CARBON VALLEY
PARKS & RECREATION DISTRICT

The Rec Connect

NOVEMBER 2026.1

CVPRD NEWSLETTER

In this edition of The Rec Connect, you'll find upcoming events, registration reminders, and new opportunities to play, volunteer, learn, and grow. We hope you'll join us as we continue building a community where everyone can connect, play, and thrive.



COMMUNITY HAPPENS HERE

November has a way of bringing people together.

As the days get shorter and the holiday season approaches, our community continues to find ways to connect, support one another, and create meaningful experiences together. Whether it's sharing coffee with local veterans, donating blood to help save lives, cheering from the sidelines at a youth sports game, exploring new programs, or finding the perfect handmade gift at our Harvest & Holly Market, every activity is another opportunity to strengthen the bonds that make Carbon Valley special.

HARVEST & HOLLY MARKET

FALL INTO FUN

SUNDAY,

NOVEMBER 15TH

11 AM - 3 PM

Music, food, princesses, and fall fun for all ages! Check out local vendors to get ready for the gift-giving season.







CARBON VALLEY PARKS & RECREATION DISTRICT

THANK YOU COMMUNITY PARTNERS!

1861 WELD WELD COUNTY, CO

GROUND FORCE LANDSCAPES

NORTH RANGE BEHAVIORAL HEALTH

FIRESTONE BRACES

TRAVELIN' TOM'S COFFEE TRUCK

FREDERICK-FIRESTONE FIRE DISTRICT

American Red Cross

highplains Library District

DENVER NUGGETS BASKETBALL ACADEMY

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

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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 (文A) 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

Join the Carbon Valley 1000lb/500lb Club



The 1000-lb (Men)/500-lb (Women) Club Challenge is a weightlifting challenge all about strength, technique, and pushing yourself to new limits! Join alongside a community that values hard work, encouragement, and camaraderie. Plus, successful competitors get a club-exclusive club T-shirt!





Entry Fee:
$42 District, $63 Non-District
Age: 16+

See a sample video, current club members, how to register & more lifting tips at bit.ly/1000-500club

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REGISTRATION UPDATES

District Events



[Register Here]

- **Blood Drive November 25:** Gift the gift of life this holiday season and donate blood at our holiday blood drive. Carbon Valley is partnering with the American Red Cross to offer a convenient and comfortable opportunity for you to give back to our community.
  - When you donate blood, you help provide lifesaving care to patients. You also receive a free mini health screening during your visit!
  - For an appointment, please visit RedCrossBlood.org, call 1-800-RED CROSS (1-800-733-2767), or use the Blood Donor App and enter the code: CarbonValley
  - This blood drive will be held in the gymnasium; *no drop-in pickleball.*



We're hiring and gearing up for a busy holiday season! *Front desk representatives, lifeguards, fitness instructors, coaches, and more. Flexible hours, great teammates, and a place that strives to connect, play, and thrive- apply today to join us!*

- *See open positions and apply here*

Active Adults

[Register Here]

- **Veterans Day Coffee & Donuts: November 11, 8 - 9:30 am**
  Veterans and their families and friends are warmly invited to enjoy complimentary coffee, donuts, and fellowship with friends and neighbors at our Veterans Day Coffee & Donuts gathering.



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Active Adults



[Register Here]

- **Field Trip: Rocky Mountain Arsenal National Wildlife Refuge Wednesday, November 18, 10 am - 3 pm,** $19 District, $29 Non-District; Join us for a visit to the Rocky Mountain Arsenal National Wildlife Refuge, where you'll experience the beauty and history of this unique natural area. Advance registration is required by November 15.

Aquatics





[Register Here]

- **Looking for a flexible job? Apply for our lifeguard positions** and get certified with us through our StarGard Training, 11/19-11/21. Lifeguarding at CVPRD works great with school, sport, or busy-life schedules, with a 5hr/wk minimum. Apply now at bit.ly/JobsCVPRD
- **November Swim Lessons: Register Next Week!**
  - *Session 3 registration opens 11/9-11/12.* Set your alarms and get ready to splash into the last swim session of the year! (*Classes run 11/17-12/19*)
  - *No classes during Thanksgiving week.*

Fitness & Wellness



[Register Here]

- **Junior Trainers: Get Gym Certified** Junior Trainers for the perfect introduction to teen fitness foundations for ages 11-14. Teens also gain access to fitness areas at the rec with graduate wristbands, perfect for student athletes, teens new to the gym, or youth interested in simply getting active.
  - Classes on Mondays & Sundays, $15 District, $22.50 Non-District *(Registration required).*



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REGISTRATION UPDATES

Gymnastics



[Register Here]

- **Gymnastics Session 1 (November 30-March 6) is coming up!** Registration opens 11/9 for district, 11/16 for non-district.
  - No classes Dec. 21-Jan 2 for the holidays)
  - 10% off if you register and pay for the full 12-week session, so register early to secure your spot (some weekdays fill up!)
  - [See all class descriptions, ages & pricing, and other 2027 dates on our website here.]

Youth Programs & Camps





[Register Here]

- **Camp Gobble Gobble, November 23-25:** Camp Gobble Gobble keeps kids active, creative, and having fun during Thanksgiving break with swimming, games, crafts, and new friendships!
  - Ages 5-12, $180 D/$270 ND.
  - Camps fill fast; sign up to get your spot! Registration closes 11/11
- **Camp Frost, December 28-30:** This winter, dive into a world of snowy excitement at our Camp Frost! Packed with laughter, friendship, and thrilling activities, it's the perfect way for kids to make the most of the chilly season, with or without snow.
  - Ages 5-12, $180 D/$270 ND.
  - Camps fill fast; sign up to get your spot! Registration closes 12/9

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All Sports



At Carbon Valley Parks & Recreation District, sports are about more than winning games. They are opportunities to learn, grow, and build lasting connections within our community. Our new Sports Zone reflects the values that guide every program, practice, and game. It serves as a reminder that youth sports are most successful when everyone plays their part. Players compete with effort and respect. Coaches teach and mentor. Families encourage and support. Officials help create a fair and positive experience for all participants.



The Sports Zone highlights the four pillars of our recreation programs:

- Develop Skills
- Build Teamwork
- Show Respect
- Create Community

By displaying these values throughout our facilities and programs, we are reinforcing our commitment to creating a welcoming environment where young athletes can grow both on and off the field of play. Together, we can ensure that every participant has the opportunity to learn, belong, and succeed. *Play Together. Grow Together.*

Register Here For Youth Sports

- **2027 Basketball (January-February Season):** Get ready for the 2027 Official Jr. Nuggets Youth League for 5th/6th Grade Coed & 7th/8th Grade Boys!
  - $127 District, $191 Non-District, *includes gear and special access to basketball experiences in partnership with the Denver Jr. Nuggets.*
  - ***Registration Deadline: Monday, December 7, 2026***



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