

ADMINISTRATION

ADMINISTRATIVE

Rick Mansur

Executive Director

Adam Gibson

Recreation Superintendent

Doug Meade

Recreation Program Supervisor - Adult

Jessica Gladson

Recreation Program Supervisor - Youth

Stephanie Stuber

Recreation Program Supervisor - Intramural

Kay Friedlan

Aquatics Manager

Michaela Cina

Assistant Aquatics Manager

Matthew Blakesley

Recreation Desk Supervisor

Heather Harvey

Administrative/Financial Specialist

Darla Cotton

Parks & Recreation IT

Mike McNutt

Parks Superintendent

Wes Johnson

Parks Supervisor

Fred Neugebauer

Ice Arena Supervisor

Dwayne Dillinger

Golf Superintendent

Cameron Brown

Golf Professional

Roxanne Green

Building Maintenance Supervisor

Jason Lembke

Recreation Program Supervisor - Wright

Katie Pearson

Recreation Desk Supervisor - Wright

COUNTY COMMISSIONERS

Clark Kissack

Rusty Bell

Mark Christensen

Micky Shober

Matt Avery

BOARD OF DIRECTORS

Justin Merryman

Clay Cundy

Bobby Ingram

Barb Pilon

Mike Hladky

LOCATIONS

Campbell County Parks & Recreation

250 Shoshone Ave., Gillette, WY 82718

Administrative Office: (307) 682-7406

Recreation Center & Pool:
(307) 682-8527 or (307) 682-5470

Fax: (307) 682-7050

www.ccprd.com

Wright Recreation Center

225 Wright Blvd. • P.O. Box 407
Wright, WY 82732

Office: (307) 464-0580

Fax: (307) 464-0578

Bell Nob Golf Course

4600 Overdale Drive, Gillette, WY 82718

Office: (307) 686-7069

Fax: (307) 687-7183

Campbell County Community Center

121 4-J Road, Gillette, WY 82716

Office: (307) 687-1555

Spirit Hall Ice Arena at The Wyoming Center

4101 Maverick Drive, Gillette, WY 82718

Office: (307) 687-1555

TABLE OF CONTENTS

CCPR

Hours of Operation, Register for Activities	3
Fees & Passes, Refund Policy	4
Daily & Monthly Pass Prices, Additional Information	5

RECREATION CENTER

Recreation Center Facilities	6-7
Facility Use Rules	8
Party Room Rentals, Kid's Zone Babysitting	9

AQUATIC CENTER

Aquatic Rates, Aquatic Events	10
Pool Hours, Special Swim Days	11
Pool Rules	12
Swimming Lessons	13-14

PROGRAMS

Pool Programs	15
Youth Programs	16-17
Intramural Programs	18
Adult Programs	19
Personal Programs, Group Exercise Team	20
Personal Trainers	21
Climbing Tower, Martial Arts	22-23

ICE SKATING

Ice Arena Facilities	24
Ice Skating Lessons	25
Ice Skating Programs	26

MISCELLANEOUS

Community Center, Bell Nob Golf Course	27
Winter Fun in the Parks	28-29
Park Reservations, Park Maintenance	30



HOURS OF OPERATION

RECREATION CENTER - SUBJECT TO CHANGE

Monday - Friday (through May 18) 5:00 a.m. - 10:00 p.m.
Saturday (through May 19) 8:00 a.m. - 6:00 p.m.
Sunday (through May 20) 11:00 a.m. - 6:00 p.m.
Gymnasium will be closed Saturdays until 2:00 p.m. January 6 - March 3

Facility will be closed for cleaning May 7-13

CAMPBELL COUNTY POOL

Refer to page 11 for pool hours.

ADMINISTRATIVE OFFICE

Monday - Friday 8:00 a.m. - 12:00 p.m. / 1:00 p.m. - 5:00 p.m.

HOLIDAY HOURS

Christmas Eve 11:00 a.m. - 3:00 p.m.
Christmas Day Closed
New Year's Eve 11:00 a.m. - 5:00 p.m.
New Year's Day 1:00 p.m. - 5:00 p.m.
Easter (April 1) Closed
Memorial Day (Weekend hours May 26, 27 & 28) 1:00 p.m. - 5:00 p.m.



REGISTER FOR ACTIVITIES

You may register online or in person at the Recreation Center on the first day of the class/lesson/event registration at the specified opening time of registration. Both online and in-person registrations will open concurrently. There is no guarantee you will get into the class/lesson/event.

ONLINE REGISTRATION FOR ACTIVITIES

Campbell County Parks and Recreation offers online registration via WebTrac. You must have a username and password to access WebTrac. A current account and email is all that is needed to request a username. You can access online registration via our webpage at www.ccprd.com or directly at www.webtrac.ccgov.net.

Currently online registration is available for nearly all activities.

Registration for all of these activities has a begin date listed in the brochure. That will also be the first date you may register for activities online beginning at 5:00 a.m. on that day unless otherwise stated in the program information of the brochure.

FEES & PASSES

FACILITY USE FEES

The daily admission fee is good for use of the Recreation Center and leisure and lap pool (rental equipment is extra). A reminder: All senior citizens 62 years of age and older are welcome to use the Recreation Center free of charge (suntan beds and fitness classes are not included). Groups may rent the facilities after business hours. Please call 682-8527.

PASS INFORMATION

- Passes will expire exactly one, three, six or twelve months from the date of purchase.
- 20 punch card will expire 1 year from the date of purchase.
- The computerized check-in system at the Control Desk of the Recreation Center requires users to check in.
- A family is defined as one or two adults living in the same household including children 18 and under and/or full time college student(s) through age 23. Guardianship of children 18 years and younger is also included. Aunts, uncles, grandparents, etc. are not included.
- A couple is defined as two adults living in the same household.
- Passes include use of the Recreation Center, leisure pool, lap pool & fitness classes.

REFUND POLICY

Refunds will be issued as a credit unless the individual specifically requests a refund in the form of a check. Refund checks will be mailed every Friday.

FULL REFUNDS

CCPR will issue a **full refund** for the following:

- A class, program, or trip is canceled by the department due to insufficient enrollment.
- A medical reason/note is provided by a doctor prior to the start of the class, program, trip or pass.
- A request by the parent or participant is made at least one day prior to the start of the program, class or trip.

PARTIAL REFUNDS

CCPR will issue a **partial refund** for the following:

- A medical/note is provided by a doctor during the class, program or pass. Passes include memberships, tanning passes and punch cards.
- A request is made after the first meeting of the class or program and prior to the second meeting.
- No Refunds will be issued after the completion of a full session, program, trip or a pass that has expired.
- **No Refunds on 15% Pass Sales.**

NOTE: Partial refunds will be pro-rated by the amount of time remaining for the class, program, pass or punch card. Punch cards expire one year from date of issue.

Refunds are subject to a \$2 administrative fee.

DAILY & MONTHLY PASS PRICES

	Elementary & under**	Jr High Sr High	College Student*	Adult 19 & Up	Couple	Family	Seniors 62 & Up
Daily	\$3.50	\$4.00	\$6.00	\$6.00	N/A	\$13.00	Free
Fitness	N/A	\$4.00	\$6.00	\$6.00	N/A	N/A	\$6.00
20 Punch	\$50.00	\$61.00	N/A	\$86.00	N/A	N/A	Free
1 Month	\$29.00	\$38.00	\$38.00	\$53.00	\$79.00	\$106.00	Free
3 Month	\$79.00	\$104.00	\$104.00	\$143.00	\$214.00	\$285.00	Free
6 Month	\$135.00	\$176.00	\$176.00	\$244.00	\$363.00	\$485.00	Free
12 Month	\$215.00	\$282.00	N/A	\$389.00	\$582.00	\$776.00	Free

* College students must show current schedule. Full time status is 12 credit hours and above.

** Youth under 3 years of age are FREE

ADDITIONAL INFORMATION

For up-to-the-minute information and public service announcements, listen to KIML, KAML, 100.7 or 106.1. The News Record provides regular coverage of recreation programs. Cancellations will be announced on FM stations 100.7, 105.3, 101.5, 97.3, 106.1 and on 1270 AM. Program information and cancellations will also be posted on Facebook and at www.ccprd.com

CANCELLATION HOTLINE: 685-1067

NON-RECREATION PROGRAM FACILITIES

Gillette Edge Soccer Club

Brian Hokanson 660-9137

Babe Ruth

Keith Jones 660-5103

American Legion Baseball

Nate Perleberg 689-4542

Camel Kids Wrestling Club

Mike Johnson 660-4969

Razor City Renegades Soccer

Toby Westbrook 660-9365
www.razorcityrenegades.net

Gillette Hockey Association

George Stilson, Pres 680-2297

Boys and Girls Club

..... 685-1050

Wyoming Academy of Gymnastics and Dance

Wendi Huddleston 689-2413

Gillette Jr. Roller Derby

Lylie Weeks 363-2625

Hunter Safety Course

Wyoming State Game & Fish 1-800-842-1934

Gillette Gators Swim Team

..... www.gilletteswimteam.org

Razor City BMX

Todd Dickinson 660-5210

BMX Track Operator

Tami Dickinson 660-5549

AAU Volleyball

..... www.powderrivervolleyball.com

Junior Football

Robbie Lang 299-8367

Gillette Little League

Brian Fink 277-2826

Gillette Wild Junior Hockey

Brendon Hodge 696-7764

Gillette Girls Fast Pitch

Jim West 660-9946

Touch of Gold Wrestling Club

..... www.gillettetog.weebly.com

Gillette Area Lacrosse

Michael Pierini 257-1887

Facebook Gillette Area Lacrosse

RECREATION CENTER FACILITIES

LOCKER ROOMS

The Recreation Center provides three Locker Rooms. There is a Family Changing Room for parents with children of the opposite gender that are under the age of 8. Men's and Women's Locker Rooms are also available. In each of those Locker Rooms, day-use lockers are available on a first-come, first-served basis. You must provide your own lock. All items in a day-use locker must be removed when you leave the facility. Personal locks may not be left on day-use lockers overnight. Any remaining locks will be cut and the contents of the locker will be removed and stored at the Control Desk for no more than 30 days.

Please be aware that children 4 years and older must use the same gender locker room. A Family Changing Room is available if the child is accompanied by an opposite gender adult.

RECREATION CENTER & FIELD HOUSE

The Recreation Center offers a gymnasium with three courts for basketball and volleyball, four racquetball courts, a free weight area and a cardio and Cybex weight area. The Field House offers an indoor track and five tennis courts that can also be used for indoor soccer. A second walking track is available on the 2nd floor of the facility.

SAUNA & STEAM ROOMS

1. All users must be 16 years of age or older.
2. Dry Sauna is co-ed. Appropriate attire must be worn at all times. Users must wear shorts, swimsuit or towel to use steam room.
3. Under no circumstances should users wear excess clothing such as a rubberized suit or plastic clothing.
4. Elderly participants, and/or participants with respiratory or cardiopulmonary problems, should not use the sauna or steam room without prior medical approval from their doctor.
5. Do not use steam room or sauna while under the influence of alcohol, anti-coagulants, antihistamines, vasoconstrictors, vasodilators, stimulants, hypnotics or tranquilizers.
6. Following vigorous exercise, allow a cool-down time before entering sauna or steam room and reduce your session time.
7. Pregnant women cannot use the sauna.
8. A time limit of 15 minutes must be observed due to the fatiguing effects of prolonged use of the sauna and steam room. Long exposures may result in nausea, dizziness or fainting.
9. Remove all jewelry before using the sauna or steam room.
10. Do not exercise in steam room or sauna.
11. Use of steam room, sauna and hot tub increases pulse rate and increases body temperature. Changes in blood pressure may occur differently in different individuals, perhaps dangerously in persons with high or low blood pressure.
12. Upon experiencing any nausea, dizziness, hot flashes or cold chills, headaches, or other discomfort, leave the sauna or steam room immediately.
13. After using the sauna or steam room, participants must shower prior to entering the pool or hot tub.
14. The dry sauna is available only during pool open hours.



VENDING MACHINES

For your convenience the Recreation Center lobby provides various vending machines. Food is prohibited past Control Desk. Only drinks in an enclosed container are allowed past the Control Desk.

CARDIO THEATER

Enjoy the Cardio Theater while using the Treadmills, Stairmasters, True Striders, Elliptical Trainers and ARC Trainer. Bring any standard headphones or purchase a pair at the Control Desk and you will be able to listen to any of the televisions.

RECREATION CENTER FACILITIES

FREE WEIGHT AREA GUIDELINES

1. Anyone 16 years of age and older may use the free weight area without supervision. Youth 7th grade - 15 years of age must be accompanied by the parent or guardian to use the free weight area. Youth under 7th grade are not allowed to use or be in the free weight area.
2. It is recommended that everyone lift with a partner. Lifting alone is strongly discouraged.
3. Clean workout clothes (including shirt) and proper gym shoes are required.
4. Bench press, incline press, decline press and squats are not to be attempted without spotters.
5. Do not drop weights after completing a lift. All weights must be put away before leaving weight area.
6. It is strongly recommended that you wipe down equipment before and after each use with provided sanitizer wipes.

Anyone violating the guidelines of the free weight area will no longer be allowed to use the free weights.

CYBEX WEIGHTS & CARDIO AREA GUIDELINES

1. Youth 16 years old and older can use the Cybex weights and cardio areas on the 2nd floor. Youth 7th grade - 15 years of age must be accompanied by the parent or guardian to use the cardio area. Youth under 7th grade are not allowed to use the Cybex weights and cardio areas.
2. All equipment is available on a first come, first served basis.
3. Patrons are asked to adhere to a 1 hour time limit on all equipment.
4. It is strongly recommended that you wipe down your equipment before and after each use.
5. Misuse of any machine or violation of any of these policies may result in suspension or an indefinite dismissal from use of the facility.

EQUIPMENT RENTAL

Towel	\$1.00	Racquetball / Squash Ball / Tennis Ball	FREE
Towel Punch Card (25 punches)	\$20.00	Eye Protection	FREE
Racquetball / Tennis Racquets	\$1.00	Climbing Harness / Shoes	\$3.00
Squash Racquet	\$1.00	Wallyball Equipment	\$3.00

A driver's license or ID card is required to rent all equipment. Broken racquets will result in a

\$20.00 replacement fee. Climbing equipment replacement will be a fee of \$100.

You are welcome to bring your own ball, but it must be used for indoor play only. No balls that have been used on outdoor courts are allowed.

6. The Department's Cardio & Cybex Area features Treadmills, Stairmasters, Elliptical Trainers, Lifecycles, Recumbent Bikes, Stationary Bikes, Rowing Machines, NuSteps and 12 single station Cybex machines.
7. Strollers are allowed on both tracks, in the front row of the cardio area and on both ends of cardio equipment. However, car seats are prohibited.

GROUP EXERCISE/SPINNING ROOM GUIDELINES

1. Please secure personal belongings in a locker or cubby.
2. Shirts, shorts and non-marking athletic shoes must be worn at all times during classes.
3. Patrons are expected to maintain proper hygiene while using the aerobic rooms.
4. Courtesy to others and appropriate language is expected.
5. Patrons must be at least 14 years of age to attend a class, 10-13 year olds must be accompanied by a parent or guardian.
6. Children and/or babies are not allowed to observe or sit in the back of the room.
7. All classes are first come, first served. There are a limited number of spaces dependent upon the type of equipment used in each class.
8. Please report any injuries or equipment malfunctions to the instructor.
9. All equipment must remain in group exercise rooms.
10. It is strongly recommended that you wipe down equipment before and after each use.
11. Dance groups, for rehearsal purposes only, may use the Group Exercise Room 1 (if available for no longer than one hour) during regular business hours. These groups may use facility with a drop-in fee or pass and must be accompanied by an adult 18 years or older if younger than age Some restrictions apply.

FACILITY USE RULES

1. Everyone must check in at the Control Desk.
2. The facility doors will be locked 15 minutes prior to closing.
3. Boots or muddy shoes are not allowed in the facility. Clean shoes must be worn at all times. No cowboy boots are allowed on the gym court as surfaces are for playing shoes only.
4. Smoking and tobacco products are not allowed in or around the facility.
5. Report any damaged/broken equipment to staff.
6. Hanging on rims or nets is strictly prohibited. Violators will be asked to leave the facility.
7. Youth under 8 are required to go to the Kid's Zone unless they are under constant supervision by someone 12 years or older. Youth under 8 are not to be in common areas (lobby, gymnasium and concession area) unattended.
8. Only youth 16 years or older are allowed on the 2nd floor. Youth 7th grade through 15 years accompanied by the parent or guardian may use the cardio & weight area. Parents and/or Guardians are allowed on 2nd floor track with kids in strollers; all others are required to use the Field House track or Kid's Zone.
9. Campbell County Parks and Recreation facilities are considered family oriented facilities. Obscene language, gesture, participants under the influence of alcohol or drugs will not be tolerated.
10. Consumption of food and/or drinks will be allowed in designated areas only including the front lobby, concession area and party room areas. Cake, ice cream, cupcakes, pizza, party subs and any other similar foods consumed by a group are only permitted with a party room rental. Drinks enclosed in a container are allowed past the Control Desk.
11. Glass containers of any kind are prohibited in the facility.
12. Meeting rooms may not be used to conduct any activity, program or other event for profit by any business or person.
13. Only employees of the Campbell County Recreation Center are authorized to provide training, instruction or lessons on premises owned by Campbell County Parks and Recreation.
14. Campbell County Parks and Recreation reserves the right to use photographs, videotaped images, quotes/comments, name for publicity and educational purposes in any and all publications and media without limit or reservation.
15. Bicycles, roller blades, skateboards, scooters or pets (trained assist animals excluded) are not permitted inside the Recreation Center.
16. Softballs, baseballs & frisbees are not permitted in the Field House or Recreation Center.
17. The use of Campbell County Parks and Recreation facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to facilities revoked or modified indefinitely.
18. Music: Must be listened to through headphones. No speakers will be allowed in the facility.
19. This facility is a family-friendly environment. We ask that you dress appropriately at all times and avoid the use of foul language. (At staff's discretion)

TOBACCO - FREE BUILDINGS AND GROUNDS POLICY

Purpose:

Campbell County Parks and Recreation is committed to the quality of life for all residents and seeks to protect their health and welfare. Therefore, we believe that:

- Tobacco product use in the proximity of children, youth and adults engaging in or watching recreational activities is unhealthy and detrimental to the health of others.
- As parents, leaders, coaches and officials we are role models, and the use of tobacco products around youth has a negative effect on their lifestyle choices.
- Tobacco products, once consumed in public spaces, are often discarded on the ground entrances and in buildings that diminish the aesthetics and appeal of the department's recreational facilities.

Policy:

1. No person shall smoke or use any tobacco products, including e-cigarettes, at the following facilities, including immediate grounds and parking lots: Campbell County Recreation Center, Campbell County Community Center, Campbell County Ice Arena, WPA Building and Wright Recreation Center.
2. The facilities, including immediate grounds, of the following shall be designated as smoke free: Bicentennial Park at 300 Warlow Drive and the Wright Ballfields at 1201 E. Elkhorn Drive. The smoke free areas will include the Softball and Babe Ruth Fields, Playgrounds, Soccer Fields and Tennis Courts at Bicentennial Park and the Softball/Little League Complex in Wright. This smoking policy does not include the parking lots.

PARTY ROOM RENTALS

Bring your child's next party to the Recreation Center. A maximum of 15 kids are allowed for a pool party and 8 kids are allowed for a climbing party. A maximum of 25 people are allowed in the party room. Reservations are taken on a first come, first served basis. To make a reservation, call 682-8527, Monday through Friday from 8:00 a.m. - 12:00 p.m., 1:00 p.m. - 5:00 p.m. May not utilize room until 15 minutes prior to reservation. For availability, please call 682-8527. Reservation must be made in person at the Recreation Center Control Desk.



Party Times: Mon-Thurs. 6:00 - 8:00 p.m. Fee: \$60 (Pool Party Only)
Sat/Sun 1:00 - 4:45 p.m. Fee: \$80 (Pool or Climbing Party)*

*To have a weekend climbing party, reservations must be made by Thursday at 5:00 p.m.

*Cake, ice cream, cupcakes, pizzas, party subs and any other similar foods consumed by a group are only permitted with a party room rental. Consumption of snacks will be allowed in designated areas only, including the front lobby and concession area.

KID'S ZONE BABYSITTING

BABYSITTING HOURS

Hours are subject to change based on demand and attendance.

Monday – Friday 8:00 a.m. - 5:00 p.m.

FEES

\$40 punch card for 10 visits • \$70 punch card for 20 visits • \$5 drop-in fee for 1 visit

POLICIES & PROCEDURES

The Campbell County Recreation Center offers a drop-in babysitting service for patrons and/or members to utilize while they use our facility. The babysitting service is not a certified daycare or childcare provider. Children are not allowed to be dropped off unless the parent or guardian is in the building at all times.

- Children must be 6 months – 8 years old to use the babysitting service.
- No outside toys are allowed in Kid's Zone.
- Capacity will be determined by staff - Kid's Zone will deny children when the room is at capacity.
- There is a 2 hour time limit for each child to be dropped off in the babysitting room at one time.
- Parents/Guardians must remain at the Recreation Center.
- Sanitary supplies must be provided by the parent and/or guardian responsible for the child.
- Each visit is one punch per child. All punch cards and drop-in babysitting cards must be purchased at the Control Desk prior to using the babysitting service.
- Sick children are not permitted in the Kid's Zone.
- If there are no children in the babysitting room 30 minutes prior to closing, the babysitting service will close early.
- No medications will be given by staff at any time.
- Recreation Center staff can refuse to babysit children that are sick or children without necessary sanitary supplies.
- Kid's Zone is a drop off babysitting service. Parents are not permitted to stay in the room during Kid's Zone hours.
- No food or drinks are provided by staff.
- CCPR staff will not potty train children. If your child is in underwear and having accidents, we ask that they come in a pull up to the Kid's Zone.
- All staff are CPR and First Aid trained.

AQUATIC RATES

GENERAL ADMISSION

Elementary & Under	\$3.50
Jr. High/Sr. High.	\$4.00
Adult.	\$6.00
Family *	\$13.00
Seniors (62 & up)	FREE

** A family is defined as one or two adults living in the same household including children 18 years old and under and/or full time college student(s) through age 23. Guardianship of children 18 years old and younger are also included. Aunts, uncles, grandparents, etc. are not included.*

GROUP POOL RENTAL

The Leisure Pool is available for rent on an hourly basis on Saturday evenings.

WATERSLIDE & LEISURE POOL

1-50 people.	\$150.00 / hour
51-120 max.	\$210.00 / hour

Rental fee is due at reservation time and must be made at least 14 days in advance.

SUNTAN BED

Lotions are allowed in the bed - no oils please. Must be 16 years of age or older to tan. Patrons under the age of 18 must have a waiver signed by a guardian. Punch cards expire 1 year from purchase date.

Value Packages:

20 Sessions	\$50
10 Sessions	\$30
1 Session	\$.4

AQUATIC EVENTS

SCUBA

The basics of scuba diving are taught by P.A.D.I. certified instructors from Western Divers in Casper. This class is fun and adventurous and participants must be in good health and at least 12 years of age. All equipment is provided.

January 19-21, March 23-25 & April 27-29

Friday.	7:00 p.m. - 9:00 p.m.
Saturday & Sunday (Pool)	8:00 a.m. - 12:00 p.m.
Saturday & Sunday(Classroom)	1:00 p.m. - 4:00 p.m.
Fee	\$295

Registration:

Please call Western Divers at 1-800-303-0230 or visit www.westerndiversltd.com

All Scuba registration must be received no later than 2 weeks prior to the start of each certification.



MILK SPLASH FRIDAY'S

Enjoy a carton of milk and a special snack after family swim. Family swim is a designated time for parents and their children (ages 6 and under) to socialize with other families and enjoy the water together. Parents must accompany their children in the water.

January 5 & 19, February 2 & 16, March 2 & 16, April 13 & 27 & May 4 & 18

Time 10:00 a.m. - 12:00 p.m.

POOL HOURS

LAP SWIM

Designed for all ages, as long as the swimmer can swim the length of the pool, and must continually swim during these hours listed below. Kick boards, fins and pull-boys are for adult use only.

Monday – Thursday	5:00 a.m. - 6:00 p.m.
Friday	5:00 a.m. - 5:00 p.m.
Saturday	10:00 a.m. - 1:00 p.m.
Sunday	12:00 p.m. - 1:00 p.m.
Christmas Eve	12:00 p.m. - 1:00 p.m.

***Subject to change due to Special Swim days.**

WATER WALKING (LAZY RIVER)

Monday – Friday	5:00 a.m. - 2:00 p.m.
Monday-Thursday	4:00 p.m. - 6:00 p.m.
Saturday	10:00 a.m. - 1:00 p.m.
Sunday	12:00 p.m. - 1:00 p.m.
Christmas Eve	12:00 p.m. - 1:00 p.m.

**Water shoes are recommended for water walking.*

***Subject to change due to Special Swim days.**

LEISURE POOL OPEN SWIM

An unstructured swim for all ages. Children under the age of 5 must be accompanied in the water by an adult at all times. Children between the ages of 5 and 7 years old must have an adult on the pool deck at all times. Children must be 48 inches tall to ride the slide or be accompanied by someone that is 48 inches tall.

**Children must be 4th grade and older and pass a swimming test to go off the tower.*

OPEN SWIM

Monday – Thursday	2:00 p.m. - 4:00 p.m. <i>No Slides</i> 6:00 p.m. - 8:00 p.m.
Friday	2:00 p.m. - 5:00 p.m. <i>No Slides</i>
Saturday & Sunday	1:00 p.m. - 4:45 p.m.

Open Swim Holiday Hours

Christmas Eve	1:00 p.m. - 3:00 p.m.
Christmas Day	Closed
New Year's Eve	1:00 p.m. - 4:45 p.m.
New Year's Day	1:00 p.m. - 4:45 p.m.
Easter Day	Closed

FAMILY SWIM

Is a designated time for parents and their children (ages 6 and under) to socialize with other families and enjoy the water together. Parents must accompany their children in the water.

Monday, Wednesday, Friday (Zero Depth Only)	10:00 a.m. - 12:00 p.m.
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SPECIAL SWIM DAYS

Early Release

Date	February 7, March 7, May 2
Time	1:30 p.m. - 4:00 p.m.
Date	March 30
Time	1:30 p.m. - 5:00 p.m.

No School

Date	January 15
Time	1:00 p.m. - 4:00 p.m.

Christmas Break Special Swim

Date	December 22 - January 1
Time	1:00 p.m. - 4:45 p.m.
December 24	1:00 p.m. - 3:00 p.m.
<i>No Swimming on December 25</i>	

Spring Break Special Swim

Date	April 2 - 6
Time	1:00 p.m. - 4:45 p.m.

POOL RULES

LIFE JACKETS

Campbell County Parks and Recreation only allows US Coast Guard Approved life jackets. If you have a non-approved life jacket, we can provide life jackets for you. Water wings are strictly prohibited.

Rules when wearing a life jacket:

1. When a child is wearing a life jacket the non-life jacket user must be within an arm's length away from the child, while in the lazy river or lap pool.
2. Make sure life jackets are worn the correct way and size. If you need assistance, please ask a supervisor for help.

HOT TUB

1. All users must be 16 years of age or older. You may be asked to show proof of age.
2. Hot tub capacity is 25 participants.
3. Showering is required before entering hot tub. Clean swim attire must be worn at all times.
4. Elderly participants, and/or participant with respiratory or cardiopulmonary problems, should not use the hot tub without prior medical approval from their doctor.
5. Any participant having a skin disease, nasal or ear discharge, communicable diseases, or who is wearing any kind of bandage will not be permitted in the hot tub.
6. Participants having any considerable areas of exposed sub-skin tissue, open blisters, cuts, sun-burn, etc., are warned that these are likely to become infected.
7. Pregnant women should use precautions when using the hot tub. Staff advises that you only sit on the side of the hot tub.
8. The hot tub is available only during pool open hours.

LEISURE/LAP POOL

1. Children under the age of 5 must be accompanied in the water by an adult at all times. Children between the ages of 5 and 7 years old must have an adult on the pool deck at all times.
2. Proper swimming attire must be worn at all times. (No cut-offs)
3. Changing of diapers or clothing must occur in locker rooms and is not permitted on the pool deck.
4. All participants must shower prior to entering the pool.
5. If the need to share lanes during lap swim, please circle swim.
6. Snorkels are only allowed during lap swim hours.
7. All non-potty trained children must wear a swim diaper, that is also covered by a suit.

LILY PAD

1. Participants using lily pads may not run across pads or monkey bar across.
2. Children may be assisted across lily pads.
3. If children are wearing a life jacket, they must be assisted across lily pads.

BLUE SLIDE

1. All riders must be 48" inches tall to ride the slide.
2. You must go down feet first, with legs crossed and hands across chest.
3. Single rider only.
4. If you are elderly and/or with respiratory or cardiopulmonary problems or pregnant, you should not use the water slide.
5. There is a 300 max weight on the slide.

GREEN SLIDE

1. All riders must be 48" inches tall to ride the slide.
2. You may ride down the slide in double or single tubes.
3. If you are elderly and/or with respiratory or cardiopulmonary problems, or pregnant, you should not use the water slide.
4. There is a 600 max weight for double riders and a 300 max weight for single riders.

SWIMMING LESSONS

PARENT & CHILD AQUATICS

Aqua-Baby

This class is designed for children between the ages of 6 - 23 months and their parents. The purpose of this course is to familiarize children with the water and teach swimming readiness skills. In addition, this class provides safety information for parents and teaches appropriate supports/holds. Parents must accompany their child in the water. There is a minimum of 4 and a maximum of 8 children for this class.

Aqua-Tot

This class is designed for children between 24 - 35 months and their parents. Children are introduced to basic swimming and safety skills and will build on skills learned in Aqua-Baby. This class will prepare and encourage your child to fully try skills by themselves and will lay the basic foundation for independent and more advanced skills. Parents must accompany their child in the water. There is a minimum of 2 and a maximum of 4 children for this class.

Aqua-Toddler

This class is designed for children 3 years of age. In this class, your child will improve on skills introduced in Aqua-Tot and will learn more advanced skills. Children will also build on safety topics in and around pools. Parents have the option to explore the water with their children. If a teacher feels a parent needs to participate with their child you may be asked to join them. There is a minimum of 3 and a maximum of 6 children for this class.

PRESCHOOL AQUATICS

Preschool Aquatics classes are designed for children **4 and 5 years of age**. The purpose of the course is to facilitate developmentally appropriate learning of fundamental water safety and aquatic skills. These classes must have a **minimum of 3 and a maximum of 6 children**.

Guppies

This class is designed to teach young preschoolers about the aquatic environment and to help them gain basic aquatic skills. In addition, participants start learning how to be safe in and around the water.

Polliwog

This class has participants begin to perform skills at a slightly more advanced level and begin gaining rudimentary propulsive skills on both the front and back. This level marks the beginning of independently practicing aquatic locomotion skills.

Tadpole

This class has participants perform basic aquatic skills with greater proficiency, for longer distances and times. In addition, previously acquired water safety knowledge and skills are reinforced and expanded upon.

LEVEL CLASSES

To enter level class's children must be **6 years of age** the day the class starts. All level classes must have a **minimum of 3 and a maximum of 6 children**.

Level 1

Participants learn:

- Enter/exit water safely
- Open eyes underwater and retrieve submerged object
- Front/back floats and glides
- Swimming on front/back
- Safety topics

Level 2

Participants learn:

- Fully submerged and breath holding
- Rotary breathing
- Front/back floats and glides
- Recover from front and back swimming positions
- Finning on back
- Treading
- Safety topics

Level 3

Participants learn:

- Dives
- Rotary breathing
- Survival floats
- Front crawl
- Breaststroke
- Elementary backstroke
- Scissors kick
- Safety topics

Level 4

Participants learn:

- Swimming underwater
- Dives
- Front/back crawl open turns
- Treading water
- Refinement on strokes
- Safety skills

Level 5

Participants learn:

- Tuck/pike dives
- Front/back flip turns
- Endurance on strokes
- Safety skills

** All spectators are asked to remain in designated spectator area during the swim lessons.*

Which level is right for my child?

The Campbell County Pool offers a free swimming evaluation for any child who is uncertain of his or her level of ability. Please call 682-8527 and speak to Michaela or Kay to schedule a swim test.

SWIMMING LESSONS

REGISTRATION

Registration begins at 7:00 a.m. on the first scheduled day of each session registration.

You may register online or in-person on the first day of lesson registration at 7:00 a.m. Both registrations will be going on at the same time. There is no guarantee that you will get into a class whether you do online or in-person registration. If you sign your child up in the wrong class and there is not a correct spot available, they may not be able to participate in lessons.

Cost per Session	\$38.00		
Registration I	January 2-5	• Session I	January 8 - February 8
Registration II	February 12-16	• Session II	February 26-March 29

SCHEDULE

Tuesday/Thursday Mornings

9:00-9:30	Aqua Baby*
9:35-10:05	Aqua Tot*
10:10-10:40	Aqua Toddler**
10:45-11:15	Guppies
11:20-11:50	Polliwogs
11:55-12:25	Tadpoles

Monday/Wednesday Evenings

4:15-4:45	Aqua Tot*
	Level 1
4:50-5:20	Guppies
	Level 2
5:25-5:55	Polliwogs
	Tadpoles

Tuesday/Thursday Evenings

4:15-4:45	Aqua Toddler**
	Guppies
4:50-5:20	Aqua Baby*
	Level 3
5:25-5:55	Level 2
	Level 4/5

* Parents must accompany child.

** Teachers may ask parents to accompany child.

PRIVATE LESSONS

If you are interested in private lessons for yourself or your child, please call 682-8527 and speak with Michaela or Kay. Pool Staff will arrange a time that is convenient for both the student and instructor.

All lessons must be paid for in advance. The fee for private lessons is \$25 per one-half hour, per person. Children must be 5 years of age to participate in private lessons.



POOL PROGRAMS

WATERPARK LIFEGUARD TRAINING

Pre Course:

The pre-course will be done by an appointment with Michaela.

Swim 300 yards continuously, using these strokes:

- Front Crawl using rhythmic breathing and Breaststroke
- Swim 20 yards using Front Crawl or Breaststroke with your face out of the water.
- Surface dive to a depth of 7-10 feet, retrieve a 10 pound brick, return to surface, swim 20 yards to the starting point with the brick and exit the water.
- Tread water for 2 minutes using no hands.

Continuation of the class requires successful completion of the Pre-Course and full attendance of the class.

TimeTBA
Place..... Campbell County Recreation Center
Fee\$135

WATER EXERCISE CLASSES

Exercising in water is different than exercising on land. The resistance of the water presents a unique challenge in aquatic exercise programming. Our classes consist of a combination of shallow and deep water strength training and aerobic interval training utilizing a variety of aquatic resistance equipment. Water depth affects a participant's impact level, control of motion and body alignment.



Aqua Dance - Sharron Murphree

Saturdays11:30 a.m. - 12:30 p.m.

Come and enjoy a new water aerobics class that includes dancing and yoga in the water. This class meets on the lap pool side in the shallow area.

Deep/Shallow Water - Cathy Crain / Marilyn Randall

Monday-Friday..... 5:30 a.m. - 6:15 a.m.

This water aerobics class is a high intensity class designed for deep and shallow water to help with the impact of the body.

You will meet under the diving board tower.

Mid-Morning Dip/Shallow Water - Lori McCreary / Sandy Kramer

Monday/Wednesday/Friday 9:30 a.m. - 10:30 a.m.

Shallow water aerobics class is low impact and low intensity for people that are just getting started.

This class meets on the lap pool side.

Adjust UR Attitude - Blanca Fare

Monday-Thursday..... 4:30 p.m. - 5:15 p.m.

Each day this class will be doing something different than the day before.

Water Fitness - Cindy Borchgrevink / Paula Petry

Monday-Thursday..... 5:15 p.m. - 6:00 p.m.

Have fun in the water as you work up to a better fitness level! You will work out in different water depths with equipment.

YOUTH PROGRAMS

All youth registrations open at 7:00 a.m.

SPRING OUTDOOR RECREATIONAL SOCCER

Separate age divisions offered: Pre-kindergarten co-ed, kindergarten co-ed, 1st & 2nd grade boys and girls, 3rd & 4th grade boys and girls, and 5th and 6th grade co-ed. Players must be 4 years old by March 31, 2018.

Coaches Meeting is Tuesday, March 20 at 5:30 p.m. at CCPR Field House. Practice may begin March 21 with games beginning on or after April 9. Players will be contacted by coaches by March 26. Volunteer coaches are needed.

Fee \$28.00

Registration Dates..... Monday, January 29 – Monday, March 5



CO-ED MINI VOLLEYBALL

Registration will begin Monday, January 29 and continue through Sunday, February 11 for the CO-ED Mini Volleyball League. Separate divisions are offered: 1st through 3rd and 4th through 6th grade. Practice will begin Tuesday, March 6 at the Recreation Center. This program is for boys and girls who want to learn basic skills, team work and have fun playing volleyball. Courts are modified with a lower net and a lighter ball for younger players. Registration forms will be available at the Recreation Center.

Fee \$25.00

Times.....1st - 3rd Grade 4:30 - 5:30 p.m.

4th - 6th Grade 5:40 - 6:40 p.m.

Days..... Tuesdays/Thursdays

March 6, 8, 13, 15, 20, 22, 27, 29

Location Recreation Center Courts 2 & 3

Season Length..... March 6 – March 29

Space is Limited to the Following:

- 1st - 2nd Grade - 32 kids
- 3rd Grade - 24 kids
- 4th - 6th Grade - 45 kids

YOUTH PROGRAMS

EASTER EGG HUNT

Saturday, March 24, 1:00 p.m.

Join Campbell County Parks and Recreation for the Annual Easter Egg Hunt at Bicentennial Park soccer fields. All children, 9 years of age and younger, are invited to hunt plastic Easter eggs and candy. Children will be divided into 4 age groups and a special appearance by the Easter Bunny will highlight the event.

SUMMER KID'S DAY CAMP

It's all about FUN this summer! A summer day camp experience will be offered for children going into grades 1 through 6 in the 2018-2019 school year. Kids will keep busy at camp with structured activities such as games, sports, science experiments, reading, crafts, swimming, field trips and more! The 5th/6th grade section includes additional field trips such as hiking, mud volleyball, movies, and the Spearfish Waterpark. All sections must provide their own lunch and morning snack for camp.

Enrollment will be limited to 60 kids in the 1st/2nd grade section and the 3rd/4th grade section. In the 5th/6th section enrollment is limited to 30 kids. Enrollment in the first session will guarantee a spot for the entire summer when you sign up during continuing registration. Continuing enrollee registration will open for the following session on the first Monday of the previous session (must register at the Recreation Center). Registration in sessions two through five will open to new enrollees the Monday prior to that session beginning and will be available online and at the Recreation Center. You may choose to pay for all five sessions at once in order to enroll your child for the entire summer; choosing this registration process for the whole summer will need to be done in person at the Recreation Center. See dates below.

Youth may not be dropped off before 7:45 a.m. and must be picked up by 5:15 p.m.

Days Monday – Friday

Time 8:00 a.m. to 5:00 p.m.

Place Recreation Center Field House

Grades 1st/2nd, 3rd/4th, 5th/6th for the 2018-2019 school year



Session Dates	Registration, Continued	Registration, New	Fee
May 30 - June 8		April 3 at 7:00 a.m.	\$72
June 11 - June 22	May 30 - June 3	June 4	\$90
June 25 - July 6 <i>(no camp July 4)</i>	June 11 - June 17	June 18	\$81
July 9 - July 20	June 25 - July 1	July 2	\$90
July 23 - Aug 3	July 9 - July 15	July 16	\$90

INTRAMURAL PROGRAMS

JUNIOR HIGH BOY'S BASKETBALL

(C Teams) 7th - 8th Grade

The boy's basketball league is designed to build on basic basketball skills and work on team building. Travel to communities around Gillette and compete against players of the same skill level. Registration forms are available at school offices and at the Recreation Center. Bussing is provided after school.

Registration Begins November 20 - January 8.
Practice Begins Monday, January 8th
Days Monday/Tuesday/Thursday
(Wednesdays may also be used if participant numbers exceed gym space)
Time 3:15 p.m. - 5:15 p.m.
Location Recreation Center Gyms

COED HIGH SCHOOL DODGEBALL

9th - 12th Grade

Play the game you loved as a kid! Grab your friends and come join this fun league. For all students in 9th - 12th grade. Rosters are available at the Recreation Center beginning February 5. An informational meeting will be held Wednesday, February 21 at 3:15 p.m. in the Commons at Campbell County High School and Friday, February 23 at 3:15 p.m. in the Commons at Thunder Basin High School. If you need to pick up a team registration form or ask questions, please attend one of these meetings.

Fee \$100.00 per team
Rosters Due March 7
Days Monday Nights
Games Begin March 19
Location Recreation Center Field House



JUNIOR HIGH TENNIS

7th - 8th Grade

The Junior High Intramural Tennis Program is designed to work on the basic skills to get ready for High School Tennis or just play the sport you love! Bussing will be provided after school to the tennis courts. Registration begins February 5 through March 19. Registration forms are available at school offices and at the Recreation Center.

Practice Begins Monday, March 19
(Start Date May Change Due to Weather)
Days Monday/Tuesday/Thursday
Time 3:15 p.m. - 5:15 p.m.
Location Sage Valley Students - Thunder Basin High School (Tennis Courts)
Twin Spruce Students - Campbell County High School (Tennis Courts)

ADULT PROGRAMS

ADULT VOLLEYBALL LEAGUE

Volleyball information packets will be available for anyone interested in participating in the 2018 season at the Recreation Center on Friday, February 9.

Roster Deadline Sunday, March 4 by 6:00 p.m.
Team Fee. \$230.00
Season 12 games with a Single Elimination Tournament
Starts March 12

ADULT SOFTBALL LEAGUE (MEN'S AND WOMEN'S)

Softball information packets will be available for anyone interested in participating in the 2018 season at the Recreation Center on Monday, April 2.

Deadline Sunday, April 29 by 5:00 p.m.
Team Fee. \$570.00
Season 14 games with a Single Elimination Tournament with a consolation game
Starts May 7



DAVE CROSS MEMORIAL VOLLEYBALL TOURNAMENT

March 10 & 11, 2018 – Gillette, WY

Three divisions offered including Women's Power, Women's Semi-Power and Coed Recreational. Team fee of \$100 includes plenty of volleyball and awards. Contact Doug Meade for more information at 682-8527.

RAZOR CITY SPLASH & DASH TRIATHLON

Campbell County Parks and Recreation will be sponsoring the 15th Annual Razor City Splash and Dash sprint distance triathlon on Saturday, May 12th. The triathlon will be held at the Campbell County School Aquatic Center, 800 East Warlow Drive. Registration will be held from 7:00 - 8:15 a.m. with the triathlon beginning at 9:00 a.m. The distances include a 900 yard swim, 14.9 mile bike and a 5K run. There will be an individual division as well as team divisions. Awards will be given to the top finishers in each age group.

Registration Fee. \$28.00 Individual
\$45.00 Team (2 Members)
\$60.00 Team (3 Members)

PERSONAL PROGRAMS

Campbell County Parks & Recreation offers personalized programs such as Personal Training, Nutrition Consultations, Health Coaching and Massages.

FEES

Personal Training

4 Sessions\$120
 8 Sessions\$240

Nutrition Consultations with Kristal Wagner

1 Session\$30

Health Coaching with Sarah Parker

1 Session\$30

Massage Fees with Jara Soost

30 Minutes\$40
 60 Minutes\$65
 90 Minutes\$90

**All personal training sessions must be used within 6 months of purchase*

***All Clients must have a pass or pay the daily drop-in fee to utilize our personal training service*

GROUP EXERCISE TEAM

Campbell County Parks and Recreation offer a variety of group exercise classes to meet the demand of the community. All ages, gender, sizes and shapes are welcome to participate. Fitness classes are included in your membership or with a daily drop in fee!

Amanda Jundt – Piyo

Amy Fulton – Dance Fitness

Angi Klamm – Spinning

Ernie Bishop – Spinning

Heather Zabel - Spinning

Jennifer VanDamne – Piyo

Jessica Bagnarello – Power Flex

Jessica Evenson – Variety Fit, Power Flex

Jo Durgin – Cardio Fit

Katie Spurlin – Mommy & Me

Kristal Wagner – Spinning

Lindsey Johnson – Zumba

Lori McCreary – Zumba

Pam Munoz – Spinning, Power Flex

Sam Araujo – Spinning

Sarah Parker – Yoga

Shannon Barabas – Metabolic Mayhem

Sharron Murphree – Gentle Stretch

Stacy Ray – Metabolic Mayhem

Theresa Meuer – Zumba, Pound Fit

Rochelle Rice – Interval Training, Metabolic Mayhem

Anastasia Dayton – Spinning, Variety Fit

Wendy Gauntner – Zumba

Heather Gibson - HIIT Fit



Current class schedules will be posted at the Control Desk and on our website at www.ccpd.com

PERSONAL TRAINERS

KRISTAL WAGNER



Registered Dietitian, Certified Personal Trainer through (ACSM) American College of Sports Medicine. Bachelor's degrees in Dietetics and Exercise Science. Group Exercise Instructor Certified through Aerobics and Fitness Association of America, R.I.P.P.E.D. Certified, Certified Schwinn Indoor Cycling Coach through Schwinn Fitness Academy. I enjoy running, indoor cycling, kickboxing, family activities and cooking. I am a strong believer in the combination of healthy eating and exercise to achieve the greatest results.

Hours available by appointment.

JARA SOOST



Certified Personal Trainer and Performance Enhancement Specialist through the National Academy of Sports Medicine. Bachelor's degree in Kinesiology (study of Movement) and a Master's degree in Performance Enhancement Injury Prevention. Licensed Certified Athletic Trainer, Elite Trainer/Fitness expert with Sharecare virtual coaching as seen on the Dr. Oz show. Massage Therapist.

Hours available by appointment.

SARAH PARKER



Associate of Science in Biology, ACSM Certified Personal Trainer (CPT). I teach Zumba and I sub other classes such as CardioFit and Power Flex. Also certified in Zumba, ZumbaTonic, Zumba Toning, Total Body Strength and Conditioning (AAA/ISMA), Gliding (Mindy Mylrea), Bootcamp (FitTour).

Hours available by appointment.

I also have 2 blogs:

- The Fit Cookie (thefitcookie.com): healthy, allergy-friendly recipes
- Fit Betty (fitbetty.com): fitness, nutrition and workout motivation for women

HOWARD OSTRANDER



Certified Personal Trainer through the American Council of Exercise (ACE). Through athletics, I found a passion for health and fitness which ultimately led to my decision to help others reach their goals. I've had the opportunity to work with individuals of all ages and abilities, customizing programs to help them meet and exceed their physical achievements. I enjoy all forms of exercise including cardio strength training, weight training, dynamic walking, kettle ball and medicine ball training, as well as many other activities that lead to a healthy lifestyle. I look forward to the opportunity to help you attain your objectives each step of the way on your fitness journey.

Hours available by appointment.

CLIMBING TOWER

CLIMBING TOWER RULES

1. A waiver must be completed and on file for each and every climber. All youth under the age of 18 must have a parent or legal guardian sign the waiver.
2. All children 12 and under must be accompanied by an adult (18 years of age or older).
3. A Driver's license or some form of ID is required to check out any climbing equipment.
4. All climbers must check in at the Control Desk. The climbing wall is available during posted hours only. Reservations for the open tower time slots will begin at 8:00 a.m. Monday - Saturday, 11:00 a.m. on Sunday. Reservations will be taken in person or by phone. Payment must be made at least five minutes prior to reservation time or the reservation will be cancelled.
5. To become belay certified or auto belay certified, you must be at least 15 years of age. To become lead certified, you must be 18 and able to demonstrate the ability to properly lead a climb and belay. You must be able to demonstrate how to tie a retracable figure eight knot. This is the ONLY knot allowed at the CCPR Climbing Tower.
6. No personal ropes are allowed; however you may use your own harness, belay device and locking carabiner as long as it passes our equipment inspection.
7. Please store all belongings in a locked locker next to the climbing wall.
8. No loose chalk is allowed. Chalk use is limited to chalk balls.
9. Climbing shoes and tennis shoes must be worn at all times. All shoes must be clean.
10. No food or drinks allowed in the climbing area.
11. All belayers must stand while belaying. It is important to stay alert and ready for any fall that may occur.
12. If you are aware of any unsafe condition on the wall (worn ropes, loose or broken holds or anything else you may deem as unsafe) you must report it immediately.
13. NO climbing, swinging, hanging or stepping on ropes. They are your LIFE LINE!
14. Do not attempt to move any holds on the climbing wall. CCPR staff will change routes on a regular basis.
15. Using the fixed quickdraws or anchors for a hand hold is STRICTLY PROHIBITED. They are CRUCIAL safety equipment for lead climbers.
16. The Tower side of the climbing structure is not leadable. Do not attempt to use climbing protection in any of the cracks.
17. Belayers who are certified climbers with CCPR are required to get a wristband put on at the Control Desk before climbing the tower.
18. Speed climbing and intentional lead falls are not allowed.
19. When belaying non-certified climbers, only two are allowed on the Tower floor at any time.
20. There is a 30 minute limit on each route while others are waiting. If the wall is busy and you fall three times on a route, make way for another climber (3 Fall Rule).
21. CLIMBING IS DANGEROUS. CCPR Climbing Tower rules are for the safety of you and your climbing partner. Breaking these rules will result in your immediate and indefinite dismissal from the facility.

BOULDERING RULES

1. Bouldering is climbing around the base of the tower without the use of ropes.
2. All children 12 and under must have a waiver signed and be with a belay certified adult. Ages 13 and up must have a waiver signed and have at least one spotter when bouldering.
3. Bouldering is not allowed above the designated tape line. The hands of the person bouldering should never reach above the designated lines. Bouldering should not be done underneath top rope climbers. Top rope climbers have priority.

CLIMBING TOWER HOURS

Open Tower

Monday - Friday 4 p.m. - 6 p.m.
Saturday - Sunday 1 p.m. - 5 p.m.
Closed for rerouting February 9-17.

**Hours may vary during non-school days or special events.*

During the posted "Open Hours", all climbers are welcome to climb as Belayers will be available to assist.

Certified Only

During the posted "Certified Only", climbers that are Belay Certified through CCPR are allowed to belay climbers. Certified climbers may climb during normal business hours.

CLIMBING TOWER

STONE BASICS CLASS

Stone Basics is an introductory class for students 15 years of age and older. You will learn the basic skills needed to safely climb on your own at the CCPR Climbing Tower. This class is also the introduction to belay techniques. Please check the schedule for times and days the Stone Basics class is offered. Once you have taken Stone Basics, you will be able to take the Belay Certification on Thursday evenings beginning at 6:00 p.m. The fee for Stone Basics is \$20.00 with a limit of 8 students per class.

Reservations for the open tower time slots will begin at 8:00 a.m. Monday - Saturday, 11:00 a.m. on Sunday. Reservations will be taken in person or by phone. Payment must be made at least five minutes prior to reservation time or the reservation will be cancelled.

Monthly schedules are available at the Recreation Center or online at www.ccpd.com

MARTIAL ARTS

SHIMOKAWARA KARATE

This is a traditional Japanese Class focusing on self-defense techniques. The values stressed during training are respect, discipline, obedience, hard work and self-esteem. A variety of stimulating drills and skits keep the training challenging and exciting to children, yet applicable to their improvements in the art of Japanese Karate and Chinese Kempo. The Martial Arts are family oriented and parents are encouraged to participate with their children. (Children must be 4 years old by the start of class.)

Dates Session I: January 2-30

Session II: February 1-27

Session III: March 1-29

Place. Campbell County Recreation Center Fieldhouse

Days Tuesday / Thursday

Time Beginner / Intermediate: 7:00 p.m. – 8:00 p.m.

Advanced: 8:00 p.m. – 9:00 p.m.

Fee \$27.00 Individual

\$50.00 Family

Head Instructor Sensei Sandra Kinnear

Instructor Shihan John Harvey

SenseisButch Hoyle, Callista Powell, Breanna Hoyle, Tetsuo Ota, Tyler Kinnear, Shelby Brunson

Junior Instructors Madison Beaver, Raven Lang



* Students are required to buy a Gi (Karate uniform) from the instructor for a cost of \$40.00.

* If you are interested in women's self-defense classes, contact Campbell County Parks and Recreation at 682-8527. When 10 or more people are interested, a class will be set up.

BRAZILIAN JIU JITSU

Miles Fortner who is trained in Brazilian Jiu Jitsu will teach an introductory class of Brazilian Jiu Jitsu and grappling for both sport and personal self-defense. Students will be encouraged to compete in local tournaments of both Brazilian Jiu Jitsu and grappling. However, cage fighting will not be promoted in this class. Safety and health is a main focus and the class is based around keeping all students safe. Age requirements are 5 years old and up. Equipment needed to start out is a rash guard and sprawl shorts or board shorts or if students already have a Gi that would be ideal. Students will be encouraged to purchase a Gi after their first month. Equipment highly recommended is a mouth guard and a cup.

Days Monday & Wednesday

Time 7:00 p.m. - 8:30 p.m.

Place Recreation Center Field House

Fee \$45.00 Individual

\$70.00 Family

Dates Session I: January 3-31

Session II: February 5-28

Session III: March 5-28

Session IV: April 2-30

Session V: May 2-30

ICE ARENA FACILITIES

ICE ARENA LOCATIONS

Spirit Hall Ice Arena is located in the east end of the Wyoming Center at the Cam-Plex. This arena is a full NHL size rink that offers a large area for recreational skating, figure skating and hockey games. The rink offers a concession stand in the heated lobby of the arena which is open for all public skating sessions and sports a large heated viewing area for spectators. Rentals skates are available for those who do not own skates. Public skating, birthday parties and private rentals are available at Spirit Hall Ice Arena.

The Campbell County Ice Arena located on 4-J Road is open for private rentals and be used as practice ice for the local hockey and figure skating clubs. Please contact 687-1555 for more information.

SCHEDULE & FEES

Public Skating:

Spirit Hall Ice Arena

Tuesday 11:00 a.m. – 1:00 p.m.
 Saturday & Sunday
 Session I 3:00 p.m. – 4:30 p.m.
 Session II 4:45 p.m. – 6:15 p.m.

Price per Session:

12 & Under \$2.50
 13 & Older \$3.00
 Skate Rental \$3.00

Both Session Prices (Weekends):

12 & Under \$5.00
 13 & Older \$6.00
 Skate Rental \$4.00

Season Pass: (starting January 1st)

Individual \$66.00
 Family \$132.00

Tentative Closing Dates:

Campbell County Ice Arena March 15
 Spirit Hall Ice Arena March 31



PRIVATE RENTALS

\$150.00 per hour - Rental Skates Extra

** A refundable \$50.00 damage and cleanup deposit is required.*

BIRTHDAY PARTIES AT THE ICE ARENA!

Bring your next birthday party, office party or family get together to the Spirit Hall Ice Arena. Anytime during the regularly scheduled public skating session, a party may be scheduled. Parties include arena admission, skate rental, food and drinks. Parties must be reserved at least one week in advance. Call 687-1555 to make your party reservation.

Dates Saturday & Sunday * (minimum of 8 people) payment due at time of reservation
 Times 3:00 – 6:15 p.m.
 Cost Starting at \$12.50 per person

ICE SKATING LESSONS

LEARN TO SKATE (AGES 4 AND UP)

Arena Spirit Hall
Days Mondays & Wednesdays (Jan. 8 - Feb. 28)

(Figure Skating Intermediate and Advanced will have 3 additional Sunday practices and performance times that will vary-schedules will be given at first practice)

Times 5:10 p.m. - 5:40 p.m.: Figure Skating Advanced Skills
5:40 p.m. - 6:10 p.m.: Walkers, Beginning Hockey, Beginning Figure Skating
6:10 p.m. - 6:40 p.m.: Figure Skating Basics, Figure Skating Intermediate

Session Session 2: January 8 - February 28
Deadline: January 5

Fee \$90.00 per student: Walker, Beginner, Basic, Skill Levels
\$110.00 per student: Intermediate & Advanced Levels
(Additional practice times and t-shirt included in price.)

Fee includes rental skates if needed and 10 free open skate passes. **All participants are required to wear helmets, gloves and long pants on ice.** Bike helmets are sufficient.

Walker:

- Learning to get on the ice
- Learning to move across the width of the ice
- Get up off the ice
- Have a basic grasp of balance, ALL without assistance

Hockey Beginner:

Ages 4-10 with no concurrent enrollment in the Blades and Avalanche program. May use gloves and sticks.

- Edge work
- Control through C-cuts
- Forward & Backwards Skating
- Stride (push/recover)
- Snowplow stops
- Transitions from Forward to Backward
- Transition from Backward to Forward

Figure Skating Beginner:

- Edge work
- Additional control skating forwards & backwards
- Forward swizzles
- Backward wiggles
- Snowplow stop
- Rocking horse
- Dip

Figure Skating Basics:*

- Forwards one-foot glides (R & L)
- Backwards swizzles
- 2 Foot turn from forward to backward in place
- Moving snowplow stop
- Forward alternating swizzles
- Forward stroking
- Forward half swizzle pumps on a circle
- Moving forward to backward two-foot turn
- Backward one-foot glides
- Forward slalom
- Two-foot spin

Figure Skating Intermediate:**

- Backward outside edge on a circle
- Backward inside edge on a circle
- Backwards crossovers
- Beginning one-foot spin
- Side toe hop
- Forward inside three-turn
- T-stop, hockey stop
- Bunny Hop
- Forward Spiral
- Forward Lunge
- Forward inside open Mohawk
- Backward outside edge to forward outside edge transition on a circle

Figure Skating Advanced:***

Placement by instructors is necessary

**This group level may perform upon discretion of coaches*

***This group level will perform as a group at the end of each session*

****This level will perform as an individual or as a group at the end of each session*



FIGURE SKATING INSTRUCTORS

Kasey Gladson, Rachael Speas, Hannah Howard

SKATING AND HOCKEY COACHES

Gillette Wild Coaches: Austin Tennant and
Brendan Hodges and Players

ICE SKATING PROGRAMS



9TH ANNUAL SKATE AROUND THE TREE

Arena Spirit Hall
 Day December 24 & 25
 Time 1:00 p.m. - 4:00 p.m.
 Cost Drop-in Fees Apply

PUCK LUNCH HOCKEY

Arena Spirit Hall
 Days Monday & Friday
 Time 11:30 a.m. - 1:00 p.m.
 Cost \$6.00
 Puck lunch will be held at C.C. Ice Arena on
 January 2, 16, and February 20

WOMEN'S DROP IN HOCKEY

Arena C.C. Ice Arena
 Day Tuesdays
 Time 7:45 p.m. - 9:15 p.m.
 Cost \$6.00
 Half Season Pass \$45.00

ADULT DROP IN HOCKEY

All adults who are interested in playing hockey are welcome. Full equipment is strongly recommended. Must be 19 or older to participate.
 Cost \$6.00
 Half Season Pass \$66.00
 Arena Spirit Hall
 Times Wednesdays at 8:00 p.m. - 9:30 p.m.
 Sundays at 7:00 p.m. - 8:30 p.m.

SCHOOL'S OUT PUBLIC SKATE

Dates December 22, 26, 27, 28, 29
 January 1, 15 • February 19
 Time 10:00 a.m. - 12:00 p.m.
 Arena Spirit Hall
 Cost Drop-in Fees Apply

BLADES & AVALANCHE HOCKEY PROGRAM

Campbell County Parks and Recreation will be offering a Blades and Avalanche Hockey program at the Spirit Hall Ice Arena for all youth ages 5 - 8 years old. The program is designed for all levels of participants to be able to learn the game of hockey and practice skills. Registration will be held November 20 - December 31 at the Recreation Center. To be eligible to play in the Blades and Avalanche hockey program you **MUST** be 5 years old by January 8, 2018 and able to skate. If participant cannot skate, he/she will be moved down to the Learn to Skate program. The fees are \$30 per child, per session. Need hockey equipment? Rental equipment will be available for an extra fee of \$55. Rental equipment includes: Helmet with face mask, shoulder pads, elbow pads, gloves, hockey pants, shin guards and skates.

Concurrent enrollment in Blades/Avalanche and any Learn-to-Skate program is not allowed.

All participants **MUST** show up fully dressed in hockey gear (including mouth guard and stick) being ready to skate on Monday, January 8. Coaches reserve the right to move or change participants in groups throughout the session.



Practice Location: Spirit Hall

Days Mondays & Wednesdays
 Times Ages 5-8 Skate: 6:45 p.m. - 7:45 p.m.
 Session Two January 8 - February 28

Gear Check Out:

Date Wednesday, January 3
 Location Campbell County Ice Arena
 (formerly the Rockpile Ice Arena)
 Time 4:00 p.m. - 5:30 p.m.

COMMUNITY CENTER

The Campbell County Community Center, located at 121 S. 4-J Road, is a 5,000 square foot building that is equipped with a full kitchen, restroom facilities, tables and chairs to accommodate 250 people. The building may be used for adult and youth organization meetings and for private groups or community organizations. The Center may be reserved from 2:00 p.m. - midnight.

Non-Profit Youth Organization Meetings – 1 to 5 Hour Use	No Charge
Non-Profit Adult Organization Meetings – 1 to 5 Hour Use	\$35.00 per Use
Private For Profit Use (i.e. Bazaars, Sales)	\$50.00 per Hour
Private Not For Profit Use (i.e. Receptions, Dinners)	\$35.00 per Hour
Hall Rental with Kitchen	Additional \$30.00 per Hour

A refundable \$50.00 deposit for all rentals in the form of a money order or check is required for damage to the facility and clean-up. A \$200.00 deposit is required if alcohol will be served. The deposit will be refunded if an inspection of the facility shows that no damage occurred and that there is no excessive clean-up or no excessive accumulation of trash in the facility.

Licensed security is required for any building reservation that involves malt beverages or alcohol.

Reservations are on a first come, first served basis. For reservation information, call the Recreation Center at 682-8527, Monday through Friday from 8:00 a.m. - 12:00 p.m., 1:00 p.m. - 5:00 p.m.

BELL NOB GOLF COURSE

PHONE: 686-7069

Golf Professional..... Cameron Brown, PGA
 Golf Superintendent..... Dwayne Dillingner

HOURS

April - September 7:00 a.m. - Dark
 October - Weather Permitting ... 8:00 a.m - Dark

MEMBERSHIPS

Family \$800.00
 Single..... \$550.00
 Junior..... \$100.00
 College..... \$240.00

WEE LINKS

Junior Non-Member..... \$2.00
 Junior w/Adult..... \$1.00
 Adult Non-Member..... \$8.00
 Adult Member \$0.00

TEE TIMES

Tee times can be made online at www.ccprd.com for yourself or anyone in your household. Tee times will not be listed as available on Wednesdays (Men's Day) and special or tournament days. You cannot make a tee time in another person's name as it uses your name to book the time or times needed. You may book two, three or four spots and once you arrive at the course, please see the pro shop staff to change the names of the players playing with your group.

FEES

18 Hole Green Fees..... \$35.00
 9 Hole Green Fees..... \$25.00
 18 Hole Car Fees (per person) \$18.00
 9 Hole Car Fees (per person)..... \$12.00
 Range Key (One token for a bucket of balls) \$5.00
 Range Key (100 Tokens)..... \$315.00
 Range Key (80 Tokens)..... \$275.00
 Range Key (60 Tokens)..... \$225.00
 Range Key (40 Tokens)..... \$160.00
 Range Key (20 Tokens)..... \$85.00
 Club Rental 18 Holes \$11.00
 Club Rental 9 Holes..... \$9.00
 10 Round Green Fee Pass
 (9 holes)..... \$215.00
**Good at both Golf Courses*
 10 Round Car Pass
 (per person, 9 holes)..... \$95.00
 Season Car Pass (per person)..... \$580.00

DAILY SPECIALS

Couple's Night

Mondays

Green Tee, League 50+ (Men only)

Tuesdays

Men's Day

Wednesdays

Ladies' Day, Senior League Day (70+)

Thursdays

WINTER FUN IN THE PARKS

Winter is that time of year when we would prefer to stay indoors connected to the TV or reading a book rather than getting out and breathing the cold air or enduring the cold north winds of winter. Who can blame us for wanting to stay indoors where it is warm and dry, nestled next to a warm fire or under a blanket? The snow is a foot deep outside anyway, so what could we possibly do on a cold winter day?

Your Campbell County Parks have plenty for you to do!

The following information lists many of the fun activities available to us during the winter months even though the temperature may be colder than we like.

Physical activity is one of the best ways to fight the winter-time blues and relieve stress. We have an innate need to get outside and have fun, interacting with nature or just enjoying the company of friends or family. Winter time picnics are a great way for families to enjoy the outdoors. Sledding, skiing, ice skating, walking or hiking gets you out of the house and into nature where the stress of everyday life just seems to go away for a while.

Have fun this winter. Don't just sit there wishing it was warmer outside. Throw on that extra sweater or sweatshirt, put on a warm hat and gloves and get outside to enjoy your Campbell County Parks this winter.



SLEDS, INNER TUBES & TOBOGGANS

Sledding is probably the most enjoyable winter activity for children. Adults too, get enjoyment from watching their little ones sliding downhill as well as joining in the fun. These activities are excellent ways to enjoy a winter day and have family fun without spending a lot of money for entertainment. Next to Shelter #1 at CAM-PLEX Park is a great hill for sleds, toboggans and tubes. At the top of the hill is a bench for parents to watch their children having fun or to rest on while taking a break from sledding. For shorter runs, try the hills near the tennis courts or the playground at Bicentennial Park. Lasting Legacy Park also has a short sledding hill that is very popular with younger children. Excellent sledding hills are also located at Antelope Valley Park and Crestview Estates Park.

Please follow these tips to make your sledding safer and more fun:

1. Sled only on hills with packed snow and never on ice. Ice hampers your ability to control the sled.
2. Make sure there is a long run-off area at the bottom of the hill that will allow the sled to decelerate.
3. Examine the entire area to make sure it is free of obvious hazards such as large rocks, fences and trees. Hills in the proximity of roadways should be avoided. Dismantle manmade jumps before sledding.
4. Make sure to dress properly. Boots, gloves and hats reduce the chance of frostbite. Frequently inspect the hands and feet of young children.
5. Never sled in the prone (face down) position, which increases the risk of head and abdominal injuries. The child's head should always be at the back of the sled.
6. Parents should make sure the incline of the hill is not too steep for their children.

It should be noted that even if these tips are followed and children under direct parental supervision are sledding in a safe area, injuries still can occur. However, injuries are more likely to be minor if the sledding environment is free of fixed objects such as fences, rocks and trees, and the conditions are ideal (ice free). Enjoy a safe, fun-filled winter of sledding!

WINTER WALKING/JOGGING

The pathways at Bicentennial Park, Lasting Legacy Park and Cam-Plex Park are kept open throughout the winter for walkers and joggers. If you are keeping track of distances, one lap around the soccer fields at Bicentennial Park is 3,390 feet, so three laps are approximately two miles. The path around the field in Lasting Legacy Park is 1,750 feet, so three laps are close to one mile. The loop road through Cam-Plex Park is 1/2 mile in length. Please be aware that melting snow may cause slippery conditions on the walking paths and roads so BE CAREFUL when walking or jogging in these areas. Restrooms will remain open unless excessive cold weather or vandalism forces closure.

WINTER FUN IN THE PARKS

CROSS COUNTRY SKIING

Cross country skiing is a popular activity when snow conditions are good at CAM-PLEX Park. The ski trails follow some existing walking trails along the pines, wander throughout the arboretum area, and extend into the open fields of the park for a wonderful variety of winter scenery.

Vehicle parking and restrooms are available near Shelter #1. Several of the picnic shelters are protected from the wind by trees and provide an excellent opportunity for a winter picnic or get-together. The WPA Building is also available for rent if groups would like a warm place to gather.

PLAYGROUNDS

Playgrounds are available in nearly all of the neighborhood and community parks. Benches have been installed in the play area so parents can be close by to supervise their children while playing and to enjoy the opportunity to interact with their children. Snow and ice make playground equipment very slippery so please use caution when letting children play on the equipment. Winter temperatures also make the play surface harder than normal so be aware that playground surfaces will not be as soft.

PEOPLE AND PETS

For some, the most enjoyable way to enjoy their outdoor experience is with their four-legged pal. It is advisable to have leash handy while walking your dog in the park.

Pet waste bags are available in Lasting Legacy Park, Bicentennial Park and CAM-PLEX Park. Please clean up after your pets and deposit the waste in a trash can or dumpster. Your thoughtfulness in cleaning up after your pet keeps the park nicer and makes the next person's visit to the park more enjoyable.

WINTER TREE WATERING AND CARE

- Living in this naturally semi-arid, short grass prairie, few trees survive without irrigation. Growing trees is difficult in wet years let alone in drought years. Properly placed and maintained trees are an asset to our community.
- Water deeply and slowly. Root systems can spread 2-3 times wider than the height of the tree and most of the tree's absorbing roots are in the top 12 inches of the soil. Water should be applied within the drip line of your tree during wintertime watering. Water deeply and slowly by using a deep root fork or needle, a soaker hose or by hand with a spray wand.
- How much water should I apply? As a general rule, apply 10 gallons of water for each inch of trunk diameter. For example, a two-inch diameter tree would need twenty gallons per watering.
- When should I water? Water October to March, one to two times per month, depending on weather, temperature and soil conditions. Water only when the temperature is above 40 degrees and there is no snow cover.
- Mulch helps conserve soil moisture. Apply organic mulch within the drip line at a depth of three inches. Leave a six inch space between the mulch and the trunk of the trees. Mulch materials include wood chips, bark, leaves and evergreen needles.
- Consistent moisture is needed. Drought stressed trees are more vulnerable to disease, insect infestations and branch die back. Keep a watchful eye for anything that looks out of the ordinary.

WYOMING ARBOR DAY - MONDAY, APRIL 23

Arbor Day without a tree to plant would be like springtime without birds singing.

Periodic dry periods plague our region from time to time and we have realized that in this dry climate drought periods are something that we must learn to live with. Planting trees is not discouraged during dry periods because of the many benefits that trees provide to parks and the community.

Please consider planting a tree on Arbor Day or working with a civic group or school group to improve the community we call home. The last Monday in April is Wyoming Arbor Day and plans are underway in Gillette and Wright for a tree planting celebration.

“The best time to plant a tree was 20 years ago, the next best time is now.”

PARK RESERVATIONS

BICENTENNIAL & CAM-PLEX PARK RESERVATION POLICIES

For reservations call 682-8527, Monday through Friday from 8:00 a.m. - 12:00 p.m., 1:00 p.m. - 5:00 p.m.

1. Campbell County Parks and Recreation takes reservations up to one year in advance of the rental date. Park shelters may be reserved for use from May 1 through September 30. The WPA Building is available for rent year round. All reservations will be accepted on a first come, first served basis.
2. An initial deposit of \$50.00 is required for damages to park property and litter cleanup. A \$200.00 deposit is required if an alcohol permit is requested. The deposit will be refunded if an inspection of the reserved site shows that no damages to park equipment or property have occurred and that there are no excessive accumulations of trash on the grounds.
3. All vehicle parking is restricted to established parking areas. Winter parking is limited due to some roads being closed for winter activities.
4. All park pavilions and the WPA Building are closed at 10:00 p.m. daily.

Fees:

Shelter Rental	\$20 per use
WPA Building	\$35 per hour(April-Sept.) \$45 per hour (Oct.-Mar.)
Deposit	\$50 Refundable
Deposit (with Alcohol)	\$200 Refundable

PARK MAINTENANCE

WINTER PARK MAINTENANCE

Winter is a time for the park maintenance crews to be out trimming trees and repairing park buildings and structures. Crews may have an area closed for a few days while maintenance is taking place.

Walking paths and parking areas may be closed from time to time for construction activities. Please stay out of the work areas while the projects are underway.

SNOW REMOVAL

The Parks Division is responsible for snow removal at the Recreation Center, the Ice Arena and park pathways. The crews make every effort to have the parking areas and sidewalks at the Recreation Center cleared early. At times, the job can be very strenuous when winds and ice make the conditions difficult. Please be on the lookout for snow plows and tractors when you enter the parking lots or begin your walk.

PITCH IN

Litter detracts from the enjoyment we all experience when visiting a park, so please make the effort to clean up after your picnic and use the trash containers that are available for trash. The extra effort you put into keeping the parks nice will further the enjoyment that others will have while visiting the parks.

ADOPT A PARK

The staff of the Parks and Recreation Department makes every effort to keep the parks in the best condition possible. With the help of citizens of Campbell County, we would like people to take an interest in their neighborhood park by keeping in touch with the parks staff and making suggestions for park improvements. Giving a helping hand with litter and trash pickup benefits everyone. Vandalism occasionally occurs in the parks and your help in notifying the Parks Division will help in deterring future vandalism and maintain the safety of the park by getting damaged property repaired. We are proud to maintain the County Parks for you and want the citizens of Campbell County to be able to enjoy their experience while visiting the parks. The Parks Division can be contacted at 686-5187 or you can contact the Administration Office at 682-7406.