

CITY OF LANDER
PARKS AND RECREATION

FALL/WINTER

ACTIVITY GUIDE

2023-2024



FOR MORE INFORMATION, REACH US AT:

(307)332-4647

leckhardt@landerwyoming.org

MAILING ADDRESS: 240 LINCOLN STREET

LANDER, WY 82520

LIKE US ON FACEBOOK!

REGISTRATION

Registration for **basketball only** will be open from 8:00 am to 5:00 pm Monday through Friday at the Parks and Rec office or register anytime online. Go to www.landerwyoming.org > Departments > Parks & Recreation > Activity registration for more information and to sign up. Registration will be open up to one week before the scheduled activity begins, or as stated in the brochure.

PARKS AND REC POLICY

It is the policy of the City of Lander Parks and Recreation Department to waive partial tuition fees for children who are unable to pay the full fee for participation in City Parks and Recreation Programs. To be eligible, the family must earn an income below the level set and submit an affidavit stating and verifying their income. Forms are available at the time of registration. In order to participate in any City Parks and Recreation program, participants must first be registered, and either pay the required fee, or obtain a waiver through filing of the appropriate documents and pay the adjusted fee. All participants should be aware that the City of Lander does not carry insurance for injury to participants of programs. Participants are encouraged to carry health insurance.

PAYMENT

The Parks and Recreation Department will no longer accept personal checks as payment for deposits, user fees, or program registrations. We will gladly accept cash, credit or debit cards. You must pay for the classes or activities at the time of registration unless otherwise stated in this brochure. All activities are on a first come basis. (Fee listed covers the entire activity period unless otherwise noted.)

CANCELLATION

The Parks and Recreation Department reserves the right to cancel any class or activity due to insufficient registration, lack of facilities or lack of instructors/supervisors. A full refund will be given for any canceled class or activity.

REFUNDS

No refunds will be given for any reason other than cancellation of a class or activity. You may drop a class up to one week before the scheduled starting date and a credit toward another Parks and Recreation activity will be given. This credit will be good for one full year.

HOLIDAYS

No classes or programs will be held on holidays.

PARKS AND RECREATION DEPARTMENT STAFF

Office Manager: Lori Eckhardt

Park Foreman: Jason Byrd

Park Staff: Brett Finlayson

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Activities and Sports



Bookmarked
Literary Arts Festival

September 29 to October 1, 2023

The 4th annual Bookmarked Literary Arts Festival is proud to announce award-winning author Chris Bohjalian will be sharing his work with us at this year's festival, Friday, September 29 through October 1. Bookmarked connects local readers and local writers. It is like an art show, but for Wyoming's literary artists. Writers from all over the state will be reading their work, to you-- Wyoming's readers! See www.bookmarkedfestival.com for important updates as the festival gets closer. Like us on Facebook!



HEY STUDENTS OF FREMONT COUNTY!

Enter the Youth Flash Fiction Contest

Your work will be published in a bound
book, and is eligible to win
CASH PRIZES!

Participants must be in grades 4-12, and
are required to submit an original work of
fiction 1000 words or less.

Entries due Aug 30, 2023 Go to:
www.bookmarkedfestival.com/youth-flash-fiction-contest
or stop into your local library!



Lander Youth Basketball Association



Little Dribblers Basketball

What? Little Dribblers Basketball - Players will learn the fundamentals of basketball in a fun, fast-paced atmosphere.

Who? Kindergarten and 1st grade boys and girls

When? 1st session starts Monday, October 16th at 6:00 pm at Pathfinder School (You are able to sign up until October 21st). Program will run on Mondays and Wednesdays until November 2nd from 6:00 - 7:00 pm.

How and Where to Sign up? Lander Parks and Rec website:

Cost? \$30

Contact information for questions: smullins@landerschools.org

Volunteers are needed to run stations and help coach!

Jr Tiger 3v3 League

What? Jr. Tiger 3v3 League- A combination of skill development and small -sided game play.

Who? 2nd and 3rd grade- boys and girls

When? 1st session starts on Tuesday, October 17th at 6:00 pm at Pathfinder Gym (You will be able to sign up until October 21st)

Program will run on Tuesdays and Thursdays from 6:00-7:30 pm until November 16th.

How and where to sign up? Lander Parks and Rec website:

Cost? \$45

Contact information for questions : smullins@landerschools.org

Volunteers will be needed to run stations and help coach.

Tiger Intermediate 5v5 League

What? Tiger Youth 5 v 5 League - One week of evaluation and then split into teams. Teams will have one day of practice and one game per week.

Who? 4th, 5th, and 6th grade boys and girls (separate leagues)

When? Evaluation night will be Tuesday, January 2nd at Lander Valley High School. Program will run on Tuesdays and Thursdays from 6:00-7:00 pm for girls and 7:00-8:00 pm for boys until February 16th.

How and Where to sign up? [Lander Parks and Rec website:](#)

Cost? \$55

Contact information for questions: smullins@landerschools.org

We will need volunteers to coach the teams. Little experience necessary as drills and structure will be provided.

Competitive Opportunities

Lander Valley Buckets Travel Team

This will be an expanding, additional option for players interested in more competitive travel. The travel team is open for players entering 3rd through 8th grade boys and girls. We will have evaluations the week of October 16th. The season will run from the middle of October to the end of March. Middle school teams will pause for their school seasons.

Teams will practice one to three times per week depending on gym availability and coach discretion. Fees will be determined by the amount of tournaments the teams are interest in signing up for. The goal will be to play at least one tournament per month.

We will need coaches for teams. Please consider, training and support will be provided. For more information and to register please contact Coach Stu Mullins at smullins@landerschools.org or Jason Cox at jcox@landerschools.org.

CWC Rustler Basketball Clinic

[click here to register for basketball](#)

RUSTLER BASKETBALL LEAGUE/CLINICS



Complete the registration form and mail to:

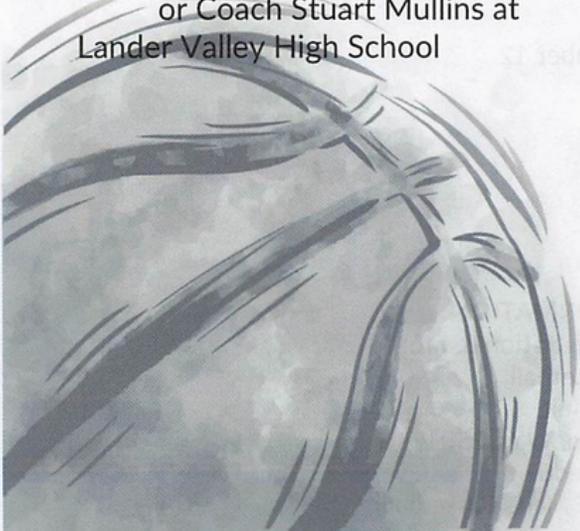
CWC Athletics, Attn: Brad Schmit
2660 Peck Ave | Riverton, WY 82501

or register online

https://www.landerwyoming.org/departments/parks_recreation

For more information contact **Brad Schmit**,

head coach men's basketball
307-855-2243 or bschmit@cw.edu
or Coach Stuart Mullins at
Lander Valley High School



RUSTLER TIP-OFF CAMP

This camp is for boys and girls K-8th. The camp will focus on all the fundamental areas of developing your individual skills. A major emphasis will be placed on ball handling, passing, footwork, shooting form, defensive stance, slides and simple team concepts. The camp will consist of high-energy drills, fun competitions and an opportunity to build relationships with the CWC coaching staff and players.

Dates: Saturday, November 11, and Sunday, November 12

Ages: K-8th Grade

Time: 9-11 A.M.

Place: Lander High School Auxiliary Gym

Cost: \$40

* Can register anytime before camp

* Walk-ons will be accepted

COACH BRAD SCHMIT

Brad Schmit enters his sixth season as the CWC Men's Basketball coach.

Before taking over the Rustler program, Schmit spent the previous 12 years as an assistant coach at the NCAA and NAIA level. Not only does Coach Schmit have extensive college coaching experience, he also owns and operates Midwest Elite Basketball, one of the biggest camp programs in the country. Over the past 18 summers Coach Schmit has worked more than 100 camps, developed more than 2,000 players, and traveled the country working with other college coaches. His on-court experience and coaching style is focused on building confidence, paying attention to detail, and fostering a love for the game. You do not want to miss being a part of Coach Schmit's camps!



Youth Sports

Bowling



Juniors (ages 12 to 17) bowl on Sundays at 3pm starting September 10. Bantam Prep (ages 5-11) bowl on Saturdays at 10am starting October 7. The Juniors have already registered, but you can still call Silver Spur Lanes for late registrations. The Bantam-Prep register on September 10 from noon to 2pm. Registration is \$10 cash plus an additional \$10.25 cash per person each week for three games of bowling. Shoe rental is included in the fee. You must be preregistered before the start date of bowling. For further details, please call Marlee at Silver Spur Lanes 307-332-5830.

Lander Jr Football League

This league is open to 3rd and 4th and 5th and 6th grade boys and girls. Fee is \$60 Please call Chris Eagle at 349-2221 for more information. Registration will be at the end of July at the Parks and Recreation office.

Lander Baseball Association

Little League Baseball is for boys and girls ages 7—12 years. Babe Ruth Baseball is for boys and girls ages 13—15 years and is run by the Lander Baseball Association. Sign ups are in April. For more information contact Tom Massey at 307-332-5387.



Girls Fast-Pitch Softball

This program is run by the Lander Girls Fast Pitch Softball Association and is for girls ages 4 to 18 years of age. We have three age divisions and is for all skill levels. Registration begins in March and games start in May. Contact landergirlssoftballleague@gmail.com for more information.



Lander Strikers Soccer

Lander Strikers is a competitive youth soccer organization dedicated to promoting, encouraging, and improving soccer in Lander, Wyoming. We offer children of all ages and abilities the opportunity to enjoy and learn the game of soccer in a positive environment at a competitive level. Enrollment into the Striker program is open to any soccer player with a good attitude, a passion for soccer, and a competitive spirit. Please contact landerstrikersoccer@gmail.com.

Lander Thunder Youth Soccer

Lander recreation soccer league has a new name- say hello to Lander Thunder! Join us for another great season of rec soccer for ages 5 and up. We offer spring and fall soccer. To register or to find out more, please visit us online at www.landersistersoccer.org. Please email landersistersoccer@gmail.com if you have questions.

Tiger Tough Wrestling

Tiger tough wrestling is open to all ages. Registration will begin in January and is ongoing.

Practice will be run through the middle and high schools.

Please contact Tiffany and Billy Velarde at 307-349-8982 for more information.

Like us on Facebook Lander Tiger Tough Wrestling.

Dance Academy

We offer extensive certified dance training in: Pre-ballet & pre- tap (preschool), ballet, pointe, jazz, tap, modern/contemporary, tumbling, and hip-hop for all ages! Go to landerdanceacademy.com and check us out. For more information call **Susan Cooper** at **307-349-8748**. The Dance Academy is located at 445 Lincoln Street Suite number 2.

LANDER ICE RINK

Ice Skating

Ice skating will be offered at the City Park Rink as soon as weather permits.

Skating at City Park will be offered the following hours after Christmas Break:

Monday thru Thursday 11 am-5 pm

Wednesday Evenings 7-9 pm

Friday 11 am-5 pm and 7-10 pm

Saturdays 12-5 pm and 7-10 pm

Sundays 12-5 pm

Hours for Christmas vacation, December 22nd - January 2nd are from 11 am - 5 pm, and 7 - 10 pm. On Sundays, the rink will open at noon.

The ice rink will be closed on Christmas Eve from 7—10 pm and all day Christmas Day.

Admission is \$2.00, skate rental \$3.00 and skate sharpening \$8.00.



Ice Skating Lessons

Drop-in lessons will take place during school break (times will be posted at the rink). Regular beginner and intermediate/advanced lessons will begin the week of January 3, with after school and homeschool options provided. Lessons will go until the rink closes for the season.

Private lessons are also available.

Lessons are open to ages 3 through adult. Classes are \$10 per drop in. Scholarships are available.

Skate rentals and rink admission are included in the price.

Please contact Cindy Newman for specific schedule requests.

Cindy Newman

702-235-9176



Adult Drop-in Ice Hockey

The rink will be open for Drop-in Ice Hockey on Tuesdays, Thursdays and Saturdays from 5:30-7:00 p.m. This is for High School age and older.

Youth Ice Hockey

This program is intended for youth in 1st grade to 8th grade and will begin after Christmas Break on Mondays and Wednesdays from 5:30-7:00 pm. Fundamental skating skills are reinforced before the foundations of ice hockey are introduced. **SOFT PUCKS ONLY!!**

Participants are required to wear an approved ice hockey helmet with face guard, which can be rented for a nominal fee from the Parks and Recreation Office. Each person must have their own stick. Ice hockey skates may also be rented at the Parks and Recreation building.

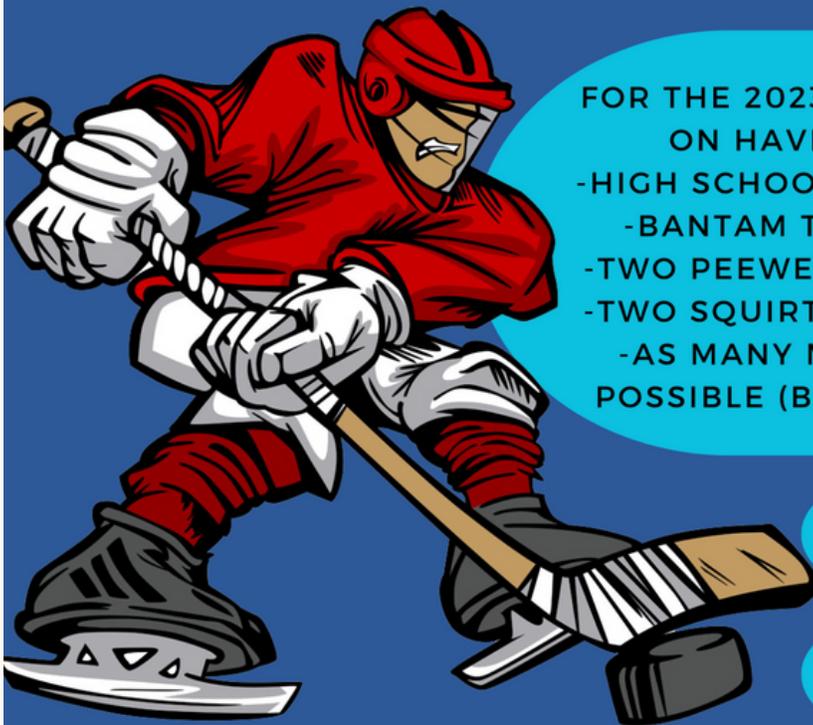
FREMONT COUNTY



ICE HOCKEY
ASSOCIATION

COME PLAY ICE HOCKEY!

CALLING ALL HOCKEY ENTHUSIASTS! DON'T MISS YOUR CHANCE TO BE PART OF AN EXHILARATING AND ACTION-PACKED HOCKEY SEASON. WHETHER YOU'RE A SEASONED PLAYER OR JUST STARTING TO LACE UP YOUR SKATES, WE HAVE A SPOT FOR YOU!



FOR THE 2023-24 SEASON, WE ARE PLANNING ON HAVING THE FOLLOWING TEAMS

- HIGH SCHOOL TEAM (BIRTH YEAR 2005-2008)
- BANTAM TEAM (BIRTH YEAR 2009, 2010)
- TWO PEEWEE TEAMS (BIRTH YEAR 2011,2012)
- TWO SQUIRT TEAMS (BIRTH YEAR 2013, 2014)
- AS MANY MITE AND MINI MITE TEAMS AS POSSIBLE (BIRTH YEAR 2015 AND YOUNGER)

WE HAVE RENTAL
EQUIPMENT*

PROGRAM PRICING
\$100-\$290



Scan me!

WANT TO FIND OUT MORE ABOUT ICE HOCKEY IN FREMONT COUNTY JOIN US FOR A BARBECUE AUGUST 26TH** OR VISIT OUR WEBSITE @ WWW.10HOCKEY.COM



**REGISTER TODAY THRU SEPT. 10TH
MUST HAVE A USA HOCKEY MEMBERSHIP**



*LIMITED QUANTITIES AVAILABLE AND NOT INCLUDED IN PROGRAM PRICING

**BARBECUE AUGUST 26TH MORE INFORMATION TO COME. CHECK ON WEBSITE OR FACEBOOK



SWIM LESSONS

There will be open registration for pre-school and parent/child lessons starting on August 21st. Pre-school lessons are open to all pre-school age children (2 and up). Fun classes include basic water adjustment, entering and exiting the pool independently, blowing bubbles, floating and more advanced skills. All children will be worked with at their skill level. Parent/Child classes are open to babies and toddlers. It is a basic water adjustment class introducing parents to strategies that help young children learn to swim. Sessions are 4 weeks long, 2 days a week. (Mon-Wed) or (Tues-Thurs). Cost is \$36. Please ask us about our 1 hour, 1 day a week classes.

Swim Session Dates

September 11 to October 5

October 9 to November 2

November 6 to December 7

January 8 to February 1

February 5 to February 29

March 4 to April 4

April 8 to May 2

May 6 to 16 (short session \$18)

Preschool classes are Mon/Wed or Tue/Thurs from 9-9:30 am or 9:30-10:00 am OR Wednesday only from 9-9:50 am. Parent/child classes are Mon/Wed from 9-9:30 am.

For more information please call 307-332-7478.

*No Pre-School lessons the weeks of Thanksgiving, Mid-Winter Break, and Spring Break (March 25-28)



Recreation Swim

Monday – Friday 7:30-9:00 pm
Saturday & Sunday 2:00-4:00 pm & 6:00-8:00 pm

Lap Swim

Monday – Friday 5:15-6:15 am & 7:30 am-2:00 pm
Saturday and Sunday 11:30 am to 1:30 pm

The Pool will be closed

Labor Day – September 4th
Thanksgiving – November 23rd
Christmas – Dec. 24th (4:00 p.m.) & 25th
New Years – Dec. 31st (4:00 p.m.) & Jan. 1st
Easter – March 31st
Memorial Day – May 27th

Admission

Pre k- 6th grade - \$2.00
7th -12th grade - \$3.00
Adult -\$4.00
Senior- \$2.00
Exercise Class - \$5.00
Weights - \$4.00

50 Punch Passes

Preschool through 6th grade - \$80
7th through 12th grade - \$120
Adult - \$160
Senior - \$80
Exercise Class - \$200

LANDER SWIM CLUB

The Lander Swim Club is a competitive age group swimming team affiliated with the United States Swimming Association (USA). Swim meets are held throughout the state on weekends and all swimmers are encouraged to attend any they desire and are required to swim in one home meet per year. Anyone who enjoys swimming is invited to join. All swimmers are taught the four competitive strokes; freestyle, back, breast, and butterfly by qualified USS coaches. For more information call the pool at 332-7478 or go to www.landersistimclub.org

WATER AEROBICS/EXERCISE CLASS

This class is designed to strengthen and tone muscles and depending on your level of fitness, give you a mild to moderate cardiovascular workout. The minimal impact due to the buoyancy of the water allows people who have joint or other problems to benefit from exercise without the stress to the body from conventional exercise. Always check with your doctor before starting any exercise program. The class consists of toning movements using the water for resistance, and walking in the shallow end of the pool. Swimmers of all abilities are welcome.

Monday through Friday 7:45-8:30 am
10:30-11:45 am

Cost: \$5.00

Punch cards available 50 punch cards \$200.00
25 punch cards \$100.00



LANDER ART CENTER



SINCE 2003

258 MAIN STREET
LANDER, WY

ARI KAMIL
EXECUTIVE DIRECTOR
DIRECTOR@LANDERARTCENTER.COM

OAKLEY BOYCOTT
OUTREACH DIRECTOR
OUTREACH@LANDERARTCENTER.COM

Classes.

Kids classes coming soon!
Register for class at landerartcenter.com

Open Poetry at **Literary Rug.** *Tuesdays 7p-9p*

read. write. listen.

Clay Studio.

Open Clay Studio Hours

Tuesday-Thursday, 5-7p Saturday, 12-2p

Everyone is welcome at LAC Open Clay Studio!

We have 5 potters' wheels, a slab roller, coil extruder, a pug mill, throwing and sculpting tools, and lots of table space. Whether you are a beginner or experienced clay artist, open studio is sure to be a good time!

A facilitator will be available to answer all questions, and all firings will be taken care of by studio volunteers.

Open Clay Studio shelf renters are welcome to access the studio during **all open hours**, whenever an LAC staff member is present.

Community clay, tools, glazes, wheels, firing included.
Blocks of clay available for purchase.

Drop-In: \$15
Punch Pass: \$60/five sessions
Shelf Rental: \$50/month

Saturdays **The Jam.** *10a-12p*

All instruments. All ages. All skillsets.

EXPRESSION THROUGH PAINTING

\$240

Instructor: Lander Burton

Wednesdays, Sep 20 - Dec 6 5p-7p.

The class will look to a variety of historical art movements and painters to inspire ways of making though our own experiences. Color theory, mixing of paint, basic oil painting techniques, prepping surfaces will be part of the technique section of the class. The class will very much focus on each student developing their own work, their own ideas in their painting project.

Scholarships and payment plans available.

AUTUMN LEAF MOSAIC WORKSHOP

\$60

Instructors: Traci Sessions and Brenda Iden

Tuesday, Oct 3, 5:30p-8:30p and Friday, Oct 6, 6p- 8p

Fall is around the corner! Make a beautiful shimmery leaf to celebrate and enjoy for years to come. Your 6" tall leaf will have an optional hanging hole for easy display, and you will be able to choose from the Art Center's stained glass to create your design. Everything you need is supplied, and no experience is necessary. **Scholarships and payment plans available.**

BIIXOO3ETIIT(Love)

HINONO'EI CULTURE THROUGH BEADWORK

\$120

Instructor: MiRae Hughes (N. Arapaho)

Saturdays, Oct 7- Oct 28, 1p-4p

There are 7 teachings in Native culture: **love, respect, courage, honesty, wisdom, humility, truth.** In this class, you will be designing and crafting your beadwork while exploring these 7 teachings. You will leave the class with a solid understanding of Hinono'ei (Arapaho) culture.

Proceeds of this class will go towards providing free art classes for Indigenous artists in recovery.

INTRO TO ENCAUSTIC WAX PAINTING.

\$60

Instructor: Paula McCormick

Friday, Nov 10, 6:30-8:30p and Saturday, Nov 11, 10a-4p

Exploring the basics of painting and collaging with melted beeswax. You'll explore what types of materials work best with beeswax, how to collage layers, how to use pigmented wax to paint with, how to use stencils, and how to make textures and marks in wax.

Scholarships and payment plans available.

INTRO TO WATERCOLOR

\$50

Instructor: Julian Kwasniewski

Saturday, Nov 18, 10a-4p

Learn the basics of watercolor technique for landscapes and other simple natural items like flowers and trees. Learn about different papers, pigments, and brushes and how to use them to create flowing and colorful paintings! Basic techniques like drybrush, wet-in-wet washes, and masking will be addressed. **Scholarships and payment plans available.**





FREMONT COUNTY Libraries

Engaging Minds • Enriching Lives



Adult Department Activities

Metropolitan Opera:

October 21 - DEAD MAN WALKING (Jake Heggie) 10:55 am MST/run time 3:14

November 18 - X: THE LIFE AND TIMES OF MALCOM X (Anthony Davis) 10:55 am
MST/run time 3:22

December 9 - FLORENCIA EN EL AMAZONAS (Daniel Catan) 10:55 am MST/run time 2:35

January 6 - NABUCCO (Verdi) 10:55 am MST/run time 3:06

January 27 - CARMEN (Bizet) 10:55 am MST/run time 3:44

March 9 - LA FORZA DEL DESTINO (Verdi) 10:00 am MST/run time 4:22

March 23 - ROMEO ET JULIETTE (Gounod) 10:55 am MST/ run time 3:31

April 20 - LA RONDINE (Puccini) 10:55 am MST/run time 2:47

May 11 - MADAMA BUTTERFLY (Puccini) 10:55 am MST/run time 3:15

"OUR HUMAN FAMILY" DOCUMENTARY SERIES:

Dates are all in 2024 at 6:00pm

January 8th, January 15th, January 22nd, January 29th, February 5th, February 12th,

Christmas Open House at the Library:

December 21st from 5:00 to 6:30 pm. Come enjoy warm beverages, appetizers, story time, and Christmas music.

Winter Bingo:

January 2nd through February 29th. Come fill out a BINGO card and get a prize!!



Children and Youth Activities at the Lander Library

Besides these regularly scheduled activities, we are planning on special events on an irregular basis. These include: **StoryHour** player platform Halloween plays in October and April, **TeenTober** activities celebrating teens in the library, and more. Please call 332-5194 for more details or check our newly revamped website coming soon at www.fclsonline.org.

Storytime (ages 3+) and **Toddler Time** (infants and toddlers) each Wednesday at 10:30 am beginning September 6th.

StoryTime Dance Party is once a month on a Friday at 10:30 am. Next meeting is September 15th. (Call for future dates).

Lego Club (ages 6-12) and **Junior Builders** (ages 3-6 with a caregiver participating) meet on the first Thursday of each month from 4:00 to 4:45 pm beginning September 7th.

Our Tween Space provides a special hang-out for our tween patrons in grades 4th through 6th with games, wi-fi, and rotating DIY crafts and STEAM activities.

The CanTeen provides hangout space for teens in 7th through 12th grades. Game room on a first come first served basis when staff is available. Weekly CanTeen Create activities are held for teens on Wednesdays from 3:00 to 5:00 pm beginning September 13th.

Drop in Chess Club for patrons 18 years and under is offered the second and fourth Thursdays of the month from 4:00 to 5:00 pm starting September 28th.

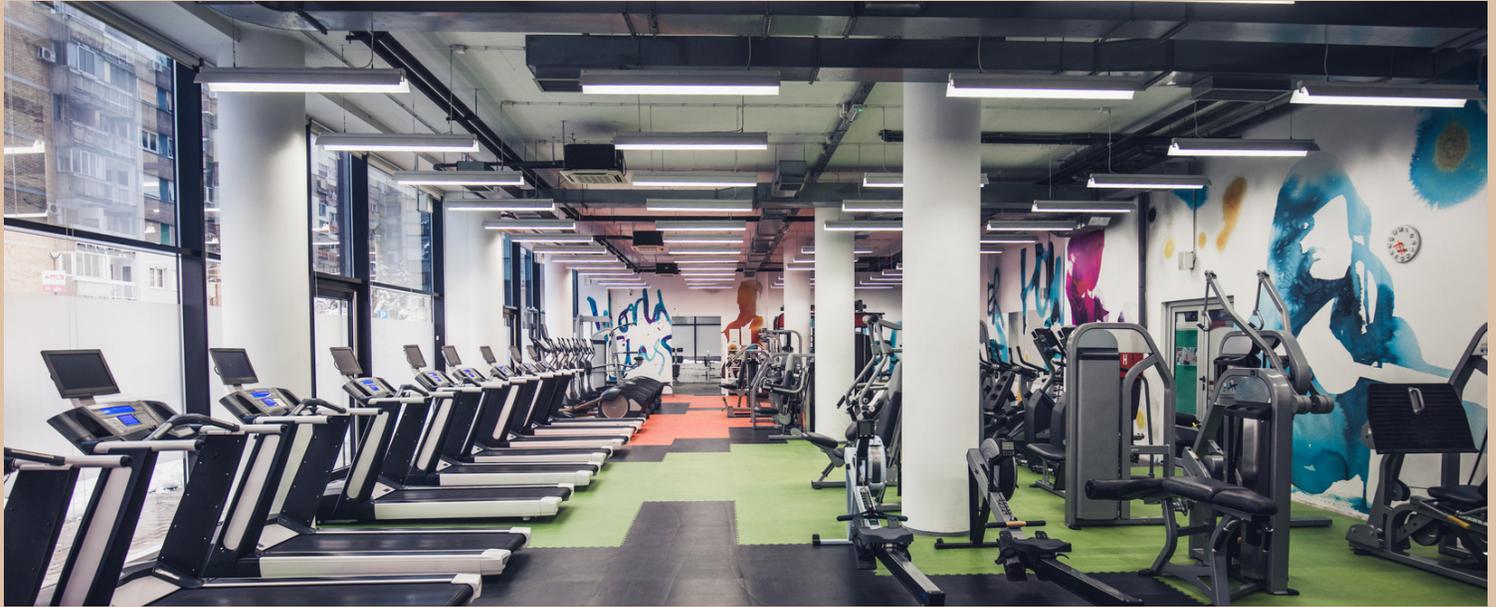
Saturday Teen Game Days from 10:00 am to 3:00 pm on the first Saturday of the month. Enjoy Magic, D&D, or some other game? Bring your favorites and some friends (or meet new ones). We'll provide the space.

Child Development Services

CDS is a non-profit organization that links parents and families with Developmental Preschool Programs throughout the state and provides therapeutic and educational services to preschool children with developmental delays. CDS provides free developmental screenings across Fremont County. Our Mission is to provide early childhood education and intervention services for families with infants and preschool children with developmental disabilities and delays.

Get in touch at 307-332-5508 or contactcds@cdsfc.org.

Other Service Providers



Anytime Fitness Center

We offer numerous amounts of opportunities for your fitness needs. The gym offers Personal Training, Small Group Training, Nutrition Coaching, Free Weights, Nautilus, Racquetball and MORE! Members also have 24/7 access to the gym. **For more information call 307-332-2811 or come to the gym at 943 Amoretti Street.**

Elemental Performance & Fitness

Elemental Performance and Fitness is Lander's friendliest and cleanest fitness center. We offer a full-range of cardiovascular and strength training equipment, a large group training area, and a climbing gym. We offer day passes, showers, and a full class schedule. We are conveniently located at 134 Lincoln Street. **Call 307-332-0480 for more information or go to www.lmntl.net.**

High Mountain Fitness

High Mountain Fitness offers a premier weight room, basketball court, pickleball courts, walking track, cardio studio, and locker rooms in a 21,000 square foot facility located at 730 Lincoln Street. Come join our 24-hour fitness community with competitively priced memberships for an individual, couple, or family; no contracts required. Personal and small group training available. Like us on Facebook! facebook.com/highmtfitness.

Other Service Providers

Lander Bodyworks, Inc

Lander Bodyworks is a fitness studio located at 485 N 4th St in Lander. We offer Personal Training, Small Group Training, Spin, Spin Strength, HIIT, Shred, Ro-Worx, Burn, MTN Tough, Zumba, Barre, Yin Yoga, Buti Yoga, Vinyasa Flow. When you come to Lander Bodyworks you feel the supportive, positive energy of the people training there. Whether you are trying to lose weight, gain strength, or train for a triathlon, we can help you meet your goal.

For more information go to www.landerbodyworks.com.

Awaken Fitness

One work out at a time. One meal at a time. One day as a time. Awaken is more than just a gym, it's a fitness and wellness experience completely tailored to your individual needs. The center is co-owned by Siobhan Fahey, a nutritionist/personal trainer and Annie Cook, a clinical scientist, who partnered together to help you begin your wellness journey with a plan that is unique to your individual physiology. We offer all members full access to our top of the line fitness center, and with additional membership, you can enjoy our infrared sauna and cold plunge tank to stimulate recovery and decrease inflammation. Additionally, we have a float pod, protein bar, and group fitness classes. For more information please call the gym at 307-206-1079 or www.awakenfitnesscenter.com.

Renegade Fitness

Renegade Fitness offers group training sessions that combine weightlifting, cardio, and body weight movements. Workouts are individualized to meet you where you're at in your fitness journey. Dailey workouts vary so your first week is on us! Give it a week and then make your choice. Call Robyn at (307) 349-0523 or Nik at (307)351-2699 for more information or to sign up.



The Rock Church Life Center



It's a fun place to hang out for all ages!

Our life center has evolved into a place where kids through adults can come and have fun. We have so much to offer! On the first floor is a Commons with couches, tables, and games such as ping-pong, foos ball, air hockey and more. We also have an electronic game table, loaded with gobs of games to play. Battleship and Clue are two of the favorites. Lastly, on this floor is a half-gym for basketball, etc. In the gym we have a massive climbing wall, which is available with a certified climbing instructor. The climbing is closely regulated, and can never be used unsupervised.

Our second floor provides the young kids a play place of their own, including a village of buildings. They can pretend to be a doctor, take a ride on a train, or be a fireman, just to name a few. For those too big for our village, "Itsy-Bitsyville", there is a grand treehouse, complete with a rope bridge, lookouts and a curly slide. There is so much offered, we can't possibly list it all here. We suggest you come and see! TRC Life Center is free for our communities. We do require release forms for each person who comes to the TRCLC, but that is simple since they are accessible online.

We have certain days and times available for booking birthday parties. Please contact us for more information.

We are located at 150 Baldwin Creek Road in Lander. For more information please call 307-332-2636. You can also visit our website at www.rockchurchwy.com. Our hours are Tuesdays and Thursdays from 10:00 am to 6:00 pm.

Rising Star Gymnastics

Rising Star Gymnastics offers a wide variety of classes for ages 2 and up.

Call 801-228-7805 to schedule your child in a year round program to keep them physically active and gain confidence and strength. We also offer Birthday Parties, Nerf Gun and Laser Tag Wars, as well as Parents Night Out and Open Gym. Like us on Facebook!

Blue Victory TaeKwonDo

The Blue Victory class schedule is ongoing. The beginner and children classes are held on Mondays and Wednesdays from 5:30 - 6:30 pm. Adult and advanced classes take place on Mondays and Wednesdays from 6:30 - 7:30 pm. Classes begin at age 5. The studio is located at 321 Washakie Street.

For more information visit bluevictorytkd.com or call 307-332-7447.



Wind River Dojo

Wind River Dojo specializes in Judo and Brazilian Jiu Jitsu. We offer high quality instruction and friendly environment in which everyone is welcome to come and learn various forms of self defense, grappling, and striking. Whether you are looking for a new sport, self defense or you're just looking to be physically active and have fun, we have something for everyone. We accept students starting at 6 years old. Instructors - Marcio Paes Barreto is a Judo Black Belt with many years experience as an instructor. Patrick Hall is a BJJ Black Belt under Finnie McMahon and the Renzo Gracie Fight Team. Kids classes resume on Monday, September 12. We will have a parent/kids orientation on Wednesday, September 7 at 5:30pm. Our classes, both youth and adult, are on Monday and Wednesday nights from 6-7pm.

Location - Wyoming Army National Guard Lander Armory 31 Leedy Drive, Lander, WY
Visit windriverdojo.org for more information.

Fremont County Public Health

For COVID vaccination registration please visit <https://www.wyoapptportal.org/>
Sign ups are available for both the Lander and Riverton offices.

Other vaccinations and flu shots will be offered in October. For more information please contact the Lander office at **307-332-1073**. The office is open on Mondays and Wednesdays.

Lions and Kiwanis Picnic Shelters, Gazebo, Dillon, Centennial Park

The Lions and Kiwanis shelters have cooking and serving facilities for almost any size group. The City Park Gazebo, Dillon Park, and Centennial Park are covered seating areas only. The shelters are on a reservation basis only. A refundable key deposit is required for the two shelters with the grills. Please go to the www.landerwyoming.org, parks and recreation tab, online registrations and shelter reservations to book your shelter today! You can also call the office at 307-332-4647.

Lander Outdoor Rodeo Arena

The Lander outdoor arena is available for rental or individual open riding. Please call the Parks and Recreation office at 332-4647 for scheduling, reservations, and more information.