



CVPRD NEWSLETTER

Fall is just around the corner, and we're excited for all that's ahead at CVPRD! In this edition, take a peek behind the scenes of Shutdown Week, explore upcoming special events like Fall Equinox Yoga and the Senior Resource Fair, discover new fall programs, and find important registration reminders so you don't miss out on your favorite activities. Let's make it a fantastic fall together!

SHUTDOWN "SQUEAKY CLEAN" WEEK

Last week, our team rolled up their sleeves for our annual Shutdown Week, dedicating time to the deep cleaning, maintenance, repairs, organizing, painting, and behind-the-scenes projects that help keep our facilities safe, welcoming, and operating at their best.

We're incredibly proud of the hard work and dedication shown by our staff. Their commitment, teamwork, and attention to detail ensure that Carbon Valley Parks & Recreation District continues to provide a positive experience for everyone who walks through our doors.

We'd also like to extend a heartfelt thank you to all of you, our patrons, for your patience, understanding, and support during the temporary closure. Your flexibility allows us to complete these important projects and invest in the spaces our community enjoys year-round.

The results of Shutdown Week can be seen throughout our facilities, or you can see some of our efforts on our socials. If you haven't stopped by already, we're excited to welcome you back to an even cleaner, refreshed, and ready-for-fall CVPRD. Thank you for being part of our CVPRD community! ❤️



Happening now...

Looking For Vendors Serving Seniors



Senior Resource Fair

Sponsorship Opportunities Available



Friday 1 - 3 pm
September 25
Carbon Valley
Community Center

Support this celebration of connection with community resources from around Carbon Valley tailored to our Active Adults, 55+.

Limited sponsorships available!
Contact marketing@cvprd.com to get started.

THANK YOU COMMUNITY PARTNERS!



**FREDERICK-FIRESTONE
FIRE DISTRICT**



For information about becoming a CVPRD sponsor,
call 303-833-3660x110 or email marketing@cvprd.com



3 EASY WAYS TO REGISTER



Online

Visit cvprd.com/register

Create an account and confirm your district residence before registration day to save time. Use the online catalog to filter by age, day, or activity.

Visita cvprd.com/register

Para ver el sitio web en español, seleccione el icono de traducción (🌐) en el menú principal de la página web cvprd.com.



Phone

Give us a call at
303-833-3660.

*Phone registration is by
credit card only.*

Like, Follow and Share with our community!



@CarbonValleyRecreationDistrict

@carbonvalleyrec



In-Person

We're excited to see you in person at any front desk in our facilities.

Carbon Valley Recreation Center
701 5th Street, Frederick, CO 80530

Active Adults & Community Center
151 Grant Ave, Firestone, Co 80520

Carbon Valley Gymnastics Center
6615 Frederick Way, Frederick, CO
80530

Labor Day Classes & Closures



Facility Closures

Monday, September 7

Gymnastics Center Closed

Community Center: 8 am - 1 pm

Recreation Center: 6 am - 1 pm



Fitness Classes

- River Circuit 8 am
- Gentle Yoga 9 am
- Deep Water Tone 9:15 am
- LM BP Heavy 9:15 am
- Zumba 10:30 am
- SilverSneakers Classic 10:30 am
- SilverSneakers Classic 11:45 am

Extended Holiday Open Swim

- Open Swim will be offered from 10:00 AM to 12:30 PM ONLY on days when the Recreation Center closes at 1:00 PM. (On all other days, Open Swim will continue to follow its regular schedule.)



REGISTRATION UPDATES

Harvest & Holly Market Reminders

HARVEST & HOLLY MARKET

Save the date!

SUNDAY,
NOVEMBER 15TH
11AM - 3PM



[Register Here](#)

- District Registration is open; non-district vendors can register at 8 am on Wednesday, September 9. Vendor booths all require sales tax event licenses; paperwork will be requested, so get a head start and learn about vendor requirements on our website at cvprd.com/special-events.

Active Adults

[Register Here](#)

- **Smooth Alpaca Palooza:** Join us Monday, 9/14 for a hilarious, up-close Alpaca experience. No hiking required, plenty of photo opportunities, and open to all abilities. Advanced registration required by September 10, \$65 D/\$98 ND
- **Senior Resource Fair-Looking for vendors & sponsors:** Our Senior Resource Fair is coming back September 25! Vendors can apply by contacting sspriggs@cvprd.com. Limited spaces are available. Sponsorships are available; contact marketing@cvprd.com to get started (Platinum Sponsors are limited to 2 vendors for 2026).



Aquatics

[Register Here](#)

- **Swim Lessons Coming Up:** Session 1 registration opens during shutdown week on 8/24--don't miss it! Set your alarm and register for September swim lessons.
 - **LAST CALL: Registration closes 9/3 at 5 pm.**





REGISTRATION UPDATES

SEPTEMBER 2026.1

Fitness & Wellness



[Register Here](#)

- **Fall Equinox Yoga Special Event:** Sunday, September 20, 10:30 am - noon. Celebrate the Fall Equinox with this special 90-minute yoga practice honoring the shift from summer's vibrant energy to fall's grounding calm. Get centered with this fall-themed event, stretch out your summer muscles, and harvest some CVPRD goodies. Limited spaces, so register early. Fee: \$12 D, \$18 ND
- **Junior Trainers:** Have a teen that wants to work out? Sign up for a junior trainers class and give your teen access to our outdoor, cardio, weight, and circuit fitness areas. Sunday & Monday sessions: \$15 District residents/\$22.50 Non-district; registration required.
- **New Fitness Class--Zumba Lift:** Coming September 10; turn up the fun with Zumba Lift! Join Theresa on Thursdays at 10:30 a.m. for a high-energy mix of Zumba dance and short strength-building weight sets.
- **New Fitness Class--HIGH Fitness:** Coming September 14; start your week strong as Michelle brings the new Monday Noon HIGH Fitness class with plenty of energy and motivation to your workout. Don't miss these new opportunities to sweat, smile, and stay strong!



Gymnastics



[Register Here](#)

- **Open gyms:** Want to have fun and get goofy in gymnastics? No classes; register for an open gym time slot to simply play and practice on Friday & Saturday mornings. \$5/District, \$7 Non-district.



REGISTRATION UPDATES

SEPTEMBER 2026.1

Youth Programs & Camps



[Register Here](#)

- **Sticky Fingers Cooking:** Taste these fun, hands-on cooking classes where kids build confidence, learn real kitchen skills, and explore new foods. Guided by engaging Chef Instructors, young chefs create delicious recipes while developing creativity, teamwork, and a lifelong love of cooking. Ages 5-18; 6-week series with new recipes each week, 10/21-12/2 (no class 11/25), \$218 District, \$327 Non-district.
- **Monster Mania--No-School Day LEGO Camp:** October 19, 9 a.m.-noon (SVV Schools no-contact day). Get your scare on with Snapology's Monster Mania! Kids ages 5-12 will have a scary-good time creating LEGO monsters and a spook-tacular make-and-take build to bring home for the spooky season. Limited spaces; register fast!
- **Legacy Dance:** Get groovy with fall dance classes for kids aged 2-8+ years. Sessions are filling up; visit legacydancecolorado.com/schedule to register.



All Sports

[Register Here For Adult Sports](#)

[Register Here For Youth Sports](#)

- **Youth Basketball:** Register your kiddo for fall leagues by September 19. Otherwise, you'll have to wait for the January-February season! Mini-Dibblers, Kindergarten, 1st/2nd Grade, 3rd/4th Grade, & 7th/8th Grade Girls.
- **LAST CALL: Friday Men's 5v5 Basketball! Register by Friday, Sept. 4**

Registration Reminders: Please verify that the email address on your account is current. This is our primary method of communication.

