



Alamosa Family Recreation Center Newsletter

November 2025

 (719) 589-2105 |  www.AlamosaRec.com

 City of Alamosa Activities on Facebook |  City of Alamosa on Instagram

Facility Hours

Winter/Spring Hours (Started Nov. 1st)

- **Mon–Thu:** 6 AM – 9 PM
 - **Fri:** 6 AM – 6 PM
 - **Sat:** 7 AM – 6 PM
 - **Sun:** 12 PM – 6 PM
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Quote of the Month

“The only bad workout is the one that didn’t happen.”

 Stay consistent — progress is built one day at a time!

Workout Tip of the Month

Mix It Up!

Try adding one new exercise or class each week to challenge your body and avoid plateaus. Small changes = big results!

Nutrition Tip of the Month

Hydration Matters!

Even mild dehydration can reduce energy and performance. Aim for half your body weight (in ounces) of water each day.

In-Person Fitness Classes

Night Yoga (All Levels Welcome!)

- Mondays & Wednesdays | 6–7 PM | Meeting Room

Taekwondo

- Youth: 5:30–6:30 PM | Adult/Family: 6:30–8:00 PM
- Mondays & Wednesdays | Multi-Purpose Gym
- Membership or Day Pass required

Lunchtime PowerHour w/ Tammy & Chris

- Monday–Friday | 12–1 PM

Evening Cycling

- Tuesdays & Thursdays | 5:30 PM | Meeting Room
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Online Fitness Classes

Start your morning strong — right from home! Free with AFRC membership or \$10/month.

 **Bodyweight Training w/ Steve:** Tue & Thu @ 6 AM

 **Tabata/Pilates w/ Catherine:** Wed & Fri @ 6:30 AM

 **Morning Yoga w/ Pam:** Mon–Thu @ 9 AM

Note:

- Punch passes are not valid for online classes.

- New monthly passcodes appear on your purchase receipt — no more emails!

🎄 Upcoming AFRC Holiday Closures

Veterans Day: Nov. 11

🦃 Thanksgiving (Observed): Nov. 27–28

🎅 Christmas Eve & Christmas Day: Dec. 24 (½ day) & 25

🛷 Multi-Use Pavilion

🎃 2025–26 Ice Season Begins Halloween Night!

📅 **October 31 | 4–8 PM**

Free Skate — come kick off the season with us!

Visit our rink page for the full ice season schedule.

🏒 Youth Leagues & Programs (2025–2026)

(Programs full? Add your name to the waitlist to help plan future sessions!)

🎉 **MILE HIGH MITES ARE BACK!!!**

Get your kiddo registered TODAY!



Mile High Mites PROGRAM IS BACK!

**IS YOUR KIDDO INTERESTED IN HOCKEY?
DON'T KNOW WHERE TO BEGIN WHEN STARTING THEM OUT?**

THIS PROGRAM IS FOR YOU!

**December 2nd - 18th
Tuesdays & Thursdays
5:30pm - 6:30pm**

REGISTER TODAY!

**[HTTPS://LTPAVALANCHE.LEAGUEAPPS.COM/EVENTS/4718520-
MILE-HIGH-MITES---ALAMOSA---WINTER.](https://ltpavalanche.leagueapps.com/events/4718520-MILE-HIGH-MITES---ALAMOSA---WINTER)**



Youth Basketball

 **Registration:** In-person only (limited spots remain)

 **Late Fee:** \$35

 **Season:** Oct. 13 – Dec. 13

 **Games:** Saturdays beginning Oct. 25

 No games Nov. 22 & 29 (Thanksgiving Break)

 **Divisions:** K–5th Boys/Girls

 **Coaches Meeting:** Oct. 8 @ 6 PM

CARA Basketball Skill Challenge

 Free |  Dec. 3 |  5–7:30 PM

 AFRC | Ages 6–13

 Must complete registration form day of event

Youth Coed Hockey

 Reg: Aug. 1, 2025 – Jan. 4, 2026

 \$45 |  Season: Jan. 12 – Feb. 28

 **Games:** Saturdays starting Jan. 17

 **Equipment Pickup:** Jan. 7–8 | 5:30–7:30 PM | Ice Rink

 **Deposit:** \$100 (Full/Partial) or \$35 (Jersey only)

 **Divisions:** Mini Mites (5–6), Mites (7–8), Squirts (9–10), PeeWee (11–12), Bantam (13–14)

Youth Coed Volleyball

 Reg: Aug. 1, 2025 – Mar. 8, 2026

 \$30 |  Season: Mar. 23 – May 9

 **Games:** Saturdays starting Apr. 4

 **Coaches Meeting:** Mar. 11 @ 6 PM

 **Divisions:** 2nd (Clinic), 3rd/4th, 5th/6th

 **Special Olympics Basketball – Coming Soon!** 

Adult Leagues & Programs

Pickleball

- Mon, Tue, Thu, Fri: 7–11 AM
 - Sun: 12–2 PM
 Moves indoors starting Nov. 1 (weather dependent)
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We're Hiring!

Join our team!

 **Sports Officials** |  **Customer Service Assistants**

 Apply online: cityofalamosa.org/finditfast/careers

Outdoor Recreation

Generation Wild Programming

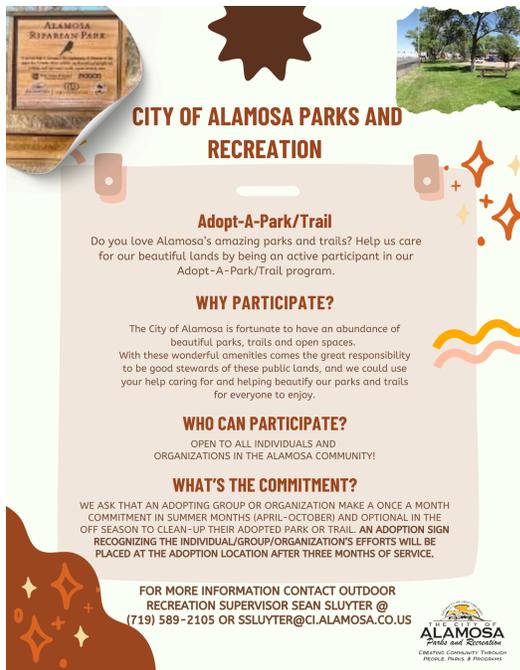
Partnering with Alamosa Schools for outdoor recreation & leadership programs!

 Contact **Shawna Lease**: slease@ci.alamosa.co.us

Adopt-A-Park/Trail

Help keep Alamosa beautiful!

 Contact **J. Garbiso**: jgarbiso@ci.alamosa.co.us



CITY OF ALAMOSA PARKS AND RECREATION

Adopt-A-Park/Trail

Do you love Alamosa's amazing parks and trails? Help us care for our beautiful lands by being an active participant in our Adopt-A-Park/Trail program.

WHY PARTICIPATE?

The City of Alamosa is fortunate to have an abundance of beautiful parks, trails and open spaces. With these wonderful amenities comes the great responsibility to be good stewards of these public lands, and we could use your help caring for and helping beautify our parks and trails for everyone to enjoy.

WHO CAN PARTICIPATE?

OPEN TO ALL INDIVIDUALS AND ORGANIZATIONS IN THE ALAMOSA COMMUNITY!

WHAT'S THE COMMITMENT?

WE ASK THAT AN ADOPTING GROUP OR ORGANIZATION MAKE A ONCE A MONTH COMMITMENT IN SUMMER MONTHS (APRIL–OCTOBER) AND OPTIONAL IN THE OFF SEASON TO CLEAN-UP THEIR ADOPTED PARK OR TRAIL. AN ADOPTION SIGN RECOGNIZING THE INDIVIDUAL/GROUP/ORGANIZATION'S EFFORTS WILL BE PLACED AT THE ADOPTION LOCATION AFTER THREE MONTHS OF SERVICE.

FOR MORE INFORMATION CONTACT OUTDOOR RECREATION SUPERVISOR SEAN SLUYTER @ (719) 589-2105 OR [SSLUYTER@CI.ALAMOSA.CO.US](mailto:ssluyter@ci.alamosa.co.us)

**CITY OF ALAMOSA**
Parks and Recreation
Creating Community. Preserving Paradise. #PreserveIt

Local Special Events

Nov. 8: Veteran Fundraising Race

 **Dec. 5:** Celebration of Lights

Happy Recreating!

We'd love your feedback — contact **Recreation Division Manager Dalton Carleo** at

 dcarleo@alamosa.gov

 **Alamosa Parks & Recreation – Alamosa Family Recreation Center**

 2222 Old Sanford Rd, Alamosa, CO 81101

 719-589-2105 |  www.AlamosaRec.org

 City of Alamosa Activities on Facebook