

# Teen Adventures 2009

## Event Itinerary

We are looking forward to a fun filled summer and hope you are too. All participants will meet at 1849 Emerson St. unless otherwise noted. Please read the information for each day carefully. It is important for participants to bring a water bottle, sunscreen, insect repellent (if necessary), and a snack or lunch to the program every day as well as the items listed for the field trip. On swimming or water days please come dressed in your swimsuit. Please remember to bring a towel and a change of clothes. All swimming activities are (open swim only) no structured activities. Activities missed by participants can not be made-up. Outdoor events are subject to change do to inclement weather. **Itinerary is subject to change, please call to confirm the trip of the day if you have missed the day before or the week prior.**

If you have any questions or concerns about Teen Adventures, please contact **Glenn Riley at (720) 865-0842 or Special Needs Program (720) 865-0822**  
[glenn.riley@denvergov.org](mailto:glenn.riley@denvergov.org)

### **June 11, 2009 - Getting to know you! (Swimming)**

**Program arrival / pick-up time:** 1:00pm-5:00pm

**Program drop off & pick-up location:** Ashland Recreation Center 2475 Dunkeld Pl. 80211

**Cost for this trip:** Free with a recreation card or \$2.00 for day pass without a recreation card.

Please bring your recreation card with you.

[www.denvergov.org](http://www.denvergov.org)

Parents please drop-off and pick up at Ashland Recreation Center. Come and enjoy a fun filled day of activities including: food, games, and swimming. Bring a swimsuit, towel, gym shoes, water bottle, change of clothes, and a snack.

### **June 12, 2009 - Xtreme Challenge Arena (Gladiator Fusion Arena)**

**Program arrival / pick-up time:** 9:30am-1:30pm

**Program drop off & pick-up location:** Community Recreation Center  
1849 Emerson St. (720) 865-0842

**Cost for this trip:** \$20.00

[www.xtremechallenge.com](http://www.xtremechallenge.com)

Come and have a fun time with Xtreme Challenge in an X-clusively fun atmosphere. Participants will encounter games of skill just like the American Gladiators. Come and challenge yourself and think outside the box while having some hilarious fun. Xtreme Challenge creates an experience that is truly like no other. Bring or come dress in clothes you can move in. Be ready to climb, crawl, jump, swing, dive and roll on the ground. Gym shoes & socks are a must. Please bring a water bottle, change of clothes if needed, and a sack lunch.

**June 18, 2008 - Manitou Cliff Dwellings (Colorado Springs, Colorado)**

**Program arrival / pick-up time:** 8:00am-3:00pm

**Program drop off & pick-up location:** Community Recreation Center  
1849 Emerson St. (720) 865-0842

**Cost for this trip:** \$8.00

[www.cliffdwellingsmuseum.com](http://www.cliffdwellingsmuseum.com)

The Manitou Cliff Dwellings is a rare historical treasure. Preserved under a protective red sandstone overhang, authentic Anasazi Cliff Dwellings, built more than 700 years ago, await you here. You are free to touch and even go inside these fascinating architectural remnants of an American Indian culture that roamed the Four Corners area of the Southwest from 1200 B.C. to A.D. 1300.

The Manitou Cliff Dwellings is located in Manitou Springs, Colorado, at the foot of Pikes Peak, the mountain that provided the inspiration for the writing of, *America the Beautiful*. Remember to bring a sack lunch, water bottle, hat, insect repellent, sunscreen and a light jacket or sweatshirt in case the weather changes.

**Getting there:** Manitou Cliff Dwellings is located in Manitou Springs, five miles west of Colorado Springs, Colorado on Highway 24.

**June 19, 2008 - Thornton Recreation Center (indoor pool)**

**Program arrival / pick-up time:** 12:30pm-4:30pm

**Program drop off & pick-up location:** Community Recreation Center  
1849 Emerson St. (720) 865-0842

**Cost for this trip:** \$4.00

[www.cityofthornton.com](http://www.cityofthornton.com)

Their indoor pool is amazing! Bring a swimsuit, towel, gym shoes, water bottle, change of clothes, and a sack lunch

**June 25, 2009 - Winter Park Summer Activities**

**Program arrival / pick-up time:** 8:00am-3:00pm

**Program drop off & pick-up location:** Community Recreation Center  
1849 Emerson St. (720) 865-0842

**Cost for this trip:** \$Free

[www.winterpark.com](http://www.winterpark.com)

Summer at Winter Park features plenty of activities for the whole family. Check out Colorado's longest alpine slide, and enjoy mini-golf, a human maze and much more. Remember to bring a sack lunch, water bottle, hat, insect repellent, sunscreen and a light jacket or sweatshirt in case the weather changes. Please bring or wear gym shoes for walking and hiking.



### **July 9, 2009 - Evergreen Lake**

**Program arrival / pick-up time:** 8:00am-2:00pm

**Program drop off & pick-up location:** Community Recreation Center  
1849 Emerson St. (720) 865-0842

**Cost for this trip:** \$4.00

[www.fishexplorer.com](http://www.fishexplorer.com)

Be prepared for your day of fishing. Learning casting skills and identify the catch you're about to release. Yes this is a catch and release (*sorry*) no fish will be kept. Come and enjoy the spectacular scenery that Evergreen has to offer. Evergreen Lake is a small but productive lake nestled in the foothills outside of Denver. Evergreen Lake has a 1.5 mile path around the lake. Evergreen Lake is a great getaway destination for the shore fisher. The lake is continually stocked with tiger muskie and rainbow trout throughout the summer. Remember to bring a sack lunch, water bottle, hat, insect repellent, sunscreen, folding chair if you like and a light jacket or sweatshirt in case the weather changes.

**Getting there:** From Denver, take I-70 west to the Evergreen Parkway exit. Head south on Evergreen Parkway to Upper Bear Creek Road.

### **July 10, 2009 - A-1 Scuba Day**

**Program arrival / pick-up time:** 9:30am-1:30pm

**Program drop off & pick-up location:** Community Recreation Center  
1849 Emerson St. (720) 865-0842

**Cost for this trip:** \$25.00

[www.a1scuba.com](http://www.a1scuba.com)

This is an underwater adventure expedition! Come and learn to scuba dive in a safe, fun environment with A-1 Scuba & Travel in their indoor pool. Jump in their heated pool, wearing a scuba unit and blow bubbles with one of their trained professionals. Looking for a really unique way to have fun this summer, this trip is great! Please wear appropriate swim attire. Remember to bring a swimsuit, towel, change of clothes, sack lunch, water bottle.

### **July 16, 2009 - Olympic Training Center Tour**

**Program arrival / pick-up time:** 8:00am-3:00pm

**Program drop off & pick-up location:** Community Recreation Center  
1849 Emerson St. (720) 865-0842

**Cost:** \$Free

[www.usoc.org](http://www.usoc.org)

The Olympic Complex includes cycling velodrome, shooting center, aquatic center, two sports center, six gymnasiums a dining hall and two residence housing, recreational facilities and other services for up to 557 coaches and athletes at one time on the complex. Remember to bring a lunch, water bottle, and a light jacket or sweatshirt in case the weather changes.

**July 17, 2009 - Creative University (Crafts and Swimming)**

**Program arrival / pick-up time:** 1:00pm-5:00pm

**Program drop off & pick-up location:** 20th Street Recreation Center,  
1011 20th St. (Downtown Denver)

**Cost for this trip:** \$5.00

Free with a recreation card or \$2.00 for day pass without a recreation card. Please bring your recreation card with you. We will start the afternoon off swimming then arts & crafts.

Bring swimsuit & towel, gym shoes, change of clothes and water bottle.

Come and show off your artistic talents as we spend part of the day doing arts & crafts.

**July 23, 2009 - Pirate's Cove (Swim Park)**

**Program arrival / pick-up time:** 9:30am-2:30pm

**Program drop off & pick-up location:** Community Recreation Center  
1849 Emerson St. (720) 865-0842

**Cost for this trip:** \$8.00

[www.piratescove.com](http://www.piratescove.com)

Pirate's Cove features are a lazy river, inter-tube ride, slides, lap pool and splash around playground. It's a great way to cool off this summer.

Bring swimsuit & towel, water bottle, hat, sack lunch or money for lunch, sunscreen and a sweatshirt or a light jacket in case the weather changes. (Note) To purchase lunch is very expensive \$3.00-\$4.00 for a drink, \$6.00 hot dog, \$8.00 mini pizza, \$4.00 chips; just keep this in mind.

**July 24, 2009 - University of Colorado (Fiske Planetarium)**

**Program arrival / pick-up time:** TBA (am-pm)

**Program drop off & pick-up location:** Community Recreation Center  
1849 Emerson St. (720) 865-0842

**Cost for this trip:** \$6.00

[www.fiske.colorado.edu/tour](http://www.fiske.colorado.edu/tour)

Fiske Planetarium is located on the beautiful main campus of the University of Colorado at Boulder! Join us as we take a journey through the cosmos to uncover the mystery about the science of space travel and the splendors of our universe. Some question you might want to know are; Why does the moon change its shape at different times in the month? Which planet in our solar system is the hottest? How much do you weigh on the surface of the moon? What are asteroids, comets and what are the rings of Saturn made of? All of this could be answered on this trip. View earth and other planetary bodies from the viewpoint of orbiting spacecraft.

