

# CAMPBELL COUNTY

SUMMER-FALL 2020

# PARKS & RECREATION

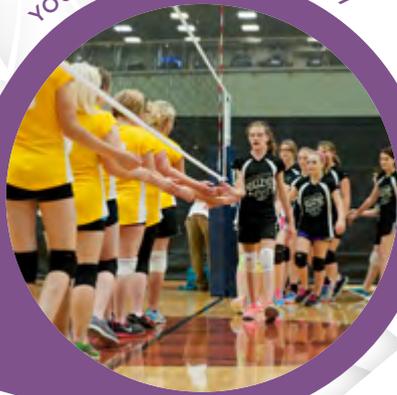
## Guide

Building a healthier community through  
people, parks, and programs.

ADULT PROGRAMS - PAGE 25



YOUTH PROGRAMS - PAGE 17



POOL PROGRAMS - PAGE 15



FUN IN THE PARKS - PAGE 37



[WWW.CCPRD.COM](http://WWW.CCPRD.COM)



# ADMINISTRATION

## ADMINISTRATIVE

---

Rick Mansur

*Executive Director*

Adam Gibson

*Recreation Superintendent*

Doug Meade

*Recreation Program Supervisor - Adult*

Stephanie Stuber

*Recreation Program Supervisor - Youth*

Emily Moore

*Recreation Program Supervisor - Intramural*

Kay Friedlan

*Aquatics Manager*

Michaela Cina

*Assistant Aquatics Manager*

John Davis

*Recreation Desk Supervisor*

Heather Harvey

*Office Manager*

Darla Cotton

*Parks & Recreation IT*

Kevin Geer

*Parks Superintendent*

Roy Holdeman

*Parks Supervisor*

Fred Neugebauer

*Ice Arena Supervisor*

Dwayne Dillinger

*Golf Superintendent*

Cameron Brown

*Golf Professional*

Jason Lembke

*Recreation Program Supervisor - Wright*

Katie Pearson

*Recreation Desk Supervisor - Wright*

## COUNTY COMMISSIONERS

---

Bob Maul

Rusty Bell

Colleen Faber

Del Shelstad

DG Reardon

## BOARD OF DIRECTORS

---

Justin Merryman

Clay Cundy

Sam Araujo

Barb Pilon

Brian Edwards

# LOCATIONS

### **Campbell County Parks & Recreation**

250 Shoshone Avenue, 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](http://www.ccprd.com)

### **Wright Recreation Center**

225 Wright Boulevard • 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 Wyoming Center**

4101 Maverick Drive, Gillette, WY 82718

Office: (307) 687-1555

### **Bicentennial Park**

300 W. Warlow Drive, Gillette, WY 82716

Office: (307) 686-5187

# 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**

---

Pool Hours . . . . .	10
Pool Rules . . . . .	11
Aquatic Rates . . . . .	12
Swimming Lessons . . . . .	12 - 14
Pool Programs . . . . .	15
Aquatic Events . . . . .	16

## **ACTIVITIES**

---

Youth Programs . . . . .	17 - 18
Intramural Programs . . . . .	19 - 21
Summer Camps & Trips . . . . .	22 - 24
Adult Programs • Personal Fitness . . . . .	25 - 27
Group Fitness . . . . .	27
Road Races . . . . .	28 - 29
Climbing Tower . . . . .	30 - 31
Martial Arts . . . . .	31

## **BELL NOB GOLF COURSE**

---

Information • Event Schedule . . . . .	32 - 33
--	---------

## **ICE ARENA**

---

Ice Arena Facilities . . . . .	34
Ice Skating Programs . . . . .	35
Ice Skating Lessons . . . . .	36

## **COMMUNITY CENTER & PARKS**

---

Community Center . . . . .	37
Fun in the Parks . . . . .	37 - 38
Park Reservations • Park Maintenance . . . . .	39

# HOURS OF OPERATION

## RECREATION CENTER - SUBJECT TO CHANGE

**SUMMER: May 26<sup>th</sup> - Sep. 4<sup>th</sup>**

Monday - Thursday . . . 5:00 a.m. - 10:00 p.m.  
Friday . . . . . 5:00 a.m. - 9:00 p.m.  
Saturday . . . . . 8:00 a.m. - 5:00 p.m.  
Sunday . . . . . 1:00 p.m. - 5:00 p.m.

**FALL/WINTER/SPRING: Sep. 8<sup>th</sup> - May 28<sup>th</sup>**

Monday - Friday . . . . . 5:00 a.m. - 10:00 p.m.  
Saturday . . . . . 8:00 a.m. - 6:00 p.m.  
Sunday . . . . . 11:00 a.m. - 6:00 p.m.

## CAMPBELL COUNTY POOL

Refer to page 10 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

Memorial Day (Weekend hours May 23, 24 & 25) . . . . . 1:00 p.m. - 5:00 p.m.  
4th of July . . . . . Closed  
Labor Day (Weekend hours Sep. 5, 6 & 7) . . . . . 1:00 p.m. - 5:00 p.m.



# REGISTER FOR ACTIVITIES

For activities/classes/events with **limited** enrollment, the first day of registration will be **online only** beginning at 7 a.m. Please refer to program registration information for specific registration dates. In person and continued online enrollment will begin at 7 a.m. following the first day of online only registration. Examples of limited enrollment programs are: swimming lessons, junior golf, climbing, youth tennis and youth volleyball.

For activities/classes/events with **unlimited** enrollment, in person and online enrollment will begin at 7 a.m. on the specified day in the program registration information. Examples of unlimited enrollment programs are: youth soccer, basketball and junior high intramurals.

## ONLINE REGISTRATION

Online registration can be accessed via our website at [www.ccpd.com](http://www.ccpd.com). Click on the purple "Online Registration" button first and then login at the top of the screen to the right of "Welcome, Guest." A username and password are required and can only be obtained by emailing the control desk at [control@ccgov.net](mailto:control@ccgov.net) or by calling (307) 682-8527. To obtain a username and password, you must be registered and have a current account with CCPR. To create an account, you must complete, sign and return a patron form. Patron forms are available at the control desk. Please contact the control desk to make any changes or add members to your household. **Online accounts must be obtained well in advance of the registration date.** Failure to obtain an account in advance of the registration day could result in missing limited enrollment activities.

# 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 individuals living in the same household.
- Passes include use of the Recreation Center, leisure pool, lap pool & fitness classes.

# REFUND POLICY

## 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.
- Refunds will be in the form of a check or to the credit card used.

## PARTIAL REFUNDS

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

- A medical reason/note is provided by a doctor during the class, program or pass. Passes include memberships, tanning passes and punch cards. A \$5 administrative fee will be deducted from the refund.
- A request is made after the first meeting of the class or program and prior to the second meeting. A \$5 administrative fee will be deducted from the refund.
- A request by the parent or participant is made at least one day prior to the start of the program, class or trip. A \$5 administrative fee will be deducted from the refund.
- No Refunds will be issued after the completion of a full session, program, trip or a pass that has expired.
- Refunds will be in the form of a check or to the credit card used. All refunds for cash or check transaction will be refunded by the C. C. Treasurer's office and will be mailed the following Friday.
- **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.*

*EXCEPTIONS: Same day refunds will be issued back in the form of original payment.*

The department will no longer apply credits to account.

# DAILY & MONTHLY PASS PRICES

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

**Military Veterans Discount - 25% discount on 1, 3, 6 or 12 month passes (must have DD214 Form)**

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

\*\* Youth: 2 years and under are FREE \*\*\*Seniors: Monthly Fitness Class - \$21.00 (unlimited classes)

## 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](http://www.ccprd.com)

**CANCELLATION HOTLINE: 685-1067**

### NON-RECREATION PROGRAM FACILITIES

#### **Gillette Edge Soccer Club**

Brian Hokanson ..... 307-660-9137

#### **Babe Ruth**

Doug Everet ..... 307-761-0222

#### **American Legion Baseball**

Nate Perleberg ..... 307-689-4542

#### **Camel Kids Wrestling Club**

Mike Johnson ..... 307-660-4969

#### **Razor City Renegades Soccer**

Mark Schrum ..... 307-299-4320  
..... [www.razorcityrenegades.net](http://www.razorcityrenegades.net)

#### **Gillette Hockey Association**

Ry Muzzarelli, Pres. .... 231-492-5608

#### **Boys and Girls Club**

..... 307-685-1050

#### **Wyoming Academy of Gymnastics and Dance**

Wendi Huddleston..... 307-689-2413

#### **Gillette Jr. Roller Derby**

Lylie Weeks ..... 307-363-2625

#### **Hunter Safety Course**

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

#### **Gillette Gators Swim Team**

..... [www.gilletteswimteam.org](http://www.gilletteswimteam.org)

#### **Razor City BMX / BMX Track Operator**

Alli Zumbro ..... 775-560-1857

Damon Gibbs ..... 940-206-3414

#### **AAU Volleyball**

..... [www.powderrivervolleyball.com](http://www.powderrivervolleyball.com)

#### **Junior Football**

Robbie Lang ..... 307-299-8367

#### **Gillette Little League**

Bret Allsman ..... 307-704-0107

#### **Gillette Wild Junior Hockey**

Ethan Hayes ..... 715-371-0404

#### **Gillette Girls Fast Pitch**

Jim West ..... 307-660-9946

#### **Touch of Gold Wrestling Club**

..... [www.gillettetog.weebly.com](http://www.gillettetog.weebly.com)

#### **Gillette Area Lacrosse**

Michael Pierini ..... 307-257-1887

Facebook..... Gillette Area Lacrosse

#### **Wicked 307 Girls Softball**

Owen Kimberling..... 554-647-4113

# 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. CCPR reserves the right to verify identification.
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.
15. No oils on steam outlet and no tampering with the thermometer.



## 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 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 (Youth 7th grade - 15 years of age must be accompanied by the parent or legal guardian to use the free weight area and obtain a green wristband from control desk). Youth under 7th grade are not permitted 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. Anyone 16 years of age and older may use the Cybex/cardio area. Youth 7th grade - 15 years of age must be accompanied by a parent or legal guardian to use the Cybex/cardio area and obtain a green wristband from control desk. Youth under 7th grade are not permitted in the Cybex/cardio area.
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.

6. The Department's cardio & Cybex area features treadmills, Stairmasters, elliptical trainers, 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.

## 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.

## 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.

# FACILITY USE RULES

1. Everyone must check in at the Control Desk.
2. The facility doors will be locked and TV monitors turned off 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. Teens 16 years of age or older are allowed on the 2nd floor and free weight area. Teens 7th grade through 15 years accompanied by a parent or legal guardian may use the Cardio & Weight area but must always have a green wristband on. Wristbands can be obtained from the Control Desk upon check-in. Teens in 7th grade through 15 years of age must always have a parent or legal guardian with them while in the Cardio & Weight areas. 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. 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.
10. Glass containers of any kind are prohibited in the facility.
11. Meeting rooms may not be used to conduct any activity, program or other event for profit by any business or person.
12. 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.
13. 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.
14. Bicycles, roller blades, skateboards, scooters or pets (trained assist animals excluded) are not permitted inside the Recreation Center.
15. Softballs, baseballs, baseball bats & frisbees are not permitted in the Field House or Rec Center.
16. Music: Must be listened to through headphones. No speakers will be allowed in the facility.
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.
18. Campbell County Parks and Recreation facilities are considered family-oriented facilities. We ask that you always dress appropriately.
19. (At staff's discretion) Obscene language, gesture, participants under the influence of alcohol or drugs will not be tolerated. Individuals who engage in unacceptable or irresponsible behavior may have their access to facilities revoked or modified indefinitely.

## TOBACCO-FREE 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-Thu ..... 6:30 - 8:30 p.m.      Fee: \$60 (Pool Party Only)  
Sat-Sun ..... 1:00 - 4:30 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, preschool 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, late pickups can incur additional punch.
- 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 is unable to teach or help complete any homework assignments.
- 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.

# 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-boy are for adult use only.

## WATER WALKING (LAZY RIVER)

A designated time to walk the lazy river. You may exercise with the current or against the current. Water walking will not be allowed during family swim or Milk Splash Friday's.

*\*Water shoes are recommended for water walking.*

## 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.*



## FAMILY SWIM

Is a designated time for parents to enjoy the water with their children (ages 6 and under) and to socialize with other families. Parents must accompany their children in the water. Water walking will not be allowed during family swim or Milk Splash Friday's.

*\*Zero depth only*

## SUMMER

Effective May 23 – August 23

### LAP SWIM

Monday – Thursday . . . . . 5:00 a.m. - 1:00 p.m.  
4:30 p.m. - 6:00 p.m.  
Friday . . . . . 5:00 a.m. - 1:00 p.m.  
Saturday . . . . . 10:00 a.m. - 1:00 p.m.

### WATER WALKING

Monday – Thursday . . . . . 5:00 a.m. - 1:00 p.m.  
4:30 p.m. - 6:00 p.m.  
Friday . . . . . 5:00 a.m. - 1:00 p.m.  
Saturday . . . . . 10:00 a.m. - 1:00 p.m.

### OPEN SWIM

Mon – Thurs . . . . . 1:00 p.m. - 4:30 p.m.  
6:00 p.m. - 8:00 p.m.  
Friday . . . . . 1:00 p.m. - 4:30 p.m.  
Saturday & Sunday . . . . . 1:00 p.m. - 4:30 p.m.

### FAMILY SWIM

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

### HOLIDAY HOURS

Memorial Day Weekend (May 23 - 25) . . . . . 1:00 p.m. - 4:30 p.m.  
4th of July . . . . . Closed  
Labor Day Weekend (Sep. 5 - 7) . . . . . 1:00 p.m. - 4:45 p.m.

## FALL

Effective August 24

### LAP SWIM

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 (Sep. 8) . . . . . 12:00 p.m. - 1:00 p.m.

### WATER WALKING

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 (Sep. 13) . . . . . 12:00 p.m. - 1:00 p.m.

### OPEN SWIM

Mon – Thurs . . . . . 2:00 p.m. - 4:00 p.m. *No Slides*  
6:00 p.m. - 8:00 p.m.  
Friday . . . . . 2:00 p.m. - 5:00 p.m. *No Slides*  
Saturday & Sunday . . . . . 1:00 p.m. - 4:45 p.m.

### FAMILY SWIM

Mon, Wed, Fri . . . . . 10:00 a.m. - 12:00 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 patrons.
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.
8. Life jackets are not to be worn down the waterslide or diving boards.

## 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.
4. Goggles are not to be worn when using the 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.

# 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 individuals 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. Rates starting July 1.

## Value Packages:

20 Sessions . . . . .	\$60
10 Sessions . . . . .	\$40
1 Session . . . . .	\$5

# SWIMMING LESSONS

## REGISTRATION

### Online only, the first day.

Username and password must be obtained well in advance of registration day.

Any remaining spots can continue online and in person the following day.

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 . . . . .	\$40.00
----------------------------	---------

## 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 3 and a maximum of 6 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 2 and a maximum of 4 children for this class.

# SWIMMING LESSONS

## 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.



*It should be expected that a child will spend several sessions at the same level. Children must be developmentally ready to complete the required skills, which can take time.*

# SWIMMING LESSONS

All Lessons take place at the Recreation Center.

## SUMMER SCHEDULE

### Session I

Registration ..... Online Only: June 1  
Online & In Person: June 2

Session Days ..... June 8 - 18

### Session II

Registration ..... Online Only: June 22  
Online & In Person: June 23

Session Days ..... June 29 - July 9

### Session III

Registration ..... Online Only: July 13  
Online & In Person: July 14

Session Days ..... July 20 - 30

## MORNING LESSONS: MONDAY - THURSDAY

9:00 a.m. - 9:30 a.m. .... Aqua Toddler\*\*  
Polliwogs  
9:35 a.m. - 10:05 a.m. .... Aqua Tot\*  
Tadpoles  
10:10 a.m. - 10:40 a.m. .... Aqua Baby\*  
Guppy

9:00 a.m. - 9:30 a.m. .... Level 2  
9:35 a.m. - 10:05 a.m. .... Level 4/5  
10:10 a.m. - 10:40 a.m. .... Level 3  
10:45 a.m. - 11:15 a.m. .... Level 1

## EVENING LESSONS: MONDAY - THURSDAY

4.45 p.m. - 5:15 p.m. .... Aqua Baby\*  
Guppy  
Polliwogs  
5:20 p.m. - 5:50 p.m. .... Aqua Tot\*  
Tadpoles  
Aqua Toddler\*\*

4:45 p.m. - 5:15 p.m. .... Level 2  
5:20 p.m. - 5:50 p.m. .... Level 1  
5:55 p.m. - 6:25 p.m. .... Level 3  
5:55 p.m. - 6:25 p.m. .... Level 4/5

## FALL SCHEDULE

### Session I

Registration ..... September 14  
Session Days ..... September 21 - October 22

### Session II

Registration ..... October 26  
Session Days ..... November 2 - December 8  
*(no lessons November 25 & 26)*

## MORNING LESSONS: TUESDAY - THURSDAY

9:00 a.m. - 9:30 a.m. .... Aqua Baby\*  
10:10 a.m. - 10:40 a.m. .... Aqua Toddler\*\*  
11:20 a.m. - 11:50 a.m. .... Polliwogs

9:35 a.m. - 10:05 a.m. .... Aqua Tot\*  
10:45 a.m. - 11:15 p.m. .... Guppy  
11:55 a.m. - 12:20 p.m. .... Tadpoles

## EVENING LESSONS

### Monday & Wednesday

4:15 p.m. - 4:45 p.m. .... Tadpoles  
Level 3  
4:50 p.m. - 5:20 p.m. .... Aqua Tot\*  
Level 2  
5:25 p.m. - 5:55 p.m. .... Level 4/5

### Tuesday & Thursday

4:15 p.m. - 4:45 p.m. .... Polliwogs  
Level 1  
4:50 p.m. - 5:20 p.m. .... Aqua Toddler\*\*  
Guppy  
5:25 p.m. - 5:55 p.m. .... Aqua Baby\*

\* Parents must accompany child.

\*\* Teachers may ask parents to accompany child.

# 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.**

Time ..... TBA  
Place ..... Campbell County Recreation Center  
Fee ..... \$138

## 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

*Sharon Murphree*

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*

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*

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*

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

### H2O MASHUP

*Cindy Borchgrevink / Paula Petry*

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

### AQUA MOTION

*Lori McCreary*

Shallow water aerobics with adding dancing in the water for a fun way to get your heart rate up.

## SUMMER

**Effective May 23 - August 23**

### Mon - Fri

Deep/Shallow Water. . . . . 5:30 - 6:15 a.m.

### Mon/Wed/Fri

Mid-Morn Dip/Shallow Water . . . 8:30 - 9:30 a.m.

### Mon - Thur

Adjust UR Attitude. . . . . 4:30 - 5:15 p.m.

Water Fitness . . . . . 5:15 - 6:00 p.m.

## FALL

**Effective August 24**

### Mon - Fri

Deep/Shallow Water. . . . . 5:30 - 6:15 a.m.

### Mon/Wed/Fri

Mid-Morn Dip/Shallow Water . . . 8:30 - 9:30 a.m.

### Mon - Thur

Adjust UR Attitude. . . . . 4:30 - 5:15 p.m.

H2O Mashup. . . . . 5:15 - 6:00 p.m.

### Tue/Thur

Aqua Motion. . . . . 10:00 - 11:00 a.m.

### Saturday

Aqua Dance. . . . . 11:30 a.m. - 12:30 p.m.

# AQUATIC EVENTS

## END OF SUMMER PICNIC

It's the end of summer and school is starting, come party with us! Daily drop in fee does apply.

Thursday, August 20 ..... 1:00 p.m. - 4:30 p.m.

## MILK SPLASH FRIDAYS

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. Water walking will not be allowed during Milk Splash. Zero depth only.

**September 4 & 18 • October 2 & 16**

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

## 4<sup>TH</sup> ANNUAL PUMPKIN SPLASH

Come make a splash with us at our floating pumpkin patch at the Recreation Center! Bring your bathing suit and join your friends at the best pumpkin patch in Gillette. This unique event will be fun for all ages! Pumpkin Splash is limited to the first 100 people in each time slot. Everyone entering the pool facility, adults and children alike, must pay a \$7 entry fee. The entry fee includes live music, open swim with floating pumpkins, prizes and your perfect pumpkin to decorate at the decoration paint station. All non-swimmers must wear a life jacket and be accompanied by an adult in the water. Pick your pumpkin from the pool this year and make a splash into fall!

**Tickets on sale October 7 at 6:00 p.m. at the Recreation Center. Leisure Pool Only.**

Date ..... October 16 Times ..... :5:00 - 6:30 p.m. • 7:00 - 8:30 p.m.

## SPECIAL SWIM DAYS

### Early Release

Dates ..... September 23 • October 21 Time ..... :1:30 p.m. - 4:00 p.m.

### No School

Date ..... September 7 Time ..... :1:00 p.m. - 4:45 p.m.

Date ..... October 22 Time ..... :1:00 p.m. - 4:00 p.m.

### No School on Fridays

Date ..... October 23 Time ..... :1:00 p.m. - 5:00 p.m.

## 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.

**June 5 -7 • July 31 - August 2 • September 11 - 13 • October 16 - 18**

Friday ..... 7:00 p.m. - 9:00 p.m.

Saturday & Sunday ..... 8:00 a.m. - 4:00 p.m.

Fee ..... \$295

### Registration:

Please call Western Divers at 1-800-303-0230 or visit [www.westerndiversltd.com](http://www.westerndiversltd.com). All Scuba registration must be received no later than 2 weeks prior to the start of each session.



# YOUTH PROGRAMS

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

## RECREATIONAL SOCCER – FALL

Separate age divisions offered: Prekindergarten co-ed, kindergarten co-ed, 1st & 2nd grade boys and girls, 3rd & 4th grade boys and girls, and 5th & 6th grade co-ed. Registration forms will be available at the Recreation Center or you may register online. Must be 4 years old by August 25 to participate. Coaches meeting will be held on Thursday, August 6 at 5:30 p.m. at Bicentennial Park. **Volunteer coaches are needed.** Players will be contacted by coaches by August 11.

Registration . . . . . (Online & In Person) Tuesday, June 9 - Tuesday, July 21  
Season Starts . . . . . August 25  
Fee . . . . . \$28.00

## YOUTH BEGINNING TENNIS LESSONS

Want your child to learn one of the fastest growing lifetime sports? CCPR tennis lessons are offered for a variety of ages and ability levels. Taught in small groups, your youngest is guaranteed plenty of instruction and activity. Balls and racquets are provided.

Class Time. . . . . ages 5 – 8 at 6:00 - 7:00 p.m. • ages 9 – 12 at 7:00 - 8:00 p.m.  
Registration . . . . . Online Only - August 25  
Online & In Person - August 26 - October 5  
Days . . . . . Mondays (6 week sessions)  
October 5, 12, 19, 26 & November 2 & 9  
Fee . . . . . \$20.00

*\*Limited to 20 participants in each class*



## YOUTH CLIMBING CLASS (6-12 YEARS OF AGE)

The Campbell County Recreation Center will be offering youth climbing classes. Youth ages 6-12 will work on climbing skills and techniques, how to tie appropriate knots, fitting a harness and climbing commands. The fee is \$20 for the month. Class size is limited to 6 students. Class is from 10:00 a.m. - 12:00 p.m.

Registration . . . . . Online Only - Tuesday, May 19  
Online & In Person - Wednesday, May 20  
Session I . . . . . Monday, June 1, 8, 15 & 22  
Session II . . . . . Tuesday, June 2, 9, 16 & 23  
Session III . . . . . Monday, July 6, 13, 20 & 27  
Session IV . . . . . Tuesday, July 7, 14, 21 & 28

# YOUTH PROGRAMS

## YOUTH BASKETBALL

### Girls 4th – 6th Grade

The Campbell County Recreational basketball league provides an atmosphere of fun, friendly competition that allows youth to experience the joy of organized sports while promoting teamwork and good sportsmanship. The emphasis is recreational and is based on developing basketball skills.

All participants will receive a jersey. **Volunteer coaches are needed.** Coaches meeting will be held Thursday, October 1 at 6:00 p.m. at the Recreation Center. Players will be contacted by coaches by Tuesday, October 6.

Registration ..... (Online & In Person) August 4 - September 15  
Season Starts ..... October 17  
Fee ..... \$28.00



## BANTAM BASKETBALL

### Boys and Girls 1st – 3rd Grade

This program will introduce young children to the sport of basketball; basic rules and skills, while using lower baskets and smaller size basketballs. The primary goal is for the children to learn basic fundamentals and to have fun. Bantam Basketball is held on Saturdays at Thunder Basin High School and various elementary gymnasiums.

All participants will receive a t-shirt. **Volunteer coaches are needed.** Coaches meeting will be held Thursday, October 1 at 5:30 p.m. at the Recreation Center. Players will be contacted by coaches by Tuesday, October 6.

Registration ..... (Online & In Person) August 4 - September 15  
Season Starts ..... October 10  
Fee ..... \$28.00

## BOYS 4<sup>TH</sup> – 6<sup>TH</sup> GRADE BASKETBALL

The Campbell County Recreational basketball league provides an atmosphere of fun, friendly competition that allows youth to experience the joy of organized sports while promoting teamwork and good sportsmanship. The emphasis is recreational and is based on developing basketball skills. All participants will receive a jersey. Coaches meeting will be held on Thursday, December 17 at 5:30 p.m. at the Recreation Center. Players will be contacted by coaches by December 22.

Registration ..... (Online & In Person) November 3 – December 1  
Practice May Begin ..... December 19  
Season Starts ..... January 9  
Fee ..... \$28.00

# INTRAMURAL PROGRAMS

## JUNIOR HIGH & HIGH SCHOOL INTRAMURALS

All 7th - 12th grade students be on the lookout for the information posted at your school. Also, listen to all school announcements for important information on all intramural programs coming your way!

### JUNIOR HIGH GOLF

---

#### 7th – 8th Grade

The Junior High Golf program will teach the history of the game, rules and regulation, etiquette, short game, long game – the basic skills to get ready for high school golf or just play the sport you love. The Junior High Golf program will run three days a week at Bell Nob Golf Course. Bussing provided after school.

Registration ..... August 3 - August 25  
Practice Begins ..... Tuesday, August 25  
Days ..... Monday, Tuesday & Thursday  
Time ..... 3:30 – 5:15 p.m.  
Location ..... Bell Nob Golf Course

### JUNIOR HIGH GIRLS VOLLEYBALL

---

#### (C teams) 7th – 8th Grade

Learn basic volleyball skills, team building, meet friends from both Junior High schools, travel to communities around Gillette, compete against players of the same skill level, and have lots of FUN! Be a part of a volleyball team through the Recreation Center Jr. High Intramural Program. Bussing provided after school.

Registration ..... August 10 - August 31  
Practice Begins ..... Monday, August 31  
Days ..... Monday, Tuesday & Thursday  
Time ..... 3:00 - 5:00 p.m.  
Location ..... Recreation Center Gyms

### JUNIOR HIGH GIRLS BASKETBALL

---

#### (C teams) 7th – 8th Grade

The girls' basketball league is designed to build on basic basketball skills and meet new friends while traveling to surrounding communities. Registration forms are available at school offices and at the Recreation Center. Bussing is provided after school.

Registration ..... September 14 - October 26  
Practice Begins ..... Monday, October 26  
Days ..... Monday, Tuesday & Thursday  
Time ..... 3:00 – 5:15 p.m.  
Location ..... Recreation Center Gyms



# INTRAMURAL PROGRAMS

## JUNIOR HIGH BOYS BASKETBALL

### (C teams) 7th – 8th Grade

The boys' 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 .....	November 16 - January 11
Practice Begins .....	Monday, January 11
Days .....	Monday, Tuesday & Thursday (Wednesdays may also be used if participant numbers exceed gym space.)
Time .....	3:00 – 5:15 p.m.
Location .....	Recreation Center Gyms

## HIGH SCHOOL BASKETBALL

### (5 vs 5) 9th – 12th Grade

Co-ed leagues. An organizational meeting will be held Monday, October 12 at 3:00 p.m. in the commons at Campbell County High School and Tuesday, October 13 at 3:00 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.

School affiliated basketball athletes may not participate.

Registration .....	Monday, September 14
Fee .....	\$150.00 per team
Rosters Due .....	Wednesday, Oct. 28 by 10:00 p.m.
Games Begin .....	Tuesday, November 10
Location .....	Recreation Center Gyms

*\*Limited to 12 teams*

## COED HIGH SCHOOL DODGEBALL TOURNAMENT

### 9th – 12th Grade

Grab your friends and come play in a one-day tournament for some summertime fun! A round-robin tournament will be played followed by a double elimination tournament. Prizes will be given to first and second place teams. For students going into the 9th - 12th grade. Rosters are available at the Recreation Center beginning July 1st. A captains meeting will be held the morning of the tournament at 10:00 a.m. in the field house.

Fee .....	.\$60.00 per team
Rosters Due .....	Wednesday, July 15
Tournament Date .....	..Saturday, July 25
Start Time .....	..11:00 a.m.
Location .....	Recreation Field House

*\*Teams consist of 6 players with an 8-limit max*

# INTRAMURAL PROGRAMS

## JUNIOR GOLF PROGRAM

**Mission: Introduce kids to the game of golf for the benefit of lifelong enjoyment and daily exercise.**

Each session will have 15 spots available in each age group (each session). Making the total number of kids enrolled for the summer 150.

The cost will be \$60 a child per session. Each session is 4 days per week for two weeks (Mondays - Thursdays). Fridays will ONLY be used as make-up days for any FULL DAYS missed during that week due to weather conflicts. Each child is allowed to sign up for one session at a time.

There will be 32 hours of instruction, supervision, course play, golf etiquette and competitive competition. Golf clubs and golf balls are available for free use for all participants who don't have their own.

*\*A username and password must be obtained well in advance of registration day.*

	REGISTRATION STARTS	SESSION DATES	GROUPS & TIMES
1	TBA	June 1 - 11	8:00 a.m. - 12:00 p.m. (Ages 6-9) 1:00 p.m. - 5:00 p.m. (Ages 10-14)
2	Online Only: June 1 @ 7:00 a.m. Online & In Person: June 2 @ 7:00 a.m.	June 15 - 25	8:00 a.m. - 12:00 p.m. (Ages 6-9) 1:00 p.m. - 5:00 p.m. (Ages 10-14)
3	Online Only: June 15 @ 7:00 a.m. Online & In Person: June 16 @ 7:00 a.m.	July 6 - 16	8:00 a.m. - 12:00 p.m. (Ages 6-9) 1:00 p.m. - 5:00 p.m. (Ages 10-14)
4	Online Only: July 6 @ 7:00 a.m. Online & In Person: July 7 @ 7:00 a.m.	July 20 - 30	8:00 a.m. - 12:00 p.m. (Ages 6-9) 1:00 p.m. - 5:00 p.m. (Ages 10-14)
5	Online Only: July 20 @ 7:00 a.m. Online & In Person: July 21 @ 7:00 a.m.	August 3 - 13	8:00 a.m. - 12:00 p.m. (Ages 6-9) 1:00 p.m. - 5:00 p.m. (Ages 10-14)



# SUMMER CAMPS

## The National Basketball Academy Offensive Skills Camp

June 22-25, 2020

Boys & girls, ages 7-11 · 9:00am-12:00pm

Boys & girls, ages 12-18 · 2:00pm-5:00pm

Cost: \$125 includes camp t-shirt, basketball, and a video analysis of player's shooting form

Campbell County Parks & Recreation  
250 Shoshone Avenue  
Gillette, WY 82718



### Camp Emphasis:

- Ball handling
- Footwork/Pivoting
- Passing Skills
- Shooting
- 1-on-1 contest
- 5-on-5 games
- Hard work, goals, dedication
- Professional Fundamental Instruction
- An Awesome Basketball Experience

Register at the Recreation Center.

For more information call:  
307.682.8527



LIMITED SPOTS AVAILABLE...  
REGISTER TODAY @ THE RECREATION CENTER!  
REGISTRATION CLOSING JUNE 6, 2020

# KID'S SUMMER 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 2020-2021 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.

This program has limited enrollment and fills quickly. 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. Registration will open online for the initial day of enrollment and then will open for in-person registration at the Recreation Center for remaining spots.

**If you are looking to register for the entire summer:** No continuing enrollment will be offered. You must register on both dates - April 14 and June 2. See below for times.

**This program has important activity information online at  
[www.ccgov.net/1002/Kids-Camp](http://www.ccgov.net/1002/Kids-Camp)**

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 2020 - 2021 school year



Dates	Registration, New	Fee
<b>Session #1</b> May 25 - June 26	TBA	\$225
<b>NO CAMP JUNE 29 - JULY 3</b>		
<b>Session #2</b> July 6 - August 7	June 2 at 7:00 a.m. online June 3 at 7:00 a.m. in person for any remaining spots	\$225

*To register online you must have an active household account and know your user name and password prior to registering. We recommend having that information well before registration opening time as this activity will fill quickly.*

# SUMMER TRIPS

The Campbell County Recreation Center offers summer activities for teens, 11-16 years of age. These low-cost trips give your teen an opportunity to experience supervised, fun activities in the surrounding area. They will have a great time and meet new friends all during your work day! Check out the following programs scheduled!

**Preregistration for all teen adventures TBA. Space is limited.**

**No online registration for teen summer trips.**

## FLIGHTZONE - JUNE 5

\$20 per person, includes three hours of jumping and laser tag.

Looking for something adventurous and fun to do this summer? Flightzone offers you a trampoline park for plenty of jumping around as well as a laser tag arena for you and your friends to combine forces and compete against each other. Parents will drop off children at Flightzone at 1:00 p.m. and will have three full hours of trampoline park and laser tag fun. Please bring money for snacks and drinks if you plan on purchasing food. Parents can pick children up at 4:00 p.m. at Flightzone.

Registration Deadline. . . . . June 3

*\*Limited to 9 participants. Mandatory release form required*

## PRIMETIME PAINTBALL TRIPS - JUNE 19 & AUGUST 10

\$29 per person, includes transportation - paintball gun rental, hopper, safety mask, CO2 and one bag of 500 paintballs.

Calling all paintball fanatics! Bring your friends and join us for an exciting afternoon of fun and friendly competition - playing paintball in nearby fields outside of town. Splat your way into fun and register today! We will leave the Recreation Center at 1:00 p.m. and return by 5:00 p.m.

Registration Deadline. . . . . June 15 & August 3

*\*Limited to 20 participants (per trip). Mandatory release form required*

## COOK LAKE FISHING TRIP - JULY 13

\$12 per person, includes transportation and day use park fee.

This trip takes you to the Black Hills for a day of fishing at Cook Lake. Cook Lake has a variety of fish including brown trout, catfish, bream, bluegill and rainbow trout. Bring your own fishing gear and lunch. We will meet at the Recreation Center at 9:00 a.m. and return by 5:00 p.m.

Registration Deadline. . . . . July 8

*\*Fishing license required for anyone 14 years of age or older. Limited to 18 participants*

## SKATEBOARDING DAY CAMP - JULY 17

\$50 per person, includes three hours of skateboarding lessons, pizza for lunch and a new skateboard to take home.

In this one-day camp, beginners will learn skateboard mechanics and basic riding skills such as balance, carving, riding transitions and dropping-in. More advanced skaters will work on grinds, ollies and airs. All participants will be educated on skateboard safety. Campers must provide a helmet to wear during camp. A skateboard valued at \$50 from Primetime will be given to each camper with pizza and drinks being served for lunch. We will meet at the Skate Park at 11:00 a.m. and all participants must be picked up by 2:00 p.m.



Registration Deadline. . . . . July 15

*\* Limited to 20 participants*

# ADULT PROGRAMS

## ADULT VOLLEYBALL LEAGUE

Volleyball information packets will be available for anyone interested in participating in the 2020 season at the Recreation Center on August 3.

Roster Deadline ..... Sunday, August 30 by 5:00 p.m.  
Team Fee ..... \$280.00  
Season ..... 14 games with a single elimination tournament  
Location ..... Thunder Basin High School & Rec Center  
Starts ..... September 8

## BENCH PRESS COMPETITION

The Recreation Center will be holding the Bench Press Competition this December. Come down and see if all that hard work is paying off. Wilks Formula will be used. Prizes will be awarded for 1st place and runner up for men's and women's division.

Registration Deadline ..... Wednesday, December 9  
When ..... Friday, December 11  
Where ..... Recreation Center  
Time ..... 6:30 p.m. (weigh-in at 5:45 p.m.)  
Fee ..... \$25

## BASKETBALL – MEN'S & WOMEN'S

Basketball information packets will be available for anyone interested in participating in the 2020/21 season at the Recreation Center on October 5.



# PERSONAL FITNESS

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

## FEES

### Personal Training

1 Session ..... \$30    4 Sessions ..... \$120    8 Sessions ..... \$240

### Nutrition Consultations with Kristal Wagner

1 Session ..... \$30

*\*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*

# PERSONAL FITNESS - TRAINERS



## **Jessica Boyd**

---

Certified Health Coach, Personal Trainer and Weight Management Specialist through American Council on Exercise (ACE). I am experienced in endurance running, weight lifting TRX suspension training, indoor and outdoor cycling, HIIT, myofascial release through foam rolling and self-message, and fitness nutrition. I believe that movement is at the core of what it means to be healthy, to feel alive and get the most out of every day. One of my core beliefs is that exercise should be fun. If we enjoy what we are doing, then we are likely to continue doing it.

*Hours available by appointment.*



## **Irene Daly**

---

Certified AFFA (American Aerobic Fitness Association) Personal Trainer for twenty years. I enjoy teaching a variety of group fitness courses as well as creating individualized programs. Working with beginners who are new to the gym or just starting out helping them to achieve a new love of fitness are who I enjoy most. I am a certified Instructor in cycling, group fitness, body pump, and yoga.

*Hours available by appointment.*



## **Joyelle Hessler**

---

Over the past few years, my combined passion for fitness and for helping others has me to pursue coaching to help others become a healthier version of themselves. I enjoy teaching a variety of group fitness courses as well as creating individualized programs. I love watching clients gain strength and confidence in themselves. I am an AAI/ISMA Certified Personal Trainer, cycling instructor, phase III yoga instructor, certified TRX instructor in functional training, suspension training, and suspension yoga.

*Hours available by appointment.*



## **Stephanie Schilling**

---

Our Fitness is important and something we should all enjoy. My aim is to create a positive and fun training environment for clients, as well as using best of my knowledge and experience to help achieve their goals. I am NASM certified personal trainer, TRX certified instructor and First Aid & CPR certified. I enjoy instructing fitness classes, hiking and other outdoor activities.

*Hours available by appointment.*



## **Ralph Valdez**

---

Ralph specializes in strength training, sport specific workouts and weight management for women/men. Backed by his BS in Kinesiology, 4 years of powerlifting, 7 years of industry knowledge and 8 years of strength programs throughout his high school and collegiate sports; his workouts are designed for results. Book a free consultation with Ralph to see how he can help you achieve your fitness goals!

*Hours available by appointment.*

# PERSONAL FITNESS - 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 to personal train: Monday and Wednesday 5:00 a.m. – 6:00 a.m., Saturdays by appointment*

*Nutrition Consultations available by appointment*

# GROUP FITNESS

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!

**Current class schedules will be posted at the Control Desk and on our website at [www.ccpd.com](http://www.ccpd.com).**



## INSTRUCTORS

Amanda Jundt – Piyo

Anthony Campese – Stretch & Strength

Anastasia Dayton – Rom Stretching

Raechall O'Dell – Spinning

Ernie Bishop – Spinning

Heather Gibson – HIIT Fit

Sarah Forster – Spinning

Jessica Bagnarello – Power Flex

Ronda Drum – Pound Fit

Lindsey Johnson – Zumba

Sherri Allen – Zumba

Nicole Rozier – Spinning

Pam Munoz – Spinning, Power Flex

Sandy Kramer – Chair Yoga

Janice Pfenning – Easy Yoga

Theresa Meuer – Cardio Dance

Haley Maxwell – Variety Fit

Jill Belecky – Variety Fit

Brooklyn Schwab – Flexibility

Sydney D'Agosta – Circuit Training

Wendy Gauntner – Zumba

Rochelle Rice – Interval Training, Metabolic Mayhem, Saturday HIIT

Sharon Murphree – Gentle & Restorative Yoga, Circuit Training

Stephanie Schilling – Metabolic Mayhem, Cardio Fit, Saturday HIIT

Mary Melaragno – Spinning

# ROAD RACES

## “FEET DON’T FAIL ME NOW!” 2020 ROAD RACE SERIES

Your whole family can enjoy our “Feet Don’t Fail Me Now!” Road Race Series by walking or running each event. There is a social after each event for all walkers and runners. Exercising as a family promotes good health habits that can be sustained throughout your lifetime.

Participants who participate in all 5 “Feet Don’t Fail Me Now!” Road Races receive an official “Feet Don’t Fail Me Now!” prize. All “Feet Don’t Fail Me Now!” Road Races are sponsored by All Occasions Music Service.

## ANNUAL KIDS FUN RUN SERIES

Hey kids! Join the “FEET DON’T FAIL ME NOW!” Road Race Series in your own “KIDS FUN RUN.” All participants earn a kid’s t-shirt. Preregister or sign up on race day for just \$6 and have fun in your very own fun run.

**POSTPONED  
UNTIL FURTHER  
NOTICE!**

## MCDONALD’S SPRING FINGER LEG 1 – THURSDAY, MAY 16

### First Leg of the 2020 “Feet Don’t Fail Me Now!” Road Race Series

Pre-registration Deadline	..... June 1	Fees:	
Race Day Registration	..... 6:00 a.m. - 7:00 a.m.	Pre-registration w/o shirt	..... \$8.00
Location	..... McDonald’s at Falcon Dr.	Pre-registration w/ shirt	..... \$15.00
Starting Time	..... Kids Fun Run – 7:00 a.m.	Race Day Registration w/o shirt	..... \$15.00
	Runners/Walkers – 7:15 a.m.	Race Day Registration w/ shirt	..... \$25.00
Distance	..... 5K	Kids Fun Run	..... \$6.00



## WHITE’S FRONTIER MOTORS 2 MILE THURSDAY, JUNE 4

### Second Leg of the 2020 “Feet Don’t Fail Me Now!” Road Race Series

Pre-registration Deadline	..... June 1	Fees:	
Race Day Registration	..... 5:00 p.m. - 6:15 p.m.	Pre-registration w/o shirt	..... \$8.00
Location	..... White’s Frontier Motors’ Parking Lot	Pre-registration w/ shirt	..... \$15.00
Starting Time	..... Kids Fun Run – 6:15 p.m.	Race Day Registration w/o shirt	..... \$15.00
	Runners / Walkers – 6:30 p.m.	Race Day Registration w/ shirt	..... \$25.00
Distance	..... 2 Miles	Kids Fun Run	..... \$6.00

**JOIN US AFTER THE RACE FOR A GREAT MEAL!**

# ROAD RACES



## GILLETTE PHYSICAL THERAPY 4 MILE

**SATURDAY, JULY 4**

### Third Leg of the 2020 “Feet Don’t Fail Me Now!” Road Race Series

Join Gillette Physical Therapy and the Recreation Center as they kick off the Nation’s Birthday with the GPT 4 Mile.

Pre-registration Deadline . . . . .	June 30	<b>Fees:</b>	
Race Day Registration . . . . .	5:45 a.m. - 6:45 a.m.	Pre-registration w/o shirt . . . . .	\$8.00
Location . . . . .	Bicentennial Park Soccer Fields	Pre-registration w/ shirt . . . . .	\$15.00
Starting Time . . . . .	Kids Fun Run – 6:45 a.m.	Race Day Registration w/o shirt . . . . .	\$15.00
	Runners/Walkers – 7:15 a.m.	Race Day Registration w/ shirt . . . . .	\$25.00
Distance . . . . .	4 Miles	Kids Fun Run . . . . .	\$6.00



## UNIVERSAL ATHLETIC SERVICE 5K

**TUESDAY, JULY 14**

### Fourth Leg of the 2020 “Feet Don’t Fail Me Now!” Road Race Series

Pre-registration Deadline . . . . .	July 14	<b>Fees:</b>	
Race Day Registration . . . . .	5:00 p.m. - 6:15 p.m.	Pre-registration w/o shirt . . . . .	\$8.00
Location . . . . .	2701 S. Douglas Hwy. Unit F2	Pre-registration w/ shirt . . . . .	\$15.00
Starting Time . . . . .	Kids Fun Run - 6:15 p.m.	Race Day Registration w/o shirt . . . . .	\$15.00
	Runners / Walkers - 6:30 p.m.	Race Day Registration w/ shirt . . . . .	\$25.00
Distance . . . . .	5K	Kids Fun Run . . . . .	\$6.00



## BIG O TIRES 2 MILE

**THURSDAY, AUGUST 6**

### Fifth Leg of the 2020 “Feet Don’t Fail Me Now!” Road Race Series

Pre-registration Deadline . . . . .	August 3	<b>Fees:</b>	
Race Day Registration . . . . .	5:00 p.m. - 6:15 p.m.	Pre-registration w/o shirt . . . . .	\$8.00
Location . . . . .	Recreation Center, 250 Shoshone	Pre-registration w/ shirt . . . . .	\$15.00
Starting Time . . . . .	Kids Fun Run - 6:15 p.m.	Race Day Registration w/o shirt . . . . .	\$15.00
	Runners / Walkers - 6:30 p.m.	Race Day Registration w/ shirt . . . . .	\$25.00
Distance . . . . .	2 Miles	Kids Fun Run . . . . .	\$6.00

**JOIN US AFTER THE RACE FOR A GREAT MEAL!**

# 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. All individuals in climbing pit must have a wristband at all times.
2. All children 7 and under must have an adult 18 years or older in the building at all times when climbing with CCPR staff.
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 canceled.
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 retraceable 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 or tennis shoes must be worn at all times. All shoes must be clean. No bare feet or socks.
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. Speed climbing and intentional lead falls are not allowed.
18. When belaying non-certified climbers, only two are allowed on the Tower floor at any time.
19. 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).
20. 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. Wristband required in pit for all individuals at all times.
2. All children 12 and under must have a waiver signed and be with a belay certified individual. 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. . . . . 1 - 5 p.m. (non-school days)  
4 - 6 p.m. (school days)

Saturday - Sunday. . . . . 1 - 5 p.m.

*\*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 CLIMBING 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. Please check the schedule at the wall or on [ccprd.com](http://ccprd.com) 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 the following Thursday evening 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 and 11:00 a.m. and 1:00 p.m. on Sunday. Reservations will be taken in person or by phone. Payment must be made at least five minutes prior to reservation or the reservation will be cancelled.

Monthly schedules are available at the Recreation Center or online at [www.ccprd.com](http://www.ccprd.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 . . . . .	June 2-30, July 2-30, August 4-27	Fee . . . . .	\$27.00 Individual • \$50.00 Family
	September 1-29, October 1-29	Head Instructor . . . . .	Sensei Sandra Kinnear
	November 3-24, December 1-29	Instructor . . . . .	Shihan John Harvey
Place . . . . .	CCPR Fieldhouse	Senseis . . . . .	Butch Hoyle, Callista Powell
Days . . . . .	Tuesday / Thursday		Breanna Hoyle, Tetsuo Ota
Time . . . . .	Beginner / Intermediate:		Tyler Kinnear, Shelby Brunson
	7:00 p.m. – 8:00 p.m.	Junior Instructors . . . . .	Madison Beaver
	Advanced: 8:00 p.m. – 9:00 p.m.		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.

\* Can join at any time.

## 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	Dates . . . . .	June 1-29, July 1-29, August 3-31
Time . . . . .	7:00 p.m. - 8:30 p.m.		September 2-30, October 5-28
Place . . . . .	Recreation Center Field House		November 2-30, December 2-30
Fee . . . . .	\$45.00 Individual • \$70.00 Family		

\* Can join at any time.

# BELL NOB GOLF COURSE

## PHONE: 686-7069

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

## 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.ccpd.com](http://www.ccpd.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.

## FOOTGOLF

FootGolf, which combines the popular sports of soccer and golf, is offered at Bell Nob Golf Course on the Wee Links.

FootGolf uses golf's basic model including tee boxes, greens, bunkers, hazards and 9 holes of play. Scorecards display par scores for each hole as in regular golf. The sport is governed by the Federation for International FootGolf.

The sport is played in the traditional format of up to four players per group with Foot-Golfers either walking the course or using golf carts. Holes are roughly half the distance of a regular golf hole. While the soccer ball does not travel as far in the air as a golf ball, it will roll much farther in the fairways.

### Cost

Juniors 18 and under . . . . . \$2.00  
 Adults . . . . . \$8.00

Players must wear tennis shoes or indoor soccer shoes. NO CLEATS ALLOWED! Each player must have their own No. 5 Soccer Ball.

## 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

## DAILY SPECIALS

### Couple's Night

Mondays

### Green Tee, League 50+ (Men only)

Tuesdays

### Men's Day

Wednesdays

### Ladies' Day, Senior League Day (70+)

Thursdays



# BELL NOB GOLF COURSE

## 2020 TOURNAMENT SCHEDULE

April 7	Green Tee Begins (50 & Older)	Every Tues.
April 8	Men's Day Begins	Every Wed.
April 9	4A High School Tourney	T Times
April 11	2 Player Scramble / Best Ball	T Times
April 18	4 Player Open Shamble	T Times
April 25	1 Best Ball of 2	T Times
April 27	Couples Night Begins Every Monday	Through Aug.
April 30	Ladies Day Begins	Every Thur.
<hr/>		
May 2	Pronghorn Booster Club Scramble	9:00 Shotgun
May 7	Senior League Begins (65 & older)	Every Thur.
May 22	Roughrider Baseball Scramble	1:00 Shotgun
May 23	Ladies Club Member / Member	T Times
May 23 - 24	Men's Club Member / Member	T Times
May 23	Men's & Ladies Club Derby	3:00 T Time
May 25	1 Player Scramble	T Times
May 30 - 31	2 Person Match Play	T Times
<hr/>		
June 6	SPE (Course Will Open at 4:00)	9:00 Shotgun
June 12	SME	2:00 Shotgun
June 13	Boys and Girls Club Fundraiser	8:00 Shotgun
June 17	Demo Day All Vendors	Range 2 - 6 p.m.
June 19	Young Life Scramble	8:00 Shotgun
June 21	Energy Expo	8:00 Shotgun
June 26	Border States Scramble	8:00 Shotgun
June 27	Close To Home Hospice Scramble	9:00 Shotgun
<hr/>		
July 3	Night Golf Scramble (Par 3)	Shotgun Dark
July 9	Sulzer Ladies Pro-Am	T Times
July 11 - 12	Bell Nob Amateur	T Times
July 17	John Paul II	8:00 Shotgun
July 19	Dice Scramble	T Times
July 25 - 26	Men's Club Championship	T Times
July 25	Ladies Club Championship	T Times
July 25	Men's & Ladies Club Derby	4:00 T Time
July 27	Thunder Basin Ford Men's Pro Am	T Times
July 31	Friends of Coal Fundraiser	8:00 Shotgun
<hr/>		
August 1	Gillette Hockey Fundraiser	8:00 Shotgun
August 7 - 8	Powder River Invitational	9:00 Shotgun
August 13 - 14	High School Tournament	T Times
August 15	Breast Cancer Fundraiser Scramble	T Times
August 21	Gillette College Energy Cup Scramble	1:00 Shotgun
August 27 - 29	Coal Country Open	8:00 Shotgun
<hr/>		
September 5 - 6	Bell Nob Couples Tournament	T Times
September 7	1 Player Scramble	T Times
September 19	Members Association/Memorial	T Times
September 20	Men's And Ladies Club (TOC)	T Times
September 26	1 Gross / 1 Net of 4 Players	T Times
<hr/>		
October 3	2 Person Scramble	T Times

# 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 can be used as practice ice for the local hockey and figure skating clubs. Contact 687-1555 for more information.

## SCHEDULE & FEES

### Public Skating:

#### Spirit Hall Ice Arena (subject to change)

Tuesday . . . . . 11:00 a.m. – 1:00 p.m.

Saturday & Sunday . . . . . 3:00 p.m. – 5:00 p.m.

#### Both Session Prices (Weekends):

12 & Under . . . . . \$4.00

13 & Older . . . . . \$4.50

Skate Rental . . . . . \$3.00

#### Season Pass:

Individual . . . . . \$150.00

Family . . . . . \$290.00

#### Tentative Opening Dates:

Campbell County Ice Arena . . . . . November 2

Spirit Hall Ice Arena . . . . . August 17

## ICE ARENA KICK OFF PARTY

Date . . . . . September 6

Arena . . . . . Spirit Hall

Cost (includes skates) . . . . . \$10.00 – Individual  
\$35.00 – Family

## 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

Times . . . . . 3:00 – 5:00 p.m.

Cost . . . . . Starting at \$15.00 per person

*\* (minimum of 8 people) payment due at time of reservation*





# ICE SKATING LESSONS

## LEARN TO SKATE (AGES 4 AND UP)

Arena ..... Spirit Hall Days ..... Mondays & Wednesdays  
(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 ..... TBA: Figure Skating Advanced Skills  
TBA: Walkers, Beginning Figure Skating  
TBA: Figure Skating Basics, Figure Skating Intermediate

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.)

Sessions ..... Session 1: September 30 - November 20  
Session 2: January 13 - March 4

Fee includes rental skates if needed and 5 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

### 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*



# 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
Alcohol Security Fee	..... 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. and 1:00 p.m. - 5:00 p.m.

# FUN IN THE PARKS

## DISC GOLF

An 18 hole disc golf course is available free of charge in CAM-PLEX Park. The front nine begins at Shelter #6 with the tee pads and baskets spread out through the trees east of the main park area. The back nine heads east from Shelter #6 and curves back around to the west through the open meadows before heading back to the parking area. The course boasts many challenging holes on both the front and back nines with trees in the fairway or by extreme distances and placement of the baskets.

## BICENTENNIAL PARK

The playground system near the concession stand boasts several challenges and takes play to new heights. The main structure has three levels that reach to a height of 14' with two long tube slides that exit from the top platform and a lean out structure that allows kids the opportunity to look straight down from the top deck.

Slides, climbing walls, log climbers, bridges, and ladders abound on the play structures for an appealing and adventuresome experience.

The old standby swings and merry-go-round are included in the playground along with spring ride toys and back hoe diggers for the little tots.

Softball, baseball and soccer are all popular sports in Gillette and Bicentennial Park maintains fields for your enjoyment. Six regulation softball fields and two baseball fields are available for use throughout the summer. The fields are used for league play every night of the week but may be used on weekends if tournaments are not already scheduled. Check with the Recreation Center for field availability.

Soccer goals are left out on the fields through the summer for those interested in playing pickup games. Sidelines and penalty boxes are not marked as the goals will be moved occasionally to prevent wear spots from developing in the goal areas.

Eight lighted tennis courts are available on a first come-first served basis. The light operators are located near the south end of the courts and a strobe light will begin flashing when your time is about up. There is no charge for the use of the lights.

Shelter Reservations \$20/day. Consumption of alcohol is not permitted in Bicentennial Park without City of Gillette Permits.

# FUN IN THE PARKS

## **CAM-PLEX PARK PICNIC AREA**

---

Located just east of Gillette, the CAM-PLEX Park Picnic Area offers many outdoor activities for Campbell County residents. The most popular attraction of the park is the quiet serenity offered by the many trees planted throughout the park. Park patrons are able to walk, run or bike through the shelter belt areas and may take a rest break on many of the benches that are situated along the trails. Picnic tables situated throughout the park make wonderful spots for relaxing and enjoying a picnic lunch or getting away from the office and enjoying nature while finishing some of those office reports that need to be done.

Park staff endeavor to keep the park clean and presentable for visitors, but at times litter may make its way into your path. Please take the time to pick up any litter you may find along the trails and deposit it in one of the trash receptacles in the park. The benefits derived from maintaining a clean park range from fewer insects and lower operating costs to a favorable impression on you and your community.

The park first began as a Wyoming Agriculture Experiment Station in 1920 where research was done on different classes of grains, grasses and vegetables as well as shade, ornamental and fruit bearing trees, vines and shrubs. In 1927, 2,000 trees were set in the ground and by 1936, 7,000 trees had been planted. Today, many of the original trees are still growing, but due to old age, many of them are in a state of decline. Park staff are aware of the historical value of the trees and are making attempts to replace the trees in the historical areas with like species.

Tree research is continuing today at the park in the Campbell County Arboretum located southeast of the main park area. The Arboretum has many species of trees and shrubs that offer an excellent opportunity to view colors, shapes and sizes of landscape trees adapted to our climate in Campbell County. Parking for the Arboretum is located near Shelter #1. There are no marked trails through the area, so feel free to wander about and enjoy the sights and sounds of nature while you view the many trees and shrubs in the Arboretum.

Six picnic shelters are situated around the park for visitor's enjoyment. Five of the shelters are available on a daily basis and may be reserved by calling the Recreation Center. The park also has an area available for horseshoes and two playgrounds are situated for children to play while you relax.

CAM-PLEX Park also has a building available for rent that will allow protection from foul weather or make an excellent room to host a meeting, hold a reception or party. The WPA Building is located on the main park loop road with two parking lots available within easy walking distance. The WPA Building was the office and community hall for the Experimental Station and was built during the Works Progress Administration era, under the Roosevelt administration. Contact the Recreation Center for information about rental of the WPA Building. Right next to the WPA Building is the garden area. This area has become very popular for weddings and has excellent surroundings for family portraits or just as a quiet, relaxing getaway. The center of the garden area has a fountain that operates during the daylight hours, making this a very restful site in the park. There is also an orchard located north of Shelter. Trees are labeled by species. This is a project being done by Master Gardeners. Please read and obey signs.

*\*A general liability insurance policy is required for all shelter/WPA Building rentals involving the sale of food, beverages or concessions and all activities using the facility for profit or using the shelter to host a community event.*

## **LASTING LEGACY PARK**

---

Located in the center of town just off S. Douglas Highway, Lasting Legacy Park offers a quiet place to relax and enjoy the outdoors. Amenities included are an amphitheater, covered picnic shelter, soccer field, restroom facilities, paved walking loop with several bronze statues and two playgrounds for children aged 2-5 and 6-12 years old. Lasting Legacy Park is also the home of the Campbell County War Memorial, a beautiful yet somber reminder of those in Campbell County who gave all to secure our freedom. Reservations can be made for the amphitheater, shelter and soccer field by contacting the Recreation Center.

# PARK RESERVATIONS

## BICENTENNIAL, CAM-PLEX, & LASTING LEGACY 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/Amphitheater Rental . . . . .	\$20 per use
WPA Building . . . \$35 per hour(May - September)	
	\$45 per hour (October - March)
Deposit . . . . .	\$50 Refundable
Deposit (with Alcohol) . . . . .	\$200 Refundable
Deposit (for Event) . . . . .	\$250 Refundable



# PARK MAINTENANCE

## 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 all county parks. 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.

## 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.

SUMMER - FALL 2020



Building a healthier community through  
**people, parks, and programs.**

307-682-8527 • [WWW.CCPRD.COM](http://WWW.CCPRD.COM)

250 SHOSHONE AVE • GILLETTE, WY 82718

