



AUGUST 2026.2

CVPRD NEWSLETTER

As summer winds down, we're gearing up for an exciting season ahead! Please note that our annual Shutdown Week is coming up next week as we take time to deep clean and care for our facilities. While you're planning your back-to-school routine, be sure to check out our upcoming fall programs and get registered early. And speaking of fall, we're already preparing for a season full of festive fun, community events, and holiday celebrations. We can't wait to enjoy all that autumn has in store with you!

STAYING IN "ARMS REACH"

Why does "Arm's Reach" Supervision Matter At Carbon Valley Parks and Recreation District? Well, the safety of our guests is our highest priority. That's why we require children ages 7 and under to remain within a parent or guardian's arm's reach while in and around the water. This policy aligns with recognized aquatic safety best practices and is a proven way to reduce risk and create a safer environment for everyone.

Young children can get into trouble quickly, even in shallow water. Aquatic emergencies can happen silently and in a matter of seconds, often without the splashing or calls for help. Parents and guardians play a critical role in preventing emergencies and helping children build confidence and positive experiences in the water. Keeping children within arm's reach, also known as touch supervision, allows caregivers to respond immediately if a child slips, becomes fatigued, or experiences difficulty in the water.

It's important to remember that even strong swimmers can get into trouble. Fatigue, unexpected medical issues, rough play, underwater obstacles, or a moment of panic can quickly turn a fun day at the pool into an emergency. Close supervision provides an extra layer of protection, regardless of a child's swimming ability.

Remember: If your child is in or around the water, you should be close enough to reach them at all times. Together, we can ensure a safe and enjoyable aquatic experience for all guests.



Happening now...

VENDOR APPLICATIONS OPEN 8/19



FALL INTO FUN

HARVEST & HOLLY MARKET

*Market vendors, youth entrepreneurs' tables, and food truck vendors can apply beginning August 19!
(September 9 for out-of-district folks).*

Save the date!

SUNDAY,
NOVEMBER 15TH
11 AM - 3 PM
Carbon Valley Recreation
Center
701 5th St., Frederick, CO
80530

Please visit bit.ly/CVPRDEvents to learn more and for important vendor information.



THANK YOU COMMUNITY PARTNERS!



**FREDERICK-FIRESTONE
FIRE DISTRICT**



**American
Red Cross**



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



JULY 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.*

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

SHUTDOWN WEEK

CLOSED
8/24-8/30

Shutdown Week August 24-30

Each year, CVPRD takes a one-week pause in August to conduct a deep clean, complete facility maintenance, and take lasting care of our amenities for the year to come. While no major renovation projects are scheduled for this year's shutdown week, we'll be elbows deep in projects to get things squeaky clean.

Please note: The Gymnastics Center will remain open for scheduled classes and open gyms.

During this time, **members are welcome to use the Erie Community Center (their pool will not be open)**—just present your CVPRD membership card at the front desk. *Note: this does not apply to visit/punch passes.*

We appreciate your patience as we work to improve your facilities and ensure a safe, comfortable experience for all. Follow along on our [Facebook](#) or [Instagram](#) to see what we're up to throughout the week!



AUGUST 2026.1

REGISTRATION UPDATES

Active Adults



- **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).
- The Community Center will be closed for Shutdown Week, August 24-30.

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. Registration closes 9/3.
- **New Pool Schedule for Fall/Winter:** New sensory time, no school days, expanded "no-lesson" open swim hours, and more. See the full pool schedule at bit.ly/PoolHoursCVPRD



Fitness & Wellness



Register Here

- **Fall Equinox Yoga Special Event:** Sunday, September 20, 10:30 am - noon. Celebrate the Fall Equinox with a special 90-minute yoga practice honoring the shift from summer's vibrant energy to fall's grounding calm. Registration required. Fee: \$12 D, \$18 ND
- **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.



REGISTRATION UPDATES

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Fitness & Wellness



[Register Here](#)

- **Junior Trainers:** Back to school and needing to burn off energy? Sign up for a junior trainers class and give your teen access to our outdoor, cardio, weight, and circuit fitness areas. Sunday & Monday sessions are open now. \$15 for district resident/\$22.50/non-district resident; registration online.
- **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

- **Gymnastics Session 3:** Register now, 10% discount if you pay in full! Get into the fall season with gymnastics classes; classes start on August 31. See what skill level your child fits best by visiting bit.ly/CVPRD-Gymnastics
 - *No gymnastics on September 7.
- **Open gyms:** Want to have fun and get goofy in gymnastics? No class, just register for an open gym time slot on Fridays & Saturdays, \$5/District, \$7 Non-district.

**All gymnastics classes and open gyms will be open during shutdown week.



Youth Programs & Camps

[Register Here](#)

- **Toddler Social Time:** Our toddler social class is a joyful and nurturing space where little ones begin to explore the foundations of friendship and community. Through guided play, music, and storytelling, toddlers will practice essential social-emotional skills in a fun and supportive environment. 6-week session: Mondays, Sept 14 - Oct 19. Register asap, spots are filling up! \$35 District; \$52.50 non-District





REGISTRATION UPDATES

AUGUST 2026.1

Youth Programs & Camps



[Register Here](#)

- **Monster Mania--No-School Day LEGO Camp:** October 19, 9-noon. 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. *Registration opens August 24 (during shutdown week).*
- **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](#)

- **FREE Jr Nuggets Youth Basketball Camp!** Single-day basketball camp & fall leagues are ready for you to bounce right in. Basketball Camp is August 22, so registration for camp closes TODAY!!
 - Fall youth basketball league registration closes Sept. 19.
- **Adult Basketball 3v3 Men & 5x5 Men & Women Divisions:** Get in the game this fall, whether you play with your best buds or register as a free agent. Register by August 27th!
- **TCDC/CVPRD Cheer Teams:** New fall dates added, September through December! \$105 for a 6-week session, \$122.50 for a 7-week session. Wednesdays, 5- 6 p.m.; Ages 5-8. Visit bit.ly/CVPRDCheer for more info. Registration closes 9/2.

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

