

# FALL 2010



## ATHLETICS MIDDLE SCHOOL SPORTS PROGRAM SCHEDULES

NOTE: YOU MUST REGISTER FOR THESE CLASSES ([WWW.IFOOTHILLS.ORG](http://WWW.IFOOTHILLS.ORG))

INFORMATION: 303-409-2613 / CHEERLEADING INFORMATION: 303-409-2506

DEER CREEK MIDDLE SCHOOL				MON	TUE	WED	THU
SESSION DATES »		FEE	GRADE	AUG 30-OCT 13	AUG 31-OCT 14	SEP 1-OCT 13	SEP 2-OCT 14
DEER CREEK MIDDLE SCHOOL	ULTIMATE FRISBEE	\$99	7 & 8	3:15-4:15pm #6694-1		3:15-4:15pm #6694-1	
	FLAG FOOTBALL	\$99	7 & 8		3:15-4:15pm #6656-1		3:15-4:15pm #6656-1
	CHEERLEADING FOR FLAG FOOTBALL	\$59	7 & 8		3:15-4:15pm #6616-1		3:15-4:15pm #6616-1
	SESSION DATES »	FEE	GRADE	OCT 25-DEC 15	OCT 26-DEC 16	OCT 27-DEC 15	OCT 28-DEC 16
	VOLLEYBALL	\$99	7	3:15-4:15pm #6661-1		3:15-4:15pm #6661-1	
	VOLLEYBALL	\$99	8		3:15-4:15pm #6662-1		3:15-4:15pm #6662-1

FALCON BLUFFS MIDDLE SCHOOL				MON	TUE	WED	THU
SESSION DATES »		FEE	GRADE	AUG 30-OCT 13	AUG 31-OCT 14	SEP 1-OCT 13	SEP 2-OCT 14
FALCON BLUFFS MIDDLE SCHOOL	ULTIMATE FRISBEE	\$99	6 - 8	3:00-4:30pm #6695-1		3:00-4:30pm #6695-1	
	FLAG FOOTBALL	\$99	6 - 8		3:00-4:30pm #6667-1		3:00-4:30pm #6667-1
	CHEERLEADING FOR FLAG FOOTBALL	\$59	6 - 8		3:00-4:30pm #6617-1		3:00-4:30pm #6617-1
	SESSION DATES »	FEE	GRADE	OCT 25-DEC 15	OCT 26-DEC 16	OCT 27-DEC 15	OCT 28-DEC 16
	VOLLEYBALL	\$99	6 & 7	3:00-4:30pm #6669-1		3:00-4:30pm #6669-1	
	VOLLEYBALL	\$99	8		3:00-4:30pm #6671-1		3:00-4:30pm #6671-1

KEN CARYL MIDDLE SCHOOL				MON	TUE	WED	THU
SESSION DATES »		FEE	GRADE	AUG 30-OCT 13	AUG 31-OCT 14	SEP 1-OCT 13	SEP 2-OCT 14
KEN CARYL MIDDLE SCHOOL	ULTIMATE FRISBEE	\$99	7 & 8	2:30-4:00pm #6696-1		2:30-4:00pm #6696-1	
	FLAG FOOTBALL	\$99	7 & 8		2:30-4:00pm #6658-1		2:30-4:00pm #6658-1
	CHEERLEADING FOR FLAG FOOTBALL	\$59	7 & 8		2:30-4:00pm #6618-1		2:30-4:00pm #6618-1
	SESSION DATES »	FEE	GRADE	OCT 25-DEC 15	OCT 26-DEC 16	OCT 27-DEC 15	OCT 28-DEC 16
	VOLLEYBALL	\$99	7	2:30-4:00pm #6663-1		2:30-4:00pm #6663-1	
	VOLLEYBALL	\$99	8		2:30-4:00pm #6664-1		2:30-4:00pm #6664-1

SUMMIT RIDGE MIDDLE SCHOOL				MON	TUE	WED	THU
SESSION DATES »		FEE	GRADE	AUG 30-OCT 13	AUG 31-OCT 14	SEP 1-OCT 13	SEP 2-OCT 14
SUMMIT RIDGE MIDDLE SCHOOL	ULTIMATE FRISBEE	\$99	7 & 8	2:45-4:15pm #6697-1		2:45-4:15pm #6697-1	
	FLAG FOOTBALL	\$99	7 & 8		2:45-4:15pm #6660-1		2:45-4:15pm #6660-1
	CHEERLEADING FOR FLAG FOOTBALL*	\$59	7 & 8		2:45-4:15pm #6619-1		2:45-4:15pm #6619-1
	SESSION DATES »	FEE	GRADE	OCT 25-DEC 15	OCT 26-DEC 16	OCT 27-DEC 15	OCT 28-DEC 16
	VOLLEYBALL	\$99	7	2:45-4:15pm #6665-1		2:45-4:15pm #6665-1	
	VOLLEYBALL	\$99	8		2:45-4:15pm #6666-1		2:45-4:15pm #6666-1

# FALL 2010 ATHLETICS YOUTH LEAGUES SCHEDULES



**NOTE: YOU MUST REGISTER FOR THESE CLASSES (WWW.IFOOTHILLS.ORG)  
INFORMATION: 303-409-2613**

**(NOTE: NO PRACTICES OR GAMES NOV 25-27 • LOCATIONS SUBJECT TO CHANGE)**

		MON	TUE	WED	THU	FRI	SAT
SESSION DATES »		OCT 25-DEC 18	OCT 26-DEC 18	OCT 27-DEC 18	OCT 28-DEC 18	OCT 29-DEC 18	OCT 30-DEC 18
<b>BASKETBALL</b> Various Locations	<b>LITTLE HOOPSTERS</b> AGES 3-4 Location: LILLEY GULCH						TIMES VARY 8:00-Noon #6684
	<b>INSTRUCTIONAL LEAGUE</b> AGES 4-5 Location: RIDGE	4:30-5:30pm #6685-1	4:30-5:30pm #6685-2	4:30-5:30pm #6685-3	4:30-5:30pm #6685-4	4:30-5:30pm #6685-5	GAMES begin OCT 30
		4:30-5:30pm #6685-6	4:30-5:30pm #6685-7	4:30-5:30pm #6685-8	4:30-5:30pm #6685-9	4:30-5:30pm #6685-10	GAMES begin OCT 30
	<b>INSTRUCTIONAL LEAGUE</b> AGES 6-7 Location: LILLEY GULCH	4:30-5:30pm #6686-1	4:30-5:30pm #6686-2	4:30-5:30pm #6686-3	4:30-5:30pm #6686-4	4:30-5:30pm #6686-5	GAMES begin OCT 30
		5:30-6:30pm #6686-6	5:30-6:30pm #6686-7	5:30-6:30pm #6686-8	5:30-6:30pm #6686-9	4:30-5:30pm #6686-10	GAMES begin OCT 30
		4:30-5:30pm #6686-12		TBA			
<b>INSTRUCTIONAL LEAGUE</b> AGES 8-9 Location: RIDGE	5:30-6:30pm #6687-1	5:30-6:30pm #6687-2	5:30-6:30pm #6687-3	5:30-6:30pm #6687-4	5:30-6:30pm #6687-5	GAMES begin OCT 30	
		5:30-6:30pm #6687-6		5:30-6:30pm #6687-11		GAMES begin OCT 30	
<b>INSTRUCTIONAL LEAGUE</b> AGES 10-12 Location: TBA	5:30-6:30pm #6688-1	5:30-6:30pm #6688-2	5:30-6:30pm #6688-3	5:30-6:30pm #6688-4			

FLAG FOOTBALL INFORMATIONAL COACHES MEETING: WED, AUG 18, 2010 • 5:30-6:30pm • Ridge Recreation Center							
		MON	TUE	WED	THU	FRI	SAT
SESSION DATES »		AUG 30-OCT 23	AUG 31-OCT 23	SEP 1-OCT 23	SEP 2-OCT 23	SEP 3-OCT 23	SEP 11-OCT 23
<b>FLAG FOOTBALL</b> Easton Regional Park	<b>PEE WEE</b> AGES 4-5	4:30-5:30pm #6690-1	4:30-5:30pm #6690-2	4:30-5:30pm #6690-3	4:30-5:30pm #6690-4	4:30-5:30pm #6690-5	GAMES begin SEP 11
		5:00-6:00pm #6690-6	5:00-6:00pm #6690-7	5:00-6:00pm #6690-8	5:00-6:00pm #6690-9	5:00-6:00pm #6690-10	GAMES begin SEP 11
	<b>PEE WEE</b> AGES 6-7	5:00-6:00pm #6691-1	5:00-6:00pm #6691-2	5:00-6:00pm #6691-3	5:00-6:00pm #6691-4	5:00-6:00pm #6691-5	GAMES begin SEP 11
		5:30-6:30pm #6691-6	5:30-6:30pm #6691-7	5:30-6:30pm #6691-8	5:30-6:30pm #6691-9	5:30-6:30pm #6691-10	GAMES begin SEP 11
<b>YOUTH FLAG</b> AGES 8-9	5:30-6:30pm #6692-1	5:30-6:30pm #6692-2	5:30-6:30pm #6692-3	5:30-6:30pm #6692-4	5:30-6:30pm #6692-5	GAMES begin SEP 11	
<b>YOUTH FLAG</b> AGES 10-12	5:30-6:30pm #6693-1	5:30-6:30pm #6693-2	5:30-6:30pm #6693-3	5:30-6:30pm #6693-4		GAMES begin SEP 11	

FALL SOCCER INFORMATIONAL COACHES MEETING: TUE, AUG 17, 2010 • 5:30-6:30pm • Ridge Recreation Center							
		MON	TUE	WED	THU	FRI	SAT
SESSION DATES »		AUG 30-OCT 23	AUG 31-OCT 23	SEP 1-OCT 23	SEP 2-OCT 23	SEP 3-OCT 23	SEP 11-OCT 23
<b>FALL SOCCER</b> Easton Regional Park	<b>LITTLE KICKERS</b> AGES 3-4						TIMES VARY 8:00-Noon #6675
	<b>INSTRUCTIONAL LEAGUE</b> AGES 4-5	4:30-5:30pm #6676-1	4:30-5:30pm #6676-2	4:30-5:30pm #6676-3	4:30-5:30pm #6676-4	4:30-5:30pm #6676-5	GAMES begin SEP 11
		5:30-6:30pm #6676-6	5:30-6:30pm #6676-7	5:30-6:30pm #6676-8	5:30-6:30pm #6676-9	5:30-6:30pm #6676-10	GAMES begin SEP 11
	<b>INSTRUCTIONAL LEAGUE</b> AGES 6-7	4:30-5:30pm #6677-1	4:30-5:30pm #6677-2	4:30-5:30pm #6677-3	4:30-5:30pm #6677-4	4:30-5:30pm #6677-5	GAMES begin SEP 11
		5:30-6:30pm #6677-6	5:30-6:30pm #6677-7	5:30-6:30pm #6677-8	5:30-6:30pm #6677-9	5:30-6:30pm #6677-10	GAMES begin SEP 11
<b>INSTRUCTIONAL LEAGUE</b> AGES 8-9	5:00-6:00pm #6678-1	5:00-6:00pm #6678-2	5:00-6:00pm #6678-3	5:00-6:00pm #6678-4	5:00-6:00pm #6678-5	GAMES begin SEP 11	
	5:30-6:30pm #6678-6					GAMES begin SEP 11	
<b>INSTRUCTIONAL LEAGUE</b> AGES 10-12	6:00-7:00pm #6679-1	6:00-7:00pm #6679-2	6:00-7:00pm #6679-3	6:00-7:00pm #6679-4		GAMES begin SEP 11	

# FALL 2010

## ATHLETICS YOUTH SCHEDULES



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**INFORMATION: 303-409-2613**

<b>CARA VOLLEYBALL</b>		<b>AUG 30 - OCT 21 (TOURNAMENTS THROUGH OCT 31)</b>						
	LOC	AGE	MON	TUE	WED	THU	FRI	SAT
CARA VOLLEYBALL 2 X per week	LG	4th -	4:30-5:30 #6672-1		4:30-5:30 #6672-1			
		5th Grade	5:30-6:30 #6672-2		5:30-6:30 #6672-2			
CARA VOLLEYBALL 2 X per week	LG	4th -		4:30-5:30 #6672-3		4:30-5:30 #6672-3		
		5th Grade		5:30-6:30 #6672-4		5:30-6:30 #6672-4		
<b>CARA VOLLEYBALL</b>		<b>AUG 30 - OCT 21 (TOURNAMENTS THROUGH OCT 31)</b>						
	LOC	AGE	MON	TUE	WED	THU	FRI	SAT
CARA VOLLEYBALL 2 X per week	RIDGE	6th -	4:30-5:30 #6673-1		4:30-5:30 #6673-1			
		8th Grade	5:30-6:30 #6673-2		5:30-6:30 #6673-2			
CARA VOLLEYBALL 2 X per week	RIDGE	6th -		4:30-5:30 #6673-3		4:30-5:30 #6673-3		
		8th Grade		5:30-6:30 #6673-4		5:30-6:30 #6673-4		

## ATHLETICS YOUTH/ADULT INDIVIDUAL SCHEDULES

(NOTE: YOU MUST REGISTER FOR THE CLASSES BELOW.)

<b>FENCING</b>		<b>SESS #1: SEP 16 – OCT 21 • SESS #2: NOV 4 – DEC 16 (*No class NOV 25)</b>						
	LOC	AGE	MON	TUE	WED	THU	FRI	
YOUTH FENCING	RIDGE	8-14				7:00-7:45pm #6869		
ADULT FENCING	RIDGE	15 & up				8:00-9:00pm #6870		
<b>RACQUETBALL</b>		<b>SESS #1: SEP 13 – OCT 18 • SESS #2: NOV 1 – DEC 13* (*No class NOV 22)</b>						
	LOC	AGE	MON	TUE	WED	THU	FRI	
YOUTH RACQUETBALL	RIDGE	10-15	7:00-8:00pm #6705					
ADULT RACQUETBALL	RIDGE	16 & up	8:00-9:00pm #6702					

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## ATHLETICS Youth/ADULT INDIVIDUAL SCHEDULES

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INFORMATION: 303-409-2506

<b>JUJITSU</b>										
	TUE/THU	SESS #1: SEP 2 – 28	SESS #2: SEP 30 – OCT 26	SESS #3: OCT 28 – NOV 23	SESS #4: NOV 30 – DEC 16 (3-week session) Fee: \$52 (District: \$42)					
LOC	AGE	FEE	MON	TUE	WED	THU	FRI	SAT		
JUJITSU	RIDGE	13 & up	\$69 D: \$55		6:30-8:30pm #2300		6:30-8:30pm #2300			
<b>JUMP N ROPE</b>										
	TUE/THU	SESS #1: SEP 2 – 28	SESS #2: SEP 30 – OCT 26	SESS #3: OCT 28 – NOV 23	SESS #4: NOV 30 – DEC 23					
(Classes are 4-week sessions)										
LOC	AGE	FEE	MON	TUE	WED	THU	FRI	SAT		
ALL LEVELS (2 x WK)	RIDGE	7 & up	\$63 D: \$50		5:00-6:15pm #2340 (2 x wk)		5:00-6:15pm #2340 (2 x wk)			
MINI CLINIC (OCT 23)									9:00am-Noon #2310-1	
MINI CLINIC (NOV 13)			\$33 D: \$25						9:00am-Noon #2310-2	
MINI CLINIC (DEC 11)									9:00am-Noon #2310-3	