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REGISTRATION
Registration will be held from 8:00 a.m. to 5:00 p.m. Monday thru Friday at City Park Office. Up to one week before the scheduled activity begins or as stated in the brochure. ALL REGISTRATION WILL BE OFFERED ONLINE OR IN THE OFFICE. GO TO CITY OF LANDER WEB SITE wwwландеррэвоминг.org AND CLICK ON THE LINK FOR ONLINE REGISTRATION.

IMPORTANT NOTICES-
Parks and Recreation 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 and who Beside within School District #1. To be eligible, the family must earn an income below the level set and submit an affidavit stating and verifying their income. Forms and care 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, check 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.)

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.

HOLIDAY—No classes or programs will be held on holidays.

INFORMATION—For further information, call the Parks and Recreation office at 332-4647.

PARKS AND RECREATION DEPARTMENT STAFF
Director-Sara Fields
Program Director-Janet Boulette
Secretary-Lori Eckhardt
Park Foreman-Kevin Johnson

PARKS AND RECREATION COMMISSION MEMBERS
Chairperson-Kent Simon
Jenny Young, Annie Scott, Paula Cronk, Cat Peterson, Nyssa Whiford, Marc Holford, Theresa Weitzel, Chris Hulme-Counsel Liaison

ADULT SPORTS & ACTIVITIES

OLYMPIC STYLE SWORD FENCING CLUB
Fencing, besides being fun, develops, grace, balance, reflexes and quick thinking. Participants must provide their own equipment which meets USFA Safety Specifications. Please call Al Baur at 856-7802 for more information.

NORDIC WALKING
Get more from your walk with Nordic Walking. Created by Nordic cross country skiers for off season training. Contact Penny at healthpenny.wellness@gmail.com or call 307-709-7887. Come try it for FREE on Saturday, October 5 at 10:00 am at the City Park by the office.

SPORTS LEAGUES AT THE ARC
Adult Sports League Groups looking for a basketball or volleyball? We have the perfect gym for you to come and play with your organized group! Book the ARC gym at a variety of times, night or day through Kasi at 307-206-1232 or email alpharec-center@landerwyoming.org for more information and to schedule your group now!

YOUTH THROUGH HIGH SCHOOL

JR JAZZ BASKETBALL
This is the 29th year our 4th, 5th, and 6th grade boys and girls youth basketball will be a part of the Utah Jazz Program. Volunteer coaches are needed to make the program a reality. Please call Janet at 332-4647 if you can help in any way. Shirts can be purchased at an additional $15.00 online only as well. Registration deadline is Thursday, September 26. DATES: October 1-December 19 TIMES: Practices will be held at the convenience of the volunteer coaches. Games will be held on Tuesdays and Wednesdays for boys and Thursdays for girls.
PLACEMENT: Lander Middle School
AGES: 4th, 5th, and 6th grades
FEE: $30 (includes jersey)$30
REGISTER: online or parks office

JR TIGER BASKETBALL
Boys and girls in 2nd and 3rd grade will receive instruction, skills, drills, and scrimmage experience in the game of basketball. Coaches are needed to help with the program. All practices and games will be played at the Pathfinder School/Starrret Gym on Mondays and Wednesdays. The first week everyone will practice together. After that time, we will break up into teams and games will start at 6:00, 6:45, and 7:30 pm. Mondays and Wednesdays. Registration deadline is Thursday, January 2.
DATES: January 8 through February 26
TIMES: 6:00 pm for 2nd -7:00 pm for 3rd
PRACTICE: January 8 and 13 then games will start January 15
LOCATION: Pathfinder School/Starrret Gym
AGES: 2nd and 3rd grade
FEE: $20
REGISTER: online or parks office

JR CUB BASKETBALL
Boys and girls in kindergarten and first grade will receive instruction, skills, drills and learn the game of basketball. Coaches will be needed to have teams to scrimmage. All practices and games will be at Pathfinder School/Starrret GYM on Mondays and Wednesdays from 6:00 pm to 8:00 pm. Registration deadline is Thursday, February 27.
DATES: March 2 through April 8
LOCATION: Pathfinder School/Starrret Gym
AGES: Kindergarten at 6:00 pm
1st grade at 6:45 pm
FEE: $20
REGISTER: online or parks office

WIND RIVER GIRLS & BOYS BASKETBALL LEAGUE
Lander Parks and Recreation is sponsoring a league for the game ready basketball program for fifth and sixth grade girls and boys. We will be playing teams from Shoshoni, St Stephens, Wyoming Indian, Arapahoe, Wind River, and Riverton. This is a competitive league and a skills night will be held for all participants at a later date. This is NOT a Lander Middle School or School District #1 activity. Parents are responsible for transportation to all practices and games. The season will start October 14 for girls and January 13 for boys. For more information contact Janet at 307-332-4647.
DATES: October 1 girls registration deadline
January 7 boys registration deadline
TIMES: Monday thru Thursdays
GRADES: 5th and 6th grade boys and girls
FEE: $30
REGISTER: online or parks office

THE CITY OF LANDER IS AN EQUAL OPPORTUNITY PROVIDER
**A.R.C. ALPHA RECREATION CENTER**

Lander has a new Recreation Center. The ARC is located at 150 Baldwin Creek Road and is a volunteer run center. FUN FOR ALL AGES! We are open Tuesday through Fridays from 4pm to 8pm. Saturday 10am to 9 pm. Please call 307-206-1232 for more information.

**FITNESS CLASSES** With Child care offered

Tuesdays: 9:00 to 10:00 - Power Yoga
Thursdays: 9:00 to 10:00 - Pilates on the Ball

Fees are $35/ any four classes or $10 drop in. Bring your child age birth on up and they can play in our upstairs children's playground while you work out nearby! Please call Nanette to register or for more information at (307) 349-4270 or email at meponi@yahoo.com.

Sports League Groups looking for a gym to play basketball or volleyball! We have the perfect gym for you to come and play with your organized group! Book the ARC gym at a variety of times, night or day through Kasi at 307-206-1232 or email alphareccenter@gmail.com for more information and to schedule your group now!

**USA WRESTLING**

USA Wrestling is a folkstyle/ freestyle wrestling program which is the same style used in the Olympic Games. For more information please call Billy Velarde at 349-8982.

**LANDER YOUTH BOWLING**

Try a change of pace in your sport life this year and join a youth bowling league. Youth bowlers are eligible for scholarships to further their education, make new friends, earn patches and awards, and enjoy spending time with friends. Open for all youth ages 5 to 20. For more information please call Billy Velarde at 349-8982.

**LIBRARY STORYTIME**

Fremont County Library is offering story time for children three to five years of age this fall on Wednesday mornings at 10:30 am starting on September 11 and will run through December 11. Contact the library for more information about special events and programs at 307-332-5194. And remember Library cards are FREE for Fremont County Residents.

**EASTER EGG HUNT**

This is an old fashioned Easter Egg Hunt for children ages 2-12 years.

DATE: Saturday, April 18
TIME: 9:30 a.m.
PLACE: City Parks
FEE: FREE

**WINTER ACTIVITIES**

**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**: 10 am-5 pm
- **Wednesday Evenings**: 7-9 pm
- **Friday**: 10 am-5 pm and 7-10 pm
- **Saturdays**: 12-5 pm and 7-10 pm
- **Sundays**: 12-5 pm and 7-10 pm

**HOURS FOR CHRISTMAS VACATION, DECEMBER 21- JANUARY 4 ARE FROM 11 AM TO 5 PM AND 7-10 PM. EXCEPT SUNDAYS, WHEN WE WILL OPEN AT NOON INSTEAD OF 11 AM.**

- The rink will be closed on Christmas Eve from 7-10 pm and all day Christmas Day.
- Admission is $1.50, skate rental $2.50 and skate sharpening $4.00.

**ICE SKATING LESSONS**

Figure Skating and Beginner Ice Skating lessons will be taught by Cindy Newman. Beginner and advanced lessons will be available. Class fees include admission and skate rental if needed. Please contact Cindy at 702-235-9176 for more information. Lessons will be held over Christmas break and the month of January.

**ADULT DROP IN ICE HOCKEY**

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

**YOUTH ICE HOCKEY**

This program is intended for youth ages 5-12 and will begin after Christmas Break on Mondays and Wednesdays from 5:30-7:00 pm. Fundamental skating skills are introduced and strong skating skills as the foundation of ice hockey are repeatedly reinforced.

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 and each person must have their own stick. Ice hockey skates may also be rented at the Parks and Recreation building.

**SWIM POOL**

**SWIM LESSONS**

Preschool and Adult Swim Lessons and Adult Exercise Classes will be offered through the School District.

**REGISTRATION DATES**

Open Registration for Preschool Lessons start August 15.

**SWIM LESSON DATE**

September 9 to October 17
October 28 to December 12
January 6 to February 13
February 17 to March 26
April 6 to May 14

Classes are Monday and Wednesday or Tuesday and Thursday. Cost is $36 per swimmer per six week session. For more information call the pool at 332-7478.

*No Pre-School swim the week of Thanksgiving
*No Pre School swim the week of Mid-Winter Break
*No Pre-School (March 27-April 3) Spring Break

School lessons start at 12:30 pm. Prices are subject to change without notice.

**RECREATIONAL SWIM TIME**

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

The Climbing wall will be up

- Saturdays: 6:00-8:00 pm
- Mondays & Wednesdays: 7:30 – 9:00 pm
- Lap Swim
- Monday thru Friday: 5:15-6:15 am
- 7:45-9:00 am 12:00-1:00 pm 9:00-10:00 pm

***The pool will be closed the following dates: Labor Day – Sept. 2, Thanksgiving Day- Nov 28, Christmas Day-Dec. 24 at 4:00 pm & 25, New Years-Dec. 31 at 4:00 pm & Jan 1, Easter- April 12, Memorial Day-May 25.

**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. Class times for Adult Exercise are 7:30 am to 8:30 am Monday through Friday. Cost is $3.00. Water Aerobics are Monday thru Fridays at 10:30 am to 11:45 am. Cost is $3.00. Punch passes are available 50 punch——$115.00, 25 punch——$57.50.

**LANDER SWIM CLUB**

The Lander Swim Club is a competitive age group swimming team affiliated with the USA Swimming Association. Swim meets are held throughout the state on weekends and all swimmers are encouraged to attend any meet they desire. Anyone who enjoys swimming is invited to join. All swimmers are taught the four competitive strokes: freestyle, back, breast, and butterfly by qualified coaches. For more information, visit the website at www.landerswimclub.org.

**LANDER DIVING CLUB**

The Lander Diving Club is an age group one meter and three meter diving program affiliated with USA Diving. Divers are taught basic fundamentals through competitive diving skills by USA Diving certified coaches. For more information email landerdvincingclub@gmail.com.
**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. For more information contact Tom Massey at 332-5387.

**LANDER THUNDER**

Lander rec 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. To register or to find out more information please visit us online at www.landersoccer.org. Please call 307-330-7395 or email landersoccer@gmail.com if you have questions.

**LANDER STRIKERS SOCCER**

For more information call Becky Crane at 307-349-0286 or email info@landerstrikers.org.

**LANDER JR FOOTBALL LEAGUE**

Open to 3rd and 4th and 5th and 6th grade boys. Registration deadline will be August 6th at the parks office building at 6:30 pm. Fee is $60 for 3rd and 4th grade and $70 for 5th and 6th grade. Call Chad Chance at 307-708-1035 or Shellie Chance at 307-349-5870 for more information.

**GIRLS SOFTBALL**

This program is run by the Lander Girls Fast Pitch Softball Association. There is three age divisions and is for girls of all skill levels ages 5 to 18. Registration begins in March and games start in May. Contact Billie at 307-438-0741 for more information or email billiemarie22@gmail.com.

**BLUE VICTORY TAEKWON DO**

Blue Victory Taekwon Do teaches the Korean art of self defense and the Olympic sport. Join John Kidwell at 332-7447 for more information. Phone 332-0434 to schedule a trial class.

**DANCE ACADEMY**

To register call Susan Cooper at 332-6042 or 332-4377. The Dance Academy is located at 445 Lincoln Street Suite number 2.

**LANDER ART CENTER**

The Lander Art Center offers classes and workshops for children and adults. Check out our popular After School Art Club for children 6-8 years old, or the Creative Minds Art Class series for youth 9-13 years old. Exhibitions feature local to international artists, and shows change every six weeks. The gallery is free and open to the public. Located at 224 Main Street. Please call 332-5772 or visit www.landerartcenter.com for class and exhibition information.

**FREMONT COUNTY PUBLIC HEALTH**

Fremont County Public Health announces their enjoyable immunization incentive program. In Lander call 332-1073 for more information.

**ANYTIME FITNESS CENTER**

The Anytime Fitness Center offers Free Weights, Nautilus, Wallyball, Racquetball Classes, and Aerobics Classes (club membership is not required for aerobics classes). Call 332-2811.

**HIGH MOUNTAIN FITNESS**

High Mountain Fitness is a performance based gym that offers a complete range of free weights, plate loaded machines, cable machines, kettlebell and Olympic style lifting, with a full selection of cardiovascular equipment. Simple and straightforward memberships, as well as personal training. Call 307-335-7678 or check us out on Facebook at www.facebook.com/highmountainfitness.

**ELEMENTAL PERFORMANCE AND FITNESS**

Elemental performance and fitness is Lander Wyoming’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 332-0480 for more information or go to www.lmntl.net.

**LANDER BODYWORKS INC.**

Lander Bodyworks is a fitness studio located at 605 Main Street in Lander. We offer personal training, small group training, R.I.P.P.E.D., Zumba, Barre, Spin Strength, Zumba Kids, and Get R Done. When you come to Lander Bodyworks you feel the supportive, and 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.

**LANDER CHILDREN’S MUSEUM**

For more information call 332-1341 or visit us at 465 Lincoln Street. Visit our website at www.landerchildrensmuseum.com for updates. General admission of $3 applies to all events for everyone over the age of 2 years.

**SEEDLING DISCOVERY GROUP**

Join us for Seedling Discovery Time. The objective is to ignite curiosity about the world in which we live for young children. Join us for STEAM activities, hands on play, and a snack each Thursday for toddlers through early preschool age. No sign up, just join us when you can. Free admission.

**Fall Festival**

November 2nd from 10:00 am to 2:00 pm. We will celebrate fall, harvest, and October holidays. We will be hosting our annual chilli cook off again (Adults over 16 $3, children $1) Wear your costume for free admission.

**Santa’s Workshop**

December Join us as we celebrate Christmas with themed STEAM activities, cookie decorating, and hot cocoa!

**WIND RIVER DOJO**

Wind River Dojo is a Martial Arts School. For more information please contact 307-438-9391. Kids classes begin in October.

**NORDICK WALKING**

Get more from your walk with Nordic Walking! Created for Nordic cross country skiers for off season training, Nordic Walking has become extremely popular in Europe and Canada, and it’s easy to understand why: Nordic Walking develops whole body strength, including the core, while taking about 30% of the pressure off the joints. In fact, Nordic Walking for 15 minutes is equivalent to regular walking for almost 30 minutes! Join Penny Fahey, certified Advanced Nordic Walking Instructor with the American Nordic Walking Association, for this free introduction to Nordic Walking, which includes the use of poles designed especially for the sport. She will have information on training and how you can purchase poles for your walking adventures! Questions? Contact Penny at healthpen- ny.walking@gmail.com, or call 307-709-7887. Try it for FREE! Saturday, October 5th at 10 am. Please meet by the parks office.

**RISING STAR GYMNASTICS**

Rising Star Gymnastics offers a wide variety of classes for ages 2 and up. Call today at 307-332-0434 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.

Girls All Around– For girls aged 5 and up are separated according to age and skill level. These classes are one hour long and are headed by our experienced coaches. Monthly tuition is $60 for 1 time a week.

USA Gymnastics Competitive team is a two hour class designed for those who are competing among the state.

All Star Cheer is a developing cheer team to compete as well as cheer middle school and 5-6th grade football and basketball games.

Boys classes are designed to teach skills in Floor, High Bar, Parallel Bars, Pommel Horse, Vault and Skill Rings. We also offer a parkour class this fun for all ages 5 and up.

Power tumbling is for students 1st grade and up to have the opportunity to participate in our excellent power tumbling courses that focus on Floor and Trampoline.

Private Instruction is available for special circumstances or desires, we offer private courses for all ages. The choice of coach and focus in class depends on the student.
Cemetary Trail

Email: sfelix@landerwyoming.org
Web: www.landerwyoming.org

Online Registration: