CARBON VALLEY PARKS & RECREATION DISTRICT

The Rec Connect

OCTOBER 2026.2

CVPRD NEWSLETTER

There's no shortage of excitement in Carbon Valley! Catch up on Spooktacular festivities, celebrate Spirit Week with us, learn about the meaningful Eyes of Freedom exhibit experience, and start planning ahead with our upcoming winter programs and activities.

GET INTO THE SPOOK-TACULAR SPIRIT

Get ready to show off your spirit all week long starting October 26! Join us for a fun-filled week of themed dress-up days at Carbon Valley Parks & Recreation District from October 26 to 31.

Dress up according to the daily theme and receive a prize from the CVPRD Treat Bowl. No tricks required, just a little spook-tacular spirit! Stop by the front desk and show off your outfit to claim your treat while supplies last. Or check out our other spirited happenings, such as Zombie Les Mills Launch week and gymnastics costume fun--*keep the spirit safe, family-friendly, and within the code of conduct.*





Get your glow on...

Special Event: ***Zumba Glow Party***





Scan to register or visit bit.ly/FitnessWellnessCVPRD

ZUMBA GLOW PARTY

COSTUME CONTEST

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. *Glow sticks available while supplies last.*

Ages 13+

$15 District, $22.50 Non-District.

FRIDAY OCTOBER 16 6:30 - 8:00 p.m.

THANK YOU COMMUNITY PARTNERS!

1861 WELD WELD COUNTY, CO

GROUND FORCE LANDSCAPES

NORTH RANGE BEHAVIORAL HEALTH

FREDERICK-FIRESTONE FIRE DISTRICT

FIRESTONE BRACES

American Red Cross

KONA ICE

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

Active Adults Presents: An Interactive & Immersive Experience

CARBON VALLEY PARKS & RECREATION DISTRICT

HONOR INSPIRE EDUCATE
THE EYES of FREEDOM IMMERSIVE

This experience blending art & technology will impact this generation and those who follow, inspiring service and respect for all who serve.

The interactive exhibit will offer audiovisual experiences and connections for visitors to learn and reflect.

Wednesday, October 28, 1- 3 pm

Carbon Valley Community Center
Register for a viewing time at www.cvprd.com/register

Presented in partnership:

TRU 50 YEARS COMMUNITYCARE Honoring Yesterday, Inspiring Tomorrow



CARBON VALLEY PARKS & RECREATION DISTRICT

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REGISTRATION UPDATES

District Events



[Register Here]

- **Harvest & Holly Market 1 Month Away!**
  - Don't miss out on the fun of Fall and get ready for the holiday season! Enjoy a free, family-friendly afternoon with 40+ local artisans, boutiques & crafters, a kids' activity corner, raffle giveaways, food trucks, and live entertainment.



- **Spirit Week October 26-31:** Dress up according to the daily theme and receive a prize from the CVPRD Treat Bowl. No tricks required, just a little spirit! Stop by the front desk and show off your outfit to claim your treat while supplies last. Join the spirit, have fun, and get some CVPRD treats!
  - Visit the website to see dates & themes: cvprd.com/spirit-week.



- **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 American Red Cross to offer a convienient 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.

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REGISTRATION UPDATES

Active Adults



[Register Here for a viewing time]

- **Eye of Freedom, October 28, 1- 3 p.m.**: Experience the *Eyes of Freedom* exhibit, watch stories, and connect with this traveling memorial.
- **Looking for easy social exercise?** Get outdoors with other Active Adults and join our outdoor walking group. Great for beginners or experienced daily walkers. No one walks alone! Sign up to join the group!

Aquatics





[Register Here]

- **Get Lifeguard Certified:** Starguard lifeguard training is a great way to get first aid training, CPR skills, and become certified to be a lifeguard at a variety of facilities, including CVPRD. Register by 11/12; Class schedule:
  - Thursday/Friday, November 19-20: 4:00 PM-8:00 PM
  - Saturday, November 21: 8:00 AM-4:30 PM
- **November Swim Lessons Coming Up:** Session 3 registration opens 11/9-11/12 (*Classes run 11/17-12/19; no classes Thanksgiving week).* Set your alarms and get ready to splash into the last swim session of the year!

Fitness & Wellness



[Register Here]

- **Zumba Glow Party:** This Friday, October 16, 6:30- 8 p.m., $15 District, $22.50 Non-District. Last chance to get your glow on! Learn more & register: https://bit.ly/fitnessCVPRD

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REGISTRATION UPDATES



Fitness & Wellness

- **ZOMBIE Les MIlls Launch Week Oct 26-30**: All Les Mills classes (Bodypump, Bodypump HEAVY, Tone and CORE) will be scary good October 26-30! Come to classes in your zombie gear to pump, crunch, and move...It's fitness fun that's dying to have you join!

Gymnastics



Register Here

- **Halloween Week (October 26-31):** wear your Halloween costume to class/open gym (*gymnastics-approved attire only-no buttons/zippers/masks/props)*.
- No School Days? Gymnastics is open for classes as scheduled!

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
- **Winter Toddler Social Time:** Our Toddler Social Class is a joyful and nurturing space where little ones will explore the foundations of friendship and community. Registration opens Oct. 5, closes Oct. 29
  - Ages: 1-5 yrs. (1-2 year olds *Must be accompanied by at least one guardian)
  - 6-week Session: Nov. 2 through Dec. 14, 2026 (No class on 11/23)
  - Fee: $35 In-District, $52.50 Non-District

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REGISTRATION UPDATES

All Sports





Players Play. | Coaches Coach. | Families Cheer. | Officials Officiate.

Register Here For Youth Sports

- **TCDC Cheer:** Last call for Oct 21-Dec 9 session; registration deadline 10/19! Ages 5-8 years, located at the Community Center.
- **5th/6th Grade Basketball (Boys & Girls) 2027:** Get ready for the 2027 Official Jr. Nuggets Youth League! Register now for the January-February season!
  - One 90-minute practice per week with games played on Friday evenings or Saturdays. Teams compete against neighboring communities, including Carbon Valley, Mead, Berthoud, and LaSalle. Some travel may be required.
  - Practice Begins: Week of Tuesday, January 5, 2027. Game Dates: January 15– February 27, 2027
  - $127 District, $191 Non-District, *includes gear and fun 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.