



**CITY OF LANDER  
PARKS AND RECREATION**

# FALL/WINTER ACTIVITY GUIDE 2022-23



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**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 and online. Go to [www.landerwyoming.org](http://www.landerwyoming.org) > Departments > Parks & Recreation > Online Recreation 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: Kevin Johnson

Assistant Park Foreman: Jason Byrd, Brett Finlayson



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# Adult and Youth Sports

## Olympic Style Sword Fencing

Fencing develops grace, balance, reflexes and quick thinking.

Participants need to provide their own equipment, which must meet USFA Safety Specifications.

We welcome adults as well as kids. Please call Al Baur at 307-856-7802 for more information.

## Lander Valley Youth Basketball

### Little Dribblers K-1st graders

Little Dribblers Basketball is an introduction to basketball for kindergarten to 1st grade aged boys and girls. Players will learn the basic fundamentals of shooting, dribbling, and passing. The clinic has approximately eight sessions and runs from October 17th to November 10th. Practice will be held on Monday and Wednesday evenings from 5:30 pm to 6:30 pm. Fee is \$20.

### Junior 3 on 3 Tiger League for 2nd -3rd graders

This league builds on what the players learned in the Little Dribblers Basketball Clinic by offering real game experience. The players will meet twice per week with a mixture of clinic-style practice and games. Practice begins October 25th to December 8th. We will meet Tuesdays and Thursdays 4:30 pm to 6:00pm. Fee is \$35.

### Recreation Program for 4th, 5th, and 6th graders

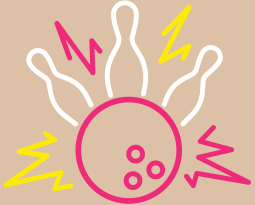
The Tiger Recreation Basketball program includes 10 -12 league games days to be determined. Teams have two practices per week. Program will run from December 6th to February 9th. Girls will meet from 6:00pm to 7:00pm and boys from 7:00pm to 8:00pm. Fee is \$50.

### Wyoming Youth Basketball Association- Lander

The Competitive Travel Team will run from October through March. Available for both boys and girls. We are attempting to have 4th, 5th, 6th, 7th, and 8th grade teams. We may have to combine for certain age groups.

For evaluation dates and times or for more information, please contact Site Director Jason Cox at 307-349-2403 or email at [jcox@landerschools.org](mailto:jcox@landerschools.org)





# Youth Sports

## Bowling

Juniors (ages 12 to 17) bowl on Sundays at 3pm starting September 11. Bantam Prep (ages 5-11) bowl on Saturdays at 10am starting October 3. The Juniors have already registered, but you can still call Silver Spur Lanes for late registrations. The Bantam-Prep register on September 11 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 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 in August 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](mailto:landergirlssoftballleague@gmail.com) for more information.

## Lander Strikers Soccer

For more information call Becky Crane at 307-349-0286 or email [info@landerstrikers.org](mailto:info@landerstrikers.org).

## Lander Thunder Youth Soccer

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.landerosoccer.org](http://www.landerosoccer.org). Please call 307-330-7395 or email [landersoccer@gmail.com](mailto:landersoccer@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](http://landerdanceacademy.com) and check us out. For more information call Susan Cooper at 307-349-8746, or Kitri at 307-349-8748. The Dance Academy is located at 445 Lincoln Street Suite number 2.

## Children's Museum

Fall Programs

Coming this Fall!

Morning Programs for children ages Birth to 5 years

After School Programs for children grades K through 3rd

Saturday Morning Programs and Nights at the Museum, seasonal celebrations, and much more!

For more information and to register, visit us at [www.landerchildrensmuseum.org](http://www.landerchildrensmuseum.org).

Follow us on Facebook!

## Lander Art Center

The days are getting cooler, but art classes for kids and adults are heating up at the Lander Art Center. Join us in September and October for these great classes. For more information or to register visit our website at [www.landerartcenter.com](http://www.landerartcenter.com)

Photography Basics - September 3, 10, 17, and 24

Mill House Wine & Paint Party -Saturday, September 10 (ages 21+)

Creative Minds Block 1: Drawing Fundamentals - Tuesdays, September 6, 13, 20, and 27

After School Art Block 1: Drawing Fundamentals - Wednesdays, September 7, 14, 21, and 28

STEAM Lab: Make Art With Science - Thursdays, September 8, 15, 22, and 29

Creative Minds Block 2: The Fundamentals of Painting - Tuesdays, October 4, 11, 18, and 25

Afterschool Art Block 2: The Fundamentals of Painting - Wednesdays, October 5, 12, 19, and 26

The DIY Musician - Thursday, October 13 (ages 16+)



# LANDER ICE RINK

## 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.

## 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 17th - 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 \$5.00.

## 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

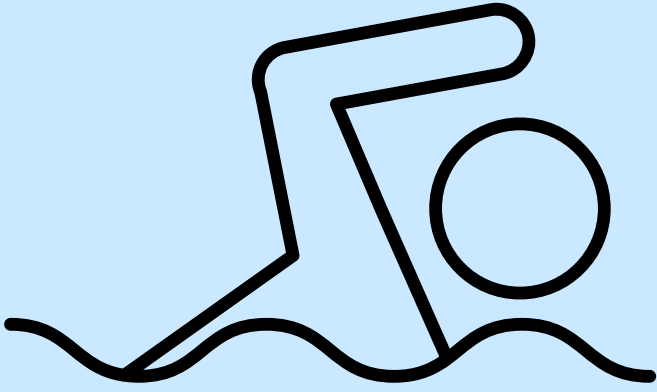
**702-235-9176**

## 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 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.





## LANDER SWIM CLUB

The Lander Swim Club program is designed to enable swimmers to grow from minimal swimming ability (Learn to Swim) into competitive swimming ability (Lane Swimmers) at the local, state, regional, and/or national levels according to the swimmer's desire and ability. LSC is committed to fun, family, exercise, team spirit, and helping swimmers achieve their personal best. Membership is strong, eager, and energetic - join today!

The 2022-2023 season will start in September.

If you are not sure of the best group for your swimmer, please email [landerswimclub@gmail.com](mailto:landerswimclub@gmail.com) to set up a time for a coach to test their skills.

For pricing and a full practice calendar, **visit [landerswimclub.org](http://landerswimclub.org)**

## RECREATIONAL 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

Monday – Wednesday 9:00-10:00 pm

### Climbing Wall

Monday & Wednesday 7:30-9:00 pm

Saturday 6:00-8:00 pm

### The Pool will be closed

Labor Day – September 5th

Thanksgiving – November 24th

Christmas – Dec. 24th (4:00 p.m.) & 25th

New Years – Dec. 31st (4:00 p.m.) & Jan. 1st

Easter – April 9th

Memorial Day – May 29th

### 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





## SWIM LESSONS

There will be open registration for pre-school and parent/child lessons starting on August 22nd. 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 12 to October 6  
October 10 to November 3  
November 7 to December 8  
January 2 to 26  
January 30 to February 23  
February 27 to March 23  
April 3 to 27  
May 1 to 18 (3 week session \$27)



Preschool classes are Mon/Wed or Tue/Thurs from 9-9:30am or 9:30-10am OR Tues only from 9-9:50am. Parent/child classes are Mon/Wed or Tues/Thurs from 9-9:30am. **For more information please call 307-332-7478.**

\*No Pre-School lessons the weeks of Thanksgiving, Mid-Winter Break, and Spring Break (March 27-31)

## 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



# Other Service Providers



## *Lander Library*

### **Adult Department**

Metropolitan Opera shows.

**Please call 332-5194 for times:**

Medea - October 22

La Traviata - November 5

The Hours - December 5

Fedora - January 14

Lohengrin - March 18

Falstaff - April 1

Der Rosenkavalier - April 14

Champion - April 29

Don Giovanni - May 20

Der Zauberflote - June 3

**Walkie Talkies:** Like to Walk? Like to Read: Why not join the two and invite a friend or two to come along! Come by the Library and pick up copies of our selected short stories and invite your friends to join you for a walking gabfest. What could be better?

**Bookmarked Literary Arts Festival** - September 16 and 17

For more information go to **[www.bookmarkedfestival.com](http://www.bookmarkedfestival.com)**

### **Teen Department**

CanTeen Create It! @ The Lander Library

Wednesdays 3-5 pm

Games, Crafts, Activities for 7th - 12th graders

### **Children's Department**

Wednesdays - Preschool Story Time and Toddler Time, 10:30 am, begins September 7

Lego Club - Ages 6-12, Monthly starting Thursday, September 8 from 4 to 4:45pm

Other Children's events are scheduled throughout the year. **Call 307-332-5194 for updates.**

## *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](mailto:contactcds@cdsfc.org).**



# Other Service Providers



## *Anytime Fitness Center*

AF is under new management! 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 see Whitney, the new owner, at 943 Amoretti Street.**

## *Elemental Performance & Fitness*

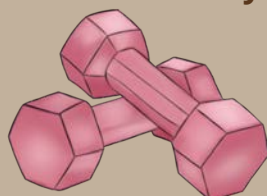
Elemental Performance and Fitness is Lander's friendliest and cleanest fitness center. We offer a full-range of cardiovascular and strength training equipment, a large group training area, and a climbing gym. We offer day passes, showers, and a full class schedule. We are conveniently located at 134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


## *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 straight forward memberships, as well as personal training. **Call 307-335-7678 or check us out on Facebook at [www.facebook.com/highmountainfitness](http://www.facebook.com/highmountainfitness)**

## *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](http://www.landerbodyworks.com)**





# The Rock Church Life Center

The Rock Church Life Center is open to the public on Tuesdays and Thursdays from 10am to 5:30pm free of charge. We have some new changes that you will enjoy.

We have updated the *Itsy-Bitsy Village* (imagination play) by adding a kitchen and a train.

Your littles (up to 8 years of age) will love this space. You will also find two bounce houses and an indoor playground.

For older students, we have eight game tables in the lobby, and several activities in the gym.

We host climbing activities for students on Tuesdays & Thursdays from 4pm to 5:30pm.

The newest update for 4th and 5th graders, you can now come to the facility without your parents.

With this change, 4th through 12th graders can now come hang out with us after school. We ask that the family waiver form be on file prior to your arrival.

We are open to birthday parties on Friday and Sunday afternoons. During the winter months please schedule 3 to 6 weeks ahead of time and call the office for more details.

We are also available for programs like schools, home schools, climbing programs, basketball practice, and other programs that will benefit our youth. All programs are approved by the senior pastor.

Programs operate on Monday, Wednesday, and Fridays.

**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](http://www.rockchurchwy.com). Our hours are Tuesdays and Thursdays from 10am to 5:30pm.**

## *Dog Training: Trail Safety & Drop in Classes*

Christi Chapman will be offering Trail Safety Classes with an emphasis on trap safety beginning September 15 starting at 5:30 pm at City Park. Drop in classes will be after that from 6:30pm to 7:30pm as long as the light holds, then we will switch to Saturdays. To register, please go to **[www.christichapman.org](http://www.christichapman.org)**.

## *Rising Star Gymnastics*

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

## *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](http://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](https://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](http://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.





# Events and Activities



## LANDER PERFORMING ARTS

Art belongs to everyone, even in rural Wyoming. Our goal is to include you and our community in all of our shows - be it through attendance, volunteer opportunities, outreach programs, and community building events. We have an exciting season lined up for you this year!

**September 9th** 6:00pm Jalan Crossland and Joshua James are playing a FREE concert in City Park in honor of Lander Performing Arts' 75th Anniversary! Food and beverages will be served starting at 6pm and music will start at 6:30pm.

**December 5th** 7:00pm San Diego Ballet is bringing America's favorite holiday event to dazzling life at the Lander Valley High School! Their annual production of The Nutcracker features Tchaikovsky's timeless score and an international AND LOCAL cast of beautifully costumed dancers. Dancers from the Lander Dance Academy will join San Diego Ballet's sugarplum fairies, leaping Cossacks, and flurries of snowflakes swirling across the stage in this magical journey through a young girl's imagination.

**March 20th** 7:00pm Ririe-Woodbury Dance Company is coming to Lander Valley High School! Utah's most established institution for contemporary dance, the Company actively embraces and commissions the work of contemporary choreographers, tours worldwide, and develops dynamic education and community outreach programming.

**Date To Be Determined** The Wyoming Symphony Orchestra's Brass Quintet will be gracing Lander Valley High School's auditorium sometime in mid-winter/early spring.

For updates, please check our website [landerperformingarts.org](http://landerperformingarts.org), sign up for our emailing list, and follow us on social media @landerperformingarts.



## FARMERS MARKETS

Join us for the very best of what local Fremont County vendors have to offer! You'll find fresh fruits, vegetables, cheeses, honey, eggs, meats, tortillas, baked goods and so much more.

**Every Saturday morning at Lander City Park, 9 am - 11:30 am, June 5th - October 8th**

## SONHARVEST PUMPKIN PATCH

Fall is in full swing and so are the Pumpkin Patch and Corn Maze at SonHarvest Seasons. We work hard to ensure a safe, fun, family atmosphere where you can bring your children for a very special pick-your-own experience! We invite you to come out and experience all that we have to offer this year!

To visit us, take Hwy 789 leaving Riverton toward Shoshoni, on your left past the Yamaha store, you will see a big beautiful field sprinkled with orange pumpkins. We have 75 varieties including our squash and gourds. Enter and enjoy your time! For Raspberries, turn off Hwy 789 onto Two Valley Rd. look for the SonHarvest Raspberry sign on your left, turn at sign, and drive all the way to the garage. For more information, visit [www.wyopumpkinpatch.com](http://www.wyopumpkinpatch.com)

**Open Monday-Saturday 9:00am until sunset and Sunday 2:00pm until Sunset.**

