



Rock Springs Parks & Recreation

Summer

Activities

2026

22 Weeks of
Summer Fun

5 Divisions for
Your Diversions

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Honorable Mayor Max Mickelson



City Council

Meetings are held the first and third Tuesdays of the month in the Rock Springs City Hall Council Chamber.

Ward 1 Jeannie L. Demas - Rick Milonis

Ward 2 David Thompson - Rob Zotti

Ward 3 Dan Pedri - Larry Hickerson

Ward 4 Eric Bingham - Randy Hanson

Living Memorial Program

Living Memorial Donations are donations made by individuals who wish to honor a loved one by placement of a tree and a memorial plaque in a City of Rock Springs park, trail system, natural area or on City owned property, areas of which would be determined by the Parks & Recreation Department staff. These donations are installed, maintained, and protected by the City Parks Department. This is a very unique and special way to honor someone special while contributing to the aesthetic beauty of our surrounding environment, and providing our community with much needed greenery

For more information, contact Mark Lyon, Parks Superintendent, by email at mark_lyon@rswy.net.

Americans with Disabilities Act:

The City of Rock Springs is committed to supporting and complying with the Americans with Disabilities Act. If you require special assistance to participate in our programs, or to use our facilities, please be sure to let us know!

City Department Heads

City Attorney	Rick Beckwith	307-352-1538
City Court Judge	Scott Nelson	307-352-1550
City Engineer	Paul Kauchich	307-352-1541
Chief of Police	Bill Erspamer	307-352-1581
Fire Chief	Jim Wamsley	307-352-1475
Administration	Matt McBurnett	307-352-1500
Parks & Recreation	J.J. Syvrud	307-352-1440

The City website is rswy.net

Find us on Facebook:



City of Rock Springs

Rock Springs Parks & Recreation

Essential City Numbers

City Hall	352-1500
Police Department	352-1575
Fire Department	352-1475
RS Historical Museum	362-3138

Additional Community Resources

Our community offers a variety of resources to aid those who may need home help, food, or any other type of assistance. Resources include hospice, the Food Bank, assisted living, and additional children's groups. Check the website for more information by clicking on the above title.

Our Mission:

"To enhance the quality of life in
the City of Rock Springs."

Parks & Recreation Welcomes You!

A Message from the Director...

Welcome to summer in Rock Springs.

This guide offers a snapshot of what's happening over the next few months, from programs and events to facilities and parks. Whether you're looking to stay active, spend time with family, or simply enjoy the community, each piece plays a role in supporting the quality recreational opportunities you expect.

Summer is when it all comes to life. Kids fill the parks, games take over the fields, families gather at splash pads, and our facilities stay active from morning to night. While the big events are always exciting, the everyday experiences matter just as much. Having something you can count on—day in and day out—is what it's all about.

Our focus remains on keeping things accessible, reliable, and worth your time. Not everything will be for everyone, but there should always be something that fits. You'll see that balance throughout this guide, with signature events, structured programs, and welcoming spaces that are simply there when you need them.

Behind the scenes, a great deal of work goes into keeping everything running. From maintaining what we have to making thoughtful improvements, our goal is to ensure these opportunities are available not just this summer, but well into the future.

At the end of the day, this department works best when it's used. So take a look, find something that interests you, and make the most of your Parks & Recreation.

We'll see you this summer!



Sincerely,

J.J. Syvrud, Director
Parks & Rec. Department

3900 Sweetwater Dr.
Rock Springs, WY 82901
307-352-1440

jj_syvrud@rswy.net

The Rock Springs Parks & Recreation Department invites all residents to come in and discover what we offer our community; we provide programming, classes, and facilities for all ages. Staff will be happy to set up a time to show you around and explain any program of interest to you and your family. You are important to us! Call any one of our facilities or locations for more information:

Rock Springs Civic Center 352-1420

Ariel Klein, Recreation Center Superintendent

Rock Springs Family Rec. Center 352-1440

Robyn Rasmussen, Recreation Center Supt.

White Mountain Golf Course 352-1411

Grant Yaklich, Golf Course Superintendent

Aaron Allred, Golf Professional 352-1415

Parks Department 352-1400

Mark Lyon, Parks Superintendent

All Parks & Recreation Department staff members have continuing CPR, First Aid, AED, Hazmat, and general safety training, as well as certifications in their specialized areas.

Watch our showcase video for a "slice of life" in RS Parks & Recreation.



BUSINESS MATTERS

Unified Indoor Memberships:

Individual Facility Fees

	Month	6-month	Annual	Month	6-month	Annual
Child	\$20	80	150	\$12	55	100
Student	\$30	160	265	\$20	107	195
Adult	\$60	290	530	\$40	195	355
Couples	\$80	425	690	\$55	285	465
Family	\$100	495	690	\$65	340	575
Senior	\$20	80	150	\$12	55	100
Sr. Family	\$25	130	240	\$17	90	160

College students, 19 - 25, are ineligible for annual memberships, but may purchase 6-month passes as long as they remain full time. Proof of credit hours may be requested.

Daily Admissions:

Fees include Climbing Wall but not rental fees or entrance to the other facility

Child	\$2
Student	\$3
Adult	\$5
Senior	\$2
Daily Class Fee	\$2

Punch Passes

20 Punches

Child	\$40
Youth/Student	\$60
Adult/Student	\$100
Senior	\$40
10 punch Exercise Class Pass	\$15

School's Out Summer Pass

\$40

Cover your child's daily admission this summer with an all-new pass to both facilities. For 8 - 18 year old patrons, the pass covers from the day after school ends, to the day before school starts; buy before the end of June for the best deal. This does not cover swimming lessons, rental fees, or activities. Existing memberships will not be held, and dates are not extended on current passes.

Admission Fee Guidelines

Infant: Children birth up to 2 years old

Child: Children 2 - 7 years old

Student (Youth): Children 8 - 18, or any child participating in Preschool lessons or higher, if there isn't a current Family membership.

Student (College): 19 - 25 years old; full time status, with a copy of a class schedule verifying term hours. College students are not eligible for annual memberships.

Adult (19 - 61)

Senior (62+)

Family: Spouse as defined by state law. Membership includes any children in the home, of whom the parents have legal custody/Guardianship. It does include full time college students 25 & under.

Couple: Spouse (no engaged couples, or couples simply living together); parent and child.

Children under 2 are generally free, with a paid adult. Exceptions include swimming and skating lessons where class fees apply.

Low Income rates are available; ask at either facility for forms and requirements.



Swimming Lessons require a class fee for each child in lessons.

Memberships or Daily Admission fees apply for any use outside lessons, or other activities with a set fee.

Swimming Lessons Fees

Parent & Child	\$25
Preschool	\$25
Levels 1 - 6	\$37

Indoor Recreation Rules:

1. Children under 8 **MUST** be accompanied by an adult (18 and older).
2. Neither facility is responsible for lost or stolen items.
3. Food and drinks are only allowed in designated areas.
4. No running or horseplay allowed.
5. A daily fee or membership is required for entrance.
6. Please obey all other posted rules.

Summer Facility Closures

Monday, May 25 th	Memorial Day
Saturday, July 4 th	Independence Day
Monday, September 7 th	Labor Day

Summer Swimming Lessons

Registration	Lessons
April 27 - May 3	May 4 - May 21
June 1 - June 7	June 8 - June 25
June 29 - July 5	July 6 - July 23
July 27 - August 2	August 3 - August 20
August 24 - August 30	August 31 - September 17

Swimming Lessons

Swimming lessons are taught year round to American Red Cross guidelines. Lessons schedules are available under each facility's specific pages. If you have any questions, please don't hesitate to call us for more information, or to request a swim ability test to learn your child's ability level. Some levels do take more than one trip through, depending on physical ability and coordination.

Level Descriptions

(from the American Red Cross website)

The Learn-to-Swim program focuses on building skills one step at a time. By giving them the opportunity to master one element before moving on to the next, our kids' swim classes make it easy to build confidence in the water.

During their swim lessons, children will spend time on the following six levels:

- **Level 1:** Introduction to Water Skills: Students will learn how to feel comfortable in the water and safely enjoy it.
- **Level 2:** Fundamentals of Aquatic Skills: Children will learn basic swimming skills.
- **Level 3:** Stroke Development: Additional guided practice will help students improve their skills.
- **Level 4:** Stroke Improvement: Kids will gain confidence during swim lessons, improve their stroke and gain additional aquatic skills.
- **Level 5:** Stroke Refinement: Guidance allows kids to refine their strokes and become more efficient swimmers.
- **Level 6:** Swimming and Skill Proficiency: Students will learn to swim with ease and efficiency, and gain the ability to swim smoothly over greater distances. Swimmers will also have the option to participate in more advanced courses.

CIVIC CENTER



Facility Summer Hours

May 6 - October 6

Monday - Thursday 6 am - 7 pm

Friday 6 am - 6 pm

Saturday & Sunday 10 am - 5 pm

Events & Activities

Whether you're in our building, at our sports camps, or hitting a pool, the Civic Center offers TONS of summer recreation options for our community.

Changes are coming to programming and events this summer. We're offering a new activity for budding young photographers, shaking up our sports camps, and bringing a renewed sense of adventure to our races. Bring your whole family to the Civic Center for all your fitness and recreational needs. When summer heat brings down your swing, pop into our indoor golf simulator for a refreshing round on your favorite links.

Independence Day

Celebrating milestones is a joyous prospect, and when our nation is approaching it's 250th anniversary, the celebration should be epic. Participate in the FireWhacker Golf Tournament, enjoy music, games, inflatables and more.

Join us, and our kind sponsors, at the Events Complex for the best organized fireworks display in the area. Donations are still accepted, and you can find links on our See My Legacy page; click the page title for a direct link and more information.

Climbing Wall Hours



May & September

Monday - Thursday 4:30 - 6:45 pm

June - August (until school begins)

Monday - Thursday 1 - 6:45 pm

May - October

Friday 1 - 5:45 pm

Wall Rentals

Shoes	\$3	Shoe/Harness Combo	\$5
Harness	\$3	Chalk Bag	\$1

OUTDOOR POOLS

JUNE 8 - AUGUST 8

Blairtown & Washington Wading Pools

Monday - Friday 10:30 am - 5 pm

Saturday & Sunday 12 - 4 pm

Weekday Pool Break 12:30 - 12:50 pm
3:45 - 4 pm

Weekend Pool Break 2 - 2:15 pm

Splash Pads

Garnet Park & FRC

Opening May 23

Daily 9 am - 9 pm

Dog Day Splash

August 9

Pups get Blairtown Pool all to themselves for a wagging, splashing, barking good time.

12 - 1 pm Large breeds

1 - 2 pm Small breeds

Outdoor pools and the splash pads in Garnet Park and at the FRC are free and open to the public. Contact the Civic Center with any questions or concerns.

CIVIC CENTER POOL

The pool closes daily in May, August & September from 1:30 - 4:30 pm, while school is in session, with exceptions below.

Lap & Open Swim June 1 - June 7

Monday - Thursday 6 - 9 am 10 am - 6:30 pm

Friday 6 - 9 am 10 am - 5:30 pm

Saturday & Sunday 10 am - 4:30 pm

SUMMER WIBIT PLUNGE

Thursday		Friday	12 - 5:30 pm
May 21	5:45 - 6:30 pm	May 22	
June 25	1 - 6:30 pm	June 26	
July 23	1 - 6:30 pm	July 24	
August 20	5:45 - 6:30 pm	August 21	
September 17	5:45 - 6:30 pm	September 18	

Summer Swimming Lessons

	Registration	Lessons
June	June 1 - June 7	June 8 - June 25
July	June 29 - July 5	July 6 - July 23
August	July 27 - August 2	August 3 - August 20
September	August 24 - August 30	August 31 - September 17

May, August & September

Weekend Lap/Open Swim Hours: 10 am - 4:30 pm

	Monday	Tuesday	Wednesday	Thursday	Friday
6 - 9 am	Lap/Open Swim				
9 - 10 am	Water Exercise				
10 - 10:30 am	Lap/Open	Preschool	Lap/Open	Preschool	Lap/Open
10:30 - 11 am		Parent/Child		Parent/Child	
11 am - 1:30	Lap/Open				
1:30 - 4:30 pm	Closed				
4 - 4:30 pm	Closed	Preschool	Closed	Preschool	
4:45 - 5:30 pm	Levels 1 - 3				
5:30 - 6 pm		Preschool		Preschool	
5:45 - 6:30 pm	Levels 4 - 6				
6 - 6:30 pm		Parent/Child		Parent/Child	

During registration breaks listed above, all lessons times are Lap/Open swim.

June & July

Weekend Lap/Open Swim Hours 10 am - 4:30 pm

	Monday	Tuesday	Wednesday	Thursday	Friday
6 - 8:30 am	Lap/Open Swim				
8:30 - 9:30 am	Water Exercise				
9:30 - 10 am	Preschool	Preschool	Preschool	Preschool	Lap/Open Pool closes at 5:30 pm on Friday.
10 - 10:30 am	Parent/Child	Parent/Child	Parent/Child	Parent/Child	
10 - 10:45 am	Levels 1 - 3				
11 - 11:45 am	Levels 1 - 3				
12 - 12:45 pm	Levels 4 - 6				
1 - 6:30 pm	Lap/Open Swim				

Parent & Child and Preschool lessons are Monday/Wednesday or Tuesday/Thursday.
Two sessions per month are available for Levels 1 - 3.
Lap/Open Swim takes the place of lessons during the listed registration weeks.

SUMMER FITNESS

6:05 - 6:50 am	Monday & Wednesday	Instructor's Choice
6:00 - 6:45 am	Tuesday & Thursday	Summer Challenge @ RSHS
8:30 - 9:30 am	Monday - Friday	Water Exercise <i>in June & July</i>
8:30 - 9:10 am	Tuesday & Thursday	BOOM™ Muscle in Bunning Park
9 - 10 am	Monday - Friday	Water Exercise <i>in May, August & Sept.</i>
9 - 10:15 am	Monday & Friday	SilverSneakers® Classic
9 - 10:15 am	Wednesday	SilverSneakers® Circuit
10:15 - 11:00 am	Tuesday & Thursday	SilverSneakers® Stability start at the Civic Center

Class descriptions and schedule changes can be found online; this schedule goes into effect Monday, June 8th and runs through the start of school. Outdoor classes will be held at the Civic Center in the event of inclement weather; Summer Challenge ends July 29th.

FUN & GAMES

Munchkin Mile

Let your 3 - 8 year old run off some energy in the evening! Kids work on their balance, coordination, motor skills and sense of adventure in fun races over challenging obstacle courses. Two free races are held on the following Mondays at 6:30 pm. Registration opens at 6 pm.

Obstacle Scamper	Veterans Park	June 15
Wet & Wacky	Garnet Park	July 13

Dig, Dodge & Slide June 17 - July 22

Head to Century West Park on Wednesday afternoons 1:30 - 4 pm for an afternoon of water fun! Play dodge ball, volleyball, and take a trip or 12 down the big water slides. Participation is free, and open to all ages.

5K Family Fun Runs (or Walks!)

Register at the listed locations the day of the run beginning at 6 pm; runs start at 6:30.

Color Run	Family Recreation Center	June 22
Hero Run	Civic Center	July 20

Track & Field Fun Meet June 8

Traditional track events designed for 3 - 12-year-old kids offer budding athletes a chance to hone their skills, while tots play for the fun of running and throwing. Register at the Rock Springs High School track starting at 6 pm; events begin at 6:30.

Field Day @ Century West July 6

Sack races, three-legged races, relays, and more bring back the fun of simple competition. Kids aged 6 - 12-years-old can test their mettle in various events designed to encourage laughter & fair play.

Register starting at 6 pm, with events beginning at 6:30 pm.

Kids' TRY-Athlon July 18

Swim, bike, and run your way through a fun triathlon aimed at 6 - 12-year-old competitors. Fees include shirts, and all events are held at the Civic Center. Courses will be clearly marked, with staff at checkpoints to ensure even the youngest racers make it through. **\$20 per participant**

Age Group:	Swim	Bike	Run
6 - 8	25 meters	≈ 1 mile	1/2 mile
9 - 10	50 meters	≈ 2 miles	1 mile
11 - 12	100 meters	≈ 2 miles	1.5 miles



Huck Finn Fishing Derby June 6

Start the summer off the right way with fishing at the Wataha Fishing Pond. Bring your 3 - 12-year-old budding angler for contests, prizes, worms, fish, and more. Participation is free; registration opens @ 8:30 am. The event runs 9 am - 12 pm.

Touch-A-Truck June 13

Honking, beeping, revving, hollering, and a helicopter - what else does a kid (or kid at heart) need for a morning of exploration? Come find out what goes on in the cab of some of the coolest rides in town from 10 am - 1 pm in the FRC parking lot. Vendors will be on hand, and admission is always free.



Kids' Climbing Club

June 11 - July 23

Take a break on Thursday afternoons from 1 - 2 for a few routes on the wall. Kids 8 - 12 can practice their skills, learn new ones, or just have a good time with their friends. Daily fees, memberships, and rental fees apply.



Kids' Climbing Clinic

June 22 - June 25

Designed for 7 - 12-year-old participants, our four-day clinic provides a good "foot hold" in the basic techniques of indoor climbing, including proper knots, route tracing, safety, and teamwork. Sessions are 45 minutes and offered at **10 am, 11 am, or 12 pm** with a limit of 9 climbers at each time.

Fee: \$15

Nerf Wars

New this year! Three dates, in and out of the Civic Center, for Nerf gun fun! Bring your own gun, foam bullets and safety glasses (required) will be provided on site. Participation is free for kids 5 - 11.

June 19th Bunning Park 2 - 4 pm

July 10th Civic Center 2 - 4 pm

August 7th Popular vote 2 - 4 pm

A poll the end of the second session will decide the location of the third activity.

CIVIC CENTER PROGRAMS MISSION STATEMENT:

Civic Center Programs (CCP) encourages youth development by providing opportunities for personal and athletic growth. CCP promotes sportsmanship, self esteem & the development of life skills through engaging youth in sports, while providing a safe, healthy, positive environment where the youth of our community can learn the fundamentals of sports.

Goals:

Improve all participants, regardless of ability, by teaching the skills, tactics and strategies of the game, while encouraging and fostering a sense of fun.

To provide the fun and safe environment necessary for success at all levels of the game.

Sports Camps

\$15 each

Baseball

June 8 - June 11

Bringing the swing for the summer, our camp teaches the basics of hitting, pitching, catching, and sliding in to home... Or maybe throwing to prevent the slide.

Backyard Games

June 15 - June 18

Have fun, and learn new (old) games in an open concept camp introducing older games that kids may have not played for a while.

Sports camps are for 5 - 11 year old kids and run 8:30 - 11:30 am Monday - Thursday.

Youth Developmental Volleyball

Prep your 4th - 6th grade player for team play in junior high and beyond. Skills circuits and games in a scramble format help players learn teamwork and proper technique while emphasizing the fun factor of the sport itself.

Fees: \$40 per participant (limited to 70), and includes a t-shirt.

Registration: May 11 - June 23

Program Dates: June 23 - July 23

Days & Time: Tuesdays & Thursdays, 5 - 7 pm @ the Civic Center, based on registration.

Creative Camps

Kids with Cameras

June 29 - July 2

Junior photographers wanted! Register your budding 3 - 8-year-old photographer May 4 - June 15 for our basic photography program. The basics will cover simple image framing, filters, and how to capture shots in a way that makes sense to your child, as you explore your world together. Class fees include a camera geared for the young photographer, with a customizable photo album to show off their fun hobby.

Two days will be off-site in a local park. The final day we print their best 10 shots, and put them in their photo album

Fees: \$25 per child, adult participation required. Space is limited to 10 participants.

Time: 5 - 6:30 pm

Arts & Crafts, June 9 & July 7

STEM, June 16 & July 14

Let Me Cook, June 23 & July 21

Register May 4th through the day of each camp. Fees are \$5 for kids 5 - 11 years old.

Creative activities rotate through summer **Tuesdays from 1 - 2 pm**; Arts & Crafts may appeal to your artistic child, while STEM may grab the attention of the logical one. Cooking, where art and science join forces, offers a different creative outlet for all of them. Each class is separate, and offers different projects each day.

2026

Concerts in the Park

Bunning Park 7 pm

Free Admission

Lawn Seating



Sponsored in part by WYO
Radio

JUNE

3rd	Red Light Challenge
10th	Ellie & Austin
17th	Nowhere Fast
24th	Aaron Ball Band

Cajun Rendezvous & Rose's Mediterranean Flavor, LLC
The Lunch Box Lounge & Tumbleweed Cotton Candy Co.
Cajun Rendezvous & Rose's Mediterranean Flavor, LLC
Cajun Rendezvous & Rose's Mediterranean Flavor, LLC

JULY

1st	Atlas Falls
8th	Stones Throe
15th	Eagle Beak
22nd	The Alpines

The Lunch Box Lounge & Dirty Cola Sisters, LLC
The Lunch Box Lounge & The Snak Shak
Cajun Rendezvous & Awe Sha! Snoballs
The Lunch Box Lounge & Tumbleweed Cotton Candy Co.

AUGUST

5th	WY5
12th	Brandi & Sweetwater
19th	Noah Valentine
26th	Jim Wilkinson

Street Meats & Awe Sha! Snoballs
The Lunch Box Lounge & The Snak Shak
Cajun Rendezvous & The Snak Shak
Street Meats & Dirty Cola Sisters, LLC

Movie in the Park August 14

Bunning Park

8:30 pm

Hiccup and Toothless bring their adventures to Bunning Park in the live action remake of "How to Train Your Dragon." You've seen it, but not like this - outdoors, you can hear the wind in the trees, and feel as though you are part of the adventure. Vendors will be on hand with yummy treats to make your free movie night even more fun; bring 12 chairs for your comfort.



Arbor Day

Garnet Park

May 29

Time 11 am

Join Parks & Civic Center staff in Garnet Park to honor Arbor Day with fun projects and tree planting activities designed to both inform and entertain. Bring the whole family for a celebration of Spring, nature, and the satisfaction of improving our parks. Participation is free, and we truly appreciate all the volunteers who come out.



Add-on Fun & Games

Civic Center Programs offers more than just fitness - there's a lot of fun in and out of our building available for everyone in our community!



TruGolf Simulator

Who wants to play golf inside in the summer? Anybody who loves to golf, even when the weather won't cooperate. The simulator is a terrific device to keep your game up to par, or to escape from the ordinary to a virtual paradise. Fees are per hour, and golf course memberships apply towards reduced fee. Please bring your own clubs and new golf balls.

Summer Fees:

\$9.50/hour with membership
\$11/hour without membership
Additional time may be utilized if the simulator is open at the end of your round.

\$2.25/15-minute addition with membership
\$2.75/15-minute addition without membership

Birthday Parties

Inflatable Party packages include set-up, all tableware, and clean up, you bring the food! We also provide party favors and a t-shirt for the birthday child (up to 12 years old).

Fees: Inflatables \$165 for two hours; payable at time of reservation.

Options for private parties are available, which can include full facility use (paid admission per participant), or just a meeting room for \$20 per hour. Pay daily admission for all participants, and the room is only \$10 per hour. Call us at 352-1420 for more details.



Youth Developmental Football

1st - 4th Grade players benefit from practices based on the fundamentals of football, without the competitive pressure. Each practice builds good sportsmanship, skill development in passing, punting, kicking, and understanding the rules of play. **\$40 per child (boys & girls)** covers camp fees, and includes a jersey. We ask that parents volunteer to coach - no experience necessary. Game play will be on Tuesdays & Thursdays, August 18th - September 24th, with times determined by the number of teams scheduled.

Registration opens Monday, July 6th and ends August 10th. Online registration is available.

Little Squirts Football

Do you have a tiny tot quarterback? How about a place kicker with some power? Cornerback? Foster their love for the game in Little Squirts Football. Geared for 3-to-6-year-old boys and girls and their parents, Little Squirts sports starts with the most basic moves and builds on to prepare tykes for future game participation. Fees are **\$25 per child** and camp will be held Monday nights 6 - 6:45 pm August 10th - September 14th (excluding Labor Day).

Registration opens Monday, July 6th, and runs through the end of the program. Online registration is available.

Fall Adult Volleyball

On-line registration runs July 6th through August 31st for Fall Volleyball. Fees are \$75 per team, payable at registration.

Co-Ed teams start play Wednesday, September 9th.

Women's & Men's teams start play Sunday, September 13th.

There is no tournament for the fall season. Call us for more information. 13



FACILITY SUMMER HOURS

MAY 4 - OCTOBER 4

Monday - Thursday	5 am - 8 pm
Friday	5 am - 6 pm
Saturday & Sunday	10 am - 4 pm

POWER PLAY

The FRC Power Play playroom is available for children 8 years and under. Children under 8 MUST be accompanied by an adult 18 or older. Daily fees apply for all children 2 years of age and older. All fees are listed in the front of this brochure



Taekwon-Do

Classes are taught by certified black belts and designed for ages 8 and up. Training will increase your self-confidence, self control, discipline, and give you a solid basis in self defense. Martial arts are excellent for improving your fitness levels as well as relieving stress.

Instructor: Master Roland Flynn VII Dan

Tuesdays & Thursdays 7:15 pm start time.

You must pay the daily fee or have a membership; the \$2 class fee also applies for participation.



FACILITY RESERVATIONS & RENTALS

\$20 per hour; room only, no facility use.

\$75 2 hours; includes room use and all amenities

\$70 refundable cleaning deposit.

Gym Rentals (per hour)

\$5 1/2 court

\$10 Full court

\$50 Multiple full court access

After hours events available, ask at the front desk, or call 352-1440 to schedule.

Court reservations may be made online through the FRC website.

Recreation Renaissance

Swords, shields, adventures, and games abound as 8 - 12 year kids decorate their shields, then experience live action role playing at its best. Be a warrior queen, or a knight of legend on a quest to save a valiant donkey... Register through the front desk for four days of fun in Veterans Park. Adventures are found between 10 & 11 am, and participants will have fun storming the castle on the final day.

Fees are \$15, and equipment is provided.

Meet every Friday in June; participation limited to 20 players.

Lessons Schedule	Monday - Thursday	Tues. & Thurs.
Levels 1 & 2	10 - 10:20 am 10:20 - 10:40 am 4 - 4:20 pm	
Levels 3 & 4	3:30 - 4 pm	

Parent & Child 11 - 11:30 am

Pool Schedule w/ Lessons	Lap/Open Swim	Water Exercise
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Monday & Wednesday
6 - 10 am
10:40 am - 3:30 pm
4:30 - 5:30 pm
6:30 - 7:30 pm
5:30 - 6:30 pm

Tuesday & Thursday
6 - 9 am
10:40 am - 3:30 pm
4:20 - 7:30 pm
9 - 10 am

Friday
6 am - 9 am
10 am - 5 pm
9 - 10 am

Weekends 11 am - 3:30 pm

Lazy River & Spray Area

Monday - Thursday 10 am - 6 pm
Friday 10 am - 5 pm
Saturday & Sunday 11 am - 3:30 pm

Slides

Monday - Thursday Noon - 3 pm
Fri., Sat. & Sun. 11 am - 3:30 pm

The Lazy River opens 9 - 10 am on Monday, Wednesday & Friday for walkers only.



Pool Schedule w/out Lessons	Lap/Open Swim	Water Exercise
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Monday
6 am - 5:30 pm
6:30 - 7:30 pm
5:30 - 6:30 pm

Tuesday
6 - 9 am
10 am - 7:30 pm
9 - 10 am

Wednesday
6 am - 5:30 pm
6:30 - 7:30 pm
5:30 - 6:30 pm

Thursday
6 - 9 am
10 am - 7:30 pm
9 - 10 am

Friday
6 - 9 am
10 am - 5 pm
9 - 10 am

Weekends 11 am - 3:30 pm

Check at the front desk for changes to the pool schedule, or go online @ rswy.net.

Summer Ice Arena Events

No ice, means the arena is available for a host of alternative use. Check out the schedule for your local favorite roller derby ladies, or catch the cage fights in June. Call the Family Recreation Center front desk for more information on using the space for events.

Day	Time	Date	Event	Tickets
Saturday	6:00 PM	May 16	Bitter Sweet Bombshells Bout	\$10/Kids under 12 free
Saturday	5:00 PM	June 6	WYO Fights 4	Ticketleap.com
Saturday	6:00 PM	June 13	Bitter Sweet Bombshells Bout	\$10/Kids under 12 free
Saturday	6:00 PM	July 18	Bitter Sweet Bombshells Bout	\$10/Kids under 12 free



Book a tee time by calling us, or make one online by visiting www.rswy.net and clicking on the White Mountain Golf Course under the Recreation menu tab.

Find us on Facebook!

The Pro Shop is open until 8 pm most days.

Beginning June 1st, the course opens at 10 am on Mondays.

Lessons available from PGA certified instructors.

Facility closes in November, depending on the weather.

Fees:

Green Fees

9 holes (resident)	\$21
9 holes (non-resident)	\$26
18 holes (resident)	\$39
18 holes (non-res.)	\$47

Junior Fees

9 holes (resident)	\$10
9 holes (non-resident)	\$18
18 holes (resident)	\$18
18 holes (non-res.)	\$26

Season Rates

Family	\$1020
Family (non-resident)	\$1380
Couples	\$840
Couples (non-resident)	\$1140
Single Adult	\$650
Adult (non-resident)	\$870
Juniors (18 & under)	\$290
Junior (non-resident)	\$390
Senior (62 & over)	\$360
Senior (non-resident)	\$480

Cart Rental (per rider)

9 holes	\$11
18 holes	\$18

Range Tokens

Bucket of balls	\$7
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Lockers

Half price with a season pass	\$100
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Junior Clinic

Dates

June 15 - 19

Ages

8 - 17 years old

Fees \$35 (includes green fees)

Registration opens Wednesday, May 6th;
or call 307-352-1415.

Join the kids for a tournament & barbecue on Friday,
June 19th to celebrate!

Boys		Girls	
8 - 10	8 - 9:30 am	8 - 13	12 - 1:30 pm
11 - 13	10 - 11:30 am		
Both			
14 - 17	2 - 3:30 pm		

FireWhacker Golf Tournament

Get three of your wackiest friends together for some of the wildest golf you've ever played! Four man scramble format sends your team through some of the most *interesting* holes you've ever played.

Saturday, July 4th

Shotgun start @ 6 pm

Limited to the first 18 four man teams

9 holes on the Lakes

Register at the WMGC

\$10 per player, plus green fees or membership.



Pro Shop



HISTORICAL MUSEUM

Rock Springs Historical Museum Hours:

Monday - Saturday 10 am to 5 pm
Closed Sunday and major holidays

Explore Rock Springs' rich history with permanent and rotating exhibits featuring the industries and people that helped build Rock Springs and the surrounding area. Artifacts, photographs and interpretative displays relating to the history of coal mining, the Union Pacific Railroad, outlaws Butch Cassidy and Calamity Jane, and the 56 Nationalities that make up the heritage of Rock Springs are all on display. Our Research Library has oral histories, yearbooks, scrapbooks and texts on regional history available for history buffs of all ages. And the Museum Gift Shop is stocked with a wide variety of books by Wyoming authors, souvenirs, and gifts with an emphasis on local and regional interests.

Join the Museum in celebrating the 100th Anniversary of Bunning Park and the founding of **International Day** on Saturday, July 11th from 9 am - 5 pm in Bunning Park.

Spend the day enjoying food, exhibits, costumes and live entertainment from some of the groups that make up the Home of 56 Nationalities!

Holiday Closures:

Memorial Day
Monday, May 25th

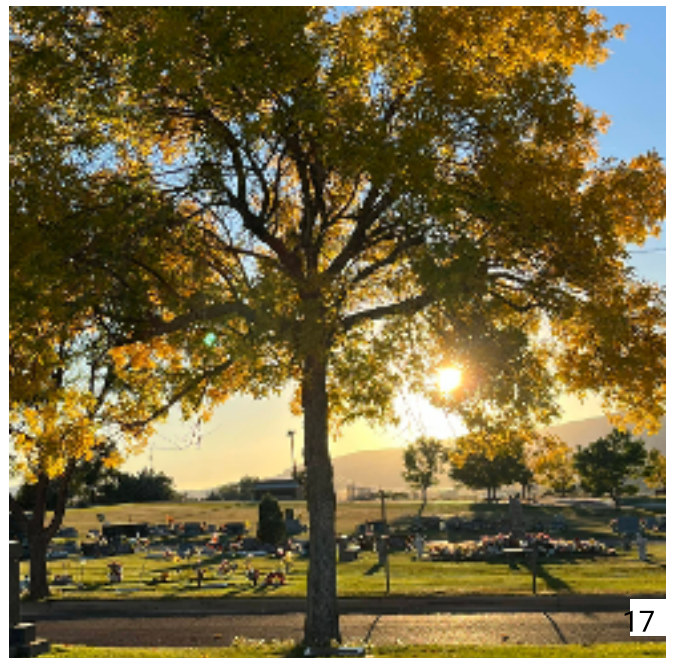
Independence Day
Friday, July 3rd
Saturday, July 4th

Labor Day
Monday, September 7th

Grab a free Historic Downtown or Historic Cemetery Walking Tour guide and enjoy a self-guided adventure or join Historian Corina Lee for a series of tours around the Rock Springs Municipal Cemetery.

Tours, Dates & Times:

Veteran Tour	May 29	3 pm
RS Women	June 19	7 pm
North Side	July 10	7 pm
South Side	July 31	7 pm
Miners & Cowboys	August 28	5:30 pm
Anniversary	September 11	3 pm
Indoor Veteran Tour at the Museum	November 13	11 am



LOCAL SPORTS ORGANIZATIONS

The City of Rock Springs supports a variety of sports activities for both youth and adults. Below is a list of athletic service organizations and a contact person. If you are unable to locate a specific organization, contact the Parks & Recreation Department.

BASEBALL/SOFTBALL

Little League	4 – 16 years old	Laura Garrett	307-389-2168
American Legion	13 – 18 years old	Jesse Johnson	575-915-7811
		Rocky Rondinelli	307-231-7863
Girls' Fastpitch Softball	6 – 15 years old	Korri Miller	307-350-0065
Adult Slowpitch Softball		Jonathan Surat	307-399-9562
		Kyle Dudzik	307-871-0312

BASKETBALL

Boys' Basketball	3rd – 6th grades	Brittany Owens	307-922-6525
Girls' Basketball	4th – 6th grades	Josh Sorensen	307-389-1393
Men's Basketball		Mike Caudell	307-371-1245

OTHER SPORTS ORGANIZATIONS

R. S. Boxing Club	4th – 6th grades	Lawrence Padilla	307-389-0218
Young American Football		Channing Posey	307-371-8708
R. S. Co-Ed Hockey		FRC Ice Arena	307-352-1440
R. S. Men's Hockey Association		Brody McJunkin	307-371-9775
R. S. Junior Hockey Association	rsaha.com	Jay Mathews	rsaha.president@gmail.com
Figure Skating Club		Robyn Johnson	307-757-7851
Senior Golf Association		Keith Shiflett	307-209-0464
R. S. Men's Golf Association		Brian Jackson	307-382-6376
R. S. Women's Golf Association		Golf Shop	307-352-1415
SWAT (Sweetwater Aquatics Team)	SWATSwimming.com	Also on Facebook as SWAT	
Cheer & Gymnastics	Legacygym4me.com	Christy Doak	307-382-8496
The Rock Academy Dance		Courtney Joy	307-362-5434
Horseshoe Pitching Club		Lane Durrans	307-922-1669
		Lisa Nussbaum	307-871-5472
Pee Wee Wrestling	Top of the Rock	Venetia Swensen	307-705-4003
Youth Bowling	Grade - High School	Pla-Mor Lanes	307-362-2281
R. S. Soccer Association	Recreational	Saul Suarez	307-622-9169
Avengers Soccer	Competitivers	avengers.org	307-371-4300
Southwest Wyoming BMX	All Ages	Heather Salinas	307-389-2547
Sweetwater Lopes Lacrosse		Rick Baker	760-668-0181
Firehole Archers		Kole Egbert	307-371-3664
Sweetwater Rec. Board (County Parks reservations; Shooting Range)			307-922-5450
Trap Range open Sunday 12 – 4 pm	Shooting Range open daily, dusk to dawn		



ARTHUR PARK

Located: 3600 College Dr.

Facilities: Picnic area, restrooms, grills, disc golf course, playground, 1/2 mile walking track

BELMONT PARK

Located: 1000 D St. (Near the Questar office building)

Facilities: A passive one-acre park with walkways, benches and an open lawn area

BITTER CREEK BARK PARK

Located: 900 West Center (behind Animal Control)

Facilities: An off-leash park featuring a picnic area, grassy areas, a pond, dog wash, walking path and dog & people fountains

BLAIRTOWN PARK

Located: 741 McCurtain Drive.

Facilities: An active eight acre park with a ball field, wading pool, picnic area, portable toilets, playground, cable ride, a winter sledding hill and large grass areas

BOOKER PARK

Located: 861 Wright St.

Facilities: Small park with picnic shelter and basketball court

BUNNING PARK

Located: 101 Evans Street

Facilities: A two acre park with restrooms, and shaded and open grass areas for picnics and play with a playground, pavilion and band shell

CENTENNIAL PARK

Located: 1725 Emigrant Drive

Facilities: Restrooms, picnic shelters, pavilion, volleyball court, and playground

Parks reservations are on a first come, first served basis, with usage fees per group, depending on size. Call Matt Durrant at 352-1440 for more information, or to reserve a location visit rswy.net.

The following parks are **NOT** under the City of Rock Springs:

Arrowhead Springs Park

Mesa Park

Crossroads West Park

Reliance Park

Sweetwater County Picnic Grounds

Bicentennial Park

Pioneer Trails Picnic Grounds

Big Sandy Park

To reserve the county parks, call 922-5450.

CENTURY WEST PARK

Located: 1104 Evergreen Way

Facilities: A nine acre park with restrooms, shelter, soccer fields, playground, picnic and open grass areas

FOOTHILL WETLANDS AREA

Located: 2561 Foothill Blvd.

Facilities: Contains walking path, restrooms, shelter, tables and benches, as well as 2 scenic ponds. On leash dogs are welcome at this area.

GARNET PARK

Located: 240 Garnet Street

Facilities: A four acre park with tennis courts, basketball court, spray pad, horseshoe pits, playground, restrooms & picnic shelter

KIWANIS FIELD

Located: 545 G St.

Facilities: Three acre park with lighted Little League baseball and football fields, parking, concession stand, playground and restrooms

NORTH PARK

Located: 3821 Falcon Way

Facilities: Neighborhood park with grass area, picnic shelter and grills

O'FARRELL PARK

Located: 333 Pearl St.

Facilities: ½ acre park with playground, basketball court, benches and a picnic shelter with grills

PAINTBALL PARK

Located: Community Park Drive

Facilities: Paintball course with obstacles

PALISADES PARK

Located: 1329 Palisades Way

Facilities: 1 ½ acre park with playgrounds, four pickleball courts, a picnic shelter and an open grass area

PAUL J. WATAHA RECREATION AREA

Located: North of Rock Springs

Facilities: Approximately 320 acres with a 27-hole golf course, four diamond ball field complex, large picnic/park area and clubhouse

PEARL PARK

Located: 470 Pearl St.

Facilities: A one acre landscaped park with restrooms, a playground, picnic tables & shelter, and basketball court

PRAIRIE PARK

Located: 2319 Westview Ave.

Facilities: ½ acre park with playground, grass

RAILROAD PARK

Located: 501 South Main St.

Facilities: Historical monuments and the old Union Pacific train depot as well as a picnic area

REAGAN PARK

Located: Reagan Ave.

Facilities: a 3-acre turf detention basin neighborhood park with a small playground and benches, with a footgolf and disc golf course.

STEVENS PARK

Located: 850 Center Street

Facilities: A small picnic area, playground area, and basketball courts

SUMMIT PARK

Located: 2417 Westridge Drive

Facilities: Pocket park with a playground

VETERANS PARK

Located: 1515 North Side Belt Loop

Facilities: A six-acre park with picnic pavilion, grills, restrooms, horseshoe pits, soccer field, playground, full ADA access and a skate park

WARDELL PARK

Located: 21 Wardell Court

Facilities: An open grassy area

WASHINGTON PARK

Located: 416 Pine St.

Facilities: A little less than an acre, this park has a wading pool, picnic area, restrooms and basketball court

YELLOWSTONE FIELD

Located: 725 C St.

Facilities: Athletic field used for practice and play for local youth sports.



Come check out one of our lovely parks for all your outdoor needs.

Park Rules

- ▶ Smoking is prohibited on park grounds
- ▶ Alcohol and drugs are prohibited
- ▶ No overnight lodging or camping
- ▶ Litter **MUST** be placed in designated receptacles.
- ▶ Defacement, destruction, removal or disturbance of property, equipment, or natural features is prohibited.
- ▶ Open fires allowed only in designated park grills, or on personal grills. No ground fires are permitted.

- ▶ Possession of fireworks, firearms, and weapons is prohibited.
- ▶ Hitting of golf balls and other hazardous activities are prohibited.
- ▶ All parks are closed from 9:00 pm to 7:00 am.
- ▶ Parents are responsible for their children.
- ▶ Animals are allowed off leash in Bitter Creek Bark Park, and **on leash** in the following parks:

Arboretum	Arthur	Belmont
Bunning	Centennial	North
Foothill Wetlands Area		O'Farrell

City of Rock Springs, Wyoming

Parks, Pathways & Municipal Areas

Parks

1. Arthur Park
2. Arboretum
3. Belmont Park
4. Bitter Creek Dog Park
5. Blairtown Park
6. Booker Park
7. Bunning Park
8. Centennial Park
9. Century West Park
10. Foothill Wetlands Area
11. Garnet Park
12. Kiwanis Field
13. North Park
14. O'Farrell Park
15. Paintball Park
16. Palisades Park
17. Paul J. Wataha Recreational Area
18. Pearl Park
19. Prairie Park
20. Railroad Park
21. Reagan Park
22. Stevens Park
23. Veterans Park
24. Wardell Park
25. Washington Park
26. Yellowstone Field

Municipal Areas

- A - Animal Shelter
- B - Chamber of Commerce
- C - City Hall
Police Department
Community Development Office
- D - City Shop Buildings
- E - Civic Center
- F - Family Recreation Center
- G - Fire Station #1
- H - Fire Station #2
- I - Fire Station #3
- J - Historical Museum
- K - Rock Springs Municipal Cemetery
- L - Urban Renewal Agency
- M - Water Reclamation Facility
- N - Western Wyoming Community College
- O - White Mountain Golf Course

Pathways

- AA - College Hill Bike Path
- BB - D Street Bike Path
- CC - Elk Street Bike Path
- DD - Foothill Bike Path
- EE - Gateway Bike Path

