



SUMMER 2013

EATON REC

*Swimming, Sports Camps,
Art in the Park, Adult Fitness
and more...*



*Registration for
ALL Summer Programs
opens at 4 pm on May 6!*



SWIMMING

OPEN SWIM RULES & REGULATIONS

- Children under the age of 6 must be accompanied by a responsible adult and pay a day pass fee of \$2.
- A ratio of one adult per three children is required.
- All swimmers **MUST** wear appropriate swimwear, **NO CUT-OFFS**.
- All swimmers **MUST** shower at the pool **BEFORE** entering the pool.
- **NO** horseplay or unsafe behavior allowed.
- **NO** glass containers, food or chewing gum in the pool area.
- Lifeguards have the right to expel **ANY** swimmer(s) for any reason.

WHERE: Eaton High School Indoor Swim Pool

COST: \$3 per Day or Punch Card

AGE: 6 & Older

DAYTIME SWIM

WHEN: M - Th 12:30-3:00pm
June 3 - August 1
**No Open Swim July 1 - July 4*

EVENING SWIM

WHEN: Tuesday Evenings 6:30-8:30pm
June 4 - July 30
**No Open Swim July 2*

OPEN SWIM PUNCH CARD

Purchase an Open Swim Punch Card valid for 15 open swim visits per person and receive a discount off the day pass fee.

- **Punch Card Fee \$36**
- **Valid June 3 - August 1**
- **Age 6 & Older**

POOL RENTAL

The Eaton High School Indoor Swim Pool will be available for private party rental on Saturdays 1-4 pm, June 8 - July 27. Pool rental reservations must be made in person at the Eaton Recreation Department a minimum of two weeks prior to the event. Reservations start May 6. Pool rentals are not available June 29, July 6, and July 13.

The following fees must be paid at the time of reservation.

- **\$50 refundable damage deposit**
- **\$150 non-refundable rental fee for up to 35 people**
- **\$175 non-refundable rental fee for up to 50 people**

You may bring your own pool accessories, music, and refreshments in plastic containers. For more information about reserving the pool call Eaton Recreation at **970-454-1070**.

SWIMMING LESSONS

MORNING

Sessions are 2 weeks, M-F

- Session 1: June 3 - June 14
- Session 2: June 17 - June 28
- Session 3: July 8 - July 19
- Session 4: July 22 - August 2

Morning Lesson Schedule:

LEVEL	TIME	AGE	COST
1-2-3-4	9:00am-9:45am	5 & older	\$45
1-2-3-4	10:00am-10:45am	5 & older	\$45
*Pre-School	11:00am-11:30am	3-5	\$40
**5-6 (A-B)	11:00am-11:45am		\$45

**Available Session 1 & 3 only*

***Available Session 2 & 4 only.*

EVENING

Sessions are 4 weeks, M & W

- Session 1: June 3 - June 26
- Session 2: July 8 - July 31

Evening Lesson Schedule:

LEVEL	TIME	AGE	COST
Parent & Tot	6:00pm - 6:30pm	6 mo. - 3	\$35
Pre-School	6:30pm - 7:00pm	3-5	\$40
Level 1-2-3-4	7:00pm - 7:45pm	5 & older	\$45

RED CROSS SWIMMING LEVELS

PARENT & TOT: Water entry and exit, cue words, floating on front and back, arm movement.

PRESCHOOL: Getting face wet, blowing bubbles, bobbing, assisted floating on front and back, introduce flutter kick and crawl stroke arms, and safety skills.

LEVEL 1: Submerge entire body under water, roll front to back and back to front, demonstrate arm and leg movement for 5ft. on front and back, and safety skills.

LEVEL 2: Bob 5 times going under water, open eyes and pick up submerged object, combined arm and leg movement for 15ft on front and back, swim on side, front and back glide, and safety skills.

LEVEL 3: Jump into deep water, head first water entry, perform rotary breathing, tread water for 30 seconds in deep water, front and back crawl 15 yards, butterfly kick and body motion 15 yards, and safety skills.

LEVEL 4: Back float 1 min., feet first surface dive, front and back crawl 25 yards, butterfly, elementary backstroke and breaststroke 15 yards, swim on side using scissors kick, and safety skills.

LEVEL 5: Shallow dive glide 2 body lengths and begin any stroke, back float and survival float 2 minutes, front and back crawl 50 yards, butterfly, elementary backstroke, sidestroke and breaststroke 25 yards, and safety skills.

LEVEL 6A: Front and back crawl 100 yards, elementary backstroke, butterfly, sidestroke, and breaststroke 50 yards, survival and back float 5 min., survival swimming 10 minutes, various surface dives.

LEVEL 6B: Front and back crawl 100 yards, elementary backstroke, butterfly, sidestroke, and breaststroke 50 yards, swim various strokes with rescue tube trailing behind, throwing assist, beach drag, carry object swim on back with face out of water.

BASEBALL

START SMART T-BALL

Start Smart Programs help prepare parents and children for organized sports in a FUN, non-threatening environment focusing on a variety of skills. Parent participation is required and gives children the opportunity to work one on one with them while learning the basic fundamentals of a sport.

Session is 4 weeks

AGE 3: Tuesdays, 4:00pm-4:45pm
June 4 - June 25

AGE 4: Thursdays, 4:00pm-4:45pm
June 6 - June 27

COST: \$20

WHERE: Eaton City Park

REGISTER: May 6 - 24

NOTE: Start Smart T-Ball Scrimmage for Age 3 & 4 is scheduled for Tuesday, July 2 from 4:00pm-4:45pm.

LITTLE REDS CO-ED T-BALL

Little Reds Co-ed T-ball gives young players the opportunity to learn and play recreational t-ball. This league is based on parent volunteer coaching.

AGE: Age 5-6 (*Participants must turn 5 by June 2013 and may not turn 7 during the season*)

- WHEN:**
- Practices will be one night a week in Eaton starting the week of June 3.
 - Games will be on Thursday nights in Eaton or Evans starting June 13.
 - No practice or games July 1 - 4.
 - Practice time and game schedule TBA.

COST: \$30 (*plus \$22 for new participants to purchase jersey*)

REGISTER: Participant and Coach May 6 - 24

LITTLE REDS CO-ED COACH PITCH

Little Reds Co-ed Coach Pitch gives young players the opportunity to learn and play recreational coach pitch baseball. This league is based on parent volunteer coaching.

AGE: 7-8 (*Participants must turn 7 by June 2013 and may not turn 9 during the season*)

COST: \$30 (*plus \$22 for new participants to purchase jersey*)

- WHEN:**
- Practices will be one night a week in Eaton starting the week of June 3.
 - Games will be on Tuesday nights in Evans starting June 11.
 - No practice or games July 1 - 4.
 - Practice time and game schedule TBA.

REGISTER: Participant and Coach May 6 - 24

LITTLE REDS DAY AT THE POOL!

WHEN: Tuesday, July 30, 6:30pm-8:30pm

WHERE: Eaton High School Indoor Swim Pool

COST: Free to T-Ball and Coach Pitch participants.



Registration for ALL Summer Programs opens at 4 pm on May 6!

TENNIS LESSONS

WHERE: Eaton Middle School Tennis Courts.

REGISTER: May 6-24 - ALL LESSONS

10 & UNDER TENNIS

10 and Under Tennis, using the Quick Start Tennis format, is structured for kids to learn, rally and play tennis quickly in a way that is FUN and rewarding! Equipment and courts are customized to the appropriate size for kids making learning easier and more enjoyable. No more waiting in long lines, kids will enjoy playing the game right away!

Players must provide their own tennis racquet, water bottle, and dress appropriately to participate. An appropriate sized tennis racquet is essential; racquets should be 19 to 25 inches depending on the player's height. More information and assistance on racquets will be available at registration.

14 & UNDER TENNIS

14 & Under Tennis will focus on stroke development and technique through various drills. These lessons will also cover match play and movement on the court. Players must provide their own tennis racquet, water bottle, and dress appropriately to participate.

Tennis Lesson Schedule:

LEVEL	TIME	DAYS	COST
6 & Under*	8:30am - 9:00am	Tu & Th	\$40 (Includes Shirt)
8 & Under**	9:00am - 9:45am	Tu & Th	\$60 (Includes Shirt)
10 & Under**	10:00am - 11:00am	Tu & Th	\$75 (Includes Shirt)
14 & Under**	11:00am - 12:00pm	Tu & Th	\$75 (Includes Shirt)

*6 & Under Session is 4 weeks, June 4 – 27

**U8, U10 & U14 Sessions are 6 weeks, June 4 – July 18

No Tennis July 2 & 4

TENNIS DAY AT THE POOL!

WHEN: Thursday, July 18, 12:30-3:00pm

WHERE: Eaton High School Indoor Swim Pool

COST: Free to Summer Tennis participants.

Registration for ALL Summer Programs opens at 4 pm on May 6!



SUMMER CLASSES & ACTIVITIES

ART IN THE PARK

Choose all the art classes you want and enjoy a summer full of creative fun!

AGE: 3-5 (*parent participation is required*)
6 & older

WHEN: Wednesday 11:00am or 12:00pm (*Class length varies depending on the project*)

June 5 Summer Canvas Tote Bag

June 12 Japanese Lanterns

June 19 Creative Chalkboards

June 26 Tie Dye

July 10 Ceramic Robot Banks

July 17 Buggy Beaded Bracelet

July 24 End of Summer Art Party!

COST: \$35 for all Art in the Park classes
or \$6 per class; includes all materials needed

WHERE: Eaton City Park... *where artists are born!*

- In the event of inclement weather class will be at the Eaton Activity Center or rescheduled.
- Registration for all art classes starts May 6 and are available until full.
- Space is limited and varies depending on class.

PLAY AT THE PARK & OPEN SWIM!

To celebrate National Parks and Recreation Month & Eaton Days the Eaton Recreation Department will be offering fun activities at the park and open swim on Friday, July 12.

Games & Activities

10:30-12:00pm

Eaton City Park

Free Games and Activities for children ages 8 and under. Children must be accompanied by a responsible adult.

Open Swim

12:30-2:30pm

Eaton High School Indoor Swim Pool

Day Pass Fee for Open Swim on Friday, July 12 is \$2. Children under the age of 6 must be accompanied by a responsible adult. A ratio of one adult per three children is required.

YOUTH & FAMILY MARTIAL ARTS CLASSES

Quest Academy of Martial Arts will be offering youth and family classes at the Eaton Recreation Department. Martial Arts classes offer a curriculum that is deeply rooted in tradition, balanced with progressive and innovative teaching methods and philosophies. Quest Academy of Martial Arts is dedicated to character development and life skills education.

AGE: 5 & older

WHEN: Tuesday or Thursday, 4:00 - 5:00pm
Summer Classes start Tuesday, June 4

COST: \$49 per month (*plus \$42 fee for new participants to purchase optional uniform*)

WHERE: Eaton Activity Center

REGISTER: Register in person with Quest Academy during class time at the Eaton Activity Center. Registration is ongoing and available until full.

CONTACT: Professor Castro, *Owner/Director*
(970) 388-6198 with any questions.

PINKALICIOUS DANCE CAMP

Two days of Pinkalicious/Purplelicious fun! Each day includes a story, a themed dance, crafts and tea party "celebrating" the color of the day!

AGE: 3-6

WHEN: Monday & Tuesday, July 15-16, 1:00 -3:00pm

COST: \$55

WHERE: Eaton Activity Center

REGISTER: Register online @ **www.adanceplace.com**

CONTACT: Farrah Dobbins, *Owner/Director*
(970) 590-9530 with any questions

SAFE SITTER BABYSITTING CLASS

This one-day class will teach participants child care essentials, care of the choking infant and child, babysitting as a business, success on the job, safety for the sitter, and more! Please bring a sack lunch. Class includes test and certification card.

AGE: 11-13

WHEN: Tuesday, June 11, 9:00am - 3:00pm

COST: \$48

WHERE: Eaton Activity Center

REGISTER: Registration May 6 - 24



SPORTS CAMPS

ADULT FITNESS

Eaton Reds Sports Camps teach fundamentals and skill development. All participants must bring a water bottle and dress appropriately to participate. All camps will be at Eaton High School.

Coaches include Eaton High School Head Coaches Todd Hernandez, Dean Grable, Gwen Forster, their staff and current/former Eaton High School Players.

- **Camp participants will register for the grade they are entering Fall 2013.**
- **Registration for all Camps starts May 6 and is available until one week prior to the start of each camp.**

GIRLS BASKETBALL CAMP: JUNE 3-6, 2013

GRADE	DAYS	TIME	COST
3rd-5th	M-Th	1:00pm-2:30pm	\$30 (Includes Shirt)
6th-8th	M-Th	3:00pm-4:30pm	\$40 (Includes Shirt)

BOYS BASKETBALL CAMP: JUNE 10-12, 2013

GRADE	DAYS	TIME	COST
3rd-5th	M-W	1:00pm-2:30pm	\$30 (Includes Shirt)
6th-8th	M-W	3:00pm-4:30pm	\$40 (Includes Shirt)

GIRLS VOLLEYBALL CAMP

JUNE 25-27, 2013

GRADE	DAYS	TIME	COST
K-1st	Tu - Th	9:00am-10:00am	\$30 (Includes Shirt)
2nd-3rd	Tu - Th	10:00am-11:30am	\$35 (Includes Shirt)
4th-5th	Tu - Th	1:00pm-3:00pm	\$40 (Includes Shirt)
6th-7th	Tu - Th	3:00pm-5:00pm	\$40 (Includes Shirt)

JUNE 22, 2013

GRADE	DAYS	TIME	COST
8th -9th	Sat	8:00am-2:00pm	\$50 (Includes Shirt)

This camp is recommended for all incoming 9th grade Volleyball players.



ADULT FITNESS INFORMATION

Summer Fitness Session June 3 – August 30

- *No Fitness Classes Thursday, July 4*

All Fitness Classes are held at the Eaton Activity Center, 224 First St. Aquacize is held at the Eaton High School Indoor Pool. Fitness Classes are taught by Certified Fitness Instructors. Schedule is subject to change. No registration required. No children during Fitness Classes. Fitness Class Participants must be a High School Student or older (with valid Student ID). Fitness Class payment requires a drop-in fee or purchase of a punch card. Punch Cards are available for purchase at the Eaton Activity Center.

Drop-In Fees

Fitness Class	\$5
Open Workout	\$1

Punch Card Fees

Punch Cards are valid for 20 classes and expire within 6 months of purchase.

Adult (18 years and older): \$60

Senior/Student (60 years and older or valid Student ID): \$50



SATURDAY FIT CLUB

Join us for our first Saturday Fit Club. Track your progress with the help of our fitness instructor, Sarah Awe. Once a month Sarah will perform a body assessment followed by a high intensity workout. The body assessment will help you visualize your goals and track your progress throughout the summer. Fit Club is all about maintaining a healthy lifestyle and helping you reach your fitness goals.

All fitness levels welcome.

SUMMER SESSION

AGE: 14 & Older

WHEN: Saturday, May 25, June 22, July 20, & August 17, 12:30pm-2:00 pm

COST: \$28 when you register for the Session or \$10 drop-in fee per Saturday

WHERE: Eaton Activity Center

REGISTER: Begins May 6



SUMMER YOGA WORKSHOP

Join us for a Summer Yoga Workshop and learn how to move your body to balance, health and wellness at your own pace. Learn breathing skills and relaxation/meditation techniques to bring body awareness, stress release, and harmony to your life.

All fitness levels welcome, whether you are new to Yoga or an experienced Yogi! Refreshments and drawing for Yoga items included in the workshop.

Instructor: Chrissie Samuel

AGE: 14 & Older

WHEN: Saturday, July 27, 2:00pm - 4:00pm

COST: \$12

WHERE: Eaton Activity Center

REGISTER: Begins May 6



ADULT FITNESS CLASSES

Aquacize: Tu & Th 5:30pm – 6:30pm
A full body workout using the resistance of water.
Fitness Level: Beginner/Intermediate/Advanced

Body Sculpting: M & W 5:30pm – 6:15pm
A workout incorporating flexibility, strength and endurance using a variety of fitness equipment.
Fitness Level: Beginner/Intermediate/Advanced

Cardio Strength: M, W & F 6:00am – 6:45am
 and Tu & Th 7:00pm – 7:45pm
A fast paced cardio and strength training workout utilizing a variety of fitness equipment.
Fitness Level: Intermediate/Advanced

Forever Fit: M, W & F 8:45am – 9:30am
A Senior workout to help maintain strength, balance and flexibility.
Fitness Level: Beginner/Intermediate/Advanced

HIIT: M, W & F 5:30am – 6:00am
A fast paced cardio workout focusing on high-intensity interval training. The benefits of HIIT include improved athletic capacity, metabolism and fat burning.
Fitness Level: Intermediate/Advanced

Sunrise Yoga: Th 6:00am – 6:45am
Start the day by restoring the body and refreshing the mind. Yoga poses are combined with breathing in a gentle flow.
Fitness Level: Beginners/Intermediate

Yoga: Tu & Th 10:45am – 11:45am & 5:30pm – 6:30pm
Release tension and stress while gaining strength, balance and flexibility.
Fitness Level: Beginner/Intermediate/Advanced

Zumba®: M & W 7:00pm – 8:00pm
A cardio and body sculpting workout incorporating calorie burning dance steps with high energy music.
Fitness Level: Beginner/Intermediate/Advanced

Zumba® Toning: F 12:00pm - 12:45pm
A cardio workout incorporating light-weight toning sticks, high energy music, and calorie burning dance moves.
Fitness Level: Beginner/Intermediate/Advanced

Open Workout: M, W & F 7:00am - 8:30am
 Tu & Th 8:00am – 9:00am
Use the cardio and fitness equipment at your own pace.
Fee: \$1 per drop-in



ADULT FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HIIT 5:30 - 6:00am		HIIT 5:30 - 6:00am		HIIT 5:30 - 6:00am
Cardio Strength 6:00 – 6:45am		Cardio Strength 6:00 – 6:45am	Sunrise Yoga 6:00 – 6:45am	Cardio Strength 6:00 – 6:45am
Open Workout 7:00 – 8:30am	Open Workout 8:00 – 9:00am	Open Workout 7:00 – 8:30am	Open Workout 8:00 – 9:00am	Open Workout 7:00 – 8:30am
Forever Fit 8:45 – 9:30am	Yoga 10:45 – 11:45am	Forever Fit 8:45 – 9:30am	Yoga 10:45 – 11:45am	Forever Fit 8:45 – 9:30 am
				Zumba® Toning 12:00pm-12:45pm
Body Sculpting 5:30 – 6:15pm	Yoga 5:30 – 6:30pm	Body Sculpting 5:30 – 6:15pm	Yoga 5:30 – 6:30 pm	
	Aquacize 5:30 – 6:30pm		Aquacize 5:30 – 6:30pm	
Zumba® 7:00 - 8:00pm	Cardio Strength 7:00 – 7:45pm	Zumba® 7:00 – 8:00pm	Cardio Strength 7:00 – 7:45pm	

EATON REC

GENERAL INFORMATION

Eaton Recreation General Office Hours:

Mon-Fri 8:00am – 5:00pm.

For information regarding Recreation Department programs please contact:

Emily Haythorn, Recreation Director, 970-454-1070

For Recreation Department program updates, log-on to www.eatonco.org.

SUMMER REGISTRATION

Starts Monday, May 6, from 4:00pm - 7:00pm at Eaton Recreation Department. Summer Registration will continue May 7 – 24, 8:00am – 5:00pm, Monday – Friday. A parent or legal guardian must complete the registration form in person. Registrations are accepted on a first-come, first-served basis. For more information call Eaton Recreation at 970-454-1070.

LITTLE REDS AND YOUTH SPORTS LEAGUES

Team Selection — The Eaton Recreation Department's goal is to provide our participants the opportunities to form new friendships, meet new people, and have a fun recreational atmosphere with teams as balanced as possible. Special requests are not taken. Only the head coach and assistant coach's children are placed on teams together. Teams are separated by age, grade, and gender if applicable. Players must participate in the appropriate age group. After registration a participant may not switch practice times. Space is limited based on team numbers for all Little Reds and Youth Sports Leagues.

- **Registration for ALL Summer Programs opens at 4 pm on May 6!**
- **See inside for the updated Summer Adult Fitness Class Schedule.**

PARENT VOLUNTEER COACHES

The Eaton Recreation Department depends on Parent Volunteer Coaches for Little Reds and Youth Sports Leagues. All Parent Volunteer Coaches are required to complete a Background Screening, Concussion Training and meet with Eaton Recreation Staff prior to coaching. In appreciation for their time and effort, Parent Volunteer Coaches will receive a \$20 Heritage Gift Card at the end of the season upon return of all recreation equipment.

SCHOLARSHIPS

Scholarships are available for eligible participants. A Scholarship Request Form must be filled out in person at the Recreation Department prior to registration. Applications must be submitted and pre-approved before registration. For more information call:

Emily Haythorn, Recreation Director, 970-454-1070

WAITING LISTS

Waiting lists are a source of contact and do not guarantee you will receive a call back. We will contact you if a space becomes available. Waiting lists for a closed class or sport provides us with a name and phone number in the event of a cancellation or if a new class is added. It does not limit you from registering for any other open class.

REFUNDS

All refund requests require an automatic \$10 processing fee. A refund request form must be filled out at the Recreation Department. A refund will only be granted during the registration dates for the program requesting the refund. No refunds allowed after the registration deadline. Refunds may require up to four weeks to process and are mailed to the address on the request form. Full refunds are given if a program is cancelled; it does not require a request form.