CITY of RIVERTON

Spring 2013

RECREATION

hosted by: CENTRAL Wyoming COLLEGE

Spring Recreation/Learning Opportunities

ACTIVITIES FOR THE YOUTH

'R' Basketball for Boys

Certified coaches will work with players on the fundamental skills of basketball. The energetic mixture of fun and age-appropriate competition will give your child a unique opportunity to develop as a basketball player. Days of the week and times may be modified based on the number of participants. Coaches will inform parents of any changes on the first night.

Middle School, 6th-8th Grades

Date: Jan. 15-Feb. 21 **Reg. deadline:** Jan. 9
Days: Tues and Thurs (Mondays will be used for conflicts on Thurs)
Time: 6:30-8:00 PM
Place: Middle School Gym
Cost: $20

4th and 5th Grades

Date: Jan. 14-Feb. 21 **Reg. deadline:** Jan. 9
Days: Mon, Tues, Thurs. (or as scheduled)
Time: 6:30-8:00 PM (or as scheduled)
Place: Rendezvous Gym
Cost: $20

2nd and 3rd Grades

Date: Jan. 14/Jan. 15-Feb. 21 **Reg. deadline:** Jan. 9
Days: 2nd Graders: Mon 6:00-7:00 PM; Thurs 6:00-6:45 PM
3rd Graders: Tues 6:00-7:00 PM; Thurs 6:45-7:30 PM
Place: Aspen Park Gym
(please enter through the doors to the right of main entrance)
Cost: $20

Kindergarten and 1st Grades

Date: Jan. 21 -Feb. 25 **Reg. deadline:** Jan. 9
Days: Mondays
Time: Kindergarten: 5:30-6:15 PM
1st grade: 6:30-7:15 PM
Place: Ashgrove Gym
Cost: $15

Saturday Movie Matinee

Back by popular demand! We are again offering the fantastically **free** Saturday Movie Matinee. This is something you can do with the entire family. Yummy concessions are available during all three movies. Don't miss this great way to spend a lazy Saturday.

Time: 11:00 AM
January 19 Ice Age, Continental Drift, PG
February 16 Hotel Transylvania, PG
March 16 Rise of the Guardians, PG
Cost: FREE
Place: Acme Theatre on Main Street

Indoor Soccer

Here is the opportunity to play soccer year-round! Join RYSA soccer coaches in this fun, fast-paced soccer that is played indoors. There will be a variety of drills and games all designed to improve your soccer skills. ***A separate RYSA registration form is required for this program.***

Dates: Sundays, Jan. 6-Feb. 24
Times: U8/U10: 2:00-3:00 PM
U12/U14: 3:00-4:00 PM
Place: CWC Gym
Register: **'R' Rec registration form is not used for this program. The RYSA registration form is required and available at www.rivertonsoccer.org**
Cost: $10 payable to RYSA

Family Ice Skating Nights

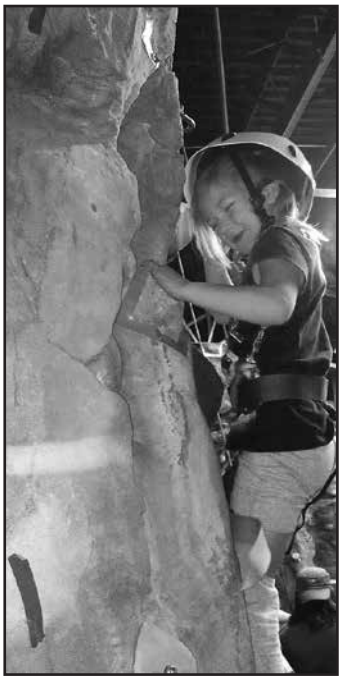
Gather your family and friends for an evening of ice skating. We will provide the music, skates and concessions; you provide the energy and excitement! Whether you are an experienced skater or wanting to try it for the first time, this is where you want to be on a wintery Saturday night. Bring some extra money for the yummy hot chocolate and concessions.

Dates: January 19: Get your family and friends together for a fun night of skating!
February 9: Bring your Valentine for a sweet night of skating!
Time: 7:00-9 PM
Place: Riverton Ice Arena; intersection of Smith Rd and East Park Ave.
Cost: $2/person; includes skates

Friday Fun Night

Meet your friends for a Friday evening of fun physical activity. There will be organized games, pizza, rockin' music, crafts and definitely a good time! You won't want to miss this chance to hook up with your friends and have a great time!

Dates: Friday, Jan. 25
Time: 6:00-8:00 PM
Ages: 3rd, 4th, 5th graders
Place: Rendezvous Gym
Cost: $5



Intro to Rock Climbing

The kids are out of school for the day. Need an activity for them? They will enjoy the skills and thrills of safe indoor rock climbing on CWC's climbing wall. Climbing movement, how to boulder and spot a boulder safely, as well as belay others safely to tops of climbs will be taught. There will have lots of fun hanging and swinging on the climbing ropes to successfully reach the top. This class is a beginner class and no experience is necessary. You will learn from the expertise of Stacy

Wells, NOLS Senior Instructor. Climbing ropes, helmets, harnesses, and all climbing equipment is included. Participants must register in advance for each class, as class size is limited.

Dates: Friday, Feb. 1 **or** Friday, Feb. 22 *(please specify date)*
Time: **Class A:** 10 AM-noon
Class B: noon-2 PM
Place: CWC Climbing Wall (gymnasium lobby)
Cost: $10/class
Ages: 8-14 year olds

Little Spikers 'R' Volleyball

Boys and girls, ages 4-8, come and join the fun and excitement with the Little Spikers 'R' Volleyball program. The camp consists of a series of fun group activities and non-competitive short games. Little Spikers focuses on exercise, coordination, participation and basic volleyball skills. You couldn't find a better way to introduce the exciting game of volleyball! Register early because there is a limited number of kids accepted due to age and gym capacity.

Date: Feb 5-21; Tues and Thurs
Time: 3:30-4:30 PM
Place: Aspen Park Elementary Gym
Cost: $10
Ages: 4-8 year olds

Dodge Ball Tournament

Want something exciting and a bit competitive to do in the dead of winter? Get your friends and form a team of six for this fun double elimination tournament. Teams must register in advance by February 13!

Date: Saturday, Feb. 16
Registration deadline: February 13
Time: 10:00 AM
Place: CWC Gym
Ages: 6th, 7th and 8th grade divisions
Cost: $5/player

Young Rustler Climbing Program

You will love this fabulous opportunity for an age appropriate evening of climbing in the CWC indoor rock climbing wall. The Young Rustler Climbing Program, lead by students in the CWC Outdoor Education degree program, will provide exercise and entertainment for the community youth through climbing in a controlled, low risk environment. Both age groups will learn to safely climb with ropes, spotters, and belayers using a top roping system. **Please register in advance for each session for staffing purposes.**

Days: Saturday
Dates/Ages: Session A: Feb. 2; 6-8 year olds
Session B: Feb. 23; 9-14 year olds
Session C: March 2; 6-8 year olds
Session D: March 16; 9-14 year olds
Time: 5:00-7:00 PM
Cost: $10/session

Soccer Camp

This camp will be led by Riverton High School soccer coaches and will focus on improving foot skills, striking, and strategies of the game. What a great way to spend a Saturday morning being involved in dynamic interactive drills and games and working with our Wolverine soccer players. **Pre-registration by Feb 27** is required to determine number of coaches we will need.

Date: Saturday, March 2
Registration deadline: Wednesday, Feb. 27
Ages and Times:
U8, U10 – 8:30-10 AM
U12, U14 – 10 AM-noon
Place: CWC gym
Cost: $5

National Girls and Women in Sports Day

This is for all Fremont County young ladies in grades 1-8. Join us as we celebrate Fremont County's fourth annual NGWSD. Participants will have the opportunity to attend three activity sessions, choosing from more than 12 options. There are activities ranging from TaeKwonDo to hip hop dance to traditional sports. There is something for every interest! Sessions are led by notable Fremont County sports women and have limited enrollment, so don't wait to register!

Date: Saturday, March 9
Time: Doors will open and check in begins at 8:30 AM
Sessions are from 9:00 AM - noon
Place: Riverton High School
Ages: Girls 1st-8th grade
Cost: $10 in advance; $15 on day of event

Rapid Rally Tennis

Here is a great new opportunity! Wolverine tennis coach Mary Lea Wolf and the RHS tennis players are offering a chance for kids to learn the game of tennis, have fun and build skills. Kids play while they learn through fun games and drills. Our wonderful instructors will teach forehand, backhand, and serving all while working on proper strokes and technique.

Date: March 5-28; Tue and Thurs
Time: 4:30-5:30 PM
Place: Rendezvous Gym
Cost: $10
Ages: 3rd, 4th, and 5th grades

Zumba® Dance Party

Based on the popular National Girls and Women in Sports Day class, we are offering you another opportunity for Zumba! Join CWC's Zumba fitness instructor Melinda McLaughlin for a night of games and dancing. There will be Zumba, Hip Hop, party games and treats. It is sure to be a fun way to spend a Friday evening. Get your friends and get ready to party!

Date: Friday, March 22
Time: 6:30-8:00 PM
Place: Ashgrove Gym
Cost: $3
Ages: 4th-8th grade

'R' Rumble 3v3 Soccer Tournament

Get your team and join in this fun, fast paced 3v3 soccer tournament. Teams are guaranteed two games in this bracketed tournament. Each game will be two 12-minute halves. Prizes will be awarded to the top team in each age group. There is a special team registration form and complete rules can be picked up at 'R' Recreation. There will be both girls and boys

divisions if there are enough teams entered. If a team is co-ed they will play in the boys division. Teams must pre-register by the deadline.

Date: Saturday, May 4
Registration deadline: April 26
Time: 9:00 AM; schedules available in advance
Place: Rein Soccer Fields
Ages: U6 (5/6 yrs) U8 (7/8 yrs)
U10 (9/10 yrs) U12 (11/12 yrs)
U14 (13/14 yrs) U18 (15-18 yrs)
Cost: $10/player

Aquafina Pitch, Hit and Run

You won't want to miss participating in the official skills competition of Major League Baseball! This fun baseball skills competition allows boys and girls, ages 7-14, to showcase their pitching, hitting and running abilities. Don't miss this fun morning of competition on the baseball diamond. Winners advance to the state competition to be held here in Riverton!

Date: Saturday, April 27
Time: Registration 10:30-11:00 AM
Competition 11:00 AM
Place: Riverton Little League Fields
Ages: 7-14 yrs (age as of **July 17, 2013**)
Cost: Free

Hershey Track Practices

Here's your chance to get a jump on the Hershey Track Meet and work out with former UW track and field athlete and eight year track coach at MSU-Bozeman, Jorah Griffith! Participants will go through a group warm-up and then have the opportunity to get familiar with the running and field events that will be contested at the Hershey Track Meet on May 23. Specific training methods will be used to help each athlete perform their very best!

Date: May 12 and 19; Sunday
Time: 2:00-3:00 PM
Place: High School Track at Wolverine Field
Ages: 9-14 yrs (age as of **12/31/13**)
Cost: Free

Hershey Track Meet

Tracksters, ages 9-14 (age as of **12/31/13**), will have the opportunity to compete in various track and field events. This is a great opportunity to have some fun competition and test your speed, endurance, throwing and jumping abilities! First and second place winners qualify for the state Hershey Track meet. Participants are encouraged to register in advance, but can register on the day of the meet. Participants will be given t-shirts and place awards.

Date: Thursday, May 23
Time: Registration 3:15-3:45 PM
Meet starts at 4:00 PM
Place: High School track
Ages: 9-14 yrs (**age as of 12/31/13**)
Cost: Free!

Schools Out! Summer Kick Off Party

Come join the celebration to kick off the start of summer! We're having a barbeque, beach volleyball, 3v3 pick-up games, and giant inflates from Fun on the Go! Guaranteed to be the best way to spend your first afternoon of the summer vacation. This event is for all school aged children and their families.

Date: Friday, May 31
Time: 1:00-3:30 PM
Place: Central Wyoming College picnic area and gym
Ages: School aged and families
Cost: Free!

ACTIVITIES FOR THE ADULTS

Adult Co-ed Volleyball League

This is the same great league that has existed in Riverton for years, so get your team ready for some good competition and exciting volleyball matches. Teams can be any combination of men and women but may not have more men. The spring session will conclude with a tournament. Each team is required to ref and scorekeep for another game during the evening. There is a limit of 12 teams so get registered by the **February 1** deadline.

Days: Wednesdays
Dates: Feb. 6-March 27
Registration Deadline: February 1
Time: 6:00-9 PM
Place: Riverton High School
Cost: $60/team

Men's Basketball League

Get your team ready for Riverton's City League basketball. Teams must be registered by January 18, no exceptions. There will be a mandatory captains meeting on Tuesday, January 22nd. Teams must be represented to be included in league play. 'R' Recreation will do its best to provide referees and score keepers, but each team may be asked to assist.

Days: Mondays and Wednesdays
Dates: Jan. 28 –March 20
Registration deadline January 18 – no exception!
Time: 7:30 or 8:30 PM
Cost: $350 per team
Mandatory team meeting: January 22; 7:00PM at CWC gym lobby

My Wonderful World

What a fabulous opportunity for your preschooler to explore nature, experience science, and participate in seasonal activities and crafts. This two week class, taught by a certified teacher, will center around the seasons with age appropriate activities that will help foster creativeness and curiosity. Children will need to wear appropriate clothing for messy projects and painting.

Dates: Jan. 22-31 Winter Wonderland
Feb. 19-28 Be My Valentine
March 19-28 Spring Fling
Days: Tues & Thurs
Time: 9:00-10 AM
Place: Little Wind Center, Fairgrounds
Cost: $10 per session
Ages: 3-5 year olds

Bed Time Stories

Why not mix up your nightly routine with something special that your 3 or 4 year old is sure to look forward to. Wear comfy pajamas, bring your blanket and pillow and prepare to be transfixed by the master storyteller's thick Netherland accent and fascinating stories. Something so simple and yet so exciting!

Days: Mondays
Date: Session A: Jan 28-Feb. 18
Session B: March 11-April 1
Time: 7:00-7:45 PM
Place: Riverton Library, room TBA
Cost: $5 per session
Ages: 3 and 4 year olds

Big Space Toddler Time

Toddlers are very special. Their curiosity is high, they plunge headlong into life. For optimal development, they need a broad base of experiences, hosted by adults who offer new and exciting situations for them to explore and manipulate freely. Moving in spaces bigger than most living rooms and learning how to roll, kick and throw a ball, step on and over things, crawl through things, jumping and running is important for their gross motor development. We are inviting your toddler to come to our gym for this type of activity. We will set up an environment that is enticing to your child. The instructor has received training in the WestEd infant/toddler curriculum.

Days: Saturdays
Dates: Session A: Jan 12-March 2
Session B: March 9-April 20
Time: 10:00-11 AM
Place: Tonkin Activity Center Gym
Cost: $15
Ages: 1 and 2 year olds

Kidsercise

Your preschool aged child will be dancing and singing as they experiment with balls, hoops and beanbags, games of tag and many other fun activities. Through these activities children get the movement and exercise they love and need, while simultaneously developing all the learning domains that are so critical for later school performance. This class is based on a curriculum for Preschool and Kindergarten aged children in the Netherlands and facilitated by a teacher from the Netherlands. Come dressed ready for action!

Days: Saturdays
Dates: Session A: Jan 12-March 2
Session B: March 9-April 20
Times: 11:00 AM-noon
Place: Tonkin Activity Center Gym
Cost: $15
Ages: 3-6 years old

Sporty Shorty

Back by popular demand! Join us for 45 minutes of fun activity for you and your toddler. Preschool children will enjoy an introduction to a variety of sports during this full-of-movement class.

Days: Tuesday/Thursday
Dates: Feb. 12-28
Time: 9:00-10 AM
Place: Ashgrove Gym
Cost: $10
Ages: 3-5 year olds

Monthly Fun Club

Sign up for one Saturday or sign up for them all! Once each month we will have an exciting and entertaining activity for your preschooler, ages 3-5 years.

Obstacle Courses and Open Gym
In and out, over and under, back and forth, fast and slow, through the obstacle course you will go! Enjoy the structured courses and time for free play in the gym.
Date: January 26
Time: 1:00-2:30 PM
Place: Tonkin Activity Center Gym
Cost: $5

Treasure Hunt
Can you follow treasure map leading to a daring expedition? Let's strike it rich by following a weathered pirate map, looking for clues and solving riddles along the way.
Date: February 16
Time: 10:00-11:30 AM
Place: CWC, ProTech Bldg, Room 115
Cost: $5

Dance Camp
Let's get the spring rocking and rolling! Enjoy an energetic morning learning basic jazz and ballet with some hip hop thrown in the mix.
Date: March 23
Time: 10:00-11:30 AM
Place: CWC Dance Studio
Cost: $5

Ice Blocking
Come out an experience a unique and exciting activity that the kids are sure to love! Dressing warm and wearing snow pants for this is recommended. Great way to mix a little winter activity in with the spring!
Date: April 20
Time: 10:30-11:30 AM
Place: Tonkin Stadium
Cost: $5

For more art classes for kids see page 10
For cooking classes for kids see page 11

Spring Recreation/Learning Opportunities

Men's 40+ Basketball League

This extension of the Riverton City League is for those players who are 40 years and older. Men of all abilities are encouraged to get a team together and play in this semi-competitive league. Teams must be registered by January 18. There will be a mandatory captains meeting on Thursday, January 24. Teams must be represented to be included in league play. 'R' Recreation will do its best to provide referees and score keepers, but each team may be asked to assist.

Days: Mondays & Wednesdays
Dates: Jan. 28-March 13
Time: 6 PM
Cost: $250 per team
Registration deadline January 18 – no exception!
Mandatory team meeting: January 24; 7 p.m. at CWC gym lobby

Women's Basketball League

Ladies, here is your chance to get your teams together for Riverton's first Women's Basketball League. Teams must be registered by January 18, no exceptions. There will be a mandatory captains meeting on Tuesday, January 24. Teams must be represented to be included in league play. 'R' Recreation will do its best to provide referees and score keepers, but each team may be asked to assist.

Days: Mondays & Wednesdays
Dates: Jan. 28-March 13
Time: 6 PM
Cost: $250 per team
Registration deadline January 18 – no exception!
Mandatory team meeting: January 24; 7:30 p.m. at CWC gym lobby

Early Bird Indoor Walking

Would you like a safe and ice-free place to continue your morning walks? CWC is opening its gym to the public for early morning walking. There is no charge to use the facility, just come with clean shoes and enjoy your morning exercise.

Days: Monday-Friday (CWC gym will **not** be open on Jan. 21, Feb. 18, March 28 & 29)
Dates: January-April 2013
Time: 6:30-8:00 AM
Cost: FREE

Fremont County School District #25 Recreation Board

2012 Volunteer of the Year Award and Lifetime Award for Service in Recreation

Volunteers support our community with little recognition. We would like you to nominate an outstanding volunteer that gives of their time to make a difference for recreation.

Nomination forms and information can be viewed at:
www.cwc.edu/what/recreation

Call 855-2125 to register for the following classes NOW!

HEALTH AND WELLNESS

Be the Best Baby Sitter

On your day off from school, join us for a fun, productive training. Public Health nurse Jan Hubenka will show you how to be the best baby sitter on the block. Geared for students ages 12-14, who help care for siblings or baby sit to earn money, this class will discuss safety, basic first aid, tips for entertaining youngsters, appropriate responses to emergency situations and much more. We'll provide a snack mid-morning and each student will get a certificate at the end. Caring for little children is a big responsibility; this class will give participants good tools and preparation to handle that responsibility.

Date: Fri, Feb 22 (No school today!)
Time: 9 AM- 12:30 PM
Cost: $8
Place: CWC Professional-Technical Center 106

First Aid and Heart Saver CPR with AED

First Aid course trains individuals to act in emergencies and to recognize and care for life threatening situations such as cuts, burns, sudden illness, seizures, and injury. In CPR, learn to use AED and to resuscitate adults, children and infants. These valuable skills could save the life of a loved one in an emergency. Successful completion of the course results in a two year first aid, AED and CPR certification. Diana Cooper is the experienced instructor, certified with American Heart Association. Class is limited to 10.

Date: Sat, March 9
Time: 8 AM – 4 PM
Cost: $60
Place: Riverton Aquatic Center Classroom

Meditation – Calm Our Monkey Mind

Our mind gets drawn out to so many distractions and situations throughout our busy day, thus resembling a restless monkey. In this meditation class, Gen Rinzin will give practical advice on how we can calm our monkey mind and connect with our inner peace. Class includes teaching, guided meditation, and time for Q&A. Gen Kelsang Rinzin is an American Buddhist monk, and a disciple of Geshe Kelsang Gyatso. He has been Resident Teacher of Heruka Buddhist Center in Fort Collins since 2005. He communicates his love of Dharma with a down to earth approach and humor that helps others to appreciate and understand the teachings and put them into practice. You may like to bring a notebook to take notes.

Date: Fri, Feb 22
Time: 7-8:30 PM
Cost: $20
Place: CWC Professional-Technical Bldg 106

Meditation – How to Solve Our Human Problems

When things go wrong in our life and we encounter difficult situations, we tend to regard the situation itself as our problem, but in reality whatever problems we experience come from the side of the mind. If we responded to difficult situations with a positive or peaceful mind they would not be problems for us. In this class, Gen Rinzin will teach how medita-

tion helps us achieve these positive and peaceful minds. Class includes teaching, guided meditation, and time for Q&A.
Date: Fri, March 15
Time: 7-8:30 PM
Cost: $20
Place: CWC Professional-Technical Bldg 106

Meditation – The Noble Truths

How we feel about the world depends greatly upon the state of our mind. By learning Buddha's teachings on the Four Noble Truths, we can learn effective methods to change our mind from confusion and tension to wisdom and peace. In this class, Gen Rinzin will help us understand how we can change our mind for the better by abandoning negativity and stress, and practicing the path to mental freedom and calm. You may like to bring a notebook to take notes. Class includes teaching, guided meditation, and time for Q&A.
Date: Fri, April 19
Time: 7-8:30 PM
Cost: $20
Place: CWC Professional-Technical Bldg 106

Beginner´s Yoga

An introductory six-week course for all students, especially those new to yoga. The class will include the teaching of basic postures and breathwork as it relates to yoga. The class is taught within the framework of universal principles of alignment and yoga tradition. Please bring a yoga mat and wear loose nonbinding clothing. For ages 15 and up. Limit: 12
Date: Wednesdays, Feb 6-March 13
Time: 5:30-7 PM
Cost: $60
Place: CWC Art Center, Dance Studio

Continuing Yoga

Six weeks of yoga for students with previous yoga experience. The course will build on the basics taught in Introductory Yoga and will expand on the universal principles of alignment as a foundation for working in the postures and with the breath. Students are requested to wear loose, nonbinding clothing and bring a yoga mat. Limit 15
Date: Mondays, Jan 28-March 11 (skip Feb 18)
Time: 5:30-7 PM
Cost: $60
Place: CWC Art Center, Dance Studio

Intro to Healing Touch

Experience how Healing Touch Practitioners gently manipulate the natural human energy field to enhance wellness through body, mind, and spirit connections. This complementary work is fully compatible with the western medical model and gaining acceptance in medical facilities around the world. Nancy Sehnert is a Healing Touch Certified Practitioner and maintains a private practice in Riverton. She currently is engaged in the certification process to become an Instructor of Healing Touch.
Date; Thurs, Feb 21
Time: 6:30-8:30 PM
Cost: $25
Date: CWC Professional-Technical Center 106

ACTIVITIES

Swing Dance Class

Round up a partner and come learn two-step, 10-step, and cowboy cha-cha. Our experienced dance instructor from Cody, Jeff Sherrill, comes with strong recommendations. He will be assisted by Bri Olson, a nursing student at CWC, and avid, enthusiastic dancer. In this four-week, intensive class you'll get practice time to perfect and really learn your steps each week, as you move on to more complicated, fun moves. Limit: 20 couples
Date: Sun, Feb 24 – March 17
Time: 6-9 pm
Cost: $80 per person (12 hours of classes)
Place: CWC Art Center 138 (Dance Studio)

NEW

Zumba®

Join instructor Melissa Garrett for this great exercise/dance class. Zumba® is a Latin dance-inspired workout that is exhilarating and fun! This is a one-hour calorie blasting class. Zumba® features "feel good" moves that are great for all fitness levels (no experience necessary). Melissa comes from a dance background, including Utah State University's ballroom dance team and is a certified Zumba® instructor. She is excited to be teaching Zumba® where she can combine her passion for international dance and fitness. Come try it out and get hooked! Limit 30/session
Dates: Session I – Tuesdays, Jan 22-Feb 26
Session II – Tuesdays, April 9-May 14
Time: 6-7 PM
Cost: $35
Place: Jackson Elementary Gym

PIYO Strength

PIYO Strength is a unique class that combines the best of Pilates and Yoga with great motivating music! It is designed to improve strength, gain flexibility, and improve your core strength. No previous experience necessary. Please bring a yoga mat and be prepared to sweat! Melissa Garrett is the PIYO certified instructor.
Date: Tuesdays, March 5-26
Time: 6-7 PM
Cost: $25
Place: Jackson Elementary Gym

NEW

Archaeological Snapshots of Jesus' Life

This slide show features photos of Kurt and Suzanne Schafli's recent trip to Israel and Jordan where they visited Bethlehem, Nazareth, Capernaum, Bethany and Jerusalem, among other notable places. Their archaeological research confirms their understanding of the Holy Scripture. An Easter show for the entire family.
Date: Thurs, March 14
Time: 7-8:30 PM
Cost: Free - donations at door welcome
Place: Riverton Public Library Community Room

Spring Recreation/Learning Opportunities

HORSE CLASSES

Beginning Calf Roping, Breakaway Roping, Team Roping

Now you can learn to rope calves! In this seven-week class you will learn how to rope, dismount your horse, flank and tie calves. Don't wait! Begin your calf roping/breakaway roping or team roping career this semester! (this class is designed for students who have never roped before or who catch 1 in 10 calves that they run). We will work on horsemanship, scoring and reading cattle, roping, dallying, and handling cattle. Taught by Talon Cooper, a four-time PRCA Mountain States Circuit Finals Qualifier, USCRA #4 World Champion Calf Roper and CNFR Qualifier in Calf Roping and Team Roping. His instruction in previous classes has received rave reviews! Scotty Ratliff is generously providing use of his enclosed arena. Contact Talon at 851-0951 for more information. Limit 10 students

Date: Wed, March 20-May 15 (no class on two Weds)
Time: 6-8 PM
Cost: $175 (includes the stock fee)
Place: Wilson Rd, 9 miles north of Riverton on Hwy 28

Beginning Riding

Join Raylee Coyle for this great class for beginning riders of all ages to begin or improve riding skills. Gain experience, confidence, and comfort on your horse. Class meets seven weeks. One or two gentle horses may be available to rent; call Scott Ratliff 851-5678. Limit: 10

Date: Thurs, March 21-May 16 (no class on two Thursdays)
Time: 6-8 PM
Cost: $125
Place: Wilson Rd, 9 miles north of Riverton on Hwy 28

Intermediate and Advanced Roping

Students will learn to fine-tune both their horse and their own horsemanship skills and roping techniques. Class meets seven times. Talon Cooper is the experienced instructor.

Date: Fridays, March 22-May 17
Time: 6-8 PM
Cost: $125
Road: Wilson Rd, 9 miles north of Riverton on Hwy 28

Beginning and Intermediate Reining Practice

Students and their horses will work on stops, turnarounds, rollovers, pivots and suppling. New instructor, Erin Westover, is a current CWC Equine Studies student and comes highly recommended to teach reining. Class meets ten times.

Time: Tuesdays, Feb 19-May 14 (skip two weeks)
Time: 6:30-8:30 PM
Cost: $180
Place: Wilson Rd, 9 miles north of Riverton on Hwy 28

Equine Massage

Why massage? Refusing leads, acting cinchy, head tossing, swishing tail, and poor performance can be signs of soreness. Massage helps a rider communicate more effectively with his horse resulting in a horse's improved condition and performance. Leslie Van Barselaar, a Certified Equine Massage Therapist, will teach students hands-on feel for the equine skeleton and musculature. Students working in pairs will learn basic relaxation and massage techniques resulting in a win/win outcome for both horse and rider. Back by popular demand! Limit 10 students. Please bring a horse and a sack lunch.

Date: Sat, May 18
Time: 10 AM-3 PM
Cost: $35
Place; CWC Equine Center on No. 8th West & Gasser Rd

THE GREAT OUTDOORS

Fly Tying

Earland Thompson will guide you through the intricacies and rewards of tying your own fishing flies. Not only can you save money, but you'll become a more successful fisher as you learn which flies to use in specific settings and how to accurately replicate those flies. Share streamside stories and fishing lore as you work in class! Limit: 10

Date: Thursdays, Feb 21- March 14
Time: 6:30-8:30 PM
Date: $35 (includes materials)
Place: CWC Professional-Technical Center 106

Fly Casting

Learn techniques and secrets to improve your fly fishing experience! Course will cover selection of rod, reel, line and leader; selection of the proper fly, how to correctly put the leader and fly on the line, correct casting techniques, and how to present the fly to the fish. Demonstration, practice and personal guidance will improve your fishing success this summer! Students should bring their rod, reel, line, and tapered leader. Experienced fly fisher, Earland Thompson, has taught this hands-on class many times and it is always enthusiastically received. Limit: 15

Date: Thursdays, April 18-May 2
Time: 5:30-7:30 PM
Cost: $30
Place: CWC Administration Wing 138 and soccer field

Scuba

You can become a certified diver with attendance at this weekend course and a following open water dive. This is a beginning class, combining classroom and practical training. Fee includes use of gear in pool, a new video, all books and dive log. Additional open water dive required for certification. Lee Burgess of Western Wyoming Divers is the PADI-certified dive instructor. Please plan to pay $10 at the pool for use of the pool. Scuba is offered two different weekends this spring, so we can keep class sizes down; register for whichever date works best for you.

Date: Session I - Fri, Sat, Sun/Feb 8, 9, 10
Session II - Fri, Sat, Sun/April 5, 6, 7
Time: Fri: 7-9:30 PM
Sat, Sun: 8 AM - 4:00 PM
Cost: $285
Place Fri: CWC Professional Technical Center 115
Sat, Sun: High School Pool

Spring Recreation/Learning Opportunities

Hunter Safety

This is the Wyoming Game and Fish certified hunter safety education course. Successful completion of this course is required for all hunters born after Jan 1, 1966 and it is required for hunters of any age before participation in the Teton Park Elk Hunt. Fee covers all materials. Offered twice this spring at CWC; last class for 2013 tentatively scheduled for June. Attendance at all five class meetings is required. Instructors, Tim Pierce and Kelly Baptist, hold certification to teach this course from the Game and Fish. Limit: 50 per session.

Date; Session 1 -Mon & Thurs, Feb 4-Feb 21
Field Trials Feb 23 (no class 2/18)
Session 2 – Mon & Thurs, April 8-22
Field Trials April 27
Time: 6:30-9:30 PM for classroom dates
Cost: $16
Place: CWC Student Center 104 (Little Theater)

CREATIVITY

Intro to Creative Fiction Writing

In this beginning creative writing class, students will be introduced to the basic craft elements of fiction writing. Using mainly the short story, students will build a skill set that will enable them to write original works of fiction and develop their critical reading skills. Amanda Miller is from Riverton and has an MFA in creative writing from Eastern Washington University with her main focus on Fiction. She has also studied creative nonfiction and poetry. She is currently working on a novel, a book of short stories, and a young adult series.

Date: Tuesdays, Feb 5-March 12
Time: 7-8:30 PM
Cost: $45
Place: CWC Professional-Technical Center 106

NEW

Intro to Poetry Writing

This beginning poetry class introduces students to the basic craft elements of writing poetry. Students will build a skill set that will enable them to write original poems and develop their critical reading skills along the way. Amanda Miller is also the instructor for this course.

Date: Wednesdays, Feb 6-March 13
Time: 7-8:30 PM
Cost: $45
Place: CWC Professional-Technical Center 106

NEW

Natural Materials Ceramics Class

Students will collect local materials to use in various traditional building and firing processes. Everything from clay and forming to the fundamental chemistry needed to create slips and glazes from raw materials will be covered. Questions of first methods regarding the history of ceramics will be addressed - interests in specific areas of study are very welcome. The class is taught by CWC instructor Dan Brown. Outside lab hours available when studio is open for classes.

Date: Thursdays, Feb 7-May 2
Time: 6-8 PM (lab open until 10)
Cost: $165 plus firing and studio fee of $20
Place: CWC Art Center 113

NEW

Community Clay Class

Join CWC pottery instructor Dan Brown to learn basic skills or polish old ones, working either on the wheel or with hand-built techniques. If you're experienced, you'll also learn to mix glazes and help with firing. Dan has worked with non-credit pottery programs in other colleges and is excited to make this opportunity available to Riverton residents. Students will have two hours of class time every Tuesday for nine weeks and access to the lab at other times, to coincide with Dan's schedule in the studio. Limit: 16

Date: Tuesdays, Feb 5-April 2
Time: 6-8 PM
Cost: $80 tuition plus $45 lab fee (includes one 25# bag of clay, glazes, firing)
Place: CWC Art Center 113

Digital Photography Workshop

Join photographer/artist Lonnie Slack for one Saturday afternoon of outdoor photography. Spend four hours learning how and why cameras work the way they do and finish with some use of natural light and how to manipulate existing light. Lonnie is the CWC photography instructor and an experienced teacher. His impressive work has hung in several shows, both locally and afar. Bring your digital camera, learn to really use it and produce much better photographs. Limit: 16

Date: Sat, May 4
Time: 1:00– 5 PM
Cost: $40
Place: CWC Art Center 104

Needle Felted Spring Wall Hanging

Join needle felting instructor Nancy Jones to make a unique wall hanging or table runner, decorated with spring motifs. These quick projects are done on custom felted mats made by Billie of Lucy's Sheep Camp. Students can choose their own mat from a variety of colors. Then, using many shades of custom-dyed Wyoming wool and spring-themed cookie cutters, students will create their own small masterpieces. This technique is easy to learn, surprisingly simple, and offers great creative potential. Purchase materials, which include the felted mat and colored wools, at the class. Other equipment is provided. Look at samples of what you will make, in the hall display case, outside the "R" Recreation office! Limit: 10

Date: Thursday, April 25
Time: 6-9 PM
Cost: $20
Place: CWC Professional Technical Center Conf. Room

Quilting

An example of the quilt you'll make is on display at The Breadboard in Riverton. This pattern can utilize fat quarters in a planned fabric scheme and you can make a small lap quilt or cover a king-sized bed! It is simple and appropriate for beginners. Materials list available at registration. Popular and very experienced, Sharon Born is the instructor for this course. Limit: 16

Date: Mon, Feb 4-March 11
Time: 7-9 PM
Cost: $38
Place: High School Home Ec Sewing Room

Spring Recreation/Learning Opportunities

Beginning Knitting

Have you always wanted to learn to knit, or do you have a child who wants to learn? This is a great opportunity to begin, or dust off your old needles for a refresher, or share a learning experience with your child! You'll learn to cast on, knit and purl, increase and decrease as you make a square dish cloth out of soft cotton yarn. Bring one skein of "Sugar 'n Cream" or "Peaches 'n Cream" in your favorite color and a set of #8 straight needles. Nancy Jones is the experienced, patient instructor. Limit: 10

Date: Thurs, Jan 31
Time: 7-9 PM
Cost: $16
Place: CWC Art Center 133

Beginning Sock Knitting

Your own hand knitted socks are true treasures, and easier than you might think! This class meets three times, allowing you time to master each step of a sock. The first night, you will cast on (using two circular needles) and begin ribbing for your ankle. The second class covers making your heel, with the last night teaching the toe and finishing. Between classes you'll knit the ankle down to the heel and the foot, from heel to toe. You will need two 16"circular size 5 needles and 350-400 yds of sportweight soc yarn. Moda Dea "Sassy Stripes", an inexpensive acrylic available at Hobby Lobby is a possibility, or a good wool with a bit of nylon for durability. Nancy Jones is the teacher. Limit: 10

Date: Thurs, Feb 28, March 7, 21
Time: 6-9 PM
Cost: $55
Place: CWC Art Center 133

Knitting a Simple Cowl

Continue to develop your knitting skills as you make a lovely, cozy neckline accessory. Nancy will guide, as you learn to work with circular needles, knitting a seamless cowl. You'll do yarn-overs and knit two together stitches to add a random lacy look to your cowl. You will need 110 yds of worsted weight yarn (suggested Caron brand "Simply Soft", an inexpensive soft acrylic, available at Walmart) or another worsted weight yarn of your choice. You'll also need one 16 inch size 10 circular needle. These simple techniques will produce a lovely, useful project you'll be proud to wear.

Date: Thurs, Feb 7
Time: 6:30-9 PM
Cost: $20
Place: CWC Art Center 133

Nature Walk and Crafts with Tresa King

This class is designed to help children unplug and tune into nature. Participants will take a nature walk and collect objects that will be used to create a natural sculpture. Children will be encouraged to use their senses to explore the outdoor world

SATURDAY ART FOR YOUNG ARTISTS

This series of classes is taught by Linda Johnson, well-known local artist with a gift for working with young people. The classes each teach various principles of art and enhance fundamental art knowledge with projects that appeal to youth. Examples in display case in office.

Let's Make Valentine Decorations for K-6

Students will make braided pottery hearts with handmade pottery roses on them. The hearts will be fired in a kiln and finished with lace and dried flowers. Kids will also make Valentine pop-up cards. Limit 12 per group.

Date: Sat, Feb 2 and 9
Time: 9:30-11 AM
Cost: $15 includes materials and firing
Place: CWC Art Center 113

Let's Make Valentine Decorations for 3-5 yr olds

This group will make twisted hearts and fancy pottery heart decorations. They will be fired and finished with lace and dried flowers. They will also make paper Valentine cards. Limit: 12

Date: Sat, Feb 2 and 9
Time: 11:15 AM-12:15 PM
Cost; $12 includes materials and firing
Place: CWC Art Center 113

Let's Make Sugar Eggs

This old craft produces colorful, hollow eggs of molded sugar, which are decorated, inside and out, with frosting, tiny figures and flowers. Kids will make clay decorations to put inside their eggs. Children, kindergarten and older, will enjoy creating and sharing sugar eggs with friends and family. This is a repeat of a popular class last spring. Limit: 10

Date; Sat, March 2 and 9
Time: 9:30-11 AM
Cost; $15 includes materials
Place: CWC Art Center 115

Let's Make Pottery Bowls

Two classes, one for K-6th grade and one for 3-5 year olds. The older students will make a great textured bowl by cutting out geometric shapes and combining them with coils. The resulting bowl will be textured, fired and glazed. Other small projects will be made if time allows. The younger students will make a fancy coiled bowl which will also be fired and glazed. Limit: 12 per group

Date: Sat, April 13, 20
Time: K-6 grades - 9:30-11 AM
$15 includes materials and fees,
3-5 year olds – 11:15 AM-12:15 PM
Cost: $12 includes materials and fees
Place: CWC Art Center 113

Let's Make Mom a Gift

Students will make a pottery keepsake box and a pottery necklace to put inside it. Boxes and pendant will be fired, glazed and fired a second time. For students K-6th grade. Limit: 12

Date: Sat, April 27, May 4
Time: 9:30-11 AM
Cost: $15
Place: CWC Art Center 113

and express themselves with an art piece they can take home. Children will observe, record and illustrate objects in nature. Dress appropriately for the weather as this is an outdoor adventure. All artistic materials will be provided. Ages 5 and up welcome. Instructor Tresa King is creative, fun, and a very experienced instructor, mother and grandmother with a passion for art and nature. Limit 12.

Date: Sat, May 4
Time: 10 AM-noon
Cost: $10
Place: JC Park Picnic Shelter

Kids Handbuilt Clay Class

Join CWC's Ceramics instructor, Dan Brown, for two afternoons of coiling, pinching and building with clay. Class is designed for pre-K through age 12, with parents welcome to participate. Final pieces can be picked up March 29.

Date: Fri, March 8, 15
Time: 3:30-5:30 PM
Cost: $20 (for clay and firing)
Place: CWC Art Center 113

NEW

COOKING

Dehydrating Wa-a-a-y Beyond Jerky!

Are you stunned by the latest increase in the cost of food? This class covers the basics you need to know to save money on your grocery bill and provide nutritious meals for your family. Dehydrating is the most ancient and safest form of food preservation known to man. It's not just for jerky and apple slices! Find out how it's done and how to make delicious meals and snacks from your dehydrated food. By the time you finish this class, you'll have the courage to try it yourself. Instructor Linda Anderson is from Dubois and offered this wildly popular class there last fall. Sign up early to avoid missing out. Limit: 15

Date: Sat, Feb 16
Time: 1-3:30 PM
Cost: $20
Place: CWC Pro-Tech 115

Dehydrating Casseroles, Soups, One Dish Meals

This class emphasizes how to use all those foods you are dehydrating. Learn how to modify your favorite recipes to make convenient dehydrated casseroles, soups, stews and one-dish meals. Learn how to organize and set up an efficient system for putting together and using dehydrated meals for your family. Learn how to prep your food for emergency and evacuation situations. Make your own nutritious and economical camping food and MRE's. Dehydrating Waaay Beyond Jerky is a prerequisite for this class. Limit: 15

Date: Sat, March 16
Time: 1-3:00 PM
Cost: $20
Place: CWC Pro-Tech 115

NEW

Cherry Cordial Chocolate and Raspberry White Chocolate Cheesecakes

Learn to make two different decadent cheesecakes for that special Valentine love. Jennifer Metcalf is the experienced baker and instructor. Limit: 12

Date: Sat, Feb 9
Time: 9 AM-noon
Cost: $9 plus $12 to instructor for materials
Place: Riverton Middle School Home Ec

Chocolate Drizzle Egg Baskets

Learn to make decorative chocolate art egg baskets for a special Easter surprise. This technique will be a wonderful and easy addition to your specialty giving. Beautiful designs can be made for sharing cookies or candy baskets on any occasion or to hold special desserts or favors at your next extra-special dinner party.

Date: Sat, March 16
Time: 9-10:30 AM
Cost: $9 plus $10 to instructor for materials
Place: Riverton Middle School Home Ec

NEW

Making Fabulous Filled and Decorated Cupcakes

Spend the afternoon baking (from scratch) and decorating two different kinds of cupcakes with luscious creamy centers and fabulous finished tops! Cupcakes are NOT just for kids, as you'll learn in this class! These "adult" cupcakes emphasize quality ingredients, sophisticated flavors and elegant finishes. Instructor Veronica Roemmich annually contributes a tray of these scrumptious treats to the animal shelter benefit auction where they bring top dollar…you'll see why when you've taken this course! You'll also be prepared for the Annual PAWS Cupcake Decorating Contest this spring. Materials list at registration. Each student will take home a dozen gourmet cupcakes in two flavors. Again, the first employee of Dist. 25 to register is free!

Date: Sat, March 16
Time: 1-4 PM
Cost: $30
Place: Riverton Middle School Home Ec

NEW

GARDENING & THE EAT LOCAL MOVEMENT

Food Film and Discussion Series

Join us at the Riverton Library for a fascinating look at our modern food supply. Each film will be followed by a group discussion led by Tanya King.

"Genetic Roulette" *(85 minutes)* This seminal documentary provides compelling evidence to help explain the deteriorating health of Americans, especially among children, and offers a recipe for protecting ourselves and our future. The health dangers of genetically engineered (GE) foods are masterfully presented in this film by Jeffrey Smith, one of the world's leading authorities on GE foods. Despite claims by government regulators and the food industry that GE foods are safe, scientific studies continue to show the opposite.

Date: Thurs, Jan 31
Time: 7-8:45 PM
Cost: Donations welcome following the showing
Place: Riverton Library Community Meeting Room

(continued on next page)

Spring Recreation/Learning Opportunities

"Food, INC" *(93 minutes)* A 2008 American documentary film directed by Emmy Award-winning filmmaker Robert Kenner. The film examines corporate farming in the United States, concluding that agribusiness produces food that is unhealthy, in a way that is environmentally harmful and abusive of both animals and employees.

Date: Thurs, Feb 21
Time: 7-8:45 PM
Cost: Donations welcome following the showing
Place: Riverton Library Community Meeting Room

"Forks Over Knives" *(90 minutes)* 2011 documentary film directed by American independent filmmaker Lee Fulkerson. Through an examination of the careers of American physician Caldwell Esselstyn and professor of nutritional biochemistry T. Colin Campbell, the film advocates a whole foods, plant-based (vegan) diet as a means of combating a number of diseases. It suggests that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting our present menu of animal-based and processed foods.

Date; Thurs, March 21
Time: 7-8:45 PM
Cost: Donations welcome following the showing
Place: Riverton Library Community Meeting Room

"The World According to Monsanto" A documentary film directed by Marie-Monique Robin. Originally released in French, the film is based on Robin's three-year long investigation into the corporate practices around the world of the United States agricultural giant, Monsanto. The book exposes the shocking story of how the new "green" face of the world's leading producer of GMOs (genetically modified organisms) is no less malign than its PCB – and Agent Orange – soaked past. Monsanto currently controls the majority of the yield of the world's genetically modified corn and soy – ingredients found in more than 95 percent of American households – and its alarming legal and political tactics to maintain this monopoly are the subject of worldwide concern, with baleful consequences for the world's small-scale farmers.

Date: Thurs, April 25
Time: 7-8:45 PM
Cost: Donations welcome following the showing
Place; Riverton Library Community Meeting Room

Local Food Seminar

This event is designed to provide informative mini-classes on a variety of gardening and local food topics. Each hour, two different classes will be offered; pick your favorite topic to sit in on! Classes are FREE! A locally sourced lunch will be available at minimal cost. Eating LOCAL makes sense! It supports our local economy; food is fresh, packed with flavor and health; it saves energy (minimal transportation); it builds friendships within our community. YOU can be a part of the change toward a healthier planet and a healthier you! Partnering with Fremont Local Foods, a non-profit supporting local families and farmers. The schedule may change before March… call 855-2125 for current info.

Date: Sat, March 16
Times: 9-9:45 – "Grassfed Beef Production" and "Raising Small Fruits"
10-10:45 – "Raising and Using Herbs"and "Your Local Market Options"
11-11:45 –"Backyard Bees" and "Practical Tips for Locavores in Riverton"
11:45-1 – lunch with speaker Steve Doyle
1-1:45 –"Fruit Trees for Fremont Co" and "Cooking Methods for Grassfed Meat"
2-2:45 –"Current Rules Affecting the Sale of Local Foods"
3-3:45 –"Preserving Your Harvest" and "Successful Hoop House Crop Rotation"
Time: 9 AM-4 PM
Place: CWC Intertribal Center 115 and Lobby

Chicken Raising Basics

Learn the basics of raising your own chickens including chicken types, feeding techniques, disease management, order and purchase specifics, coop design, as well as general care and maintenance. Whether your goal is egg or meat production (or both!), this class will provide you with lots of information.

Place: TBA
Time: 6:30-7 PM
Cost: $8
Place: CWC Pro-Tec Center 106

Rent a Community Garden Plot

The Riverton Community Garden is "natural" (pesticides and fertilizers restricted to approved products), watering is automatic, and the soil is amended with compost. Gardeners sign one season contracts with the option to renew at the conclusion of each season. To get an application, set of guidelines and contract via mail, please call the Community Service Office at 855-2125. You may also pick up the packet at the Recreation Office in the Pro-Tech Building at CWC. A few garden plots are available this growing season. Sign up today, and check out the gardening classes for your home garden or to get off to a good start in the community garden!

Gorgeous Gardens in Horticultural Hell!

Chuckie Aanestad lives and gardens at the base of Lost Wells Butte in one of the hardest environments in Fremont County. In spite of being faced with two difficult soil types (bentonite clay and sand), highly alkaline water, and high exposure to wind, her yard is spectacularly beautiful with trees, perennial flowers and great hardscape features. Her presentation includes a photographic record of before-and-after, of mistakes and successes, and of the final, amazing results! Her practical approach includes working within budget restrictions and developing specific sections as time, energy and resources permit. Notable features include a flat stream that flows, a huge flagstone patio with mosaic sundial, raised berms and areas for trees, and more. Even experienced gardeners will learn from her and others who face site problems will learn to succeed. Chuckie is a long-time public school educator with a passion for gardening and for teaching.

Date: Tues, March 12
Time: 7-9 PM
Cost: $8
Place: CWC Professional Technical Center

Spring Recreation/Learning Opportunities

Landscape Design Considerations

Come learn some basic principles and decisions to be made when planning a new landscape or to give your existing yard a "facelift". Owner of Wind River Landscape, Jimmie Cassity, will guide this discussion of designing, planting and maintaining a yard that meets your needs. The best time to make plans for a project is before you start! This class affords an opportunity to gather information, ask questions, focus your thinking so when you're ready to start your project, you are prepared.

Date: Thurs, March 14
Time: 7-9 PM
Cost: $8
Date: CWC Professional Technical Center 115

NEW

So, You Want a Beautiful Yard, But . . .!

Now that you have the hardscape and the trees and shrubs planned, how can you add color and flowers? Chuckie will present options for the gardener who loves the process of gardening as much as the result (the intensive gardener!), as well as options for those who want an attractive result but need to devote less time and energy to the process of planting and maintaining. Learn about what to plant, where to plant and how, for a yard that meets your personal requirements. Long-time, experienced Wyoming gardener, Chuckie Aanestad leads this discussion

Date: Tues, March 19
Time: 7-9 PM
Cost: $8
Date: CWC Professional Technical Center 115

NEW

Good Gardens, Good Soil

Good vegetables grow from good soil. Kim Wilbert, co-owner of Sweetwater Garden, is well acquainted with local soils and with growing vegetables . . . he has been raising vegetables in Riverton over 30 years. He will lead a discussion about soils and share his experiences preparing gardens, addressing such topics as whether or not to till (and when, if you choose to), what amendments and how much to use, mulches and cover crops. If you are new to gardening or if your garden is just not producing like it used to, this is the class for you.

Date: Thurs, March 7
Time: 7-8 PM
Cost: $8
Place: Sweetwater Garden Co., 1602 West Main

NEW

Vegetable Gardening in Wyoming

Gardeners par excel lance, Ernie and Glenda Schierwagen, offer a one evening course to share vegetable gardening information. Learn which vegetables grow well in our climate, how to select healthy plants, planning, planting, growing and harvesting, based on their extensive experience raising vegetables in Riverton. The Schierwagens are primarily organic gardeners and will emphasize their organic techniques.

Date: Thurs, March 21
Time: 7-9 PM
Cost: $8
Place: CWC Professional Technical Center

Vegetable Garden Season Extenders

Come learn ways to increase your harvest of specific crops and get increased production from our short growing season. Using newly available products, solar mulch, and other tricks of the trade, Kim Wilbert will demonstrate how you can have ready-to-harvest broccoli and cauliflower in mid-June, allowing continuous side-shoot broccoli harvest for months and a successive planting of cauliflower plants. Solar mulch can dramatically increase production of cucumbers and melons. These techniques are applicable to the family garden, or for farmers market production. Be ready this weekend to start your garden!

Date: Thurs, April 4
Time: 7-9 PM
Cost: $8
Place: Sweetwater Garden Co., 1602 West Main

NEW

UPGRADE COMPUTER SKILLS

Introduction to Blogs

What is a blog? Why would I want to have a blog? An introduction to what was first called "web log," and concatenated to "blog." The why's and how's to the use, limitations, value, and potential drawbacks of blogging including some legal ramifications. Instructors are Mike Lieberman, a blogger and founder of two internet service providers, with 30 years in the field and John Dailey, executive with some of the largest data companies in the world, including EDS, and 25 years working with information processing and data communications.

Date: Sat, Feb 23
Time: 9 AM-1 PM
Cost: $49
Place: CWC Main Hall 16

NEW

Introduction to Computers and Windows

The basics, including how to find out what programs are on your computer and how to get them so they are handy to use. Learn to set up your desktop the way you want it and how to organize your files so you can find things when you want them. Connie Murray is the experienced instructor for this class. Class meets in a teaching lab where each student will have his/her own computer to work on. Students may also bring a laptop if desired. Limit: 15

Date: Sat, Feb 2
Time: 9 AM-1 PM
Cost: $32
Place: CWC Main Hall 160

Word

Students will learn basic formatting, including cut and paste, fonts, borders, pictures and layout. This class will also cover printing envelopes and labels. You'll learn to get the most out of Word for everyday use. Bring a disk or flash drive if you want to save your work to take home. Limit 15.

Date: Sat, Feb 23
Time: 9 AM – 4 PM (hour lunch break)
Cost: $42
Place: CWC Main Hall 160

Spring Recreation/Learning Opportunities

Excel

Learn ways that Excel can be used in your daily life. The instructor will show you how to develop your own spreadsheet or choose from templates that are available from Microsoft. These include calendars, lists and bookkeeping. Bring a flash drive or disk if desired. Limit: 15

Date: Sat, March 9
Time: 9 AM-4 PM (hour lunch break)
Cost: $42
Place: CWC Main Hall 160

Microsoft Publisher

Learn to create your own business cards, greeting cards, flyers, and three folds, adding photos, art and text as desired, using this convenient program of templates. If you have a specific project in mind, bring whatever supporting materials you may wish to include. Taught by Connie Murray, CWC adjunct instructor. Limit: 15

Date: Sat, April 13
Time: 9 AM-4 PM (hour lunch break)
Cost: $42
Place: CWC Main Hall 160

NEW

ADDITIONAL RECREATIONAL OPPORTUNITIES

District 25 Recreation Board Grant Requests

District 25 Recreation Board will be accepting requests for grant funding for the 2013 calendar year on January 14 at 6 PM at the School District 25 Central Office, 121 North 5th Street West. Any group requesting funds must attend the meeting and present their request to the board. Grant applications can be found on the 'R' Recreation web site www.cwc.edu/recreation. Phone numbers for more information are included on the form.

USA Wrestling

USA Wrestling is a great program for youth ages 5-18 years old who want to learn the sport of wrestling or improve their skills. Registration begins January 7 at the 'R' Recreation office. Practices start in February at the Tonkin Athletic Center. Fees are $45 for the first child and $35 for additional children. If you register after Feb. 1 the fees will be $50 per child and your participation in tournaments will be delayed. For more information contact Jake Briggs, 349-7969; Dusty Allen, 851-2264; Pam Briggs, 851-8858; or Kelly Rees, 851-5089.

Wind River Storm Running Club

The Wind River Storm Running Club will begin its 9th outdoor track and field season on Monday, March 4. The season will run from March through July. Practice will be on Monday, Tuesday and Thursday from 5:00-6:30 PM at the old Riverton track next to Rendezvous School. The Storm is a fun, competitive club for ages 7-18. Focus is mainly on sprints and jumps with some opportunity for throws and multi-events. There will be tryouts the first two weeks of the season. New athletes after this period are evaluated on a case by case basis. The kids will have an opportunity to compete locally, state-wide, regionally and nationally. Check Facebook for the latest information or our website www.windriverstorm.com. For more information, call Coach Skrbac at 851-5356. Coach Paul Skrbac is a USATF and Wyoming certified coach that has been coaching for over 15 years. Come out and run with The Storm!

Riverton Aquatic Center Hours

Enjoy one of the finest aquatic facilities in the state. Facilities include hot tub, sauna, steam room, wading pool, and a main pool with lap lanes and diving boards. Contact the Riverton Aquatic Center at **856-4230** for more information.

Open Swim	Monday-Friday: 6 AM-12:30 PM and 5:30-8:00 PM Saturday & Sunday: 12:00-6:00 PM
Lap Swim	Monday-Friday: 6 AM-12:30 PM Saturday & Sunday: 12:00-6:00 PM
Deep Water Aerobics	Mon, Wed, Fri: 6-7:00 AM Mon-Thurs: 5:30-6:30 PM
Fees:	Adult: $4, Seniors: $2, K-12 Students: $2, Family: $10 Punchcards and discounted memberships are available

Riverton Ice Rink Open Skate Hours

The Riverton Ice Rink, located at the intersection of Smith Road and East Park Avenue, is open for community members to skate on Monday through Friday 8:00 AM-4:00 PM unless there is a tournament or practice being held.

Riverton Youth Soccer – Recreation League

Registration deadline is March 8 (Note earlier season dates)

This league is designed for players of all ability and focuses on the fundamentals of soccer and the improvement of skills. Players must register by **March 8** to be guaranteed space in the league. The season runs **March 18-April 25** to alleviate conflicts with baseball and to encourage participation in middle school soccer. Practices and games are played weeknight evenings at Rein Park (West end of Monroe). Based on state rules, children must be born by July 31, 2008 to participate. The league is for children 5 years through 14 years old and fees are $35 through March 8. Registrations will not be accepted after March 8 unless there is space in the age group. The league will be using reversible red/blue jerseys that are available to purchase for $12. The success of this league depends solely on volunteers. Please consider volunteering to make it enjoyable and memorable for your child.

Go to www.rivertonsoccer.org for reg form and more information or register at 'R' Rec.

Riverton Youth Soccer – Rampage Travel team

The Riverton Rampage is a competitive, traveling soccer league that will be coordinated cooperatively with the new Riverton Middle School teams. It provides a more challenging level of soccer to those players who are willing to make a commitment to playing and travel. Players must be born by 7/31/2004 to be eligible for this league. Players are selected by a tryout process and attending ***BOTH*** tryout dates is mandatory. If interest exists there are age appropriate teams for both boys and girls. The $125 registration fees cover league registration, insurance and tournament fees. Go to www.rivertonsoccer.org for more info**. Players must bring a photo of them, registration form and fees to tryouts.**

Tryout dates and times are as follows:

U10 boys/girls: Tuesday, March 5 and Thursday, March 7; 5:30-6:30 PM; Rendezvous Gym

U12 boys/girls: Tuesday, March 5 and Thursday, March 7; 6:30-7:30 PM; Rendezvous Gym

U14 boys/girls: Tuesday, March 5 and Thursday, March 7; 5:30-6:30 PM; High School Turf Field

Spring Recreation/Learning Opportunities

Riverton Little League

Riverton Little League will be accepting registrations beginning March 2 with the Registration Kick-off at K-mart from 10AM-2PM. Registrations will continue to be on-going at the 'R' Recreation office. Ages for Little League are as follows:

T-ball	4-6 year old
Mini League	7-8 year old
Minor League	9-11 year old
Major League	9-12 year old

Important League dates to know:

April 8	Wilson Skills Tests; 9/10 year old; 5:30 PM
April 9	Wilson Skills Tests; 11/12 year old, 5:30 PM
April 15	Major League practice begins
April 18	Minor League practice begins
April 22	Mini and T-ball practice begins

Registration fees are $40 for first child; $35 for each additional child. For more information go to www.rivertonll.com

Raiders Youth Baseball Early-Bird Wilson Test Camp

All 8-12 year olds Little League players will have the opportunity to greet their teammates, warm up their arms and bats and enjoy some early-season instruction in preparation for the annual Little League Wilson Skills Testing. The Camp will be taught by Riverton Elks-Legion Raiders coaches and players and will be on Saturday, April 6 from 10AM-2PM at the Little League Fields. Lunch will be provided for all campers. Cost is $25/player for early registration. Registration on the day of the camp is $30/player. For more information contact Cody Beers at 431-1803.

Riverton Raiders Youth Baseball Camp

Want a great way to start your summer? All baseball players, ages 5-12 years old, are invited to warm up your arms and bats during this eight-hour camp taught by Riverton Elks-Legion Raiders coaches and players. Fundamentals and strategies of the game will be taught and campers will enjoy fun games with the Raiders players. The camp is Tuesday, June 4 from 8AM-noon and Wednesday, June 5 from 8AM-noon (lunch provided). Cost is $30/player for early registration, and includes eight hours of instruction, t-shirt and lunch on June 4. Late registration will be $35. For more information contact Cody Beers at 431-1803.

Riverton Babe Ruth Baseball

Riverton Babe Ruth Baseball is for players 13-15 years old. Season dates are the middle of April through the end of June. All players new to the league who were not on a team in 2012 will need to attend the Wilson Skills Testing in April and are required to provide a copy of their birth certificate. Cost of the league is $50. Please call Robyn Beers, Babe Ruth President, at 851-9212 for more information. Registrations are available online at www.cwc.edu/recreation or at the 'R' Rec office.

AAU Volleyball League

AAU Volleyball will be accepting registrations January 7 through March 1. Players must be 10 years old or in the 4th grade to play. Ages are 10-18 years old. Practices will start around March 11. Registration fees are $55 and registration forms can be picked up at the 'R' Recreation office. The Riverton Volleyball Club is in need of volunteers, coaches and currently has three board openings. Visit the Riverton AAU Volleyball site on Facebook for more details or contact Karley Trees, 851-4942 for more information.

Girls Fastpitch Softball League

Riverton Girls Fastpitch Softball leagues are for girls ages 5-18 years old. Registration will begin on March 1 through May 10. The season dates are the end of May through the first week of July. Fees for the league are $50 through April 30; $60 April 30-May 10 and $75 if registering after May 10. For more information contact Mark Stone, 857-0893 or 840-5503.

Adult Co-Ed Softball League

Registration begins April 1 for the 2013 Adult Co-Ed league. The season will run early May through mid-July. Cost is $375/team and teams must have a minimum of 6 guys and 4 girl players. All players must be at least 18 years old. Registration forms are available at 'R' Recreation. For more information contact Josh McFarland at 851-9280.

Riverton Men's League Softball

Registration begins April 1 for the 2013 Adult Men's Softball league. The season will run early May through mid-July. Cost is $350/team and teams must have a minimum of 10 players. All players must be at least 18 years old. Registration forms are available at 'R' Recreation. For more information contact Josh McFarland at 851-9280.

Central Wyoming Skateboarding Association

Central Wyoming Skateboarding Association is a new membership association that serves skate boarders, BMX bike riders, and in-line skaters. As a cohesive partner with the City of Riverton, we play a big role in creating and designing a new skate park for Riverton. CWSA members of all ages meet once a month. Leadership, management, and development skills will be offered through committee assignments that are guided and taught to the youth members of CWSA. Members will learn what it takes to put together community functions of all kinds within a controlled organization focusing on enhancing its community. Also, members will be able to participate in group field trips to other skate parks in Wyoming and learn riding tips from expert riders within the association and making new friends. The CWSA meets the third Thursday of each month. See www.centralwyosa.com, email centralwyosa@hotmail.com or call Chris McNeil at 349-6365 for more information.

Riverton Gymnastic Center

Riverton Gymnastics welcomes new and previous students to join in the fun, learn new skills, and advance in the sport of gymnastics. There are classes for children ages 3-18 years in all skill levels. For more information visit www.rivertongymnastics.com or contact Kelli at 840-1720.

Renew Fitness Studio Community Activities

The Renew Fitness Studio is offering a variety of community activities. Participate in a Sweetheart Valentines Dance on Feb. 16 from 6-9 PM (child care provided), Mother/Daughter Fun Night on March 8 from 6-8 PM. Contact the Renew Fitness Studio for more information about these events open to the community at 463-0855.

PlayPlace Music and Movement

PlayPlace will resume classes at St. James Episcopal Church, 519 E. Park, at 10 AM on January 29 and will run for 12 weeks ending on May 14. This is a free interactive class for children ages 18 months through 4 years old and their caretakers. There will be music, movement, art, video, centers, story time and a snack. The instructor is a retired music teacher, **Veronika Schultz. Call 856-4555** for more information.

NON-DISCRIMINATION STATEMENT

Consistent with its mission to value diversity and to treat all individuals with dignity and respect, Central Wyoming College does not discriminate on the basis of race, color, national origin, ancestry, sex, age, religion, or disability in admission or access to, or treatment or employment in its educational program services or activities. The college makes reasonable accommodations to serve students with special needs and offers services to students who have the ability to benefit. Inquiries concerning Title VI, Title IX, or Section 504 may be referred to Jennifer Rey, the Human Resources Officer at Central Wyoming College, 2660 Peck Avenue, Riverton, WY 82501 (307) 855-2112 or 1-800-735-8418 (instate) or the Office of Civil Rights for Wyoming at Denver Office, Office of Civil Rights, U.S. Department of Education, Federal Building, 1244 Speer Blvd, Suite 310, Denver, CO 80204-3582, 303-844-5695, Fax 303-844-4303, TDD 303-844-3417, email OCR_Denver@ed.gov.

The spirit of free inquiry, which characterizes the educational environment, must be allowed to flourish within the context of mutual respect and civil discourse. Discriminatory, threatening, or harassing behavior against any group or individual based on, but not limited to, gender, color, disability, sexual orientation, religious preference, national origin, ancestry, or age will not be tolerated.

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PAYMENT DUE
AT REGISTRATION

RECREATION SPRING 2013 REGISTRATION FORM

Student Name _____ Email: _____

Address: _____ Text Number: _____

Date of Birth: _____ Male_____ Female _____Phone_____

Parent/Guardian Name:_____ Phone Number:_____

Emergency Contact: _____ Phone Number:_____

Class #	Class Name	Dates	Times	Location	Classroom

I,_____parent/guardian, hereby give permission for CWC to use the likeness of my child for promotional purposes, such as newsletters, flyers, etc. Agree____ Disagree____

I,_____parent/guardian, herby give permission for any and all medical attention to be administered to my child in the event of accident, injury, sickness, etc. under the direction of CWC, until such time as I may be contacted. I also assume the responsibility for the payment of any such treatment.

In consideration for the acceptance of my child's entry, I hereby, for myself, my child, and my heirs, waive and release any and all rights and claims for damages I or my child may have against Central Wyoming College and their representatives and assigns for any and all injuries suffered by myself or my child at any activity sponsored by Central Wyoming College.

I understand that during an activity, my child's conduct directly affects the good order and safety of the group. I expect my child to exhibit conduct, and behave in accordance with their regular school rules. I agree that acts such as using tobacco, speaking with profanity, consuming intoxicating drugs or beverages, fighting or stealing cannot be tolerated. I agree to be financially responsible for any loss, damage, loss or use, or costs to persons or property caused by the actions of my child. If, at the sole discretion of the registered adult leader on an activity, my childs's acts or continual behavior and conduct violates school rules and regulations, I understand that I will need to make immediate arrangements to pick up my child from CWC and that my child will be suspended from all remaining program sessions

_____ _____

Parent/Guardian Signature/Date Student Signature/Date

For information call Mary Axthelm 855-2015, BriAnna Winter 855-2190, Sherry Shelley 855-2125
Mail form and check or money order to "R" Recreation/CWC, 2660 Peck Ave., Riverton WY 82501
Drop off at CWC Pro Tech Bldg., Room COTC 140, M-F 8am-5pm; seasonal extended hrs 8am-6pm March-May