REC CONNECT

Staff Spotlight

Brian Unruh

Youth Camp Leader

Brian has been working with our youth camp for just over two years now, and has developed a great rapport with the kids and community center staff. He always has a positive attitude, is abundantly friendly and courteous with everyone, and has been exceptionally reliable. Our program wouldn't be the same without him.

Brian says "The reason the Rec Center is important to me is because I've been coming here all my life basically, and it's always been a great place to hangout with friends. I want the next group of kids to have a place like that, too. The reason I think that the center is important to the community is because it caters to everyone in the county. We do the senior lunch, youth sports, youth camp for teens, and the after school program for the younger kids. There are also so many more things that the Rec does that makes it a great place for the whole community to enjoy.

For recreation, I like to work out on the equipment, play basketball and use the track. "

ADULT VOLLEYBALL IS BACK

$100 PER TEAM

AGES 14+

REGISTRATION RUNS DEC 15TH - JAN 13TH

$20 LATE FEE AFTER THE 13TH

FIRST GAMES WILL BE THURSDAY JAN 19TH

GAMES WILL BEGIN AT 6:30PM AND RUN UNTIL END

GILPIN COUNTY PARKS AND REC
250 NORTON DRIVE | 303-582-1453

American Red Cross

LIFEGUARD TRAINING

American Red Cross Certification

This 3 Day Blended Training Includes CPR, AED, First Aid and Lifeguarding

Friday, March 3rd
4-8pm

Saturday, March 4th
9am-5pm

Sunday, March 5th
9am-5pm

Age: 15+ (for class) 16+ (employment)
Fee: $80/person (fee is waived for applicants)

Online and in-person class. Must complete online portion prior to in-person class. Must be able to swim 300m non-stop, tread water for 2 min, and retrieve brick from the bottom of the pool.

Register at the Community Center or Online
Already Lifeguard Certified? Apply Online
Questions? Contact Tabatha Oline toline@gilpincounty.org

Scan for Registration

GILPIN COUNTY PARKS & RECREATION
250 NORTON DRIVE BLACK HAWK | 303.582.1453 | GILPINCOUNTY.COLORADO.GOV

Parks & Recreation

Daddy Daughter Dance & Dive

Bring your dancin' shoes and swimmin' suits for a fun night out!

When: Saturday, February 11, 2023
Time: 5:30-8:00 p.m.
Fee: $30/couple, $10/add. child
(After 2/6: $40/couple, $15/add. child)
What: Dancing, Food, Crafts & Swimming
(bring your swimming suit and towel for the pool!)

Register online or at the Community Center

Scan for registration

Community Center | 250 Norton Dr. Black Hawk, CO 80422 | 303-582-1453

Altitude
Family Martial Arts
www.AltitudeMA.com

FAMILY TAEKWONDO

AGES 4+

Winter Session 1: Jan 4 - Feb 15

Monday & Wednesday
6pm - 7pm

Session Fee
$100 adults(18+)
$80 kids (4-17)

Drop-in
$12 adult / $10 kids

- Self Defense
- Flexibility
- Healthy Lifestyle
- Self Confidence
- Relieve Stress

Register

Register online or at the Community Center

Min Enrollment: 3 Max: 40

@ Gilpin Community Center Gymnasium | 250 Norton Dr. Black Hawk | 303.582.1453

Mondays & Fridays 9:30-10:30am

HATHA YOGA WITH LINZA

These classes are traditional Hatha Yoga with some Yin Yoga (which holds poses longer for connective tissue stretching)
One hour long, includes some breathing exercises

$7/ages 18-59
$5/seniors 60+

Gilpin County Community Center
250 Norton Dr. Black Hawk | 303-582-1453 | gilpincounty.colorado.gov

Senior Fit Class

Taught by Linza Douglas
Stretching & Strength Training
Mondays & Fridays 11:00am - 12:00pm

Senior Fit is half stretching and half strength training using weights and other equipment. Participants are encouraged to go at their own pace and have fun in the process!

FREE for Gilpin Residents

$3 drop in non-residents

Gilpin County Community Center | 250 Norton Drive Black Hawk
303.582.1453 https://gilpincounty.colorado.gov

body movement

with Constance

wednesdays 5:30 - 6:45 pm

$7/ages 18-59

$5/ages 60+

Punch cards available

alternative movements to
build flexibility and strength

Gilpin County Community Center

250 Norton Dr. Black Hawk | 303-582-1453 | gilpincounty.colorado.gov

HIIT

IN THE NEW YEAR

Start the New Year off right by taking our new High Intensity Interval Training class with instructor Emily Palm!

- ***BURN FAT***
- ***BUILD MUSCLE***
- ***CREATE CONSISTENT HABITS***
- ***CHALLENGE YOUR BODY AND MIND***

ONLY $150

MONDAY'S FROM 5:30-6:15PM
STARTING ON 1/23
ENDS 2/27
(NO CLASS 2/6 OR 2/20)

5 SPOTS AVAILABLE!

303-582-1453

PERSONAL TRAINING WITH EMILY

Starting 8/8/22!

INDIVIDUAL
$75/HR
SMALL GROUP
$120/HR

LOCATION: COMMUNITY CENTER
LEVEL: BEGINNER TO ADVANCED

- Expert Instruction
- Efficient Exercise
- Get Fitness Goals

CALL 303.582.1453 TO SCHEDULE A SESSION

Gilpin County Parks & Recreation
250 Norton Drive Black Hawk | 303.582.1453 | gilpincounty.colorado.gov

AQUA-FIT WATER EXERCIZE

MON/WED/FRI
9:30-10:30AM

DROP-IN RATES APPLY

Gilpin County Community Center
250 Norton Dr. | 303.582.1453 | gilpincounty.colorado.gov

ADULT DROP-IN PICKLEBALL

MON/WED 9:30AM-11:30AM

FRI 2:00PM-4:00PM

DROP-IN RATES APPLY

Gilpin County Parks & Recreation
Community Center | 303.582.1453 | gilpincounty.colorado.gov

Gilpin Stitchers Club

1st & 3rd Thursdays of each month

Bring your stitching crafts to the
Multi Purpose Room @
The Gilpin County Community Center
Every 1st and 3rd Thursday
of each month

9:00am - 4:00pm

Drop-in Fees Apply
Silver Sneakers, Renew Active & Silver & Fit
accepted

Gilpin County Community Center
250 Norton Drive Black Hawk | (303)582-1453
gilpincounty.colorado.gov

SCAN FOR MORE INFO!

VETERAN FLY ROD BUILDING CLASS

FREE for active duty military and veterans

JAN 2023 CLASS: SATURDAYS
JAN 14TH, 21ST, & 28TH 12:30PM-3:30PM

FEB 2023 CLASS: WEDNESDAYS
FEB 8TH, 15TH, & 22ND 5:00PM-8:00PM

MAR 2023 CLASS: SATURDAYS
MAR 4TH, 11TH, & 18TH 12:30PM-3:30PM

Participant must be able to attend all three class dates. Sign up by scanning the QR code above or email PBAbbateDenver@gmail.com

GILPIN COUNTY EST. 1861 COLORADO

Location:
Gilpin County
Community Center
250 Norton Dr.
Black Hawk 80422
(303)582-1453

PB ABBATE
RETURN TO BASE