



PARKS & RECREATION ACTIVITY GUIDE

NEW SEASON. NEW GOALS. SAME GREAT COMMUNITY.
Move, learn, and connect with your community—right here at the Rec.



Get in the Game — Winter & Spring Sports Start Here!





Community 2026

Events Spring & Summer

Fort Lupton

COLORADO

FREE

**March
28**

Easter Egg Hunt



9am
Community Park - South of the Rec. Center
Bunny Pics | Egg Hunt | Games | Prizes | Donuts & Coffee

**April
23 - 25**

Great Plains Fields of Honor

Pearson Park Ball Fields, Hwy 52 / Hwy 85

**May
25**

Memorial Day Service

Hillside Cemetery

**July
4**

America's Birthday Bash!



Community Park at the Rec. Center
It's America's 250th birthday... WOWSA! Rides . Live Music . Games
Prizes . Food Trucks . Beer Garden & more.

**July
10 - 11**

Citywide Garage Sales

Calling all shoppers, sellers, and bargain hunters! Join this Ft. Lupton tradition with a weekend of sales scattered around the city. Register on-line for map inclusion.

**August
4**

National Night Out



Koshio Park, 131 McKinley St.
Grillin' & Chillin' with Ft. Lupton Police, Fire, and community service organizations. Games | Prizes | Demonstrations

Event Details: fortluptonco.gov/specialevents

Special Events Office: 720.928.4071

SPONSOR

Interested in seeing your logo here & supporting your community?
Become a SPONSOR!
Call: 720.928.4071



**LIBRARY
PROGRAMS**



**SPORTS * FITNESS
* ACTIVE ADULTS**



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At Fort Lupton Parks & Recreation, we're all about fun, fitness, and community!

Our mission is to create exciting, safe, and affordable spaces and programs that bring people together, celebrate diversity, and keep our community happy, healthy, and thriving!

Facility Hours

Monday - Friday	5:00am - 9:00pm
Saturday - Sunday	8:00am - 5:00pm

Pool Hours

Monday - Friday	5:30am - 8:30pm
Saturday	8:00am - 4:30pm
Sunday	11:30am - 4:30pm

*See page 14 for Open Swim Hours

Holiday Closures

New Years Eve	5am - 5pm	Dec. 31
New Years Day	Closed	Jan. 1
Easter	Closed	April 5
Memorial Day	Closed	May 25
Independence Day	Closed	July 3 & 4
Labor Day	Closed	Sept. 7



Download the Open Rewards App
Available on iPhone or Android.

Shop at Local Businesses
Every dollar spent earns you points and perks!

Redeem Points
Get rewarded just for supporting our local community!

GET THE APP

Download it from the website: WWW.FORTLUPTONCO.GOV/1355/LUPTON-REWARDS

Or scan the QR code to get started instantly!



Open Rewards

RECREATION CENTER ADMISSION

	Youth (5-18)	Adult (19-59)	Senior (60+)	Couple	Family**
Daily Drop-In Resident	\$3.50	\$5.00	\$3.50	n/a	n/a
Daily Drop-In Non-Resident	\$4.00	\$6.00	\$4.00	n/a	n/a
Monthly Pass Resident	\$30.00	\$40.00	\$30.00	\$55.00	\$72.00
Monthly Pass Non-Resident	\$33.00	\$44.00	\$33.00	\$66.00	\$80.00
Annual Pass Resident	\$187.00	\$308.00	\$165.00	\$484.00	\$572.00
Annual Pass Non-Resident	\$242.00	\$357.00	\$231.00	\$578.00	\$693.00

** Family Passes - Includes ALL income dependents living in a household.
 **No freezing memberships.

Admission to the Fort Lupton Recreation Center can be purchased on a daily drop-in basis or through passes; monthly and annual passes can be purchased for individuals, couples, or for an entire family. Fort Lupton residents receive discounted rates. (Proof of residency is required. Residency is determined as living within the corporate city limits.)



AGE REQUIREMENTS

Facility Age Restrictions:

10 years old and over can use the facility (excluding fitness areas) without supervision. 7 - 9 years old may use the facility (excluding fitness areas) with someone 12 years old and over in the facility. 6 years old and under can use the facility (excluding fitness areas) under direct supervision of someone 12 years old and over.

Fitness Area Restrictions:

15 years old and up may use the fitness areas (weight room/cardio). 13 - 14 years old can use the fitness areas (weight room/cardio) with direct supervision of an adult. Children 12 years old and under are not allowed in the fitness areas (weight room /cardio).

Pool / Spa Area Restrictions:

10 years old and over can use the pool without supervision. 7 - 9 years old may use the pool with someone 12 years old and over in the facility. Children 6 years old and under must be within arm's reach of someone 15 years old or older at all times when in the water.

ARE YOU A RESIDENT?

Residents are citizens who live within the City of Fort Lupton's city boundaries, and pay taxes to the City of Fort Lupton. Not all Fort Lupton mailing addresses meet this criteria. If you're not sure, give us a call at 303.857.4200.

CORPORATE MEMBERSHIPS

Corporate rates are available for businesses. A twenty (20) percent discount will be given to any business that purchases at least three (3) monthly or annual passes for their employees. Resident and Non-Resident criteria will be based on address of business.

MEDICARE SUPPLEMENT PLANS

The City of Fort Lupton Recreation Center is proud to announce participation with 3 different fitness and wellness programs through Medicare Supplement Plans - Healthways SilverSneakers®, Renew Active™ by United Healthcare, Silver&Fit® and Prime®Fitness. As a participating fitness location, qualified members receive access to fitness classes, cardio equipment, weights, and even the pool. Call Julie at 720.466.6163 with eligibility questions. Once eligible, stop by the front desk during normal business hours to enroll at our location.



SCAN ME! >>>



Visit FortLuptonCo.gov for more information.



Phone Numbers

Recreation Center	303.857.4200
City Hall	303.857.6694
Code Enforcement	303.857.4011
Fire Department	303.857.4603
Emergency	911
Police Department	303.857.4011
Emergency	911
Wastewater Treatment Plant	303.857.9442

Fort Lupton City Hall

130 South McKinley Avenue
Fort Lupton, CO 80621
Phone: 303.857.6694
Fax: 303.857.0351

Fort Lupton Recreation Center

203 South Harrison Avenue
Fort Lupton, CO 80621
Phone: 303.857.4200

Fort Lupton Library

370 South Rollie Avenue
Fort Lupton, CO 80621
Phone: 303.857.7180

Fort Lupton Police Department

130 South McKinley Avenue
Fort Lupton, CO 80621
Phone: 303.857.4011

Coyote Creek Golf Course

222 Clubhouse Drive
Fort Lupton, CO 80621
Phone: 303.857.6152

Fort Lupton Fire Department

1121 Denver Avenue
Fort Lupton, CO 80621
Phone: 303.857.4603

Fort Lupton Chamber of Commerce

PO Box 404
Fort Lupton, CO 80621
Phone: 303.857.4474

Fort Lupton Metro Wrestling Club

Contact: Pat Ornelas
Phone: 720.226.7257
Email: flmwrestling@gmail.com

Recreation Center Staff

Parks and Recreation Director	
Doug Cook	720.466.6162
Assistant Recreation Director	
Julie Holm	720.466.6163
Sports Coordinator	
Stacey Keanaaina	720.466.6165
Fitness Coordinator	
Lacie Reckard	720.466.6171
Active Adults Coordinator	
Linda Kudrna	720.466.6166
Special Events Coordinator	
Christy Romano	720.928.4071
Aquatics Coordinator	
Joisan Skrocki	720.466.4072
Assistant Aquatics Coordinator	
Jestin Murphy	720.928.6164
Administrative Assistant	
Imogene Yokooji	720.466.6167
Customer Service	
Marianne Cherry	
Cheyenne Shockley	303.857.4200 x 6161
Customer Service	
Maria Gonzalez Zavala	303.857.4200 x 6160

Fort Lupton City Council

Mayor	Chris Ceretto
Ward 1	David Crespin Valerie Blackston
Ward 2	Claud Haines
Ward 3	Michael Sanchez Bruce Fitzgerald

Parks and Recreation Advisory Committee

The Quality of Life Committee is established to advise the City Council on matters relating to the culture, parks and open space land issues, the community center, recreational programs, and service needs.

Committee Members:

Lorenzo Vasquez, Hector Sifuentes, Chad Hargett, Stevie Hearon, Bushrod White, Karina Gonzalez, Jimmy Dominguez, Kendra DiPrieto

City Liaison:

Doug Cook & Brian Oswalt

Senior Advisory Committee

Committee Members:

Judy Ceretto, Marlene Stieber, Lucy Miller, Cindy Bunning, Monica Evans, Maryann Merritt, Carol Criswell

City Liaison:

Linda Kudrna

Youth Advisory Committee

Committee Members:

Mia Dominguez, Elizabeth Holbrook, Sebastian Galvan, Sofia Reyes, Peyton Johnson

City Liaison:

Julie Holm

FACILITY & ROOM RENTALS

The Fort Lupton Community Center has several rooms available for parties, weddings, or meetings. Accommodations for group sizes ranging from 6 to 176 are available. A full-service kitchen is available. Please call or come into the center for more information or to make arrangements.



WEEKDAY RATES (MONDAY – FRIDAY)

	Room Size	Occupancy	Fee	Fee (w/ alcohol)
Multi Purpose Room 1	16'x41'	Max of 32 People	\$35/Hour	n/a
Multi Purpose Room 2 kitchen not included	16'x41'	Max of 32 People	\$30/Hour	n/a
Multi Purpose Room 3 kitchen not included	36'x41'	Max of 72 People	\$40/Hour	n/a
Multi Purpose Room 4	55'x41'	Max of 104 People	\$50/Hour	n/a
Multi Purpose Room 5	68'x41'	Max of 176 People	\$55/Hour	\$70/Hour

WEEKEND RATES (SATURDAY)

Multi Purpose Room 5	Room Size	Occupancy	Fee	Fee (w/ alcohol)
8:00am – 12:00pm	68'x41'	Max of 176 People	\$200	\$280
1:00pm – 5:00pm	68'x41'	Max of 176 People	\$200	\$290
8:00am – 5:00pm	68'x41'	Max of 176 People	\$360	\$500
1:00pm – 10:00pm	68'x41'	Max of 176 People	\$410	\$575
8:00am – 10:00pm	68'x41'	Max of 176 People	\$510	\$730

WEEKEND RATES (SUNDAY)

Multi Purpose Room 5	Room Size	Occupancy	Fee	Fee (w/ alcohol)
1:00pm – 5:00pm	68'x41'	Max of 176 People	\$200	\$280

- Rates for non-profit use of the rooms are one-half (1/2) of the room rates with documentation.
- Weekday events occurring outside of the community center hours will require an additional \$25/ hour charge to cover community center staff.
- Rentals scheduled less than one month before the event must be paid in cash or with a credit card.
- Rental fee and paperwork are due upon reservation.
- Maximum occupancy equals the fire code. Depending on the type of setup, the number of people to comfortably fit might be less.

SECURITY:

All events requesting alcohol are required to be monitored by a uniformed security officer. The officer(s) must be present one-half hour prior to the alcohol being served, and through the remainder of the event. The Fort Lupton Recreation Department will make arrangements for all security. \$75 per hour per officer.

Dinner Only: 1 officer per 100 guests Dance or Reception: 1 officer per 50 guests

Additional Costs (optional):

Linens: \$100/ color Clean Up Fee: \$600 Digital Projector w/ Sound System available upon request

PARK SHELTER:

Are you looking for a venue for a child's birthday party, company picnic, or family gathering? The City of Fort Lupton has several park shelters to host your next event. Shelter rentals must be made at least 5 days in advance. Rental Agreement and payment assure the applicant has use of the selected shelter on the day requested. Shelters are available for use from 10:00am to dusk daily. Please visit the website for more information, www.fortluptonco.gov.

See page 29 for more Park Shelter Rental Information.

ACTIVE NETWORK ONLINE REGISTRATION SYSTEM

- Registrations for programs offered by Fort Lupton Recreation is done via Active Network, a secure online site that is available 24 hours a day, 7 days a week.

What you need to know...

If you are unsure if you have an email listed under your account profile, contact the recreation center front desk (303-857-4200 x6160 or 6161). Once you have your email that is listed under your account...

- Go to the City of Fort Lupton website (www.fortluptonco.gov)
- Click on Parks and Recreation at the top of the page
- Click on Online Registration on the right side of the page

Your email address will be used for your username. If you have not yet logged into Active Network, you will need to request a new password be sent to you. Once you have your username and password, you can purchase or renew memberships, enroll in program activities, reserve park shelters and reserve pool parties!

- If you do not have an account, follow the link from above and then choose "Create an Account." Complete the account form by filling in your information and clicking "next" until you finish your account set up. Your Active profile is now set up. Clicking "create account" will return you to the Active Network homepage.
- Follow the simple instructions found below to register and pay via credit card online. You must have a valid email address to register online.

Activities:

1. Search the activity name in the search bar.
2. Select the desired activity.
3. Add to cart.
4. Select the Family member attending the activity.
5. Click Next
6. Proceed to Cart or Register Another.
7. In the Shopping Cart: Initial all required waivers.
8. Click Check Out and complete payment information.

Memberships:

1. Click on Memberships (bottom right).
 - Fees listed are Resident + Non-Resident.
 - Once Membership is selected, the correct fee will appear. If it shows incorrectly, please call the front desk at 720.466.6160.
2. Add to Cart.
3. Continue to payment.

Facility Rentals:

1. Click on Reservation (bottom middle).
2. Select pool party package 1, pool party package 2, or shelter rentals.
3. Once in the "Quick Reservation" screen, complete the online reservation.



GENERAL INFORMATION

- Each class has a minimum and maximum enrollment

AGE REQUIREMENTS

- Age requirements have been established to safely facilitate age-appropriate programs. Participants must be of the appropriate age by the first day of class in order to register

CORRECTIONS & DATES

- Although staff makes every effort to ensure each issue of the Recreation Guide is free from errors, there are times when errors or revisions in dates, times or fees do occur. We recommend you check the city's website for up-to-date information. We appreciate your patience and understanding when these situations occur.

PHOTO POLICY

- Please be advised that all participants involved in any department programs or special events are subject to being photographed. Such photographs may be used by the Fort Lupton Recreation Center without an obligation to provide compensation to those photographed.

AMERICANS WITH DISABILITY ACT

- Fort Lupton Recreation Center is committed to supporting the full inclusion of persons with disabilities. If you need assistance to access these programs, please indicate your needs on the registration form or contact us at 303-857-4200.

REFUND POLICY

- If the program is canceled, a 100% refund.
- Refund requested before program starts: 100%.
- Sports refund after team commitment dates for each sport: Fee minus uniform cost.
- Refund requested after activity starts: No Refund.



ACTIVE ADULTS

REGISTRATION

All activities require registration, even if there is no charge. Registration is on a first-come, first-served basis, and payment must be made in full at the time of registration. A minimum number of registrants must be met for the activity to occur. Dates, prices, and activities are subject to change.

Those not registered with the Active Adult group may not attend the trip on their own and will not be considered part of the group reservation. Reservations will only be made for those traveling in the registered group. Any questions concerning this matter, please contact Linda Kudrna at 303.857.4200 ext. 6166.

WAITING LIST

When registration spots are filled, a waiting list will be created. As registration spots open, the waiting list will be contacted by the first name on the list and continuing down the list from there.

CANCELLATION & REFUNDS

If the event or venue is cancelled or the coordinator or designee cancels the trip for any reason, a full refund will be credited to your account. Participants will be notified as far in advance as possible of the cancellation. If a trip is canceled due to the participant's request, it must be canceled prior to the registration deadline or the day of the trip to receive a full refund. If the trip/event is canceled after the registration deadline, the spot must be filled in order to receive a refund. **No refunds are given if cancellations are made the day of the trip or if the tickets have been paid for in advance.** Please note: purchasing tickets in advance does happen often; please keep this in mind if you cancel.

DEPARTURES & RETURNS

All trips depart and return to the Fort Lupton Recreation Center. Participants MUST check in with staff 10 minutes prior to the scheduled departure time. Return times are approximate – please be flexible. No one will be allowed to disembark from the van at any place other than the Fort Lupton Recreation Center and prearranged destinations. Due to time constraints, we try to leave promptly for our trips.

55+ ACTIVE ADULT ANNUAL MEMBERSHIP PERKS

- Save \$3.00 on all Active Adult trips
 - Be first in line with priority registration.
 - Free special events (when applicable).
 - 10% discount on Fort Lupton Recreation Center Annual Membership.
- Cost: \$20/Individual and \$35/Couple per year.



IN-HOUSE ACTIVITIES

MONDAY FRIENDLY FORK LUNCH:

Senior lunch is served every Monday. Lunch is served at 12:00 with socializing and announcements prior to lunch. **A reservation is required and must be made by Thursday at 4:00 pm prior to Monday lunch.** Reservations can be made by calling the Rec. Center at 303-857-4200. This helps in planning for the correct lunch count to our providers at UNC. Seniors 60+ = \$5.00 donation and under 60 = \$14.00 We are able to offer resources to our Seniors at the lunches to help check blood pressures and offer hearing assistance. Blood pressure checks offered on the 2nd & 4th Mondays by the local Fire Dept. and paramedics.

BIRTHDAY CELEBRATION:

The first Monday lunch of each month, we celebrate that month's birthdays. For those Seniors who have birthdays for that month, receive a free lunch on the first Monday only. Reservations are required as normal.

SENIOR COFFEE GROUP:

Meets on **Wednesdays at 8:00 a.m.** in the Senior lounge. Come join others for a cup of coffee, a donut, and conversation.

BRIDGE GROUP:

Meets on **2nd and 4th Tuesday of the month** at 1:00 pm and the second Friday of the month. We are always looking for more bridge players...If interested in joining the group, contact Marlene at 303-857-2337.

VISITING NURSE SERVICES MEDICAL FOOT CARE CLINICS:

Senior medical foot care is a service provided by the Visiting Nurse Association of Colorado for our Active Adults/Seniors on the **4th Wednesday of each month** from 8:00 am - 3:00 pm by appointment only, call 303.857.4200 x6166. The fee is \$55 unless the service is covered by your Medicare Supplement plan. Dates include: Jan. 28th, Feb. 25th, Mar. 25th, Apr. 22nd, & May 27th

BINGO AT LUNCH:

Bingo is played on the **2nd & 4th Monday's** after Senior lunch. Bring your dimes for eight games and your quarter for the last game.

DOMINOS AT LUNCH:

After Monday lunches, come join the group that gathers to play dominoes in the senior lounge.

POTLUCK LUNCHEON:

Monthly potluck lunches are held on the **3rd Thursday of each month** at 12:00 pm. Donations are accepted. If you are attending, please bring a main or side dish for EVERYONE to share. Dates include: Jan. 15th, Feb. 19th, Mar. 19th, Apr. 16th & May 21st (Some months may have exceptions due to other activities or facility conflicts.)

PICKLEBALL:

We have a group of Active Adults who are playing on a regular basis at the Recreation Center and would love to have you join in. They meet Monday-Friday 7:00-9:00 a.m. Depending on the season, both indoor and outdoor courts are available.

CRAFT CLASSES:

Craft/Art classes are offered once per month. We offer a variety of themes to capture everyone's interest. Classes are on a first-come, first-served basis. You can stop by the Recreation center or call to put your name on the list. Registration is required and a \$5.00 fee secures your spot and helps with supply costs. Dates vary throughout the month based on schedules with instructors and room availability. Call for class information: 303-857-4200.

MONTHLY BUNCO:

Come join the Bunco group that meets on the **4th Thursday of each month** in the Senior lounge at 10:30 a.m. Bring your \$5, which covers game prizes for the day. Dates: Jan. 22nd, Feb. 26th, Mar. 26th, Apr. 23rd, & May 28th. Play will vary depending on the number of players.



SPECIAL EVENTS:

WINTER POTLUCK & BINGO

This is a chance to get out of those winter blues and come enjoy an afternoon of good food, friends, and bingo! Lunch will be served at noon, followed by nine games of bingo. Main dish and drinks will be provided. Please bring a side dish or dessert to share with ALL. Bring your dimes or quarters for bingo, but we will have some prizes as well. **Reservations are required.**

Date: Thursday, January 15th Time: 12:00 pm Lunch

Fee: AA Member \$3 / Non-Member \$6

Code: 17586

VALENTINE PIE EXCHANGE & MOVIE

Let's celebrate Valentine's Day and make the day a little SWEETER by having a pie exchange. Bring your favorite pie(s) to share and get a few pieces in return. A warm drink (cocoa or coffee) will also be served. A movie will also be shown on the big screen in the multi-purpose room. Come enjoy a SWEET-heart of a day! **Reservations are required.**

Date: Friday, February 13th Time: 1:00 pm

Fee: AA Members Free / Non-AA \$3

Code: 17587

VOLUNTEER APPRECIATION LUNCH

April is National Volunteer Month and a time to recognize the many volunteers we have within our community who give their time and efforts in assisting with making our many Recreation programs/events successful.

Date: Wednesday, April 29th Time: 12:00 pm

Free to Volunteers (by invitation)

Code: 17588



CASINO TRIPS:

BLACKHAWK & CENTRAL CITY

Our partnership with the Brighton Senior Center for monthly Casino Trips will continue for our residents to Blackhawk and Central City. We have 20 seats available for each trip. **Registration is required to reserve a seat on the monthly buses and is due at 12:00 pm on the Thursday before the trip.** This can be done by either coming to the Recreation Center in person or calling the front desk, 303.857.4200.

We accept cash, checks, and debit/credit cards. No payment plans are allowed. Anyone 21 years and over is welcome on our monthly casino trips. After our allotment is filled, we will create a waiting list. If someone cancels, we will call from the waiting list with the first person and on down until the seat(s) are filled. Any cancellation will incur a \$4.00 administration fee, and the balance is credited to your account. You are required to be picked up where you register. No bus walk-ons will be allowed. The bus departs Fort Lupton Recreation Center at 8:15 am sharp.



Code	Date	Location	Fee
17570	January 13th	Horse Palace	\$25
17571	February 10th	Century	\$25
17572	March 11th	Horse Palace	\$25
17573	April 14th	Bally's (?)	\$25
17574	May 12th	Grand Z	\$25

SENIOR SUPPORTIVE SERVICES:

LIBRARY VISITS

Library materials are available at Senior Lunch on the 1st Monday of each month.

NUTRITION COUNSELING

Through the Friendly Fork Lunch program, there is a registered dietitian who provides nutrition counseling at no cost. If you are interested in making an appointment and discussing nutrition issues, concerns or questions, please contact 970.346.6950 ext. 6118.

BLOOD PRESSURE CHECKS

Blood pressure checks offered on the 2nd & 4th Mondays at Friendly Fork senior lunch program by our local Fire Dept. and paramedics.

VIA MOBILITY TRANSPORTATION SERVICES

Need a ride? This service is offered to Seniors 60+ or those physically unable to drive. Via Mobility can provide you with free transportation to appointments, shopping or other engagements. For more information on this transportation service, call

303-444-3043 or visit their website at ViaColorado.org.

COMPUTER ASSISTANCE AT THE LIBRARY

If you need basic assistance with your computer skills, there is an opportunity available on Tuesday afternoons from 2:00-4:00 p.m. at our local library.



ACTIVE ADULT TRIPS

JANUARY TRIPS:

AMAZON DISTRIBUTION TOUR

Thornton

Get those walking shoes out after the holidays as we take a one-hour tour of the Amazon Fulfillment Center Warehouse. We will get to see how our shopping orders work after ordering on Amazon. On the tour, we will scroll through the warehouse and see how people and technology deliver to all those millions of customers. Please note there will be lots of walking and standing for this outing. We will stop for lunch after our tour.

Date: Wednesday, January 7th Time: 9:15 am Leave

Fee: AA Member \$3 / Non-AA \$6

Code: 17721

EAGLES HOCKEY GAME

Loveland

Are you a hockey fan? This trip is for you as we travel up north to Blue Arena to cheer on the Colorado Eagles as they take on the Silver Knights team from Vegas. This venue always offers a fun environment and is a bit smaller, great for game viewing. We're in for a special treat of fireworks after the game! Bring extra \$\$ for yummy snacks and drinks from concession vendors.

Dates: Sunday, January 18th Time: 1:30 pm Leave

Fees: AA Member \$32 / Non-Member \$35

Code: 17530

NATIONAL WESTERN STOCK SHOW DRAFT HORSE & MULE PULL

Denver

This Denver western tradition is back in town! Instead of the traditional rodeo that we have attended in the past, we are changing it up a bit and going to the draft horse, mule & donkey show. We get to witness these gentle giants show their skills in pulling weight, competing against other teams in 4, 6, and 8-horse hitch classes. Included with the horses, the mule and donkeys will be showing their competitive skills as well. Ticket price includes ground admission, which allows you the opportunity to stroll the grounds and visit the many western vendors. Lunch will be on your own. Please keep in mind that there will be lots of walking and some stairs on this outing.

Date: Friday, January 23rd Time: 9:30 am Leave

Fee: AA Member \$28 / Non-Member \$31

Code: 17531

TRIP ETIQUETTE REMINDERS:

- Trip fees must be paid for in advance at the time of registration to secure your spot.
- Lunch/breakfast costs will be on your own when they are scheduled with the trip.
- Wear comfortable walking shoes when there are tours, shopping or lots of walking/standing or stairs involved.
- Please know your limitations when traveling on trips that involve lots of standing, walking, stairs and other health issues.
- Dress appropriately for weather conditions.
- Be courteous/respectful of others in the van and on the trip.
- Active Adults 55 years and older have priority on registering for trips and all Recreation center activities and programs. Anyone under 55 years of age will be considered to attend trips IF the trip is not already filled with the maximum numbers needed and there is not a waitlist.
- Refunds may not be given, with tickets being purchased in advance for certain trips and if there is NO waitlist to fill the spot.
- NO backseat drivers please!!

FEBRUARY TRIPS:

BREAKFAST - DOUG'S DINER & SUGAR MILL ANTIQUES

Mead

We'll be heading to one of the area's favorite breakfast places, Doug's Diner, then onto a unique antique and vintage spot nearby where you can roam the aisles of various vendors that have items for sale. Join in, as you might just find that "unique something" you've been looking for or a surprise find.

Date: Wednesday, February 11th Time: 9:00 am Leave

Fee: AA Member Free / Non-Member \$3

Code:17532

DENVER FIREFIGHTERS MUSEUM & LUNCH

Denver

This museum showcases outstanding exhibits on the history of firefighting in the Denver area, but also focuses on innovative and hands-on activities that allow visitors to interact with the traditional exhibits. The museum has two levels so there are stairs involved. There is also a fun gift shop in case you need a souvenir from our visit.

Date: Tuesday, February 24th Time: 9:30 am Leave

Fee: AA Member \$8 / Non-Member \$11

Code: 17533

LINCOLN CENTER/THE TEN TENORS PERFORMANCE

Fort Collins

Join us as we travel to Lincoln Center to experience a live performance by this Australian vocal group, who have become known worldwide with their distinctive charm, camaraderie and vocal power. The Ten Tenors have established their place as Australia's premier classical-crossover group and are considered to be one of Australia's greatest entertainment success stories. We are surely in for an evening of entertainment! No meal with this outing, so be sure to eat beforehand.

Date: Friday, February 27th Time: 6:00 pm Leave

Fee: AA Member \$38 / Non-Member \$41

Code:17534

MARCH TRIPS:

UNION COLONY CIVIC CENTER/NUNSENSE

Greeley

We are in for an evening of laughs and comedy with this show that has been a crowd-pleasing performance, making audiences laugh for decades. The Stampede Troupe presents "Nonsense/It's Habit Forming," which is a feel-good hit with a lot of sisterly love. The show is sure to be packed with high-energy featuring five nuns, a fundraiser, and more than you can shake a ruler at! There will not be a meal with this outing; please eat before.

Date: Friday, March 13th Time: 5:45 pm Leave

Fee: AA Member \$24 / Non-Member \$27

Code: 17719

THE GRATEFUL GNOME SANDWICH SHOPPE & BREWERY

Denver

We will be having a lunch outing at this Denver deli and brewpub location that offers authentic NJ/NY Italian-style sandwiches. There will be a selection of cold or hot sandwiches to choose from, along with soups and salads.

Date: Wednesday, March 18th Time: 11:00 am Leave

Fee: AA Member Free / Non-Member \$3

Code:17535

DOWNTOWN AQUARIUM

Denver

Who wouldn't enjoy eating lunch surrounded by a huge 50,000-gallon fish tank? We are off to visit one of Denver's most popular attractions. Explore on your own more than 500 species of colorful, tropical fish from our many oceans to include the South Pacific, Hawaii, Caribbean Sea, and Indian Ocean. After, we will have lunch on-site with many options to choose from: seafood, pastas, chicken, burgers, tacos, soups & salads.

Date: Thursday, March 26th Time: 9:30 am Leave

Fee: AA Member \$14 / Non-Member \$17 Code:17536

APRIL TRIPS

FORT MORGAN MUSEUM/GLENN MILLER EXHIBIT Fort Morgan

We are heading east to visit the Fort Morgan Museum and learn about the history of the area as well as an exhibit on the famous, great music legend, Glenn Miller, which is where he grew up. Following the tour, we will have lunch at the local Cables Pub & Grill.

Date: Tuesday, April 7th Time: 9:00 am Leave

Fee: AA Member \$3 / Non-Member \$6

Code: 17539



INDIAN SPRINGS HOT SPRINGS

Idaho Springs

It's time to get away and soak in some much, needed relaxation in a naturally heated botanic swimming pool. It's been several years since we have visited this hidden getaway in Idaho Springs so we are heading back to enjoy some warm, hot springs time. Be sure to bring your own towel(s) and swimming attire. We will find a place in town to eat before heading home.

Date: Thursday, April 30th Time: 9:00 am Leave

Fee: AA Member \$30 / Non-Member \$33

Code: 17540



MAY TRIPS

ARVADA CENTER & COME FROM AWAY

Arvada

Join us for a powerful musical based on the true story of a small Newfoundland town that welcomed thousands of stranded travelers on September 11, 2001. Filled with heartfelt ballads and lively Irish folk music, this inspiring show celebrates community, hope, and human kindness.

Please eat beforehand—this trip does not include a meal, though concessions will be available for purchase.

Date: Wednesday, May 6th Time: 11:45 am Leave

Fee: AA Member \$42 / Non-Member \$45 Code: 17541

MOLLY BROWN MUSEUM - TOUR & TEA

Denver

Who isn't a fan of Molly Brown and her story on surviving the Titanic? We will get the opportunity to experience the historic Molly Brown house with a guided tour to learn more of how she was instrumental in shaping women's rights and an influence in the Denver community. After our tour, we will stay for a High Tea which features a private room on the 3rd floor (only accessible by stairs) with tea, scones, sandwiches and desserts. To end our visit, there will be time to visit the gift shop on site. Please note there will be walking, standing and stairs on this tour.

Date: Thursday, May 14th Time: 9:30 am Leave

Fee: AA Member \$55 / Non-Member \$58 Code: 17720

SPRING HIKE & LUNCH

It's that time of year to get out and soak in some of that Spring, fresh air! Join in as we will find a fun, scenic location for our hike outing. The trail will be user-friendly, but all participants can go at their own pace and distance. After the hike, we will reward ourselves with a yummy lunch.

Date: Friday, May 22nd Time: 9:30 am Leave

Fee: AA Member Free / Non-Member \$3 Code: 17542

ACTIVE ADULT FITNESS CLASSES

Day	Time	Class
Monday	8:00-8:45 am	SilverSneakers® Splash
	9:00-9:45 am	SilverSneakers® Classic
	10:00 - 10:45 am	Aqua Arthritis Movements
Wednesday	3:00-3:45 pm	Dancing In Your Chair
	8:00-8:45 am	SilverSneakers® Splash
	9:00-9:45 am	SilverSneakers® Classic
Thursday	9:00 - 9:45 am	Aqua Arthritis Movements
	9:00-9:45 am	Seniors on Weights
Friday	3:00-3:45 pm	Dancing In Your Chair
	8:00-8:45 am	SilverSneaker® Splash
Friday	10:00 - 10:45 am	Aqua Arthritis Movements
	9:00-10:00 am	SilverSneaker® Yoga

WHAT IS SILVERSNREAKERS®?

SilverSneakers® is a fitness program for adults 65+ offered through qualifying Medicare health plans. Eligible members receive a free recreation center membership and access to SilverSneakers® group exercise classes. To check eligibility, call 303.857.4200.

GROUP EXERCISE CLASS DESCRIPTION

SILVERSNREAKERS® CLASSIC:

Get moving in our aerobics room! This fun, energizing class is designed for older adults to boost strength, flexibility, and balance using chairs for seated or standing support. Expect a variety of low-impact exercises with handheld weights, resistance bands, and balls to improve endurance and mobility, all set to lively music. Perfect for all fitness levels, join our welcoming community to stay active and feel great!

SILVERSNREAKERS® CHAIR YOGA:

Make waves with Silver Sneakers Splash in our heated therapy pool! This fun, shallow-water class uses kickboards and water resistance to improve agility, strength, and cardiovascular health. No swimming skills required, making it perfect for seniors and non-swimmers. Enjoy a low-impact, high-energy workout with our supportive community!

SILVERSNREAKERS® SPLASH WATER AEROBICS:

Water aerobics and strength training class that's designed for all skill levels, including non-swimmers. The class is intended to be full-body workout that's gentle on the knees and back. Splash uses shallow water movements and special equipment like a kickboard to improve flexibility, agility, strength, balance, and coordination.

DANCING IN THE CHAIR FOR SENIORS:

Get your groove on with this lively, low-impact dance class designed for seniors! Performed seated or with chair support, Dancing in the Chair blends fun, fun-inspired moves with easy-to-follow choreography. Improve cardio endurance, coordination, and mood while dancing to upbeat music in our aerobics room. No dance experience needed— just bring your energy

AQUA ARTHRITIS MOVEMENT:

Ease into fitness in our heated therapy pool. Designed for seniors and those with arthritis, this gentle class uses warm water to reduce joint pain, improve mobility, and enhance flexibility. Guided by certified instructors, you'll enjoy soothing movements and a supportive atmosphere tailored to your needs.

AQUATICS



CAUTION:

- Children 6 years and younger must have someone 15 years or older in the pool with them AND within arm's reach of the child at all times. Please closely watch your children at all times! It only takes seconds for your child to drown. Your child's safety is your responsibility!

DANGER:

- **No Diving** - Shallow water, feet first only. *Prevent spinal injuries!*
- **No prolonged underwater swimming or breath holding.** *Competitive and repetitive breath holding can be deadly!*

Pool Rules:

- No one is allowed in the pool area without a lifeguard on duty.
- All swimmers must shower before entering/re-entering the pool.
- Proper swim attire must be worn at all times. Lined swimsuits (no exposed metal, buckles, etc.). White T-shirts, along with proper swimsuits, are allowed. (NO COLORED T-SHIRTS).
- Children of diaper-wearing age must have swim diapers. Please, no regular diapers. Swim diapers can be purchased at the Recreation Center front desk.
- No running.
- Children 6 years of age and under must be within arm's reach of someone 15 years of age or older at all times.
- Standing on shoulders is not permitted.
- Water wings are not permitted.
- No food, drink, gum, or tobacco products permitted in the pool area.
- No glass items in the pool area.
- Strollers are not permitted on the pool deck.
- All swimmers must clear the pool at a lifeguard's request.
- No horseplay.
- Mermaid tails are not permitted at the pool.
- Water guns are not permitted at the pool.
- Inappropriate or lewd conduct, as judged by lifeguards to be offensive to the public, will not be tolerated. If a participant does not comply with pool and Center policies, they may be asked to leave.



POOL PARTY PATIO RESERVATIONS

Have your next party or special occasion at the Fort Lupton Recreation Center Swimming Pool!

We will do everything we can to make your time enjoyable for all who are involved. The pool patio will be set up when you arrive, and best of all... clean-up is included. However, we do ask that you respect the pool patio area. The Aquatics Staff will review all pool rules before your group begins swimming - wrist bands will be provided.

Pool patio reservations are scheduled around swimming pool hours. Please call for availability of day and time or visit our website, www.fortluptonco.gov.

Monday-Thursday rentals are available.

Booking requests must be made three weeks in advance. Rental fee and paperwork are due at the time of reservation. Please call 303.857.4200 or email jskrocki@fortluptonco.gov for more information.

POOL PARTY ROOM

Package 1: \$175

- 1/2 sheet Birthday Cake chosen from the following themes: (Sports, Princess, Spiderman)
- Napkins, Plates, Cups, and Forks
- Table Decorations - Punch (2 gallons)
- Pool Party Room and pool usage for a maximum of 25 people (2 hours) for 25 guests.
- Clean-up provided by rec staff

Package 2: \$150

- Pool Party Room and pool usage for a maximum of 25 people (2 hours) for 25 guests.
- Clean-up provided by rec staff

REMINDERS

- Reservations must be made at least one week in advance.
- Guests who wish to continue swimming after the scheduled pool party must pay the daily admission fee.
- Please refer to our current daily rates for more information.

PRIVATE POOL RENTALS

Private after-hours rentals are available on weekend nights - note that the rental does include the party room. Booking requests must be made three weeks in advance. The rental fee and paperwork are due at the time of reservation. Please call 303.857.4200 or email jskrocki@fortluptonco.gov for more information.



DIVE INTO DETAILS
- SCAN ME!

LEISURE POOL FALL SCHEDULE

The leisure pool schedule is subject to change without notice. For additional details, notes, and end times, please call the Recreation Center at 303-857-4200 for specific information.

DAY	TIME	POOL & FEATURES
Sunday	11:30am-4:30pm	Open Swim (Slide/Play Features On)
Monday	5:30am-11:30am	Limited Open Swim
	11:30am-8:30pm	Open Swim (Slide/Play Features On)
Tuesday	5:30am-11:30am	Limited Open Swim
	11:30am-8:30pm	Open Swim (Slide/Play Features On)
Wednesday	5:30am-11:30am	Limited Open Swim
	11:30am-8:30pm	Open Swim (Slide/Play Features On)
Thursday	5:30am-11:30am	Limited Open Swim
	11:30am-8:30pm	Open Swim (Slide/Play Features On)
Friday	5:30am-11:30am	Limited Open Swim
	11:30am-8:30pm	Open Swim (Slide/Play Features On)
Saturday	8:00am-4:30pm	Open Swim (Slide/Play Features On)

WARM WATER POOL FALL SCHEDULE

The leisure pool schedule is subject to change without notice. For additional details, notes, and end times, please call the Recreation Center at 303-857-4200 for specific information.

DAY	TIME	POOL & FEATURES
Sunday	11:30am-4:30pm	Open Swim (Slide/Play Features On)
Monday	5:30am-9:00am	Water Therapy/ Wellness
	8:00am-8:45am	SilverSneakers® Splash
	10:00am- 10:45am	Aqua Arthritis Movement
	1:30pm-8:30pm	Open Swim
	6:00pm - 6:45pm	Aqua Fitness
Tuesday	5:30am-11:30am	Water Therapy/ Wellness
	5:30am-6:15am	Advanced Aqua Fitness
	8:00am-8:45am	Water Aerobics
	1:30pm-5:00pm	Open Swim
	5:00pm-8:30pm	Swim Lessons (Pool Closed)
	6:00pm-6:45pm	Aqua Fitness
Wednesday	5:30am-9:00am	Water Therapy/ Wellness
	8:00am-8:45am	SilverSneakers® Splash
	1:30pm-8:30pm	Open Swim
	6:00pm-6:45pm	Aqua Fitness
Thursday	5:30am-9:00am	Water Therapy/ Wellness
	8:00am-8:45am	Water Aerobics
	1:30pm-5:00pm	Open Swim
	5:00pm-8:30pm	Swim Lessons (Pool Closed)
Friday	5:30am-11:30am	Water Therapy/ Wellness
	5:30am-6:15am	Advanced Aqua Fitness
	8:00am-8:45am	SilverSneakers® Splash
	11:30am-8:30pm	Open Swim
Saturday	8:00am-12:00pm	Swim Lessons (Pool Closed)
	12:00pm-4:30pm	Open Swim

SCHEDULE DESCRIPTION

OPEN SWIM:

Starts at 11:30am Sunday - Saturday. Leisure Pool slide and play features will be on. Warm Water Pool play floatables and AquaZip will be available for use.

LAP SWIM:

Open to all ages. Lap Lanes are strictly for lap swimming. Reservations will NOT be taken.

WATER THERAPY / WELLNESS:

Warm Water Pool open for water-based exercise that promotes recovery, fitness and mobility, and arthritis therapy. Play features will not be available for use.

SILVERSNEAKERS® SPLASH:

Water aerobics and strength training class that's designed for all skill levels, including non-swimmers. The class is intended to be a full-body workout that's gentle on the knees and back. Splash uses shallow water movements and special equipment like a kickboard to improve flexibility, agility, strength, balance, and coordination.

AQUA FITNESS:

Offers a unique and effective way to stay fit and active while enjoying the benefits of working out in water. All fitness levels are welcome to this class. Using kickboards, bands and water weights to keep the class fun and different every time you take the class.

ADVANCED AQUA FITNESS:

Challenge yourself working through circuit stations and aerobic intervals in the river and leisure pool for a great calorie-burning workout. Uses water resistance to provide a more intense workout for experienced water aerobics students.

AQUA ARTHRITIS MOVEMENT:

Participants engage in stretching, breathing, and light aerobic activities in a warm pool to improve flexibility, joint range of motion, endurance, strength, and well-being. This class is a gentle, flowing form of warm-water exercise that helps relieve pain and stiffness.

WATER AEROBICS:

Led by a trained instructor, you can expect a full-body workout that combines cardio and strength. Students don't need to be a strong swimmer, you will always be able to reach the pool floor as you jump, kick, and lunge your way through a class.

SWIM LESSONS:

Swim Lessons start Saturday, January 24. Classes will be in the Warm Water Pool.

LAP POOL SCHEDULE

The leisure pool schedule is subject to change without notice. For additional details, notes, and end times, please call the Recreation Center at 303-857-4200 for specific information.

DAY	TIME
Monday	5:30am-1:00pm
	6:00pm-8:30pm
Tuesday	5:30am-1:00pm
	4:00pm-8:30pm
Wednesday	5:30am-1:00pm
	6:00pm-8:30pm
Thursday	5:30am-1:00pm
	4:00pm-8:30pm
Friday	5:30am-1:00pm
Saturday	8:00am-11:00am

SPLASH SWIM PROGRAM

Registration for all swimming lessons will be on a first-come, first-served walk-in basis and will be taken at the Fort Lupton Recreation Center. After the registration deadline, registration will be closed. If there are any spaces available, registration may be accepted with the approval of the Aquatics Coordinator. There is a minimum of two students and a maximum of six students.

SHRIMPS (BABY & ME)

This class is for young children and their parents. The class is designed to teach parents how to have fun with their child in the water while also introducing important swim skills. Swimmers will work on comfort in the water, floating and gliding on back and with eyes in the water for a short distance.

Age Recommendation: 6 months - 4 years

GUPPIES (PRESCHOOL)

This level is for swimmers who have graduated the Shrimps level but not old enough to participate in Seahorse. In this class children swim, without their parents, in the water and work on assisted floating, submerging underwater, and becoming mobile using simultaneous arm and leg actions and alternating arm and leg actions.

Age Recommendation: 3 years - 4 years

SEAHORSE (PRESCHOOL)

This level is for swimmers who have graduated the Shrimps level. In this class children swim, without their parents, in the water and work on assisted floating, submerging underwater, and becoming mobile using simultaneous arm and leg actions and alternating arm and leg actions.

Age Recommendation: 4 years - 5 years

CLOWNFISH (LEVEL 1)

The Clownfish level is for the younger beginning swimmer. Students will learn to float on their front and back as well as how to comfortably go underwater. We emphasize safety and confidence while setting the foundation for more advanced skills. We use songs, toys and games to help us achieve mastery of these skills.

Age Recommendation: 5 years +

BARRACUDA (LEVEL 2)

The Barracuda level is for the swimmer who is comfortable in the water and can float independently. In this class, students will begin to learn streamlining, freestyle, backstroke and how to swim to the wall after jumping into the water.

Age Recommendation: 6 years +

STING RAYS (LEVEL 3)

The Sting Ray level is for young swimmers who can consistently swim freestyle and are ready to start learning side breathing. Students will also work on backstroke progression and be introduced to breaststroke kick. We will also teach our swimmers how to tread water for 30 seconds at a time and build confidence.

Age Recommendation: 6 years +

SHARKS (LEVEL 4)

The Sharks class is designed to really enhance and perfect swimmers' technique. We spend time really focusing on the mastery of all aspects of the water. They should be comfortable swimming freestyle and backstroke. They should have a strong grasp and understanding of breaststroke. Introduction to the butterfly stroke will begin here.

Age Recommendation: 6 years +

WHALES (LEVEL 5)

The Whale class is designed to focus on repetitive, perfect stroke technique to prepare swimmers for Swim Team. These swimmers are proficient in every stroke and maintain correct body positioning and technique while swimming.

Age Recommendation: 6 years +

PRIVATE SWIM LESSONS

Private lessons are for those wanting one on one instruction. Private swim lessons are offered on an instructor available basis only. Each lesson is 30 minutes in length. Please contact the Aquatics Department to leave your name, phone number, and day/time preference.

NUMBER OF SESSIONS	TIME	FEE
1	30 Minutes	\$25
5	30 Minutes	\$110
10	30 Minutes	\$210

SEMI-PRIVATE SWIM LESSONS

Semi-private swim lessons are for two to three individuals per one instructor. Semi-private swim lessons are offered on an instructor available basis only. Each lesson is 30 minutes in length. Please contact the Aquatics Department to leave your name, phone number, and day/time preference.

NUMBER OF SESSIONS	TIME	FEE
1	30 Minutes	\$30
5	30 Minutes	\$130
10	30 Minutes	\$255



MAKE A SPLASH
- SCAN ME!



PHILLIPS 66 SWIM SAFETY SCHOLARSHIP



Fort Lupton
RECREATION



SAFE TO SWIM

Phillips 66, in collaboration with Ft. Lupton Recreation Center, is excited to announce a new initiative aimed at enhancing swim safety for local youth. This summer, Phillips 66 is providing a grant to provide learn-to-swim scholarships for children to ensure they gain essential swimming skills and water safety knowledge.

Swimming is an essential life skill, and this program aims to ensure that every child has the opportunity to learn how to swim, regardless of financial circumstances.

Interested families must apply for assistance by completing a scholarship application available at the Fort Lupton Recreation Center front desk.



AN APPLICATION MUST BE COMPLETED FOR EACH SWIM LESSON SESSION.

203 S. Harrison Ave. | 303.857.4200

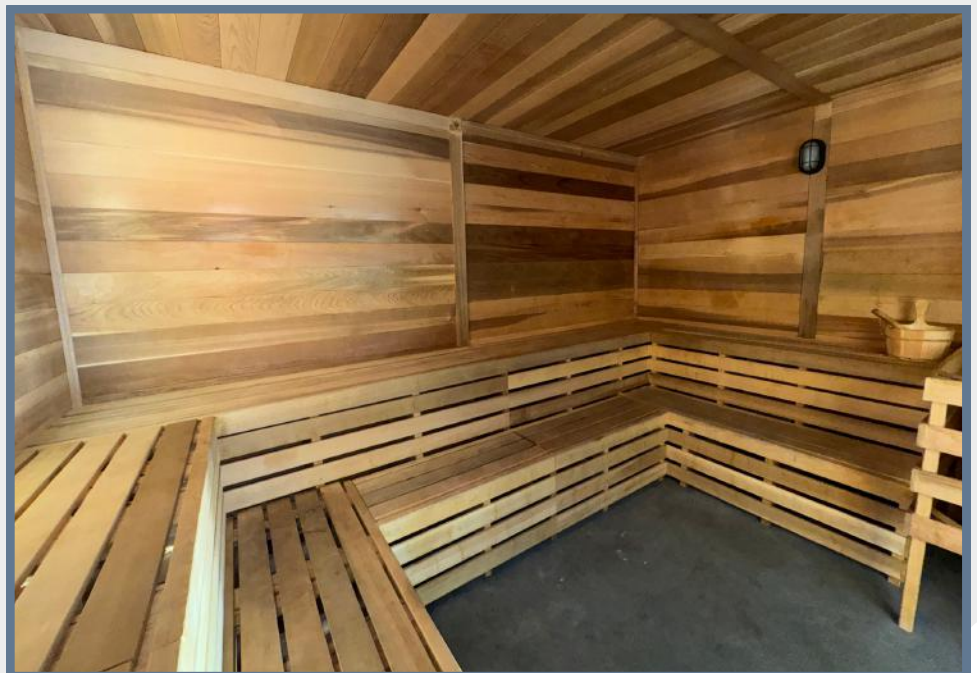
<https://fortluptonco.gov/1337/Phillips-66-Swim-Scholarship-Program>

DRY SAUNA

This is a dry sauna only. The sauna temperature is kept between 140- and 150-degrees Fahrenheit. The dry sauna is open daily during normal pool hours.

Rules:

- Remove all jewelry before entering the sauna. Jewelry will become extremely hot to the touch if worn in the sauna.
- The amount of time spent in the sauna should not be more than 15-20 minutes.
- 15 years old or older ONLY
- No shoes on the wood/benches. This goes for Crocs and sandals as well.
- No Food, Gum, Beverages, or glass items in sauna
- Exercises other than mild stretching is prohibited.
- Please refrain from using eucalyptus or any other scented oils/ lotions in the sauna.
- Personal Grooming is prohibited in the sauna.
- No spitting in sauna.



EVENING LESSONS: SESSION A

Days: Tuesday / Thursday Evenings

Date: January 27 - February 19

Registration: \$55 (Online Only by January 22)

CODE	LEVEL	TIME	FEE
17597	Shrimps	5:10pm- 5:50pm	\$60
17598	Shrimps	6:00pm- 6:40pm	
17610	Guppies	5:10pm- 5:50pm	
17617	Seahorse	6:00pm- 6:40pm	
17627	Clownfish	5:10pm- 5:50pm	
17628	Clownfish	6:50pm- 7:30pm	
17643	Barracudas	6:00pm- 6:40pm	
17644	Barracudas	6:50pm- 7:30pm	
17659	Sting Rays	6:50pm- 7:30pm	
17660	Sting Rays	7:40pm- 8:20pm	
17672	Sharks	7:40pm- 8:20pm	
17679	Whales	7:40pm- 8:20pm	

EVENING LESSONS: SESSION B

Days: Tuesday / Thursday Evenings

Date: March 3 - March 26

Registration: \$55 (Online Only by February 26)

CODE	LEVEL	TIME	FEE
17599	Shrimps	5:10pm- 5:50pm	\$60
17600	Shrimps	6:00pm- 6:40pm	
17611	Guppies	5:10pm- 5:50pm	
17618	Seahorse	6:00pm- 6:40pm	
17629	Clownfish	5:10pm- 5:50pm	
17630	Clownfish	6:50pm- 7:30pm	
17645	Barracudas	6:00pm- 6:40pm	
17646	Barracudas	6:50pm- 7:30pm	
17661	Sting Rays	6:50pm- 7:30pm	
17662	Sting Rays	7:40pm- 8:20pm	
17673	Sharks	7:40pm- 8:20pm	
17680	Whales	7:40pm- 8:20pm	



EVENING LESSONS: SESSION C

Days: Tuesday / Thursday Evenings

Date: April 7 - April 30

Registration: \$25 (Online Only by April 2)

CODE	LEVEL	TIME	FEE
17601	Shrimps	5:10pm- 5:50pm	\$30
17602	Shrimps	6:00pm- 6:40pm	
17612	Guppies	5:10pm- 5:50pm	
17619	Seahorse	6:00pm- 6:40pm	
17631	Clownfish	5:10pm- 5:50pm	
17632	Clownfish	6:50pm- 7:30pm	
17647	Barracudas	6:00pm- 6:40pm	
17648	Barracudas	6:50pm- 7:30pm	
17663	Sting Rays	6:50pm- 7:30pm	
17664	Sting Rays	7:40pm- 8:20pm	
17674	Sharks	7:40pm- 8:20pm	
17681	Whales	7:40pm- 8:20pm	

SATURDAY LESSONS: SESSION A

Days: Saturday Mornings

Date: January 31 - February 21

Registration: \$25 (Online Only by January 29)

CODE	LEVEL	TIME	FEE
17603	Shrimps	9:05am- 9:45am	\$30
17604	Shrimps	10:45am- 11:25am	
17613	Guppies	10:45am- 11:25am	
17620	Seahorse	9:55am- 10:35am	
17621	Seahorse	10:45am- 11:25am	
17633	Clownfish	9:05am- 9:45am	
17634	Clownfish	9:55am- 10:35am	
17635	Clownfish	10:45am- 11:25am	
17649	Barracudas	8:15am- 8:55am	
17650	Barracudas	9:05am- 9:45am	
17651	Barracudas	9:55am- 10:35am	
17665	Sting Rays	8:15am- 8:55am	
17666	Sting Rays	9:55am- 10:35am	
17675	Sharks	9:05am- 9:45am	
17682	Whales	8:15am- 8:55am	

Splash, swim, and grow—
one stroke at a time.

SATURDAY LESSONS: SESSION B

Days: Saturday Mornings

Date: March 7 - April 4

No Lessons on March 28th - Community Easter Egg Hunt!

Registration: \$25 (Online Only by March 5)

CODE	LEVEL	TIME	FEE
17605	Shrimps	9:05am- 9:45am	\$30
17606	Shrimps	10:45am- 11:25am	
17614	Guppies	10:45am- 11:25am	
17622	Seahorse	9:55am- 10:35am	
17623	Seahorse	10:45am- 11:25am	
17636	Clownfish	9:05am- 9:45am	
17637	Clownfish	9:55am- 10:35am	
17638	Clownfish	10:45am- 11:25am	
17652	Barracudas	8:15am- 8:55am	
17653	Barracudas	9:05am- 9:45am	
17654	Barracudas	9:55am- 10:35am	
17667	Sting Rays	8:15am- 8:55am	
17668	Sting Rays	9:55am- 10:35am	
17676	Sharks	9:05am- 9:45am	
17683	Whales	8:15am- 8:55am	

SATURDAY LESSONS: SESSION C

Days: Saturday Mornings

Date: April 18 - May 9

Registration: \$25 (Online Only by April 9)

CODE	LEVEL	TIME	FEE
17607	Shrimps	9:05am- 9:45am	\$30
17608	Shrimps	10:45am- 11:25am	
17615	Guppies	10:45am- 11:25am	
17624	Seahorse	9:55am- 10:35am	
17625	Seahorse	10:45am- 11:25am	
17639	Clownfish	9:05am- 9:45am	
17640	Clownfish	9:55am- 10:35am	
17641	Clownfish	10:45am- 11:25am	
17655	Barracudas	8:15am- 8:55am	
17656	Barracudas	9:05am- 9:45am	
17657	Barracudas	9:55am- 10:35am	
17669	Sting Rays	8:15am- 8:55am	
17670	Sting Rays	9:55am- 10:35am	
17677	Sharks	9:05am- 9:45am	
17684	Whales	8:15am- 8:55am	

SWIM LESSON P.E.

The Fort Lupton Recreation Center offers swim lessons P.E. classes designed for home-schooled students. Come and join your friends for fun, exercise and to complete your P.E. credit hours. The class will spend an hour in the pool: a 30-minute swim lesson followed by 15 minutes of free swim.

Days: Wednesdays

Registration: \$20

Session A: Online Only by February 6 Session B: Online Only by March 6 Session C: Online Only by April 3

CODE	AGE	TIME	FEE	
SESSION A – FEBRUARY 11, 18, 25				
17689	5 years- 6 years	9:30am – 10:15am	\$25	
17690	7 years – 10 years	10:20am – 11:05am		
17691	7 years – 10 years	11:10am – 11:55am		
17692	11 years & over	12:00pm – 12:45pm		
SESSION B – MARCH 11, 18, 25				
17693	5 years- 6 years	9:30am – 10:15am		
17694	7 years – 10 years	10:20am – 11:05am		
17695	7 years – 10 years	11:10am – 11:55am		
17696	11 years & over	12:00pm – 12:45pm		
SESSION C – APRIL 8, 15, 22				
17697	5 years- 6 years	9:30am – 10:15am		
17698	7 years – 10 years	10:20am – 11:05am		
17699	7 years – 10 years	11:10am – 11:55am		
17700	11 years & over	12:00pm – 12:45pm		

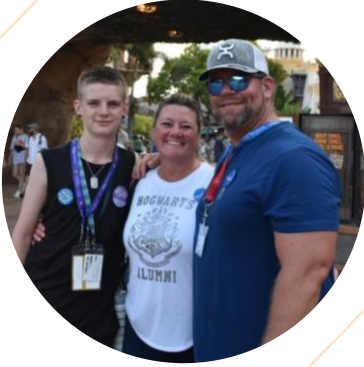
From playful paddles to confident strokes,
your swim journey starts here.



MAKE A SPLASH
– SCAN ME!

IFACES

OF FORT LUPTON REC



BRETT, HEATHER & PRESTON FIELDER

We have always been "Rec Center" people and have enjoyed coming to the Fort Lupton Rec Center over the past 8 years. Having options that allow us to remain active always remains a priority for our family. As parents of three boys (25, 23, & 14), we have always promoted an active lifestyle surrounding athletics. The Rec Center is a safe space that allows you to find what your "perfect effort" looks like. You will get out of things what you put them. We are honored to be selected as "Member's of the Month" and thank the staff for their kindness and Crystal for recognizing our commitment.

JOHN MCCARTHY



The Fort Lupton Rec. Center has become a place where I look forward to seeing familiar faces and friendships. It is a place where everyone is always welcomed with a smile as you walk through the front doors. Fitness has become a serious thing in my life and I am glad that I get to share that experience here at FLRC. It is a promise that I have made to myself to show up every day and set the tone. Pushing through mental and physical barriers that might have been subconsciously placed. I know that if I can hold this promise to myself and show up for my fitness then I can show up for my goals and dreams in the same way. The only limits that have been placed on us are the ones we have set. So I encourage you to remove those limits and explore who you can really become!

BERGIT DILLER



My name is Bergit Diller after my son and my husband passed away so close together, the Fort Lupton Recreation Center helped me from going crazy. Working out and having a great place to go really helped. I love to come and work out with wonderful instructors like Helen and Lacie. The rec center has many SilverSneakers classes with a great variety. I have made friends with many of the ladies that go to class. We also enjoy going out on Senior trips that the rec center provides for us. There is always something new and exciting to do. We have a lot of fun and the Fort Lupton Recreation Center is very important to me.

BARB GULLA



For the past 13 years, coming to the Rec Center has been an invaluable part of my life. The journey of consistently working to improve my health and fitness has been truly rewarding and the Rec Center has played a huge role in that. From yoga and swimming to weight training and various classes, I've explored so many ways to stay active. Every instructor I've had has been fantastic, but I'm especially grateful to Heather and Crystal for their continued support and encouragement over the years. Beyond fitness, one of the greatest gifts has been the friendships I've built here. They bring so much joy to my life. This place is more than a gym, it's a community that uplifts and inspires.

NICKOLE BONATI



My name is Nickole, I'm a mother to two boys and my weight loss journey really began about two years ago at my heaviest when I had an incident where I was not able to catch my then two-year-old from running in the street then later not being able to fit in a ride with him. I realized I needed to get healthy for my children. I am currently down a little over 100 pounds and have so much appreciation for Fort Lupton Rec Center! I've stayed consistent in the gym for over a year now and couldn't have done it without the amazing child care provided, the amazing trainers helping me and encouraging me, all the staff and just the community of people I see in here who have never made me feel judged, even at the beginning when I had no idea what I was doing! I look forward to the continued journey to a healthier me with the Fort Lupton Rec Center community!

REAL MEMBERS. REAL STORIES. REAL INSPIRATION.

CALL US:
303.857.4200



BIGGEST LOSER

TEAM CHALLENGE

Kick off 2026 with your workout buddy in our Biggest Loser Team Challenge! For six weeks, teams compete to earn the MOST POINTS through weekly weigh-ins, bonus challenges, healthy habits, and consistency.

JANUARY 19TH - MARCH 1ST

January 19: each team will do 2 miles on the treadmill and record their time together. The combined fastest time will win a prize for that day.



PRIZES

- **1st Place:** Fort Lupton Rec Sweatshirt, Goodie Bag & Entry to the Summer Sizzle 5K!
- **2nd Place:** Award for Best Team Name (voted on by the fitness team!)
- **Weekly Prizes:** Surprise swag + entries into a drawing for anyone earning 1,500+ points per week



REGISTRATION

\$25 per person • Register by January 17
(You may register the day of, but early sign-ups are encouraged!)



KICK OFF MEETING

Join us for the informational meeting with Lacie Sunday, January 18 at 4 PM • Fort Lupton Recreation Center

Grab your partner, choose an epic team name, and get ready to compete, get healthy, and have fun!

ONLY
\$25 / per person

Fort Lupton
RECREATION

FITNESS

STAY ACTIVE WITH US!

Discover our exciting group fitness schedule, updated monthly and packed with classes to energize you from September through December!

Explore the latest schedule, class descriptions, and instructor details online at www.fortluptonco.gov, grab a copy at our front desk, or scan the QR code to find the perfect class for you. Join us and kickstart your fitness journey today!



NEW EQUIPMENT ORIENTATIONS

As a valued member, unlock the full potential of our state-of-the-art, newly expanded fitness center with a complimentary equipment orientation! Our expert trainers are ready to guide you through the latest gear, ensuring you feel confident and empowered. Schedule your FREE one-time equipment orientation session through our Fitness Coordinator and elevate your workout experience today! Please call or email Lacie at lreckard@fortluptonco.gov 720.466.6171 to set up an appointment with a trainer.



Palango!
FITNESS
Turn Your Workout Into a Party!!

YOUR NEW FAVORITE SWEAT SESSION IS HERE!
THINK LATIN DANCE PARTY MEETS MARTIAL ARTS POWER
SET TO VIBRANT MUSIC THAT KEEPS YOU MOVING.

FUN – FEELS LIKE A PARTY, NOT A CHORE
FIERCE – TORCH CALORIES & TONE UP
EASY TO FOLLOW – NO DANCE SKILLS REQUIRED

WEDNESDAYS AT 8 PM + SUNDAYS AT 10 AM
FORT LUPTON RECREATION CENTER

Members: FREE
Drop-in fees available




Fort Lupton
RECREATION

Latin Beats.
Big Energy.
Dance Party!

Monday at 8pm
Saturdays at 10:15am

Zumba your
day away with
Yessenia!



ZUMBA



FITNESS AREA RULES

AGE LIMITS:

- 13-14 allowed with parent/guardian.
- Ages 15 and over do not require supervision.

EQUIPMENT:

- Wipe down equipment after each use.
- Re-rack weights after use.
- Do not drop weights.
- No chalk.
- 30-minute time limit on all equipment.
- No resting on equipment in between sets; allow others to rotate in.

PROPER ATTIRE:

- Athletic attire suitable for exercise (i.e. breathable workout shirts, shorts, leggings, or track pants).
- No sauna suits (or heat trapping attire like vinyl/ rubber sweat suits).
- No bathing suits, jeans, crocs, sandals, work boots, bare feet, etc.

RESPECT EACH OTHER:

- Please be respectful and courteous of all guests.
- Inappropriate language and behavior will not be tolerated.

TRACK RULES:

- Monday - Thursday after 5pm
- No children under 13 years old are allowed on the track at any time.
 - 13 and 14-year-olds are permitted only if accompanied by a parent at all times. The parent must remain with the child for the entire duration on the track.
 - All other standard track safety rules apply (proper attire, no horseplay, follow staff instructions, etc.).

Violation of any rule, or disorderly conduct could result in suspension or termination of your membership.

FITNESS

FITNESS CLASS DESCRIPTIONS

Silver Sneakers: A fun, low-impact class for older adults focused on strength, balance, and flexibility. Using chairs, light weights, bands, and balls, you'll move to upbeat music in a supportive, all-levels environment.

Silver Sneakers Chair Yoga: Gentle seated and standing poses using a chair for support. Improve flexibility, balance, and relaxation through slow movement and breathing. Accessible for all fitness levels.

Dancing in the Chair for Seniors: A lively, low-impact dance class performed seated or with chair support. Enjoy simple moves, upbeat music, and a fun way to boost cardio and coordination—no dance experience required.

Tabata Tone: A high-energy class using Tabata intervals and strength exercises to build endurance and tone your body. Expect quick bursts of work using bodyweight, weights, and bands.

Barbell Blast: Strength training with barbells and weight plates in a guided class focused on full-body power and endurance. Great for beginners and experienced lifters—adjust weights to your level.

Total Body Workouts: A full-body mix of strength, cardio, and endurance training using bodyweight, dumbbells, and bands. Scalable for all fitness levels and designed to help you feel strong and energized.

Weight Room Workouts: A trainer-led strength class in the weight room using racks, dumbbells, and machines. Learn proper form while building strength and confidence—perfect for all levels.

Legs for Days: A lower-body workout targeting legs and glutes with squats, lunges, and deadlifts using weights and bodyweight. Designed to build strength, stability, and endurance.

Arms and Abs: Tone your upper body and core with a combination of dumbbells, resistance bands, and bodyweight exercises. A great all-levels class to build strength and stability.

Upper Body Express: A fast 30-minute upper-body workout using dumbbells, barbells, and bands. Strengthen your chest, back, shoulders, and arms in an efficient, all-levels class.

Lower Body Express: A quick 30-minute session focused on legs and glutes using squats, lunges, and deadlifts. Great for building strength in a short amount of time.

Cycle and More: Start with energizing cycling intervals, then move off the bike for light strength work. A fun, music-driven, full-body workout for all fitness levels.

Cycle Only / Love to Cycle: A cardio-focused cycling class featuring sprints, climbs, and intervals. Build endurance and leg strength at your own pace with adjustable resistance.

Cycle Express: A 30-minute high-intensity cycling workout designed to burn calories fast. Short, strong, and all about pedal power.

Functional Training: A practical training class that improves strength, mobility, balance, and everyday movement using kettlebells, bands, and bodyweight. Great for all levels.

Core and Mobility: Strengthen your core and improve flexibility with targeted exercises and guided stretching. A balanced, low-impact class for stability and mobility.

Core and Restore: A blend of core-strengthening moves and gentle restorative stretching. Ideal for building stability while reducing stress.

Deep Stretch: A slow, relaxing class focused on long, full-body stretches to improve flexibility and release tension. Great for all levels.

Yoga: An all-levels yoga class combining breathing, flowing poses, and gentle stretching to build strength, balance, and calm. Modifications available for everyone.



FIND YOUR FIT
SCAN FOR CLASSES & SCHEDULES!

Restorative Yoga: A soothing, prop-supported class designed for deep relaxation and gentle stretching. Great for stress relief and recovery.

PALANGO! Cardio: A high-energy dance workout combining Latin rhythms and martial-arts-inspired moves. Easy three-step routines make it simple to follow, fun, and great for cardio endurance.

REB3L: A high-intensity, music-driven workout that builds confidence, strength, and endurance through full-body movement.

REB3L GROOVE: A dance-based cardio class with bold choreography and powerful music. Burn calories and have fun—no dance experience needed.

REB3L Strength: A low-impact, high-repetition strength class using bodyweight and light equipment paired with energizing music. All levels welcome.

Treadmill Intervals / HIIT: A fast-paced cardio class using treadmill or track intervals including sprints, hills, and recovery periods. A great calorie-burning workout for all levels.

Aqua Fitness: A low-impact water workout using resistance to build strength, flexibility, and cardio. Ideal for all fitness levels and gentle on the joints.

Silver Sneakers Splash Water Aerobics: A shallow-water class using kickboards and resistance to improve agility, strength, and cardio. Great for seniors and non-swimmers.

Aqua Arthritis Movement: Gentle, warm-water exercises designed to reduce joint pain, improve mobility, and increase flexibility. Perfect for seniors or those with arthritis.

Advanced Aqua Fitness: A higher-intensity water workout combining cardio bursts, water weights, and dynamic movements. Ideal for experienced participants looking for a challenge.

BOOT CAMP WITH CRYSTAL

Get ready to unleash your inner beast at our electrifying Boot Camp, led by the unstoppable Personal Trainer, Crystal! This high-octane, advanced-level class is a heart-pounding fusion of cardio and strength, with intense sprints, explosive push-ups, powerful squats, and gut-busting burpees that'll push your limits. It's not just a workout—it's a challenge to dominate with grit, attitude, and relentless energy! Join a crew of like-minded fitness warriors, forge new friendships, and sculpt your ultimate physique while staying in peak shape together. Meet upstairs in the Aerobics Room.

Evenings: Monday/Wednesday 6:00-7:00 PM | 8 Sessions

CODE	DATES	FEE
17517	Jan. 5 th - 28 th	\$40
17518	Feb. 2 nd - 25 th	\$40
17521	March 2 nd - 25 th	\$40
17522	April 6 th - 27 th	\$40
17523	May 4 th - 27 th	\$40

COMPLETE
3 MONTHS &
IN A ROW
GET A
T-SHIRT!



February
PERSONAL
TRAINING
SPECIAL

FOR THE LOVE OF TRAINING

Grab a partner and take advantage of our limited-time February deal: get two people trained for the price of one!

Choose your package:

- 5 sessions for \$185 — each person pays just \$92.50
- 10 sessions for \$320 — each person pays only \$160

This offer is available only during February and only for pairs, so team up, get motivated, and crush your goals together!

Sign up at the front desk or call 720.466.6171.

MASON JAR PREP CLASS WITH CRYSTAL

Join Crystal for a fun, hands-on mason jar meal prep class! Each month features a brand-new recipe, complete with step-by-step instruction, handouts, and your fully prepped jar to take home. Classes are held on the first Saturday of every month and cost just \$10. Space is limited—be sure to register by Friday morning before class. Come learn simple, delicious ways to stay on track with your nutrition!

CODE	DATES	FEE
17525	January 3 rd 9am	\$10
17526	February 7 th 9am	\$10
17527	March 7 th 9am	\$10
17528	April 4 th 9am	\$10
17529	May 2 nd 9am	\$10



**RUNNING
OF THE
GREEN**
FAMILY FUN RUN
CHALLENGE

RUNNING OF THE GREEN FAMILY FUN RUN CHALLENGE

Lace up, dress in green, and hit the outdoor Rec trails for a festive 60-minute lap challenge! Run or walk as many laps as you can—awards will be given for Top Male, Top Female, and Top Family finishers. But the fun doesn't stop there... show off your St. Paddy's spirit! We'll also crown a winner for the Best Green Outfit. Every participant receives a green beanie just for joining the fun.

CODE	DATES	FEE
17686	March 14 th 10am	\$20

MINI TRIATHLON - TRAIN WITH LACIE

Pick your 15-minute start time between 9 AM and 3 PM, then swim, bike, and run for 15 minutes each—your total distance becomes your score. Compete on your own or cheer for friends, with prizes for the top male and female finishers. The \$60 entry fee includes all training sessions with Lacie throughout April. Register at the front desk and choose your time slot!

Train with Lacie Mondays, 5:30pm April 6, 13, 20 and Thursdays 5:30am, April 9, 16, 23
15 min swim → 15 min bike → 15 min run No extra cost – just show up!

CODE	DATES	FEE
17687	Saturday, April 25 th 9am-3pm	\$60



PERSONAL TRAINING

Personal training is a dynamic service offered by fitness professionals to help clients achieve their unique fitness goals. With their expertise and experience, trainers provide personalized guidance, delivering one-on-one sessions tailored to each client's needs. Whether you're aiming for short-term wins or long-term transformation, trainers craft customized plans to maximize results, offering support and motivation every step of the way.

Important Information:

- A day pass is not required while working out with a personal trainer.
- All trainers are nationally certified.
- Required paperwork and full payment must be submitted before beginning your training program.
- A 24-hour notice is required for cancellations to avoid being charged for the session. Please contact your trainer directly to cancel.

PERSONAL TRAINING RATES

NUMBER OF SESSIONS	TIME	FEE
1	30 Minutes	\$28
5	30 Minutes	\$120
10	30 Minutes	\$180
1	1 Hour	\$45
5	1 Hour	\$185
10	1 Hour	\$320

GROUP PERSONAL TRAINING RATES

All age groups | 2-4 per person rate

NUMBER OF SESSIONS	TIME	FEE
1	1 Hour	\$30
5	1 Hour	\$135
10	1 Hour	\$225

BUY 10 PERSONAL TRAINING SESSIONS IN MAY AND GET 2 FREE!
STAY STRONG, SAVE BIG—ONLY IN MAY



YOGA

PRIVATE & PARTNER

Focused one-on-one sessions tailored specifically for you to improve flexibility, balance, strength, and coordination. Each practice is tailored to your energy and ability level for that day to get you closer to your health, movement, and lifestyle goals.

Important Information:

- A day pass is not required while participating in private yoga sessions.
- All private yoga instructors are nationally certified.
- Private yoga instructors' paperwork and payment must be completed before your first session.
- 24-hour cancellation notice is required to avoid being charged. To cancel, please contact your instructor directly.



ELITE TRAINERS WITH NUTRITION

Looking for that extra edge in your fitness journey? Our ELITE Trainer, Crystal, offers personalized nutrition support to help you kickstart real, lasting progress. Train with Crystal, then spend an additional 15 minutes diving into your eating habits, nutrition goals, and strategies that actually work.

Whether you're focused on weight loss, fitness nutrition, or building healthier habits, Crystal gives you the guidance and motivation to level up. Ready for results? Call today and schedule your session!

Important Information:

- A day pass is not required while training with a personal trainer.
- All trainers are nationally certified.
- Paperwork and payment must be completed before beginning your program.
- A 24-hour cancellation notice is required to avoid being charged.
- Contact your trainer directly to cancel.
- Trainer bios are available online and in our Recreation Guide.

ELITE TRAINERS WITH NUTRITION RATES

NUMBER OF SESSIONS	TIME	FEE
1	30 Minutes	\$36
5	30 Minutes	\$135
10	30 Minutes	\$240
1	1 Hour	\$50
5	1 Hour	\$200
10	1 Hour	\$380



YOGA RATES

NUMBER OF SESSIONS	TIME	FEE
1	1 Hour	\$42
5	1 Hour	\$200
PARTNER YOGA		
1	1 Hour	\$60 (total)
5	1 Hour	\$275 (total)



MEET THE TRAINERS

Get to know the certified professionals who are here to support your fitness journey!

Each of our trainers brings unique experience, specialties, and a passion for helping you reach your goals—whether you're just starting out or looking to level up. Explore their bios to find the right fit for your style, needs, and motivation.

CRYSTAL

After health, weight loss, and physical rehabilitation struggles of my own, I realized just how important fitness is for my mental, physical, and emotional wellbeing. Not just to feel stronger on the outside, but on the inside as well. I decided to become a personal trainer for many reasons. The most important was so that I can help support others in their journey through health and fitness, to help show you that you CAN do anything! Health and fitness is a lifelong journey and I'm here to support you along the way!

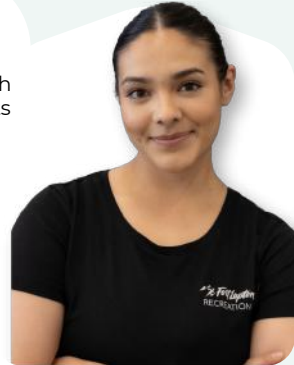
Certifications: ISSA - Certified Personal Trainer/Elite Trainer, ACE Certified Fitness Nutrition Specialist, ACE Certified Behavior Change Specialist, ISSA Nutritionist, AFAA Group Fitness Instructor, CPR/AED, First Aid



JAKKII

I'm Jakkii a dedicated fitness enthusiast with a passion for helping others achieve their goals and transform their lives through exercise! Fitness is more than lifting weights and running on a treadmill- it's about empowering yourself to live a happier, healthier life. I'm here to be your coach, motivator and cheerleader, providing guidance and support you need to stay committed and reach your goals. Together, we will celebrate every milestone and overcome any obstacles along the way!

Certifications: ISSA Certified Personal Trainer, ISSA Certified Fitness Instructor, CPR/AED, First Aid



HELEN

I have been teaching at the Fort Lupton Recreation Center for over 5 years now. I love my job and feel so lucky to be a part of this community and its members. I have my 500 hours from Core Power, River Yoga, with additional training in adaptive training. I am also certified in Silver Sneakers Classic and recently just got my certification in Silver Sneakers Splash. I love to teach all ages from the youth to the Seniors and everyone in-between. It is important to keep moving in a way you enjoy!
Private Yoga Instructor



HEATHER

In recent years, she has furthered her education with 200-plus hours of Vinyasa Flow, Yin, Restore, Buti, Reiki, Life Coaching, Holistic Wellness, and Art Therapy. Her love for creativity, meditation, and yoga helps her bring her life back to center. Heather has practiced yoga (bikram, vinyasa, yin, restore, gentle and power) for over 20 years as a supportive aid in her continued life struggles, and she hopes to share this life-enriching aid with others.
Private Yoga Instructor



KACY

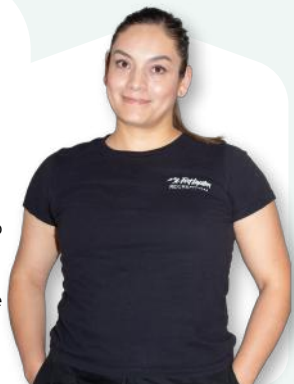
I decided to become a personal trainer for many reasons. One of those reasons is because I love people and love to help them. Another reason is that I have struggled with my weight all of my life and had a lot of misconceptions about how to lose weight. I am constantly researching the best books, the proper and safe way to get fit and healthy. I want to help people to get fit and stay fit. I believe everyone is already beautiful, I just want to get them healthy.

Certifications: AFAA Group Fitness, AAAL for Personal Trainer, ACSM Certified, CPR/AED, First Aid



MARIBEL

I am happily married with two beautiful daughters. I was a dedicated member who never missed a day at the gym and I loved helping other members. Who knew I could now make this my career? I did it! I hit my goal and I am now a certified personal trainer and fitness instructor. I love that I turned my passion into my career. My goal as a trainer is to be better every day, to help and motivate people to have a better lifestyle. I am bilingual, and feel like I am a good asset to the Fort Lupton Team. Please try one of my classes, or let me be your personal trainer. **Certifications:** ISSA - Certified Personal Trainer / Group Fitness Instructor, Stage Cycling Power Instructor, Group Fitness Specialist, CPR/AED, First Aid



HEALTHY LOOKS DIFFERENT FOR EVERYONE.

Find what feels good for you.



FIND YOUR FIT
SCAN FOR CLASSES & SCHEDULES!

ORRA

My approach centers on enhancing your quality of life through fitness, enabling you to enjoy all the activities you love while improving your mental well-being. I focus on functional training, mobility, strength building, sports development training, weight loss, and overall health improvement. I create personalized routines that fit your lifestyle and deliver lasting results. My goal is to help you transform both your physical capabilities and overall wellness through sustainable fitness practices.

Ready to elevate your quality of life through fitness? Let's achieve your goals together!

Certifications: ISSA Personal Trainer, AFFA Group Fitness, Schwinn Cycle Instructor, Barre Above, CPR/AED, First Aid



YESSENIA

Yessenia is a passionate group fitness instructor who teaches Zumba, ReB3! Groove & Strength, and StepIt. Her fitness journey began with a personal transformation—losing 60 pounds and discovering the confidence and joy that dance fitness brought into her life. Inspired by that experience, she started teaching in 2022 with the goal of helping others feel the same empowerment and positivity through movement. In every class, Yessenia creates a welcoming, high-energy environment where participants of all backgrounds and fitness levels can thrive. Whether you're a longtime gym goer or stepping into class for the very first time, she is committed to motivating you, celebrating your progress, and supporting you as you continue to grow on your health and fitness journey.



LACIE

Hi, I'm Lacie, your Fitness Coordinator!

Our certified personal trainers are here to help you take the guesswork out of fitness, build confidence, and reach your health goals one step at a time. Whether you're starting fresh or ready to level up, let's make this your season of change together!

— Lacie, Fitness Coordinator



MICHAELA

A certified Palango Instructor. I love good music and love to move, which is why I enjoy teaching Palango. Palango is a simple, fun and intense workout with great music. Over the last couple of years, I have been going to fitness classes at the Fort Lupton recreation center and have connected with a fantastic community. Movement has been instrumental in helping me get and stay out of pain, it has improved my mood and has made me stronger. I believe movement is for everyone and anyone can do it!

Certifications: NASM Strength and Conditioning, NASM Personal Training, ISSA Personal Training, CPR/AED, First Aid

CHILD CARE

Drop-in child care is available for our guests and class participants. Space is limited and on a first-come, first-served basis. Reservations are not accepted.

- An in-take form is required for all new children.
 - Parents are strongly encouraged to come in for a quick "meet & greet" before starting their child in our drop-in child care program.
- Maximum number of children allowed at any time is 8.
- Maximum time limit per child is 1 hour (per day).
- Parent must sign their child(ren) in and out with each visit.
- We do not change diapers. If a diaper needs to be changed, the parent will be paged.
- If a child cries for more than 20 minutes, the parent will be called to come pick them up.
- Parent must remain in the building at all times.
- All children's belongings should be labeled.
- Snacks are not provided. Children may bring in their own snacks.
- No gum.
- SICK CHILDREN ARE NOT ALLOWED.
 - If your child is home sick from school, they are not allowed in our care.

Hours:

Monday – Thursday

8:30am – 11:30am
5:00pm – 7:00pm

Fee:

FREE with FLRC membership or \$3.00 per hour/ child for drop-in

Ages:

1 years to 7 years



SCHILZ MARTIAL ARTS

Mr. Schilz owns a martial arts school in Lafayette and has been training for nearly 25 years. We are excited to offer Martial Arts classes for youth and adults at the Fort Lupton Recreation Center.

Juniors: Ages 8-13

Mr. Schilz's unique kids' program is designed to teach students far more than how to kick and punch. We are concerned with the well-being, health and education of our children, teaching life skills. Our innovative methods of teaching has influenced thousands of kids to persevere in the face of adversity.

CODE	DATES	TIME	FEE
17560	Jan. 9, 16, 23, 30	4:00 - 4:45 pm	\$68
17561	Feb. 6, 13, 20, 27	4:00 - 4:45 pm	\$68
17562	March 6, 13, 20, 27	4:00 - 4:45 pm	\$68
17563	April 3, 10, 17, 24	4:00 - 4:45 pm	\$68
17564	May 1, 8, 15, 22	4:00 - 4:45 pm	\$68



LEGACY

School of Dance



Legacy School of Dance teaches in partnership with area recreation centers and loves offering high quality dance instruction at the Fort Lupton Recreation Center!

Our school-year-long Showcase Season runs from September to May and culminates with a Student Showcase (recital) in the spring. Fort Lupton classes are held on Monday afternoons, beginning September 15.

Time	Class	Age	Monthly Cost
3:30-4:00	Toddler Ballet	22 months-3 years	\$60
4:00-4:45	Mini Ballet & Tap Combo	3-5 years	\$65
4:45-5:30	Pre-Teen Ballet & Tap Combo	8+ years	\$65
5:30-6:15	Junior Ballet & Tap Combo	5-7 years	\$65
6:15-7:00	Junior Jazz	5-7 years	\$65

Check our website for class details and registration!

Web: www.legacydancecolorado.com

Email: info@legacydancecolorado.com

Phone/Text: 720-923-2442



CITY OF FORT LUPTON MUSEUM



ABOUT US

The museum not only holds many historical artifacts – IT IS ONE! The building started life in 1929 as the Fort Lupton Library, open to the public and the High School, which was located next door.

The present High School was built in 1976 with a library attached, the old school was demolished and the library building stood empty. Over the years, a Sheriff's sub-station had its home here along with a license bureau, Boy Scouts meeting place, the Senior Center, the Recreation Center, the Red Cross Relief Committee. Dance classes and Sunday school classes took place here too!

Picture below shows high school and library, c1930.



Visit our website here!



CONTACT US :

453 First Street
Fort Lupton, CO 80621

Museum@FortLuptonCo.Gov
303-857-1634

UPCOMING EVENTS!

SIP & CHAT TEA TIME AT THE MUSEUM – ADULTS

Bring a treat to share along with stories of Fort Lupton
4th Thursday of the month 11 am-2 pm

CUANTITOS AT THE MUSEUM- CHILDREN 0-4

Spanish story time presented by the Fort Lupton Public & School Library, 3rd Thursday of the month at 10 am

FEATURED EXHIBITS:

- A Special Tribute to the art of Quilting!
- Buffalo Soldiers
- Arrowhead collection of Ralph Haynes
- The Fort Lupton Migrant Farm Labor Camp
- Fort Lupton's Tomato Canning History
- The story of Daisy Frink
 - The First Lady of the Nation's Canning Industry

The Museum collection includes the history of the town of Fort Lupton along with the families who inspired, built, and remain a part of the community.



Follow us on Facebook
for updates and events!

www.facebook.com/FortLuptonMuseum

SIP & CHAT



CUENTITOS AT THE MUSEUM



Bea "Yoshida" shares her childhood memories of Fort Lupton with her daughters.



Alvin Konishi along with his daughter, reminiscing of his time in Fort Lupton.



PARKS



ARBOR DAY TREE SALE

First come, first served.

Variety of species.

Wholesale pricing & tree prices and sizes vary.

Fort Lupton residents must provide proof of residency.

Cash/Credit Card/Check accepted forms of payment.

**SATURDAY
APRIL 25 | 8-12 PM**

FORT LUPTON RECREATION CENTER
203 SOUTH HARRISON AVENUE,
FORT LUPTON

GENERAL PARK RULES

- Parks are open from dawn to dusk.
- Use playground equipment at your own risk. Adult supervision required.
- All dogs must be on a 10' leash.
- Please be a responsible pet owner / clean up after your dog.
- No littering
- No fires
- No motorized vehicle
- No horseplay or fighting
- No alcoholic beverages
- No glass containers
- **ANYONE DAMAGING PROPERTY OR VIOLATING PARK RULES WILL BE PROSECUTED.**

SPLASH PARK RULES

- Park Splash Park is unsupervised; use at your own risk
- Clear the area when conditions for thunder or lightning are possible
- Children 6 years old and under must be accompanied by an adult
- No running or disorderly behavior
- Proper swim attire required; surfaces may be HOT - footwear is strongly recommended.
- Swim diapers are required for infants & children in diapers
- Do NOT drink the splash park water
- To protect others from waterborne diseases, individuals are not allowed in water if they have had diarrhea symptoms within 48 hours
- No floats or chairs in splash park area
- No bikes, scooters, skateboards, skates or rollerblades
- No food, drink, or tobacco products
- Pets are NOT allowed in the splash park area
- No soaps
- Climbing on splash / spray features is not allowed
- No persons under the influence of drugs or alcohol
- All other park rules apply
- Patrons refusing to obey posted rules are subject to removal from the premises.
- Be courteous and respectful of others - Take turns & have fun!
- **ANYONE DAMAGING PROPERTY OR VIOLATING PARK RULES WILL BE PROSECUTED.**

HAVE A TREMENDOUS ARBOR DAY!

THROUGHOUT THE YEAR, THE PRESENCE OF TREES SIGNIFICANTLY ENHANCES THE HEALTH, BEAUTY, AND COMFORT OF LIFE IN OUR COMMUNITY.

Make a Splash This Summer! SPLASH PARK OPENING Saturday, May 23, 2026



PARKS

PARK SHELTER RENTALS

Are you looking for a venue for a child's birthday party, company picnic, or family gathering? The City of Fort Lupton has several park shelters to host your next event. Shelter rentals must be made at least 5 days in advance. Rental Agreement and payment assures the applicant has use of the selected shelter on the day requested. Shelters are available for use from 9:00 am to dusk daily. Please visit our website for more information, www.fortluptonco.gov.

DAILY SHELTER RENTALS				
LOCATION	TIME	TABLES	ELECTRICITY	FEE
Koshio Park Gazebo (1st & McKinley)	9:00am - 8:00pm	3 tables	Yes	\$65 / day
Railroad Park South (2nd & Pacific)	9:00am - 8:00pm	2 tables	No	\$65 / day
Railroad Park North (4th & Pacific)	9:00am - 8:00pm	3 tables	No	\$65 / day
BLOCK RENTALS				
Community Center Park - Shelter 3	9:00am - 2:00pm	8 tables	Yes	\$65 / block
Community Center Park - Shelter 3	3:00pm - 8:00pm	8 tables	Yes	\$65 / block
Community Center Park - Shelter 4	9:00am - 2:00pm	6 tables	Yes	\$65 / block
Community Center Park - Shelter 4	3:00pm - 8:00pm	6 tables	Yes	\$65 / block

PARK SHELTER REGULATIONS AND RULES:

- Renter understands that NO ALCOHOLIC BEVERAGES are allowed in the park or parking lots.
- Renter understands that no stakes or items put into the grass are allowed.
- If water or electrical lines are punctured or damaged, the Renter will be liable for all costs and repairs.
- Motor vehicles on public property, including parks is prohibited, unless prior approval is given by the Fort Lupton Parks Department. This includes all walkways and grassy areas.
- Renter agrees to replace or pay a fee equal to the purchase price for any equipment that is not returned, lost, broken, or damaged.
- Renter agrees that their group is responsible for cleaning the area and the facilities used following the end of the function. If litter containers are full or are not present, renter will remove all litter from the premises. Large dumpsters are located in the parking lot of the community center. New liners are in the bottoms of all trash receptacles.
- The City reserves the right to cancel events if weather conditions would deem the area unsafe.
- All reservation fees and completed agreement are due at time of reservation.
- Renter must keep the permit in possession during the event.
- Special requests to the Fort Lupton Recreation Department must be made a minimum of 2 business days before the event.

Park Shelter Cancellation Policy:

- If the reservation is canceled at least 2 weeks prior to event, a full refund will be issued.
- If the reservation is canceled less than 2 weeks from event date, but more than 24 hours, 50% of the rental fees will be refunded.
- If the reservation is canceled less than 24 hours from event date, no refund will be issued.
- If cancellation is due to weather-related issues, a full refund will be granted

PARKS	FACILITIES												
	Splash Park	Fitness Court	Baseball Field	Pickleball Court	Basketball Court	Picnic Table	Playground Equipment	Restrooms	Shelters (ADA Accessible)	Playing Fields	Skate Park	Sand Volleyball	Open Space
Cannery Park (5th & Fulton)							X						
Smokey Park (9th & Park Avenue)						X							X
Community Center Park (203 S. Harrison Ave.)	X					X	X	X	X	X	X		
Koshio Park (1st & McKinley)						X	X	X	X				
Lancaster Park (1207 Lancaster)						X	X						
Lone Pine Park (west end of Kahil Place)													X
Pearson Park (west of Highway 85)			X				X	X		X			X
Rail Road Park (1st & Pacific)		X	X	X	X	X	X		X	X		X	
Road Side Park (9000 US HWY 85)						X			X				
Vincent Park (Rollie & Harrison on 9th Street)													X
Heritage Park (Hickory & Chestnut on Northrup Avenue)						X	X						

ROCK WALL

CLIMB TO NEW HEIGHTS!

Challenge yourself and let us help! The only indoor rock climbing in this area! Visit our new rock-climbing area with storage cubbies, seating, and a great view. Whether you are a pro or just want to learn and have fun, try out our 27' rock with four different routes, each offering a different level of difficulty. Enjoy open climb, youth climbing classes, or private lessons with our belay instructor. For additional information, please contact Lacie at 720.466.6171 or lreckard@fortluptonco.gov.

HOURS

MONDAY : 4:30 PM - 6:30 PM THURSDAY: 5:30 PM - 8:00 PM

Membership or daily drop-in fee required.

EXTENDED HOURS OFFERED ON THURSDAYS!



ORRA

I've been climbing for several years, and getting the chance to belay at FLRC has been the perfect way to stay grounded while helping others ascend. Rock climbing builds something special- a community founded on trust, confidence, and believing in yourself when the next hold seems just out of reach. Working with all ages keeps things interesting. There's nothing better than watching someone conquer a route they didn't think they could handle, or seeing that moment when they realize the only thing holding them back was doubt (and maybe gravity).

Looking forward to another season of reaching new heights together!

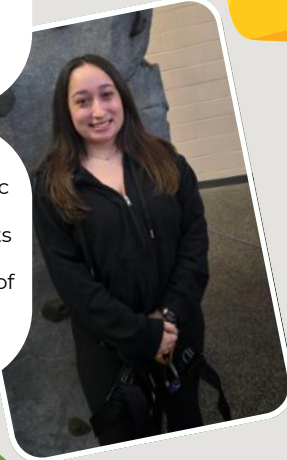
Certifications: Lead Climb Instructor/Belay Certified



CRYSTAL

Hello! I've been a rock wall attendant at the rec since May, and it has been a full whirlwind of excitement! Coming in and seeing participants climb with Orra and myself gives me full happiness to see them reach their goals and, of course, overcome fears.

Certifications: FLEC Belay Certified



JOIN US FOR SOME FUN!



NEW YEAR, NEW HEIGHTS

January 10th | 10 am-12 pm | \$25
Climbing clinic ages 8-12, conditioning, games and climbing.
Max 8 participants

BELAY MY VALENTINE | OPEN ROCKWALL

February 11th | All Day | Drop-in Fee
Stop in and grab a special gift from our Sweethearts!

ROCK YOUR LUCK

March 7th | 10 am-12 pm | \$25
Climbing clinic ages 8-12, conditioning, games and climbing.
Max 8 participants



ROCK WALL



One moment can make it all worth it.

As a Colorado community bank you're more than just our customer, you're our neighbor. Bank of Colorado is committed to educating, advising and partnering with our customers, to create stronger communities all across Colorado. Because we're not just a bank in Colorado, we're Bank of Colorado.

FORT LUPTON 111 S. Rollie Avenue, 303.857.3400



bankofcolorado.com

MEMBER FDIC

Annual
Easter Egg Hunt

MARCH 28TH 2026	FREE!	9am - Bunny Arrives 930am - Hunt Starts <i>*Ages 0 - 12</i>
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Community Park Behind the Rec. Center
203 S. Harrison Ave.

FOOD ~ GAMES ~ PRIZES ~ CRAFT TABLES

fortluptonco.gov/specialevents

FORT LUPTON RECREATION CENTER

+ AMERICAN RED CROSS LIFEGUARD TRAINING

ONLY \$75

Are you 15 years old or older? Are you looking for a part-time job that is flexible with your online classes or college schedule? American Red Cross Lifeguarding is the best place to start!

Lifeguarding puts you in an exciting position, working as part of a team to help people safely enjoy the water.

You must attend every class to receive the American Red Cross Certification
Lifeguard starting rate \$15.81/hour

Receiving Certifications in

- LIFEGUARDING
- FIRST AID
- CPR/AED

SIGN UP NOW!

303-857-4200 x6164
jskrocki@fortluptonco.gov
Space is limited!

WE'RE HIRING NEW LIFEGUARDS!

SPORTS



REGISTRATION & GUIDELINES

With the continual growth of our youth sports programs, the City of Fort Lupton is concerned with keeping youth sports fair. To make all teams as close to equal as possible, we have established a number of guidelines that will be followed in the upcoming sports seasons.

1. It is the mission of the Fort Lupton Recreation Center to provide programs for all youth of Fort Lupton to enjoy, regardless of race, religion, gender, socioeconomic status, or any other factors as a service to the community.
2. Registrations will be accepted during operation hours and during the designated dates listed.
3. Participants must complete a registration form and pay the registration fee.
 - a. Early Bird registration – this group will receive an early bird discount and will begin after priority registration ends.
 - b. Normal Registration – will pay the normal fee; all participants MUST be registered before the deadline, if not full.
 - c. Late Registrations will be placed on the wait list and placed on teams on an as needed basis.
4. Players will randomly be placed on teams based on age. All attempts will be made to put an equal number of ages on each team.
5. Immediate family members will be placed on the same team, however, they must participate in the same league (and age division), and it must be clearly noted on their registration packets.
6. Coaches' child(ren) will be placed on their team. Coaching staff (Head & Assistant Coaches) are only guaranteed 3 roster spots for their children.

VOLUNTEER COACH INFORMATION

Youth baseball, softball, volleyball, soccer, and basketball coach: The Fort Lupton Recreation Center is looking for enthusiastic, energetic, and knowledgeable adults who enjoy working with children. Without your assistance, we could not offer quality programs at such reasonable prices. If you are interested in volunteering 2-4 hours of your time each week, please call 303-857-4200 ext. 6165. All coaches must attend coaches meetings, pass a background check, and follow all league rules and regulations.

OFFICIALS

Do you have sports knowledge or experience officiating youth or adults? Do you want to make a little extra money? The Fort Lupton Recreation Center is looking for hard-working, knowledgeable, and enthusiastic officials. For more information, contact the Recreation Center to find out about officiating opportunities. PLEASE CONTACT the Sports Coordinator for more information, 303.857.4200 ext. 6165



**YOUR NEXT WIN STARTS
HERE — SCAN NOW.**



SPRING VOLLEYBALL: 3RD - 8TH GRADE

All youth in grades 3rd through 8th are encouraged to participate! Come bump, set and spike your way through spring in the NVAA volleyball league that focuses on fun and skill development. Teams will travel to the surrounding NVAA communities and play on Saturdays. Meet new friends and learn how to interact positively with others in a team environment. Develop good sportsmanship - positive attitudes and attributes can be applied to everyday life. Youth volunteer coaches are needed - please contact the sports coordinator with questions.

Registration Starts: January 2, 2026

Early Registration: By February 7 (\$80)

Deadline Fee (if not already full): By February 14 (\$100)

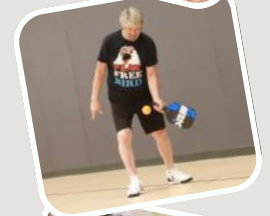
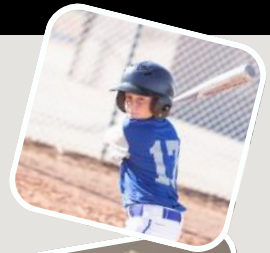
Location: Games will be played in Fort Lupton & Surrounding NVAA Communities

Practice: 2x/week at Floyd Acres Gym or Rec Gym

First Game: Saturday, March 21 **Last Game:** April 25

Schedule: www.teamsideline.com/nvaa (Available One Week Before Game)

CODE	AGE	DEADLINE	FEE
17549	3 rd - 4 th Grade	February 14	\$100 or \$80 by Feb. 7
17550	5 th - 6 th Grade	February 14	\$100 or \$80 by Feb. 7
17551	7 th - 8 th Grade	February 14	\$100 or \$80 by Feb. 7



SPORTS

NVAA BOYS SOCCER: 3RD - 6TH GRADE

All youth are encouraged to participate in this recreation and skill development-focused league. Meet new friends and learn how to interact positively with others in a team environment. Develop good sportsmanship - positive attitudes and attributes can be applied to everyday life. Teams will travel to surrounding NVAA communities and play on Saturdays. Youth volunteer coaches are needed - please contact the sports coordinator with questions.

Registration Starts: January 2, 2026

Early Registration: By February 7 (\$80)

Deadline Registration: By February 14 (\$100)

Location: Games will be played in Fort Lupton & surrounding NVAA communities

Practice: 2x / week at Community Center Park

First Game: Saturday, March 21

Last Game: Saturday, April 25

Schedule: www.teamsideline.com/nvaa (One week before game)

CODE	AGE	DEADLINE	FEE
17546	3 rd - 4 th Grade	Feb. 14	\$100 or \$80 by Feb. 7
17547	5 th - 6 th Grade	Feb. 14	\$100 or \$80 by Feb. 7

PRE-K SOCCER: CO-ED (4 YRS-5 YRS OLD)

Come participate in the Fort Lupton spring soccer program for fun and skill development. There will be no tournament and score will not be kept. Coaches or volunteer parents will referee soccer games. Meet new friends and learn how to interact positively with others in a team environment. Develop good sportsmanship - positive attitudes and attributes can be applied to everyday life. Youth volunteer coaches are needed - please contact the sports coordinator with questions.

Registration Starts: January 2, 2026

Early Registration: By February 7 (\$50)

Deadline Registration: By February 14 (\$70)

Location: Pearson Park Complex

Practice: Practice & Games are same day, practice 30 minutes before each game (Tuesday games)

First Game: Tuesday, March 10

Last Game: Tuesday, April 14

CODE	AGE	DEADLINE	FEE
17543	4-5 yrs old	Feb. 14	\$70 or \$50 by Feb. 7

YOUTH SOCCER: 1ST - 2ND GRADE

Come participate in the Fort Lupton spring soccer program for fun and skill development. There will be no tournament and score will not be kept. Coaches or volunteer parents will referee soccer games. Meet new friends and learn how to interact positively with others in a team environment. Develop good sportsmanship - positive attitudes and attributes can be applied to everyday life. Youth volunteer coaches are needed - please contact the sports coordinator with questions.

Registration Starts: January 2, 2026

Early Registration: By February 7 (\$50)

Deadline Registration: By February 14 (\$70)

Location: Community Park

Practice: 1x per week

First Game: Thursday, March 12

Last Game: April 16

CODE	AGE	DEADLINE	FEE
17544	1st - 2 nd Grade	Feb. 14	\$70 or \$50 by Feb. 7

Building Skills, Friendships, and Confidence
—One Game at a Time.



PICKLEBALL LESSONS: ADULT ONLY

Want to try your hand at pickleball? Come learn the rules and techniques of pickleball and play the game of this fast-growing sport at the Ft. Lupton Recreation Center!

CODE	AGE	DATES	TIME	DEADLINE	FEE
17702	Adults (18+)	Tues/Thurs - Begins Jan. 6 th	4-5 pm	Jan. 2	\$40
17703	Adults (18+)	Tues/Thurs - Feb. 3 rd	4-5 pm	Jan. 26	\$40
17704	Adults (18+)	Tues/Thurs - March 3 rd	4-5 pm	Feb. 23	\$40
17705	Adults (18+)	Tues/Thurs - April 7 th	4-5 pm	March 30	\$40
17706	Adults (18+)	Tues/Thurs - May 5 th	4-5 pm	April 27	\$40

NFL FLAG FOOTBALL: 1ST - 6TH GRADE

Get ready to Run, Jump, Throw and Fly! In this game, there's a position for everyone. No matter who you are, flag is your chance to run, throw, jump and fly. This is your chance to get involved in the action. A NFL Flag, we know the foundation of youth sports is more than just learning the fundamentals. It's about being a part of a team and, most importantly, having fun! That's why our NFL Flag league is designed to give boys and girls of all abilities a chance to learn, play and have a blast doing it. League includes 6 regular season games plus end of season tournament. Volunteer coaches are needed.

Early Registration: By February 7th (\$90)

Location: Pearson Park

Practice: 1-2x /week (Fort Lupton / Hudson - RYA)

First Game: March 7 **Last Game:** April 11

CODE	AGE	DEADLINE	FEE
17553	Fort Lupton 1 st - 2 nd Grade	Feb 14	\$110
17555	Fort Lupton 3 rd - 4 th Grade	Feb 14	\$110
17557	Fort Lupton 5 th - 6 th Grade	Feb 14	\$110
17554	Hudson RYA Rebels 1 st - 2 nd Grade	Feb 14	\$110
17555	Hudson RYA Rebels 3 rd - 4 th Grade	Feb 14	\$110
17557	Hudson RYA Rebels 5 th - 6 th Grade	Feb 14	\$110

TEE BALL: 4-5 YEAR OLD BOYS & GIRLS

Come participate in the Fort Lupton Summer T-Ball program for fun and skills development. This league focuses on recreation. There will be no tournament and scores will not be kept. Coaches or volunteer parents will be required to help officiate all games. Games will be played on Tuesday and Thursday late afternoon. All games will be played in Fort Lupton. Players will receive baseball pants through our rental program; players will return pants to the coaching staff right after their last scheduled game. **Players must provide their own glove.** Volunteer coaches are needed.

Early Registration: March 28th (\$70)

Location: Pearson Park

Practice & Play same day of Game. Tuesday/Thursday from 5-6 pm

First Game: April 28 **Last Game:** May 19

CODE	AGE	DEADLINE	FEE
17569	4-5 Years old	April 5	\$90

MACHINE PITCH - 7 YEARS AND UNDER

Boys and Girls! Come participate in the Fort Lupton / BYBSA Summer Machine Pitch program for fun and skills development. This league focuses on recreation. Games will mostly be played on Fridays. Games will be played in Fort Lupton and the surrounding communities. Players will receive baseball pants through our rental program; players will turn in pants to the coaching staff right after their last scheduled game. Volunteer coaches are needed. **Players must provide their own glove and helmet.** Please contact the sports coordinator. Age determined by April 30, 2026.

Early Registration: March 21st (\$100)

Location: Pearson Park & Surrounding Communities

Practice: 2x /week at Pearson Park / Hudson RYA

First Game: April 27 **Last Game:** June 22

CODE	AGE	DEADLINE	FEE
17582	Fort Lupton 6-7 years	March 28	\$120
17583	Hudson Rebels 6-7 years	March 28	\$120

MACHINE KID PITCH - 8 YEARS AND UNDER

Come participate in the Fort Lupton / BYBSA Summer Machine Pitch program for fun and skills development. This league focuses on recreation. Games will mostly be played on Mondays. Games will be played in Fort Lupton and the surrounding communities.

Players must provide their own belt, glove, & helmet.

Players will receive baseball pants through our rental program; players will return pants to the coaching staff right after their last scheduled game. Volunteer coaches are needed. Please contact the sports coordinator. Age determined by April 30, 2026.

Early Registration: March 21st (\$100)

Location: Pearson Park & Surrounding Communities

Practice: 2x /week at Pearson Park / Hudson RYA

First Game: April 27 **Last Game:** June 29

CODE	AGE	DEADLINE	FEE
17584	Fort Lupton 7-8 years	March 28	\$120
17585	Hudson Rebels 7-8 years	March 28	\$120

BASEBALL: 8-14 YEARS OLD

Participate in the Fort Lupton / BYBSA Youth Summer Baseball Program; players will enhance baseball skills and knowledge while enjoying the great game of baseball! Games will be played on weekday evenings. Players will receive baseball pants through our rental program; players will turn pants in to the coaching staff right after their last scheduled game. **Players must provide their own belt, glove, & helmet.** Volunteer coaches are needed – please contact the sports coordinator with questions. Age determined by April 30, 2026.

Early Registration: March 21st (\$100)

Location: Pearson Park & Surrounding Communities

Practice: 2x /week at Pearson Park / Hudson RYA

First Game: Week of April 8

Last Game: Week of June 29

Games: 9/10u (Friday), 11/12u (Friday), 13/14u (Monday)

CODE	AGE	DEADLINE	FEE
17578	Fort Lupton 9/10u (9-10 years)	March 28	\$120
17576	Fort Lupton 11/12u (11-12 years)	March 28	\$120
17577	Fort Lupton 13/14u (13-14 years)	March 28	\$120
17581	Hudson RYA Rebels (9-10 years)	March 28	\$120
17579	Hudson RYA Rebels 11/12u (11-12 years)	March 28	\$120
17580	Hudson RYA Rebels (13-14 years)	March 28	\$120



GIRLS SOFTBALL

The Fort Lupton Recreation Center has partnered with Indian Peaks Girls Softball Association (IPGSA) to provide Spring Recreational Softball for Girls ages 6-14. Players will enhance softball skills and knowledge while enjoying the game of softball. Players will receive pants and must return them after the last game of the season. Volunteer coaches are needed. Age determined by January 1, 2026.

Practices are held twice a week for one hour in Ft. Lupton. Spring games are played on weeknights for eight weeks in Fort Lupton and various locations across Northern Colorado.

Players must provide their own glove, belt and helmet.

Early Registration: By March 14th (\$100)

Location: Pearson Park & Surrounding Communities

Practice: 2x/week in Fort Lupton

CODE	AGE	DEADLINE	FEE
17713	8u (age 7-8) not born on or before 1/1/2017	March 21	\$120
17714	10u (age 9-10) not born on or before 1/1/2015	March 21	\$120
17715	12u (age 11-12) not born on or before 1/1/2013	March 21	\$120
17716	14u (13-14) not born on or before 1/1/2011	March 21	\$120

**UNLOCK SCHEDULES,
STATS & SIGN-UPS
— JUST SCAN.**



MEN'S BASKETBALL LEAGUE 18+

Get your team together and come sign up. This is an adult men's league that will play on Sunday evenings. There is a registration limit of 8 teams, so sign up early. Pick up a packet at the Recreation Center for more information, rules and form.

Registration by: February 1st

Location: Recreation Center Gym

First Game: February 8th

Tournament: Award for tournament champs.

CODE	AGE	DEADLINE	FEE
17709	18 + Years	February 1 st	\$550/ Team

ADULT CO-ED REC VOLLEYBALL

Bump, Set, Spike! We are now offering an adult CO-ED 6 on 6 volleyball league. League will consist of six (6) regular-season games and an end-of-season tournament. Games will be played on Thursday evenings.

Team Registration by: January 29th

Location: Recreation Center Gym

Game Times: 6pm, 7pm, 8pm

First Game: February 5th

Tournament: Award for tournament champs

CODE	AGE	DEADLINE	FEE
17708	18 + Years	January 29 th	\$300/ Team

**Good players
dream of hits.**

**Great players
practice them.**



TEENS

TEEN ROOM

The Teen Room is a welcoming, inclusive, and safe space for youth to hang out. A variety of games are available including a pool table, air hockey, foosball, and the wall of hoops! Daily admission or membership is required.



Adventure starts here—bring your friends!

TEEN TRIPS

All teen trips are for 5th – 8th graders (must be at least 10 years old to participate). All teens must have an up to date waiver on file (signed by a parent/ guardian) before the first trip. Waivers are valid 1 year from date of signing.

CODE	DATE	LOCATION	TIME	FEE	INCLUDES
17592	1/10	Malibu Jack's	10:15 am - 4 pm	\$25	4 hours of unlimited play, pizza & drink
17593	2/28	HoeDown Hill	9 am - 1 pm	\$25	Snow Tubing! Includes day pass and tube rental
17594	3/21	Beat the Bomb	10:30 am - 4 pm	\$40	60 minute bomb mission, 60 minute game bay, 1 slushie
17595	4/11	Warrior Challenge	12 pm - 4 pm	\$25	90 minutes of challenges & obstacles





**Your Voice.
Your Community.
Your Move.**



YOUTH ADVISORY COMMITTEE

Are you a 6th – 12th grader that lives in Fort Lupton looking to serve your community and enhance your leadership skills? Serving on the Youth Advisory Committee (YAC) is a great way to make a difference and be a voice for the youth within the community.

Please contact Julie Holm at 720-466-6163 or jholm@fortluptonco.gov for more information.

Now accepting applications for the 2025-2026 term (August 2025 – August 2026).

2025 - 2026 COMMITTEE MEMBERS

- Elizabeth Holbrook
- Sofia Reyes
- Peyton Johnson
- Sebastian Galvan
- Mia Dominguez

APPLY HERE!



Fort Lupton *Fort Lupton*
RECREATION
**YOUTH ADVISORY
- COMMITTEE -**

The Youth Committee offers an exciting avenue for young individuals to take on leadership roles, fostering personal growth and community involvement through volunteering and active engagement.

GET INVOLVED
6TH - 12TH GRADE
ELIGIBLE GRADES TO APPLY

VOLUNTEER
PLAN ACTIVITIES & EVENTS
ENGAGE WITH OUR COMMUNITY
& HAVE FUN!

THE DETAILS:

The City of Fort Lupton Youth Advisory Committee meets regularly each month August through August.

- Participant commitment:
 - Attend at least 50% of the volunteer activities.
 - Maintain at least a 2.5 GPA ("C" average).
 - Be respectful of others and their ideas.
 - Design a variety of fun and safe activities for youth.
 - Demonstrate leadership qualities for other youth who are attending activities.
 - Present Youth information to schools, organizations and committees if requested.
 - Stay out of trouble at school and with law enforcement.
 - Be drug and alcohol free.

APPLY HERE!



Fort Lupton Recreation Center
203 S. Harrison Avenue
Fort Lupton Co, 80621
Julie Holm
JHolm@FortLuptonCo.Gov
Phone: 720-466-6163



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boasts some of the lowest
tuition rates in Colorado,
and 91% of its students
leave **without** student
loan debt.

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 **Aims** COMMUNITY
COLLEGE

GREELEY
FORT LUPTON
LOVELAND
WINDSOR
ONLINE



YOUTH

SUMMER CAMP

The FLRC summer camp is a great way for youth to socialize and meet new friends during summer break. Summer camp provides a safe environment for children to develop social skills, decision making skills and engage in new experiences. Campers will get plenty of physical activity, gain self-confidence and make lasting memories. Register your child today to join in on the fun!

Due at Registration: Completed Registration Packet including Physical & Immunizations; \$150/ Session Deposit
The deposit is applied toward the balance due for each session of camp.

Registration Dates: Fort Lupton Residents: January 6, 2026 Non-Residents/ Online: January 12, 2026

Parent Meeting: Wednesday, May 13th at 5:30 pm

Camp Includes: Weekly Field Trips, Swimming, Team Building Activities, Arts/Crafts, FREE Swimming Lessons!

Register for all 3 sessions and pay in full by March 31st to receive a 10% discount!

SESSION 1: MAY 26 - JUNE 19 \$817 CODE 17589		SESSION 2: JUNE 22 - JULY 17 \$774 CODE 17590		SESSION 3: JULY 20 - JULY 31 \$430 CODE 17591	
DAY	THEME	DAY	THEME	DAY	THEME
May 26 - 29	Disney	June 22 - 26	Heroes in Training	July 20 - 24	Nature Unleashed
June 1 - 5	Movin' & Groovin'	June 29 - July 1	Stars & Stripes	July 27 - 31	Time Travel
June 8 - 12	Splash Splash	July 6 - 10	Lights, Camera, Action		
June 15 - 19	Anything Goes	July 13 - 17	Alphabet Soup		

2026 – 2027 PRESCHOOL ENRICHMENT

Registration for the upcoming school year opens on January 12, 2026. Enrollment packets can be picked up from the recreation center front desk or downloaded from our website at www.fortluptonco.gov. Enrollment packets, along with a current health appraisal and immunization record must be submitted no later than August 1, 2026. Parent meeting is scheduled for August 11, 2026, at 6:00pm.

Class Start Date: Tuesday, September 8, 2026 **Class End Date:** Friday, May 14, 2027

Participants must be at least 3 years old by August 1, 2026, and participants must be fully potty trained. The monthly fee is set up on autopay, on the card of your choice. Payments start September 1, 2026.

HALF DAY			
CODE	DAY	TIME	FEE
17537	Tuesday - Friday	8 am - 11:30 am	\$484/ Month
FULL DAY			
17538	Tuesday - Friday	8:00 am - 3:30 pm	\$798/ Month

CHILD CARE

Drop-in child care is available for our guests and class participants. Space is limited and on a first-come, first-served basis. Reservations are not accepted.

- An in-take form is required for all new children.
 - Parents are strongly encouraged to come in for a quick "meet & greet" before starting their child in our drop-in child care program.
- Maximum number of children allowed at any time is 8.
- Maximum time limit per child is 1 hour (per day).
- Parent must sign their child(ren) in and out with each visit.
- We do not change diapers. If a diaper needs to be changed, the parent will be paged.
- If a child cries for more than 20 minutes, the parent will be called to come pick them up.
- Parent must remain in the building at all times.
- All children's belongings should be labeled.
- Snacks are not provided. Children may bring in their own snacks.
- No gum.
- **SICK CHILDREN ARE NOT ALLOWED.**
 - If your child is home sick from school, they are not allowed in our care.

Hours: Monday – Thursday 8:30am – 11:30am
 5:00pm – 7:00pm
 Fee: FREE with FLRC membership or \$3.00 per hour/ child for drop-in
 Ages: 1 years to 7 years



MEET OUR TEAM!

LAURA - I have been working in drop-in childcare at the Fort Lupton Recreation Center for a little over 3 years. I have been in the Early Childhood Education field since 1997. I have been married to my husband, Brian, for over 31 years and we have 1 grown son, Konnor, and 2 dogs, Ruby & Gypsy. I am happy to welcome you and your family into our drop-in childcare program at the recreation center and look forward to making your child's time with us fun, safe and memorable.

JODIE I have been working in the drop-in childcare program at the Recreation Center for almost 1 year. Having worked with children for thirty years, I have a passion for providing an educational, fun and loving environment for children. I also like to refer to this as "organized chaos." When I am not working I enjoy reading, taking walks with my dog Pip, and most of all spending time with my family. I am happy to work here in Fort Lupton getting to know my community and I am excited to meet you and your little ones.

ERIN I've been working in early childhood education for 20+ years and have been here at the Fort Lupton Rec center for 2 years. I am a native of Colorado, growing up in a small farm town. I went to college at Arizona State University and got a Bachelor's degree in Business and Early Childhood Education. What I love most about teaching is the daily smiles & giggles and the excitement the children have for learning. Outside of work, I enjoy walks with my dogs, going to concerts, and watching & playing sports.

Discover what's happening all season long – just scan.



Fitness classes, youth sports, community events & more.

Latin Beats, Big Energy, Dance Party!

Monday at 8pm
Saturdays at 10:15am

Zumba your day away with Yessential!

Annual Easter Egg Hunt

MARCH 28TH 2026 FREE!

9am - Bunny Arrives
9:30am - Hunt Starts
Ages 0 - 12

Community Park Behind the Rec. Center
203 S. Harrison Ave.

FOOD GAMES PRIZES - GRAFT TABLES

fortluptonco.gov/specialevents

Fort Lupton ARBOR DAY TREE SALE

First come, first served.
Variety of species.
Wholesale pricing & tree prices and sizes vary.

Fort Lupton residents must provide proof of residency.

SATURDAY
APRIL 25 | 8-12 AM

FORT LUPTON RECREATION CENTER
203 SOUTH HARRISON AVENUE, FORT LUPTON

HAVE A TREEMENDOUS ARBOR DAY!

Fort Lupton COLORADO

Community 2026 Events Spring & Summer

March 28 **Easter Egg Hunt**
9am
Community Park - South of the Rec. Center
Bunny Pics | Egg Hunt | Games | Prizes | Donuts & Coffee

April 23 - 25 **Great Plains Fields of Honor**
Pearson Park Ball Fields, Hwy 52 / Hwy 85

May 25 **Memorial Day Service**
Hillside Cemetery

July 24 **America's Birthday Bash!**
Community Park at the Rec. Center
It's America's 250th birthday... WOWSA! Rides | Live Music | Games
Prizes | Food Trucks | Beer Garden & more.

July 10 - 11 **Citywide Garage Sales**
Calling all shoppers, sellers, and bargain hunters! Join this Ft. Lupton tradition with a weekend of sales scattered around the city. Register on-line for map inclusion.

August 24 **National Night Out**
Koshko Park, 131 McKinley St.
Grillin' & Chillin' with Ft. Lupton Police, Fire, and community service organizations. Games | Prizes | Demonstrations

Event Details: fortluptonco.gov/specialevents
Special Events Office: 720.928.4071

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Interested in seeing your logo here & supporting your community?
Become a SPONSOR!
Call: 720.928.4071

SCAN ME! LIBRARY PROGRAMS

SCAN ME! SPORTS + FITNESS + ACTIVE ADULTS

YOU'RE INVITED TO A Wine & Dine

MAKE IT A NIGHT TO REMEMBER AT OUR FORMAL WINE & DINE EVENT! ENJOY DELICIOUS BYTES, CURATED WINES, AND A BEAUTIFUL EVENING DESIGNED FOR MOMS, LADIES NIGHT GROUPS, OR COUPLES LOOKING FOR THE PERFECT DATE NIGHT.

MAY 2, 2026
5:00-9:00 BPM
REGISTRATION REQUIRED

Fort Lupton RECREATION

BOOT CAMP

\$40 FOR 8 SESSIONS
MONDAY & WEDNESDAY
6:00-7:00 PM

This High-octane, advanced level class is a heart-pounding fusion of cardio and strength with intense sprints, explosive burpees, powerful squats, and drive. It's not just a workout, it's a challenge to demonstrate your grit, attitude, and resilience.

Participants who participate in 8 sessions of Boot Camp will receive a free 1-hour experience.

303.857.4300

Fort Lupton RECREATION

2026 BIRTHDAY HIGH PLAINS HONOR FLIGHT

APRIL 25-25, 2026

SHOW OF SUPPORT & UNITY

HONORING THOSE WHO SERVE

YOUTH EDUCATION

HISTORY

CONNECT

BIGGEST

ROBBER TEAM CHALLENGE

PICK UP 2026 and your workout buddy in our Biggest Robber Team Challenge! For six weeks, teams compete to win the MOST POINTS through weekly workouts, bonus challenges, healthy meals, and consistency.

JANUARY 19th - MARCH 11th

PRIZES

REGISTRATION

RICK OFF MEETING

\$25 per person

