

ROCK SPRINGS

PARKS & RECREATION

2024

WINTER - SPRING ACTIVITY GUIDE

FEATURING:

Indoor Sports

Swimming

Golf Clinic

Children's Activities



CITY OF
ROCK SPRINGS



PARKS &
RECREATION



CIVIC
CENTER



FAMILY
RECREATION
CENTER



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 - Tim Robinson

Ward 2 David Thompson - Rob Zotti

Ward 3 Dan Pedri - Larry Hickerson

Ward 4 Brent Bettolo - Randy Hanson

Living Memorial Program

Living Memorial Donations are contributions 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!

Honorable Mayor Max Mickelson



City Department Heads

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

The City website is rswy.net

Find us on Facebook:

City of Rock Springs

Rock Springs Civic Center

Rock Springs Family Recreation Center

Rock Springs FRC Fitness Classes

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.

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Parks & Recreation Welcomes You!

Take a virtual journey through our department! See what our divisions bring to our community while maybe spotting a few places new to you. Let us know what you think; call any one of our division heads with comments.



**Dave Lansang, Director
Parks & Recreation
Department**

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

dave_lansang@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

JJ Syvrud, 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.

Parks & Recreation Board

Melinda Gili * Abby St. Marie * Bill Legerski

* Jenille Thomas *

Darcie Punches-Mickelson * Lena Warren

Meetings are the second Thursday of the month in the Rock Springs City Council Chambers.



BUSINESS MATTERS

Daily Admissions:

Fees include Climbing Wall but not rental fees.

Student	\$4
Adult	\$7
Senior	\$2.50
Pioneer (75+)	\$1.25

Punch Passes

50 Punches

Adult/Student	\$150
Senior	\$100

10 Punches (10 Admissions)

Price is 10 times the daily admission fee as above.

Swimming & Skating Lessons require a monthly membership for participation. The fees apply either for the parent in Parent & Child, or just the child(ren) in Preschool - Level 6. Family memberships will cover the child's lessons.

All fees are honored at either facility.

WINTER/SPRING FACILITY CLOSURES

Sunday, December 31st	New Year's Eve
Monday, January 1 st	New Year's Day
Friday, March 29 th	Good Friday
Civic Center Closed	FRC Open
Sunday, March 31 st	Easter

Admission Fee Guidelines

Student (Youth): Children 7 - 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.

Adult (19 - 61)

Senior (62 - 74)

Pioneer (75 - 79)

Pioneer (80+): Admission is free.

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 living together); parent and child.

Children *under 7* are generally free, with a paid adult. Exceptions include swimming and skating lessons where the parent is not part of the class; lessons require a current membership for the main participant (or adult with them).

Low Income rates are available; ask at the Family Recreation Center for requirements.

Blairtown Sledding Rules:

Sledding allowed only during daylight hours.

Sled in designated areas only.

No snowboards, skis, toboggans, or metal sleds.

Keep a safe distance from others.

Wait for others to clear the bottom before sledding.

Walk back up the side of the hill, away from the sledding path.

Construction of jumps, ramps or moguls prohibited!

Fires prohibited!

For emergencies, dial 911.



2024 Winter/Spring Swimming & Skating Lessons

Registration	Lessons
December 26 - Dec. 31, 2023	January 2 - January 20, 2024
January 22 - January 28	January 29 - February 17
February 19 - February 25	February 26 - March 16
March 25 - March 31	April 1 - April 18
April 22 - April 28	April 29 - May 16

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.

Indoor Recreation Rules:

- Children under 7 **MUST** be accompanied by an adult.
- Neither facility is responsible for lost or stolen items.
- Food and drinks are only allowed in designated areas.
- No running or horseplay allowed.
- A daily fee or membership is required for entrance.
- Please obey all other posted rules.

White Mountain Golf Course

The golf course tentatively opens early April 2024, depending on the weather.

Check rswy.net for more information.

Wall Rentals

Shoes	\$2
Harness	\$2
Chalk	\$1

Skate Shop

Skates	\$3
Sharpening	\$7/pair
Ice Rental	\$155/hr



FACILITY WINTER HOURS

OCTOBER 2 - MAY 5

MONDAY - THURSDAY	6 AM - 9 PM
FRIDAY	6 AM - 6 PM
SATURDAY & SUNDAY	10 AM - 5 PM

MAY HOURS

MONDAY - THURSDAY	6 AM - 7 PM
FRIDAY	6 AM - 6 PM
SATURDAY & SUNDAY	10 AM - 5 PM

CLIMBING WALL HOURS

OCTOBER 2 - MAY 5

MONDAY - THURSDAY	4:30 - 8:45 PM
FRIDAY	1 - 5:45 PM
SATURDAY & SUNDAY	11 AM - 4:45 PM

MAY HOURS

MONDAY - THURSDAY	4:30 - 6:45 PM
FRIDAY	1 - 5:45 PM
SATURDAY & SUNDAY	11 AM - 4:45 PM

EVENTS & ACTIVITIES

Winter and Spring bring a shake-up in our programming. It gives us the opportunity to try new ideas - like online swimming lessons registration! We're going to try out limited spots online for your convenience. Let us know how it works for you.

We're offering a lifeguarding class this spring, with dates to be announced.

From munchkins to seniors, we have an activity, program, or event geared just for you. Plus, we offer a full fitness facility to help you meet your goals. Check us out - we can't wait to see you!

BIRTHDAY PARTIES & RENTALS

Celebrate your birthday at the Civic Center! We offer two meeting rooms for your party; pay daily admission for participants, and utilize the room for two hours at no charge. If you just require the use of the room, fees are \$17/hour.

Inflatable parties are available for children 1 - 12 years old. We provide set up, clean up, party favors, tableware, a shirt for your child, and two of our bouncy houses (we pick). A two hour party is \$150 and you bring all food and drinks. Call us at 352-1420 for more details. *Please give us at least two weeks notice for any party.*



For large events, like wedding receptions, our gym area is available for rent as well. A request letter needs to be sent to JJ Syvrud (jj@rswy.net) with the date & purpose of your rental, and good contact information.



POOL HOURS

The pool closes Monday - Thursday, 1:30 - 4:45 pm

Lesson weeks can be found on page 5.

Winter Lessons				
	Monday	Tuesday	Wednesday	Thursday
Levels 1 - 3	4:45 - 5:30 pm	4:45 - 5:30 pm	4:45 - 5:30 pm	4:45 - 5:30 pm
Levels 4 - 6	5:45 - 6:30 pm	5:45 - 6:30 pm	5:45 - 6:30 pm	5:45 - 6:30 pm
Preschool		10 - 10:30 am 4 - 4:30 pm 5:30 - 6 pm		10 - 10:30 am 4 - 4:30 pm 5:30 - 6 pm
Parent & Child		10:30 - 11 am 6 - 6:30 pm		10:30 - 11 am 6 - 6:30 pm

Schedule during Lessons						
	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Lap/Open Swim	6 - 9 am 10 am - 1:30 pm 6:30 - 8:30 pm Lap only 5:45 - 6:30 pm	6 - 9 am 11 am - 1:30 pm 7:45 - 8:30 pm	6 - 9 am 10 am - 1:30 pm 6:30 - 8:30 pm Lap only 5:45 - 6:30 pm	6 - 9 am 11 am - 1:30 pm 7:45 - 8:30 pm	6 - 9 am 10 am - 5:30 pm	Lap/Open Swim 10 am - 4:30 pm
Water Exercise	9 - 10 am	9 - 10 am 6:45 - 7:45 pm	9 - 10 am	9 - 10 am 6:45 - 7:45 pm	9 - 10 am	

Schedule during Registration						
	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Lap/Open Swim	6 - 9 am 10 am - 1:30 pm 4:30 - 8:30 pm	6 - 9 am 10 am - 1:30 pm 4:30 - 6:45 pm 7:45 - 8:30 pm	6 - 9 am 10 am - 1:30 pm 4:30 - 8:30 pm	6 - 9 am 10 am - 1:30 pm 4:30 - 6:45 pm 7:45 - 8:30 pm	6 - 9 am 10 am - 5:30 pm	Lap/Open Swim 10 am - 4:30 pm
Water Exercise	9 - 10 am	9 - 10 am 6:45 - 7:45 pm	9 - 10 am	9 - 10 am 6:45 - 7:45 pm	9 - 10 am	

Shorter facility hours in May require a change to the pool schedule as well. Evening Water Exercise ends for the summer. The pool closes 1:30 - 4:45 pm Monday - Thursday until May 26th.



6:05 - 6:50 am	Monday & Friday	HITT Rowing
6:05 - 6:50 am	Tuesday & Thursday	Cycling
6:15 - 7 am	Wednesday	Foam Rolling
8:30 - 9:10 am	Tuesday & Thursday	BOOM™ Muscle by SilverSneakers®
9 - 10 am	Monday - Friday	Water Exercise
9 - 10:15 am	Mon., Wed. & Fri.	SilverSneakers® Cardio/Circuit
9:15 - 10:20 am	Tuesday	Qi Gong
9:15 - 10:20 am	Thursday	Sr. Yoga
10:20 - 11 am	Tuesday & Thursday	SilverSneakers® Stability
12 - 12:45 pm	Wednesday	Movin' with the Munchkins 1/10
12 - 12:45 pm	Friday	Munchkins BOUNCE! 1/12
5:15 - 6 pm	Monday	Rowing
6:45 - 7:45 pm	Tuesday & Thursday	Water Exercise



Little Squirts T-ball

Designed for the little ones (3 to 6 year old boys and girls) and their parents, Little Squirts sports starts with the most basic moves and builds on skills to prepare tykes for future game participation.

Fees are \$25 per child and camp will be held Monday

nights 6 - 6:45 pm February 12th - March 11th.

Registration runs January 15th - March 11th online and in person at the Civic Center.

Lifeguarding Class

Register for our lifeguard certification class coming this spring. Participants must be 15 by the end of the session.

Fees are \$150 per student; refundable if hired by either the Civic Center or Family Recreation Center within 6 months. Fees are paid the first day of class upon successful completion of prerequisites.

Registration opens early March 2024

Date TBA April 2024

Prerequisites:

- Swim 300 meters using either breaststroke or front crawl and rotary breathing
- Tread water for 2 minutes using only legs
- In a timed activity, potential lifeguards must dive at least 9 feet, retrieve a brick and swim to the side, on the back using only legs, and exit the pool without using the stairs or a ladder

TruGolf Simulator

Winter temps close golf courses around here, to keep in practice come utilize our indoor golf simulator. Play on courses from around the world or use the practice feature to improve your driving or putting. Add the Pinseeker app to your phone, and compete for closest shot with other players; you could win a little extra cash.

Fees

\$17/hour with membership

\$20/hour without membership

Additional time may be utilized if the simulator is open at the end of your round.

\$4.50/15-minute addition with membership

\$5/15-minute addition without membership

WINTER FUN

Easter Egg Hunt

Join friends and family in Bunning Park for our Annual Easter Egg Hunt for all children 1 to 10 years old. Participation is free, and the Easter Bunny comes to visit!

Age groups & times:

Saturday,

March 30th

8 - 10 10 am

5 - 7 11 am

1 - 4 12 pm



INDOOR GOLF CLINIC

February 20th - March 7th

Tuesday & Thursday

6 - 7 pm -or- 7:15 - 8:15

Golfers ages 8 & up

Fees: \$50 per person, includes one 1/2 hour session with Aaron Allred on the TruGolf™ Simulator.

Register January 22nd - February 16th, 2024

Bring your skills up to "par" with 6 sessions taught by the White Mountain Golf Course pros. Refine your swing or improve your slice with tips to get you ready for the summer.

Each time slot is limited to 10 golfers, so register early.

WIBIT PLUNGE

Thursdays 6:30 - 8:30 pm

January 18 February 15

March 14 April 18

May 16 (5:30 - 6:30 pm)

Fridays 12 - 5 pm

January 19 February 16

March 15 April 19 May 17



Strider Bike Camp

Register your 18-month to 5-year-old child for the Civic Center Strider bike camp. Our session teaches children the fundamentals of bikes, balancing, and riding.

The innovative program starts with the very basics and works up to more advanced skills. One class, with 12 participants, meets twice a week for three weeks.

Registration opens February 19th and runs through March 27th; fees are \$25 per child, and classes are Tuesdays & Thursdays, March 26th - April 11th @ 6 - 6:30 pm



MOVIN' WITH THE MUNCHKINS

Wednesdays 12 - 12:45 pm

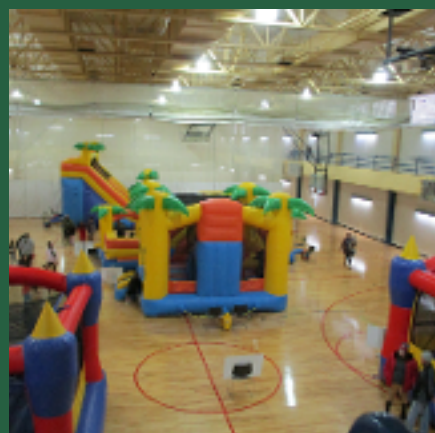
January 10 - May 15

Munchkins BOUNCE!

Fridays 12 - 12:45 pm

January 12 - May 17

\$1 per child or a membership required to participate for all kids walkers up to 4 years old.



Personal Finance 101

Give your teen a solid start towards financial success with our Personal Finance class geared toward an understanding of how budgeting, interest rates, and credit all work, while also teaching them the benefits of healthy money management for their future.

Registration opens January 2nd online and in person

Class Friday,
February 2nd, 12:30 pm;
class is roughly three
hours.

Fees \$5 per participant in 7th - 12th grade.



FACILITY WINTER HOURS

OCTOBER 2 - MAY 5

MONDAY - THURSDAY	5 AM - 9 PM
FRIDAY	5 AM - 6 PM
SATURDAY	8 AM - 4 PM
SUNDAY	10 AM - 4 PM

MAY HOURS

MONDAY - THURSDAY	5 AM - 8 PM
FRIDAY	5 AM - 6 PM
SATURDAY	8 AM - 4 PM
SUNDAY	10 AM - 4 PM

POWER PLAY

Parents, bring your kids, 8 & under, to our Power Play playroom. All children 6 & under are free, but must be accompanied by an adult 18 or older. Children 7 & 8 years of age are welcome to play, but they must have



FACILITY RESERVATIONS

Have your next party at the FRC Pool or Activity Room! Meeting rooms are available for use upstairs, and off the Aquatic Center.

Fees **must** be paid when making the reservation, and are as follow:

\$17 per hour; room only, no facility use.

\$50 1.5 hours; includes room use and all amenities

\$80 3 hours; includes room use and all amenities

\$70 refundable deposit due the day of the party.

FAMILY RECREATION CENTER



For a complete listing of current activities, fitness class schedules, or building hours, ask the front desk. Current schedules are also posted on Facebook at Rock Springs Family Recreation Center or Rock Springs FRC Fitness Classes.

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: Roland Flynn VIII Dan

Tuesdays & Thursdays 7 - 9 pm

May Hours 6:30 - 8 pm

Lessons are included with your membership, but regular participation is required to reap the benefits.

Fitness Classes

Zumba(R) Fitness - A fusion of Latin and international music/dance that create a dynamic and exciting work out. The routines feature aerobic/fitness interval training with a combination of rhythms that tone and sculpt the entire body.

Yoga - A wide variety of movements incorporating Yoga flows, stretching, poses, breathing and relaxation for a total mind and body experience.

Yoga/Fusion - This class combines Yoga and Pilates with core conditioning and gentle strength training. Included are Yoga flows, postures, stretching, basic muscle toning, and breath work. This is a wonderful and effective mind and body workout offering total body toning, flexibility & relaxation.

RIP - RIP is the fastest growing functional barbell program there is, incorporating functional strength training using weights, body weight and music. Every movement plane is attached, every muscle is engaged.

Pound/Interval - Fun, beginner-friendly class that incorporates 1/2 Pound jam session and 1/2 intervals of muscle toning exercises and weight lifting for everyone.

POUND FITNESS - Cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums! Using Ripstix, a lightly weighted drumstix engineered specifically for exercise, POUND transforms drumming into an incredibly effective way of working out.

Spin City Cycling - Often perceived as too hard for the beginner, the opposite is true. Although it can be a very aggressive workout, each participant works out at their own pace and level.

Transform - Unites Yoga and sport. Temp controlled Yoga that keeps you motivated and moving to the music. This format is guaranteed to challenge you differently than your traditional Yoga while implementing plyometrics and strength. Be prepared for a unique mind/body experience to feel empowered!

Barre/Pilates - Pilates is known for its remarkable ability to strengthen, lengthen, and tone the entire body. Focusing on the powerhouse, which includes abs, glutes, back, and thighs, Pilates retrains the powerhouse through dynamic movement patterns that focus on creating long, lean muscles to increase both strength & flexibility.

Barre Above - Low impact workout that incorporates lower, upper, and core exercises with a focus on flexibility, balance stability and strength. Barre is not a cardio-focused workout, but can be, depending on the instructor's approach.

STRONG Nation - Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make ti to that last rep - and maybe even five more.

Check the monthly class schedule at the FRC Front Desk, on Facebook (Rock Springs FRC Fitness Classes), or the City website.

Lessons Schedule	Times
Levels 1 & 2	10 - 10:20 am 10:20 - 10:40 am
Monday - Thursday	10:40 - 11 am 4:45 - 5:05 pm 5:05 - 5:25 pm
Parent & Child	
Tues. & Thurs. only	11 - 11:30 am

Pool Schedule w/Lessons	Lap/Open	Water Exercise
Monday & Wednesday	6 am - 4:45 pm	5:30 - 6:15 pm
Tuesday & Thursday	6 - 9 am 10 am - 4:45 pm 5:30 - 6:30 pm	9 - 10 am T & TH
Friday	6 - 9 am 10 am - 3:30 pm	9 - 10 am
Weekends	12 - 3:30 pm	

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

Aquatic Center General Hours

Lazy River & Spray Water

Monday - Thursday 10 am - 6:30 pm

Friday 10 am - 3 pm

Saturday & Sunday 12 - 3 pm

Slide & Climbing Wall times vary; please call for daily time.

Cowboy State Duathlon

Register for our summer bike/run duathlon and complete 360 miles, the equivalent distance from Cheyenne (I-25 border) to Sheridan (I-90 border). Pick up rules and register at the FRC. Call Becca with any questions @ 307-352-1440.

Register: May 1st - May 30th

Dates: June 1st - 30th to complete required distances

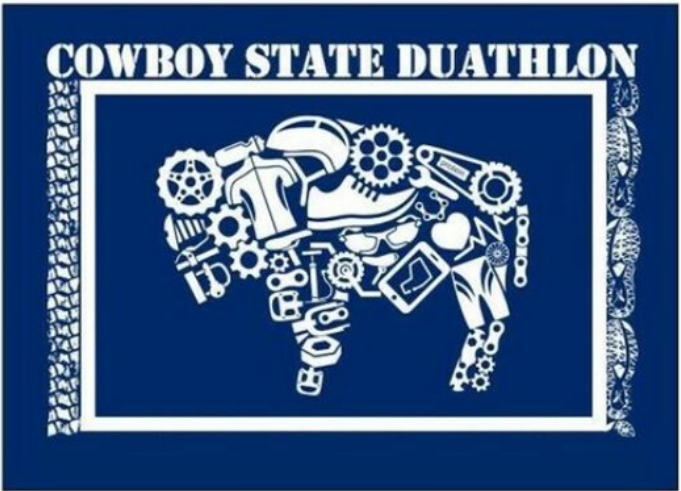
Bike 306 miles Run 54 miles

Fees: \$25 per person, or \$45 for a two person team.

T-shirts are awarded to everyone who finishes the event!



Pool Schedule w/out Lessons	Lap/Open Swim	Water Exercise
Monday	6 am - 5:30 pm	5:30 - 6:30 pm
Tuesday	6 - 9 am 10 am - 6:30 pm	9 - 10 am
Wednesday	6 am - 5:30 pm	5:30 - 6:30 pm
Thursday	6 - 9 am 10 am - 6:30 pm	9 - 10 am
Friday	6 - 9 am 10 am - 3:30 pm	9 - 10 am
Weekends	12 - 3:30 pm	



ICE ARENA

Most times are afternoon & evening	Public	Figure Skating Club	Lessons	Sr. Hockey	Miners Hockey	Drop-in Hockey 18+
Monday	4 - 5 pm	5 - 5:30 pm			6 - 9 pm	
Tuesday	4:30 - 5:30 pm		5:30 - 6 pm		6 - 9 pm	
Wednesday	4 - 5 pm	5 - 6 pm			6 - 9 pm	9:45 pm
Thursday	4:30 - 5:30 pm		5:30 - 6 pm	9:45 pm	6 - 9 pm	
Friday	1 - 3 pm					
Saturday	1 - 3 pm		12:15 - 1 pm			
Sunday	1 - 3 pm			6:30 - 9:30 pm		

The Family Recreation Center Ice Arena is open seven days a week, offering public access daily, lessons, birthday parties, and ample user group access. For updated schedules, please check out our website at www.rswy.net, the Family Recreation Center Facebook page, or call us at 307-352-1440.

Skating lessons are offered for ages 4 to adult, and run October - March. Stick play is available; check the monthly schedule for days and times.

There is a full-service pro shop on site, and the arena offers a concession stand as well.

Come watch our **Junior A hockey team, the Rock Springs Grizzlies** play!



Strider Bike Camp

Register your 18-month to 5-year-old child for the FRC Strider Bike Camp. As a compliment to the Civic Center camp, we offer a session to teach children the fundamentals of bikes, balancing, and riding. The innovative program starts with the very basics and works up to more advanced skills. One class, with 12 participants, meets twice a week for three weeks.

Registration opens April 1st and runs through April 30th; fees are \$25 per child, and classes are Tuesdays & Thursdays, April 30th - May 16th @ 6 - 6:30 pm



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	5 – 12 year olds	Laura Garret	307-389-2168
American Legion	13 – 18 year olds	Rocky Rondinelli	307-231-7863
Girls' Fastpitch Softball	5 – 18 year olds	Amy Copsey	307-371-9470
Adult Slowpitch Softball		Jonathan Surat	307-399-9562
		Ryan Hughes	307-922-1433
		Kyle Dudzik	307-871-0312

BASKETBALL

Boys' Basketball	3rd – 6th grades	Hilary Brewster	307-554-6207
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		Teno Trujillo	307-354-6404
R. S. Co-Ed Hockey		FRC Ice Arena	307-352-1440
R. S. Men's Hockey Association		Wil Wheatley	307-352-2954
R. S. Junior Hockey Association	rsaha.com	Larry Macy	307-922-1081
Figure Skating Club		Robyn Weller	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	On Facebook as SWAT	
Cheer & Gymnastics	Legacygym4me.com	Christy Doak	307-382-8496
Horseshoe Pitching Club		Lane Durrans	307-922-1669
		Lisa Nussbaum	307-871-5472
		Anne Smith	307-705-0898
Pee Wee Wrestling		Pla-Mor Lanes	307-362-2281
Youth Bowling	Grade - High School	Alex Arambel	307-760-4504
R. S. Soccer Association	Recreational	Dustin Moses	307-389-4887
Avengers Soccer	Competitive	Sioban Ledford	307-922-3542
Sweetwater BMX All Ages,	Tuesday practices 6 pm	Rick Baker	760-668-0181
Sweetwater Lopes Lacrosse		Kole Egbert	307-371-3664
Sweetwater Archery Club	Firehole Archers on Facebook	Jeff Strange	307-389-5164
Sweetwater Trap Club			
Trap Range run by volunteers – Open Wednesday 4 or 5 to dark and Sunday 12 to dark			307-382-3373
Sweetwater Rec. Board (County Parks reservations; Shooting Range)			307-922-5450



ARTHUR PARK

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

BELMONT PARK

Located: Connecticut Avenue
(Near the Questar office building)
Facilities: A passive one-acre park with walkways, benches and an open lawn area

BITTER CREEK BARK PARK

Located: 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: 1st Avenue West
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: Wright St.
Facilities: Small park with picnic shelter and basketball court

BUNNING PARK

Located: J Street & 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: off Winterhawk 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 also 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
 - Pioneer Trails Picnic Grounds
 - Bicentennial Park
- To reserve the county parks, call 922-5450.

CENTURY WEST PARK

Located: Evergreen Way
Facilities: A nine acre park with restrooms, shelter, wading pool, soccer fields, playground, picnic and open grass areas

FOOTHILL WETLANDS AREA

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

KIWANIS FIELD

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

NORTH PARK

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

O'FARRELL PARK

Located: N St. & Ruby Place
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: Palisades Way
Facilities: 1 ½ acre park with playgrounds, a basketball court, 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: Pearl Street
Facilities: A one acre landscaped park with restrooms, a playground, picnic tables & shelter, and basketball court

PRAIRIE PARK

Located: Along Westview Ave.
Facilities: ½ acre park with playground, grass

RAILROAD PARK

Located: Along 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

STEVENS PARK

Located: Center Street
Facilities: A small picnic area, playground area, and basketball courts

SUMMIT PARK

Located: Westridge Drive
Facilities: Pocket park with a playground

VETERANS PARK

Located: North Belt Route
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: Wardell Court
Facilities: An open grassy area

WASHINGTON PARK

Located: D St. & Pine St.
Facilities: A little less than an acre, this park has a wading pool, picnic area, restrooms and basketball court



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.
- No animals allowed, except at Bitter Creek Bark Park & Foothill Wetlands Area.
- 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.

Christmas Tree Recycling

Bring your undecorated Christmas tree (no flocking or artificial trees, please) to 200 Community Park Dr. between December 26th & January 31st for recycling into mulch for the city's landscaping.

City of Rock Springs, Wyoming

Parks & Municipal Areas

Parks

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

