MARTIAL ARTS

Information: 303.987.5407 (CWRC), 303.987.7834 (LINK/GMRC)

FOOTHILLS TKD @ CWRC

This program teaches traditional Tae Kwon Do as an art form to encourage family participation. The benefits include exercise, concentration, self-control, self-confidence and self-defense. Instructors are affiliated with the US TKD Federation and instruct in accordance with guidelines set by General Choi, Hong Hi, the Father of Tae Kwon Do.

Ages: 8 and up
$39 Resident, $49 Nonresident

Activity #	Date	Day	Time	Loc
250108-01	Jun 3-29	Mon,Wed	6:45-8:15 pm	CWRC
250108-02	Jul 1-29	Mon,Wed	6:45-8:15 pm	CWRC
250108-03	Aug 3-26	Mon,Wed	6:45-8:15 pm	CWRC

(No class Jun 17, Jun 19)

TAE KWON DO AT GMRC

Benefits of Tae Kwon Do include discipline, balance, coordination, self-confidence and much more. Learn beginning to expert techniques in self-defense, forms, sparring, board/concrete breaking and weapons! Earn your rank through the Moo Duk Kwan Tae Kwon Do Association. Classes include students of all levels, from beginner through advanced. Participants can choose to attend one or two days per week.

Ages: 8 and up
One day/week: $39 Resident, $49 Nonresident
Two days/week: $69 Resident, $89 Nonresident

Activity #	Date	Day	Time	Loc
250100-01	Jun 9-Jul 2	Tue	6:30-7:45 pm	GMRC
		Thu	7:40-8:45 pm	GMRC
250100-02	Jul 7-30	Tue	6:30-7:45 pm	GMRC
		Thu	7:30-8:45 pm	GMRC
250100-03	Aug 4-27	Tue	6:30-7:45 pm	GMRC
		Thu	7:30-8:45 pm	GMRC

TAE KWON DO AT THE LINK

Benefits include discipline, strength, balance, coordination, self-confidence and much more. Learn beginning to expert techniques in self-defense, forms, sparring, board/concrete breaking and weapons! Earn your rank through the Moo Duk Kwan Tae Kwon Do Association. Classes include students of all levels, from beginner through advanced. Participants can choose from one, two or three days per week.

Ages: 6 and up
One day/week: $35 Resident, $45 Nonresident
Two days/week: $59 Resident, $75 Nonresident
Three days/week: $79 Resident, $99 Nonresident

Activity #	Date	Day	Time	Loc
250101-01	Jun 2-27	Tue,Thu	6:30-7:30 pm	LINK
		Sat	9:15-10:15 am	LINK
250101-02	Jul 7-Aug 1	Tue,Thu	6:30-7:30 pm	LINK
		Sat	9:15-10:15 am	LINK
250101-03	Aug 4-29	Tue,Thu	6:30-7:30 pm	LINK
		Sat	9:15-10:15 am	LINK

(No class Jun 30-Jul 4)

KINDER KICKS AT THE LINK

This class is an introduction to Martial Arts for kids 3 to 5 years of age. The instructor will teach Tae Kwon Do with a focus on fun and exercise. Students will leave class with the basic knowledge of commands and form.

Ages: 3-5
$29 Resident, $39 Nonresident
***$19 Resident, $29 Nonresident (three-week session)**

Activity #	Date	Day	Time	Loc
*250106-01	Jun 13-27	Sat	9:15-10:15 am	LINK
250106-02	Jul 11-Aug 1	Sat	9:15-10:15 am	LINK
250106-03	Aug 8-29	Sat	9:15-10:15 am	LINK

(No class Jul 4)

We'd like to thank our youth sports leagues and MSSP sponsor:

Call the City of Lakewood Outdoor Sports Weather Hotline if you need to check the status of an outdoor game, event or activity: 303.987.7078.

TRACK

Information: 303.987.4805

CARA TRACK TEAM

CARA Track and Field is a coed, recreational team that provides coaching in several events such as sprints, long jump, high jump, hurdles, softball/baseball throw, shot put, discus, triple jump and much more! Meets will be held weekly throughout the Metro area on Saturdays. (Participation at meets is optional.)

Ages: 4-15

EARLY REGISTRATION DISCOUNT through Wed, May 27:
$115 Resident, $139 Nonresident

Full price as of Thu, May 28: $135 Resident, $159 Nonresident

Registration deadline: June 1

Activity #	Date	Day	Time	Loc
251604-01	Jun 2-Jul 25	Tue, Thu	5:30-7 pm	BCHS

FREE!

First 20 registered participants entered for a chance to win a free gift!

BASEBALL SKILLS ROCKIES CHALLENGE

Ages: 6-13
(5 and under can participate but are not eligible to advance to sectionals)

Wednesday, June 24

Check-in: 5:30-6 p.m., Competition starts at 6 p.m.
Carmody Middle School Baseball Fields
2050 S. Kipling St.

Every child will compete in throwing, hitting and running, with the chance to advance to the sectionals and state finals.

Participants must bring a copy of their birth certificate and complete a local entry form prior to participating.

Information: 303.987.5422 | Registration: 720.963.5360
Activity #254906-01

Lakewood Recreation

Lakewood.org/YouthSports

Youth Sports Leagues

VOLLEYBALL

Information: 303.987.4805

OUTDOOR VOLLEYBALL

Come and play in this coed, recreational outdoor league. Everyone will practice at the same time on grass courts. The league offers instruction and play for all skill levels and abilities. Practices are on Mondays; games are on Wednesdays.

Ages: 8-14
EARLY REGISTRATION DISCOUNT through Wednesday, June 3:
$89, Resident, $109 Nonresident
Full price as of Thursday, June 4: $109, Resident, $129 Nonresident
Registration deadline: Monday, June 8

Activity #	Date	Day	Time	Loc
251712-01	Jun 8-Jul 29	Mon, Wed	5:30-6:30 pm	CARM

YOUTH SPORTS LEAGUES

Information: 303.987.5422

These coed leagues provide the opportunity to learn and develop fundamental skills in a safe, fun and noncompetitive environment. Participants will receive instruction on basic skills and rules of the game during practice sessions and be offered game time to utilize techniques.

FALL SOCCER

League dates: Aug 10-Oct 10 at Carmody Middle School Fields
Games: 8 am-3 pm, Saturdays beginning Aug 22
EARLY REGISTRATION DISCOUNT through Friday, July 31:
$99 Resident, $125 Nonresident
Full price as of Saturday, August 1: $119 Resident, $145 Nonresident
Registration deadline: Wednesday, August 5
(No practices or games Aug 31-Sep 7)

Practice Time	Mon	Tue	Wed	Thu
Ages 3-4 (register)				
4-4:30 pm			254802-12 Green	
5-5:30 pm	254802-04 Maroon	254802-08 Royal	254802-15 Orange	254802-18 Lime
6-6:30 pm		254802-10 Red	254802-16 Yellow	254802-19 Purple
Ages 5-6 (register)				
4-4:45 pm				254803-10 Yellow
5-5:45 pm	254803-02 Maroon		254803-08 Green	254803-11 Lime
6-6:45 pm	254803-03 Royal	254803-06 Red	254803-09 Orange	254803-12 Purple
Ages 7-9 (register)				
4-4:45 pm	254804-01 Maroon	254804-07 Green		
5-5:45 pm	254804-03 Royal		254804-13 Yellow	
6-6:45 pm	254804-05 Red	254804-09 Orange	254804-15 Lime	254804-17 Purple
Ages 10-12 (register)				
5-5:45 pm		254805-01 Orange		254805-03 Red
		254805-02 Royal		254805-04 Green

T-BALL/COACH PITCH/MACHINE PITCH

League dates: June 8-Aug 1 at Carmody Middle School Fields
Games: 8 am-3 pm, Saturdays beginning June 20
EARLY REGISTRATION DISCOUNT through Friday, May 29:
$105 Resident, $129 Nonresident
Full price as of Saturday, May 30: $125 Resident, $149 Nonresident
Registration deadline: Wednesday, June 3
(No practices or games June 29-July 4)

T-BALL

Practice Time	Mon	Tue	Wed	Thu
Ages 3-4 (register)				
5-5:30 pm		254901-05 Red	254901-08 Yellow	254901-11 Purple
6-6:30 pm	254901-03 Sapphire	254901-06 Royal	254901-09 Green	
Ages 5-6 (register)				
4-4:45 pm	254902-01 Lime	254902-04 Royal		
5-5:45 pm	254902-02 Red	254902-05 Yellow		
6-6:45 pm			254902-08 Green	254902-11 Sapphire
7-7:45 pm			254902-09 Purple	254902-12 Orange

COACH PITCH

Practice Time	Mon	Tue	Wed	Thu
Ages 6-8 (register)				
4-4:45 pm			254903-04 Yellow	
5-5:45 pm	254903-01 Sapphire			254903-05 Green
6-6:45 pm		254903-03 Royal		
7-7:45 pm	254903-02 Red			254903-06 Purple

MACHINE PITCH

Practice Time	Mon	Tue	Wed	Thu
Ages 8-9 (register)				
4-4:45 pm		254904-02 Red	254904-04 Yellow	
5-5:45 pm				
6-6:45 pm	254904-01 Sapphire			254904-06 Purple
7-7:45 pm		254904-03 Royal	254904-05 Green	