



PARKS AND RECREATION SPRING/SUMMER ACTIVITY GUIDE 2024



City of Lander Parks and Recreation



Bekka Mongeau

**Lander Parks and Recreation
240 Lincoln Street, Lander WY 82520
307-332-4647
leckhardt@landerwyoming.org
www.landerwyoming.org**

The City of Lander is an Equal Opportunity Provider

By enrolling in the City of Lander's Parks and Recreation Programs Participant or Participant's parent/guardian agrees as follows:

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REGISTRATION

Registration for all programs listed with ** run through Parks and Recreation will be open on Monday, May 6th. Online registration will open at 7am at <https://landerparksandrec.sportsites.com>. In person registration will begin at 7:45 am in the Parks office. All Parks and Recreation offerings listed in this catalogue have an asterisk** next to their titles. Registration will be open up to one week before the scheduled activity begins or until the class is full. To register with other service providers, please contact them directly for registration dates and registration process.

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

Assistant Park Foreman: Brett Finlayson

The City of Lander is an equal opportunity provider

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**These activities are open for registration on Monday, May 6th. 7:00 AM online at landerparksandrec.sportsies.com or 7:45 AM at Parks and Rec Building

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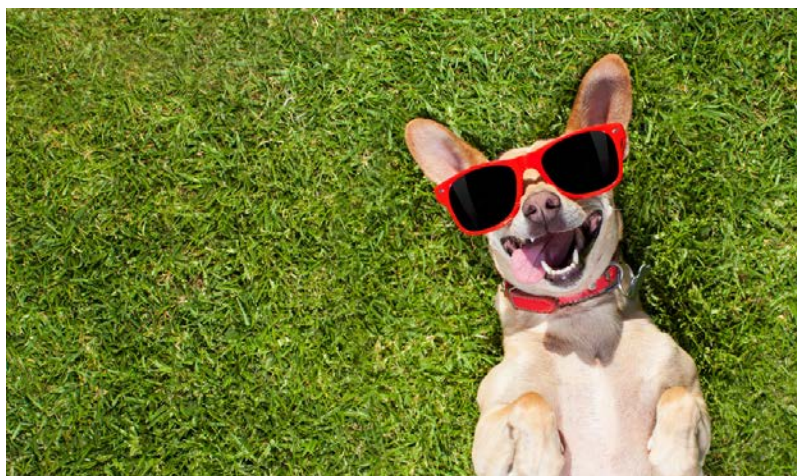
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Special Events

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**Activities on this
page are open for
registration on
Monday, May 6!
7:00 AM Online
landerparksandrec.sportsites.com/
7:45 AM Parks & Rec Building**

Let's Play 1**

Let's spend the month of June outside learning all sorts of sports and fun outdoor games at City Park. We will have t-ball, soccer, kickball and much more! We will offer two 2 week sessions this summer! Each session is a separate class.

DATES: June 3-June 13,
June 17-June 27
Mondays through Thursdays

TIMES: 9:00am-10:00am

AGES: Boys and Girls ages 3 - Kindergarten

LIMIT: Minimum 10, Maximum 20

FEE: \$30 (snacks included)

LOCATION: City Park Little League Field

INSTRUCTORS: Parks and Rec Staff

Let's Play 2**

Hey big kids! Let's spend the month of June outside learning all sorts of sports and fun outdoor games at City Park. We will have t-ball, soccer, kickball and much more and we will enjoy lunch at the playground. You will have two 2 week sessions to choose from. Each session is a separate class. Bring a lunch and let's have some fun!

DATES: June 3-June 13
June 17-June 27
, Mondays through Thursdays

TIMES: 10:00am-12:30pm

AGES: Boys and Girls Entering 1st to 3rd grade

LIMIT: Minimum 10, Maximum 25

FEE: \$50

LOCATION: City Park Little League Field

INSTRUCTORS: Parks and Rec Staff

Tennis**

Tennis Lessons are open to first through high school boys and girls. Lessons provide instruction for various skill levels from beginners to advanced. Classes are an hour long and will be held at the City Park courts. Classes are Mondays through Thursdays.

DATES: June 3 - June 20

TIMES: 8:00 to 8:50am- BEGINNERS for 1st-4th grade
9:00 to 9:50am-BEGINNER/INTERMEDIATE for
4th, 5th, 6th grades
10:00 to 10:50am-ALL LEVELS- Jr high to
High School

11:00 to 11:50am- INTERMEDIATE for 3rd to
7th grades

AGES: 1st grade through High School

FEES: \$40

LIMIT: 10

LOCATION: City Park Tennis Courts

INSTRUCTOR: Lizzie Whiting

Youth Pickleball**

Come learn the fast growing sport of pickleball with your local pickleball players! It's a little bit tennis, a little bit ping pong, and a whole lotta fun. This is a great class to learn the basics of Pickleball.

Equipment is provided!

DATES: June Session - June 25, 26, 27

TIMES: 8:30am-10:00am

AGES: 10 and older

FEES: \$15 for the three days

LIMIT: 10 students per session

LOCATION: Dillon Park tennis courts

INSTRUCTOR: Marnie Fusco- marniefusco@gmail.com

Lander Tiger Jr Golf Camp**

Join us for the Tiger Junior Golf Camp, a fundraiser supporting the LVHS Golf Team. Participants will receive instruction tailored to their age level, covering putting, chipping, and fundamental swing techniques. It's a great opportunity for young golfers to improve their skills in a fun and supportive environment. **Balls and tees will be provided, golf clubs will be limited so if you have your own clubs or can share with a friend that would be great.**

Dates: July 1, 2, and 3

Times: 8:00am-9:00am (ages 7-9)

9:30am-10:30am (ages 10-13)

Fee: \$40

Instructors: LVHS Coaches and team members

Activities on this page are open for registration on Monday, May 6!

7:00 AM Online

landerparksandrec.sportsites.com/

7:45 AM Parks & Rec Building

Summer Movies**

This program is conducted in cooperation with the Grand Theatre. There will be 10 movies shown throughout the summer beginning in June and running through August. Movie times will be every Wednesday and Thursday at 1:00pm. Each movie is \$5 at the door and a full movie pass is \$20. Movie passes can be picked up at the Parks Office at 405 Fremont Street.

Sinks Canyon Camp Junior**

We're bringing the Sinks Canyon Camp experience to campers entering 1st through 3rd grade! Join us to discover the wonders of Sinks Canyon, go on hikes, play games, make new friends and so much more! Camp will conclude on Thursday evening with a family campfire. Each week is a separate camp.

DATES: July 8 to July 11

July 15 to July 18

TIMES: 8:00am to 5:00pm (Monday thru Thursday)

AGES: Entering 1st to entering 3rd grades

FEE: \$75

LIMIT: 30

DIRECTOR: Lori Eckhardt

If you are between the ages of 13-16 and are interested in being a junior counselor, please contact the parks office at 307-332-4647 or stop by 405 Fremont Street to pick up an application.

Sinks Canyon Camp**

Your favorite camp is back for more action-packed adventures! Join us and pan for gold, use a bow and arrow, fish, hike to the falls, sing songs around the campfire, sleep in a teepee and so much more! We can't wait to see you there. Camp is based at the Warming Hut in Sinks Canyon. Please bring a lunch each day, snacks provided.

DATES: July 22-26

July 29 - August 2

TIMES: 8:00am-5:00pm (Monday-Thursday, overnight)

8:00am to Noon (Friday)

AGES: Entering 4th grade to entering 6th grade

FEE: \$100 per session

LIMIT: 30

DIRECTOR: Lori Eckhardt

If you are between the ages of 13-16 and are interested in being a junior counselor, please contact the parks office for an application 307-332-4647 or stop by the office at 405 Fremont Street.

MAW Children's Pioneer School**

The Museum of the American West will offer four, one week session summer programs this year. Registration will be available online or at the parks office on Monday, May 6th

DATES: Session 1 June 3-7

Session 2 June 10-14

Session 3 June 17-21

Session 4 June 24-28

TIMES: 9:00 am to 12:00 noon, Monday through Friday

AGES: Entering 2nd through entering 7th grades

FEE: \$45

LIMIT: 15 per session

LOCATION: Museum of the American West (Village Office)

For more information please call 335-8778.



Youth Introduction to Weight Training & Conditioning

This class is designed to teach the basics of weight training and overall fitness. Participants will learn weight training concepts, proper form and technique to avoid injury, flexibility training, cardiovascular conditioning, and nutritional habits. By the end of this class, students should feel comfortable going into any weight room and be able to design their own basic exercise programs. For more information or to register, please call 307-206-6909.

DATES: July 1 to July 17, Mondays and Wednesdays

TIMES: 10:00 to 11:00 am

AGES: 13- 18 years

FEE: \$100

LIMIT: 10

LOCATION: High Mountain Fitness

INSTRUCTOR: Kitri Cooper

Kitri is licensed through CrossFit Incorporated and it is recognized by the American National Standards Institute. She has been weight training for over 8 years and has competed in Olympic Lifting competitions and CrossFit competitions. Personal Training is also available.

Wyoming Shakespeare Summer Academy

Under the direction of Diane Springford and Wyoming Shakespeare Festival Company, students focus on stagecraft and classical text. While exploring universal aspects of the human experience, they gain confidence to succeed on and off stage.

DATES: July 1st to July 19th (except July 4), Monday-Friday

TIMES: 8:30am-12:30pm

AGES: 8-18

COST: \$80

LOCATION: Lander Valley High School Auditorium

Students present open performances of Shakespeare's comedy MUCH ADO ABOUT NOTHING on July 18th and 19th.

For more information and to register please contact Diane at (307)349-8636, wyoshakes@gmail.com, or check the website at www.wyomingshakespeare.org.

Elemental Performance + Fitness Youth Rock Climbing Camp

Join us for a week of rock climbing! We'll focus on technique, belaying, knots, and good old fashioned fun. Climbing camp will run two hours each day at Elemental Performance +Fitness from Monday thru Thursday and Friday will be spent climbing outdoors from 9am to 3pm.

SESSION 1: June 24 to 28 (Outdoor day is Friday June 28)

SESSION 2: July 22 to 26 (Outdoor day is Friday July 26)

AGES: Gym Day Ages 5-7 from 8:00-9:45am

Gym Day Ages 8-14 from 10:00am-Noon

FEE: \$150, after a 55% subsidy from the local climbing organization WyoClimbers

LOCATION: Elemental Performance + Fitness

REGISTER: www.lmntl.net/store/elemental-climbing-camp/

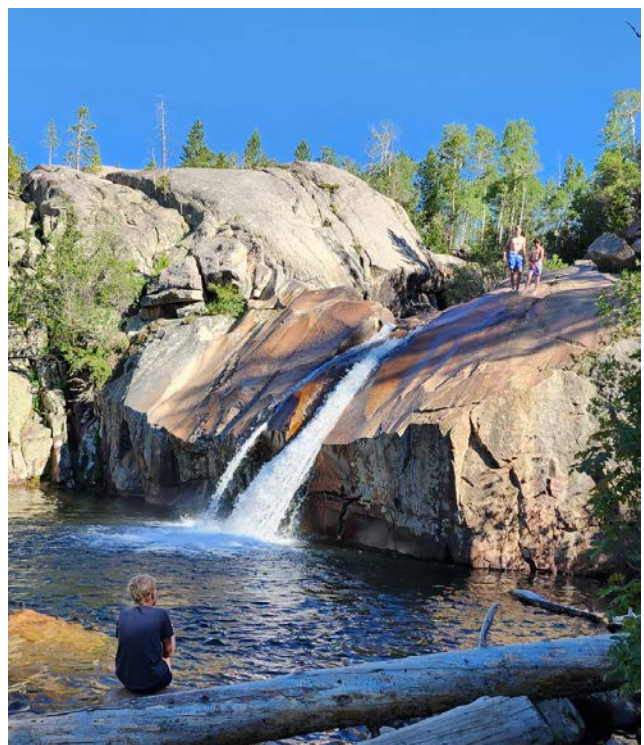
Enrollment opens up online on May 6th at 7:00am.

If you have any questions please contact Charlie Manganiello at charlie@elementalgym.com.

First Friday Fun Night

First Friday of each month, teens from the ages of 13 to 18, are welcome to attend a fun event at the Free Church from 7pm to 10pm. Each month has a different theme including activities such as dances, games, food, prizes, and more! Events are free and open to all teens. For more information, visit

<https://www.facebook.com/FirstFridayFunNight>



Wyoming Wildlife Federation Summer Education

Wyoming Wildlife Federation has offerings to connect kids and folks of all ages to wildlife and wild places.

Visit wyomingwildlife.org/lander-summer-camps for details and to sign up.

Little Explorers: Each child has a tiny inner scientist, and we will use our powers of observation to explore the natural world around us while learning fun facts about Wyoming wildlife. We'll express ourselves through song, art, experiments, and play. Each day includes new opportunities to learn and play including stories, art, science, and opportunities for free child-directed play. Located in City Park.

DATES: June 10-14

TIMES: 9:00am-Noon

AGES: 3.5-5 (must be potty trained)

COST: \$75

Wild Playground: Are you kids climbing the walls and no childcare? This is a no programming option, just supervised play in a natural setting. Kids free playing outside develop better gross motor skills, risk assessment skills, and social skills. We give them the opportunity to explore and play outdoors like kids have for hundreds of years before video games and electronic gadgets in a safe, supervised setting. Located at McManus Park.

DATES: July 1, 2, 3

TIMES: 8:30am-2:00pm

AGES: 6-12

COST: \$35 per day

Outdoor Skills: This is an introduction to outdoor skills. Kids with lots of experience outdoors may find it too basic. Packing, camping, cooking, navigating, practicing leave no trace, and staying safe. Being outdoors involves a lot of skills and being comfortable and safe outdoors sets kids up for a lifetime of fun. We will explore native habitats, learn some new skills, and have a great time doing it. Leaves from WWF Office (669 Main Street).

DATES: July 8-12

TIMES: 8:30am-3:00pm

AGES: 9-14

COST: \$225 (partial scholarships may be available)

Wonder Woods: Being in and learning about nature brings us a sense of wonder. Explore that feeling through opportunities to learn and play each day including stories, art, science, outdoor skill building, and opportunities for free child-directed play in a natural setting. Based in Sinks Canyon State Park.

DATES: August 12-16

TIMES: 8:30am-3:00pm

AGES: 6-9

COST: \$125 (partial scholarships may be available)

OPTIONS: \$25 Early Bird 7:45-8:30am, \$25 Afternoon Play 3:00-4:00pm

The Wild West: Find and learn about all of the living things in our wild western ecosystems. Each day includes new opportunities to learn and play including stories, art, science, outdoor skill building, and opportunities for free child-directed play in a natural setting. Based in Sinks Canyon State Park.

DATES: August 19-23

TIMES: 8:30am-3:00pm

AGES: 6-9

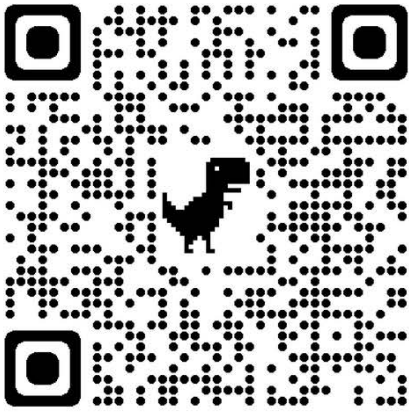
COST: CAMP \$125 (partial scholarships may be available)

OPTIONS: \$25 Early Bird 7:45-8:30am, \$25 Afternoon Play 3:00-4:00pm



Summer Writing Classes for High School and Middle School

Partial or Full Scholarships are available, please email Britney



Middle School Writing Camp

While developing their own unique voices, students will learn strategies for writing organized, informational, and creative essays. They will receive one-on-one time with the instructor (Britney Wood) to get feedback and individual tutoring on their writing. The four hours daily will also include group time, a mini lesson on the genre focus for the day, instructional games, letter-writing, and journaling.

Materials required: computer or notebook, pencil or pen, writing journal (physical copy)

Dates: June 10-14

High School Writing Workshop

Would your high schooler benefit from learning about different types of writing and how learning to write organized, creative, and informational pieces will help them in life? Why learn how to write well when technology can do so much for you? This workshop will cover that and more. The weeklong course will include an afternoon with a professional journalist talking about different types of writing in the news world, one-on-one time with the instructor throughout the week to talk about the student's individual strengths and weaknesses, lessons on several genres of writing, group time to share and learn from each other, and time to focus on the student's unique writing voice.

Materials required: computer or notebook, pencil or pen, journal (physical copy)

Dates: July 8-12

ACT/SAT Preparatory Workshop

Students will answer sample questions together and individually to understand how test questions are designed and how to approach the questions when test time comes. Answering the questions as a group and with an instructor helps students understand their weaknesses and how to address them. (This helps students with test-taking strategies in general, not just the ACT/SAT!) Students will play games to work on vocabulary and also write and receive critiques on their writing to strengthen it specifically for the writing section. (This will also help with college application essays.) Students will learn what sections they need to focus on in order to achieve their highest personal score and leave the workshop with strategies to do just that.

Computer required.

Dates: July 15-19

To sign up for one of these courses, scan the QR code above or visit www.britneydehnertbooks.com/writing-class-sign-up



Quick Info

Dates: see class information
Time: 12:00-3:00pm
Location: To Be Determined
(either Lander Art Center or CPC
on 875 Fremont Street)
Fee: \$250

Questions?

Email:
britneydehnertbooks@gmail.com

Lander Tiger Basketball

We are always trying to grow and improve our youth basketball options. We're trying some new formats this summer for Lander Valley Basketball programs. Sessions will be covered by coaches, volunteers, and high school players. We attempt to achieve a small coach to participant ratio to limit lines.

Summer League - Grades 1st-4th

This "league" gives young kids the opportunity to play the game in a simple and free-flowing fashion. There will be some initial skill work/warm up but the majority of the time we play "full court" and adjust a few of our rules on the basis of age/ability. We limit the amount of restrictions in order to promote as much creativity and fun as we can.

GRADES: 1-4

DATE: June 2024

TIMES: 10am to 11 am

DAYS: Mondays and Wednesdays

FEE: \$35

LOCATION: TBD

Summer League - Grades 5th-8th

Participants who sign up will receive a 1-hour in-person basketball shooting clinic per week for 8 weeks during the summer. Drills will be shown that can be worked on during the course of the week and logged on a supplied shot-tracker. Shot trackers will be turned in each week. Goals will be set with each participant to reach a desired amount of makes. T-shirts and other rewards will be supplied for participants who complete the program!

GRADES: 5-8

DATE: June 2024

TIMES: 11am to 12 noon

FEE: \$35

LOCATION AND TIME: TBD



Sign ups for all Lander Valley Basketball will be done through the Parks and Rec website. Registration will end June 9th. Specific times and locations will be announced one week prior to the first session. Please contact Coach Stu Mullins at smullins@landerschools.org for any questions.

Summer Reading Program at the Lander Library

This summer, Adventure Starts at the Library! Join us at the Fremont County Public Library in Lander for fun, free programming all summer long for all ages! Youth services kicks off their summer activities on Wednesday, May 29th with a Foam Party from 3 - 4pm. Starting June 5th, weekly activities for children will be held on Wednesdays at 10:30am.

Highlights include:

Dragon Theater Puppet Show "The Reluctant Dragon" on June 12th

Hot Air Balloon program June 19th

Sinks Canyon Caves July 10th

Hip Hop Storytime with visiting hip-hop librarian Dewey Melville on July 17th

Polka music production" Wisconsin Schneider and the Magic of Music" July 2nd

Weekly teen programs for rising 7th through 12th graders will begin at 3pm on Wednesdays. Highlights include: Hip Hop Workshop on July 17th and Cupcake Wars June 26th

A youth chess tournament is planned for June and our annual LEGO Exhibition will be held August 8th. Monthly Storytime Dance Parties will continue in the summer months one Friday a month. Monthly STEAM for TWEENS activities are planned as well as a Graphic Novel Book Club. A StoryWalk for families to enjoy will also be available around the library property even when the library is closed.

Children and teens completing reading logs are eligible for prizes as part of our summer reading program. Pick up a reading log and enjoy a summer full of reading adventures!

Summer fun at the Library isn't just for youth! The Adult Department has plenty of adventures to offer this year including a summer reading program with prizes just for adults. Additionally, our summer travel agenda features plenty of expeditions beginning June 4th with "Art in the Stars" in partnership with Sinks Canyon State Park and will continue with more fun events all summer long!

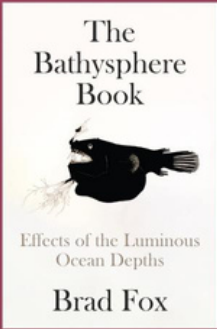
Check out our website later this spring for a full lineup of all the events we have to offer every age this summer at www.fclsonline.org!

Bookmarked Literary Arts Festival

The Bookmarked Literary Arts Festival invites all 4th-12th grade students in Fremont County to enter the **Youth Short Story Contest!!** The contest opens April 22nd, and all entries must be submitted by September 9th, by 5:00pm. Give us your best short story, tall tale, or fantastic fable, and see if your words can win! Stories will be judged in three categories: **4th-5th, 6th-8th, and 9th-12th grades.** First and second place prizes will be awarded in each category and ALL entrants will receive a book comprising all 2024 submissions. For more information contact Tannar Miller at indigogrand14@gmail.com.


Bookmarked Literary Arts Festival has partnered with the National Book Foundation's Science + Literature program to bring author Brad Fox to Lander on May 1, 7:00pm in the LVHS auditorium. Brad will be in conversation with author Matthew Mejia, discussing 'The Bathysphere Book: Effects of the Luminous Depths' about the first deep sea divers and what was going on in the world at this time of underworld discovery. Check in at the Lander Library to see about getting a copy!

Science + Literature




A Research Voyage

Wednesday, May 1, 7:00pm MDT
Lander Valley High School Auditorium
Lander, WY



Brad Fox



In conversation with Michael Mejia

Presented by

National Book Foundation

ALFRED P. SLOAN FOUNDATION

Bookmarked Literary Arts Festival



Speed Goat Orienteering



Orienteering is a healthy activity for all ages and abilities that can be approached as a competitive sport or a relaxed, at-your-own-pace activity. It provides both intellectual and physical stimulation while building valuable safety skills (map reading, compass use, and landscape/terrain evaluation) for adventurers of all kinds.

Monthly activities are planned from Spring through Fall. An up-to-date schedule of activities can be found at bit.ly/43z4CCA. All activities will be family friendly for all ages, and **FREE TO EVERYONE THANKS TO THE GENEROUS SUPPORT OF THE LOR FOUNDATION**. Some highlights for the summer include:

March-May: MapRun courses set up around town. Lander City Park beginner course is already active and available. Stop by the Parks and Rec office for a physical map to complete the City Park course!

May 17-18: Maze Orienteering at the Wyoming Outdoor Weekend.

June 15, 10am-2pm: Lander Valley High School orienteering meet on a brand new map. **Our first meet ever!** This will be super fun. Come run or walk a course! Join me and others afterwards to talk through how it went.

Find us on Facebook and Instagram @SpeedGoatO Contact Eric@SpeedGoatO.org for more information or to get involved.

The Rock Church Life Center

The Rock Church is a place where both kids and adults can hang out and have fun. We are typically open to the public on Tuesdays and Thursdays, from 10:00 am to 5:30 pm. In our Rock Youth area, we have couches, a pool table, a ping pong table, and air hockey. There are also several arcade games. Along with the available games, we also have a half gym available for people to shoot hoops or play other games.

Our second floor is our Kidz Rock area, and there are a variety of activities available for kids. We have a small village that includes a fire station, police station, farm, and bakery where kids' imagination can run wild. For those too big for "itsy-bitsyville", we have a large treehouse, complete with a rope bridge and slide. We also have two inflatable bounce houses, one for older kids and one for the younger. Our facility is free to the public, but we do require a release form for everyone. This can be done online or in person.

We are open on Tuesdays and Thursdays from 10:00 am to 5:30 pm. Children can also enjoy our Kids Rock area upstairs on Sunday during our service time, which is 10:00 am. 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



SOCCER SUMMER CAMPS '24

IGNITE THE PASSION

EARLY BIRD SPECIAL

DON'T MISS OUT! SIGN UP FOR CAMP NOW TO SAVE \$

DISCOUNTS UP TO **\$30** ON SOME SESSIONS

+ UNLOCK EXCLUSIVE MERCHANDISE SAVINGS

* EARLY BIRD DISCOUNT EXPIRES 30 DAYS BEFORE CAMP

FOUNDATIONAL SKILLS CAMPS

Incorporating the best coaching methodologies from around the world, players will work on technical foundation skills in a fun & safe environment. More than just a soccer camp; a cultural, educational, and informational program that uses soccer to teach core values of responsibility, respect, integrity, sportsmanship and leadership.



Passionate
International
Coaches



Established
Curriculum



Best-In-Class
Safety & Care



Value &
Affordability



Innovative
Programming



POWERED BY SPIRE

LOVE THE GAME. LEARN THE GAME.

NORTH AMERICA'S MOST TRUSTED SOCCER CAMP PROVIDER

Lander Valley Youth Soccer

Lander HS (350 Baldwin Creek Rd, Lander, WY 82520)

August 5th - August 9th



Title	Ages	Time	Early Bird Price
TinyTykes	2 - 5	8:00am-8:45am	\$120 \$140
Half Day	5 - 16	9:00am-12:00pm	\$180 \$210
Overtime	5 - 16	12:00pm-3:00pm	\$85 \$100

 REGISTER NOW

Get in touch regarding this camp

Lawrie O'Toole — (720) 236-0018 — lotoole@challengersports.com

[CHALLENGERSPORTS.COM](https://challengersports.com)

FIRST TIME IN RIVERTON, WY!



RIVERTON SOCCER CLUB SUMMER CORE CAMP

Rein Park, Riverton, Wyoming

JULY 8-11

- ✓ Skills & ball techniques
- ✓ Footwork exercises
- ✓ Finishing exercises
- ✓ Fun & exciting games

OPTION 1 - \$200

9:00-11:00 am

*Designed and custom tailored for beginners.

OPTION 2 - \$280

9:00-11:00 am AND 1:00-2:30pm

*Designed for competitive Field and GK players. ***FREE t-shirt!**

CELEBRATING OUR 10TH YEAR!



LANDER STRIKERS SUMMER CORE CAMP

Lander High School, Lander, Wyoming

JUNE 24-27

- ✓ Skills & ball techniques
- ✓ Footwork exercises
- ✓ Finishing exercises
- ✓ Fun & exciting games

OPTION 1 - \$200

9:00-11:00 am

*Designed and custom tailored for beginners.

OPTION 2 - \$280

9:00-11:00 am AND 1:00-2:30pm

*Designed for competitive Field and GK players. ***FREE t-shirt!**



REGISTER TODAY AT [CORESOCCER.COM](https://coresoccer.com)
OPEN TO ALL PLAYERS BIRTH YEARS 2005-2017

PRORATED SESSIONS!

\$50 prorated cost per session

Email craig@coresoccer.com

to register for prorated sessions

9

Get Outside With CWC!

Registration Opens Monday, March 4!



3 Easy Ways to Register

ONLINE

cwclander.eventbrite.com

IN PERSON

Monday - Friday, 8:00am to 5:00pm
120 Enterprise Boulevard
Lander, WY 82520

PHONE

307.332.3394

Payment is due at the time of registration. Refunds are issued up to 7 days before the start of a class. Classes may be canceled due to low enrollment. In this case, registration fees will be refunded.

Scholarships

Scholarships are available for our youth summer programs!!

For more information on the application process, please contact CWC Lander at 307.332.3394 or landercenter@cwclander.org

KEEPING OUR COMMUNITY & KIDS SAFE

The safety of our community members and youth is our number one priority. Our staff is highly qualified with skills certifications and years of teaching experience!

Our instructors are certified to teach mountain biking through the IMBA and PMBIA. Additionally, our instructors hold Wilderness First Responder or First Aid certifications.

Rock Climbing

All classes, unless stated otherwise, will take place in
Sinks Canyon State Park

Young Guns Climbing

WEDNESDAYS, APRIL 3 - MAY 15, 3:00 - 8:00PM
FOR STUDENTS 7TH - 12TH GRADE
COST: \$175 FOR ALL SESSIONS OR \$35 PER SESSION

This class will help students take steps to be an independent young climber. Led by instructor Stacy Wells, students will learn how to belay a lead climber, practice lead climbing, read climbing routes, and clean anchors. All equipment and shoes will be provided. Students must have a desire to learn the fundamentals of sport lead climb theory.

Transportation will be provided from LVHS to Sinks Canyon State Park; students will need to be picked up from the CWC Alpine Science Institute at the end of class.

[HTTPS://YOUNGGUNSClimbing.EVENTBRITE.COM](https://younggunscimbing.eventbrite.com)

Youth Afterschool Indoor Climbing

MONDAYS, APRIL 8 - 29, 4:00 - 5:30PM
ROCK CHURCH CLIMBING WALL
FOR STUDENTS 4TH - 8TH GRADE
COST: \$80 FOR ALL SESSIONS OR \$25 PER SESSION

This after school climbing class for beginners will introduce students to indoor top-rope climbing. They will learn the basics of climbing, including knot tying, belaying, movement, and climbing safety. All equipment and shoes will be provided.

[HTTPS://APRILINDOORCLIMB.EVENTBRITE.COM](https://aprilindoorclimb.eventbrite.com)

Little Monkeys Climbing

SATURDAYS, JULY 13 & 27, AUGUST 3 & 10
8:30AM - 12:30PM | EACH DATE IS A SEPARATE CLASS
4-7 YEAR OLDS, WITH AN ADULT | COST: \$50 PER SESSION

Take those little monkeys and see them safely climb outside. Each child must be accompanied by a guardian. Adults are not required to climb but kids love seeing adults getting outside their comfort zone! All equipment and shoes will be provided.

[HTTPS://LITTLEMONKEYS.EVENTBRITE.COM](https://littlemonkeys.eventbrite.com)



Backpacking Expeditions

Power Up Expedition

SUNDAY, JUNE 16 - FRIDAY, JUNE 21
STUDENTS ENTERING 9TH -12TH GRADE
COST: \$449

This trip will push students' boundaries while building their physical and emotional confidence. Engaging in group activities, they will develop teamwork skills and encounter authentic leadership opportunities. Through hands-on learning experiences, participants will gain independence and freedom from their usual daily routines. Activities such as trail cooking, tent setup, fishing, and map-reading will challenge them, alongside opportunities to acquire new skills like plant and animal identification, basic first aid, and Leave No Trace principles. These newfound abilities will undoubtedly inspire a thirst for further challenges and growth opportunities!

Expedition Leader Stacy Wells, CWC Outdoor Education and Leadership adjunct instructor, has over 20 years of outdoor education experience.

[HTTPS://2024POWERUP.EVENTBRITE.COM](https://2024POWERUP.EVENTBRITE.COM)

Camp Popo Agie

SUNDAY, JUNE 23 - SATURDAY, JUNE 29
CWC ALPINE SCIENCE INSTITUTE
STUDENTS ENTERING 6-8TH GRADE
COST: \$499

The foothills of the Wind River Range will be students' home base for one week. Campers will take on outdoor rock climbing, mountain biking, canoeing, fly-fishing, arts & crafts, and archery. The camp will conclude with a three night backpacking adventure in the Wind River Range where campers will learn to set up a camp, cook for themselves, map skills, Leave No Trace and bear camping practices. It's a taste of many outdoor activities and an immersive experience that will make a deep imprint on campers, leaving them with lasting skills and confidence they can transfer to all aspects of their lives.

Camp Director Stacy Wells, CWC Outdoor Education and Leadership adjunct instructor, has over 20 years of outdoor education experience.

[HTTPS://2024CAMPPPOAGIE.EVENTBRITE.COM](https://2024CAMPPPOAGIE.EVENTBRITE.COM)



Join us for a three day adventure, learning and exploring at the
CWC Alpine Science Institute!

While each LEAF Camp has a focus, camp will also include art projects, archery, hiking, yoga, Leave No Trace, water activities and more! Each camp will feature experts from the Lander community such as certified teachers, local artists, NOLS grads, CWC Outdoor Ed interns, and high school junior counselors.

DAY CAMP

8:00am to 5:00pm

Students entering 2nd - 4th Grade

Cost: \$150

OVERNIGHT CAMP

Students entering 5th - 8th Grade

Cost: \$190

LEAF CAMPS

Learn • Explore • Adventure • Fun



JUNE 11 - 13

At **LEAF Science Camp**, kids will unravel the science of physics and engineering through hands-on experiments, dissect the intricate ecosystems that surround them, and observe native plants and animals up close.

JULY 16 - 18

Prepare to get a little messy at **LEAF Art Camp**! Learning from local artists, kids will paint, draw, craft, write and journal. Through these projects, they will also explore art concepts such as composition, shading, and blending.

JULY 23 - 25

At **LEAF Bike Camp**, kids will enjoy three full days of bike skill fundamentals, bike maintenance, riding, and bike art - all in a fun and safe environment. Limited bike rentals available upon request.

[HTTPS://LEAFSCIENCE.EVENTBRITE.COM](https://leafscience.eventbrite.com)

[HTTPS://ARTLEAFCAMP.EVENTBRITE.COM](https://artleafcamp.eventbrite.com)

[HTTPS://LEAFBIKE.EVENTBRITE.COM](https://leafbike.eventbrite.com)



Wacky Fish Camp is a weeklong outdoor experience for our youngest adventurers!

Kids entering Pre-K through 1st grade, come build forts and fairy houses, sing songs, get to know the trees and animals, and make a lot of noise outside. It will be a week of fun-filled days with art, nature, and creating a love for the outdoors at the CWC Alpine Science Institute. At the end of the week, invite your family up for a campout, and howl at the moon!

[HTTPS://WACKYFISHCAMP.EVENTBRITE.COM](https://wackyfishcamp.eventbrite.com)

Two opportunities for kids to explore with us!

July 8 - 13
August 5 - 10

MONDAY - THURSDAY
8:00am - 5:00pm

OVERNIGHT CAMPOUT
Friday 5:00pm to
Saturday 9:00am

Cost: \$165 (each camp)

Mountain Biking

Betty's Beginner Bikes

SATURDAY, MAY 11

9:00AM TO 5:00PM WITH POST SESSION HAPPY HOUR

CWC ALPINE SCIENCE INSTITUTE | AGES: 18+ | COST: \$125

Learn to be more confident on your bike in a positive learning environment! The women's clinic will focus on fundamental bike skills: bike/body separation, breaking and dismounting with some riding on the ASI trails. Students must provide their own bike in good working condition (full suspension with flat pedals recommended), helmet and water bottle. Lunch will be provided.

[HTTPS://BETTYBEGINNERMTB.EVENTBRITE.COM](https://bettybeginnermtb.eventbrite.com)

Next Level Mountain Bike Camp

MONDAY, JULY 29 - THURSDAY, AUGUST 1

**ALPINE SCIENCE INSTITUTE & CURT GOWDY STATE PARK
STUDENTS ENTERING 8TH -12TH GRADE**

COST: \$325

Prepare to take your mountain biking to the next level! The first day of camp will take place at the CWC ASI, teaching and reviewing bike fundamentals and trailbuidling. The next morning campers will meet at the ASI where instructors will drive everyone to Curt Gowdy State Park for 3 days and 2 nights jam packed with camping and biking.

Students will need to provide their own front or full suspension bike, helmet, and water bottle. Bike rentals are available on a limited basis.

[HTTPS://NEXTLEVELMTBCAMP.EVENTBRITE.COM](https://nextlevelmtbcamp.eventbrite.com)



Private guiding and lessons available.
Contact CWC Lander at
307-332-3394 or
landercenter@cw.edu
for more information.



Personal Interest

Baby Chick & Laying Hen Care

SATURDAY, APRIL 13

1:00 - 3:00PM

MELISSAHOF HATCHERY, 101 LOWER NORTH FORK RD

COST: \$80

AGE: 18+

Melissa Hemken of Melissahof Hatchery manages five breeding flocks - four as pastured and one as free range. Melissa will show students how to avoid pasty butt on baby chicks, tips and tricks to easily care for egg-laying hens, ways to prevent poultry diseases, and how to build mobile fresh-air coop. She will also lead a tour through pastured and free-range flock management styles.

[HTTPS://BABYCHICKCARE.EVENTBRITE.COM](https://babychickcare.eventbrite.com)



Backyard Mushroom Gardening

WEDNESDAY, MAY 15

9:00 - 11:00AM

CWC ALPINE SCIENCE INSTITUTE

COST: \$40

AGE: 18+

Nick Hunkerstorm of Uncle Sassy Farms will introduce intrepid green thumbs to the propagation of outdoor mushroom crops. Students will leave with a garden kit (spawn, straw, woodchips, compost).

[HTTPS://BACKYARDMUSHROOMS.EVENTBRITE.COM](https://backyardmushrooms.eventbrite.com)

Ethnobotany: Edible & Medicinal Plants

SATURDAY & SUNDAY, JUNE 15 & 16

10:00AM TO 4:00PM EACH DAY

MEET AT BRUCE'S BRIDGE

AGES 16+

COST: \$75

This class will introduce students to important edible and medicinal plants. John Mionczynski's expertise and television documentaries have gained him worldwide recognition. Find out which plants were important both as food and for medicinal use to the native inhabitants of this area. This course is a mix of botany, history and chemistry with hands-on plant identification. Students will study plants in the Sinks Canyon area.

[HTTPS://SINKSETHNOBOTANY.EVENTBRITE.COM](https://sinksethobotany.eventbrite.com)



Join us for movies under the stars!

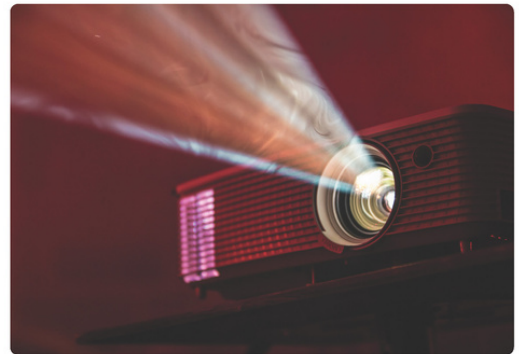
Bring a chair, blanket, and your favorite snacks and enjoy a fun movie on the big screen - in our big beautiful backyard at the CWC Alpine Science Institute.

Movie nights are free and open to everyone!

****Movies will start at dusk****

MOVIE NIGHTS

at the CWC Alpine Science Institute



JUNE 26

**Ghostbusters:
Frozen Empire**

Rated PG-13

JULY 31

Inside Out 2

Rated PG

AUGUST 14

Despicable Me 4

Rated PG

****Movies and dates are subject to change due to availability and weather****

Follow the **[CWC Lander Facebook Page](#)** for the latest updates!



FREMONT COUNTY PIONEER MUSEUM

1443 W Main St, Lander

(307) 332-3339

fremontcountymuseums.com/the-lander-museum/



SPECIAL EVENTS

SHEEP SHEARING DAY

APRIL 27, 1:00-3:00 PM

Sheep shearing demonstrations, horseback rides, kids crafts, wool arts and weaving demonstrations, popcorn, lamb burgers, hot dogs, and more! Free and open to the public.

SPEAKER SERIES

Free and open to the public!

LANDER 100 YEARS AGO

APRIL 25, 6:30 PM

Do you wonder what Lander was like 100 years ago? Randy Wise will give a presentation of what it looked like and what people did for a living during that time period.

JESS OLDHAM - WIND RIVER WILD HORSE SANCTUARY

MAY 2, 6:30 PM

What impact have wild horses had on our lands and why are they important? Why are they here? Jess Oldham is an owner of the Wind River Wild Horse Sanctuary, and the sanctuary is also a working ranch.

FOR OUR ROCK HOUNDS

JUNE 20, 6:30 PM

Lander has a long history of people coming to the area to search for rocks and see geological wonders. Join us for an evening as Jan Earle, PhD, tells us more about our landscape.

TREKS

Call the museum to reserve a spot! Space is limited

MOUNT HOPE CEMETERY

MAY 11, 10:00 AM

Meet at the cemetery gates to take an approximate one mile walk through the cemetery to learn about some of the notable Lander pioneers buried there. \$10/person

PACIFIC SPRINGS/OREGON TRAIL

JUNE 15, 10:00 AM

Craig Bromley will lead us on a trek near South Pass as we explore this historical place and why it was important to Native Americans, Mountain Men and Emigrants who used it. \$15/person, carpool event.

GEOLOGY OF JOHNNY BEHIND THE ROCKS

JUNE 29, 10:00 AM

Join us as we explore the badlands south of Lander for a geology trek with Stan Grove. Learn Wyoming geology as exemplified by ridges, draws, cliffs and views of the Wind River Range from the popular hiking area. About one mile of trail walking with some elevation gain. \$15/person, carpool event.

EAGLE BRONZE FOUNDRY TOUR

JULY 13, 10:00 AM

If you have ever wondered what is behind the making of those incredible, larger than life bronze statues, this is an excellent opportunity to find out! Watch demonstrations as artisans walk us through the process beginning from conception to end. \$15/person, carpool event.

BOERNER'S GARDEN CEMETERY

AUGUST 17, 10:00 AM

Visit one of the historic private ranch cemeteries in the Lander Valley, and learn about the families buried there. There is a short walk on uneven ground to the cemetery. \$15/person, carpool event.



Summer Swimming Lessons 2024

Sign up: Monday, May 6th at Parks and Rec (7:45am-1:30pm)

Sign up: There will be continuous sign up at the pool May 7th throughout the summer.

 Lap Swim	Lessons	Rec Swim
Sun	11:30-1:30pm	None
Mon	5:15-6:15am 7:30-9:00am Noon-1:00pm	9:00-12:00pm 1:00-2:00pm
Tues	5:15-6:15am 7:30-9:00am Noon-1:00pm	9:00-12:00om 1:00-2:00pm
Wed	5:15-6:15am 7:30-9:00am Noon-1:00pm	9:00-12:00pm 1:00-2:00pm
Thurs	5:15-6:15am 7:30-9:00am Noon-1:00pm	9:00-12:00pm 1:00-2:00pm
Fri	5:25-6:15am 7:30-9:00am Noon-2:00pm	None
Sat	11:30-1:30pm	None

Bruce Gresly
Aquatic Center
332-7478

To find a day by day schedule, please go to www.landingschools.org and click on the calendar.

Session Dates:

June 3-13

June 17-27

July 8-18

July 22-Aug 1

Cost:

All Lessons are \$36 per session and held Monday through Thursday for 50 minutes. Parent/child lessons are 30 minutes

Lesson Schedule:

7:00-8:00 - Adult Lessons
9:00-9:50 - Levels 1, 2, 3, 4, 5, 6
9:00-9:30 - Preschool
9:30-10:00 - Parent/Child
10:00-10:50 - Levels 1, 2, 3, 4, 5, 6
10:00-10:30 - Preschool
10:30-11:00 - Preschool
11:00-11:50 - Levels 1,2, 3, 4
11:00-12:00 - Diving
11:00-11:30 - Parent/Child
11:30-12:00 - Preschool
1:00-1:50 - Levels 1, 2, 3, 4, 5, 6
1:00-1:30 - Preschool
1:30-2:00 - Preschool
(1:00 Classes have limited availability for first session)

Summer Swimming 2024

Regular Admission

Preschool -6th grade	\$2
7th-12th grade	\$3
Adult	\$4
Senior	\$2
Exercise Class	\$5

6 Month and Yearly Passes

Family (1 year)	\$500
Family (1/2 year)	\$300
Weights only (1 year)	\$150
Weights only (1/2 year)	\$ 75
Single (1 year)	\$180
Single (1/2 year)	\$125

Summer Family Pass

June 3 through August 19 \$150

Adult Exercise Class

This class uses the resistance of water to tone muscles and moderately raises the heart rate. This low impact exercise helps with strength, circulation, flexibility and overall health. Monday through Friday 7:45-8:30am, cost \$5 per class. Punch cards available: 50 punch card \$200, 25 punch card \$100.

Water Aerobics

This class uses water resistance and other equipment. It is geared toward people who want muscle toning and a rise in heart rate. Monday through Fridays 11:45-1:00pm, cost \$5. Punch cards available: 50 punch card \$200, 25 punch card \$100.

50 Punch Passes*

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

*All punch passes for rec and lap swim expire 1 year from date of purchase

Locker Rental

\$35 for the first year, includes lock





Athletic Events

Jurassic Classic Mountain Bike Festival

Join us August 16th-18th for group rides, skills clinics, shuttles in Sinks Canyon, Trail Work, Live Music and Games. For more information, email at landercycling@gmail.com or visit our website landercycling.org.

WYO131 Gravel Race

The 8th annual Wyo-131 gravel race is taking place on September 7th in Lander at City Park and is open to all ages. The race offers four course distances 13(paved), 45, 75 and 131 miles, and a kids Strider race. Website or social media link of where to go for more information is www.wyo131.com.

Lander Reverse Triathlon

The Lander Triathlon offers an opportunity for first-timers to get their feet wet and for veterans to shake off the cobwebs and race. With Sprint and Kids' options, there is something for nearly everyone in the family. You can even team up to race with two or three teammates.

Join us on Saturday, June 15th from 7am to 1pm at the Lander Swimming Pool and surrounding areas of Baldwin Creek and Squaw Loop. For more information please go to <https://landertriathlon.org> or <https://www.facebook.com/WYTriSeries>.

Pacific Northwest Regional Baseball Tournament

July 14 to July 21, the Lander Lobos Baseball team will be hosting the Pacific Northwest Regional Tournament in Lander at City Park. This tournament will bring in 10 teams from Canada, Washington, Oregon, Montana, Wyoming, and Idaho.



Sinks Canyon Trail Races

50K, 18K, 6K, Kids 1K

<https://www.landerrunning.org/sinks-canyon-trail-races>

Friday, June 7th, 4:00-6:30pm

Race check in and packet pick up at Wild Iris Mountain Sports at 166 Main Street downtown Lander

Saturday, June 8th

All race day events are at Bruce's Parking Lot located in Sinks Canyon

5:00am - 50k racer check in

6:15am - 50k race start

7:00am - 18K & 6K racer check in

8:00am - 18K race start

8:30am - 6K race start

10:30am - Wyoming Running Kids 1K race start

10:00am-4:15pm - Finish line food and festivities

The Sinks Canyon Trail Races start and finish in beautiful Sinks Canyon, the corridor to Wyoming's Wind River Mountains. You can expect scenery that includes wildflower heaven, snow and ice covered peaks, deep canyons, enormous views, and fun trails. These races are hosted by the Lander Running Club, an inclusive, community-based organization for and by runners. Join us for a fun, and challenging, day of running some of the West's premier trails.

2024 Challenge for Charities

Lander Half Marathon, 5K, and 1 Mile

Kick off your 4th of July with an event you can be proud of! The Lander Half Marathon is a must-do road running event that ascends the continuous but gradual climb up Baldwin Creek and then descends Squaw Creek. Runners experience breathtaking views of green fields, winding creeks, dramatic red bluffs, and inspiring glimpses of the Lander foothills.

The 5K course leads runners through town to McManus Park and then joins up with the Half Marathon course to finish.

The 1 mile is out and back on Main Street with some of the best cheering you can imagine.

All races start and finish at Centennial Park on Main Street.

Thursday, July 4, 2024

6:00am - Half Marathon

7:00am - 5K Competitive Runner

7:05am - 5K Recreational Runner

7:10am - 5K Walker

9:05am - 1 Mile Older Kids Wave Start

9:10am - 1 Mile Younger Kids Wave Start

Routes and distances are subject to change

Course closes at 9:30 am

<https://challengeforcharitieslander.itsyourrace.com>

Register by June 1 to guarantee that you will have a shirt. Registration closes on July 1 at 11:59 PM.



Special Events

Easter Egg Hunt

This is an old fashioned Easter Egg hunt for children ages 2-12 years. This is a free event. Saturday, March 30th, 9:30am at Lander City Park. We will have four ages groups: 2-3, 4-5, 6-8, and 9-12. Prizes in each age group.

Brewfest

Lander Brewfest brings together thirty brewers from across Wyoming and the Rocky Mountain West for two days of craft beer sampling and festivities on June 7-8. Brewfest '24 will be held at Lander's beautiful Pioneer Museum/Museum of the American West at 1443 West Main Street. Brewers and attendees come from all around the state and beyond for "The Best Little Brewfest in the West". www.landerbrewfest.com

Lander Pig Roast

The Lander Pig Roast will be held on July 19-20 at City Park. There will be a free lunch on July 20th for the community. There will be mental health booths from around the area for participants to explore. The event will feature live music, kids games, cornhole tournament, a remembrance walk, food trucks, and more.

Wyoming Outdoor Weekend

The 10th Annual Wyoming Outdoor Weekend will be held on May 17-18 at the Lander Community and Convention Center. This is a free, family-friendly event to kick off summer and highlight outdoor recreation opportunities and vendors. Enjoy live music, free food, climbing, shooting, archery, and more. Learn more at wyomingoutdoorweekend.com



Riverfest

Under the iconic cottonwoods of Lander City Park, this annual celebration of the arts has been a tradition for artists and community members alike. Riverfest 2024 will be celebrating 16 years of the Arts in Fremont County at City Park on August 17th in conjunction with The Jurassic Classic. Join us and be a part of this ongoing community tradition as we all develop new ones together!



Lander Art District Street Fair

The Lander Art District Street Fair is a free, family event that includes Demonstrations, Live Music, Artists Quick Finish, Chalk the Walk, Maker's Market, Food Trucks, and an art activity with prizes. The street fair is an annual event held the first Saturday in June and is open to everyone! Family Friendly! For more information check us out on Facebook @landerartdistrict.

DATES: June 1

TIMES: 9:00 am to 2:00pm

LOCATION: Lander Art District (North side of 200 block of Main, 100 block of North 2nd, alley connecting North 2nd and 3rd)

Fremont Toyota Pioneer Days Rodeo

The iconic 130th Fremont Toyota Pioneer Days Rodeo, known as "The World's Oldest Paid Rodeo", will be held on July 3rd and 4th in Lander at the rodeo grounds located at 1663 Rodeo Drive. Rodeo fans can watch exciting western rodeo events including bull riding, saddle bronc, bareback, and ranch bronc riding, steer wrestling, barrel racing and breakaway, and team roping. On both evenings the ever-popular Indian Relay Races will feature men's, women's, and youth races. Pre rodeo events will begin at 6:30 both days with the Grand Entry starting at 7:00pm.

For more information go to LOTRA.org or <https://www.facebook.com/LOTRArodeo/>

International Climbers Festival

The 31st annual ICF is the longest running climbers' festival in the US, and we are so excited to host it year after year in Lander, WY! The festival is 4-days long, packed with events from an Art Crawl, to Trade Fairs in the park, to climbing (and non-climbing) clinics, to a climbing competition, to games and a community BBQ, and so much more!!

Join us July 11 to July 14 all day!

For more information please go to www.climbersfestival.org, or on instagram at www.instagram.com/climbersfestival/

Wind River Wild Horse Sanctuary Adoption Event

Calling all horse lovers! On Saturday, June 1st from 10am to 2pm. Find your perfect match! Meet a herd of magnificent mustangs available for adoption through the BLM's Adoption Incentive Program (AIP). BLM representatives will be on-site to approve applications, allowing you to take your new equine friend home that very day! Plus, enjoy free wild horse tours from 10am to 2pm. Don't miss this exciting opportunity to give a mustang a loving forever home and to visit the sanctuary! We are located at 8616 US HWY 287 in Lander. For more information please visit us at <https://www.windriverwildhorses.com/>



64th Annual

EASTERN SHOSHONE INDIAN DAYS POW-WOW

June 21st-23rd 2024

INDIAN DAYS HEAD STAFF

Pow-Wow MC's:

Bart Powaukee &
Howie Thomson

Head Male Dance Judge:

Corey Reeder

Head Female Dance Judge:

Talissa Abeyta

Arena Directors:

Sam Her Many Horses &
Stefan Kaulaity



**2024 ESID QUEEN
JOLEIGHA DUST**

INVITED DRUMS

Host Drum:

Spring Creek - Fort Hall, ID

Local Host Drum

Little Brave Singers- Arapaho, WY

HOST HOTEL

Shoshone Rose Casino & Hotel
5690 Hwy 287, Lander Wy, 82520
307-206-7000

VENDORS CALL :


Rachel Ynostrosa | 307-349-3490
rachelynostrosa@gmail.com

GENERAL INFORMATION

ESECOMMITTEE@GMAIL.COM



**NEW ARBOR DESIGNED & BUILT BY
BULL LAKE CONSTRUCTION LLC**



Fitness

Anytime Fitness Center

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 at 943 Amoretti Street.

High Mountain Fitness

High Mountain Fitness proudly features an expansive 21,000 sq ft facility equipped with state-of-the-art amenities. Our exceptional gymnasium hosts a full-sized basketball court with three pickleball courts, an indoor soccer setup, and a dedicated volleyball net. The main area is furnished with Rogue racks, a variety of free weight equipment, and cutting edge cable machines.

For cardiovascular workouts, our cardio room boasts an abundance of treadmills, ellipticals, stairmasters, arc trainers, recumbent, spin bikes, assault bikes, row machines, and a designated space for yoga and stretching. Overlooking the cardio room and basketball court is a walking track, accompanied by a second weight room featuring over 20 weight stack pieces catering to both upper and lower body workouts, as well as facilities for heavy bag and speed bag training. Members will find a dedicated area for core exercises, complete with ab-ram and roman chair, alongside spacious mats for stretching and yoga enthusiasts. We stand out with our commitment to excellence, offering optional classes such as yoga, HIIT, and step aerobics. Our team of highly skilled personal trainers specialize in nutrition, crossfit, special needs, rehabilitation, and small group classes, ensuring a comprehensive and tailored fitness experience for our members. Stop by the gym at 730 Lincoln Street or call 307-206-6909.

Awaken Fitness

One work out at a time. One meal at a time. One day at 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. Awaken Fitness and Wellness offers all members full access to our top of the line fitness center, and with an 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 was founded by Robyn and Nik Deininger with the goal to provide Lander with a fitness community focused on health and wellness through group workouts and habit based nutrition coaching. They offer group training times on weekdays and weekends. We are now offering yoga classes.

Call Robyn (307) 349-0523 or email renegadefitnesswyo@gmail.com for more information.

For more information, please visit: renegadefitnesswyo.wixsite.com/effortiseverything



Fitness

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**



The Dance Academy

The Dance Academy offers beginning through advanced levels. We will be offering summer dance classes in ballet, jazz, hip-hop, tumbling, and modern for ages 5 on up. To register, please contact Kitri Cooper at 307-349-8748 or visit our website at www.landerdanceacademy.com. Boys and girls of all ages are welcome! The Dance Academy is located at 445 Lincoln Street, Suite 2.

Lander Cycling

Weekly road rides, weather depending, hosted by the Lander Cycling Club. See our website or instagram for more information. Email at landercycling@gmail.com or visit our website landercycling.org.

Elemental Performance & Fitness

Elemental Performance + Fitness is a climbing and fitness gym that offers the most focused and effective training available in Fremont County. Our facility offers a full range of cardiovascular equipment, barbells, dumbbells, kettlebells as well as access to TRX, training ropes, drive sleds and much more. The Elemental trainers are the most experienced team in the region. Our performance based model is centered around achieving lasting and effective results. We also have a bouldering gym, hangboards, campus board and Grasshopper board. We have a wide variety of membership rates and personal training packages to make sure that there is an option that works best for you. Visit us in person at 134 Lincoln Street, call 332-0480 or visit www.lmntl.net for more information. For youth climbing programming visit. www.lmntl.net/youth-climbing/.



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 at [risingstargymnastics](https://www.facebook.com/risingstargymnastics).



Activity Providers

Lander Adult Softball League

The Lander Adult Softball Association schedules adult league coed slow pitch softball games, including a season ending tournament in June and July. Games are played on Tuesday and Thursday evenings at the Lander Softball Complex. For more information contact Brenda at 307-209-8169 or email brendabalderston85@gmail.com.

Lander Baseball Association

The Lander Baseball Association is a parent run program. Leagues for Tball (4-6), Rookies (7-8), Minors (9-10), Majors (11-12). Please contact Tom Massey at 307-349-1556 for more information. For Senior Babe Ruth (13-19), Lobo's baseball, please contact Kelly Rees at 307-851-8169

Lander Legends Legion Baseball

Lander Legends American Legion Baseball is for boys ages 13-19. We hope to have 3 teams in the 2024 season. House League (12-14), Juniors (13-15), and Seniors (19U). Find us on Facebook and Instagram. Check out our website at www.landerregionbaseball.org, or email at wylanderlegion@gmail.com for more information.

Cowboy State Baseball League

Cowboy State Baseball League is an adult baseball league. We have tournaments in August. Pick up games are on Sunday afternoons, weather permitting. All skill levels are welcome. Contact us on Facebook or call Travis Foutz at 307-349-4610.

Girls Fast Pitch Softball

This program is run by the Lander Girls Fast-Pitch Softball Association. We have three age divisions for girls of all skill levels from ages 4 to 18. Registration deadline is April 12, Practice will be held on Mondays and Wednesdays through the end of June. Games will begin May 15. Fee is \$75. For more information, please email landergirlssoftballleague@gmail.com.

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 landerstrikerssoccer@gmail.com.

Lander Thunder 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. To register or to find out more please visit us online at www.landersoccer.org. Please email landersoccer@gmail.com if you have questions.

Lander Valley Youth Volleyball

Lander Valley Youth Volleyball is committed to help our local youth in learning the basic skills required in volleyball. We offer various programming throughout the year for a variety of age groups. For more information please feel free to contact Adelle Simon at 307-840-1033.

Lander Jr Football League

Lander Jr football is open to boys and girls in 3rd through 6th grade. Fees for 3rd-4th grade is \$60 and fees for 5th-6th grade is \$70. Registration will be in August at the Parks and Rec Building. For more information please contact Tom Massey at 307-349-1556 or Chris Eagle at 307-349-2221.



Activity Providers

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.

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 landerdivingclub@gmail.com or visit www.landerdivingclub.com

Lander Swim Club

The Lander Swim Club is a competitive age swimming team affiliated with the United State Swimming Association (USS). 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. www.landerswimclub.org



Wind River Dojo

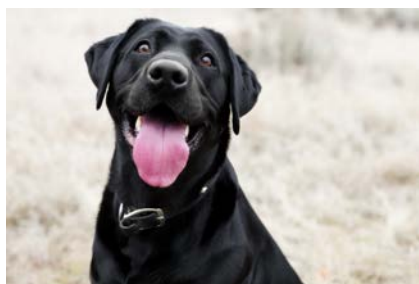
Wind River Dojo is a nonprofit martial arts academy specializing in Judo and Brazilian Jiu Jitsu. We offer high quality, black belt level instruction to adults, teens, and kids starting at age 6. Our welcoming, family friendly environment and concurrent classes allow families to train alongside one another. Please visit windriverdojo.org for an updated class schedule or call 307-438-9391 for more information.

Wind River Wild Horse Sanctuary

Embark on a 45 minute long UTV adventure at the Wind River Wild Horse Sanctuary! Get up close to wild mustangs! Tours begin Monday through Saturdays after Memorial day to Labor Day from 9am to 5pm. All ages are welcome! \$45 for adults, \$20 for students (ages 6-17), 5 and under are free. For more information please go to www.windriverwildhorses.com

Dog Training Classes with Christi Chapman

Visit christichapman.org/services/ for more information on all classes and opportunities. There are private lessons and packages as well as training demos and events.



Lander Art Center

The Lander Art Center, located at 258 Main Street, hosts a variety of classes, exhibitions, and events for all ages and abilities. Visit them at Facebook at facebook.com/LanderArtCenter

To view their class schedule, please visit:
landerartcenter.com/full-class-list
To subscribe to their newsletter, please visit:
landerartcenter.com/subscribe

Other Service Providers

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.

Fremont County Public Health

COVID walk in vaccinations are available in both Lander and Riverton. Riverton vaccinations are on Tuesdays and Lander vaccinations are on Wednesdays. All other vaccinations are open to walk ins any time 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 from 9am-11am and 1pm-4pm.



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.

The Free Church Pavilion

The Free Church located at 1215 HWY 287 will be revamping their outdoor space to include a pavilion with a grill and picnic tables, green space, a gaga pit, and a playground area. We are planning it to be ready to go by July 4th. Hours will be Monday-Saturday 10am to 6pm and Sundays noon-6pm. If you would like to reserve this mid-sized outdoor space, please contact the Free Church at 332-6767. A special thank you to LOR for making this possible.

Lander Senior Center

The Lander Senior Center offers meal, activities, and special events at 205 S 10th Street. For more information visit facebook.com/LanderSeniorCenter or call 332-2746. To subscribe to the monthly newsletter, visit mycommunityonline.com and enter the zip code 82520. Click on the Lander Senior Center newsletter.



APPLY TODAY **LIMITED SPOTS** **AVAILABLE**

Don't let your preschooler fall behind. Spring into action **NOW**. We are currently enrolling eligible children for our 2024/2025 program year. If your child will be 3 or 4 years old by August 1st, we would love to enroll them this fall. We can also accept children who turn 5 after August 1st and just miss that kindergarten deadline.

Openings are extremely limited. Please apply **NOW** to increase the chances of your child attending in August.

Please scan the QR code to apply online or call the number listed below for more information.



Lander Center
626 Washington Street
(307) 332-5559

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Free Preschool

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FREE

GARDEN EXPO

BACKYARD & OUTDOOR LIVING

Saturday April 20, 2024

9:00am to 3:00pm

Lander Valley High School
(350 Baldwin Creek Rd.)

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for a list of workshops and times

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FOOD & BEVERAGES AVAILABLE FOR PURCHASE
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HOUSE OF VIBE
W/ CHANMAN ROOTS BAND
JUNE 20



MO LOWDA & THE HUMBLE
W/ AARON DAVIS & THE
MYSTERY MACHINE
JULY 18



KELLER WILLIAMS GRATEFUL
GRASS FEATURING THE
HILLBENDERS
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AUG 1



ILLITERATE LIGHT
W/ TBD
AUG 15/16 TBD
AUGUST 16 - SPONSORS APPRECIATION EVENT

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