



Alamosa Family Recreation Center Newsletter: December 2025



(719) 589-2105 |



www.alamosarec.com



City of Alamosa Activities on Facebook |



City of Alamosa on Instagram



Winter/Spring Facility Hours

Monday–Thursday: 6am–9pm

Friday: 6am–6pm

Saturday: 7am–6pm

Sunday: 12pm–6pm



In-Person Fitness Classes



Night Yoga (All Levels Welcome!)



Mondays & Wednesdays



6pm–7pm |



Meeting Room



Taekwondo



Monday & Wednesday



Youth: 5:30–6:30pm



Adult/Family: 6:30–8:00pm



Multi-Purpose Gym

Membership or day pass required.



Lunchtime PowerHour w/ Tammy Lopez & Chris Lock



Monday–Friday |



12pm–1pm



Evening Cycling



Tuesday & Thursday



5:30pm |



Meeting Room

Get ready for an action-packed aerobic burn!

Online Fitness Classes

Start your morning strong—right from home!

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

 Requires an active AFRC membership or an online-only membership.

 Punch passes & daily passes are *not* valid for online classes.

 Monthly passcodes now appear directly on your purchase receipt.

Upcoming AFRC Holiday Closures

 Christmas Eve (½ Day): Dec 24

 Christmas Day: Dec 25

Multi-Use Pavilion

 Stay up to date!

 [CLICK HERE](#) to see the monthly Alamosa Ice Rink calendar.

2025 Youth Leagues & Programs

CARA Basketball Skill Challenge (FREE!)

 Registration: Aug 1–Dec 3

 Event: Sat, Dec 3 | 5:00–7:30pm

-  AFRC | Ages 6–13
 -  CARA Registration Form required on event day.
-

Youth Coed Hockey

-  Registration: Aug 1, 2025 – Jan 4, 2026
-  Cost: \$45
-  Season: Jan 12 – Feb 28
-  Coaches Meeting: Jan 5 @ 6pm
-  Games: Saturdays beginning Jan 17
-  Equipment Pickup: Jan 7–8 | 5:30–7:30pm | Ice Rink

 Equipment Deposit (Full/Partial): \$100 (Equipment **NOT** included: mouth guard, stick and skates; these items are the parents responsibility)

 Jersey-Only Deposit: \$35

Divisions:

- Mini Mites (5–6)
 - Mites (7–8)
 - Squirts (9–10)
 - PeeWee (11–12)
 - Bantam (13–14)
-

Youth Coed Volleyball

-  Registration: Aug 1, 2025 – Mar 8, 2026
-  Cost: \$30
-  Season: Mar 23 – May 9
-  Coaches Meeting: Mar 11 @ 6pm
-  Games: Saturdays beginning Apr 4

Divisions (2026):

- 2nd Grade (Clinic Style)
 - 3rd/4th Grade
 - 5th/6th Grade
-

Special Olympics Basketball

 Registration: Oct 23, 2025 – Jan 19, 2026

 Cost: FREE

 Season: Jan 20 – Feb 26

 Practices: Tue & Thu | 4pm–5pm

 AFRC

Adult Leagues & Programs

Adult Volleyball

 Registration: Dec 1 – Feb 1

 Player Fee: \$30 (Required before play)

Team Fees:

-  Early Bird (Dec 1–14): \$100
- Regular (Dec 15–Jan 25): \$125
-  Last Chance (Jan 26–Feb 1): \$150

 Captains' Meeting: Feb 4 @ 6pm

 Season: Feb 9 – Early April

Divisions: COED | MEN'S | WOMEN'S

Pickleball (Drop-In!)

 Mon, Tue, Thu, Fri: 7–11 AM

 Sun: 12–2 PM

 AFRC Main Gym

All ages & abilities welcome!

We're Hiring!

Sports Officials | Customer Service Assistants

 Apply online: [City of Alamosa Careers Page](#)



Outdoor Recreation



Generation Wild Programming

Working with ASD to provide outdoor recreation and leadership for OMS & AHS students.
Contact: slease@ci.alamosa.co.us



Adopt-A-Park/Trail

Interested in adopting a park or trail?
Email: 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 WINTER SEASON TO CLEAN UP THEIR ADOPTED TRAIL 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) 585-2325 OR [SSLUYTER@CI.ALAMOSA.CO.US](mailto:ssluyter@ci.alamosa.co.us)

ALAMOSA
Parks and Recreation
"Where Every Trail Leads"



Local Special Events



December 5th – Celebration of Lights

Celebration of Lights Dec 5th

LIGHTING CEREMONY @ CITY HALL
 5:30 PM - MUSIC & TREATS
 6:00 PM - LIGHTING COUNTDOWN

MUSIC | FREE HOT CHOCOLATE AND COOKIES | SEARCH FOR SANTA WHOSE
 SLV MAKERS MARKET @ MILAGROS 5 PM - 8 PM

Shine Bright & Shop Local

SHOPPING DEALS | BUSINESS
 DECORATING | RECEIPT RAFFLE
 NOVEMBER 28 - DECEMBER 5

Vote for your favorite tree

For More Information

CELEBRATION OF LIGHTS ALAMOSAREC.COM
 SHINE BRIGHT SHOP LOCAL INFO@ALAMOSA.CHAMBER.CA
 DECORATING CONTEST EVENTS@ALAMOSA.ORG
 SLV MAKERS MARKET SLV.MAKERS.MARKET@GMAIL.COM

ALAMOSA Alamosa Chamber of Commerce Alamosa

Sport Quote of the Month

“Success is where preparation and opportunity meet.” — Bobby Unser

 Stay prepared. Stay active. Stay inspired.

Workout Tip of the Month

Add “micro-workouts” to your day!

Try 1–3 minutes of movement every hour—air squats, desk pushups, or a quick stretch.

Small efforts add up BIG over time! 



Nutrition Tip of the Month

Prioritize protein at every meal.

It boosts satiety, supports fat loss, and improves recovery.

Easy additions: Greek yogurt, nuts, eggs, cottage cheese, lean meats, beans. 



HAPPY RECREATING!

We welcome your feedback:

 Recreation Division Manager **Dalton Carleo** — dcarleo@ci.alamosa.co.us



Alamosa Family Recreation Center

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