to use this facility to enhance their well-being and their interactions with each other.

Adult Sports

RACQUETBALL

Information: 303-987-4806

WINTER AND SPRING ADULT RACQUETBALL LEAGUES

The winter and spring adult racquetball leagues offer a 7-match schedule to be played at either Green Mountain Recreation Center or Charles Whitlock Recreation Center.

Ages: 18 and up

\$40 Initial league, \$30 Each additional league

Registration deadlines: January 3 for Winter League, March 26 for Spring League

WINTER RACQUETBALL LEAGUES

Division	Day	Date	Time	Location
Men's Leagues				
Men's A	Jan 10-Mar 27	Tue	5-8 pm	GMRC
Men's B	Jan 9-Mar 26	Mon	5-8 pm	GMRC
Men's B/C #1	Jan 9-Mar 26	Mon	5-8 pm	GMRC
Men's B/C #2	Jan 10-Mar 27	Tue	5-8 pm	GMRC
Men's C	Jan 11-Mar 28	Wed	5-8 pm	CWRC
Men's D	Jan 11-Mar 28	Wed	5-8 pm	CWRC
Men's 50+	Jan 8-Mar 25	Sun	10 am-1 pm	CWRC
Women's Leagues				
Women's A	Jan 10-Mar 27	Tue	5-8 pm	GMRC
Women's B	Jan 12-Mar 29	Thu	5-8 pm	CWRC
Women's C/D	Jan 9-Mar 26	Mon	5-8 pm	GMRC
Coed League				
Coed Open	Jan 12-Mar 29	Thu	5-8 pm	CWRC

SPRING RACQUETBALL LEAGUES

Division	Day	Date	Time	Location
Men's Leagues				
Men's A	Apr 3-May 29	Tue	5-8 pm	GMRC
Men's B	Apr 2-May 28	Mon	5-8 pm	GMRC
Men's B/C #1	Apr 2-May 28	Mon	5-8 pm	GMRC
Men's B/C #2	Apr 3-May 29	Tue	5-8 pm	GMRC
Men's C	Apr 4-May 30	Wed	5-8 pm	CWRC
Men's D	Apr 4-May 30	Wed	5-8 pm	CWRC
Men's 50+	Apr 1-May 27	Sun	10 am-1 pm	CWRC
Women's Leagues				
Women's A	Apr 3-May 29	Tue	5-8 pm	GMRC
Women's B	Apr 5-May 31	Thu	5-8 pm	CWRC
Women's C/D	Apr 2-May 28	Mon	5-8 pm	GMRC
Coed League				
Coed Open	Apr 5-May 31	Thu	5-8 pm	CWRC

VOLUNTEER TO JOIN A UNIFIED SPORTS TEAM TODAY!

This program teams up players with and without disabilities in a specific sport setting. It's a great opportunity to develop your sports skills and meet friends! Teams compete against other area teams. Unified leagues include basketball, softball and volleyball.



Please call 303-987-4806 for more information or to sign up as a volunteer.



SOFTBALL

Information: 303-987-4806

SPRING/SUMMER ADULT SOFTBALL LEAGUES

The spring/summer adult softball league offers a unique 16-game schedule starting in mid-April, followed by divisional tournaments on Sunday, August 19. A \$200 deposit is needed at time of registration to hold the team's spot in the league

Ages: 18 and up

\$700 Addenbrooke League, \$700 Sunday League, \$750 Lakewood Night League

Registration deadline: April 9

SPRING SOFTBALL LEAGUES			
Day	Date	Times	Location
Men's Leisure			
Mon	Apr 16-Aug 13	6:15-10:15 pm	LKWD #2
Thu	Apr 26-Aug 16	6-8 pm	ADD #2/3
Thu	Apr 19-Aug 16	6:15-10:15 pm	LKWD #3
Men's Low Rec			
Mon	Apr 16-Aug 13	6:15-10:15 pm	LKWD #3
Tue	Apr 17-Aug 14	6:15-10:15 pm	LKWD #3
Men's Rec			
Sun	Apr 22-Aug 12	11 am-3 pm	LKWD #3
Coed Leisure			
Tue	Apr 17-Aug 14	6:15-10:15 pm	LKWD #2
Wed	Apr 18-Aug 15	6:15-10:15 pm	LKWD #2
Coed Low Rec			
Mon	Apr 23-Aug 13	6-8 pm	ADD #2/3
Thu	Apr 19-Aug 16	6:15-10:15 pm	LKWD #2
Fri	Apr 27-Aug 17	6-8 pm	ADD #2/3
Sun	Apr 22-Aug 12	11 am-3 pm	LKWD #2
Coed Rec			
Wed	Apr 18-Aug 15	6:15-10:15 pm	LKWD #3
Fri	Apr 20-Aug 17	6:15-10:15 pm	LKWD #3



ULTIMATE FRISBEE

Information: 303-987-4806

SPRING ULTIMATE FRISBEE LEAGUE

The City of Lakewood and the Sports Monster have joined together to offer an adult ultimate frisbee league. This spring league will offer an 8-game schedule beginning in early April, followed by a league tournament. To register please call 303-231-9690 or visit www.sportsmonster.net.

Ages: 18 and up

Registration deadline: March 26

Level	Date	Day	Time	Loc
Coed Open	Apr 5-Jun 21	Thu	6-8 pm	SSP

VOLLEYBALL

Information: 303-987-4815

SPRING ADULT VOLLEYBALL LEAGUES

The spring adult volleyball league offers an 8-match schedule starting mid-March, followed by league tournaments. A \$100 deposit is needed at time of registration to hold the team's spot in the league.

Ages: 18 and up

\$225/team

Registration deadline: March 5

Level	Date	Day	Time	Loc
Women's A	Mar 12-May 21	Mon	6:30-10:30 pm	CWRC
Women's BB	Mar 12-May 21	Mon	6:30-10:30 pm	CWRC
Men's BB	Mar 15-May 24	Thu	6:30-10:30 pm	CWRC
Coed BB	Mar 16-May 25	Fri	6:30-10:30 pm	CWRC
Coed B	Mar 16-May 25	Fri	6:30-10:30 pm	CWRC



Adult Sports

ADULT CLASSES

BOXING

Information: 303-987-4806
Youth and Adult Boxing: page 60

FENCING

Information: 303-987-4806

BEGINNING FENCING

Class offers an introduction to the history of fencing, basic technique and blade work using a French Foil, movement exercises, offensive and defensive tactics and practice bouts between fencers. Participants will end the class with a tournament competing against their peers. Participants will need a personal fencing glove. All other equipment is provided at no charge.

Ages: 12 and up
\$75 Resident, \$89 Nonresident

<u>Activity #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Loc</u>
114201-01	Jan 11-Feb 29	Wed	7-8:30 pm	LINK
114201-02	May 2-Jun 20	Wed	7-8:30 pm	LINK

INTERMEDIATE FENCING—THE THREE WEAPONS: FOIL, ÉPÉE AND SABER

The class will continue a beginner fencer's training in foil with both the French and pistol grips and will introduce techniques and tactics in the épée (the dueling sword) and the saber (the traditional weapon of the cavalry). Participants are required to have completed a beginning fencing class and have their own fencing mask, jacket, glove and under-arm protector. The various weapons will be provided for the class, as well as experience on electric equipment when available.

Ages: 12 and up
\$69 Resident, \$85 Nonresident

<u>Activity #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Loc</u>
114202-01	Mar 14-Apr 18	Wed	7-8:30 pm	LINK

GOLF

Information: 303-986-7888

GROUP GOLF LESSONS

Learn to play golf in Group I lessons or work on improving your golf game in Group II lessons. Group I lessons are taught to groups of six to 12 people. Group II lessons are taught to a minimum of four people.

Ages: 8 and up (Family lessons on Saturdays)
Instructors: Judy Brim, LPGA Golf Professional and Bryce Tani, PGA Golf Professional

Group I lessons: \$135/person

Group II lessons: \$90/person

<u>Group</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Loc</u>
I	Apr 2-30	Mon	5-6 pm	FOX
I	May 14-Jun 18	Mon	5:30-6:30 pm	FOX
I	Apr 5-May 10	Thu	5-6 pm	FOX
I	May 24-Jun 21	Thu	5:30-6:30 pm	FOX
II	Apr 7-May 5	Sat	9-10 am	FOX

(No class May 28)

MARTIAL ARTS

Information: 303-987-4806
Youth and Adult Martial Arts: page 61

TENNIS

Information: 303-987-4845
Youth Tennis: page 61

BEGINNING ADULT TENNIS

This class is for adults who are new to the sport of tennis. Each session provides a step-by-step introduction that focuses on developing and maintaining excellent form and technique for the groundstroke, serve and volley.

Ages: 16 and up
2 day/week: \$69 Resident, \$85 Nonresident
*1 day/week: \$35 Resident, \$45 Nonresident

<u>Activity #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Loc</u>
114402-01	Apr 16-May 23	Mon,Wed	8:15-9 pm	LKWD
*114402-02	Apr 14-May 19	Sat	12:15-1 pm	GMRC

INTERMEDIATE & ADVANCED ADULT TENNIS

This class is for adults who are familiar with the game of tennis and feel comfortable playing in a competitive setting. This class will focus on the progressive development of the groundstroke, volley and serve.

Ages: 16 and up
2 day/week: \$69 Resident, \$85 Nonresident
*1 day/week: \$35 Resident, \$45 Nonresident

<u>Activity #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Loc</u>
114401-01	Apr 16-May 23	Mon,Wed	8:15-9 pm	LKWD
*114401-02	Apr 14-May 19	Sat	1:15-2 pm	GMRC

