



Alamosa Family Recreation Newsletter: July 2026

Alamosa Family Recreation Center

📍 2222 Old Sanford Rd., Alamosa, CO 81101

☎ 719-589-2105

🌐 www.AlamosaRec.org

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

🕒 Facility Hours (Winter/Spring)

Monday – Thursday: 6:00 AM – 8:00 PM

Friday: 6:00 AM – 6:00 PM

Saturday: 7:00 AM – 4:00 PM

Sunday: CLOSED



Sports Quote of the Month

"The difference between the impossible and the possible lies in a person's determination."

— Tommy Lasorda



Nutrition Tip of the Month

Summer activities can quickly lead to dehydration. Drink plenty of water throughout the day and include hydrating foods like watermelon, cucumbers, oranges, and berries in your meals.

Remember—if you're thirsty, you're already starting to become dehydrated!



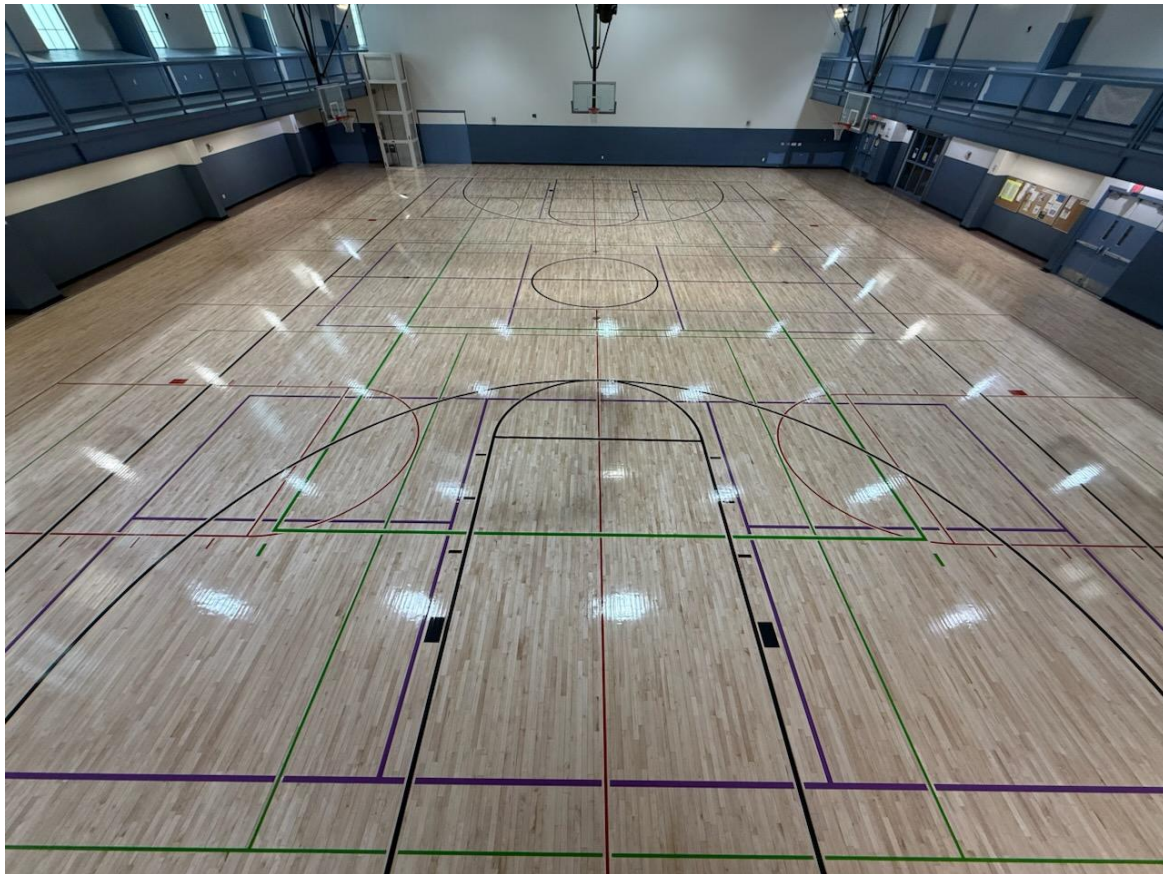
Fitness Tip of the Month

Take advantage of the longer summer days by getting outside! Walking, biking, hiking, or playing a recreational sport for at least **30 minutes a day** can improve cardiovascular health, boost your mood, and increase energy levels.

Facility Update

Main Gym Closure

The **Main Gym** at the Alamosa Family Recreation Center has been closed for a few weeks for resurfacing and painting. The Gym will reopen on July 8th with a clean and refreshed look.



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.



Multi-Use Pavilion Roller Rink

Come skate with us all summer long!

Friday & Saturday

5:00 PM – 8:00 PM

Roller Season:

May 1 – September 30

The Pavilion will be closed to the public on the following dates for special events.

- July 10th and 11th
 - July 24th and 25th
 - July 31st and Aug 1st.
-



Youth Leagues & Programs

All Youth Spring & Summer Registrations are NOW OPEN!

If a program is full, please add your name to the waitlist to help us plan for future program needs.



Youth Baseball & Softball

Now In Season!



Youth CARA Track & Field

Now In Season!

Season: June 2 – July 23

Practices:

- Tuesdays & Thursdays
- 9:00 AM
- ASU Rex Field

Meet Locations:

- Pueblo
- Canon City
- Widefield
- Alamosa

State Meet:
Jefferson County Stadium

Youth Flag Football

Now In Season!

Registration:
March 1 – July 5

Cost:
\$30

Reversible Jersey:
\$15

Parent Meeting:
July 6 • 9:00 AM
Lee Soccer Fields

Season:
July 6 – July 29

Practice:
Mondays • 10:00 AM

Scrimmages:
Wednesdays • 10:00 AM

Location:
Lee Soccer Fields

Divisions:

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

In partnership with Alamosa High School Football!

Practices and scrimmages will be coached by AHS Football coaches and players.

Youth Soccer

Registration:

March 1 – July 20

Coaches Meeting:

July 20 • 6:00 PM

Alamosa Family Recreation Center

Season:

August 3 – September 26

Games Begin:

Saturday, August 15

Cost:

\$30

Reversible Jersey:

\$15

Divisions:

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

Youth Rocketry

Registration:

June 18 – July 21

Class 1

July 20–21

Class 2

July 22–23

Time:

5:30 PM – 6:30 PM

Location:

AFRC Studio Room

Cost:

\$25



Launch Day

July 25 • 9:00 AM

Lee Softball Fields

Build, learn, and launch your own rocket!



Adult Programs

Adult Softball

Now In Season!



Pickleball

Everyone is welcome!

Monday, Tuesday, Thursday & Friday

7:00 AM – 11:00 AM

Sunday

12:00 PM – 2:00 PM

Location:

Carroll Park Pickleball Courts



We're Hiring!

Alamosa Parks & Recreation is always accepting applications for:

- Sports Officials
- Customer Service Assistants

Join our team today!

Outdoor Recreation

Generation Wild Programming

Outdoor leadership and recreation opportunities continue through partnerships with the Alamosa School District, Ortega Middle School, Alamosa High School, and the SLV Boys & Girls Club.



Join Us Throughout the Summer!



2026

	June 28th	July 12th	July 19th	July 26th	Aug 9th	Aug 16th	Aug 23th
Power Hour Fitness Class @Cole Park - 9:00AM							
Yoga @Cole Park - 10:00AM							
Sundays at 6 Concerts @Cole Park - 6:00PM	Delta Sonics	Green Buddha	Graham Good & The Painters	Molly Higgins Band	Milk N' Fox	2MX2	Wellington Bullings
Youth Fishing @ Blanca Vista - 10:00AM	These programs will only be offered July 25th and August 8th. Registration is required						
Paddle Boarding @ Blanca Vista - 12:00PM							



Call the Alamosa Family Recreation Center at (719) 589-2105 for more information



For more information contact:

Shawna Lease

slease@ci.alamosa.co.us

Adopt-A-Park / Trail

Help keep our parks and trails beautiful!

Interested in volunteering?

Contact:

jgarbiso@ci.alamosa.co.us

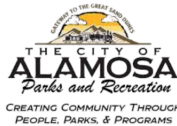


Do you love Alamosa's amazing parks and trails?

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?

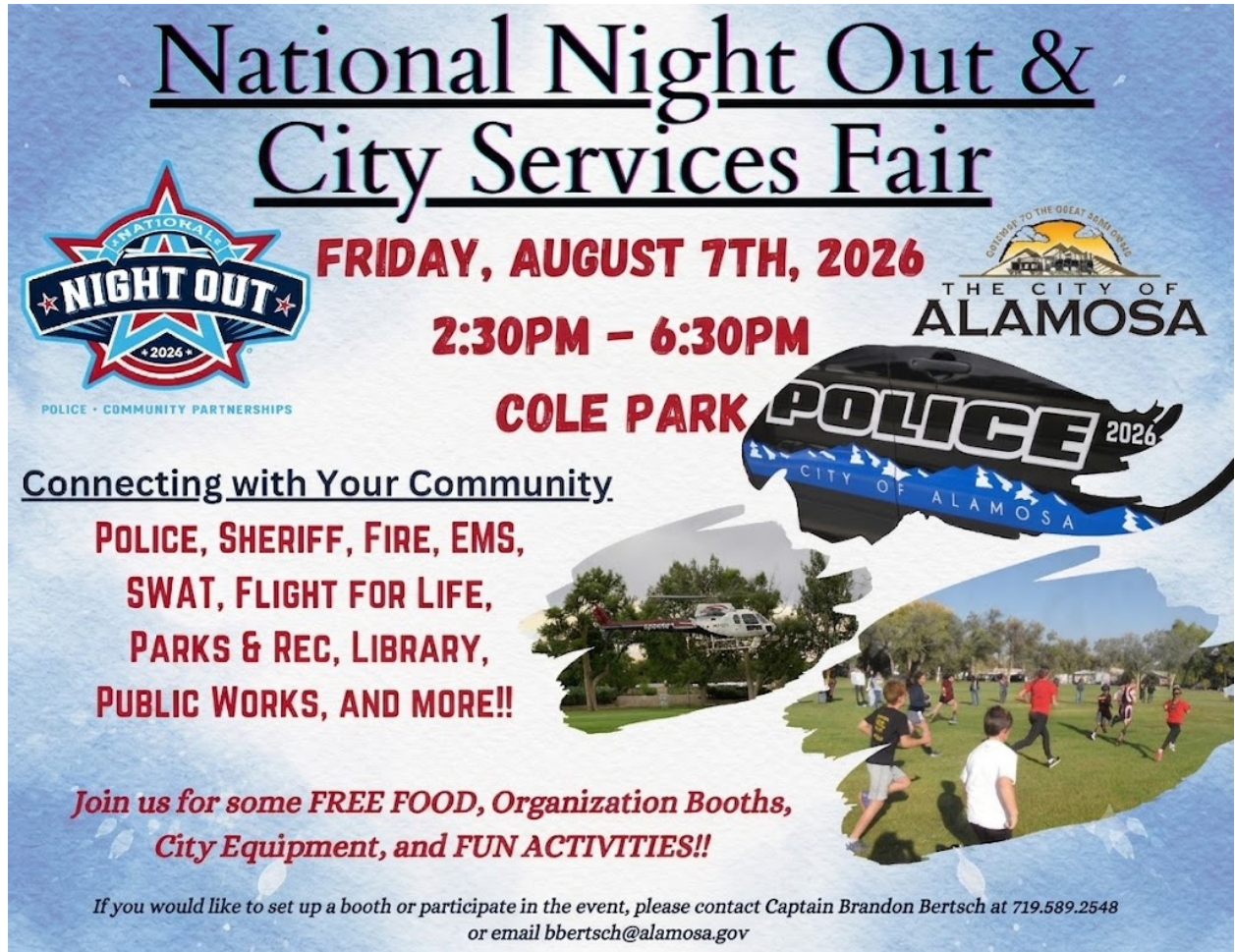
We ask that an adopting group or organization make a quarterly commitment in summer months (April-October) and optional in the off season to clean-up their adopted park or trail.

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



Local Special Events

 **National Night Out/City Services Fair**
August 7th • Cole Park



National Night Out & City Services Fair

FRIDAY, AUGUST 7TH, 2026
2:30PM – 6:30PM
COLE PARK

POLICE 2026
CITY OF ALAMOSA

THE CITY OF ALAMOSA

Connecting with Your Community

**POLICE, SHERIFF, FIRE, EMS,
SWAT, FLIGHT FOR LIFE,
PARKS & REC, LIBRARY,
PUBLIC WORKS, AND MORE!!**

*Join us for some FREE FOOD, Organization Booths,
City Equipment, and FUN ACTIVITIES!!*

*If you would like to set up a booth or participate in the event, please contact Captain Brandon Bertsch at 719.589.2548
or email bbertsch@alamosa.gov*

 **SLV PrideFest**
August 28–29 • Cole Park

 **Early Iron**
September 5–6 • Cole Park

HAPPY RECREATING!

We welcome your feedback on all of our programs and facilities.

Dalton Carleo
Recreation Division Manager

 dcarleo@ci.alamosa.co.us

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Follow us on **City of Alamosa Activities** on Facebook and **City of Alamosa** on Instagram.