

# EATON RECREATION



## 2012 Winter/Spring Program Guide



*More recreation programs  
starting soon, see inside for  
details on **Dance Classes,**  
**Children's Play Time, Start  
Smart Sports, Little Reds &  
Youth Sports Leagues.***

# General Info

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](http://www.eatonco.org).*

## REGISTRATION

Please register in person Mon-Fri 8am to 5pm @ **Eaton Recreation Department, 224 First St.**, during designated registration dates. A parent or legal guardian must complete the registration form, and register only his or her own children. Registration deadlines for all programs are listed in the brochure under the program description. Registrations are accepted on a first come, first served basis. Space is limited.

## 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.

## 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

## 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.





# Little Reds Sports

## Little Reds Girls Volleyball

**Age Groups:** ....K-2nd grade

**Cost:** .....\$35 (plus \$22 fee for new participants to purchase jersey)

Little Reds Volleyball gives young players the opportunity to learn and play recreational volleyball. This league is based on parent volunteer coaching.

Practice will be one night a week in Eaton starting the week of February 27. No practice Spring Break March 26 – 30. Games will be on Saturdays in various local communities starting March 10. Games will be played both Saturdays of Spring Break. Practice time and game schedule TBA.

- Parent Volunteer Coaches Early Registration January 30 - February 3
- Participant Registration Starts February 6 from 5-7 pm and continues February 7 – 17



## Little Reds Co-ed Soccer

**Age Groups:** ....5-6 (participants must be 5 by April 1, 2012)  
7-8 (participants may not turn 9 during the season)

**Cost:** .....\$35 (plus \$22 fee for new participants to purchase jersey)

Little Reds Soccer gives young players the opportunity to learn and play recreational soccer. This league is based on parent volunteer coaching.

Practice will be one night a week in Eaton starting the week of March 19. No practice Spring Break March 26 – 30. Games will be on Saturdays in Eaton or Evans starting April 7. Practice time and game schedule TBA.

- Parent Volunteer Coaches Early Registration January 30 - February 3
- Participant Registration Starts February 6 from 5-7 pm and continues February 7 - 17

# Youth Sports



## NVAA Girls Volleyball

**Age Groups:** ....3rd & 4th grade  
5th & 6th grade

**Cost:** .....\$50 (includes shirt)

The Northern Valley Athletic Association Girls Volleyball League provides the opportunity to learn and play recreational volleyball. This league is based on parent volunteer coaching.

Practices will be in Eaton weekday evenings starting the week of February 27. No practice Spring Break March 26 – 30. Games will be on Saturdays in various local communities starting March 10. Games will be played both Saturdays of Spring Break. Practice times and game schedule TBA.

- Parent Volunteer Coaches Early Registration January 30- February 3
- Participant Registration Starts February 6 from 5-7 pm and continues February 7 - 17

## Youth Co-ed Soccer

**Age Groups:** ....10 & Under  
12 & Under

**Cost:** ..... \$50 (plus \$22 fee for new participants to purchase jersey)

The Windsor Recreation Soccer League provides the opportunity to learn and play recreational soccer. This league is based on parent volunteer coaching.

Practices will be in Eaton weekday evenings starting the week of March 12. No practice Spring Break March 26 – 30. Games will be on Saturdays in Windsor starting April 7. Practice times and game schedule TBA.

- Parent Volunteer Coaches Early Registration January 30- February 3
- Participant Registration Starts February 6 from 5-7 pm and continues February 7 - 17



## NVAA Girls Softball

**Age Groups:** ....11 & Under  
14 & Under

**Cost:** ..... \$70 (includes shirt and visor)

The Northern Valley Athletic Association Girls Softball League provides the opportunity to learn and play recreational softball. This league is based on parent volunteer coaching.

Practices will be in Eaton weekday evenings starting the week of May 14. Games will be week nights in various local communities starting June 4. Practice times and game schedule TBA.

- Parent Volunteer Coaches Early Registration January 30 - February 3
- Participant Registration Starts February 6 from 5-7 pm and continues February 7 - 17





# Start Smart Programs

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.

## **Start Smart Basketball** (Session is 4 weeks)

**Cost:** ..... \$20

**Location:** Eaton Elementary School Gym

*Registration starts January 3 and is available until full.*

**Ages 3&4 When: Thursdays, 4-4:45 pm**

*From: February 2 – February 23*

## **Start Smart Soccer** (Session is 4 weeks)

**Cost:** ..... \$20

**Location:** Eaton Elementary School Gym

*In the event of inclement weather, class will be in the gym.*

*Registration starts January 3 and is available until full.*

**Ages 3&4 When: Thursdays, 4-4:45 pm**

*From: April 5 - April 24*



# Children's Programs

## **Play Time!**

**Cost:** ..... \$1 per Child per day

**Location:** Eaton Elementary School Gym

*No Registration Required*

The Activity Center will be available during the designated times for parents and children to play and have fun! An adult must accompany every child and participate throughout Play Time (*a ratio of one adult per three children is required*).

**Age 1-5 When: Mondays & Fridays 10 – 11 am**

*From: January 9 – April 27,*

**NOTE:** *No Play Time February 20, March 16, 26 & 30*

## **Spring Carnival**

Enjoy fun games and activities with your little one at the Spring Carnival.

**Cost:** ..... **FREE** to children ages 1-5

**Location:** Eaton Activity Center

**Age 1-5**

**When: Fridays**

*From: March 16, 11-12 pm*



# Dance Classes

A Dance Place will be offering a variety of dance classes for children through the Eaton Recreation Department. Dance classes are taught in a fun and creative environment. Dance participants will learn dance technique, self-esteem, discipline, poise, balance, teamwork, and much more!

Winter/Spring dance classes start Wednesday, January 4 at the Eaton Activity Center.

Contact Farrah Dobbins, Owner/Director at (970) 590-9530 for class fees or any other questions.

## Dance & Tumble

**Location:** Eaton Activity Center

Register online now at [www.adanceplace.com](http://www.adanceplace.com)

**Ages 2-4** When: **Mondays, 4:15-5:15 pm**  
Begins: **January 9**

## Ballet /Poms 1

**Location:** Eaton Activity Center

Register online now at [www.adanceplace.com](http://www.adanceplace.com)

**Ages 5-7** When: **Wednesdays, 3:30-4:30 pm**  
Begins: **January 4**

## Jazz/HipHop

**Location:** Eaton Activity Center

Register online now at [www.adanceplace.com](http://www.adanceplace.com)

**Ages 8-12** When: **Wednesdays, 4:30-5:15 pm**  
Begins: **January 9**



# Adult Fitness Information

## Winter/Spring Session- January 3 – May 25

- No Aquacize January 17.

## No Fitness Classes

- February 6 from 5-7pm
- February 20
- May 7 from 4-7 pm

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 13 and under during Fitness Classes. 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** .....\$4  
**Open Workout** .....\$1

## Punch Card Fees

Punch Cards are valid for 15 classes and expire within six months of purchase.

**Adult** (18 years and older) .....\$45  
**Senior/Student**  
(60 years and older or valid Student ID) \$35





## Adult Fitness Classes

### **Aquacize: Tuesday & Thursday 6-7 pm**

A full body workout using the resistance of water.

**Fitness Level:** *Beginner/Intermediate/Advanced*

### **Body Sculpting: Monday & Wednesday 5:30-6:15 pm**

A workout incorporating flexibility, strength and endurance using a variety of fitness equipment.

**Fitness Level:** *Beginner/Intermediate/Advanced*

### **Cardio Strength: Monday, Wednesday & Friday 6-6:45 am and Tuesday & Thursday 7-7:45 pm**

A fast paced cardio and strength training workout utilizing a variety of fitness equipment.

**Fitness Level:** *Intermediate/Advanced*

### **Forever Fit: Monday, Wednesday & Friday 9-9:45 am**

A Senior workout to help maintain strength, balance and flexibility. Free coffee to Seniors who participate every Wednesday following class.

**Fitness Level:** *Beginner/Intermediate/Advanced*

### **Lunch Crunch: Monday, Wednesday & Friday 12-12:45 pm**

Gain strength, increase endurance, burn fat and boost your metabolism before lunch.

**Fitness Level:** *Intermediate/Advanced*

### **Yoga: Tuesday & Thursday 10:45-11:45 am & 5:30-6:30 pm**

Release tension and stress while gaining strength, balance and flexibility.

**Fitness Level:** *Beginner/Intermediate/Advanced*

### **Zumba®: Monday & Wednesday 7-8 pm**

A cardio and body sculpting workout incorporating calorie burning dance steps with high energy music.

**Fitness Level:** *Beginner/Intermediate/Advanced*

### **Open Workout: Monday thru Thursday 8-9 am and Tuesday & Thursday 12-1 pm**

Use the cardio and fitness equipment at your own pace. **Fee \$1**



## Adult Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cardio Strength 6-6:45 am		Cardio Strength 6-6:45 am		Cardio Strength 6-6:45 am
Open Workout 8-9 am	Open Workout 8-9 am	Open Workout 8-9 am	Open Workout 8-9 am	
Forever Fit 9-9:45 am	Yoga 10:45-11:45 am	Forever Fit 9-9:45 am	Yoga 10:45-11:45 am	Forever Fit 9-9:45 am
Lunch Crunch 12-12:45 pm	Open Workout 12-1 pm	Lunch Crunch 12-12:45 pm	Open Workout 12-1 pm	Lunch Crunch 12-12:45 pm
Body Sculpting 5:30-6:15 pm	Yoga 5:30-6:30 pm	Body Sculpting 5:30-6:15 pm	Yoga 5:30-6:30 pm	
	Aquacize 6-7 pm		Aquacize 6-7 pm	
Zumba® 7- 8:00 pm	Cardio Strength 7-7:45 pm	Zumba® 7- 8:00 pm	Cardio Strength 7-7:45 pm	





## Winter/Spring Registration

- Parent Volunteer Coaches Early Registration  
January 30 – February 3, 8 am – 5 pm, Monday – Friday.
- Participant Registration starts Monday,  
February 6, from 5-7 pm at the Eaton Recreation Department.
- Spring Sports Registration will continue  
February 7 – 17, 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.*

### **Baseball Field Reservations**

The Eaton Recreation Department will be taking Field Reservation Requests for the baseball fields located at Eaton Commons Park. Baseball Field reservations must be made in person at the Eaton Recreation Department starting March 1, 2012. A \$25 field reservation fee must be paid at the time of the reservation. For more information about reserving a field, please call Eaton Recreation Department at 970-454-1070.

### **Adult Fitness Classes Start Tuesday, January 3.**

*See Page 6 for more information on  
classes and the Winter/Spring Schedule.*