



Boulder Parks & Recreation RECREATION **Guide**

winter 2015



7	Dance
15	Gymnastics
17	Fitness & Weights
21	Mind/Body
28	Sports
32	Swimming
37	Tennis

Register Online Today
– Begins December 2
www.BoulderParks-Rec.org



GET FIT WHERE YOU LIVE

Enjoy fitness at three great centers



NORTH RECREATION CENTER

3170 Broadway 303-413-7260

- Lap Pool/Leisure Pool
- Classes/Gymnastics
- Fitness Equipment
- Basketball/Racquetball
- Sand Volleyball
- Tennis/Platform Tennis

Mon-Thu, 6am-9:30pm
 Fri, 6am-7:30pm
 Sat, 6:30am-7pm
 Sun, 7:30am-8pm

Pool closes 30 minutes before the center closes.

1. VALMONT BIKE PARK / DOG PARK

2. RESERVOIR 5565 N. 51st St. 303-441-3461
3. SPRUCE POOL 2102 Spruce 303-441-3426
4. SCOTT CARPENTER POOL 1505 30th St. 303-441-3427
5. FLATIRONS GOLF COURSE 5706 Arapahoe 303-442-7851
6. IRIS CENTER 3198 Broadway 303-413-7200
7. SALBERG CENTER & PARK 19th & Elder

SOUTH RECREATION CENTER

1360 Gillaspie 303-441-3448

- Lap Pool
- Classes
- Fitness Equipment
- Basketball/Racquetball
- Sand Volleyball
- Tennis

Mon-Thu, 6am-9:30pm
 Fri, 6am-8pm
 Sat/Sun, 8am-5pm (effective 9/2)

Pool closes 30 minutes before the center closes.

EAST COMMUNITY CENTER

5660 Sioux Dr. 303-441-4400

- Lap Pool/Leisure Pool
- Classes
- Fitness Equipment
- Basketball/Tennis
- Sand Volleyball
- Outdoor Handball
- Climbing Wall
- Dog Park

Mon-Fri, 5:30am-9:30pm
 Sat, 7:30am-6pm
 Sun, 8:30am-8pm

Pool closes 30 minutes before the center closes.

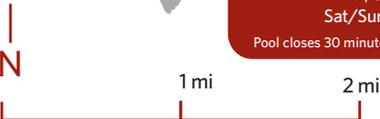


TABLE OF CONTENTS

Map of Facilities	Inside Cover
In this Edition/News	5
Entry Fees & Passes	6
Kids' Corner	6
Dance	7-11
EXPAND	12-14
Gymnastics	15-16
Fitness/Weight Training	17-20
CPR & First Aid	18
Mind/Body - Pilates	21-22
T'ai-Chi & T'ai-Chi Ch'uan	23
Mind/Body - Yoga	24-25
Mind/Body - MELT®	25
Feldenkrais	25
Pottery	26-27
Sports	28-31
Swimming/Aqua Fitness	32-36
Tennis	37-38
Valmont Bike Park	39-40
Policies & Information	41
Staff Contact Information	42
Registration	43
Ads & Upcoming Events	44-46
Drop in Schedule Info	47
New Year's Fitness Jam	back cover



Mind/Body pg. 21



Weights pg. 17



Swimming pg. 32



Tennis pg. 37



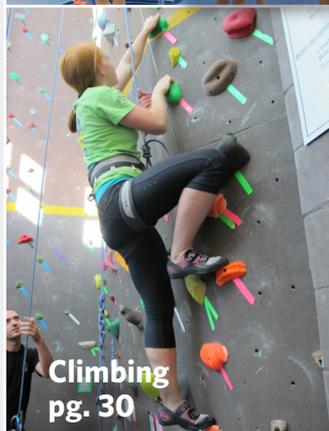
Fitness pg. 17



Gymnastics pg. 15



Pottery pg. 26



Climbing pg. 30



Sports pg. 28



Dance pg. 7

Stay Informed with FREE eNews!

Let us keep you informed of the latest classes, events, community meetings, weather or construction-related closures and more by joining our eNews list. It's easy, just visit us online at boulderparks-rec.org and subscribe to the list that interests you most and start enjoying the most up-to-date source of Parks and Recreation news.

Follow us on Twitter & Like us on Facebook!

Get the latest news, special offers and information.

Follow us at: twitter.com/boulderparksrec

Like us at: facebook.com/boulderparksrec





Financial Assistance For Recreation Facility & Programs

Did you know we offer reduced rates to assist with program fees and admission to the recreation centers for adults and children who cannot otherwise participate due to financial limitations? Youth scholarship assistance is also available for select programs and camps.

To find out more about these financial assistance programs and how to qualify, please call 303-413-7200.

Intercambio Family World Dance with Logo Ligi

Get down and get fit with Logo Ligi, a West African Drum and Dance Performance Group that is sure to have you dancing! All ages welcome.

Saturdays, 11 a.m.-12:30 p.m.

FREE!

January 24 at North Boulder Recreation Center
February 28 at South Boulder Recreation Center
March 28 at East Boulder Community Center

More information at
www.intercambioweb.org



FREE Coffee, Cycle or Fresh Food?



Get 2 free
coffee drinks at
OZO
Coffee Co.

\$10 Farmers Buck
for use on fresh
fruits & vegetables.



Choose
a **FREE**,
local reward card
when you
buy or renew an
annual pass!

\$10 gift card
for Full Cycle.



\$10 gift card
for Hapa Sushi



Please support these local businesses that support your Boulder Parks & Recreation Department.

On The Cover:

Dance Instructors Sylvia Jensen, Judy Kreith, Georgia Michelle, Elizabeth Ross, Elizabeth Van Noy, Kevin O'Keefe.

The City of Boulder has contracted with Kinesis Dance Company to provide high-quality recreational dance programming for the Boulder community.

Cynthia Burdine and Kirsten Leslie are co-founders of Kinesis Dance Company. Cynthia has been a dance educator for over 15 years and earned her BFA in Dance Education from Bowling Green State University. Kirsten graduated from the University of New Mexico with a BA in dance. Cynthia and Kirsten also served at the department's dance program coordinators prior to forming Kinesis Dance Company.

Please contact Kinesis Dance Company with questions, 720-515-6268 or kinesisdance@outlook.com, www.KinesisDance.com

Adult Dance Days

January 3rd and 4th - Imagine having the ability to try any adult dance class without the commitment, to help you decide which class or classes are best for you. Dance has always been a part of the human culture and celebrations and is an enjoyable way to be more physically active. To help you gain a new perspective on a workout routine, the Parks and Recreation Department is offering you two days of free dance so you are able to sample Ballet, Modern, Irish Step, Jazz, Tap, Hula, Ballroom, Salsa, Belly dance and Hip Hop with our well-trained and passionate instructors.

Here's your chance to learn something new and meet new people and sample classes from the instructors on the cover.



Instructor profiles:

Elizabeth Van Noy has been dancing for 25 years and Irish dance is her passion. She is a two-time World Championship qualifier and has competed at the Worlds in Dublin, Ireland.

Georgia Michelle is a Boulder native and a multi-award winning dancer with a background in many forms of dance training including Belly dance.

Elizabeth Ross has been pedagogically trained in teaching the syllabus of the Russian Vaganova Ballet Academy and enjoys sharing this education with ballet students of all ages.

Judy Kreith teaches Salsa and Ballroom dance. She believes dance is good for the body and mind and that social and ballroom dance can be enjoyed at any age. Judy travels to Cuba often to study Salsa so she can share it with you.

Cindy Brandle has over 20 years of experience instructing Modern Dance and has taught and performed exciting, athletic modern dance in Colorado, Chicago, Mexico City, Rio de Janeiro and Salvador, Brazil.

Kevin O'Keefe has an extensive, 20 year background teaching and performing Hip Hop dance in Colorado. He enjoys sharing his love for dance and its historical culture with all levels and age groups.

Sylvia Jensen has taught dance for many years. She delights in supporting and exploring the diverse dance styles that are in our community, country and around the world.

For more information and the class schedule for January 3 and 4, please refer to page 8. All dance class information can be found on pages 7-11.

2014 Recreation News



Recreation Closures:

- 12/24 Rec Centers close at 1:30pm
- 12/25 Closed Christmas
- 12/31 Rec Centers close at 4pm
- 1/1 North & South closed; East open 8am-4pm

Look for Changes in 2015!

Look for exciting changes to the Recreation Guide, including a new name beginning in the spring of 2015!

We're adding eight new pages of features, maps and information to help you enjoy and engage in a broader range of activities, opportunities, and experiences through Boulder Parks and Recreation.

In addition to the comprehensive listing of recreation and fitness center programming you're used to finding here, our new publication, premiering next spring will expand your horizons to the full spectrum of opportunities to learn, grow, play and thrive in Boulder.

Join Parks and Recreation on Facebook!

Now you can get the latest scoop, news and deals from Parks and Recreation on Facebook. This is a great way to stay informed on everything rec centers, parks, pools, Pottery Lab, Valmont Bike Park, Boulder Reservoir, Flatirons Golf Course and more. **Like us at:** www.facebook.com/boulderparksrec

Access for All

The Boulder Parks and Recreation Department is committed to supporting people with disabilities in recreation. We welcome children, youth and adults with disabilities interested in participating in general recreation programs alongside their peers without disabilities. "Inclusion" is a great way to make new friends and explore new programs. Supports will be provided as needed. Please contact Sherri Brown at 303-441-4933, brownsh@BoulderColorado.gov if you would like more information.

Capital Improvement Bond Projects

The City of Boulder's 2011 Capital Improvement Bond (CIB) was voted for by City of Boulder residents in November 2011. The CIB allows the city to implement a list of projects that address significant deficiencies and high priority infrastructure improvements like roadway reconstruction, park facility upgrades, critical software updates, police equipment needs and more. All CIB projects are scheduled to be completed by 2014.

More information: www.boulderColorado.gov/bondprojects.



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ENTRY FEES

ANNUAL PASS

	Res/Non-Res
Seniors (60+)	\$353/\$445
Adults (19-59)	\$552/\$645
Youth (3-18)	\$260/\$330

- First adult family member of the household (19-59) pays full price; additional family members pay half price! - All members of the family must live at the same address in the same household. Passes must be purchased at the same time to receive discounted rate.
- Includes unlimited use of outdoor pools and recreation centers; open swim and gym, drop-in fitness/yoga, weight room, racquetball/handball and platform tennis courts, sauna, lockers, fishing and swimming at Boulder Reservoir.
- Complimentary towels at rec centers.
- Racquets for indoor racquetball.
- **10% savings on one class** per season (as available one week before class begins), register in person.

MONTHLY BILLING -

	INITIAL Res/Non	11 PAYMENTS Res/Non
Seniors (60+)	\$60/\$74	\$31/\$38
Adults (19-59)	\$90/\$104	\$47/\$54
Youth (3-18)	\$46/\$57	\$24/\$29

- Fees rounded to nearest dollar
- Monthly passes may be purchased by an automatic monthly credit card charge.
- Payments are stopped upon request, no prorated refunds.

FAMILY ANNUAL PASS

Res/Non-Res
\$885/\$1075

- Family members living at the same address.
- See Annual Pass benefits above.
- Monthly billing option available.

DAILY DROP-IN

Seniors (60+)	\$5.25
Adults (19-59)	\$7
Youth (3-18)	\$4.50

- Includes open swim and gym, drop-in fitness/yoga, weight rooms, outdoor pools and reservoir entries.

40 PUNCH PASS

	Res/Non-Res
Seniors (60+)	\$168/\$185
Adults (19-59)	\$224/\$247
Youth (3-18)	\$144/\$159

20 PUNCH PASS

	Res/Non-Res
Seniors (60+)	\$89/\$99
Adults (19-59)	\$119/\$131
Youth (3-18)	\$76/\$84

10 PUNCH PASS

	Res/Non-Res
Seniors (60+)	\$47/\$51
Adults (19-59)	\$63/\$69
Youth (3-18)	\$40/\$45

- Punch passes include open swim and gym, drop-in fitness/yoga, weight rooms, outdoor pools and reservoir entries.
- Punch Passes expire two years after purchase date.

TWILIGHT PASS

Res/Non-Res
\$147/\$184

- Pass valid for all recreation facilities Monday-Friday 7 p.m. to closing. Valid Saturday and Sunday after 4 p.m. at East, North, pools and Reservoir; 2 p.m. at South.
- Twilight pass valid **ONLY** during these times. Entry at other times requires use of punch pass or drop-in fee.

ONE MONTH PASS

Res/Non-Res
\$65/\$75

- Valid for 30 days from purchase date.
- Complimentary towels at rec centers.
- Includes unlimited use of outdoor pools and recreation centers; open swim and gym, drop-in fitness/yoga, weight room, racquetball/handball and platform tennis courts, sauna, lockers, fishing and swimming at Boulder Reservoir.

Laugh
Learn
Play
Share

Kids' Corner★

Leave your child with us...while you enjoy your workout!

Ages 6 mos. to 9 years

Fees

\$25/month unlimited childcare pass with an adult annual pass

Daily drop-in per 90 minutes:
First Child: \$6.50 / Add'l Child: \$3.50

Punch Cards:
\$58.50 - 10 visits (\$5.85/visit)
\$110.50 - 20 visits (\$5.50/visit)
\$195 - 40 visits (\$4.90/visit)

- Add 30 minutes for \$2 (Ages 2+)

HOURS

East	North
M/W: 2:30-6:30 pm	M-F: 8:45am-1:30pm
F/Sa: 8:30am-1:30 pm	Tu/Th: 2:30-6:30pm



★ Look for the star for classes offered during childcare hours.

Arts ▪ Crafts ▪ Reading ▪ Dramatic Play ▪ Outdoor Play ▪ Friends ▪ Fun!

DANCE - ADULT



Whether it's ballet or ballroom, tap or jazz, dance is great for helping people of all ages and abilities stay in shape.

Dance Punch Cards

Cards can be purchased at centers during registration hours and are valid for six months from date of purchase for adult dance classes only.

\$70 for 5 classes

Class Cancellation Policy

Classes will be cancelled one week prior to start of session if the class does not meet the minimum registration requirement.

Ballet Barre

(Ages 13+) A traditional ballet barre and gentle stretching. For students with a knowledge of ballet basics.

221982	1/6-2/17	Tu, 9-10am★	North	7	\$63/\$79	Sylvia
221984	1/8-2/19	Th, 9-10am	East	7	\$63/\$79	Sylvia
221983	2/24-4/14	Tu, 9-10am★	North	7	\$63/\$79	Sylvia
221985	2/26-4/16	Th, 9-10am	East	7	\$63/\$79	Sylvia

Ballet Barre Plus

(Ages 13+) A traditional ballet class with barre, center and combinations across the floor. For students with knowledge of ballet basics and an interest in fine tuning technique. This will create choreography for a dance to be performed in the 2015 Spring Dance Concert.

221986	1/6-4/14	Tu, 10-11:30am★	North	14	\$147/\$184	Sylvia
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Ballet Level 1

(Ages 13+) Very beginning ballet technique introducing the aesthetics and physicality of classical ballet utilized by dancers and athletes. Students will develop strength, muscle control, movement awareness and attention to detail as they learn the basic, fundamental barre and center exercises, placement, and elementary dance steps. This class will continue to progress from where we ended the fall session, however new students are welcome!

221987	1/6-4/14	Tu, 7:30-9pm	North	14	\$147/\$184	Elizabeth R.
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Ballet Level 1/2

(Ages 13+) Elementary level technique for students who have begun ballet training and have knowledge of alignment, terminology, and the fundamental forms of the basic barre and center exercises including elementary jumps. A year of previous ballet instruction is recommended. This class will continue to progress from where we ended the fall session, however new students are welcome!

221988	1/8-4/16	Th, 7:30-9pm	South	14	\$147/\$184	Elizabeth R.
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Ballet Level 2

(Ages 13+) For students ready to progress and solidify their ballet technique with careful practice of barre and center exercises, including epaulement, more complicated jumps, turns, and broader dance movements. At least 2 years of previous instruction recommended. Class will continue to progress from where we ended the fall session, however new students are welcome!

221989	1/6-4/14	Tu, 6-7:30pm	North	14	\$147/\$184	Elizabeth R.
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Ballet Level 2/3

(Ages 13+) Intermediate level ballet technique for students with 3 to 4 years of solid training. Class will include increased complexity, tempo and use of epaulement and demi-pointe in barre and center exercises, petit and grand allegro and turns, while building strength, stamina, fluidity and aplomb in quality of movement. Performance opportunity possible. This class will continue to progress from where we ended the fall session, however new students are welcome!

221990	1/8-4/16	Th, 6-7:30pm	South	14	\$147/\$184	Elizabeth R.
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Ballet Level 3

(Ages 13+) Strong upper-intermediate level ballet technique in barre and center exercises, with more complicated petit allegro including batterie; multiple and varied tours, and expanded grand allegro, developing strength, flexibility, precision, attention to detail, artistic line and ballon. 4 or more years of ballet training recommended. Performing opportunity possible. This class will continue to progress from where we ended the fall session, however new students are welcome!

221991	1/10-4/18	Sa, 1-2:30pm	East	14	\$147/\$184	Elizabeth R.
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DANCE - ADULT

Pointe 2/3

(Ages 13+) For students in Adult Ballet 2 or 3 who have the instructor's permission to take this class. We will continue to progress from where we ended the fall session, however new students are welcome!

221992 1/10-4/18 Sa, 2:45-3:15pm East 14 \$98/\$123 Elizabeth R.

Jazz Level 1

(Ages 13+) Come enjoy a high energy introduction to a variety of jazz techniques. Gain coordination, flexibility, strength and rhythm.

222093 1/5-2/16 M, 7:30-8:30pm North 7 \$63/\$79 Mary

222094 2/23-4/13 M, 7:30-8:30pm North 7 \$63/\$79 Mary

Very Adult Jazz

(Ages 18+) A low impact jazz class designed for adults young at heart who have some dance experience. Dance to a variety of music and styles ranging from lyrical to street jazz. Improve overall fitness, strength and flexibility. Technique level will be set to the level of the participants.

Class is structured with a gentle warm up, emphasizing on building strength and enhancing flexibility, followed by exciting and fun jazz routines which will leave you feeling exhilarated.

222091 1/9-2/20 F, 2:30-3:45pm East 7 \$74/\$92 Judy

222092 2/27-4/17 F, 2:30-3:45pm East 7 \$74/\$92 Judy

Tap Level 1

(Ages 13+) 0-1 yrs experience. Great class for teens in musical theatre productions and adults who have always wanted to learn tap. An introduction to both rhythm and musical theatre styles of tap. Gain rhythm, balance and improve overall fitness. Tap shoes required; students can talk to instructor about shoes at first class.

222120 1/7-2/18 W, 6-7pm North 7 \$63/\$79 Mary

222121 2/25-4/15 W, 6-7pm North 7 \$63/\$79 Mary

Tap Level 2/3

(Ages 13+) Intermediate tap for teens and adults with 2 or more years of experience. Students will learn intermediate steps and work on speed, clarity and improve rhythm and articulation. Complete dances will be learned and students can choose to perform in 2015 Spring Dance Concert.

222122 1/5-2/16 M, 6:30-7:30pm North 7 \$63/\$79 Mary

222123 2/23-4/13 M, 6:30-7:30pm North 7 \$63/\$79 Mary

Beginning Modern Dance

(Ages 13+) Have fun dancing while learning the basic movement concepts of Beginning Modern Dance with modern dancer/choreographer Cindy Brandle. Enjoy a centering, breath-focused warm-up which includes stretching, yoga postures, and abdominal strengthening work. During class students will move through space with lush, full and athletic phrase work. Open to anyone with little or no dance experience with the philosophy that anyone can dance!

222110 1/9-2/20 F, 10-11:30am★ North 7 \$74/\$92 Cindy

222111 2/27-4/17 F, 10-11:30am★ North 7 \$74/\$92 Cindy

Intermediate/Advanced Modern Dance

(Ages 13+) Cindy Brandle, Artistic Director of the Cindy Brandle Dance Company, leads Intermediate/Advanced Modern Dance classes. Cindy's classes combine eastern and western philosophies with vigorous, detailed movement inspired by the idea that motion comes from the inside out. Using clear descriptions and thoughtful imagery, Cindy guides students through a balanced warm-up and into lively combinations that are fun and exciting to dance. If you like flying through space and developing body awareness, this is the class for you. Some experience in dance required.

222112 1/8-2/19 Th, 10-11:30am★ North 7 \$74/\$92 Cindy

222113 2/26-4/16 Th, 10-11:30am★ North 7 \$74/\$92 Cindy

Modern Dance Stretch and Warm-up

(Ages 13+) Join modern dance choreographer Cindy Brandle for an invigorating, deep breathing stretch class. Increase flexibility, get centered and ready for your day! Class incorporates meditative breathing exercises, traditional modern dance stretches, great music and various yoga postures.

222106 1/8-2/19 Th, 9-9:45am★ North 7 \$63/\$79 Cindy

222108 1/9-2/20 F, 9-9:45am★ North 7 \$63/\$79 Cindy

222107 2/26-4/16 Th, 9-9:45am★ North 7 \$63/\$79 Cindy

222109 2/27-4/17 F, 9-9:45am★ North 7 \$63/\$79 Cindy

Adult Dance Days

Saturday, January 3rd & Sunday, January 4th

Have you ever wanted to try a dance class without the commitment? Don't know which fun and exciting class to choose from? Now is the time to begin that new exercise routine! Put something fun and challenging in your life with a dance class! Come to the Recreation Centers to try a no-obligation, free adult dance class. Dance shoes and dance attire are NOT required. For more information, call 720-515-6268.

East Boulder Community Center

• Saturday, January 3rd

9 – 9:45 am	Modern Level 1	Cindy
10 – 10:45 am	Irish Step	Elizabeth
11 – 11:45 am	Jazz Level 1	Mary
12 – 12:45 pm	Tap Level 1	Mary
1 – 1:45 pm	Hula	La'ela'e
2 – 2:45 pm	Ballroom Basics & Swing	Judy
3 – 3:45 pm	Salsa	Judy
4 – 4:45 pm	Beginning Belly dance	Georgia
5 – 5:45 pm	Hip Hop	Kevin



North Boulder Recreation Center

• Sunday, January 4th

9 – 9:45 am	Jazz Level 1	Mary
10 – 10:45 am	Tap Level 1	Mary
11 – 11:45 am	Hula	La'ela'e
12 – 12:45 pm	Ballroom Basics & Swing	Judy
1 – 1:45 pm	Salsa	Judy
2 – 2:45 pm	Modern Level 1	Cindy
3 – 3:45 pm	Ballet 1	Elizabeth
4 – 4:45 pm	Hip Hop	Kevin
5 – 5:45 pm	Irish Step	Elizabeth

DANCE - ADULT

Ballroom Basics and Swing Level 1

(Ages 13+) Come experience the joy and elegance of Social Dancing, Foxtrot, Waltz and Swing will be taught in this introductory class. No partner required.

222056	1/10-2/21	Sa, 3:15-4:15pm	Iris	7	\$63/\$79	Judy
222057	2/28-4/18	Sa, 3:15-4:15pm	Iris	7	\$63/\$79	Judy

Ballroom Basics and Swing Level 2

(Ages 13+) A continuation of Ballroom Basics 1.

222058	1/10-2/21	Sa, 4:30-5:30pm	Iris	7	\$63/\$79	Judy
222059	2/28-4/18	Sa, 4:30-5:30pm	Iris	7	\$63/\$79	Judy

Belly Dance Level 1

(Ages 13+) Learn the enchanting art of Belly Dance from Georgia, a multi award-winning dancer! Shimmy, hip drop and undulate your body to the exotic beats of Near East rhythms. Learn the basic movements and isolations while toning and exercising your body in this high-energy class. Each class features a full body warm up, technique and drills, and exciting dance combinations. Yoga attire, bare feet or jazz shoes, hip scarves and finger cymbals available or bring your own! Embrace the beauty of world cultures, and find yourself in dance!

222102	1/8-2/19	Th, 6-7pm	East	7	\$63/\$79	Georgia
222104	2/26-4/16	Th, 6-7pm	East	7	\$63/\$79	Georgia

Belly Dance Level 2

(Ages 13+) Learning the basics of Belly Dance was exciting, are you ready to take your dance to the next level? In this Level 2 class you will learn to layer your favorite Oriental dance movements, allowing you to more fully express yourself through dance. We'll also learn choreography, more finger cymbal skills and introduce veils! Come for the challenge, enjoy the fun!

222103	1/8-2/19	Th, 7-8pm	East	7	\$63/\$79	Georgia
222105	2/26-4/16	Th, 7-8pm	East	7	\$63/\$79	Georgia

Hula Dance Level 1

(Ages 13+) Come learn basic hula steps, ancient and modern hula dances. Hula is a holistic form of dance, which incorporates physical, spiritual, musical, cultural, historic and linguistic elements. The 'healing' function of hula has often been emphasized by health-care professionals. La'ela'e has participated in all of the major hula competitions in Hawaii.

222083	1/7-2/18	W, 5:30-6:30pm	Iris	7	\$63/\$79	La'ela'e
222084	2/25-4/15	W, 5:30-6:30pm	Iris	7	\$63/\$79	La'ela'e

Hula Dance Level 2

(Ages 13+) A continuation of Level 1

222085	1/7-2/18	W, 6:30-7:30pm	Iris	7	\$63/\$79	La'ela'e
222086	2/25-4/15	W, 6:30-7:30pm	Iris	7	\$63/\$79	La'ela'e

Salsa Level 1

(Ages 13+) Join us in learning this popular social dance! This fun and exciting class will focus on the fundamentals of Casino, the circular and flowing Cuban Style Salsa. No partner is required. Vamos a bailar Todos! Judy Kreith, MA dance education, has traveled to Cuba numerous times to study Salsa.

222114	1/7-2/18	W, 7-8pm	North	7	\$63/\$79	Judy
222115	2/25-4/15	W, 7-8pm	North	7	\$63/\$79	Judy

Salsa Level 2

(Ages 13+) One year of Salsa training required.

222116	1/7-2/18	W, 8-9pm	North	7	\$63/\$79	Judy
222117	2/25-4/15	W, 8-9pm	North	7	\$63/\$79	Judy

Irish Step Dance

(Ages 13+) Kick up your heels to lively Irish reels and jigs and get a great cardio workout at the same time! Irish dancing is rooted in tradition yet continues to evolve today, making it a unique and exciting dance form. Improve your physical dexterity, rhythm and posture while learning the basics of traditional solo step dancing and ceili social dancing in a fun, upbeat environment. Classes also include a proper warm-up with strengthening exercises and stretching. Ghillies, jazz shoes or ballet slippers recommended, but not required.

222088	1/5-2/16	M, 7:15-8:30pm	South	7	\$74/\$92	Elizabeth
222089	2/23-4/13	M, 7:15-8:30pm	South	7	\$74/\$92	Elizabeth



Learn from one of Colorado's original Hip Hop teachers. Kevin has an extensive 20 year background teaching and performing Hip Hop dance.

Hip Hop Level 1

(Ages 13+) Hip Hop is an internationally popular dance form that promotes physical fitness while having fun! Learn the foundation of many Hip Hop styles in this vigorous and exhilarating class.

222077	1/9-2/20	F, 6:30-7:30pm	East	7	\$63/\$79	Kevin
222078	2/27-4/17	F, 6:30-7:30pm	East	7	\$63/\$79	Kevin

► KINESIS DANCE COMPANY

Exciting news for the City of Boulder Dance Program!

We are pleased to announce that the City of Boulder Parks and Recreation Department has entered into an agreement with Kinesis Dance Company to provide high-quality recreational dance programming for the Boulder community.

Cynthia Burdine and Kirsten Leslie are co-founders of Kinesis Dance Company. Cynthia has been a dance educator for over 15 years and earned her BFA in Dance Education from Bowling Green State University. Kirsten graduated from the University of New Mexico with a B.A. in dance. Both previously worked for the City of Boulder's dance program.

Questions: Kinesis Dance Company, 720-515-6268
kinesisdance@outlook.com, www.KinesisDance.com

Program and registration information: 303-413-7270

DANCE - YOUTH

Holiday Dance Concert

Enjoy this great holiday tradition with family and friends! Featuring Kinesis Dance Company.

Saturday, December 6 at 1 p.m.
Niwot High School



Tickets (at the door):
General Admission \$10/Children & Seniors \$8

More info at www.BoulderParks-Rec.org or 720-515-6268

► PARENT-TOT DANCE

(Ages 18mos-4yrs) Creative movement, coordination exercises, songs, and finger plays will be used to improve motor skills and rhythm. One adult participant (moms, dads, grandparents or caregivers) to each child.

222118	1/6-2/17	Tu, 9-9:45am	East	7	\$63/\$79	Vanessa
222119	2/24-4/14	Tu, 9-9:45am	East	7	\$63/\$79	Vanessa

► CONCERT CLASSES =

Participants will perform in the Spring Dance Concert, April 18 & 19, 2015 at Niwot High School. Concert participants must pay a one-time concert fee to help defray production costs such as facility rental, lighting, etc. and a one-time costume fee. Please make these payments at the registration office by February 1, 2015.

Required one-time concert fee to be paid by all participants: 220382 \$35
Required one-time costume fee to be paid by all participants: 220383 \$50

► PRESCHOOL DANCE

Creative Movement

(Ages 2.5 - 5) This fun-filled class blends the magic of childhood imagination with movement and the underlying principles of dance. With imaginations fully engaged, preschoolers use props as an introduction to dance elements and movement fundamentals. Children work on body control, listening skills, balance and coordination.

(Ages 2.5-3)

222050	1/7-4/15	W, 9-9:45am	South	14	\$112/\$140	Cindy
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(Ages 4-5)

222051	1/7-4/15	W, 9:45-10:30am	South	14	\$112/\$140	Cindy
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Drumming and Movement

(Ages 3-5) Have fun while learning to drum and dance! Utilizing children's lullabies and nursery rhymes, students will learn basic concepts of drumming, while incorporating creative dance movement.

222060	1/5-4/13	M, 10:30-11:15am	South	14	\$112/\$140	Cindy
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222061	1/7-4/15	W, 10:30-11:15am	South	14	\$112/\$140	Cindy
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World Rhythms for Children

(Ages 3-5) This is a creative dance movement class that will incorporate children's music from around the world, focusing on music from Africa, South America, Cuba and Brazil.

222046	1/8-4/16	Th, 4-4:45pm	South	14	\$112/\$140	Judy
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Little Feats Ballet

(Age 3) This class explores creative movement concepts, which are the building blocks of later dance techniques, combined with an introduction to beginning ballet technique. Dancers improve their fine and gross motor skills through play-based activities and working with props.

222040	1/5-4/13	M, 9-9:45am★	North	14	\$112/\$140	Cindy
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222042	1/10-4/18	Sa, 9-9:45am★	East	14	\$112/\$140	Vanessa
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Pre-Hip Hop

(Ages 3-5) This fun and high energy class is for the little dancer that likes to move, loves to dance and is ready to show off at the Spring Dance Concert. Hip Hop is an internationally popular dance form that promotes physical fitness while having fun!

NEW!

222101	1/6-4/14	Tu, 10:45-11:30am	East	14	\$112/\$140	Vanessa 
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Pre-Ballet

(Ages 4-5) Pre-Ballet classes nurture your child's interest in dance, while increasing coordination, concentration levels, cooperation, flexibility and ability to follow instructions.

222043	1/5-4/13	M, 9:45-10:30am★	North	14	\$112/\$140	Cindy
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222044	1/8-4/16	Th, 10:45-11:30am	East	14	\$112/\$140	Sylvia
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222045	1/10-4/18	Sa, 9:45-10:30am★	East	14	\$112/\$140	Vanessa 
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DANCE - YOUTH

Pre-Jazz & Ballet

(Ages 4-5) Jazz dance for children is a joyful, high energy dance form. This course combines ballet technique with jazz influences. These introductory classes provide students knowledge of dance class format, and a special emphasis on music and rhythm.

222098 1/6-4/14 Tu, 10-10:45am East 14 \$112/\$140 Vanessa 

Pre-Tap & Ballet

(Ages 4-5) An introduction to tap and ballet dance. Rhythmic awareness and music appreciation are developed as your child enjoys exploring dance in a fun, creative setting. Props, music and visual aids elicit creative movement that builds coordination, strength and self confidence.

222124 1/6-4/14 Tu, 11:30am-12:15pm★ North 14 \$112/\$140 Sylvia 

222125 1/8-4/16 Th, 10-10:45am East 14 \$112/\$140 Sylvia 

Kinder Ballet

(Ages 5-6) The kindergarten dancer will love this joyful and high energy class. The basic elements of ballet will be taught in a creative and fun way.

222052 1/8-4/16 Th, 3:15-4pm KDS* 14 \$112/\$140 Vanessa 

222053 1/10-4/18 Sa, 10:30-11:15am★ East 14 \$112/\$140 Vanessa 

*Kinesis Dance Studio, 5603 Arapahoe, Unit 6, Boulder | 80303

Kinder Tap

(Ages 5-6) Students will tap to wide variety of music in the development of listening and tap skills in a fun and encouraging environment. Practice of tap builds strength, concentration, balance and coordination for this age group.

222126 1/9-4/17 F, 4-4:45pm North 14 \$112/\$140 Mary 

Youth Ballet Level 1/2

(Ages 9-12) Students will study the performance art of ballet, from barre to center techniques including movement across the floor and short choreographies. Dancers will jump and turn while learning classroom etiquette, terminology, body alignment, and musicality. Ballet attire is required. For girls, pink tights, black leotard, & ballet slippers, long hair must wear a bun. Comfortable black shorts or pants, white T-shirt, and ballet shoes for boys.

222049 1/8-4/16 Th, 4:30-6pm East 14 \$147/\$184 Georgia 

Ballet 2

(Ages 7-10) Four classes of previous experience required.

222047 1/5-4/13 M, 4:45-5:30pm★ East 14 \$112/\$140 Vanessa 

Jazz 1/2

(Ages 6-8) Jazz dance for children is a joyful, high energy dance form. These introductory classes provide students knowledge of dance class format, and a special emphasis on music and rhythm.

222095 1/5-4/13 M, 4-4:45pm★ East 14 \$112/\$140 Vanessa 

Jazz 2/3

(Ages 6-13) Two years of previous experience required.

222099 1/5-4/13 M, 5:30-6:30pm★ East 14 \$112/\$140 Vanessa 

Jazz & Tap Combo 1/2

(Ages 9-12) For students who have taken Jazz & Tap 1 or other dance classes. Learn the FUNdamentals of jazz & tap. Jazz & tap shoes required.

222128 1/7-4/15 W, 5-6pm North 14 \$112/\$140 Mary 

Kinder Hip Hop

(Ages 5-6) Hip Hop is an internationally popular dance form that promotes physical fitness while having fun! Learn the foundation of many Hip Hop styles in this vigorous and exhilarating class.

222079 1/9-4/17 F, 4-4:45pm East 14 \$112/\$140 Kevin 

Hip Hop 1/2

(Ages 7-9)

222080 1/9-4/17 F, 4:45-5:30pm East 14 \$112/\$140 Kevin 

(Ages 10-13)

222081 1/9-4/17 F, 5:30-6:30pm East 14 \$112/\$140 Kevin 

Children's Hula

(Ages 6-12) Come learn basic hula steps and ancient and modern hula dances. Hula is a holistic form of dance, which incorporates physical, spiritual, musical, cultural, historic and linguistic elements. The 'healing' function of hula has often been emphasized by health-care professionals. La'ela'e has participated in all of the major hula competitions in Hawaii.

222087 1/7-4/15 W, 4:30-5:30pm Iris 14 \$112/\$140 La'ela'e

Irish Step

(Ages 6-12) Kick up your heels to lively Irish reels and jigs! Irish dancing is rooted in tradition yet continues to evolve today, making it a unique and exciting dance form. Dancers will improve their physical dexterity, rhythm and posture while learning the basics of traditional solo step dancing and ceili social dancing in a fun, upbeat environment. Classes also include a proper warm-up with strengthening exercises and stretching.

222090 1/5-4/13 M, 6:30-7:15pm South 14 \$112/\$140 Elizabeth

Ballet Theater

Ballet Theatre Company is a group of intermediate-level students who take ballet lessons, including pointe, based on the Russian Vaganova Syllabus 3 or more times per week and who perform at the Holiday Show in December and at the Spring Concert in April. Classes are Mondays, Wednesdays and Saturdays for the academic year 2014-2015. If you are interested in participating in this group, please contact Kinesis Dance at 720-515-6268 or kinesisdance@outlook.com

222380 1/5-4/13 M, 6:30-8:30pm Iris 14 \$216/\$270 Elizabeth R. 

► CONCERT CLASSES =

Participants will participate in the spring Dance Concert to be held in April, 2015. Concert participants must pay a one-time concert fee to help defray production costs such as facility rental, lighting, etc. and a one time costume fee. Please make these payments at the registration office by Nov. 15.

Required one-time concert fee to be paid by all participants: 220382 \$35
Required one-time costume fee to be paid by all participants: 220383 \$50

EXPAND



Exciting Programs Adventures & New Dimensions is designed to meet the unique needs of people with disabilities in specialized and inclusive programs.

EXPAND provides opportunities for people with disabilities to improve and gain new recreation and leisure skills that will enhance their overall well-being and improve their quality of life.

Please contact Sherri Brown at 303-441-4933 or email at brownsh@bouldercolorado.gov with any questions. Unless otherwise noted, programs are for all ability levels.

Scholarships

Scholarships are available for individuals. For more information contact Sherri Brown at 303-441-4933.

EXPAND Services

EXPAND is a service provider and able to bill outside agencies/funding for services. Contact Sheri Brown, 303-441-4933.

Group

Participants who are independent or require minimal verbal prompting with personal care, hygiene, dressing, eating, balance and typical social behavior.

1 on 1

Participants who need physical assistance and/or additional support due to behavioral needs should register for classes using the "1 on 1" class code. If no "1 on 1" code is available and you need assistance, call the contact person listed to get approval or guidance.

Inclusion!

A great opportunity to make new friends and explore other programs. Participate in a general recreation class with your peers. Support will be provided. Contact Sherri Brown at 303-441-4933 two weeks prior to class start date for more information about inclusion.

► SKI/WINTER PROGRAMS

Eldora Skiing Lessons

(Ages 6+) Learn how to ski/snowboard or improve your skills with half day lessons! Fee includes equipment, Ignite membership, lift ticket & Ignite instructor. Paperwork must be completed online after registering. Reduced Rate is not applicable for this program, but scholarships are available. **We will meet at the Boulder Bus Station and take the RTD to Eldora** (bus fare required). Contact Lori Goldman, 303-413-7256.

Alpine Skiing/Snowboarding

222835	1/11-2/15	Su, 8am-2pm	RTD Station	6	\$490/\$505
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Cross Country Skiing/Snowshoeing

222836	1/11-2/15	Su, 8am-2pm	RTD Station	6	\$310/\$325
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EXPAND Ski Team

(Ages 12+) Enjoy skiing at Eldora while preparing for Special Olympics Competition. You must be an independent skier/snowboarder and provide your own equipment. If you have a season's pass to Eldora, please contact Lori for price. The first day of class we will do a skill assessment so we can split up into 2 groups according to ability level and comfort on the mountain. **We will meet at the Boulder Bus Station and take the RTD to Eldora** (bus fare required). Contact Lori Goldman, 303-413-7256. Scholarships available.

222832	1/4-1/25	Su, 8am-2pm		4	\$250/\$270
222833	2/1-2/22	Su, 8am-2pm	Boulder RTD Bus Station	4	\$250/\$270
222834	1/4-2/22	Su, 8am-2pm		8	\$500/\$540

Snowshoeing Days!

(Ages 18+) Snowshoe with others from around the metro-Denver area! Improve fitness, balance and coordination (beginner trails). Please notify instructor if equipment will be needed. Bring your own lunch. **We will meet at the Boulder Bus Station and take the RTD to Eldora** (bus fare required). Contact Lori Goldman, 303-413-7256.

222837	1/10	Sa, 12pm-5pm	RTD Station	1	\$30/\$35
222838	2/14	Sa, 12pm-5pm	RTD Station	1	\$30/\$35

TEEN Snowshoeing Day!

(Ages 8-16) Snowshoe with others from around the metro-Denver area! Improve fitness, balance and coordination (beginner trails). Please notify instructor if equipment will be needed. Bring your own lunch. We will meet at the Boulder Bus Station and take the RTD to Eldora (bus fare required). Contact Lori Goldman, 303-413-7256.

222839	3/8	Su, 10am-4pm	RTD Station	1	\$30/\$35
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► COMMUNITY INVOLVEMENT CLASSES

Benefits to participants may include improving social skills, enhancing self-esteem, improving fine and gross motor skills, improving overall health and well being, physical ability, enhancing communication skills, and promoting community independence. Activities will address each individual's need as identified in their service plan.

Mystery Program

(Ages 14+) Our interns will be planning exciting adventure, fitness, and craft activities. Contact Lori Goldman, 303-413-7256.

222840	1/5-3/16	M, 3-4pm	East Senior	11	\$55/\$69
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Unified Youth Basketball

(Ages 10-17) Join us as we practice for the Special Olympics Unified Basketball tournament. Each team will consist of Special Olympic athletes and their peers from local schools. Fee includes tournament costs. Contact Chelsea Cerny, 303-551-5329.

222682	2/2-3/9	M, 4-5pm	South	6	\$35/\$42 Group Only
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Water Aerobics

(Ages 15+) Jump right in! The water is great! We will focus on cardio and strength training in the leisure pool. This low-impact class is suitable for every fitness level. Contact Jen Heilveil, 303-413-7474.

222000	1/5-3/30	M, 4:30-5:30pm	East	13	\$78/\$97
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Walkin' & Rockin'

(Age 16+) Beat the winter blues - Come Rock & Walk! We will walk for prizes, keep track of person's best walking days, walking distances, and fitness level while listening to music. Contact Sherri Brown, 303-441-4933.

223302	1/13-3/24	Tu, 3-4pm	East	11	\$55/\$66
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Performance Dance

(Ages 16+) Be a star! We will learn a dance routine and perform for the public at Niwot High School on Saturday, April 18. Dress Rehearsal April 14. **NO CLASS ON MARCH 24th.** Contact Cory Lasher, 303-413-7269.

222185	2/10-4/14	Tu, 4-5pm	East	10	\$70/\$87 Group Only
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Unified Basketball

(Ages 16+) Unified Basketball League - teams will be determined in December and each team will play a weekly game for 1hr between 5-8pm. New players please contact Sherri at brownsh@bouldercolorado.gov or 303-441-4933.

222002	1/6-3/17	Tu, 5-8:30pm	East	11	\$40
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EXPAND Banquet

Celebrate participating with EXPAND with a pancake dinner, dancing and awards. Everyone welcome! Everyone needs to register. Contact Sherri Brown, 303-441-4933.

222013	3/17	Tu, 6-8pm	East Senior	1	\$8
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Vegas Night

(Ages 16+) It's Vegas Night! Come try your luck at beating the EXPAND staff at all the Vegas games: black jack, poker, roulette wheel, etc. Contact Sherri Brown, 303-441-4933.

223303	4/7	Tu, 6-8pm	East Senior	1	\$20/\$24
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Move n' Groove

(Ages 16+) Move n' Groove aerobics is a joyful and energetic blend of modern dance, chair aerobics, martial arts and yoga. We will work on flexibility, stress reduction and core strengthening with joy and self-expression. Contact Jen Heilveil, 303-413-7474.

222001	1/7-3/25	W, 4-5pm	East	12	\$72/\$90
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Skit Performance

(Ages 16+) Let's create a skit together and perform it for the EXPAND Banquet on Tuesday, March 17th. Please make sure you can attend the March 17th event. Contact Cory Lasher, 303-413-7269.

222210	1/28-3/11	W, 5-6pm	East Senior	7	\$45/\$51
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Weight Lifting

(Ages 16+) Learn to use the fitness machines and equipment to increase muscle tone and increase strength. Great way to improve your overall fitness level. Contact Sherri Brown, 303-441-4933.

222004	1/8-3/26	Th, 2:30-3pm	East	12	\$40/\$50
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Spinning

(Ages 16+) Awesome Exercise. Ride the stationary bike while socializing with friends. Let's work on improving your core strength and increase your endurance level while having fun! Contact Sherri Brown, 303-441-4933.

222005	1/8-3/26	Th, 3-4pm	East	12	\$60/\$72
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Healthy Snacks

(Ages 15+) While waiting for your next class come join us for a healthy snack. We will provide the snack each week and will talk about good eating habits. Contact Sherri Brown, 303-441-4933.

223300	1/8-3/26	Th, 4-4:30pm	East Senior	11	\$60/\$72
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Smile and Stretch

(Ages 15+) Give your body and spirit an hour of rejuvenating focus. Practice breathing and floor yoga positions. We will practice balance, stress reducers, and increasing clarity of mind. Contact Jen Heilveil, 303-413-7474.

221997	1/8-3/26	Th, 4:30-5:30pm	East Senior	12	\$72/\$90
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EXPAND

Special Olympics Swim Training

(Ages 8+) For lap swimmers who want to complete in Special Olympics in May. Swimmers must be comfortable in the lap pool. Contact Jen Heilveil, 303-413-7474.

222006	1/8-3/26	Th, 6-7pm	East	12	\$80/\$100
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Bowling

(Ages 8+) Strikes and Spares! Bowl with new and old friends at CU UMC Bowling alley. Participants will be placed on lanes according to age. Fee includes two or more games and shoes. Contact Jen Heilveil, 303-413-7474.

222003	1/23-3/6	F, 3:15-4:15pm	CU	7	\$70/\$89
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Cards, Crafts and Coffee

(Ages 16+) Get out of the cold and join us for a variety of games, craft projects and warm beverages. Contact Chelsea Cerny, 303-551-5329

223198	2/21-3/21	Sa, 10-11am	North	5	\$32/\$38
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Mini Triathlon

(Ages 14+) Take part in the Recreation Center's fun triathlon! You will water walk for 15mins., bike for 20 mins on a stationary bike, and walk/run for 30mins on a trail. Contact Jennifer Heilveil, 303-413-7474.

222014	3/7	Sa, 12-4pm	East	1	\$25
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Gymnastics Team Training

(Ages 8+) Prepare for Special Olympics Competition. Participants will be grouped by age and ability. Gymnastics improves coordination, balance and self-esteem. Contact Chelsea Cerny, 303-551-5329. No class March 28.

222007	2/21-5/9	Sa, 3:15-4:30pm	North	11	\$88/\$106
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► FRIDAY NIGHT FUN

(Ages 8-16) Come be a part of the excitement. The group will play sports, games, make crafts; and socialize with peers. Bring your snack dinner and let the fun begin. Contact Chelsea Cerny, 303-551-5329.

Swimming Dates

Bring your towel and suit!

222192	1/16	F, 5:30-8pm	East Senior	1	\$13/\$16
222194	2/6	F, 5:30-8pm	East Senior	1	\$13/\$16
222196	3/6	F, 5:30-8pm	East Senior	1	\$13/\$16

Minute to Win It!

A night of playing several silly quick fun games. Get ready for a wild time!

222193	1/30	F, 5:30-8pm	East Senior	1	\$13/\$16
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Tie Dye

Tie dying night! Bring something to dye: a white t-shirt, pair of socks or pillow case.

222195	2/20	F, 5:30-8pm	East Senior	1	\$15/\$17
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Rocket Launch

Making rockets - 3-2-1 blast off!

222197	3/20	F, 5:30-8pm	East Senior	1	\$15/\$17
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ALL FRIDAY NIGHT FUN CLASSES (ABOVE)

Sign up for every Friday with one code and fee.

222205	\$80/\$98
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► FRIDAY NIGHT DANCES

(Ages 16+) Enjoy dancing and socializing with friends. Contact Cory Lasher at 303-413-7269.

Winter Beach Party

222182	1/23	F, 6-8pm	East Senior	1	\$8/\$10
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Sweet Heart Dance

222183	2/13	F, 6-8pm	East Senior	1	\$8/\$10
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St. Patricks Day Dance

222184	3/13	F, 6-8pm	East Senior	1	\$8/\$10
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► OUT ON THE TOWN, COMMUNITY CHOICES

(Ages 16+) Contact Cory Lasher, 303-413-7269. Please check out our winter activities and use the proper codes.

Pizza & Bingo

222188	1/14	W, 4:30-6pm	East Senior	1	\$15/\$19	1 on 1
222189	1/14	W, 4:30-6pm	East Senior	1	\$15/\$19	Group

Dinner at Country Buffet

222190	2/3	Tu, 4:30-6:30pm	East	1	\$25/\$31	Group only
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Science & Pizza

PISEC will entertain us with their science and we will have hands on fun. Pizza included.

222633	3/6	F, 5:30-7pm	East Senior	1	\$15/\$19	1 on 1
222634	3/6	F, 5:30-7pm	East Senior	1	\$15/\$19	Group

► ACTIVITIES FOR INDIVIDUALS WITH PHYSICAL DISABILITIES

Quad Rugby

(Ages 16+) Join one of the best teams in the U.S. This wheelchair sport is becoming very popular! This program is for people with physical disabilities. Contact, Jen, 303-413-7474.

221996	1/6-3/17	Tu, 10:30am-1:30pm	East	11	Free
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Journeys through EXPAND

Provides fitness, adventure and leisure opportunities for adults who have suffered a Mild Traumatic Brain Injury (MTBI) and other similar neurological conditions. These services promote personal challenge, increase self-esteem and growth in a supportive and safe environment. To make a donation or for information, call Cory Lasher at 303-413-7269.



GYMNASTICS



Gymnastics helps children build a range of motor and coordination skills, and assists in developing a good sense of body awareness.

Important Information for ALL Classes:

- Leotard or T-shirt and gym shorts required
- No street clothes, shoes, socks or jewelry
- Long hair must be securely tied back
- Cubby holes provided for shoes, etc.
- Classes may be split into smaller groups
- No make-ups for missed classes

► PRESCHOOL

Join our preschool program to explore a combination of basic movement and gymnastics events, including tumbling, balance beam, uneven bars, parallel bars, vaulting, pommel horse, rings, trampoline and the foam pit. Help your child build a strong foundation for other sports and life long skills. All skills and equipment are scaled down to accommodate children's size and ability. Enroll today! Some classes may be filled due to pre-registration of previous session participants.

January 5-March 21 (No classes January 19 & 31, February 7 & 16)

Fees			
M/Sat	(1 day per/wk)	(9 classes)	\$112(R) / \$140(N)
Tu/W/Th/F	(1 day per/wk)	(11 classes)	\$137(R) / \$171(N)

2½ Year Olds

Introduce your child to gymnastics in our structured 2½ year old class that is also perfect for 3 year olds who are having trouble separating from parents. Child must be accompanied by parent or other responsible adult. No babies or other unregistered children allowed in the gym. Twins must have two adults or attend separate classes. Participant must be at least 30 months old by first class.

221598	M, 9-9:45am ★	221605	W, 10-10:45am ★
221599	M, 10-10:45am ★	221606	Th, 9-9:45am ★
221600	M, 11-11:45am ★	221607	Th, 10-10:45am ★
221601	Tu, 9-9:45am ★	221608	F, 9-9:45am ★
221602	Tu, 10-10:45am ★	221609	F, 10-10:45am ★
221603	Tu, 11-11:45am ★	221610	Sa, 9-9:45am
221604	W, 9-9:45am ★	221611	Sa, 10-10:45am

3 Year Olds

Child attends independent of parents and must be 3 years old by first class.

221612	M, 9-9:45am ★	221622	W, 2:45-3:30pm
221613	M, 10-10:45am ★	221623	Th, 9-9:45am ★
221614	M, 11-11:45am ★	221624	Th, 10-10:45am ★
221615	M, 2:45-3:30pm	221625	Th, 11-11:45am ★
221616	Tu, 9-9:45am ★	221626	Th, 2:45-3:30pm★
221617	Tu, 10-10:45am ★	221627	F, 9-9:45am ★
221618	Tu, 11-11:45am ★	221628	F, 10-10:45am ★
221619	Tu, 2:45-3:30pm ★	221629	F, 2:45-3:30pm
221620	W, 9-9:45am ★	221630	Sa, 9-9:45am
221621	W, 10-10:45am ★	221631	Sa, 10-10:45am

4 Year Olds

Child must be 4 years old by first class.

221632	M, 9-9:45am ★	221642	W, 2:45-3:30pm
221633	M, 10-10:45am ★	221643	Th, 9-9:45am ★
221634	M, 11-11:45am ★	221644	Th, 10-10:45am ★
221635	M, 2:45-3:30pm	221645	Th, 11-11:45am ★
221636	Tu, 9-9:45am ★	221646	Th, 2:45-3:30pm★
221637	Tu, 10-10:45am ★	221647	F, 9-9:45am ★
221638	Tu, 11-11:45am ★	221648	F, 10-10:45am ★
221639	Tu, 2:45-3:30pm★	221649	F, 2:45-3:30pm
221640	W, 9-9:45am ★	221650	Sa, 9-9:45am
221641	W, 10-10:45am ★	221651	Sa, 10-10:45am

5 Year Olds

Child must be 5 years old by first class.

221652	M, 9-9:45am ★	221661	W, 2:45-3:30pm
221653	M, 10-10:45am ★	221662	Th, 9-9:45am ★
		221663	Th, 10-10:45am ★
221654	M, 2:45-3:30pm	221664	Th, 11-11:45am ★
221655	Tu, 9-9:45am ★	221665	Th, 2:45-3:30pm★
221656	Tu, 10-10:45am ★	221666	F, 9-9:45am ★
221657	Tu, 11-11:45am ★	221667	F, 10-10:45am ★
221658	Tu, 2:45-3:30pm★	221668	F, 2:45-3:30pm
221659	W, 9-9:45am ★	221669	Sa, 9-9:45am
221660	W, 10-10:45am ★	221670	Sa, 10-10:45am

GYMNASTICS

▶ GYMNASTICS CLASSES AT SOUTH

2-2½ Year Olds Intro to Gymnastics at South

This is a new class in a new location. Students, with their parent or caregiver, will learn the most basic tumbling, balancing, jumping and motor skills. The class involves mostly structured activities, appropriate to the age level.

NEW!

223197	1/7-2/4	W, 9:30-10am	5 classes	\$38/\$50	South
223298	1/7-2/4	W, 10:15-10:45am	5 classes	\$38/\$50	South
223199	2/18-3/18	W, 9:30-10am	5 classes	\$38/\$50	South
223299	2/18-3/18	W, 10:15-10:45am	5 classes	\$38/\$50	South

6-12 Year Old Girls Intro to Gymnastics at South

This is a new class in a new location which provides an opportunity to learn basic tumbling skills, along with some balance beam and vaulting activities. No prior gymnastics experience is necessary.

223200	1/7-2/4	W, 4-4:45pm	5 classes	\$34/\$45	South
223201	2/18-3/18	W, 4-4:45pm	5 classes	\$34/\$45	South

▶ BEGINNER / ADVANCED BEGINNER

This is the perfect place for your children ages 6-12 to learn basic gymnastics in a supportive, non-competitive environment. While these classes are a great continuation of our preschool program, no prior experience is necessary. Children will use tumbling, balance beam, uneven bars, parallel bars, horizontal bar, vaulting, pommel horse, rings, trampoline, and foam pit to improve coordination, strength and self-confidence while emphasizing a fun approach to learning. Participant must be 6 years old by the first class. Enroll today! Some classes may be filled due to pre-registration of previous session participants.

January 5-March 21 (No classes January 19 & 31, February 7 & 16)

Fees

M/W	(2 days per/wk)	(20 classes)	\$238(R) / \$297(N)
Tu/Th	(2 days per/wk)	(22 classes)	\$261(R) / \$327(N)
M/Sa	(1 day per/wk)	(9 classes)	\$107(R) / \$134(N)
Tu/W/Th/F	(1 day per/wk)	(11 classes)	\$131(R) / \$163(N)

Boys Ages 6-12

221671	Tu/Th, 3:45-5pm★
221672	M, 3:45-5pm
221673	W, 3:45-5pm
221674	F, 3:45-5pm
221675	F, 5:15-6:30pm
221676	Sa, 11am-12:15pm

Girls Ages 6-12

221677	M/W, 3:45-5pm
221678	Tu/Th, 3:45-5pm★
221679	M, 3:45-5pm
221680	Tu, 3:45-5pm★
221681	W, 3:45-5pm
221682	Th, 3:45-5pm★
221683	F, 3:45-5pm
221684	F, 5:15-6:30pm
221685	Sa, 11am-12:15pm

▶ “TWEEN” BEGINNER/ ADVANCED BEGINNER

(Ages 9-12) This is the perfect place for girls ages 9-12 to learn basic gymnastics in a supportive, non-competitive environment with your peers. Participants will use tumbling, balance beam, uneven bars, parallel bars, horizontal bar, vaulting, pommel horse, rings, trampoline, and foam pit to improve coordination, strength and self-confidence while emphasizing a fun approach to learning. Participant must be 9 years old by the first class. Enroll today! Some classes may be filled due to pre-registration of previous session participants. (No classes November 25 & 27)

Girls

221686	1/6-3/19	T/Th, 3:45-5pm★	North	22 classes	\$261/\$321
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▶ BOULDER FLYERS GYMNASTICS TEAM

Team classes are for intermediate to advanced gymnasts by INVITATION ONLY. Fees are due by the 15th of the month prior to the month for which the fees will be applied. If the fees have not been paid by the 1st of the month, a \$15 late fee will be charged and the gymnast will not be allowed to participate until fees are paid.

Girls Pre-Team

(Age 6+) Pre-team girls will continue developing basic skills in USAG Levels 1-2. Pre-team will prepare you for future competitive team involvement.

Girls Beginning Team-Advanced Team

(Age 6+) Team members will compete in USAG Levels 3-10.

Boys Pre-Team

(Age 6+) Pre-team boys will continue developing basic skills in USAG Levels 1-3. Pre-team will prepare you for future competitive team involvement.

Boys Beginning Team-Advanced Team

(Age 6+) Team members will compete in USAG Levels 4-10.

▶ OPEN GYM

(Ages 6-18) Have you always wanted to use the gymnastics center? Well now you can! Open gym time is available Saturdays from 1-3 pm. The number of participants is limited. All participants must have a current signed gymnastics open gym waiver. Parents can download and sign a waiver to send with their children at www.BoulderParks-Rec.org, or accompany them on their first visit and sign in person. Activities may be restricted at the discretion of City of Boulder gymnastics staff. No private coaches or parents are allowed in the gym.

Drop-in	Sa, 1-3pm	North	\$8 payable at front desk
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▶ GYMNASTICS BIRTHDAY PARTIES

Send your invites, order your cake and let us provide a great space for your child's next celebration. One hour of organized gymnastics activities and one hour in the party room.

Ages 5-7, 8-10 & 11-13

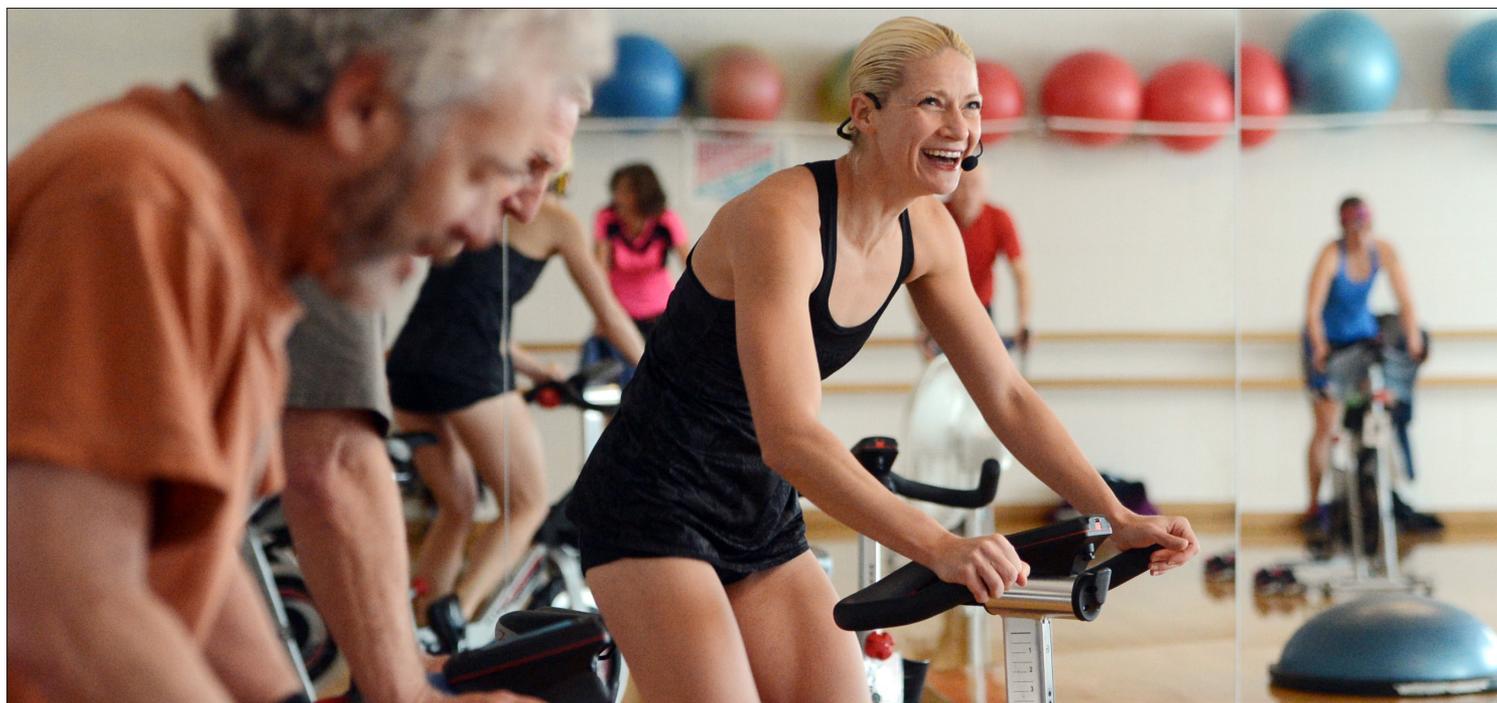
Sundays only: 1-3 pm or 2:30-4:30 pm

Up to 8 children \$145(R) / \$181(N)

9-15 children \$203(R) / \$254(N)

To book a party call 303-413-7218.





Stay active your way and on your schedule with one of our many drop-in fitness classes (find a daily schedule online).

Nutrition to Prevent Disease:

Developing Health from the Inside Out

Whether your goal is to manage your weight, sugar or cholesterol or to increase energy, vitality, and stamina, this class is for you. Learn how to create a health-enhancing diet plan by understanding your body's nutritional requirements. We will discuss what macronutrients (carbohydrates, proteins, and fats) are needed in which ratios for weight loss, how to read a food label, which fats are healthy, what cholesterol is, and how to eat a balanced low-sugar diet.

223435 2/3-2/24 Tu, 6-7:30pm East Senior 4 \$53/\$66 Erin W.

Fermented Foods – Learning how to make your own Kombucha, sauerkraut and more!

You can find some form of fermented food in nearly all traditional diets; fermented and leavened bread is talked about in Egyptian and Roman texts, Southeastern Asian cultures ate natta, kimchi and fermented soy sauce, Kefir is consumed in central Asia, and sauerkraut, crème fresh and rakfist were consumed across Europe. Fermented foods can provide beneficial bacteria and yeast to enhance and populate your digestive system. A healthy gut flora increases your immune system, creates vitamin K2 for you and prevents pathogenic bacteria and yeasts from being able to colonize. In this class we will discuss the health benefits of fermented foods while learning how to make homemade kombucha, sauerkraut, and more. Class taught by nutritionist Erin Williams MSN, CN, LMP

223535 3/24 Tu, 6-7:30pm East Senior 1 \$15/\$18 Erin W.

Grain free Breakfast and Snack Foods

Whether you are going gluten free or just looking for healthy protein packed snack alternatives this class is for you. We will be making grain free 3-ingredient pancakes, a simple snack you can take on the go, and grain free deserts. This class will show you how to make easy, healthy foods using nuts, bananas and coconut flour as the base. Class taught by nutritionist Erin Williams MSN, CN, LMP

223534 3/10 Tu, 6-7:30pm East Senior 1 \$13/\$16 Erin W.

Visitor fees for Registered Classes:

A visitors' fee option (\$17 per visit, or \$70 for 5 visits) is available for most classes if they are not full. Pay your visitor's fee at the front desk and bring the receipt to the instructor. For questions about any fitness class, please call Summer Kennedy at 303-413-7264.

Therapeutic Stretching

Use foam rollers, straps, ballet barre, beginner level Pilates exercises and yoga postures to increase your flexibility, soothe your muscles and improve your posture. Learn standard therapeutic strengthening exercises that you can perform on your own at home. The class is taught by a certified Pilates and yoga instructor. All levels welcome.

221829 1/7-3/18 W, 5:30-6:30pm South 11 \$96/\$120 Lisa

Classical Stretch/Essentrics

This dynamic weight free program strengthens muscles creating a long lean shape. The unique fluid movements slenderize and tone the abs, waist, thighs, arms and back. Your posture will improve as your body becomes toned, flexible, agile and strong.

221801 1/6-2/12 Tu/Th, 7:30-8:30am East 12 \$105/\$131 Marti

221802 2/17-3/26 Tu/Th, 7:30-8:30am East 12 \$105/\$131 Marti

Adult Kickbox

Jab, cross, upper-cut, hook! High intensity aerobics using powerful boxing moves. Equipment provided.

221586 1/5-2/11 M/W, 5:30-6:30pm North 12 \$105/\$131 Ignacio

221587 2/11-3/15 M/W, 5:30-6:30pm North 12 \$105/\$131 Ignacio

HEALTH & WELLNESS: FITNESS & WEIGHTS

Bootcamp

This high-intensity workout will kick start your day. Increase your speed, agility, strength and stamina in this fun, powerful, challenging workout. Meets outside, weather permitting.

221795	1/5-2/11	M/W, 7-8am	East	12	\$105/\$131
221796	1/6-2/12	Tu/Th, 6:30-7:30am	South	12	\$105/\$131
221798	2/16-3/25	M/W, 7-8am	East	12	\$105/\$131
221799	2/17-3/19	Tu/Th, 6:30-7:30am	South	10	\$88/\$109

Resistance Training

Maintaining muscle strength is especially important as we get older, but who says you can't have fun while working out? You will use free weights, resistance tubes, stability balls and low impact movements to gain and maintain strength.

221792	1/5-2/11	M/W, 1:30-2:30pm	East	12	\$105/\$131	Ignacio
221791	1/9-2/13	F, 11:30am-12:30pm	East	6	\$53/\$66	Melissa
221793	2/16-3/25	M/W, 1:30-2:30pm	East	12	\$105/\$131	Ignacio
221794	2/20-3/27	F, 11:30am-12:30pm	East	6	\$53/\$66	Melissa

Swiss Ball

Swiss Balls are one of today's top fitness tools- and for good reason! Incorporating low impact aerobics with full body and core strengthening, coordination, balance as well as postural awareness makes for a full body workout. Taught by a licensed Physical Therapist, the exercises are tailored for each participant to ensure safe body mechanics and proper alignment.

221824	1/5-2/9	M, 4-5pm	Salberg 6	\$53/\$66	Heidi
221825	2/16-3/23	M, 4-5pm	Salberg 6	\$53/\$66	Heidi

Swiss Ball with Props

Ready for the next level? This class is also taught by a licensed Physical Therapist will enhance your full body workout using props such as hand weights, theraband and foam rollers. Pre-Requisite: one previous class or instructor approval.

221827	1/8-2/12	Th, 4-5pm	Salberg 6	\$53/\$66	Heidi
221828	2/19-3/26	Th, 4-5pm	Salberg 6	\$53/\$66	Heidi

► FIRST AID & CPR/AED TRAINING - Heartsmart

CPR/AED Certification

Heartsmart CPR/AED certification in adult, child, infant CPR, choking protocols and use of an AED (defibrillator).

222136	1/10	Sa, 9am-12pm	South	1	\$41/\$61	Jennifer
222138	2/21	Sa, 9am-12pm	South	1	\$41/\$61	Jennifer

First Aid Certification

Heartsmart First Aid topics focus on adult emergencies including bleeding, shock, head, neck and back injuries, stroke, diabetic emergencies, seizures and more.

222137	2/21	Sa, 12:30-5pm	South	1	\$41/\$61	Jennifer
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KidsWatch Babysitting Class

(Ages 10-18) This class is designed for babysitters and covers parent interaction, how to set up clients, specifics of child development, an overview of infant/child CPR (not for certification), choking protocols and basic first aid. A KidsWatch and Pediatric First Aid book is included.

222139	3/7	Sa, 9am-2pm	South	1	\$60/\$75	Jennifer
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Spice up your workout routine and get some extra motivation to succeed by seeking the advice of our qualified personal trainers!

► WEIGHT TRAINING

NEW!

Fundamentals of Weight Training

This class introduces basic and intermediate strategies to developing an appropriate individual strength and resistance program. Emphasis will be placed on understanding basic program design, body mechanics, and implementation of resistance exercises.

222849	1/8-2/12	Th, 6:15-7:15pm	North 6	\$53/\$66	Andrew
222882	2/19-3/26	Th, 6:15-7:15pm	North 6	\$53/\$66	Andrew

Group Strength Training

Best Training Value! Participate in a small group strength training workout two days a week. You will learn how to effectively and safely use weight and cardio equipment in these one hour workouts. Class size is limited so that your trainer can focus on you. You will complete a full body weight training routine in each class. Returning, intermediate, and advanced students will continue to progress their workouts under the supervision of a trainer. Core training, stretching and circuit training may be incorporated into the routines.

221886	1/5-2/11	M/W, 9-10am	South	12	\$105/\$131	Ignacio
221888	1/5-2/13	M/F, 10-11:15am	East	12	\$131/\$164	Marti
221891	1/6-2/12	Tu/Th, 7:30-8:30am	South	12	\$105/\$131	Ignacio
221890	1/6-2/12	Tu/Th, 8:30-9:30am	South	12	\$105/\$131	Ignacio
221898	1/6-2/12	Tu/Th, 7:45-8:45am	East	12	\$105/\$131	Jessica
221884	1/6-2/12	Tu/Th, 10-11:15am	East	12	\$131/\$164	Marti
221895	1/6-2/12	Tu/Th, 4:30-5:30pm	South	12	\$105/\$131	Chris
221894	1/6-2/12	Tu/Th, 5:30-6:30pm	South	12	\$105/\$131	Chris
221887	2/16-3/18	M/W, 9-10am	South	10	\$88/\$109	Ignacio
221889	2/16-3/27	M/F, 10-11:15am	East	12	\$131/\$164	Marti
221893	2/17-3/19	Tu/Th, 7:30-8:30am	South	10	\$88/\$109	Ignacio
221899	2/17-3/26	Tu/Th, 7:45-8:45am	East	12	\$105/\$131	Jessica
221892	2/17-3/19	Tu/Th, 8:30-9:30am	South	10	\$88/\$109	Ignacio
221885	2/17-3/26	Tu/Th, 10-11:15am	East	12	\$131/\$164	Marti
221897	2/17-3/19	Tu/Th, 4:30-5:30pm	South	10	\$88/\$109	Chris
221896	2/17-3/19	Tu/Th, 5:30-6:30pm	South	10	\$88/\$109	Chris

HEALTH & WELLNESS: FITNESS & WEIGHTS

Women's Workout

Specifically designed for woman to find inspiration in numbers with strength training classes that not only build muscle, but improve bone density, burn calories and boost metabolism.

221900	1/6-2/12	Tu/Th, 6-7pm	North 12	\$105/\$131	Ignacio
221901	2/17-3/26	Tu/Th, 6-7pm	North 12	\$105/\$131	Ignacio

Women's Weight Training

All ability levels are welcome! Use free weights and machines to improve strength and muscle tone. Great for posture and extra calorie burning as well!

221906	1/5-2/11	M/W, 9:30-10:30am★	North 12	\$105/\$131	Chris
221902	1/6-2/12	Tu/Th, 9:30-10:30am★	North 12	\$105/\$131	Chris
221904	1/6-2/12	Tu/Th, 10:45-11:45am	South 12	\$105/\$131	Sue
221910	2/16-3/25	M/W, 9:30-10:30am★	North 12	\$105/\$131	Chris
221903	2/17-3/26	Tu/Th, 9:30-10:30am★	North 12	\$105/\$131	Chris
221908	2/17-3/19	Tu/Th, 10:45-11:45am	South 10	\$88/\$109	Sue

Women's Intermediate Weight Training

Move to a new level of training! This class is not for first timers and is designed for women who have become comfortable in the weight room.

221905	1/5-2/11	M/W, 8:15-9:15am	East 12	\$105/\$131	Sue
221907	1/6-2/12	Tu/Th, 9:30-10:30am	South 12	\$105/\$131	Sue
221909	2/16-3/25	M/W, 8:15-9:15am	East 12	\$105/\$131	Sue
221911	2/17-3/19	Tu/Th, 9:30-10:30am	South 10	\$88/\$109	Sue

▶ YOUTH WEIGHT TRAINING

Youth Weight Room Certification

(Ages 12-15) Meet with a trainer for three sessions and become certified to use the weight room under parent/adult supervision. Participants must complete the three sessions and pass a test administered by the trainer.
\$157.50

Shape up for Sports

(Ages 10-14) The American College of Sports Medicine recommends that youth engage in at least six to eight weeks of preseason conditioning prior to participating in sports. Certified trainers will conduct conditioning exercises to build endurance, agility, power, speed and strength to prepare youth for sport and reduce the risk of injury. Both competing and non-competing youth are welcome. Participants will be divided by age and skill level. Contact the Weight Room Operations Coordinator at 303-413-7280 to schedule groups and for fee information.

After School Basketball Pass - Only \$25!

Grab your friends and head to the recreation center to shoot some hoops! Only \$25 for the school year!

Valid for use Monday-Friday, 2:30-5pm at the following locations:

- Mondays | North & South
- Tuesdays | North & East
- Wednesdays | South
- Thursdays | North
- Fridays | North, East & South



YOUTH HEALTH FAIR

Presented by City of Boulder and Play with Heart*

Saturday, March 14 • 9 a.m. - 3 p.m.
Ages 12-19
North Boulder Recreation Center

Learn about volunteer and job opportunities within Parks and Recreation; interact with fire fighters, rangers, lifeguards and personal trainers. Test your speed, agility and strength, and learn hands on CPR. Be prepared for emergencies, learn about fire and water safety and "Get Safe Get Ready" steps.

Did you know, 26 kids die from sudden cardiac arrest everyday, 83% occur during competition or training. -*American Heart Association*

Currently, youth athletes are evaluated based on the sound of their heart, blood pressure, and a review of the individual's medical history. While these tests can help determine some medical conditions, many doctors agree that an electrocardiogram (EKG) should be added to the test to accurately determine the athlete's health. It was determined that introducing an EKG test as a preventable measure could detect two thirds of "deadly, concealed heart trouble aggravated by exercise in competition".

-*National Athletic Trainers' Association.*



Youth Cardiac Screens

Primary prevention cardiac screening will be available for youth ages 12-19, registration required, \$25 fee.

Visit www.playwithheart.org for more information or call 303-506-8182 for registration information.

*Play with Heart is an organization that was founded by a group of concerned parents, coaches, athletes and medical professionals who have been affected in one way or another by sudden cardiac death. Our mission is to prevent sudden cardiac death in youth sports communities by providing nationwide programs designed to Screen, Save & Educate.

Visit www.BoulderParks-Rec.org, more details will be posted in February.

HEALTH & WELLNESS: FITNESS & WEIGHTS

▶ PERSONAL TRAINING

Have a certified trainer design your personal blueprint for success! One hour sessions address sport specific, weight loss, rehabilitation and general fitness goals. To check out our excellent training staff and request personal training visit www.boulderparks-rec.org, visit the front desk or call 303-413-7280 to get started today!. If a client cancels more than 24 hours prior to the lesson, he or she will have the opportunity to reschedule the personal training session and will not be charged. However, if the personal training session is cancelled within 24 hours, or a client does not arrive for the lesson within 15 minutes of the start time, no refund will be issued under any circumstance. (All sessions expire one year from purchase date)

Weight Room Orientations

If you are new to the weight room you can schedule a complimentary weight room orientation with a certified personal trainer. Request these services online at BoulderParks-Rec.org visit the front desk or call Jeff Pruett at 303-413-7280 to get started today!

Private Training

(Ages 12+) Personalized training with a certified professional.

1 session \$55 • 3 sessions \$157.50 • 6 sessions \$297 • 12 sessions \$561

Semi Private Training (Two Individuals)

(Ages 15+) Customized training for you and a friend who share similar goals and fitness needs. (fee is for 2 individuals)

1 session \$70 • 3 sessions \$200 • 6 sessions \$378 • 12 sessions \$697

Personal Training Plus Facility Use Pass

Do you want the whole package? Personal Training plus gives you just that! Choose the number of sessions you want to meet with a personal trainer and receive a complimentary 3, 6, or 9 month pass to enjoy all the recreation facilities.

18 sessions with 3 month complimentary pass \$846

27 sessions with 6 month complimentary pass \$1269

36 sessions with a 9 month complimentary pass \$1692

Personal Training with a Physical Therapist

Staff therapists are available for one-on-one personal training. If you are returning to the gym from physical therapy, have chronic aches and pains, or need a home exercise plan, a staff therapist can help you in your transition to working out on your own.

1 session \$60 • 3 sessions \$171 • 6 sessions \$324

Consultation with a Dietitian

A dietitian will assess your current nutritional status and make dietary recommendations. A dietitian can assist in the management of diabetes, high blood pressure, and elevated cholesterol. A dietitian can also assist athletes with their sports performance goals.

1 session: \$55 • 3 sessions \$157.50

Request these services online at BoulderParks-Rec.org, visit the front desk or call 303-413-7280 to get started today!

Transition Out of Physical Therapy

We allow physical therapists to accompany clients that are making transitions from a clinical setting to our facility up to 3 visits. The therapist must contact the Weight Room Coordinator, Jeff Pruett 303-413-7280 in advance, to receive authorization. The client pays the daily facility admission fee. The therapist is our guest.

Short Cut to Weight Loss

Are you having trouble losing stubborn weight? Do you find yourself falling short of your weight loss goals? Try our new Shortcut to Weight Loss package. A dietician will analyze your diet as well as lead you through personal training sessions. Learn tips to help continue your weight loss journey through this unique package and start losing those stubborn pounds today!

A consultation with a dietician and 3 Personal training sessions for \$217.50



▶ PERSONAL TRAINER SPOTLIGHT

Dr. Andrew Datti

Licensed Naturopathic Physician and Massage Therapist

Dr. Datti specializes in using an integral approach to men's health, medical fitness, longevity and maximizing peak performance. He teaches the difference between exercising to support a long, healthy, functional life vs. training for high performance. Fasting, high intensity training, highly specialized nutrition, physical medicine techniques, hormone testing, botanical support, dietary supplementation and detoxification are some of the tools he uses to assist his clients to "FEEL YOUR EXCELLENCE!"

Certifications

- ACSM Health Fitness Specialist
- ACSM Exercise is Medicine Level II
- Precision Cycling Instructor
- Ayurvedic Medicine Practitioner
- Ananda Meditation Teacher



Blake Pepper-Tunick, ATC, CPT

With 7+ years of experience in endurance sports and 2+ years of experience in athletic medicine, Blake's passion for health, fitness and performance has a foundation in injury prevention and rehabilitation.

Whether you are looking to gain a competitive edge in any sport, overcome a training plateau, restrengthen and prevent re-injury or simply refresh your training plan, Blake can help you with all your fitness goals. Blake's interests include: triathlon (particularly cycling and running), hiking & skiing.

Certifications

- American College of Sport Medicine - Certified Personal Trainer (CPT)
- Bachelor of Science in Kinesiology: Athletic Training
- Certified Athletic Trainer (ATC)





Pilates mat is the ultimate full-body toning and strengthening workout.

► PILATES MAT PROGRAM INFORMATION

Registered Class Punchcard

Pilates Mat \$70 - 5 Punches

Punchcards may be purchased at Recreation Center front desks and are valid for 6 months from the date of purchase. **Present your card to the front desk personnel and give your receipt to your instructor for admission. For classes held at Salberg and Iris Center, present your punchcard to any Recreation Center front desk and give your receipt to your instructor.**

Registered Class Visitor's Fee

Pilates Mat \$17

Some classes have space available and are appropriate for visitation. Choose the level that is suitable for your experience, check space availability and pay your admission fee at the Recreation Center front desk. **Give your receipt to your instructor for admission to class. Salberg and Iris Center visitor's fees may be paid at any Recreation Center and receipt presented to instructor before admission to class.**

Make-up policy

Make-ups are approved and arranged through your instructor. Limit of two per session.

Check with the instructor for information about any dates when classes will not meet.

Are Registered Classes a Good Value?

Are Registered Classes a Good Value? Our registered mat classes cost \$8.75 (Resident) / \$10.94 (Non-resident) per class hour. Compare our prices to other clubs and studios.

► PILATES MAT

This system of exercising, developed by physical therapy pioneer, Joseph Pilates, is a non-impact system that stabilizes and aligns the body. While focused on strengthening and balancing the core muscle groups, the Pilates Method develops greater flexibility, strength, concentration, coordination and control, and increases awareness of functional body mechanics, all with the intention of building a better you.

Mat - Beginner

(Age 14+) Practice classic Pilates Method principles such as control, coordination and breath by learning the beginning sequence of Pilates mat exercises including 'hundreds,' 'rolling like a ball,' 'saw,' and 'mermaid stretch.' Props such as Pilates circles, Therabands and Theraballs are used to enhance your experience in this basics course. Effectively reshape your body with Pilates!

223370	1/4-3/15	Su, 4:15-5:15pm	Salberg	11	\$94/\$117	TBA
223436	1/5-3/16	M, 11:10am-12:10pm	Iris	11	\$94/\$117	Shana
222486	1/5-3/16	M, 5:30-6:30pm	Salberg	11	\$94/\$117	Roxolana

Mat - Intermediate

(Age 14+) This course is designed for students who are ready for the next step in their Pilates exercise routine. More emphasis is placed on flowing through Level 2 mat exercises such as 'shoulder bridge,' 'spine twist' and 'teaser III.' Advanced exercises such as 'jack knife' and 'boomerang' are introduced. Pre-requisites: Ability to perform and flow through all beginner mat exercises, in sequence, with adherence to Pilates principles, and regular practice of Pilates mat exercises.

223437	1/5-3/16	M, 10-11am	Iris	11	\$94/\$117	Shana
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Visit us online for a schedule of drop-in Pilates and Yoga classes.

▶ PRIVATE & SEMI-PRIVATE PILATES REFORMER LESSONS

Private & Semi-Private Pilates Reformer Lessons

(Age 16+) Individual instruction for those who would like an introduction to the Pilates Reformer or for those who wish to focus on individual needs. Proper and safe use of the equipment is emphasized. Private lessons will help you determine whether this form of exercise is a good fit for you.

1-Hour Private Pilates Reformer Lesson Fee: \$55/student

1-Hour Semi-Private Pilates Reformer Lesson Fee: \$35/student

Must register two or more students together at the same time.

Lessons are available at South Boulder Recreation Center and Salberg Center. Complete the Private Pilates Reformer Lesson Request Form online at www.Boulderparks-rec.org. After submitting the form you will be contacted by an instructor to set up the lessons. Once your lessons are scheduled you can go to any Recreation Center to pay for them. Present your receipt to your instructor.

24-hour cancellation policy: If a Private or Semi-Private Pilates Reformer Lesson is cancelled within 24 hours, no refund will be issued.

▶ PILATES REFORMER & MULTI-APPARATUS PROGRAM INFORMATION

Pre-requisite policy

Five private or semi-private Pilates Reformer lessons or one full 8-class Introduction/Orientation Reformer class through the City of Boulder Pilates Program, or coordinator approval, will be required to participate in any "Level 1" or higher Pilates Reformer or Multi-Apparatus class.

Make-up policy

Students who miss a Pilates Reformer or Multi-Apparatus class may attend a Pilates Mat class as a make-up, or purchase a private reformer lesson for an additional fee of \$40. Make-ups are arranged through your instructor.

Check with instructor for information about any dates when classes will not meet.

Are Registered Classes a Good Value?

Our registered classes cost \$14.52(Resident)/\$18.15(Non-resident) per class hour. Compare our prices to other clubs and studios.

▶ PILATES REFORMER

Discover the philosophy, focus and benefits of exercising on the Pilates Reformer, a non-impact system of tension springs, ropes, poles and mats. The reformer adds resistance to the Pilates Method exercises and can provide support to beginners, or challenges to more advanced students.

Reformer - Intro/Orientation

(Age 16+) This 8-week course will introduce you to the Pilates Reformer apparatus, and get you started on learning the basic Level 1 exercises. Proper and safe use of the equipment is emphasized. This form of exercise is often recommended by physical therapists, doctors and chiropractors. It effectively tones the whole body. See if Pilates Reformer is the right workout for you.

223783	1/12-3/2	M, 8:40-9:40am	South	8	\$110/\$138	Sheri
223360	1/12-3/2	M, 5:30-6:30pm	South	8	\$110/\$138	Sheri
223442	1/16-3/6	F, 11:10am-12:10pm	Salberg	8	\$110/\$138	Shana

Reformer - Level 1 - Beginner

(Age 16+) Exercises at this level, on this unique apparatus, best suit students who are familiar with the Pilates Reformer and who have either taken private lessons or completed the Introduction/Orientation Reformer class through the City of Boulder Pilates Program. Use of the reformer will quickly strengthen, stretch and reshape your body. **Pre-requisite:** Five private or semi-private Pilates reformer lessons, or completion of the 8-week Intro/Orientation Reformer course through the City of Boulder Pilates program, or coordinator approval.

223369	1/4-3/15	Su, 3-4pm	Salberg	11	\$152/\$190	TBA
223234	1/5-3/16	M, 8:45-9:45am	Salberg	11	\$152/\$190	Tamara
223209	1/6-3/17	Tu, 6:30-7:30pm	South	11	\$152/\$190	Bianca
223364	1/7-3/18	W, 10-11am	Salberg	11	\$152/\$190	Shana
223214	1/8-3/19	Th, 5:30-6:30pm	Salberg	11	\$152/\$190	Tamara
223213	1/8-3/19	Th, 6:30-7:30pm	South	11	\$152/\$190	Ellen
223750	1/9-3/20	F, 9-10am	South	11	\$152/\$190	Sheri

Reformer - Level 2 - Continuing Beginner

(Age 16+) Review Level 1 Pilates Reformer exercises such as 'footwork,' 'hundreds,' 'frog,' 'tree front,' and 'elephant,' and incorporate and practice more challenging Pilates Reformer exercises - 'short spine massage,' 'knee stretches,' and 'teaser,' for example. **Pre-requisite:** Completion of at least one session of Level 1 classes with the City of Boulder Pilates program, or coordinator approval.

223749	1/9-3/20	F, 10-11am	Salberg	11	\$152/\$190	Shana
223235	1/5-3/16	M, 10-11am	Salberg	11	\$152/\$190	Tamara
223208	1/6-3/17	Tu, 5:20-6:20pm	South	11	\$152/\$190	Bianca
223363	1/7-3/18	W, 8:40-9:40am	South	11	\$152/\$190	Sheri
223366	1/7-3/18	W, 11:10am-12:10pm	Salberg	11	\$152/\$190	Shana
223212	1/8-3/19	Th, 5:20-6:20pm	South	11	\$152/\$190	Ellen

Reformer - Level 3 - Intermediate

(Age 16+) This class will review Level 1 and 2 Pilates Reformer exercises and incorporate and practice Level 3 Pilates Reformer exercises. This is an advanced Pilates Reformer class. Students with strong Pilates Reformer experience will enjoy the workout! **Pre-requisite:** At least one session of Level 2 classes with the City of Boulder Pilates program, or coordinator approval. Must be able to consistently perform Level 2 Pilates Reformer exercises in a safe and controlled manner, and be able to confidently perform and flow through all Level 2 reformer exercises with coordination and precision.

222487	1/6-3/17	Tu, 8:30-9:30am	Salberg	11	\$152/\$190	Sheri
223365	1/7-3/18	W, 9:45-11am	South	11	\$190/\$237	Sheri
223210	1/7-3/18	W, 5:30-6:30pm	Salberg	11	\$152/\$190	TBA

MIND/BODY: PILATES/T'AI-CHI/T'AI-CHI CH'UAN

Reformer/Tower/Chair - Level 1 - Beginner

(Age 16+) You will receive an introduction to exercises on the Pilates Tower and Pilates Chair, and experience the benefits of a well-rounded practice of Level 1 Reformer exercises. Pilates Method principles will be emphasized as you work your muscles to the core. **Pre-requisite:** At least one session each of Level 1 - Beginner Reformer and Beginner Mat classes with the City of Boulder Pilates program or equivalent experience and coordinator approval.

223361	1/5-3/16	M, 11:10am-12:10pm	Salberg	11	\$152/\$190	Jane
223206	1/5-3/16	M, 6:40-7:40pm	Salberg	11	\$152/\$190	Roxolana
223439	1/7-3/18	W, 4:15-5:15pm	Salberg	11	\$152/\$190	Sheri

Reformer/Tower/Chair - Level 2 - Continuing Beginner

(Age 16+) At this level, all Pilates apparatus will be used to give you a complete Pilates workout. **Pre-requisite:** At least one session of Pilates Reformer/Tower/Chair at Level 1, or equivalent, advanced, experience and coordinator approval.

223203	1/5-3/16	M, 9:45-11am	South	11	\$190/\$237	Sheri
223362	1/5-3/16	M, 12:15-1:15pm	Salberg	11	\$152/\$190	Jane
223207	1/6-3/17	Tu, 9:40-10:55am	Salberg	11	\$190/\$237	Sheri
223211	1/7-3/18	W, 6:40-7:40pm	Salberg	11	\$152/\$190	TBA
223215	1/8-3/19	Th, 6:40-7:40pm	Salberg	11	\$152/\$190	Tamara
223385	1/9-3/20	F, 10:10-11:10am	South	11	\$152/\$190	Sheri

► T'AI-CHI CH'UAN

Beginner

(Age 14+) This ancient exercise in which standing postures are practiced in a slow moving, relaxed manner cultivates tranquility and mental control and hence appreciation for each moment in time. Doing this gentle martial art increases energy and circulation, improves balance, strengthens the spine and internal organs, and promotes general life-long health. This is an introduction to the short form Yang style of t'ai-chi ch'uan as taught by Prof. Cheng Man-ch'ing. The beginner level, the first third, will be taught in both courses.

222469	1/6-3/17	Tu, 6:45-7:45pm	North	11	\$94/\$117	Tom
222470	1/8-3/19	Th, 5-6pm	East Senior	10	\$85/\$106	Tom

Continuing

(Age 14+) This course is a continuation of the short form Yang style of t'ai-chi ch'uan as taught by Prof. Cheng Man-ch'ing. The first third will be reviewed, corrections will be made, and new choreography will be introduced.

222477	1/10-3/21	Sa, 9:30-10:30am	Iris	11	\$94/\$117	Tom
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► T'AI-CHI

(Age 14+) Learn energizing Qi Gong warm-up exercises, the 5 Element form and first circle as taught by Master Chungliang Al Huang. Inspirational music and guided stress reduction relaxation are included.

223204	1/12-3/2	M, 5:20-6:20pm★	East Senior	8	\$68/\$85	Cynthia
223205	1/15-3/5	Th, 12-1pm	Iris	8	\$68/\$85	Cynthia

► HEARTBEATYOGA DROP-IN

(Age 8+) This fun, contemplative, aerobic exercise includes yoga practice, mindful music, body awareness exploration, and free-form, guided and participant-led movement dance with meditative themes. It brings a conscious, spontaneous state to exercise that has the therapeutic effect of connecting students to themselves, others, and the earth. Heartbeatyoga tones your body and releases visceral tension, expands your endurance and lung capacity, and rejuvenates your internal state.

► ZUMBA® DROP-IN

(Age 14+) Zumba® classes feature zesty Latin music, like salsa, merengue, cumbia and reggaeton. Experience exhilarating, easy-to-follow moves and the invigorating atmosphere as you dance your way to fitness. It's a blast!

► AYRE DROP-IN

(Age 14+) This class is a fusion of different dance styles and fitness moves set to fun and upbeat music.

► DANCE FUSION DROP-IN

(Age 14+) Channel your inner dance self! Workout with t'ai chi-like moves and free-dancing. This class has great energy, is low-impact aerobic and just plain fun. Moves are simply choreographed at three levels of exertion. There is an emphasis on students being present in their bodies, letting loose and dancing their own way.

► NIA DROP-IN

(Age 14+) Combining carefully selected movements and concepts from Yoga, Martial Arts, Jazz, Modern Dance and other movement forms, Nia classes offer total body cardiovascular conditioning and cross-training for any sport or activity. All Nia movements are adaptable and can be personalized for any level of fitness and agility. Everyone is welcome.



Start the New Year with an out of this world Nia Jam!

Join us for our Annual New Year's Day Nia Jam at East Boulder Community Center.

Start the new year with this low-impact, high-energy workout. Beginners welcome!

Wear something out of this world, lightweight workout shoes or go barefoot, and bring a water bottle.

Thursday, Jan. 1, 2015
9 a.m. - 1 p.m. • East
 (Nia starts at 10 a.m.)

See back cover for detailed schedule.



Register for the Yin Yoga course to learn the poses and create a personalized practice.

► YOGA PROGRAM INFORMATION

Registered Class Punchcard

Yoga program classes \$70 - 5 Punches

Punchcards may be purchased at Recreation Center front desks and are valid for 6 months from the date of purchase. **Present your card to the front desk personnel and give your receipt to your instructor for admission.**

Salberg and Iris Center class punchcard holders may present card at any Recreation Center and present receipt to instructor before admission to class.

Registered Class Visitor's Fee

Yoga program classes \$17

Select classes have space available and are appropriate for visitation. Choose the level which is suitable for your experience, check space availability and pay your admission fee at the Recreation Center front desk. **Give your receipt to your instructor for admission to class.** *Salberg and Iris Center visitor's fees may be paid at any Recreation Center and receipt presented to instructor before admission to class.*

Make-ups - Approved and arranged through your instructor. Limit of two make-up classes per session.

Check with instructor for information about any dates when classes will not meet.

Yoga Mats & Eyebags - It is recommended that students bring their own mat. Please bring your own eyebag if you choose to use one during relaxation.

Recommendation: It is recommended that students who are new to Yoga attend a registered yoga course prior to attending our drop-in classes.

Are Registered Classes a Good Value?

Our registered classes cost \$8.75(Resident)/\$10.94(Non-resident) per class hour. Compare our prices to other clubs and studios.

Yoga participants should be able to sit comfortably on the floor, kneel, and then stand, lunge, and support some weight with the arms. For even gentler yoga classes and chair yoga classes, please contact Boulder Senior Services at 303-413-7489.

Beginner Yoga

(Age 14+) Learn the basics of stretching and correct alignment in detail in order to practice yoga safely. Newcomers, students returning for a refresher, and those wishing to refine a lifelong yoga routine find this pace suitable. Explore correct breathing - the cornerstone of all yoga levels, foundational standing, seated and supine poses, twists, and modifications for individual body types.

222443	1/4-3/15	Su, 4:30-6pm	North	11	\$140/\$175	John
222437	1/5-3/16	M, 6:30-8pm	East Senior	11	\$140/\$175	Erin
222438	1/6-3/17	Tu, 9:15-10:45am	South	11	\$140/\$175	De
222440	1/8-3/19	Th, 9:15-10:45am★	North	11	\$140/\$175	Louann
222442	1/9-3/20	F, 9-10:30am★	East	11	\$140/\$175	Brian

Yin Yoga

(Age 14+) Through a series of long-held postures, with little muscular effort, Yin Yoga focuses on gently stretching and healing the connective tissues such as the ligaments, bones, and even the joints of the body, specifically the connective tissues of the hips, lower spine and pelvis, rather than on muscular engagement. Yin Yoga has the same goals and objectives as all other types of yoga; however, it directs the benefits and stimulation deeper than the superficial or muscular tissues. Yin Yoga is practiced entirely with floor poses and is a perfect complement to the dynamic and muscular styles of yoga that emphasize internal heat and the lengthening and contracting of muscles. All levels are welcome.

222480	1/9-3/20	F, 1:30-2:45pm	North	11	\$117/\$146	Karen C.
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Gentle Continuing Yoga

(Age 14+) This course is for those students who wish to tone down their physical yoga practice. Both standing and floor postures will be practiced within the boundaries of the individual student's capabilities. Pre-requisite: Students should have intimate knowledge of yoga postures, yoga principles, and yoga breath, and be able to sit comfortably on the floor, kneel, and then stand, lunge, and support some weight with the arms.

222449	1/7-3/18	W, 5:30-7pm	South	11	\$140/\$175	Andrea
222448	1/8-3/19	Th, 9:15-10:45am	South	11	\$140/\$175	Kathleen

Continuing Yoga

(Age 14+) This ongoing level is moderately paced for beginners who have studied yoga regularly for 6 months or more. Classes review the fundamentals and variations with longer holding of poses and/or the addition of the flowing vinyasa style. Emphasis on the breath and attention to structure help you enjoy a deeper level of understanding. The continuing level is also a comfortable match for students preparing for more vigorous practice, and fit individuals who exercise often but are new to yoga.

222444	1/6-3/17	Tu, 3:15-4:45pm★	North	11	\$140/\$175	Louann
222446	1/7-3/18	W, 5:45-7:15pm	North	11	\$140/\$175	Louis
222447	1/8-3/19	Th, 5:30-7pm	North	11	\$140/\$175	Shawna

MIND/BODY: YOGA/MELT®/FELDENKRAIS®

Pilates Mat/Yoga - Beginner

(Age 14+) Learn Pilates Method principles and a combination of Pilates mat exercises and yoga at the beginner level. Also suitable for continuing beginner students.

223747 1/9-3/20 F, 9-10:15am South 11 \$117/\$146 Lisa

Chi Kung

(Age 14+) Qigong (also spelled Chi Kung) is a form of yoga with roots in ancient China. Its many benefits include physical health and vitality, emotional wellbeing, mental clarity, and the unfolding of our deepest potential. A regular qigong practice may, over time, reduce chronic pain, resolve anxiety/depression, and support rejuvenating sleep cycles. This course, perfect for beginners and more advanced practitioners alike, will introduce the joyful and powerful practice of qigong by exploring the ten stages of qi cultivation. Each class will combine breathing and visualization exercises with gentle movements that stretch muscles and tendons, and circulate qi (life force) through the meridians (channels of body awareness also used in acupuncture). By the end of the course, you will have learned ten life-affirming and health-enhancing qigong practices.

222484 1/4-3/15 Su, 9:30-11am North 10 \$131/\$164 Beth

Iyengar Yoga

(Age 14+) Classes will focus on the systematic teaching method of the Iyengar Yoga Method of Classical Hatha Yoga. Instructors give clear demonstrations of the postures and provide specific teaching points to awaken the body's innate intelligence. Students are observed and, if necessary, adjusted to help them find their optimal alignment. Modifications to the classic yoga postures can be made for individual students. Props such as blocks, blankets and belts are used to enable students to stay longer and penetrate more deeply into the posture.

223368 1/10-3/21 Sa, 9-10:30am North 11 \$140/\$175 Karen D.

Power Yoga

(Age 14+) Power up for an invigorating practice! This is a flowing vinyasa yoga class which progresses from simple to complex, allowing you to fully embody the postures and focus on powerful transitions. We will practice Sun Salutations, standing poses, seated poses, twisting and back bending, and inversions. Experience with yoga is helpful, but not necessary.

223236 1/6-3/17 Tu, 6:45-8pm North 11 \$117/\$146 Maggie

Restorative/Gentle Yoga

(Age 14+) Give your body and spirit an opportunity to focus and rejuvenate. Practice breathing and floor postures supported by blankets, bolsters, blocks and straps. The restorative method of yoga creates greater flexibility, balance and inward connection. It reduces stress and increases clarity of mind. This type of yoga is helpful for those who are recovering from illness.

222478 1/7-3/18 W, 10:30-11:45am★ North 11 \$117/\$146 Karen D.

222479 1/10-3/21 Sa, 10:40-11:55am North 11 \$117/\$146 Karen D.

Therapeutic Yoga

(Age 14+) This class explores gentle, safe, focused yoga motions and postures. The purpose of which is to find balance between mind, muscles, physiology and kinesiology. This class is suitable for those recovering from injury and/or surgery, those with limited range of motion or anyone wanting a gentle introduction to yoga.

222466 1/6-3/17 Tu, 5:15-6:30pm★ North 11 \$117/\$146 Cassandra

222467 1/7-3/18 W, 4-5:15pm South 11 \$117/\$146 Lori

222468 1/9-3/20 F, 4-5:15pm North 11 \$117/\$146 Cassandra

Yoga, Meditation, Pranayama

(Age 14+) Quiet your mental chatter so that your luscious sensory experience fills you with joy. You will learn several methods of meditation and pranayama (breathing) so you can develop a practice that uniquely suits you. No previous experience with meditation or with yoga required.

Yoga & Meditation

223438 1/5-3/16 M, 9:30-10:45am★ North 11 \$117/\$146 Shawna

Meditation & Pranayama

222483 1/9-3/20 F, 10-11am★ North 11 \$94/\$117 Ravi

Women's Yoga

(Age 14+) Share time and energy with other female practitioners of yoga as you immerse yourself in simple routines designed for the present moment in all passages of life: teen, pre/post natal, mid-life and senior years. This class specifically addresses women's bodies with an emphasis on breath, strengthening skeletal health, and restoring energy and inner beauty.

223232 1/7-3/18 W, 9:15-10:45am East 11 \$140/\$175 Alicia

Middle School Yoga

(Age 11-15) Practicing yoga develops strength, flexibility, and balance for all body types. It enhances athletic, music, and dance skills and complements the arts and sciences. Teens improve body confidence, learn how to avoid injury, increase concentration and reduce stress while enculturating a life-long tool for healthy, heartfelt living.

222464 1/6-2/3 Tu, 4:15-5:15pm East 5 \$43/\$53 Wendy

222465 2/10-3/10 Tu, 4:15-5:15pm East 5 \$43/\$53 Wendy

► MELT®

(Age 14+) Learn simple self-care techniques you can use every day to make your body feel better and function more efficiently. Relieve aches and pains brought on by aging and active living. Reduce inflammation, ease chronic neck and low back strain, improve alignment, and learn how to keep your whole body working better. Soft foam rollers and small MELT® hand and foot balls will be used to rehydrate the connective tissue throughout your body and make your muscles and joints happy! Regardless of your age, gender, or current activity level, anyone can learn to MELT®! *Classes will focus on length and strength.



222485 1/11-3/22 Su, 12:30-2pm North 10 \$128/\$160 David

► FELDENKRAIS®

(Age 14+) Practicing the Feldenkrais® Method helps students move with more ease, coordination and freedom from pain. Subtle, slow movements are experienced while lying down, standing or sitting in a chair. The Feldenkrais Method is a re-education of the nervous system and the physical body. It is especially helpful for those who experience tension and/or pain, and greatly benefits those who would like to move more efficiently during all physical activities.

222481 1/7-3/18 W, 6:30-7:45pm East Senior 10 \$106/\$133 Gil

222482 1/9-3/20 F, 12-1pm★ Iris 11 \$94/\$117 Gil

POTTERY



Pottery is highly enjoyable and has therapeutic benefits for all ages as it helps to maintain cognitive, emotional, social and physical well being.

Exciting news for the City of Boulder Parks and Recreation Pottery Lab!

NEW!
The Parks and Recreation Department recently completed its master plan, which was accepted by City Council in January 2014. In order to focus departmental resources on the key themes identified in the master plan, the plan recommends that the department shift to a practice that facilitates the delivery of high quality programs with community partners.

We are pleased to announce that the City of Boulder Parks and Recreation Department has entered into an agreement with Studio Arts Boulder (SAB) to manage and operate the Pottery Lab, 1010 Aurora, including the provision of high-quality programming for the Boulder Community.

Studio Arts Boulder will assume operations and management of the Pottery Lab beginning January 1, 2015. Until that time, the Parks and Recreation Department will remain responsible for all operations, including registration for classes, while working closely with Studio Arts Boulder to ensure a smooth transition in January. **Please note that registration for classes beginning in January will be taken through Studio Arts Boulder at www.BoulderPottery.org.**

We look forward to this new partnership and support Studio Arts Boulder in their successful management of the Pottery Lab.

For more information about the Pottery Lab please visit us online at www.boulderparks-rec.org or www.BoulderPottery.org.



► ADULT POTTERY

All pottery classes are held at the City of Boulder Pottery Lab, 1010 Aurora.

- Students need to provide their own tools.
- For safety reasons, do not wear open toed shoes.
- Bring a towel to class.
- Adult courses include up to 50 lbs. of clay, glazes, firing, and instruction.
- Street Parking is available, be aware that some parking is restricted to 2 hours from 9 a.m to 5 p.m. Monday-Friday.

***To register for pottery classes visit www.BoulderPottery.org**

Adult Beginner

(Age 16+) Experience the fun and satisfaction of working with clay. Basic hand-building, beginning wheel-throwing and glazing are introduced.

* 1/13-3/10 Tu, 6-8:30pm Pottery Lab 9 \$230

Beginning Wheel-Throwing and Hand-Building

(Age 16+) Both beginning throwing on the wheel and hand--building techniques will be highlighted in this class for the beginning students.

* 1/15-3/12 Th, 9-11:30am Pottery Lab 9 \$230

Adult Intermediate

(Age 16+) This class for intermediate students includes wheel-throwing, hand-building, glazing and firing. Class is combined with Senior Pottery.

* 1/13-3/10 Tu, 9-11:30am Pottery Lab 9 \$230

Senior Pottery

(Age 60+) All skill levels are welcome to participate in this class in which the art of wheel-throwing, hand-building, decorating and basic sculpture and firing are explored. Meet new friends while learning a new hobby.

* 1/13-3/10 Tu, 9-11:30am Pottery Lab 9 \$230

Tableware

(Age 16+) Students will concentrate on making tableware to celebrate the daily ritual of preparing, serving and sharing great food.

*	1/15-3/12	Th, 6-8:30pm	Pottery Lab	9	\$230
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All Levels

(Age 16+) This popular class is designed for the beginning/advanced student with individual needs or special projects. Includes both wheel-throwing and hand-building.

*	1/12-3/9	M, 7-9:30pm	Pottery Lab	9	\$230
*	1/14-3/11	W, 7-9:30pm	Pottery Lab	9	\$230

▶ SATURDAY SPECIAL SESSIONS

NEW!

Session 1 - Centering

(Age 16+) Having trouble centering your clay with ease? This 2 week special class will teach you new techniques and help you master the art of centering.

*	1/10-1/17	Sa, 9-11:30am	Pottery Lab	2	\$50
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Session 2 - Lids, Spouts & Handles

(Age 16+) With demonstration and one-on-one attention, practice techniques for mastering lids, spouts and handles.

*	1/24-1/31	Sa, 9-11:30am	Pottery Lab	2	\$50
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Session 3 - Feet & Finishing

(Age 16+) Terminations take an ordinary pot into the extraordinary. Come in for demonstrations to help perfect your feet and finishing your pieces in a more elegant way.

*	2/7-2/14	Sa, 9-11:30am	Pottery Lab	2	\$50
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Session 4 - Basic Digital Photography

(Age 16+) Sharing pictures of your pots can help your friends and family appreciate all your hard work. Come to this 2 week special on taking great pictures of your pots for the web, Facebook or publishing.

*	2/21-2/28	Sa, 9-11:30am	Pottery Lab	2	\$50
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*To register for a pottery class visit,
www.BoulderPottery.org

▶ YOUTH POTTERY

Child/Parent Pottery

(Ages 4+) Here is a perfect opportunity to make hand-built pottery with your child. Emphasis is on working on a project as a family unit.

*	1/15-3/5	Th, 11am-12pm	Pottery Lab	8	\$117
*	1/15-3/5	Th, 1-2pm	Pottery Lab	8	\$117
*	1/17-3/7	Sa, 9-10am	Pottery Lab	8	\$117
*	1/17-3/7	Sa, 10:15-11:15am	Pottery Lab	8	\$117
*	1/17-3/7	Sa, 11:30am-12:30pm	Pottery Lab	8	\$117

Children's Pottery

(Ages 4-5) Children play with clay and turn it into enjoyable or useful objects. Group experience and individual attention are part of this class. Forming and painting are emphasized.

*	1/12-3/2	M, 10-10:45am	Pottery Lab	8	\$91
*	1/12-3/2	M, 1-1:45 pm	Pottery Lab	8	\$91

(Ages 6-7) Children learn the basics of hand-building, including problem solving, to make tall or hollow pieces. Children will slip and paint their own work.

*	1/13-3/3	M, 3:45-4:45pm	Pottery Lab	8	\$91
*	1/13-3/3	Tu, 3:45-4:45pm	Pottery Lab	8	\$91

(Ages 8-10) Students relax and discover the joy of clay as they develop hand-building techniques and carry out ideas using a craftsman-like approach.

*	1/14-3/4	W, 3:45-4:45pm	Pottery Lab	8	\$91
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Fun Fridays

(Ages 6-8) After working hard all week, explore clay and have fun with hand-building techniques and projects that will allow freedom and creativity.

*	1/16-3/6	F, 3:45-4:45pm	Pottery Lab	8	\$91
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Pre-Teen Pottery

(Ages 8-11) Students will move downstairs to take advantage of new equipment including the slab roller, extruder and wheel to broaden their learning experience. Students must have completed a hand-building class at the Pottery Lab before signing up for this class.

*	1/15-3/5	Th, 4-5:15pm	Pottery Lab	8	\$117
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Teen Pottery

(Ages 12-16) Emphasizing creativity and enjoyment this class includes basic hand-building and wheel-throwing instruction, slip decorating, glazing and firing.

*	1/13-3/4	W, 4-6pm	Pottery Lab	8	\$117
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▶ SPRING BREAK CAMP

Pottery on the Wheel Camp

(Ages 8-12) Kid's with some clay experience can join the fun with a Kid's on the wheel camp. Hand-building and an introduction to wheel throwing skills will lead to confidence and problem solving skills in a creative and fun atmosphere.

*	3/23-3/27	M-F, 9am-12pm	Pottery Lab	5	\$160
*	3/23-3/27	M-F, 1-4pm	Pottery Lab	5	\$160



Our school day off camps are a great way to provide kids with an action packed day of activities! See pg. 29 for details.

Gym Jam

(Ages 9mos.-4) Burn off some energy. The gym will be filled each week with different equipment. We provide the fun and you provide the supervision. Register for a session or drop in for a day.

Information: Erynn at 303-441-4137 or simonee@bouldercolorado.gov

222472	1/5-2/23	M, 9:30-11:30am	South	\$24 /\$5 Drop-in
222471	1/9-2/27	F, 9:30-11:30am	South	\$24 /\$5 Drop-in

Sports Sampler

(Ages 3-4) A chance for future athletes to explore any of the following sports: basketball, t-ball, soccer, tennis, floor hockey, and other gym games.

Information: Megann at 303-413-7465 or lohmanm@bouldercolorado.gov

222569	2/10-3/17	Tu, 9:45-10:30am★	North	6	\$55/\$69
222570	2/12-3/19	Th, 5-5:45pm	South	6	\$55/\$69

Homeschool P.E.

(Ages 6-11) Expand your child's physical education experience with any of the following: soccer, basketball, rock wall, gym games, floor hockey, swimming. We focus on helping children develop strong muscles, teamwork, cardiovascular endurance, flexibility, and friendships.

Information: Megann at 303-413-7465 or lohmanm@bouldercolorado.gov

222567	1/15-3/5	Th, 2-3pm	East	8	\$60/\$75
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Financial Assistance For Recreation Facility & Programs

Did you know we offer reduced rates to assist with program fees and admission to the recreation centers for adults and children who cannot otherwise participate due to financial limitations? Youth scholarship assistance is also available for select programs and camps.

To find out more about these financial assistance programs and how to qualify, please call 303-413-7200.

▶ YOUTH VOLLEYBALL

Elementary School Volleyball Class

(Ages 7-11) Designed for elementary school students looking to learn about the wonderful sport of volleyball and practice entry level skills. Practices will focus on fundamental skill building, team dynamics, and will strive to build confidence and love for the sport.

Information: Erynn at 303-441-4137 or simonee@bouldercolorado.gov

222456	1/4-3/8	Su, 12-1:30pm	South	10	\$99/\$124
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Middle School Volleyball Class

(Ages 11-14) Do you have a middle school student who is thinking about trying out for their school team? This class has been developed for the beginning middle school player that would like to build a strong fundamental skill set in volleyball. Practices will focus on skill building, conditioning, team dynamics, and self confidence.

Information: Erynn at 303-441-4137 or simonee@bouldercolorado.gov

222457	1/4-3/8	Su, 1:30-3pm	South	10	\$99/\$124
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High School Volleyball Practices & Skill Enhancement

(Ages 14-18) Keep your volleyball skills sharp and stay conditioned for other activities. Practices include skill development, conditioning, and scrimmages. No class March 28.

Information: Erynn at 303-441-4137 or simonee@bouldercolorado.gov

222460	3/19-4/30	Th, 4:15-6pm	East	7	\$88/\$110
222458	3/21-5/9	Sa, 10am-12pm	East	7	\$88/\$110

High School Volleyball Team

(Ages 14-18) Designed as an alternative to 'club' for the female high school volleyball player, participants must have previous high school team or club playing experience. Practices will build on current skills while maintaining athletic conditioning. Practices will be on Tuesdays 4:15pm-6pm at SBRC and Saturdays 10am-12:45pm at EBCC with scrimmages on Thursday nights 7pm-10pm at NBRC. Teams will be sorted after the first, two practices. **Mandatory parents meeting will be held at the first practice.**

No registrations after January 2.

Information: Erynn 303-441-4137 or simonee@bouldercolorado.gov

218284	1/3-3/5	Tu, 4:15-6pm	South	
		Th, 7pm-10m	North	
		Sa, 10am-12:45pm	East	

► SCHOOL BREAK CAMPS

(Ages 5-11) Want to turn a challenging school day off into a fun-filled, energetic day of exciting and diverse activities for your child? Enroll them in our school day off camps where they can enjoy games, sports, swimming, indoor climbing, arts and crafts, and more! All camps provide safe, respectful, age-appropriate, supervised activities for only \$55/day (resident).

Don't miss out - Enrollment limited - sign up today!

Information: Erynn at 303-441-4137 or simonee@bouldercolorado.gov

Winter Break Camp

219745	12/22	M, 8:30am-5pm	East	1	\$55/\$69
219746	12/23	Tu, 8:30am-5pm	East	1	\$55/\$69
219747	12/29	M, 8:30am-5pm	East	1	\$55/\$69
219748	12/30	Tu, 8:30am-5pm	East	1	\$55/\$69
220183	1/2	F, 8:30am-5pm	East	1	\$55/\$69
220184	1/5	M, 8:30am-5pm	East	1	\$55/\$69

Martin Luther King Jr. Day Camp

222533	1/19	M, 8:30am-5pm	East	1	\$55/\$69
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Teacher Professional Development Day

222535	2/13	F, 8:30am-5pm	East	1	\$55/\$69
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Hangin w/ BPR - Spring Break

Ages 5-6

222541	3/23	M, 8:30am-4:30pm	North	1	\$55/\$69
222542	3/24	Tu, 8:30am-4:30pm	North	1	\$55/\$69
222543	3/25	W, 8:30am-4:30pm	North	1	\$55/\$69
222544	3/26	Th, 8:30am-4:30pm	North	1	\$55/\$69
222545	3/27	F, 8:30am-4:30pm	North	1	\$55/\$69

Ages 7-8

222546	3/23	M, 8:30am-4:30pm	North	1	\$55/\$69
222547	3/24	Tu, 8:30am-4:30pm	North	1	\$55/\$69
222548	3/25	W, 8:30am-4:30pm	North	1	\$55/\$69
222549	3/26	Th, 8:30am-4:30pm	North	1	\$55/\$69
222550	3/27	F, 8:30am-4:30pm	North	1	\$55/\$69

Ages 9-11

222551	3/23	M, 8:30am-4:30pm	North	1	\$55/\$69
222552	3/24	Tu, 8:30am-4:30pm	North	1	\$55/\$69
222553	3/25	W, 8:30am-4:30pm	North	1	\$55/\$69
222554	3/26	Th, 8:30am-4:30pm	North	1	\$55/\$69
222555	3/27	F, 8:30am-4:30pm	North	1	\$55/\$69

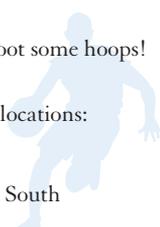
Additional school break camps available, see pgs. 27 & 38.

After School Basketball Pass - Only \$25!

Grab your friends and head to the recreation center to shoot some hoops!
Only \$25 for the school year!

Valid for use Monday-Friday, 2:30-5pm at the following locations:

- Mondays | North & South
- Tuesdays | North & East
- Wednesdays | South
- Thursdays | North
- Fridays | North, East & South



► NUGGETS BASKETBALL

Boulder Parks & Recreation partners with the National Basketball Academy and Denver Nuggets to provide quality basketball programs for rookies through all-stars.



***To register for the Denver Nuggets programs and clinics please visit: www.TheBasketballAcademy.com > Denver Nuggets**

For questions please contact Desmond Young, National Basketball Academy, 303-405-1694 or dyoung@TheBasketballAcademy.com

You may also contact Megann with City of Boulder Parks and Recreation at 303-413-7465 or lohmanm@bouldercolorado.gov.

Denver Nugget Hoop Zone

(Ages 5-14) Let's improve or learn hoop skills! Learn from the best! The Nuggets classes are highlighted with professional instruction and a 10-1 player to coach ratio. Each session will cover fundamental skill drilling, lesson drilling – jab series, ball screen series, shooting off screens, and motion cuts. Players will have the opportunity to work on skills along with playing 1 on 1, 2 on 2, and 5 on 5 game situations. No class February 16th.

Ages 5-7

*	1/26-3/2	M, 3:30-4:15pm	East	6	\$85
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Ages 8-14

*	1/26-3/2	M, 4:15-5:45pm	East	6	\$113
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Denver Nuggets School Break Basketball Clinics

(Ages 7-16) The National Basketball Academy and the Denver Nuggets are proud to offer School Break clinics designed to improve the skill level of any youth basketball player! Our dedicated staff will teach your child how to improve their game while experiencing all the fun and excitement of being associated with a NBA team! Players will be divided based on age and ability. Everyone will receive: 1 ticket to a Denver Nuggets game.

Winter Break Clinic

*	12/20-12/21	Sa-Su, 1:30-4:30pm	East	2	\$90
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President's Day Clinic

*	2/16	M, 1:30-4:30pm	South	1	\$45
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Spring Break Clinic

*	3/23-3/24	M-Tu, 9am-12pm	East	2	\$90
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Denver Nuggets Private Training

Take advantage of the National Basketball Academy's professional training program. The program is designed to take your game to the next level. Whether it be getting ready for elementary basketball or NBA tryouts, we can help improve your game. The National Basketball Academy has graduated an elite list of division 1 and pro players all over the United States.

Key skills include: Shooting, ball handling, position specific (point guard, post, shooting), rebounding, defense, game decision making and team-play dynamics.

***To register for the Denver Nuggets programs and clinics please visit: www.TheBasketballAcademy.com > Denver Nuggets**

For questions please contact Desmond Young, National Basketball Academy, 303-405-1694 or dyoung@TheBasketballAcademy.com



The East Boulder Community Center offers a non-intimidating environment for all levels, it's a great place to learn to climb or work on more advanced techniques.

▶ YOUTH INDOOR ROCK CLIMBING

(Ages 5-12) Join our experienced climbing wall staff for age appropriate activities on our indoor rock wall.

Information: Matt at 303-413-7477 or kamhim@bouldercolorado.gov.

Introduction to Climbing

(Ages 5-12) Perfect for kids that have little to no exposure to the sport of rock climbing. Confidence and strength will be a focal point while learning the basics of climbing.

Information: Matt at 303-413-7477 or kamhim@bouldercolorado.gov

Session 1 • Ages 5-8

222406	1/5-2/9	M, 4-5pm★	East	6	\$60/\$75
222403	1/7-2/11	W, 4-5pm★	East	6	\$60/\$75

Session 1 • Ages 8-12

222429	1/6-2/10	Tu, 4-5pm	East	6	\$60/\$75
222404	1/8-2/12	Th, 4-5pm	East	6	\$60/\$75

Session 2 • Ages 5-8

222410	2/23-3/30	M, 4-5pm★	East	6	\$60/\$75
222409	2/25-4/1	W, 4-5pm★	East	6	\$60/\$75

Session 2 • Ages 8-12

222453	2/24-3/31	Tu, 4-5pm	East	6	\$60/\$75
222412	2/26-4/2	Th, 4-5pm	East	6	\$60/\$75

Intermediate Climbing

(Ages 6-12) Review the basics from the Introduction to Climbing class while learning more techniques and skills of knot tying, belaying, route climbing, bouldering and etiquette. Information: Matt at 303-413-7477 or kamhim@bouldercolorado.gov

Session 1

222402	1/5-2/9	M, 5-6:30pm★	East	6	\$90/\$113
222405	1/8-2/12	Th, 5-6:30pm	East	6	\$90/\$113

Session 2

222411	2/23-3/30	M, 5-6:30pm★	East	6	\$90/\$113
222413	2/26-4/2	Th, 5-6:30pm	East	6	\$90/\$113

Advanced Climbing

(Ages 9-12) Focus on more one on one instruction with an introduction to lead climbing, cleaning, and rappelling. Students will also learn to read advanced routes, and how to climb more efficiently through applied techniques. Must have approval from instructor prior to registration.

Information: Matt at 303-413-7477 or kamhim@bouldercolorado.gov

Session 1

222430	1/6-2/10	Tu, 5-6:30pm	East	6	\$110/\$138
222401	1/7-2/11	W, 5-6:30pm★	East	6	\$110/\$138

Session 2

222454	2/24-3/31	Tu, 5-6:30pm	East	6	\$110/\$138
222408	2/25-4/1	W, 5-6:30pm★	East	6	\$110/\$138

▶ ADULT INDOOR CLIMBING



Beginning Climbing-Adult

(Ages 16+) Want to try climbing but not sure where to start? Come to the East Boulder Community Center and learn the basics of climbing safely indoors. Information: Matt at 303-413-7477 or kamhim@bouldercolorado.gov

Session 1

222434	1/5-2/9	M, 6:30-8pm	East	6	\$112/\$141
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Session 2

222451	2/23-3/30	M, 6:30-8pm	East	6	\$112/\$141
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Intermediate Climbing-Adult

(Ages 16+) Are you ready for more? Join this adult intermediate class to learn more techniques to take your climbing to the next level.

Information: Matt at 303-413-7477 or kamhim@bouldercolorado.gov

222450	2/25-4/1	W, 6:30-8pm	East	6	\$137/\$172
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► DROP-IN BASKETBALL, PICKLEBALL & VOLLEYBALL

Visit us online for the most up to date drop-in schedules at www.BoulderParks-Rec.org



Take a break from your grueling work day and drop-in during lunch to play a little basketball at the North or South Rec Center! See pg. 46.

► ADULT BASKETBALL LEAGUES

Women's Basketball

(Ages 18+) This is a competitive league designed for ladies with high school or college play ability. Sign-up as individuals.

Information: Sherri at 303-441-4933 or brownsh@bouldercolorado.gov.

222206	1/12-3/23	M, 6:15-9pm	South	11	\$50/\$62
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Men's Basketball

(Ages 16+) Our recreation basketball leagues typically consist of players who have some previous experience or who just like to play the sport. We feature a regulation court, two officials, glass backboards and a electronic scoreboard in our 8 game seasons. Fees are team based with no additional player fees.

Information: Matt at 303-413-7477 or kamhim@bouldercolorado.gov.

B League - Tuesday

222381	1/6-3/3	Tu, 6-10pm	South	8	\$550
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B League - Wednesday

222382	1/7-3/4	W, 6:30-10:30pm	South	8	\$550
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► ADULT DODGEBALL & KICKBALL

Coed Dodgeball League

(Ages 16+) Execute the 5 D's of dodgeball: dodge, duck, dip, dive and dodge! Six week season will include 2 matches per night with an end of the season tournament. Teams start play with 3 men and 3 women on the floor. Fees are team based with no additional player fees.

Information: Megann at 303-413-7465 or lohmanm@bouldercolorado.gov

222573	1/8-2/12	Th, 6-8:40pm	South	6	\$315
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Indoor Kickball League

(Ages 16+) For off the wall fun join the indoor coed kickball league. The walls and baskets are in play for this 6 week season including a best match championship for the end of season games. Teams start with 3 men and 3 women in the "field". Fees are team based with no additional player fees.

Information: Megann at 303-413-7465 or lohmanm@bouldercolorado.gov

223384	1/5-2/9	M, 7-10pm	North	6	\$315
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► ADULT VOLLEYBALL LEAGUES

(Ages 16+) Play volleyball year round! Indoor leagues winter, spring and fall and outdoor leagues in the summer. Divisions are explained on the city website at www.bprsports.org. Fees are team based with no additional player fees. Information: Erynn at 303-441-4137 or simonee@bouldercolorado.gov

Co-Ed 6's Rec

222396	1/12-3/2	M, 7-10pm	East	8	\$405
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Co-Ed 6's D1

222397	1/14-3/4	W, 7-10pm	East	8	\$405
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Co-Ed 6's D2

222398	1/14-3/4	W, 7-10pm	East	8	\$405
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Women's 6's D1

222399	1/15-3/5	Th, 6-10pm	East	8	\$405
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Women's 6's D2 - Monday

222395	1/12-3/2	M, 7-10pm	East	8	\$405
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Women's 6's D2 - Thursday

222400	1/15-3/5	Th, 6-10pm	East	8	\$405
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Senior Volleyball

(Ages 50+) Senior Volleyball - Teams must also register with the Colorado Senior Volleyball Association (CSVA)

Information: Erynn at 303-441-4137 or simonee@bouldercolorado.gov

223032	1/8-3/12	W, 1-3pm	East	\$405
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Adult Sports Leagues - Spring/Summer/Fall/Winter

Basketball, Volleyball, Softball, Soccer, Kickball and Dodgeball leagues for all levels. See www.BPRsports.org for more details.

Now hiring league officials!

Apply online at www.bouldercolorado.gov

SWIMMING



Swim lessons are a great way to help children build the confidence to feel safe in and around the water.

Important!

Registration for swim classes close one week prior to the first class meeting. Classes with low enrollment will be cancelled one week before their start date.

NOTE: Make ups are not given for missed classes.

Swim Lessons Information

We would like you to have a great swimming lesson experience. If you are unsure of the level you should register for, please contact Jackie Koehn and koehnj2@bouldercolorado.gov to schedule a free assessment

Schedules Available Online

In an effort to conserve paper we are asking patrons to view schedules online rather than taking home paper copies. Online schedules are always the most up-to-date and reflect any changes made. www.BoulderAquatics.org

Group Reservation Policy

Groups of 10 or more must call ahead and make a group reservation. We reserve the right to refuse admission to any group without a reservation. To make reservations, please visit our website www.BoulderAquatics.org

Aquatic Training Classes

Want to train to be a lifeguard or swim instructor? Visit www.BoulderAquatics.org for classes offered.

Drop-In Aquatic Fitness Classes

Drop-in aquatic fitness classes are available, see page 36 for details or visit us online for a schedule at www.BoulderAquatics.org. All pass or drop-in fee information can be found on page 6 or online.

► ADULT LESSONS & LAP SWIM

Adult Group Lessons

(Age 16+) It is never too late to explore the benefits of swimming! This class assists adults of varied swimming abilities to feel comfortable and confident in the water while building life-long skills.

222232	1/10-2/7	Sa, 9:15-10am★	East	5	\$45/\$56
222233	2/14-3/14	Sa, 9:15-10am★	East	5	\$45/\$56

Lap Swim 101

(Age 16+) Learn goal setting, workout planning, stroke techniques, lane etiquette, optional equipment and training techniques. Participants must be able to swim the length of the pool. Be prepared to swim at each class.

222234	1/10-2/7	Sa, 10-11am★	East	5	\$70/\$88
222235	2/14-3/14	Sa, 10-11am★	East	5	\$70/\$88

WANTED – Lifeguards & Swim Lesson Instructors



Are you reliable, energetic, and hardworking? Join our team of professional lifeguards and swim instructors. Flexible hours, competitive wages, and great benefits. Previous experience is preferred, but not required.

Apply online at www.BoulderColorado.gov.



▶ PRIVATE & *SEMI-PRIVATE SWIM LESSONS

Swimmers of all levels will benefit from private swim instruction! Sign up today by filling out the online form at www.BoulderAquatics.org. After filling out the form you will be contacted by an instructor in two to three weeks to set up the lessons. Once your lessons are scheduled you can go to any indoor recreation facility to pay for them.

Instructor Levels:

Level A - Instructor with 6+ years teaching experience

Level B - Instructor with less than 6 years teaching experience

30 minute lesson	Master	Level A	Level B
1 class	\$45	\$40	\$32
3 classes	\$129	\$114	\$90
6 classes	\$246	\$216	\$174

60 minute lesson	Master	Level A	Level B
1 class	\$67	\$62	\$47
3 classes	\$195	\$174	\$132
6 classes	\$378	\$330	\$252

*Semi-private lessons are half price for additional participants (up to 2).

▶ MEET OUR SPECIALTY INSTRUCTORS

Master Instructor - Curt Colby

I love teaching and coaching swimming to people of all ages and abilities. I started competitive swimming at age 9 and teaching swimming at age 15. I swam at Princeton and have been ranked nationally. I am currently the Boulder High School swim coach, a master's swim coach, Elk's Club swim coach and have run lesson program for over 20 years. With my experience and knowledge I can patiently and quickly have you swimming or swimming at a higher level.



Geoff Hawksworth

Geoff's structured, organized, and effective swim coaching technique stems from his 22 years of swimming experience - 17 of those years competing at a high level. Geoff began coaching Boulder Elks with Curt Colby in the spring of 2014 and will be coaching the Boulder High School swim team starting in 2014. Geoff's expertise is helping athletes work on technique, efficiency, building endurance, and generating speed. With expertise in both pool and open water swimming, he helps each athlete reach his or her individual goals and peak performance. Geoff has extensive skills in both pool and open water swimming and his calm yet fervent and devoted method of coaching encourages every swimmer to reach new heights.



Francoise Bentley

Françoise enjoys coaching all levels of swimmers from age group to masters. Her style as an instructor is goal oriented and a focus on developing technique. She has a degree in Physiology and Athletic Coaching. Her swim instruction background includes many years of swim lessons for children and adults and 12 years of competitive swim coaching. She enjoys helping individuals achieve their various goals ranging from becoming comfortable in the water, to improving stroke technique in all four strokes, turns & starts, or becoming a more competitive swimmer focusing on race training and strategy.



▶ SWIM LESSONS UNDER 3 YRS OLD

Jelly Monkey

222371	1/10-2/7	Sa, 11-11:30am★	East	5	\$30/\$38
222366	1/12-2/9	M, 5:35-6:05pm	North	5	\$30/\$38
222367	1/13-2/10	Tu, 6:40-7:10pm	East	5	\$30/\$38
222376	1/14-2/11	W, 5:35-6:05pm	North	5	\$30/\$38
222368	1/15-2/12	Th, 5:30-6pm	East	5	\$30/\$38
222369	1/16-2/13	F, 9:45-10:15am★	North	5	\$30/\$38
222370	1/16-2/13	F, 10:20-10:50am★	North	5	\$30/\$38
222379	2/14-3/14	Sa, 11-11:30am★	East	5	\$30/\$38
222372	2/16-3/16	M, 5:35-6:05pm	North	5	\$30/\$38
222373	2/17-3/17	Tu, 6:40-7:10pm	East	5	\$30/\$38
222374	2/18-3/18	W, 5:35-6:05pm	North	5	\$30/\$38
222375	2/19-3/19	Th, 5:30-6pm	East	5	\$30/\$38
222377	2/20-3/20	F, 9:45-10:15am★	North	5	\$30/\$38
222378	2/20-3/20	F, 10:20-10:50am★	North	5	\$30/\$38

▶ SMALL GROUP SWIM LESSONS AGES 3-6

Small Group Lessons provide a more personalized interaction with instructors, running in a semi-private format of no more than (3) students per instructor and are great for children new to the swim lesson setting.

Small Group Preschool Level 1

(Ages 3-6 yrs.) This is the class to take if your preschooler has not yet taken swimming lessons. This course will focus on introductory skills to help build his/her foundation in swimming while gaining confidence in the class structure. Students will be taught basic water safety skills and basic arm and leg movements to help develop comfort in the water. In addition, students will learn to enter and exit the water independently and float with support.

222250	1/10-2/7	Sa, 9:15-9:45am★	East	5	\$60/\$75
222269	1/10-2/7	Sa, 10:25-10:55am★	East	5	\$60/\$75
222245	1/12-2/9	M, 5-5:30pm	North	5	\$60/\$75
222270	1/12-2/9	M, 6:10-6:40pm	North	5	\$60/\$75
222244	1/13-2/10	Tu, 5:30-6pm	East	5	\$60/\$75
222246	1/14-2/11	W, 5-5:30pm	North	5	\$60/\$75
223586	1/14-2/11	W, 5:35-6:05pm	North	5	\$60/\$75
222248	1/15-2/12	Th, 5:30-6pm	East	5	\$60/\$75
222249	1/15-2/12	Th, 6:40-7:10pm	East	5	\$60/\$75
222247	1/16-2/13	F, 10:20-10:50am★	North	5	\$60/\$75
222292	2/14-3/14	Sa, 9:15-9:45am★	East	5	\$60/\$75
222309	2/14-3/14	Sa, 10:25-10:55am★	East	5	\$60/\$75
222287	2/16-3/16	M, 5-5:30pm	North	5	\$60/\$75
222310	2/16-3/16	M, 6:10-6:40pm	North	5	\$60/\$75
222286	2/17-3/17	Tu, 5:30-6pm	East	5	\$60/\$75
222288	2/18-3/18	W, 5-5:30pm	North	5	\$60/\$75
222290	2/19-3/19	Th, 5:30-6pm	East	5	\$60/\$75
223587	2/18-3/18	W, 5:35-6:05pm	North	5	\$60/\$75
222291	2/19-3/19	Th, 6:40-7:10pm	East	5	\$60/\$75
222289	2/20-3/20	F, 10:20-10:50am★	North	5	\$60/\$75

SWIMMING

Small Group Preschool Level 2

(Ages 3-6 yrs.) Students will build upon the basic skills learned in Preschool 1 and begin to learn independent aquatic locomotion skills. Preschool 2 emphasizes independence in the skills learned in the first level.

222258	1/10-2/7	Sa, 9:15-9:45am★	East	5	\$60/\$75
222259	1/10-2/7	Sa, 10:25-10:55am★	East	5	\$60/\$75
222252	1/12-2/9	M, 5-5:30pm	North	5	\$60/\$75
222265	1/12-2/9	M, 6:10-6:40pm	North	5	\$60/\$75
222251	1/13-2/10	Tu, 5:30-6pm	East	5	\$60/\$75
222253	1/14-2/11	W, 5-5:30pm	North	5	\$60/\$75
222271	1/14-2/11	W, 5:35-6:05pm	North	5	\$60/\$75
222256	1/15-2/12	Th, 5:30-6pm	East	5	\$60/\$75
222257	1/15-2/12	Th, 6:40-7:10pm	East	5	\$60/\$75
222254	1/16-2/13	F, 10:20-10:50am★	North	5	\$60/\$75
222300	2/14-3/14	Sa, 9:15-9:45am★	East	5	\$60/\$75
222301	2/14-3/14	Sa, 10:25-10:55am★	East	5	\$60/\$75
222294	2/16-3/16	M, 5-5:30pm	North	5	\$60/\$75
222268	2/16-3/16	M, 6:10-6:40pm	North	5	\$60/\$75
222293	2/17-3/17	Tu, 5:30-6pm	East	5	\$60/\$75
222295	2/18-3/18	W, 5-5:30pm	North	5	\$60/\$75
222311	2/18-3/18	W, 5:35-6:05pm	North	5	\$60/\$75
222264	2/19-3/19	Th, 5:30-6pm	East	5	\$60/\$75
222298	2/19-3/19	Th, 6:40-7:10pm	East	5	\$60/\$75
222296	2/20-3/20	F, 10:20-10:50am★	North	5	\$60/\$75

Small Group Preschool Level 3

(Ages 3-6 yrs.) Students will be taught to perform the skills presented in Preschool 1 and 2 independently to reach greater distances and develop good coordination. The use of combined simultaneous arm and leg actions will continue to help the student build a foundation for proper stroke development and confidence in the water.

222272	1/10-2/7	Sa, 9:15-9:45am★	East	5	\$60/\$75
222299	1/10-2/7	Sa, 10:25-10:55am★	East	5	\$60/\$75
222305	1/12-2/9	M, 5-5:30pm	North	5	\$60/\$75
222260	1/13-2/10	Tu, 5:30-6pm	East	5	\$60/\$75
222262	1/14-2/11	W, 5-5:30pm	North	5	\$60/\$75
222277	1/15-2/12	Th, 5:30-6pm	East	5	\$60/\$75
222266	1/15-2/12	Th, 6:40-7:10pm	East	5	\$60/\$75
222267	1/16-2/13	F, 10:20-10:50am★	North	5	\$60/\$75
222312	2/14-3/14	Sa, 9:15-9:45am★	East	5	\$60/\$75
222319	2/14-3/14	Sa, 10:25-10:55am★	East	5	\$60/\$75
222303	2/16-3/16	M, 5-5:30pm	North	5	\$60/\$75
222302	2/17-3/17	Tu, 5:30-6pm	East	5	\$60/\$75
222304	2/18-3/18	W, 5-5:30pm	North	5	\$60/\$75
222306	2/19-3/19	Th, 5:30-6pm	East	5	\$60/\$75
222307	2/19-3/19	Th, 6:40-7:10pm	East	5	\$60/\$75
222308	2/20-3/20	F, 10:20-10:50am★	North	5	\$60/\$75

► GROUP SWIM LESSONS AGES 3-5

Preschool 1 - Puffer Fish

(Age 3-5) This is the class to take if your preschooler has not yet taken swimming lessons. This course will focus on introductory skills to help build his/her foundation in swimming while gaining confidence in the class structure. Students will be taught basic water safety skills and basic arm and leg movements to help develop comfort in the water. In addition, students will learn to enter and exit the water independently and float with support.

222238	1/10-2/7	Sa, 9:50-10:20am★	East	5	\$30/\$38
222236	1/12-2/9	M, 5:35-6:05pm	North	5	\$30/\$38
222239	1/13-2/10	Tu, 6:05-6:35pm	East	5	\$30/\$38
222255	1/15-2/12	Th, 6:05-6:35pm	East	5	\$30/\$38
222237	1/16-2/13	F, 9:45-10:15am★	North	5	\$30/\$38
222280	2/14-3/14	Sa, 9:50-10:20am★	East	5	\$30/\$38
222261	2/16-3/16	M, 5:35-6:05pm	North	5	\$30/\$38
222281	2/17-3/17	Tu, 6:05-6:35pm	East	5	\$30/\$38
222263	2/19-3/19	Th, 6:05-6:35pm	East	5	\$30/\$38
222279	2/20-3/20	F, 9:45-10:15am★	North	5	\$30/\$38

Preschool 2 - Clown Fish

(Age 3-5) Students will build upon the basic skills learned in Preschool 1 and begin to learn independent aquatic locomotion skills. Preschool 2 emphasizes independence in the skills learned in the first level. Work towards floating without support.

222273	1/10-2/7	Sa, 9:50-10:20am★	East	5	\$30/\$38
222242	1/12-2/9	M, 5:35-6:05pm	North	5	\$30/\$38
222240	1/13-2/10	Tu, 6:05-6:35pm	East	5	\$30/\$38
222241	1/15-2/12	Th, 6:05-6:35pm	East	5	\$30/\$38
222243	1/16-2/13	F, 9:45-10:15am★	North	5	\$30/\$38
222313	2/14-3/14	Sa, 9:50-10:20am★	East	5	\$30/\$38
222284	2/16-3/16	M, 5:35-6:05pm	North	5	\$30/\$38
222282	2/17-3/17	Tu, 6:05-6:35pm	East	5	\$30/\$38
222283	2/19-3/19	Th, 6:05-6:35pm	East	5	\$30/\$38
222285	2/20-3/20	F, 9:45-10:15am★	North	5	\$30/\$38

Preschool 3 - Angelfish

(Age 3-5) Students will be taught to perform the skills presented in Preschool 1 and 2 independently to reach greater distances and develop good coordination. The use of combined simultaneous arm and leg actions will continue to help the student build a foundation for proper stroke development and confidence in the water.

222278	1/10-2/7	Sa, 9:50-10:20am★	East	5	\$30/\$38
222274	1/12-2/9	M, 5:35-6:05pm	North	5	\$30/\$38
222275	1/13-2/10	Tu, 6:05-6:35pm	East	5	\$30/\$38
222276	1/15-2/12	Th, 6:05-6:35pm	East	5	\$30/\$38
222297	1/16-2/13	F, 9:45-10:15am★	North	5	\$30/\$38
222318	2/14-3/14	Sa, 9:50-10:20am★	East	5	\$30/\$38
222314	2/16-3/16	M, 5:35-6:05pm	North	5	\$30/\$38
222315	2/17-3/17	Tu, 6:05-6:35pm	East	5	\$30/\$38
222316	2/19-3/19	Th, 6:05-6:35pm	East	5	\$30/\$38
222317	2/20-3/20	F, 9:45-10:15am★	North	5	\$30/\$38

\$ Financial Assistance For Recreation Facility & Programs

Did you know we offer reduced rates to assist with program fees and admission to the recreation centers for adults and children who cannot otherwise participate due to financial limitations? Youth scholarship assistance is also available for select programs and camps.

To find out more about these financial assistance programs and how to qualify, please call 303-413-7200.

► LEARN TO SWIM AGES 6-12

Level 1

Prerequisites: There are no prerequisites. Class Focus: Level 1 aims to help children enjoy and feel safe in the water. This introductory course focuses on water basics including breath control, front and back floats with support, kicking, forward arm motion, and water safety.

222326	1/10-2/7	Sa, 10:25-10:55am★	East	5	\$30/\$38
222328	1/10-2/7	Sa, 11-11:30am★	East	5	\$30/\$38
222320	1/12-2/9	M, 5-5:30pm	North	5	\$30/\$38
223584	1/13-2/10	T, 5:30-6pm	East	5	\$30/\$38
222324	1/14-2/11	W, 5-5:30pm	North	5	\$30/\$38
222321	1/14-2/11	W, 6:10-6:40pm	North	5	\$30/\$38
222322	1/15-2/12	Th, 6:05-6:35pm	East	5	\$30/\$38
222346	2/14-3/14	Sa, 10:25-10:55am★	East	5	\$30/\$38
222347	2/14-3/14	Sa, 11-11:30am★	East	5	\$30/\$38
222338	2/16-3/16	M, 5-5:30pm	North	5	\$30/\$38
223585	2/17-3/17	T, 5:30-6pm	East	5	\$30/\$38
222339	2/18-3/18	W, 5-5:30pm	North	5	\$30/\$38
222341	2/18-3/18	W, 6:10-6:40pm	North	5	\$30/\$38
222345	2/19-3/19	Th, 6:05-6:35pm	East	5	\$30/\$38

Level 2

Prerequisites: Successful completion of Level 1 or child must be able to successfully perform 10 bobs, blow bubbles, and perform front and back floats with support. Class Focus: Level 2 continues to build on basic water skills introduced in the level 1 class. Students will learn to perform front and back floats independently and be introduced to rhythmic breathing, front crawl and backstroke.

222349	1/10-2/7	Sa, 9:15-9:45am★	East	5	\$30/\$38
222350	1/10-2/7	Sa, 11-11:30am★	East	5	\$30/\$38
222323	1/12-2/9	M, 6:10-6:40pm	North	5	\$30/\$38
222340	1/13-2/10	Tu, 6:05-6:35pm	East	5	\$30/\$38
222348	1/14-2/11	W, 5:35-6:05pm	North	5	\$30/\$38
222352	2/14-3/14	Sa, 9:15-9:45am★	East	5	\$30/\$38
222351	2/14-3/14	Sa, 11-11:30am★	East	5	\$30/\$38
222354	2/16-3/16	M, 6:10-6:40pm	North	5	\$30/\$38
222353	2/17-3/17	Tu, 6:05-6:35pm	East	5	\$30/\$38
222356	2/18-3/18	W, 5:35-6:05pm	North	5	\$30/\$38

Level 3

Prerequisites: Successful completion of Level 2 or child must be able to successfully perform front and back floats independent of support, 5 yards of front crawl and 5 yards of backstroke. Class Focus: Level 3 will continue to develop the front crawl and back strokes. Students will also be introduced to treading water, elementary backstroke and deep water orientation.

222357	1/10-2/7	Sa, 9:50-10:20am★	East	5	\$30/\$38
222327	1/12-2/9	M, 6:10-6:40pm	North	5	\$30/\$38
222355	1/13-2/10	Tu, 6:40-7:10pm	East	5	\$30/\$38
222325	1/14-2/11	W, 6:10-6:40pm	North	5	\$30/\$38
223582	1/15-2/10	Th, 6:40-7:10pm	East	5	\$30/\$38
222358	2/14-3/14	Sa, 9:50-10:20am★	East	5	\$30/\$38
222361	2/16-3/16	M, 6:10-6:40pm	North	5	\$30/\$38
222359	2/17-3/17	Tu, 6:40-7:10pm	East	5	\$30/\$38
222362	2/18-3/18	W, 6:10-6:40pm	North	5	\$30/\$38
223583	2/19-3/19	Th, 6:40-7:10pm	East	5	\$30/\$38

City of Boulder Parks & Recreation

Birthday Parties!

Swimming
East • 303-441-4400
North • 303-413-7218
South • 303-441-3449

Climbing Wall
East • 303-441-4400

Gymnastics
North • 303-413-7218

Pottery
Pottery Lab • 303-441-3446

Valmont Bike Park
Skyler Beck • 303-413-7219 or
becks@bouldercolorado.gov

Call today and reserve the date for your child's next birthday party!

www.BoulderParks-Rec.org

SWIMMING

Level 4

Prerequisites: Successful completion of Level 3 or child must be able to successfully perform 15 yards of front crawl and backstroke with rhythmic breathing, 15 yards of elementary backstroke and one minute of treading water. Class Focus: Level 4 will continue to refine basic strokes and will also introduce breaststroke and butterfly. Students will increase endurance by swimming longer distances and will be introduced to the basics of wall turns.

222360	1/10-2/7	Sa, 11-11:30am★	East	5	\$30/\$38
222342	1/13-2/10	Tu, 5:30-6pm	East	5	\$30/\$38
222329	1/14-2/11	W, 6:40-7:10pm	North	5	\$30/\$38
222363	2/14-3/14	Sa, 11-11:30am★	East	5	\$30/\$38
222343	2/17-3/17	Tu, 5:30-6pm	East	5	\$30/\$38
222330	2/18-3/18	W, 6:40-7:10pm	North	5	\$30/\$38

Level 5

Prerequisites: Successful completion of Level 4 or child must be able to successfully perform 25 yards of front crawl and backstroke with rhythmic breathing, 15 yards of breaststroke and 5 yards of butterfly. Class Focus: Level 5 will refine all strokes and increase the distances students swim. Students will be introduced to flip turns at walls and diving from starting blocks.

222331	1/13-2/10	Tu, 6:40-7:10pm	East	5	\$30/\$38
222334	1/14-2/11	W, 6:10-6:40pm	North	5	\$30/\$38
222332	2/17-3/17	Tu, 6:40-7:10pm	East	5	\$30/\$38
222344	2/18-3/18	W, 6:10-6:40pm	North	5	\$30/\$38



Early swim lessons set a positive foundation towards a lifetime of participation and enjoyment.

▶ AQUATIC FITNESS Drop-in & Registered Classes

Aquatic Fitness (Leisure Pool)

(Age 18+) Designed for the intermediate or advanced level exerciser, this class includes a combination of aerobics, intervals, strength training, flexibility training and water jogging keep this class fun and exciting. You will be surprised how versatile and challenging a water workout can be! Don't miss out on the fun – come make a splash! Contact Jen Heilveil, 303-413-7474.

222068	1/5-1/30	M/W/F, 8-9am	East	12	\$72/\$90
222070	2/2-2/27	M/W/F, 8-9am	East	12	\$72/\$90
222071	3/2-3/30	M/W/F, 8-9am	East	13	\$78/\$97

Warm Water Fitness (Leisure Pool)

(Age 18+) The water provides a non-weight bearing environment that makes it safe for joints and provides support for the entire body. In addition, muscle conditioning and proper muscle balance are increased by utilizing the resistance of the water. We will work on cardio, muscular strengthening and flexibility in the warm pool (86-88°). If you require physical assistance in the water, a two-week notification is required. Contact Jen Heilveil, 303-413-7474.

222062	1/6-1/30	Tu/F, 9:30-10:30am	East	8	\$40/\$50
222063	2/3-2/27	Tu/F, 9:30-10:30am	East	8	\$40/\$50
222064	3/3-3/31	Tu/F, 9:30-10:30am	East	9	\$45/\$56

▶ DROP-IN AQUATIC FITNESS CLASSES

Additional aquatic fitness classes can be found on the drop-in fitness schedule online at www.BoulderAquatics.org. All pass or drop-in fee information can be found on page 6 or online.

Aqua Zumba

Aqua Zumba integrates the Zumba formula and philosophy of fun fitness dancing with traditional aqua aerobic exercise techniques. It is a safe, challenging, water-based workout providing both cardio-conditioning and full-body muscle toning (with minimal stress or impact).

T, 5:45-6:45 pm North

Water Fitness Aqua Motion

Get fit, increase energy and improve body tone in an adjustable intensity class using water resistance for minimal stress on the body and joints. Individual attention to needs and goals will be given. Intervals are used regularly in this class.

M/W/F, 9-10am★	North
Tu/Th, 8-9am	North
T/Th 12:30-1:30 p.m.	South

Hydro Dynamics

A med-high intensity class, where you get the same fitness benefits as land aerobics, including excellent cardiovascular conditioning, muscle toning, fat burning. The water environment provides great resistance and a low-impact workout.

M/W, 9:15-10:15am	East
F, 9-10am	East

Pre/Post-Natal Aquatic Fitness

An adjustable intensity aquatic fitness class designed for expectant and new mothers. Enjoy a fun workout in the water while increasing your cardiovascular resistance as well as toning, conditioning and strengthening muscles used during pregnancy, birth and recovery.

M, 7-8pm North



Our tennis in the gym program provides a positive indoor environment for learning, playing and having fun!

► TENNIS COURT LOCATIONS

- Arapahoe Ridge, Eisenhower Drive - 2 courts
- Baseline Middle, 700 20th Street - 2 courts
- Centennial Middle, 2205 Norwood - 8 courts
- Chautauqua Park, Ninth & Baseline - 1 court
- Columbine, 20th & Glenwood - 2 courts
- East Center, 5660 Sioux Drive, - 5 courts* (lights)
- Fairview High, Greenbriar & Knox - 8 courts
- Knollwood, Fourth & Spruce - 2 courts
- Manhattan Middle, 290 Manhattan - 4 courts
- Martin Park, 36th & Dartmouth - 2 courts
- North Center, 3170 Broadway - 4 courts* (lights)
- Palo Park, N. 30th & Redwood - 2 courts
- South Center, 1360 Gillaspie - 4 courts
- Tom Watson Park, 63rd & IBM drive - 4 courts (lights)

**To reserve a Rec Center court and lights, please contact:
East 303-413-7460 | North 303-413-7260 | South 303-441-3448**

Rec Center courts can be reserved for \$7/court for 1.5 hours.
To reserve all other courts, please call 303-441-4427.

*Enjoy our lights at EBCC and NBRC.

Light fees: \$1 per 30 minutes per court. Pay or purchase tokens at front desk. Must reserve court to purchase light tokens at EBCC.

Adult Tennis Punch Cards

(Ages 16+) Cards can be purchased at centers during registration hours and are valid for six months from date of purchase for adult tennis classes only. Drop into any adult class that is not full. Email gonzo@gonzotennis.com to let instructors know which class you plan to drop into.

1 punch	3 punches	6 punches
\$21	\$60	\$113

Adult Open Tennis

(Ages 16+) Use your punch card and just show up and play! A good workout in the middle of the day. Saturdays from 1-2:30pm at the East Boulder Community Center tennis courts.

Youth Tennis Punch Cards

(Ages 3-15) Purchase a punch card and drop into any youth class that is not full. Please email gonzo@gonzotennis.com to let instructors know which class you plan to drop into.

1 punch	3 punches	6 punches
\$13	\$36	\$68

Private Tennis Lessons

Youth and adult private lessons outside are available (weather permitting). Gonzo tennis instructors teach all lessons. A participant information sheet will be filled out upon registration for your lesson at www.bprtennis.org. This sheet will be used to arrange days and times of each lesson. Lessons expire six months after registration.

For more information contact Gonzo Garcia at 720-480-0249 or gonzo@gonzotennis.com

Private Lesson:	With Gonzo:	Staff Instructors:
1 class	\$74	\$50
3 classes	\$210	\$144
6 classes	\$397	\$273
Group Semi-Private:		
2 people	\$95	\$71
3 people	\$116	\$92

TENNIS

► GONZO TENNIS



Gonzo Tennis was founded in 2004 by Gonzalo Garcia with the idea of bringing quality tennis programs to the Boulder community. Since then, Gonzo Tennis has shared the courts with players from ages 3 to 75 through programs for kids and adults.

Gonzo Tennis and the city of Boulder believe tennis is a significant part of life that further defines who we are as human beings. We have a devotion to fostering the development of players of all ages, and giving them the opportunity to discover even more about this truly international sport.

Questions: Gonzo Garcia at gonzo@gonzotennis.com

Program information: Dean at 303-441-4427 or rummeld@bouldercolorado.gov

Weather line and cancellation info: 303-441-3410, press 1 then 5.

► TENNIS – ADULTS IN THE GYM

(Age 16+) Clinics will introduce all the basic tennis strokes to beginners and improve skills for intermediate players. Appropriate games will be used for different levels improving your stroke technique and consistency. **No class on 1/31 or 2/7.** For inclement weather and cancellation information: 303-441-3410.

Beginner

222637	1/10-1/24	Sa, 3-4:30pm	North	3	\$48/\$60
223533	2/14-3/7	Sa, 3-4:30pm	North	4	\$63/\$79

Beginner with Gonzo

222639	1/14-2/4	W, 10-11:30am	East	4	\$107/\$134	Gonzo
222640	2/18-3/11	W, 10-11:30am	East	4	\$107/\$134	Gonzo
222643	1/15-2/5	Th, 10-11:30am	East	4	\$107/\$134	Gonzo
222644	2/19-3/12	Th, 10-11:30am	East	4	\$107/\$134	Gonzo

Intermediate with Gonzo

222641	1/14-2/4	W, 11:30am-1pm	East	4	\$107/\$134	Gonzo
222642	2/18-3/11	W, 11:30am-1pm	East	4	\$107/\$134	Gonzo
222645	1/15-2/5	Th, 11:30am-1pm	East	4	\$107/\$134	Gonzo
222646	1/15-2/5	Th, 11:30am-1pm	East	4	\$107/\$134	Gonzo

Jr. Training with Gonzo 10 & Under

Contact Gonzo for an evaluation prior to registration for the “training” classes at gonzo@gonzotennis.com.

	1/17-3/7	Sa, 1-2:30pm	East	8	\$180/\$225
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Jr. Training with Gonzo 12 & Under

	1/17-3/7	Sa, 2:30-4pm	East	8	\$180/\$225
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► SPRING BREAK TENNIS CAMP



(Ages 5-10) A full week of fun in a great camp with a lot of tennis, games and activities. Indoors or outdoors depending on the weather.

222674	3/23-3/27	M-F, 1:30-4:30pm	East	5	\$175/\$217
222675	3/23-3/27	M-F, 1:30-4:30pm	East	5	\$175/\$217

► TENNIS – JUNIORS

(Ages 10-15) Divided into different levels determined by age and ability. These game-based programs use specific exercises and fun games to help students understand the aspects of tennis. Must get approved by Gonzo to register for intermediate and advanced courses. www.gonzotennis.com. No class on 2/1. For inclement weather and cancellation information: 303-441-3410.

Beginner

222651	1/11-3/8	Su, 2-3pm	North	8	\$84/\$105
222649	1/14-3/4	W, 3:30-4:30pm	North	8	\$84/\$105

Intermediate/Advanced

222652	1/11-3/8	Su, 3-4pm	North	8	\$84/\$105
222650	1/14-3/4	W, 4:30-5:30pm	North	8	\$84/\$105

► TENNIS - YOUTH

(Ages 3-9) The School of Tennis is a child physical development program that uses a variety of fun games to develop motor skills while enjoying the game of tennis and helping to create self confidence in a safe and friendly environment. It's all about Tennis! No class January 24.

For inclement weather and cancellation information: 303-441-3410.

Mini Gonzos in the Gym (Ages 3-4)

222659	1/11-3/1	Su, 10:30-11am	East	8	\$63/\$79
222654	1/12-3/2	M, 3:15-3:45pm★	East	8	\$63/\$79
222655	1/13-3/3	Tu, 2:45-3:15pm★	North	8	\$63/\$79
222656	1/14-3/4	W, 3:15-3:45pm★	East	8	\$63/\$79
222657	1/15-3/5	Th, 3:15-3:45pm	East	8	\$63/\$79
222658	1/10-3/7	Sa, 9:45-10:15am	North	8	\$63/\$79

Tiny Gonzos in the Gym (Ages 5-6)

222665	1/11-3/1	Su, 11-11:45am	East	8	\$71/\$89
222660	1/12-3/2	M, 3:45-4:30pm	East	8	\$71/\$89
222661	1/13-3/3	Tu, 3:15-4pm	North	8	\$71/\$89
222662	1/14-3/4	W, 3:45-4:30pm	East	8	\$71/\$89
222663	1/15-3/5	Th, 3:45-4:30pm	East	8	\$71/\$89
222664	1/10-3/7	Sa, 10:15-11am	North	8	\$71/\$89

Mighty Gonzos in the Gym (Ages 7-9)

222671	1/11-3/1	Su, 11:45am-12:45pm	East	8	\$84/\$105
222666	1/12-3/2	M, 4:30-5:30pm★	East	8	\$84/\$105
222667	1/13-3/3	Tu, 4-5pm	North	8	\$84/\$105
222668	1/14-3/4	W, 4:30-5:30pm★	East	8	\$84/\$105
222669	1/15-3/5	Th, 4:30-5:30pm	East	8	\$84/\$105
222670	1/10-3/7	Sa, 11am-12pm	North	8	\$84/\$105

VALMONT BIKE PARK



Avid4 Adventure offers kids & teens the opportunity to explore this world-renowned facility in an instruction-based program.

▶ BIKING PROGRAMS AT VALMONT

Since 2004, Avid4 Adventure empowers kids to choose healthy, active lives through authentic outdoor adventures. Through school programs, summer camps and special events, Avid4 Adventure has served over 100,000 children in the Front Range and Bay Area, California with incredible staff, the best equipment, un-paralleled customer service, and a safety record that is superior to industry standards.

*Register online at www.Avid4.com

Questions & Information: Avid4 Adventure, vbp@avid4.com or call 800-977-9873 or City of Boulder Parks & Recreation Department, www.BoulderParks-Rec.org.

Private or Group Lessons - Youth & Teens

(Ages 4-17) Fun and safety-focused free-ride mountain biking private instruction challenges participants to progress their riding abilities using the varied features and terrain at Valmont Bike Park. Lessons will be led by Avid4 Adventure VBP staff and will be scheduled after registering; lessons expire 6 months after purchase.

• Bikes/Protective Gear (required) can be rented for \$20/\$10 per 3-hour class.

Individual (3 hour classes)

1 Private Lesson \$150
3 Private Lessons \$420
6 Private Lessons \$780

Group (3 hour classes)

2 people \$200
3 people \$250
4 people \$300
5 people \$350

Skills Camp

(Grades 2-11) Fun and safety-focused Valmont Bike Park Skills Camp offers kids & teens the opportunity to explore this world-renowned facility in an instruction-based program. During the week participants learn skills through increasingly challenging activities, exercises, and differing terrain, while also developing as a team. Kids will have a chance to experience the Pump Tracks, Dirt Jumps, Slope Style, Single Track, X-Country, and more.

- Participants will be divided into groups of 7 or less; must be able to ride 2-wheeler.
- Early Drop-Off at 8-9 a.m. and after care is available until 5:30 p.m.
- Daily lunch from Sprouts is also available.
- Special Park Bikes can be rented for \$50 per week; Protective Gear (required) can also be rented for \$15 per week.

*	5/25-5/29	M-F, 9am-3pm	\$395 per week
*	6/1-6/5	M-F, 9am-3pm	\$395 per week
*	6/8-6/12	M-F, 9am-3pm	\$395 per week
*	6/15-6/19	M-F, 9am-3pm	\$395 per week
*	6/22-6/26	M-F, 9am-3pm	\$395 per week
*	6/29-7/3	M-F, 9am-3pm	\$395 per week
*	7/6-7/10	M-F, 9am-3pm	\$395 per week
*	7/13-7/17	M-F, 9am-3pm	\$395 per week
*	7/20-7/24	M-F, 9am-3pm	\$395 per week
*	7/27-7/31	M-F, 9am-3pm	\$395 per week
*	8/3-8/7	M-F, 9am-3pm	\$395 per week
*	8/10-8/14	M-F, 9am-3pm	\$395 per week

* Register online at www.avid4.com



VALMONT BIKE PARK

VALMONT BIKE PARK

Valmont Bike Park is a 42-acre, natural surface cycling terrain park offering diverse amenities for several riding styles and abilities. The park is FREE and open daily from dawn to dusk.

You can stay up-to-date on park closures and trail conditions on the Valmont Bike Park website at ValmontBikePark.org or the Facebook page at www.facebook.com/ValmontBikePark

Check out the “know before you go” video for Valmont Bike Park at www.valmontbikepark.com. This short video is a general overview of what you need to know about the park before you go, including how the park is set up, amenities, rules, contact information and safety tips.

Picnic Reservations at VBP

Four picnic areas are available for rent at Valmont Bike Park: The two uncovered picnic areas in The Glades area, and the Park Plaza, along with the two covered shelter areas in The Glades Shelter and the Park Plaza Area Shelter. Reservation Fees: \$100-\$150 for up to 3 hours including set up and clean up time. For more information on rentals contact valmontbikepark@bouldercolorado.gov

Volunteer at VBP

Support your favorite Bike Park by helping parks staff with some of these needed tasks.

- Maintain flower beds in landscaped areas
- Weed Management
- Trail and Park improvements

Schedule your group with Volunteer Services at 303-413-7245

For special events, programs, rentals, general information or questions regarding Valmont Bike Park e-mail, valmontbikepark@bouldercolorado.gov.

Private & Semi-Private Clinics with Lee McCormack

(Age 18+) Working with a Lee Likes Bikes instructor by yourself or with a small group is the ultimate way to become a safer, more confident, faster and more capable rider. Whether you want to fly through the air, win races or just have more fun, Lee's teaching method will give you a safe, solid foundation and help you reach your cycling goals. Lee's private sessions are favorites among beginners and pros alike. Focus on your specific needs: body position, braking, cornering, riding up and down obstacles, pumping terrain, dropping, jumping, technical trail riding and more. Valmont Bike Park is the greatest place on earth to do this!

"I think Lee is an awesome instructor with great patience. He explained things in a way that made me feel very comfortable and I enjoyed the whole experience so much, I can't wait to do it again!"

- Minimum one rider per session. Maximum six riders per session.
- Private classes start at \$125.

To learn more and to register, go to www.leelikesbikes.com or email lee@leelikesbikes.com



Photo provided by yanphotovideo.com

Whether you want to fly through the air, win races or just have more fun, Lee Likes Bikes instructors will help you meet your goals -- and stay safe.

Lee McCormack of www.leelikesbikes.com is widely considered one of the world's top bicycle skills instructors. His Lee Likes Bikes teaching method helps all sorts of riders ride better, safer and faster. A passionate rider, journalist and instructor, Lee wrote and illustrated the books *Mastering Mountain Bike Skills*, *Pro BMX Skills* and *Teaching Mountain Bike Skills*. As the skills development director for the National Interscholastic Cycling Association, Lee creates and teaches the curricula used to train high school mountain bike coaches and their riders. With his various endeavors Lee has helped more than 100,000 riders have more fun on their bikes.

Public Mountain Biking Clinics with Lee Likes Bikes

(Age 18+) This public class is the A-1 most proven and cost-effective way for adults to become safer, smoother and faster riders. No matter what style of riding you love, or what level you ride at, you will finish this program with a solid foundation, a renewed passion and a whole new level of flow. Attendees will go through a progression that includes position, braking, cornering and riding up and down obstacles. From that foundation, it's a series of simple steps to more advanced skills. You have tons of fun riding — and learning — the awesome terrain of Valmont Bike Park.

- Two hours and \$75 that will change your life!
- Weekday afternoons and weekend mornings.

Details, dates and registration at www.leelikesbikes.com

POLICIES & INFORMATION

Recreation Center Closures

12/24	Rec Centers close at 1:30pm
12/25	Closed Christmas
12/31	Rec Centers close at 4pm
1/1	North & South closed; East open 8am-4pm
1/19	MLK Day, all open
2/16	President's Day, all open

Annual Pass Terms & Benefits

- 1) First adult family member of the house hold (19-59) pays full price; additional family members pay half price.
- 2) Includes unlimited use of outdoor pools and recreation centers; open swim and gym, drop-in fitness/yoga, weight room, racquetball/handball, platform tennis, sauna, lockers, and fishing and swimming at Boulder Reservoir.
- 3) Complimentary towels at rec centers.
- 4) Racquets for indoor racquetball.
- 5) 10% savings on one class per session (as available one week before class begins), must register in person.

Lock Policy

Patrons are urged to bring a lock to secure valuables. The city of Boulder is NOT responsible for lost or stolen property. Lockers are available for day use only.

Punch Pass Terms & Benefits

Includes open swim and gym, drop-in fitness/yoga, weight rooms, outdoor pools and reservoir entries. Punch Passes expire two years after purchase date.

Class Visitor Pass

This pass allows you to drop into a registered class, if space is available. Cards can be purchased at centers and are valid for six months from date of purchase for the following programs: Adult Dance, Yoga, Pilates Mat and Swiss Ball.

\$70 for 5 classes

Class Size

Limits have been placed on the size of some classes to assure quality instruction. Registration is first come, first served. Register early to ensure a place in the classes you want. Class enrollments are reviewed 3-5 days prior to the first class and those with insufficient enrollment will be cancelled. Registration must be made prior to participation in any Parks and Recreation program or activity.

Nothing Cancels a Program

Faster... than people waiting until the last minute to register for it! All programs have a minimum enrollment – and if we don't reach the minimum by a certain date, the class gets cancelled. Please don't delay, register today!

Group Discount Program

Discounted rates are available for businesses and organizations with five or more employees; and for Boulder Chamber of Commerce members! For information call Christy Munoz at 303-413-7259 or visit www.BoulderParks-Rec.org

Reduced Rate Program

Residents qualify by meeting the low-income eligibility criteria and by falling into at least one of the following categories: Family (with at least one child 18 years or younger living in the household); Senior (age 62 and over); Adults with Disabilities (19 or older). For information call 303-413-7200.

In an Emergency- What's Our Plan?

The city of Boulder Parks and Recreation Department operates many programs and facilities for the Boulder community. We know that under rare circumstances, extreme weather or other situations have the potential to impact our operations, facilities and patrons. In an emergency, staff will follow plans and procedures designed to ensure the safety of participants. A plan has been tailored to each specific site and facility we manage. In the event of an emergency requiring the relocation of participants, program leaders will communicate their actions and evacuation location (once practical) to department communication staff. This information will be uploaded to the city's Website (www.bouldercolorado.gov) and be added to the city's emergency information phone line at 303-441-4300 as soon as possible. If you have any questions about the Department's emergency plans, please call 303-413-7200.

Access for All

Boulder Parks and Recreation is committed to supporting and complying with the Americans with Disabilities Act. If you require a special accommodation, please notify us at least two weeks in advance of an activity or class. For more information, contact Sherri Brown at 303-441-4933.

We welcome all residents regardless of race, color, disability, national origin, gender, age, sexual orientation or religion to enjoy our programs, services and facilities.

Children Under 12

For your child's safety and well-being, the city of Boulder Parks and Recreation Department requests that children under 12 years of age not be left un-supervised at any recreation facility, or outdoor pool. It is acceptable to leave children participating in organized classes or programs, as they are under the care of an adult program leader or instructor.

Photographs and Model Release

By entering Boulder Parks and Recreation facilities or participating in our programs, you agree that photographs, digital images or video of you and your family-members may be created and used for future promotional or marketing material by the City of Boulder without prior consent or monetary compensation.

Photography/videography of facility users or program participants by unauthorized individuals is prohibited. Thank you for your cooperation.

Acknowledgment of Risk / Waiver of Liability

As a condition of use of any City of Boulder Parks and Recreation facility or participation in any program, sports league, class, recreation or fitness activity, you agree as a participant or parent/guardian of a participant in the program, to assume all risks and hazards of engaging in or spectating at any city activity or facility, including assuming all risks for personal injury, death and property damage.

You further agree to hold harmless the City of Boulder, its staff, instructors, volunteers, officials, sponsors, partners or representatives from liability for any losses, damages or injuries that may occur in any way as a result of these activities or facility uses – regardless of cause.

You further certify that you are properly prepared to engage in any activities you have selected and that you have recently consulted a physician to establish that it is safe and appropriate for you to engage in these activities.

Participants (or the parents/guardians of minor children) may also be required to complete a medical health history and/or sign an additional waiver of liability prior to participation in any programs or classes. Anyone recovering from an injury or illness must first discuss their return to physical activity with their physician and Parks and Recreation instructor prior to enrolling/participating.

Therefore, having read and understood this waiver and in consideration of your accepting my entry into a City of Boulder recreation facility or program, I, for myself and anyone entitled to act on my behalf, waive and release the City of Boulder, all staff, volunteers, sponsors, and representatives from all claims or liabilities of any kind arising out of my participation in (or as a spectator of) any program or use of any facility.

NOTE: If a facility user or program participant is under 18 years of age, you as a parent or legal guardian, agrees to the same terms, conditions and waiver of liability set forth in this agreement.

STAFF CONTACTS

Parks & Recreation Staff Phone Numbers

Jeff Dillon
Director.....303-413-7200

Yvette Bowden
Deputy Director303-413-7200

ACCESS & INCLUSION (EXPAND & YSI)

Sherri Brown303-441-4933

COMMUNITY OUTREACH

Internships Coordinator303-413-7200

Mary Malley
Coordinator of Volunteer Services ..303-413-7245

Christy Munoz
Group Discount Program303-413-7259

FLATIRONS GOLF COURSE

Doug Cook, Director of Golf.....303-442-7851

BOULDER RESERVOIR

Stacy Cole, Reservoir Manager.....303-441-3461

RECREATION CENTERS

Alison Rhodes
Recreation Facilities Manager303-413-7249

Tim Duda, Supervisor EBCC303-413-7463

Jayson Swigart, Supervisor NBRC 303-413-7263

Todd Calvin, Supervisor SBRC303-441-3449

AQUATICS

Jason Stolz, Aquatics Supervisor303-441-3435

Phil Henry, Aquatics Maintenance..303-413-7478

Julie Dettbarn, Pool Operations303-413-7468

Jackie Koehn, Swim lessons.....303-413-7267

RECREATION PROGRAMS

Teri Olander, Administrator303-441-3429

DANCE

Cynthia Burdine, Coordinator720-515-6268

GYMNASTICS

Doug Felkley, Coordinator303-413-7265

Janice Smith, Coordinator303-413-7265

HEALTH & WELLNESS

Summer Kennedy, Fitness303-413-7264

Jeff Pruett, Weight Training.....303-413-7280

Kathleen Murphy, Mind/Body303-413-7466

POTTERY LAB

Nancy Utterback, Coordinator.....303-441-3446

SPORTS

Dean Rummel, Supervisor303-441-4427

Program Information303-441-3410

Megann Lohman.....303-413-7465

Erynn Simone303-441-4137

Matt Kamhi.....303-413-7477

PARK OPERATIONS

Urban Forestry & Parks.....303-441-4406

Volunteer



Make a Difference in Your Community!

Volunteer opportunities:

- EXPAND
- Youth Services
- Child Care
- Sports (coaching)
- Special Events
- Parks
- Urban Resources
- Outdoor Projects

More information: www.BoulderParks-Rec.org

Help Make Boulder, Colorado a great place to PLAY!

The PLAY Boulder Foundation is a non-profit organization that supports and advocates for parks and recreation programs and services in the Boulder area. We provide opportunities for individuals and organizations to donate to parks and recreation in Boulder, and give us all the wonderful experiences that make us glad to call Boulder our home. Your dollars go toward enhancing these programs, facilities and open spaces - and, in turn, help build a stronger community.

Visit us at www.playboulder.org, email us at info@playboulder.org or write us at PLAY Boulder, PO Box 20935, Boulder, CO 80308



Parks & Recreation Advisory Board

The Parks and Recreation Advisory Board (PRAB) consists of seven members appointed by City Council, each to five-year terms. The Board offers advice and consultation to City Council and city departments on the acquisition, construction and maintenance of city park property and coordinates policy on the development and use of recreational facilities. The Board also approves expenditures from the Permanent Park and Recreation Fund. PRAB agendas, meeting minutes and audio files are available at www.BoulderParks-Rec.org.

REGISTRATION

Transfer Policy	Fee
• Same day of registration	\$0
• Before 2nd class meeting, if space is available	\$5

Program Refund Policy	Fee
Courses	
• Before 2nd class	\$15
• After 2nd class	No Refund
1 Meeting Programs	
• One week prior to start date	No Refund
2 Meeting Programs	
• Before 1st Meeting	\$15
• After 1st Meeting	50%
• After 2nd Meeting	No Refund
Camps	
• Monday two weeks prior to start of camp	No Refund
• More than two weeks prior to start date	\$15
Leagues	
• Before league registration deadline	\$15
• After league registration deadline	No Refund

Important

- No registration accepted by instructor.
- \$25 will be charged for returned checks.
- Wait lists are taken for filled classes. We will call you if a spot opens.
- Payment is due at time of registration.

Pass Refund Policy	Fee
Annual Pass	
• Cancellation Fee	\$25
Monthly Annual Pass	
• Payments stopped upon request, no prorated refunds	
Punch Cards & Twilight Pass	
• Cancellation Fee	\$15
<ol style="list-style-type: none"> 1. For pass and program withdrawals, customer will receive a refund of their prorated balance less a withdrawal fee. 2. In the event a patron or their dependent falls ill, becomes injured or does not possess necessary skills, inhibiting their ability to participate in or continue participation in a program or utilize a facility pass or punch card, a pro-rated refund may be given based upon the date of the refund request. Documentation (i.e. doctor's note) is requested for illnesses and injury claims. 3. In the event a patron requests a full refund due to level of service or other legitimate factors, they are asked to submit this request in writing citing their reason for a full refund. 4. If a refund is authorized, the appropriate amount will be refunded via the original form of payment. No exceptions. 5. For monthly billing option, see contract for refund policy. 	

Online Registration

It's quick, convenient and easy! Register online from the convenience of your own home or office 24 hours a day, 7 days a week! You can now create (or update) your family account information online.

- **Online registration begins at 8:30 am Tuesday, December 2.**
- For registrations in which you have a **discount or questions**, please call the registration help line at 303-413-7270, Monday-Friday, 9am-5pm.
- For registrations that qualify for **reduced rate or to apply for reduced rate**, please call 303-413-7200, Monday-Friday, 8am-5pm.

For immediate registration confirmation and for popular classes, we recommend online registration. Kiosks are available at all facilities.



ONLINE REGISTRATION
www.BoulderParks-Rec.org

- ▶ Go to www.BoulderParks-Rec.org
- ▶ Click on "Register Online"
- ▶ Create your account if necessary or input your barcode and pin if you already have one. Forgot your barcode or pin? Call the registration help line at 303-413-7270, Monday-Friday, 9am-5pm.
- ▶ Search for desired class or enter class barcode.
- ▶ Payment must be completed at the time of the registration.
- ▶ Confirmation receipts are emailed upon registration. Please make sure you have a current email on file.
- ▶ Thank you for using our online registration system!

SHARE YOUR VOICE.



Aquatics Plan

We want your help assessing the need for aquatic facilities in Boulder. Please join us for one of the 4 open house sessions below to learn about the newly launched Aquatics Feasibility Plan (AFP) and give us your input on the state of Boulder aquatics programs and facilities.

As part of the plan, we're gathering information on the supply and demand for aquatics facilities to determine the community's current and future need for pools. Our goal is to ensure broad access to a vibrant and innovative inventory of aquatic facilities. Collecting data and community input is the first step toward meeting assessing future needs, enhancing our existing facilities and planning new facilities.

Please join us at one of the following open houses or visit <http://bit.ly/1wA5i2e> to take a quick survey.

Aquatic Feasibility Plan Pop-up Open Houses

Wed. Dec 3

5:30 – 6:30 p.m.

East Boulder Community Center
5660 Sioux Dr.

Sat. Dec 6

10 – 11 a.m.

North Boulder Recreation Center
3170 Broadway St.

Thurs. Dec 4

4 – 5 p.m.

South Boulder Recreation Center
1360 Gillaspie Dr.

Mon. Dec. 8

11 – 12:30 p.m.

Boulder Main Library
1001 Arapahoe Ave.

Valmont City Park Concept Plan

The Parks and Recreation Department is updating the concept plan for the undeveloped portions of Valmont City Park (VCP).

The original concept plan has already guided park developments including Valmont Bike Park, Valmont Dog Park and the temporary Valmont Disc Golf Course.

This is your opportunity to view the concept plan and share your input on what should be included in the next phase of park development.

Here are a few of the key themes so far:

- The city's largest park should offer many active recreation opportunities.
- Disc golf, running, and athletic fields continue to receive high levels of support.
- There should be a focus on youth activities.
- Include multi-use recreation facilities that are open to the public, but can also be reserved.
- A balanced program elements both within the park and system-wide, to see if elements not located at Valmont are or can be accommodated elsewhere.

Join us for the third and final Valmont open house on December 16, 2014, to review and provide your feedback on this important plan to provide new park facilities for the community.

Valmont City Park Public Meeting

Tuesday, Dec. 16, 2014 • 6-8 p.m.

Municipal Service Center, 5050 East Pearl Street

For more information please visit the web page at: <http://bit.ly/1EAXhPI>



Celebrations

Parties ♦ Weddings ♦ Gatherings

Meetings

Business + Social Functions

Welcome here

- ♦ Rooms for 40-175 guests
- ♦ Exceptional views
- ♦ Commercial catering kitchen
- ♦ Outdoor patio
- ♦ Kids playground, pool, gymnasium

*East Boulder Community Center
5550 Sioux Dr. ♦ Boulder, CO 80303*

Book your function today.

www.BoulderParks-Rec.org > EBCC room rentals or call 303-441-4400

FEB
07
BOULDER
COLORADO

USA CROSS COUNTRY 2015 CHAMPIONSHIPS

SAVE THE DATE

== FEBRUARY 7, 2015 ==

FLATIRONS GOLF COURSE

Boulder CO

Schedule of Races

8:15A.M. - MASTERS WOMEN'S 6 KM

9:00 A.M. - MASTERS MEN'S 8 KM

10:00 A.M. - HIGH SCHOOL CHALLENGE
GIRLS 4 KM

10:25 A.M. - HIGH SCHOOL CHALLENGE
BOYS 4 KM

10:55 A.M. - JUNIOR WOMEN'S 6 KM

11:30 A.M. - JUNIOR MEN'S 8 KM

12:15 P.M. - OPEN WOMEN'S 8 KM

1:00 P.M. - OPEN MEN'S 12 KM



ReadyTalk



BOLDERBOULDER

DROP-IN BASKETBALL

North

Mon/Wed/Fri
11:30 a.m. - 1:30 p.m.

Wed. evenings
7 - 9 p.m.

GET IN THE GAME

East

Tue/Thu/Fri
3:30 - 5 p.m.

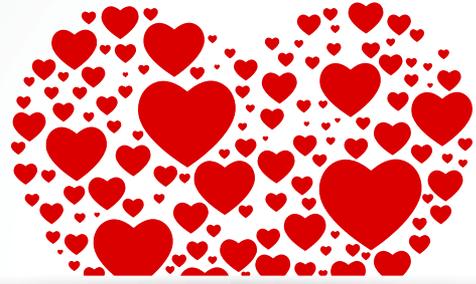
South

Tue/Thu
11:30 a.m. - 1:30 p.m.

Sun.
8 a.m. - 11 a.m.

See pg. 6 for daily entry fees & passes
www.BoulderParks-Rec.org

Sweetheart Valentine Dance



A special time full of sweet memories awaits participants along with dancing, light refreshments, gift bag with flower, professional photo and a DJ.

Saturday, February 21 • 6-8 pm

Registration code: 223685 (Ages 1-9)

\$35 for two (\$20 per add'l daughter)

North Boulder Recreation Center, 3170 Broadway

Register online today, space is limited!
www.Boulderparks-rec.org



Birthday Parties!

Call today and reserve the date for your child's next birthday party!

Swimming

East • 303-413-7209
North • 303-413-7218
South • 303-441-3449

Gymnastics

North • 303-413-7218

Pottery

Pottery Lab • 303-441-3446

Valmont Bike Park

Kayley Motz • 720-564-2173 or
motzk@bouldercolorado.gov

www.BoulderParks-Rec.org



SCHOOL DAYS OFF

Want to turn a challenging school day off into a fun-filled, energetic day of exciting and diverse activities for your child? Enroll them in our school day off camps where they can enjoy games, sports, swimming, indoor climbing, plus arts and crafts or try a day of tennis with Gonzo! All camps provide safe, respectful, age-appropriate, supervised activities!

Space is limited so register now!

See pgs. 27, 29 & 38
for details.

www.BPRcamps.org



You Belong Here!

Want to get fit while enjoying the flexibility and variety of daily, drop-in programs? Let us meet your fitness mood, schedule and budget with our conveniently located and scheduled programs.

Your recreation center annual pass, punch pass or daily entry fee gets you into any drop-in class and gives you full access to the facility's pools, ball courts, weight room, cardio fitness equipment - and more!

Check out our schedule online!



All drop-in classes are FREE with daily center entry (use your pass or \$7 daily fee)

We update our schedules monthly so that you can get the latest information about classes, cancellations, and instructor changes. Choose from over 100 different class times!

BOULDER'S BEST FITNESS VALUE!

Drop-In Fitness Classes

- Barre and Balance
- HIIT - High Intensity Interval Training
- Boulder Lift
- Carve
- Total Body Fitness
- Fitness for Life
- Hard Core
- Metabolic Resistance Training
- Pure Step
- Sports Conditioning
- The Ride!
- Group Power

Aquatic Fitness Classes

- Aqua Zumba®
- Pre/Post-Natal Aqua Fit
- Water Fitness Aqua Motion
- Warm Water Fitness

Mind/Body Classes

- Ayre
- Nia
- Pilates Mat
- Pilates/Yoga Combo
- Restorative Yoga & Pranayama
- Yin Yoga
- Yoga
- Zumba®
- Heartbeatyoga

Also enjoy drop-in Basketball, Volleyball, Pickleball & Badminton (schedules online).

We look forward to seeing you soon!

Recreation Centers

Cardio & Weight Rooms

Attain the strength, flexibility and cardio fitness you desire. Each center features the latest equipment for designing your ultimate workout.

Swimming

Burn calories and enjoy the full-body benefits of aquatic fitness. Each center features a multi-lane, indoor lap pool and hot tub. North and East centers also feature fun leisure pools that kids love! Plus enjoy two outdoor pools in the summer and the Boulder Reservoir!

Passes (Page 6)

Guide yourself to feeling and looking your best. Gain access to the latest strengthening, weight and cardio equipment; drop-in classes, pools, and more. No contracts or initiation fees - start today!

Online Registration begins 8:30 a.m. Tuesday, December 2 • www.BoulderParks-Rec.org



New Year's Day Family Fitness Jam

Fitness • Cycling Bootcamp • Pound Workout • Nia
Yoga • Swim Lesson Demo & More!

Thursday, Jan. 1 • 9 a.m. - 1 p.m. at EBCC

Adult Fitness Jam

Start 2015 with a fun, fast-paced fitness jam! Move to the groove of several different certified fitness instructors dishing up their best moves and tunes! Enjoy any part or all of this 4-hour fitness session – to jump start your 2015 fitness goals. A great way to sample new techniques and teachers – and start '15 in style!

- 9-10 a.m. Fitness Blast with Dora
- 9-10 a.m. Cycling Bootcamp w/Andrew
- 10 a.m. Free body comp testing
- 10-11:15 a.m. Cosmic Nia Jam
- 11:15-12 p.m. Pound Rockout Workout
- 12-1 p.m. Gentle Yoga

Use your pass or \$7 entry for the Fam Jam and use of facility.

Visit us online at www.BoulderParks-Rec.org for class descriptions and more details.

Swim Lesson Demo & Level Placements

10:30-11:30 a.m. Swim Lesson Demo & Placements

Let us assess your child and advise you on what level of swim lesson is best.



Stay Fit & Save!

Get our best fitness deals of the year, look for our New Year's Sale Flyer in late December.

Your three centers offer:

- 25 yard lap pools w/diving boards
- Leisure pools, hot tubs, dry saunas
- Dozens of daily drop-in fitness
- Weight and cardio equipment
- Dance and yoga studios
- Indoor/outdoor ball courts
- Certified personal trainers
- Family locker rooms and child care

Get all this for as little as \$12/week.

Recreation center holiday hours:

New Year's Eve (Wed. Dec. 31)
Recreation Centers open until 4 p.m.

New Year's Day (Thurs. Jan. 1)
East open 8 a.m.-4 p.m. / Child care 8:30 a.m.-1:30 p.m.
North & South Recreation Centers closed

