



Alamosa Family Recreation Newsletter: October 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 Hours

Monday – Thursday: 6:00 AM – 8:00 PM

Friday: 6:00 AM – 6:00 PM

Saturday: 7:00 AM – 4:00 PM

Sunday: CLOSED

Winter/Spring Hours (Beginning Nov. 1st)

Monday – Thursday: 6:00 AM – 9:00 PM

Friday: 6:00 AM – 6:00 PM

Saturday: 7:00 AM – 6:00 PM

Sunday: 12:00 PM – 6:00 PM



Upcoming AFRC Holiday Closures

November 11th: Veterans Day

November 26th & 27th: Thanksgiving

December 24th (Half Day) & 25th: Christmas Eve & Christmas Day



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

As the weather cools down, nourish your body with warm, hearty, nutrient-packed meals. Incorporate fall squashes, root vegetables, and lean proteins to keep your immune system strong during the season. Don't forget to maintain your daily fluid intake, even as temperatures drop!

Fitness Tip of the Month

Transitioning into cooler months is a great time to refresh your indoor workout schedule. Combine group fitness classes with light outdoor activities like brisk morning walks to maintain stamina, elevate your mood, and boost cardiovascular health throughout the fall and winter.

Fitness Programs

In-Person Fitness Classes

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

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

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

The building will be closed in October for Ice Preparations.

- Ice Season will begin on October 30th (4-8pm)



ALAMOSA PARKS & RECREATION PRESENTS

ICE RINK

Opening Night

DRESS IN YOUR HALLOWEEN COSTUME and Skate the night away to SPOOKY TUNES!

FREE ENTRY

FRIDAY, OCTOBER 30TH

4pm-8pm

BEST COSTUME PRIZES
17 & Under - 2 winners
18+ - 2 Winners

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

2242 OLD SANFORD ROAD,
ALAMOSA, CO 81101

FOR MORE INFORMATION CALL 719.589.2105
OR VISIT OUR WEBSITE AT WWW.ALAMOSAREC.COM

2026–2027 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
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!

2026 Mile High Mites / Learn to Play Program

Registration Deadline: November 17, 2026
First-time Participant: [Mile High Mites - Alamosa - Winter : Avalanche Mile High Mites LTP](#)
Continue to Play: [Mile High Mites - Alamosa - Winter - Continue to Play : Avalanche Mile High Mites LTP](#)
Cost: \$308 (Includes Six Sessions at the Alamosa Ice Rink, 2242 Old Sanford Rd, plus a new set of gear)
Sessions: Tuesdays & Thursdays • December 1–17 • 5:30 PM – 6:30 PM
Ages: 4–9
For more information, please visit learntoplay.nhl.com/locations/avalanche/

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 23rd
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 8th
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 Fees:

Early Bird: November 30 – December 14 / \$100

Regular: December 15, 2026 – January 24, 2027 / \$125

Last Chance: January 25 – 31 / \$150

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

Player Registration: \$30

*(Player fee is not included in the team fee. All participants must pay their own player fee before participating in their first game.)

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

Winter sessions will move inside to the Rec Center as colder weather moves in.

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. Check out Generation Wild Programs across the San Luis Valley online.

A promotional poster for the Cliffhangers Climbing Team. The background features a silhouette of a climber on a rock face against a blue sky, with a large boulder in the foreground. The title 'CLIFFHANGERS CLIMBING TEAM' is in large, bold, yellow and white letters. Below it, 'START DATES & SCHEDULE' is in white. The poster lists four programs: Mandatory Team Meeting, High School Competitive, Middle School Competitive, Middle School, and High School Recreation, each with start dates, times, and days. Logos for ASAP, Boys & Girls Clubs, and the City of Alamosa are included, along with a Cliffhangers logo featuring a mountain and the text 'SAN LUIS VALLEY' and 'CLIFFHANGERS'.

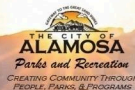
CLIFFHANGERS CLIMBING TEAM

START DATES & SCHEDULE

MANDATORY TEAM MEETING

Friday October 2nd @ 6:00pm

📍 Rex Gym Classroom



HIGH SCHOOL COMPETITIVE

Starts Oct 6 | 6:00pm - 8:00pm

Tues | 🏃

MIDDLE SCHOOL COMPETITIVE

Starts Oct 7 | 4:15pm - 5:45pm

Wed | 🏃

MIDDLE SCHOOL

Starts Oct 9 | 10:00am - 11:30am

Fri AM | 🏃

HIGH SCHOOL RECREATION

Starts Oct 9 | 1:00pm - 3:00pm

Fri PM | 🏃





The poster features a whimsical Halloween-themed illustration. On the left, a witch in a black dress and hat walks along a path decorated with jack-o'-lanterns and string lights, carrying a bag of treats. A signpost reads 'TRICK OR TREAT ON THE TRAIL'. In the center, a large full moon hangs in a dark sky with bats. To the right, three children in costumes (a boy on a bike, a girl on a bike, and a child in a mummy costume) are riding bicycles on a street lined with buildings. The overall scene is festive and spooky.

BOO-CYCLE FEST

A SPOOKTACULAR HALLOWEEN CYCLING ADVENTURE!

OCTOBER 30th
2:00 PM - 4:00 PM
AT THE DISC GOLF COURSE

Kids!
 Wear your costumes and **WALK** the trail to collect treats from decorated stations!
 (Follow the decorated path).

OCTOBER 31st

10:00 AM: BIKE RODEO
 Kids obstacle course and ribbon cutting on new pump track

11:00 AM: COSTUME CONTEST
 Prizes for Best Costume!
Kiwanis

11:30 AM: THE MAIN EVENT: COSTUME PARADE!
 Show off your decorated bikes and ride down MAIN STREET!

LOCATIONS: COLE PARK, ALAMOSA, CO | DISC GOLF COURSE, ALAMOSA, CO

FREE COMMUNITY EVENT!

Logos at the bottom include: ALAMOSA, GENERATION WILD, ALAMOSA COUNTY, BOYS & GIRLS CLUBS, and FARM PARK.

Adopt-A-Park / Trail

Are you interested in adopting a local park or trail? Help keep our community spaces beautiful!

Contact our Outdoor Recreation Specialist: jgarbiso@ci.alamosa.co.us

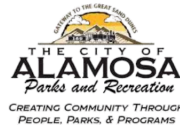


Do you love Alamosa's amazing parks and trails?

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

 Local Special Events

 Celebration of Lights
December 4th • City Hall

 Rio Frio Ice Festival
January 29th–31st, 2027 • Multiple Locations

 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.