






Alamosa Family Recreation Center

Monthly Newsletter | MAY 2026

 2222 Old Sanford Rd., Alamosa, CO 81101
 (719) 589-2105
 AlamosaRec.org

Follow us online:

 City of Alamosa Activities on Facebook
 City of Alamosa on Instagram

Summer/Fall Facility Hours

Monday – Thursday: 6:00 AM – 8:00 PM

Friday: 6:00 AM – 6:00 PM


Saturday: 7:00 AM – 4:00 PM

Sunday: CLOSED


Quote of the Month



“Success starts with showing up consistently, even on the days you don’t feel motivated.”

Exercise of the Month: Walking Lunges

Walking lunges are a great full-body movement that helps improve balance, leg strength, core stability, and coordination. 

How To:




1. Step forward with one leg 

2. Lower your hips until both knees form about a 90-degree angle 
3. Push through your front heel and bring the back leg forward into the next lunge 
4. Continue alternating legs

Beginner Goal:

2–3 sets of 10 lunges per leg

Benefits:








- Strengthens quads, glutes, and hamstrings 
 - Improves balance and mobility 
 - Great for athletes and everyday fitness 
-


Nutrition Tip of the Month

Stay Hydrated This Summer

As temperatures rise and activity levels increase, hydration becomes even more important. Water helps regulate body temperature, supports energy levels, and improves workout performance.

Quick Tips:

- Aim for at least 64 oz of water daily
- Drink extra water during outdoor activities 
- Add fruits like lemon , cucumber , or berries  for flavor
- Eat water-rich foods like watermelon , oranges , and cucumbers 

 Remember: if you're feeling thirsty, you're already starting to get dehydrated!

City of Alamosa Cost Share Tree Program

1st Application
Deadline
April 30th

2nd Application
Deadline
June 30th

**THE CITY WILL
PROVIDE UP TO \$250!**

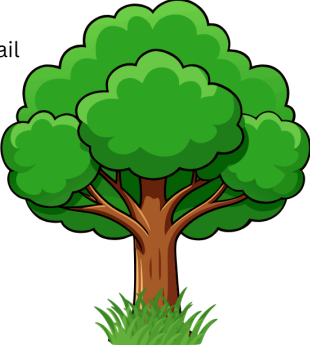
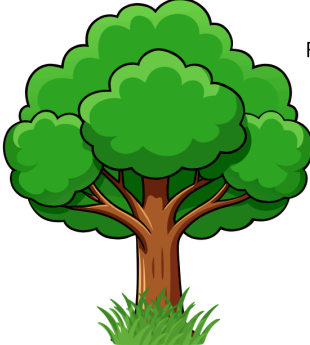


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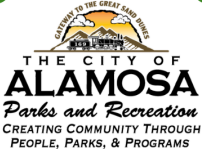


NOW ACCEPTING
APPLICATIONS

For more information contact 719.589.2105 or email
Krystina George at kgeorge@alamosa.gov



Branching Out a Greener TOMORROW!





RIOFEST

COLE PARK

Alamosa, CO



"Join us for a weekend of Community Connection!"

Crafts, Vendors, Food/Beer, Music, Activities, & Triathlon

RioFest

10am - 10pm Saturday, June 6th &

10am - 5pm Sunday, June 7th

Rio Races

Rio Trio Triathlon: Saturday, June 6th @ 9:30am
(Cole Park)

Rio Trio Kids Race: Sunday, June 7th @ 9:30am
(Blanca Vista Park)

For more event information, visit www.alamosarec.com

Entertainment Line Up

Saturday June 6th

10am-11:15am: Dave Mensch (Rock/Country/Folk)

12pm - 1:15pm: The UZ Band (Spanish/Rock/Country)

2pm - 3:15pm: No Limitz (Old School Variety)

4pm - 7pm: BATTLE OF THE BANDS

8pm - 9:45pm: Hillbilly Demons (Rock/Country)

Sunday June 7th

12pm - 1:15pm: Absolution (Rock/Country)

2:15pm - 4pm: That 90's Band (90's Pop Rock)

THANK YOU TO OUR SPONSORS



Mondragon's Portable Toilets of



Septic Services
791-288-1000
Family owned and operated for over 25 years



Fitness Programs

In-Person Fitness Classes

Night Yoga (All Levels Welcome!)

Mondays & Wednesdays

6:00 PM – 7:00 PM

Meeting Room

Taekwondo

Mondays & Wednesdays

Youth Class: 5:30 PM – 6:30 PM

Adult/Family Class: 6:30 PM – 8:00 PM

Multi-Purpose Gym

Membership or day pass required.

Lunchtime PowerHour

with Tammy Lopez & Chris Lock

Monday – Friday

12:00 PM – 1:00 PM

Evening Cycling

Tuesdays & Thursdays

5:30 PM

Meeting Room

Online Fitness Classes

Enjoy fitness from the comfort of home! Online classes are included with an active AFRC Membership or available for \$10/month.

Classes include:

- Bodyweight Training w/ Steve — Tue & Thu @ 6:00 AM
- Tabata/Pilates w/ Catherine — Wed & Fri @ 6:30 AM
- Morning Yoga w/ Pam — Mon – Thu @ 9:00 AM


Punch passes and daily passes are not valid for online fitness classes.

Monthly passcodes are now printed directly on your registration receipt after purchase online or in person.

Upcoming Holiday Closures

- Memorial Day — May 25
 - Juneteenth — June 19
 - Independence Day — July 4
-

Multi-Use Pavilion Roller Rink

 Friday & Saturday

5:00 PM – 8:00 PM

May 1 – September 30

Youth Sports & Programs

Youth Baseball / Softball

Registration: March 1 – May 11

Season: May 26 – Late July

Cost: \$40

Games begin the week of June 8.

Divisions:

- COED TeeBall (5–6)
- COED Machine Pitch (7–8)
- Player Pitch Boys & Girls (9–11)
- Player Pitch Boys & Girls (12–14)

Rockies Skills Challenge

FREE EVENT

Friday, June 26

9:00 AM @ Lee Fields

Ages 6–13

Youth CARA Track & Field

Registration: March 1 – June 1

Season: June 2 – July 23

Cost: \$30

Practices:

Tuesdays & Thursdays @ 9:00 AM

ASU Rex Field

Meet Locations:

Pueblo, Canon City, Widefield & Alamosa

State Meet:

Jefferson County Stadium

Youth Sand Volleyball

Registration: March 1 – June 14

Season: June 15 – July 8

Cost: \$30

Ages 10–14

Practices:

Mondays & Wednesdays @ 9:00 AM

Carroll Park Sand Courts

Round Robin Tournament:

July 8

Youth Flag Football

Registration: March 1 – July 5

Season: July 6 – July 29


Cost:

\$30 Player Fee

\$15 Reversible Jersey

Practices: Mondays @ 10:00 AM

Scrimmages: Wednesdays @ 10:00 AM

 Lee Soccer Fields

In partnership with AHS Football — all practices and scrimmages will be coached by AHS Football Coaches & Players.

Divisions:

- 2nd/3rd Grade
 - 4th/5th Grade
-

Youth Soccer

Registration: March 1 – July 20

Season: August 3 – September 26

Games begin Saturday, August 15.

Cost:

\$30 Player Fee

\$15 Reversible Jersey

Divisions:

- U5 (4–5)
 - U6 (5–6)
 - U8 (7–8)
 - U10 (9–10)
 - U13 (11–13)
-

Adult Programs

Adult Softball

Registration: March 1 – May 17

Captains Meeting:
May 18 @ 6:00 PM
AFRC

Each participant must pay a \$30 player fee before participating.

Team Fees

Division	Early Bird	Regular	Last Chance
Coed Rec (16+)	\$300	\$325	\$350
Coed Leisure (14+)	\$225	\$250	\$275
Men's (16+)	\$350	\$375	\$400
Women's (16+)	\$200	\$225	\$250

Pickleball

All ages and abilities welcome!

Monday, Tuesday, Thursday & Friday
7:00 AM – 11:00 AM

Sunday
12:00 PM – 2:00 PM

 Carroll Park Courts

Outdoor Recreation

Generation Wild Programming

Alamosa Parks & Recreation continues partnering with the Alamosa School District to provide outdoor recreation and leadership opportunities for students through:

- High School Outdoor Leadership & Recreation Club
- SLV Boys & Girls Club Fifth Day Programming

For information contact Shawna Lease:
slease@ci.alamosa.co.us

Adopt-A-Park/Trail

Interested in helping maintain a local park or trail?

Contact Outdoor Recreation Specialist:
jgarbiso@ci.alamosa.co.us

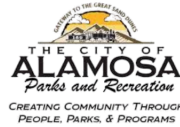


Do you love Alamosa's amazing parks and trails?

Help us care for our beautiful lands by being an active participant in our Adopt-A-Park/Trail program.

Why Participate?

Alamosa has
11 Parks
24 + Miles of Trails
3 Open Space Areas



Who can participate?

Open to all individuals and organizations in the Alamosa community!

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.


What's the commitment?

We ask that an adopting group or organization make a quarterly commitment in summer months (April-October) and optional in the off season to clean-up their adopted park or trail.

**For More Information Contact the Outdoor Recreation Specialist
Jasmine Garbiso @ (719) 589-2105 Or jgarbiso@alamosa.gov**

Square Your Skills Summer Camp

A 3-day summer adventure where the digital world meets the outdoors!

 8:30 AM – 12:30 PM Daily

Day 1 – AFRC

- Knot Tying
- Wildlife Identification
- Camping Basics

Day 2 – AFRC

- Navigation
- Fire Safety
- Lost Protocol
- Obstacle Course

Day 3 – Blanca Vista Park/Pond

- Fishing
- Archery
- Paddleboarding
- Birding

Campers should bring:

- Comfortable shoes
- Weather-appropriate clothing
- Water bottle
- Sunscreen/hat

Day 3 participants should also bring clothes that can get wet and a towel.



The ultimate 3-day summer experience where the digital world meets the great outdoors!

JUNE 16	JUNE 17	JUNE 18
 Day 1: Foundational Skills! Location: Alamosa Rec Center Shelters, Knot Tying, Wildlife Identification, Camping Basics	 Day 2: Safety and Adventure! Location: Alamosa Rec Center Navigation, Fire Safety, Lost Protocol, Obstacle Course	 Day 3: Wilderness Exploration! Location: Blanca Vista Park Fishing, Archery, Paddleboarding, Birding



EARLY BIRD
REGISTRATION: \$90
(Until May 22!)

COST: \$120 for all 3 days!
TIME: 8:30am -12:30pm (Daily)



Local Special Events

- 🎉 RioFest — June 6 & 7 @ Cole Park
- 🏊 Rio Trio Triathlon — June 6 @ Cole Park
- 🚴 Rio Trio Kids Race — June 7 @ Blanca Vista Park
- 🤠 Alamosa Round Up — June 18–20 @ Fairgrounds
- 🚗 Rolling Deep Car Show — June 20 & 21 @ Cole Park
- 🌈 SLV PrideFest — August 28 & 29 @ Cole Park
- 🚜 Early Iron — September 5 & 6 @ Cole Park

We're Hiring!

Alamosa Parks & Recreation is always accepting applications for:

- Sports Officials
- Customer Service Assistants

Apply online:

[City of Alamosa Careers](#)

Happy Recreating!

We welcome your feedback on all programs and facilities.

Contact Recreation Division Manager Dalton Carleo:

dcarleo@ci.alamosa.co.us

Alamosa Parks & Recreation

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AlamosaRec.org