



# Gilpin County Parks & Recreation

Rec Connect

#24-12



## Community Member Spotlight David Eaton



My name is David Eaton. I'm a retired dentist, and at 70 years old, I'm feeling really good. Could you take a look at this picture? It's not bad for an old man. And I couldn't have done it without the Gilpin Recreation Center. My 100-year-old World War II combat veteran father worked out

with weights there when he was young at about 90:) He continued to play racquetball until he was 97. I think the other players used him as a target :) The Gilpin Rec Center also provided an outstanding facility for his 100th birthday party, which was attended by about 100 people.

I work out in the Rec Center's two weight rooms every day they are open. In order to maintain this physique, I must work out routinely. Living way up here in the mountains, it's a 35-60 minute drive to the nearest gym, except for Gilpin, which is only two minutes away. In summer I can walk to it.

I'm a fanatic for proper technique in my weightlifting workouts.

The other patrons are always cordial and sometimes need advice from this old doctor on proper techniques to achieve their goals. Some other enthusiasts work on hypertrophy and muscle gain, while others aim for endurance, general health, or strength. And there's always a couple of firemen trying to get in shape for the upcoming fire season.

I would only be able to maintain my mobility and physique with the presence of the Gilpin Rec Center, just above Blackhawk in Gilpin County.



# WATER SAFETY DAY



FRIDAY, JUNE 21ST, 2024  
10AM-12PM  
COMMUNITY CENTER POOLS



Bridging the gap between the pool and open water

## What you will learn:

- **Safety Tips:** Learn how to stay safe on the water while in open water
- **Interactive Workshops:** Engaging session on water safety tips for all ages.
- **Water Demonstrations:** Witness live demonstrations of water safety techniques by professionals.
- **Open Water Skills:** understand how to navigate undertows, riptides, river currents, and directional floating
- Participate in water safety exercises in the pool



**FREE! All Ages Welcome**

**Sponsored by:**



**please scan to register**

Gilpin County Parks & Recreation  
250 Norton Dr. Black Hawk | 303-582-1453 | [gilpincounty.colorado.gov](http://gilpincounty.colorado.gov)



# PLUNGE INTO THE POOL OF UNDERWATER KNOWLEDGE!

## 2024 Summer Express Swim Lessons

**MON/WED/FRI**

**Mornings**

**July 8th -**

**July 19th**

Register online or at  
the Community Center

**Fee:**

**\$50 Residents**

**\$60 Non-Residents**

**Level 1**

**8:00 - 8:30**

**AM**

**Level 2**

**8:30 - 9:00**

**AM**

**Level 3**

**9:00 - 9:30**

**AM**



**Gilpin County Parks & Recreation**

**250 Norton Dr. Black Hawk | 303-582-1453 | [gilpincounty.colorado.gov](http://gilpincounty.colorado.gov)**

JULY 19-21, 2024

# GILPIN COUNTY FAIR



## MAIN EVENTS

4-H HORSE & LIVESTOCK SHOWS  
ROUGH STOCK RODEO  
RANCH RODEO

## COMMUNITY EVENTS

- ★ VOLLEYBALL TOURNEY
- ★ REDNECK RELAY
- ★ BACKYARD BAGS
- ★ PARADE
- ★ FIBER & FABRIC ARTS
- ★ DOG AGILITY
- ★ WATCH FOR MORE!

Find out more



Apps & Info!

## VENDOR HOURS

FRIDAY: 12-6  
SATURDAY: 9-6  
SUNDAY: 9-4

Join us &



Volunteer!



# GILPIN COUNTY FAIR PARADE



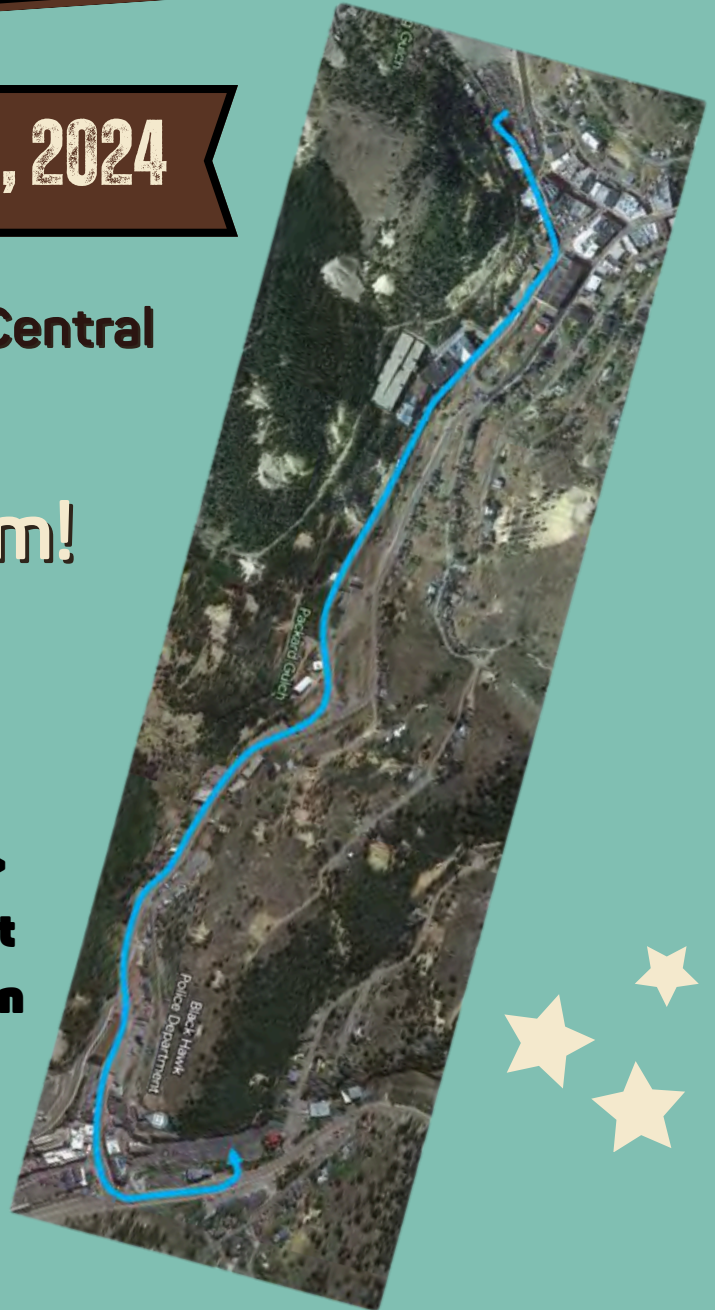
**JULY 19, 2024**

**Come join the fun through Central  
City and Black Hawk!**

**Starting at 10am!**

## PARADE ROUTE

**Start in T-Parking Lot >>>  
Spring Street >>> Main St >>>  
Gregory St >>> Black Hawk St  
>>> Black Hawk Blvd >>> End in  
Z Casino Parking Lot**



**APPLICATIONS, SUBMISSION & QUESTIONS  
CONTACT: [KMEYER@GILPINCOUNTY.ORG](mailto:KMEYER@GILPINCOUNTY.ORG)**



# GILPIN COUNTY FAIR ACTIVITIES

## WRISTBANDS FOR RIDES FOR JULY 20 & 21

**Early Bird Special \$5 for Sat & Sun!**  
**After 7/19 \$5 per day**

scan me for



waiver & fee

**AXE WHOOPING ~ AXE THROWING CAGE**  
**MECHANICAL BULL, INFLATABLE BOXING,**  
**BOUNCY HOUSE & OBSTACLE COURSE**

## COMMUNITY COMPETITIONS JULY 19, 20 & 21

### Friday 19th

### Saturday 20th

**\$5/entry FIBER & FABRIC ARTS**  
**Register 4-H HORSE/LIVESTOCK SHOW**  
**w/4-H 4-H GYMKHANA**  
**\$60/team VOLLEYBALL TOURNEY**

**RODEO** Register w/ JD Ford  
**BACKYARD BAGS** Free  
**DOG AGILITY** Free  
**LOG SPLITTING** Free

### Sunday 21st

Scan me for  
  
4-H registration

**\$60/team REDNECK RELAY**  
Register w/ JD Ford  
**\$30/team RANCH RODEO**  
**PICKLEBALL**

scan me  
  
to register

**Awards Sponsored by:**



# Why Learn Martial Arts?

Self-Defense | Strength | Flexibility  
Have Fun & Learn Cool Moves!

Mon. & Wed.

5:30 - 6:30 pm  
Ages 4-Adult



\$12 Drop-in

Begin training  
with no  
commitment!

Monthly  
Memberships

Individual \$72  
Family \$160

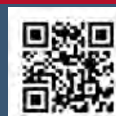


**Altitude**  
Martial Arts

 Gilpin Community Center 250 Norton Dr. (Golden Gate & Norton Dr.)

 (720) 608 - 8668

Advanced Training: Monday 6:30 -7 for adults & green belt+  
See full list of class dates and closures at [AltitudeMA.com](http://AltitudeMA.com)  
Class Size Min: 5 Max: 25



Get the Details  
[AltitudeMA.com](http://AltitudeMA.com)





# GILPIN COUNTY COMMUNITY CENTER

## JUNE 2024 ACTIVITY SCHEDULE

announcements

included with drop-in fee

separate or additional cost

free for specific patrons

### Monday 7:30A-8:00P

### Wednesday 7:30A-8:00P

### Friday 7:30A-6:00P

### Saturday 9:00A-4:00P

8:00 AM  
9:00 AM  
10:00 AM  
11:00 AM  
12:00 PM  
1:00 PM  
2:00 PM  
3:00 PM  
4:00 PM  
5:00 PM  
6:00 PM  
7:00 PM

**Lap Swim** 8-9:30

**Pickleball** 8:30-11:30

**Yoga** 9:30-10:30

**AquaFit** 9:30-10:30

**Senior Fit** 11-12

**Stitchers Club** 2nd & 4th Mondays of the month 12:30-5:00

**Summer Day Camp** 7:30 AM - 6 PM (starting June 10th)

**Taekwondo** 5:30-7:30

**Master Swim** 6-7:30

**Pottery w/ Rebecca** 5:15-7:45

**Pool Closes at 7:30**

**Lap Swim** 8-9:30

**AquaFit** 9:30-10:30

**Pickleball** 8:30-11:30

**Senior Fit** 11-12

**Senior Lunch** 12:15-1:15

**Baseball Practice** 4:30-5:45

**Taekwondo** 5:30-7

**Master Swim** 6-7:30

**Adult Softball** 6-8

**Summer Day Camp** 7:30 AM - 6 PM (starting June 10th)

**Pool Closes at 7:30**

**Lap Swim** 8-9:30

**Cardio Dance** 8:30-9:15

**AquaFit** 9:30-10:30

**Yoga** 9:30-10:30

**Senior Fit** 11-12

**Senior Lunch** 12:15-1:15

**Pickleball** 1-4

**Baseball Practice** 4:30-5:45

**Pool Closes at 5:30**

**Summer Day Camp** 7:30 AM - 6 PM (starting June 10th)

**Youth Baseball Begins 6/3**  
**Adult CoEd Softball begins 6/5**  
**CSU Wildfire Workshop 6/8**  
**Family Fun Fishing Clinic 6/16**  
**Water Safety Day 6/21**

**Pilates** 9:15-10:15

**Saturday Clay w/ Steve** (Starting June 22nd) 9:30-12:00

**Baseball Games Home or @ CCMRD** Starting June 15th - Times TBD

**Pool Closes at 3:30**

**Heart Fund for fee assistance by Friends of GCCC**



QR code to access GCPR Website



Heart Fund for fee assistance by Friends of GCCC