

SUMMER 2014 PROGRAM GUIDE

EATONREC

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



Registration for ALL Summer Programs open at 4 pm on May 5!

SWIMMING

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 2 - July 31
*No Open Swim June 30 - July 4

EVENING SWIM

WHEN: Tuesday Evenings 6:30-8:30 pm
June 3 - July 29
*No Open Swim July 1

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 2 - July 31**
- **Age 6 & Older**

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.**

SWIMMING LESSONS

SWIM LESSON REGISTRATION

Registration for all Swim Lessons starts at 4:00pm on May 5 and is available until full. After registration, lesson dates and times cannot be changed; refunds are not allowed. All swim lessons are at the Eaton High School Indoor Swim Pool.

MORNING

Sessions are 2 weeks, M-F

- Session 1: June 2 - June 13
- Session 2: June 16 - June 27
- Session 3: July 7 - July 18
- Session 4: July 21 - August 1

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 2 - June 25
- Session 2: July 7 - July 30

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 - 7:45 pm	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.

POOL RENTAL

The Eaton High School Indoor Swim Pool will be available for private party rental on Saturdays 1-4 pm, June 7 - July 26. 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 5. Pool rentals are not available June 28, July 5, and July 12.

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**.



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 - 4:45pm
June 3 - June 24
- AGE 4:** Thursdays, 4-4:45 pm
June 5 - June 26
- COST:** \$20
- WHERE:** Eaton City Park
- REGISTER:** May 5 - 23
- NOTE:** Start Smart T-Ball Scrimmage for Age 3 & 4 is scheduled for Tuesday, July 1 from 4 - 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 2014 and may not turn 7 during the season*)
- COST:** \$30 (*plus \$18 for new participants to purchase jersey*)
- WHEN:**
- Practices will be one night a week in Eaton starting the week of May 26.
 - Games will be in Eaton or Evans starting June 9th.
 - No practice or games June 30 - July 4.
 - Practice time and game schedule TBA.
- REGISTER:** Participant and Coach May 5 - 16

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 2014 and may not turn 9 during the season*)
- COST:** \$30 (*plus \$18 for new participants to purchase jersey*)
- WHEN:**
- Practices will be one night a week in Eaton starting the week of June 2.
 - Games will be in Eaton or Evans starting June 10.
 - No practice or games June 30 - July 4.
 - Practice time and game schedule TBA.
- REGISTER:** Participant and Coach May 5 - 16

LITTLE REDS DAY AT THE POOL!

- WHEN:** Tuesday, July 29, 6:30-8:30 pm
- WHERE:** Eaton High School Indoor Swim Pool
- COST:** Free to T-Ball and Coach Pitch participants.

TENNIS LESSONS

WHERE: Eaton Middle School Tennis Courts.

REGISTER: May 5-23 ALL LESSONS

Tennis Lesson Schedule:

LEVEL	TIME	DAYS	COST
6 & Under*	8:30am - 9:00am	Tu & Th	\$40 (Includes Shirt)
8 & Under**	9:00am - 10:00am	Tu & Th	\$60 (Includes Shirt)
10 & Under**	10:00am - 11:00am	Tu & Th	\$70 (Includes Shirt)
14 & Under**	11:00am - 12:00pm	Tu & Th	\$70 (Includes Shirt)

*6 & Under Session is 4 weeks, June 3 – 26

**U8, U10 & U14 Sessions are 6 weeks, June 3 – July 17

No Tennis July 1 & 3

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.

YOUTH TENNIS LESSONS

Youth tennis lessons 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 DAY AT THE POOL!

WHEN: Thursday, July 17, 12:30-3 pm

WHERE: Eaton High School Indoor Swim Pool

COST: Free to Summer Tennis participants.



CLASSES & CAMPS

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

June 4 Summer Canvas Tote Bag

June 11 Ceramic Owl

June 18 Mini Wall Pockets

June 25 Tie Dye

July 9 Ceramic Robot Banks

July 16 Buggy Beaded Bracelet

July 23 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 5 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 11.

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 11 is \$1. 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, 4-5 pm
Summer Classes start Tuesday, June 3

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.

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: Wednesday, June 18, 9-3 pm

COST: \$48

WHERE: Eaton Activity Center

REGISTER: Registration May 5 - 23



Registration for ALL Summer Programs open at 4 pm on May 5!

SPORTS CAMPS

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.

- **Camp participants will register for the grade they are entering Fall 2014.**
- **Registration for all Camps starts May 5 and is available until one week prior to the start of each camp.**

GIRLS BASKETBALL CAMP: JUNE 2-5, 2014

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

Coaches include Eaton High School Head Coach, Todd Hernandez, his coaching staff and current/former Eaton High School players.

BOYS BASKETBALL CAMP: JUNE 9-11, 2014

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

Coaches include Eaton High School Head Coach, Dean Grable, his coaching staff and current/former Eaton High School players.

LIL REDS VOLLEYBALL SKILLS CAMP

JUNE 24 -26, 2014

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

JUNE 21, 2014

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

Coaches include Eaton High School Head Coach, Gwen Forster, her coaching staff and current/former Eaton High School players.

For all incoming 9th graders it is highly recommended that you attend.

ADULT FITNESS

ADULT FITNESS INFORMATION

Summer Fitness Session June 2 – August 29

- **No Fitness Classes Friday, 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

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 26, 9:00am - 11:00am

COST: \$12

WHERE: Eaton Activity Center

REGISTER: Begins May 5



ADULT FITNESS CLASSES

Aquacize: Tuesday and Thursday 5:30-6:30pm
A full body workout using the resistance of water.
Fitness level: Beginner/Intermediate/Advanced

Cardio Strength: Tuesday and Thursday 7:00-7:45pm
A fast paced cardio and strength training workout utilizing a variety of fitness equipment.
Fitness level: Intermediate/Advanced

Forever Fit: Monday, Wednesday, Friday 8:45-9:30am
A senior workout to help maintain strength, balance and flexibility.
Fitness level: Beginner/Intermediate/Advanced

HIIT: Monday, Wednesday, Friday 5:30-6:30am
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

FitRanX: Tuesday & Thursday 5:15-5:45am
Need to stay motivated? Fit Ranx is for you! FitRanX is a comprehensive and standardized ranking system used for gauging individuals fitness levels. Cardio, strength, and flexibility is targeted in this program.
Fitness level: Beginner/Intermediate/Advanced

Sunrise Yoga: Thursday 6:00-6:45am
Start the day by restoring the body and refreshing the mind. Yoga poses are combined with breathing in a gentle flow.
Fitness level: Beginner/Intermediate

Body Sculpting: Monday and Wednesday 6:00-6:50pm
Strength training workout that combines weights with agility, flexibility and cardiovascular conditioning. Designed to reshape muscles while targeting your entire body, this class is perfect for beginning and intermediate students who want a sculpted lean physique. Advanced are welcome!
Fitness level: Beginner/Intermediate/Advanced

Yoga: Tuesday and Thursday 10:45-11:45am & 5:30-6:30pm
Release tension and stress while gaining strength, balance and flexibility.
Fitness level: Beginner/Intermediate/Advanced

Zumba: Monday and Wednesday 7:00-8:00pm
A cardio and body sculpting workout incorporating calorie burning dance steps with high energy music.
Fitness level: Beginner/Intermediate/Advanced

Open Workout: Daily
Use the cardio and fitness equipment at your own pace
Fee: \$1 per drop in

ADULT FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	FitRanX 5:15 – 5:45am		FitRanX 5:15 – 5:45am	
HIIT 5:30 – 6:30am		HIIT 5:30 – 6:30am		HIIT 5:30 – 6:30am
			Sunrise Yoga 6:00 – 6:45am	
Open Workout 7:00 – 8:30am	Cardio Strength 7:00 – 7:45am	Open Workout 7:00 – 8:30am	Cardio Strength 7:00 – 7:45am	Open Workout 7:00 – 8:30am
	Open Workout 8:00 – 9:00am		Open Workout 8:00 – 9:00am	
Forever Fit 8:45 – 9:30am		Forever Fit 8:45 – 9:30am		Forever Fit 8:45 – 9:30 am
	Yoga 10:45 – 11:45am		Yoga 10:45 – 11:45am	
Open Workout 12:00 – 3:00pm	Open Workout 12:00 – 3:00pm	Open Workout 12:00 – 3:00pm	Open Workout 12:00 – 3:00pm	Open Workout 12:00 – 3:00pm
Body Sculpting 6:00 – 6:50pm		Body Sculpting 6:00 – 6:50pm		
	Yoga 5:30 – 6:30pm		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	



GENERAL INFORMATION

Eaton Recreation General Office Hours:

Mon-Fri 8:00am – 5:00pm.

For information regarding Recreation Department programs please contact:

Bob Lohff, Recreation Director, 970-454-1070

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

SUMMER REGISTRATION

Starts Monday May 5 at 4:00pm at Eaton Recreation Department. Summer Registration will continue May 6 – 23, 8 am – 5 pm, 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.

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: **Bob Lohff, 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.