



Alamosa Family Recreation Newsletter: August and September 2026

Alamosa Family Recreation Center

 2222 Old Sanford Rd., Alamosa, CO 81101

 (719) 589-2105

 www.alamosarec.com

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



Facility Hours (Summer/Fall)

Monday – Thursday: 6:00 AM – 8:00 PM

Friday: 6:00 AM – 6:00 PM

Saturday: 7:00 AM – 4:00 PM

Sunday: CLOSED



Upcoming AFRC Holiday Closures

September 7th: Labor Day



Sports Quote of the Month

"Success isn't given. It's earned. On the track, on the field, in the gym, with blood, sweat, and the occasional tear." — Nike



Nutrition Tip of the Month

As seasonal temperatures begin to drop, transition into fall with nutrient-dense, warm meals. Incorporate local San Luis Valley root vegetables, squashes, and lean proteins into your menu. Staying hydrated is just as vital in late summer and early autumn—keep a reusable water bottle handy during outdoor workouts!



Fitness Tip of the Month

Maximize the comfortable late-summer weather by mixing up your routines!

Transitioning outdoor cardio like trail running, cycling, or fitness walks into your weekly regimen builds endurance and mental clarity before colder winter months arrive. Aim for at least 150 minutes of moderate aerobic activity weekly.

Fitness Programs

In-Person Fitness Classes

- Membership or day pass required.

In-Person 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

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

Start the day off right from the comfort of your home. Classes will continue and are free with an active AFRC membership or \$10/person monthly.

The online program includes:

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

Online classes require an active, regular AFRC Membership or an online AFRC Membership.

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

Payment & Renewals: Passcode emails are NO LONGER sent out. You will receive the new monthly passcode on your purchase receipt after you register for the class, either in person or online.

Multi-Use Pavilion Roller Rink

Friday & Saturday

5:00 PM – 8:00 PM

Roller Season: May 1st – September 30th

** The Roller rink will be closed Labor Day Weekend and Sept. 18th and 19th for a private event.

Upcoming Youth Leagues & Programs

All Youth Fall/Winter Leagues/Programs Registrations are OPEN!

*Program filled? Please add your name to the waitlist to help us plan for future program needs!

Youth Basketball

Registration: August 1st – September 27th

Coaches Meeting: September 28th @ 6:00 PM

Season: October 12th – December 12th

Games: Saturdays beginning October 24th

Cost: \$30 / Reversible Jerseys: \$15

Divisions By Grade: K & 1st; 2nd & 3rd; 4th & 5th (Boys and Girls)

Volunteer Coaches NEEDED!

CARA Basketball Skills Challenge

Registration: August 1st – December 2nd

Cost: FREE for kids ages 6–13 (as of 4/30/2027)

Event Date: December 2nd • 5:30 PM

Location: Alamosa Parks & Rec (Main Gym) 2222 Old Sanford Rd.

*All Participants must register through the Rec Center and also complete the required CARA registration form!

Youth Hockey

Registration: August 1st, 2026 – January 3rd, 2027

Coaches Meeting: January 4th @ Ice Rink • 6:00 PM

Season: January 11th, 2027 – February 27th, 2027

Games: Saturdays beginning January 16th

Registration Cost: \$45

Jersey Only Deposit: \$35

Full Equipment Deposit: \$100 (Pads, Gloves, Pants, Helmet, Jersey)

Players must provide their own Skates & Stick.

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

Youth Coed Volleyball

Registration: August 1st, 2026 – March 7th, 2027

Coaches Meeting: March 10th @ 6:00 PM

Season: March 22nd – May 15th

Games: Saturdays beginning April 3rd

Registration Cost: \$30 / Reversible Jerseys: \$15

Divisions: 2nd Grade (Clinic Style); 3rd & 4th; 5th & 6th

Volunteer Coaches NEEDED!



Adult Programs

Adult Volleyball

Registration: November 30th, 2026 – January 31st, 2027

Captains Meeting: February 3rd @ 6:00 PM

Season: February 8th – Mid April

Team Registration: \$150

Divisions: Coed Rec, Men's, Women's

Player Registration: \$30



Pickleball

All ages and abilities are welcome to join this participant-led program!

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

Sunday: 12:00 PM – 2:00 PM

Location: Carroll Park

Special Olympics Bowling

Registration: August 1 – August 31

Cost: Free

Season: September 1 – September 24

Sessions: Tuesdays & Thursdays

Times: 4:00 PM – 5:00 PM

Location: Alamosa Bowling Alley

All participants must also register as an athlete through specialolympicsco.org.



We're Hiring!

Alamosa Parks & Recreation is always accepting applications for:

- Sports Officials
- Customer Service Assistants

To apply, visit <https://cityofalamosa.org/finditfast/careers/>



Outdoor Recreation

Generation Wild Programming

AP&R staff are regularly working with the Alamosa School District to provide outdoor recreation and leadership opportunities for students in Ortega Middle School and Alamosa High School through the High School Outdoor Leadership & Recreation Club and the SLV Boys & Girls Club Fifth Day Programming.

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

Adopt-A-Park / Trail

Help keep our parks and trails beautiful!

Interested in volunteering?

Contact: jgarbiso@ci.alamosa.co.us

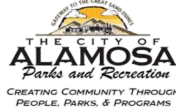


Do you love Alamosa's amazing parks and trails?

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@alamosa.gov**



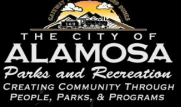
YOUTH ARCHERY <<<<<

Our Youth Archery Program is the perfect way for kids ages 9–14 to build confidence, improve focus, and learn safe archery skills in a fun, supportive environment.

 **Archery Range @ Alamosa Disc Golf Course**
2000 Maddux Ln, Alamosa, CO 81101

EVERY FRIDAY SEPT 11TH - OCT 2ND

 10:00am-11:00am


THE CITY OF ALAMOSA
Parks and Recreation
CREATING COMMUNITY THROUGH PEOPLE, PARKS, & PROGRAMS

COST \$30

 Register at www.alamosarec.org

For More Information Call (719) 589-2105

Local Special Events

Early Iron Festival: Sept. 5th & 6th; Cole Park

Alamosa Artfest: Sept. 11th & 12th: Downtown Alamosa

Octobrufest: Sept. 26th; 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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