

REC CONNECT



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!)

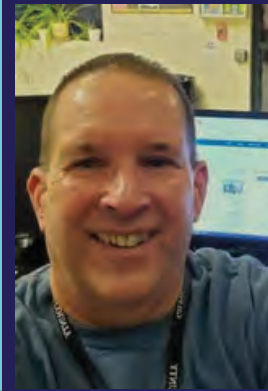
Register online or at the Community Center

Scan for registration




Staff Spotlight Frank Barr

Guest Services Representative



"Hi Gilpin County Community Center guests! My name is Frank Barr and I'm your newest Guest Services Representative working part-time at the front desk. My wife and I have lived in Gilpin County since 2017 and just love this beautiful area. I officially retired from a career in the airline industry in 2010 and then retired from a second career as a police

officer "down the hill" in 2021. Retirement is nice but I needed to get out of the house (no argument from my wife ☺); therefore, last year I began volunteering for Sheriff Armstrong with whatever the Sheriff needs – including flying the Office of Emergency Management's drone.

So why do I work at the Community Center? I believe strongly in the community as well as physical and mental health. Unfortunately, in my last job, I too often witnessed the negative effects of isolation and a sedentary lifestyle. We are truly lucky to have a Community Center that gives people the opportunity to work on their physical health in the pool, track, or workout areas; as well as a place where folks can get that important interaction with others, whether it be at a senior lunch, the pottery studio, or league sports. And for our county's kids, they also can have structured activities available after school and in the summer, they can learn to swim, or play basketball. I feel all of that is important to help our county's youth develop socially and physically into healthy adults.

I'm proud to be even a small part of such an important entity in our community. I get to work with awesome people and interact with wonderful guests. And thank you for your patience as I try to remember names as you check in!"

We are so happy to have Frank on the front lines of our Parks & Rec team! He's a fun, friendly new face at the Front Desk!



- Age: 15+ (for class) 16+ (employment)
- Fee: \$80/person (fee is waived for applicants)
- Online and 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
<https://anc.apm.activecommunities.com/gilpinparksandrec>

LIFEGUARD TRAINING

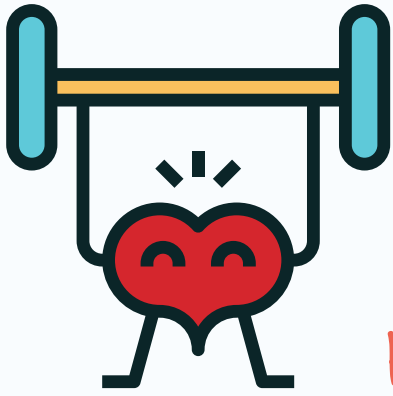
MARCH 3RD, 4TH & 5TH

WE'RE HIRING LIFEGUARDS!

Apply online! <https://gilpincounty.colorado.gov/careers>



PARKS & RECREATION

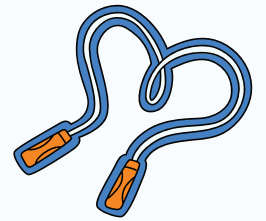


GET FIT!

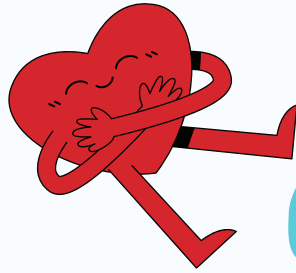
Healthy Heart, Healthy You!

FEBRUARY 25, 2023

@THE COMMUNITY CENTER



THE



OF

GILPIN COUNTY

FREE

**ADMISSION FROM 10A-2P
FITNESS DEMONSTRATIONS
REFRESHMENTS**

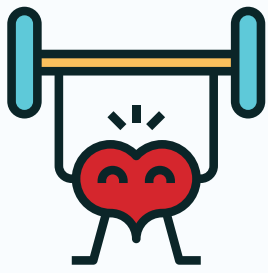
SPONSORED BY:



SCAN ME!

FOR THE HEART FUND!

COMMUNITY CENTER | 250 NORTON DR. BLACK HAWK, CO 80422 | 303-582-1453



GET FIT!

PARKS & RECREATION



Healthy Heart, Healthy You!

FEBRUARY 25, 2023

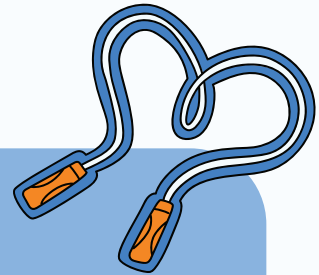
Get an EKG before and after you Jump Rope, walk a lap, or hula-hoop!

Create a Fitness Calendar to help you be a Healthier Happier YOU!

Visit With our Fitness Contractors, Gilpin Ambulance, Resilience 1220, Public Health, and Jefferson Center for Mental Health!



Schedule



10:00-10:30A ~ LINZA YOGA

10:30-11:00A ~ LINZA SENIOR FIT

11:00-11:30A ~ BODY MOVEMENT W/ CONSTANCE

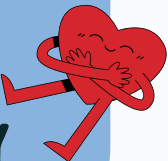
11:30A-12:00P ~ WHAT IS SELF CARE? JEFFERSON CENTER FOR MENTAL HEALTH

12:00P SNACKS WITH FG3C ~ HEART FUND TALK

12:30-1:00P ~ EAT HEALTHY WITH HOLISTIC HOMESTEAD

1:00-1:30P ~ ALTITUDE MARTIAL ARTS

1:30-2:00P ~ CREATE A FITNESS CALENDAR W/ EMILY



COMMUNITY CENTER | 250 NORTON DR. BLACK HAWK, CO 80422 | 303-582-1453

MON**TUE****WED****THU****FRI****SAT****1/30**

HATHA YOGA
PICKLEBALL CLUB
SENIOR FIT
POTTERY CLASS
TAEKWONDO
LAP SWIM (AM & PM)

1/31

CLOSED
CAMP ONLY

2/1

PICKLEBALL CLUB
AQUAFIT
SENIOR LUNCH
BODY MOVEMENT
TAEKWONDO
LAP SWIM (AM & PM)

2/2

FAMILY GYM TIME
GILPIN STITCHERS
LAP SWIM (AM & PM)
POTTERY CLASS
ADULT V-BALL GAMES

2/3

HATHA YOGA
AQUAFIT
SENIOR FIT
SENIOR LUNCH
PICKLEBALL CLUB
LAP SWIM (AM)

2/4

POTTERY CLASS
SWIM LESSONS
YOUTH BASKETBALL
GAMES

2/6

HATHA YOGA
PICKLEBALL CLUB
SENIOR FIT
POTTERY CLASS
TAEKWONDO
LAP SWIM (AM & PM)

2/7

CLOSED
CAMP ONLY

2/8

PICKLEBALL CLUB
AQUAFIT
SENIOR LUNCH
VETERAN FLY ROD CLASS
BODY MOVEMENT
TAEKWONDO
LAP SWIM (AM & PM)

2/9

FAMILY GYM TIME
LAP SWIM (AM & PM)
POTTERY CLASS
ADULT V-BALL GAMES
SWIM LESSONS

2/10

HATHA YOGA
AQUAFIT
SENIOR LUNCH
PICKLEBALL CLUB
LAP SWIM (AM)

2/11

POTTERY CLASS
SWIM LESSONS
YOUTH BASKETBALL
GAMES
DADDY-DAUGHTER DANCE

2/13

HATHA YOGA
PICKLEBALL CLUB
AQUAFIT
SENIOR FIT
POTTERY CLASS
TAEKWONDO
LAP SWIM (AM & PM)

2/14

CLOSED
CAMP ONLY

2/15

PICKLEBALL CLUB
AQUAFIT
SENIOR LUNCH
VETERAN FLY ROD CLASS
BODY MOVEMENT
TAEKWONDO
LAP SWIM (AM & PM)

2/16

FAMILY GYM TIME
GILPIN STITCHERS
LAP SWIM (AM & PM)
POTTERY CLASS
ADULT V-BALL GAMES
SWIM LESSONS

2/17

HATHA YOGA
AQUAFIT
SENIOR FIT
SENIOR LUNCH
PICKLEBALL CLUB
LAP SWIM (AM)

2/18

POTTERY CLASS
VETERAN FLY ROD CLASS
SWIM LESSONS
YOUTH BASKETBALL
GAMES

2/20

PRESIDENTS
DAY
CLOSED

2/21

CLOSED
CAMP ONLY

2/22

PICKLEBALL CLUB
AQUAFIT
SENIOR LUNCH
VETERAN FLY ROD CLASS
BODY MOVEMENT
TAEKWONDO
LAP SWIM (AM & PM)

2/23

FAMILY GYM TIME
LAP SWIM (AM & PM)
POTTERY CLASS
ADULT V-BALL GAMES
SWIM LESSONS

2/24

HATHA YOGA
AQUAFIT
SENIOR FIT
SENIOR LUNCH
PICKLEBALL CLUB
LAP SWIM (AM)

2/25

GET FIT EVENT!
POTTERY CLASS
SWIM LESSONS
YOUTH BASKETBALL
GAMES

2/27

HATHA YOGA
PICKLEBALL CLUB
AQUAFIT
SENIOR FIT
POTTERY CLASS
TAEKWONDO
LAP SWIM (AM & PM)

2/28

CLOSED
CAMP ONLY

3/1

PICKLEBALL CLUB
AQUAFIT
SENIOR LUNCH
BODY MOVEMENT
TAEKWONDO
LAP SWIM (AM & PM)

3/2

FAMILY GYM TIME
GILPIN STITCHERS
LAP SWIM (AM & PM)
POTTERY CLASS
ADULT V-BALL GAMES
SWIM LESSONS

3/3

HATHA YOGA
AQUAFIT
SENIOR FIT
SENIOR LUNCH
PICKLEBALL CLUB
LAP SWIM (AM)

3/4

POTTERY CLASS
SWIM LESSONS
YOUTH BASKETBALL
GAMES



FEBRUARY 2023

GILPIN COUNTY COMMUNITY CENTER
250 NORTON DRIVE, BLACK HAWK, CO

FOR MORE INFORMATION, VISIT OUR WEBSITE:
GILPINCOUNTY.COLORADO.GOV



LIFEGUARD TRAINING

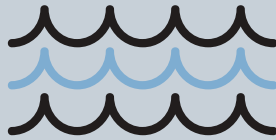
American Red Cross Certification

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

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

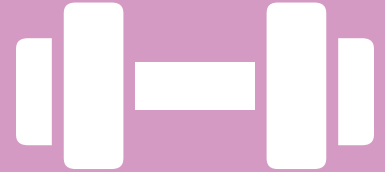


Gilpin County Community Center

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

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

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





Taekwondo

Individuals & Families Welcome

New Session Starts Feb 27 - April 12
Monday & Wednesday 6 pm - 7 pm

AGES 4-ADULT

for more info

www.AltitudeMA.com

register



BENEFITS FOR ALL AGES

- ✓ Self Defense
- ✓ Flexibility
- ✓ Healthy Lifestyle
- ✓ Self Confidence
- ✓ Relieve Stress
- ✓ Have Fun & Learn Cool Moves!

Session

\$100 Adult 18+
\$80 Child 4-17

Drop-in

\$12 Adult / \$10 Child

Min Enrollment: 3 Max: 40



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



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



PB ABBATE
RETURN TO BASE