



CVPRD NEWSLETTER

FALL IS BETTER TOGETHER

As the days get shorter and the leaves begin to change, Carbon Valley comes alive with opportunities to connect, play, and thrive.

Fall isn't just a season at CVPRD. It's the start of basketball practices, fitness achievements, family traditions, community celebrations, and the moments that bring neighbors together. From youth sports and active adult programs to special events and holiday festivities, every activity is designed with one goal in mind: creating opportunities for our community to build connections and make memories.

In the coming months, you'll find plenty of ways to get involved. Whether you're registering your child for a new program, attending a community event with friends, trying a fitness class for the first time, or discovering a new holiday tradition with your family, there's something for everyone this season.

At CVPRD, we believe recreation is more than programs and facilities. It's where friendships begin, confidence grows, and community happens. As we move from fall into the holiday season, we invite you to join us in making the most of the months ahead.

Thank you for being part of the Carbon Valley community. We can't wait to see you this fall.

Let's connect. Let's play. Let's thrive...together.



Coming Soon...

Special Event: **Zumba Glow Party**



GET YOUR GLOW ON!

Friday, October 16, 6:30- 8 p.m., \$15 District, \$22.50 Non-District.

Get out your neon and glow sticks; it's time to party yourself into shape! Join us as we turn down the lights and crank up the fun at our Zumba Glow Party, with glow sticks, giggles, and heart-pumping music provided (*while supplies last*).

Fee: \$15 District \$22.50 ND - Receive a \$3 discount on registration when you bring a food item for the Carbon Valley Help Center (Discount must be during in-person registration; bring item with you)



THANK YOU COMMUNITY PARTNERS!



FREDERICK-FIRESTONE
FIRE DISTRICT



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



SEPTEMBER 2026.2

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.*



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

Like, Follow and Share with our community!



@CarbonValleyRecreationDistrict

@carbonvalleyrec

Join us for the Senior Resource Fair



Senior Resource Fair



*Limited Vendor
Opportunities
still 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 vendor spaces still available!

Contact sspriggs@cvprd.com to get a table for your organization.



REGISTRATION UPDATES

District Events

HARVEST & HOLLY MARKET

Save the date!

SUNDAY,
NOVEMBER 15TH
11AM - 3PM



- [Register Here](#)

- **Harvest & Holly Market District Registration is OPEN.** Vendor booths require sales tax event licenses; we'll request paperwork from all vendors, so get a head start and learn about vendor requirements on our website at cvprd.com/special-events.
- **Sponsorship available!** Packages can include banner placements, a free booth space, rec radio advertisements, and more.
- **Blood Drive:** Wednesday, September 23, 9 am - 2 pm. Help save a life and make an impact. 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



Active Adults

[Register Here](#)

- **Senior Resource Fair, Friday, September 25:**

Our Senior Resource Fair is coming back! Vendors can apply by contacting sspriggs@cvprd.com. Limited spaces are available. Sponsorships are available; contact marketing@cvprd.com to get started.



Aquatics

[Register Here](#)

- **Lifeguarding Hiring and October Training:** \$85 District/ \$128 Non-District. Register by 10/8 to get in! Lifeguard training is October 14-16,
 - 4-8 pm (10/14-10/15)
 - 9 am-5:30 pm (10/16)
- **Swim Lessons Coming Up:** Session 2 (October lessons) registration opens 10/5-10/8--don't miss it! Set your alarm and register for October swim lessons.





REGISTRATION UPDATES

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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
- **Women's Weight Training:** Gain confidence and transform your mind and body while learning how to lift free weights and use circuit equipment. Tuesdays 6 – 7:30 pm, October 20, 27, and November 3. Fee: \$59 District | \$88.50 Non-District. Age: 15+
- **Zumba Glow Party:** Friday, October 16, 6:30- 8 p.m., \$15 District, \$22.50 Non-District. Whether you're a front-row person or more in the middle of the crowd, save the date and register early to save your spot! Learn more: <https://bit.ly/fitnessCVPRD>

Gymnastics



[Register Here](#)

- **Open gyms:** Timed slots, limited space...register for an open gym time slot to simply play and practice on Friday & Saturday mornings. \$5/District, \$7 Non-district.



REGISTRATION UPDATES

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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!



All Sports

[Register Here For Youth Sports](#)



- **Youth Cheer:** Give us a C. Give us a V. Give us a PRD. Go Carbon Valley! Cheer Session Dates: October 21-December 9 (7-week session), ages 5-8, \$122.50. Deadline to register: 10/19. Learn more and register here: <https://bit.ly/CVPRDCheer>.
- **Youth Basketball:** Fall leagues are filling up, but there's still space for girls 3rd/4th Grade & 7th/8th Grade Girls! Register by Monday, September 21. Otherwise, you'll have to wait for the January-February season! \$127 District, \$191 Non-District, *includes gear and fun special access to basketball experiences in partnership with the Denver Jr. Nuggets.*

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

