

# Alamosa Family Recreation Center Newsletter August Edition

 2222 Old Sanford Rd, Alamosa, CO |  (719) 589-2105  
 [www.alamosarec.com](http://www.alamosarec.com) |  City of Alamosa Activities on Facebook |  City of Alamosa on Instagram

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## Summer/Fall Hours

- **Mon – Thu:** 6am - 8pm
  - **Fri:** 6am - 6pm
  - **Sat:** 7am - 4pm
  - **Sun:**  CLOSED
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## Quote of the Month

### Teamwork & Unity

**“The strength of the team is each individual member. The strength of each member is the team.”**

— *Phil Jackson*

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### Mental Health Tip of the Month:

#### Practice the “5-4-3-2-1 Grounding Technique”

When stress or anxiety creeps in, bring yourself back to the present by noticing:

- 5 things you can see 

- 4 things you can touch 🖐️
- 3 things you can hear 🗣️
- 2 things you can smell 🗨️
- 1 thing you can taste 🍷

This simple exercise helps calm your mind and body by shifting focus away from worries and into the here and now.

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## **Beginner Workout – “Start Strong”**

*Approx. 15 minutes | No equipment needed*

### **Warm-Up (2 minutes)**

- March in place – 1 min
- Arm circles (forward/backward) – 30 sec each

### **Circuit (Do 2 rounds)**

1. Chair Squats – 10 reps  
Sit down onto a chair and stand back up. Use arms for balance if needed.  
- Builds leg strength safely.
2. Wall Push-Ups – 10 reps  
Stand arms' length from the wall, lean in, and push back out.  
- Strengthens chest, arms, and shoulders.
3. Seated Knee Lifts – 10 each leg  
Sit tall in a chair and lift one knee at a time.  
- Activates core and improves hip mobility.
4. Standing Side Steps – 30 sec  
Step side-to-side, swinging arms gently.

- Boosts circulation and coordination.

### **Cool Down (2 minutes)**

- Overhead stretch – 30 sec
- Cross-body arm stretch – 30 sec per side
- Seated forward fold – 30 sec

✔ **Tip: Start with 2 rounds. As it feels easier, add a third round or increase reps slightly.**

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## **In-Person Fitness Classes**

### **Night Yoga (All Levels Welcome!)**

- Mon/Wed • 6pm - 7pm • Meeting Room

### **Taekwondo**

- Mon/Wed evenings
- 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**

- Mon–Fri • 12pm - 1pm

### **Evening Cycling**

- Tue/Thu • 5:30pm • Meeting Room
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## Online Fitness Classes

- 🏆 Start the day strong—work out from home!
- ✓ Free with active AFRC membership OR \$10/month.

### Schedule:

-  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

👉 Passcodes now appear on your **purchase receipt**.

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## AFRC Holiday Closures

- 🇺🇸 **Labor Day** – Sept 1
  - 🇺🇸 **Veterans Day** – Nov 11
  - 🦃 **Thanksgiving (observed)** – Nov 27 & 28
  - 🎄 **Christmas Eve & Day** – Dec 24 (½ day) & Dec 25
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## Youth Leagues & Programs – 2025

💡 If a program is full, join the **waitlist** to help us plan future seasons!

### Early Fall Registration

- **Fall Soccer (Coed)** 
  - Reg: June 16 – July 28 | Cost: \$30
  - Season: Aug 4 – Sept 27 | Games: Saturdays

- Divisions: U5–U13
- **Flag Football (Coed)** 🏈
  - Reg: June 16 – July 28 | Cost: \$30
  - Season: Aug 4 – Sept 27 | Games: Saturday afternoons
  - Divisions: 2nd–5th Grade

📣 **All other Fall/Winter program registrations open Aug 1st!**

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## 🏠 **Adult Leagues/Programs**

**Pickleball** – All ages welcome!

- Tue & Fri: 7am - 11am
- Sun: 12pm - 2pm
  - ➔ Beginning May 1st: **Carroll Park**

## 👜 **We're Hiring!**

Alamosa Parks & Recreation is **always accepting applications** for:

- Sports Officials 🏈🏀
- Customer Service Assistants 🧑‍💻
- Scorekeepers 📝

👉 Apply here: [City of Alamosa Careers](#)

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## 🌲 **Outdoor Recreation**

### **Generation Wild Programming**

Working with Alamosa Schools & SLV Boys & Girls Club for outdoor leadership & recreation opportunities.

 Contact Shawna Lease (slease@ci.alamosa.co.us)

### **Adopt-A-Park/Trail**

Interested in caring for a local park or trail?

 Contact jgarbiso@ci.alamosa.co.us

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## **Local Special Events**

- Aug 8: **National Night Out / City Services Fair**
  - Aug 9: **Food & Music Festival @ Cole Park**
  - Aug 16: **Suds4Sars Block Party**
  - Aug 23: **SLV PrideFest @ Cole Park**
  - Aug 29–31: **Early Iron Car Show**
  - Sept 12–13: **Artfest**
  - Sept 27: **Oktobrufest @ Cole Park**
  - Nov 8: **Veteran Fundraising Race**
  - Dec 5: **Celebration of Lights** 🌲 ✨
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## **Stay Connected!**

We welcome your feedback.

 Contact Recreation Division Manager: Dalton Carleo | dcarleo@ci.alamosa.co.us

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 Subscribe/Unsubscribe to this newsletter at [AlamosaRec.org](https://AlamosaRec.org)

✨ **HAPPY RECREATING!** ✨