

Boulder Parks & Recreation **RECREATION** Guide

fall 2013

7 dance

14 golf

18 fitness

27 pottery

29 sports

38 tennis



Follow Us!



Like Us!



**Flatirons Golf Course –
celebrates 75 years!**
Pg. 6 for details



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

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.

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

Pool closes 30 minutes before the center closes.



Table of Contents

Map of Facilities Inside Cover

Entry Fees & Passes 5

Kids' Corner 5

In this Edition/News 6

Dance 7-10

EXPAND 11-13

Golf 14-15

Gymnastics 16-17

Fitness/Weight Training . . 18-21

CPR & First Aid 21

Pilates 22-23

Nia 24

Yoga 25-26

**Chi Kung / T'ai-Chi / Feldenkrais
Alexander Technique** 26

Pottery 27-28

Gym Jam 29

Sports 29-32

Swimming/Aqua Fitness . . 33-37

Tennis 38-40

Valmont Bike Park 41-42

Terms & Conditions 43

Staff List/Registration 44-45

Drop in Schedule Info 47

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

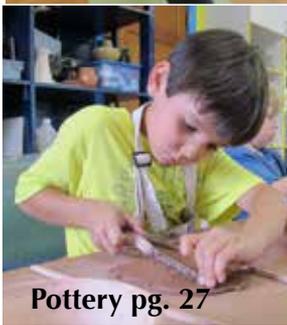


Yoga pg. 25

Golf pg. 14



Gymnastics pg. 16



Pottery pg. 27



Sports pg. 29



Weights pg. 20



Tennis pg. 38



Fitness pg. 18

FREE Coffee, Run, Cycle or Fun?



Get 2 free coffee drinks at OZO Coffee Co.



Get a \$10 gift card for Full Cycle.



Get a \$10 gift card for Boulder Running Co.

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



Get a \$10 gift card for Gateway Park Fun Center.

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

Open House

at the East Boulder Community Center



September 25 • 4-7 p.m.

East Boulder Community Center, 5660 Sioux Dr.

Tour one of Boulder's best kept fitness secrets - and workout for **FREE!** Sample classes, swim or try some of the latest weight room and cardio equipment at the East Boulder Community Center.

**Want to give us a try before you buy?
Here's your opportunity!**



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! A hit for boys and girls 5-11 years old. Age groups will be divided for most of the day, but will be all together for some activities.

See page 30 for details.

www.BPRcamps.org



ENTRY FEES & PASSES

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.
- **Discounts at participating merchants. (pg. 5)**
- **10% savings on one class** per season (as available one week before class begins), register in person.

MONTHLY BILLING -

	INITIAL	11 PAYMENTS
	Res/Non	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; 2 adults & kids up to age 18. Fee applies to additional adults/seniors.
- 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!

NEW
HOURS!

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
Sat: 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!

IN THIS EDITION

On the cover: *Flatirons Golf Course – 75 and better than ever!*

Jill Mcfadden, LPGA golf instructor, watches with Gabby Cook as Calvin Heiman makes a putt. Jill helps young and aspiring golfers with their swing. And oh yeah, it drops in! This summer, Jill was selected as an LPGA instructor at the Solheim Cup hosted by the Colorado Golf Club in Parker, Colorado.

Boulder's Flatirons Golf Course turned 75 this year. A blend of classic charm and newly improved features makes Boulder's oldest course one of the most popular and enjoyable to play.

In its early days, the course consisted of only 9-holes, had no trees and no automated irrigation system. Built by workers using only mules, wheelbarrows and hand tools, Flatirons was a product of President Roosevelt's Works Progress Administration (WPA). Completed in 1938, Flatirons (then called Boulder Municipal Sports Center) was one of several local amenities built by federally-funded workers during the Depression. Others include Beach Park on University Hill and Sunrise Amphitheater on Flagstaff Mountain.

Today, Flatirons boasts more than 1600 mature trees, water features, lush, challenging fairways and immaculately

maintained greens (thanks to its state of the art irrigation system and skilled grounds crew). The now 18-hole, scenic course has become a popular choice among area golfers for its combination of classic charm and accommodation of all skill levels. Recently completed course improvements further enhance the experience for entry-level to advanced players by adding 19 new bunkers and 42 new tee-boxes. The newly renovated course now offers players five range options from 4,700 to 7,000 yards of play.



The course is also Audubon International-certified for its use of environmentally-sustainable, wildlife-friendly management techniques – so you don't have to compromise your values to enjoy a great round of golf.

Come celebrate Flatirons 75th anniversary with a round of golf, lesson or gift from the pro shop. At 75, Flatirons provides an ideal course and instructional staff for young people to learn the game, aspiring golfers to improve their game and lifetime players to enjoy their favorite sport.

To book a tee time or learn more about Flatirons or the Junior Golf Program, visit: www.FlatironsGolf.com or call 303-442-7851.

2013 Recreation News



Recreation Closures:

- 8/10-8/18 South closed for annual maintenance
- 8/24-9/2 North closed for annual maintenance
- 9/2 Spruce Pool closing day
- 9/15 Scott Carpenter Pool closing day
- 9/2 Labor Day: East & South closed • North open 8am-1:30pm
- 11/28 Closed Thanksgiving
- 11/29 East 5:30am-9pm, North 8am-7:30pm & South 8am-8pm
- 12/24 Rec Centers close at 1:30pm
- 12/25 & 1/1 Closed Christmas & New Year's Day
- 12/31 Rec Centers close at 4:30pm

Program Highlights/Events:

- Pottery Sale • Sept. 7-8 see pg. 45 for details
- Dog Dayz • see back cover
- Halloween Carnival at South • October 25 (boulderparks-rec.org for details)

Join Parks and Recreation on Facebook!

Now you can get the latest scoops, news and deals from Parks and Rec 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

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.



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. For more information, please contact Colleen Fitzgerald at 303-413-7216 or Fitzgeraldc@Bouldercolorado.gov.



Recyclable. Inside pages printed on 30% post-consumer recycled paper.

DANCE - ADULT



Adults of all abilities can explore their creative side while enjoying a great workout.

Dance Visitor Pass

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**

Discount - Adult Dance

Students enrolled in more than one dance class per session will be given a 10% discount on the lesser of the two fees. You must register in person or by phone.

Class Cancellation Policy

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

No classes will be held the week of Thanksgiving, November 25-29.

► ADULT BALLETT

Ballet Barre

(Ages 18+) Include a ballet workout in your day with traditional ballet barre and gentle stretching. For students with knowledge of ballet basics.

203125	9/10-12/10	Tu, 9-10am	North	13	\$111/\$139	Sylvia
203432	9/12-12/12	Th, 9-10am	East	13	\$111/\$139	Sylvia

Ballet Barre Plus

(Ages 18+) Include a ballet workout in your day with traditional ballet barre and gentle stretching. For students with knowledge of ballet basics. This class includes a center routine to be performed at the Spring 2014 Dance Concert.

203126	9/10-12/10	Tu, 10-11:30am	North	13	\$137/\$171	Sylvia
--------	------------	----------------	-------	----	-------------	--------

Ballet Level 1

(Ages 13+) Very beginning ballet technique in which students learn the aesthetics and physicality of classical ballet utilized by dancers and athletes, as they develop strength, movement awareness and muscle control in learning the fundamental barre and center exercises, placement and elementary dance steps.

203128	9/10-12/10	Tu, 7:30-9pm	North	13	\$137/\$171	Elizabeth R.
--------	------------	--------------	-------	----	-------------	--------------

Ballet Level 1/2

(Ages 13+) Continuing elementary level technique for students who have begun ballet training and who have knowledge of and experience with placement and the fundamental barre and center exercises including jumps.

203134	9/12-12/12	Th, 7:30-9pm	South	13	\$137/\$171	Elizabeth R.
--------	------------	--------------	-------	----	-------------	--------------

Ballet Level 2

(Ages 13+) Wanting to return to ballet after an absence or ready to progress to the next level? Then this class may be for you! We will solidify technique with a careful practice of barre and center exercises, elementary jumps and turns, and dance steps. At least 1 year of previous ballet study is strongly recommended.

203129	9/10-12/10	Tu, 6-7:30pm	North	13	\$137/\$171	Elizabeth R.
--------	------------	--------------	-------	----	-------------	--------------

Ballet Level 2/3

(Ages 16+) Intermediate ballet technique for students with 3 to 4 years of solid training. Will include increasing complexity and tempo of exercises using epaulement; building strength, stamina, fluidity, and aplomb in barre and center combinations, petit and grand allegro, and turns. Performance opportunity possible.

203131	9/12-12/12	Th, 6-7:30pm	South	13	\$137/\$171	Elizabeth R.
--------	------------	--------------	-------	----	-------------	--------------

Ballet Level 3

(Ages 13+) Strong intermediate level ballet technique in barre and center exercises, jumps, beats and turns to develop strength, flexibility, precision, attention to detail, artistic line and ballon. Performing opportunity possible.

203130	9/14-12/14	Sa, 1:30-3pm	East	13	\$137/\$171	Elizabeth R.
--------	------------	--------------	------	----	-------------	--------------



DANCE - ADULT

Pointe 1/2

(Ages 13+) Upper elementary level pointe technique practiced carefully and correctly to develop proper placement, stability, strength and the intricacies of pointe work.

203133 9/14-12/14 Sa, 3-3:30pm East 13 \$65/\$82 Elizabeth R.

Stretching & Conditioning for Dance

(Ages 13+) Safe and appropriate stretching and conditioning for dancers at all levels. Learn how and when to stretch properly on the floor and at the barre to increase flexibility and range of motion; how to utilize and strengthen muscles; placement and stability of the feet, ankles, knees, hips, spine, neck and torso. Target exercises for inner thighs, hamstrings, abdominals, arms, etc.

203132 9/14-12/14 Sa, 12-1pm East 13 \$111/\$139 Elizabeth R.

TAP/JAZZ

Tap Level 1

(Ages 13+) 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. Gain rhythm, balance and improve overall fitness. Tap shoes required; talk to instructor about shoes at first class. 0-1 yrs experience.

203208 9/10-12/10 Tu, 6:30-7:30pm Iris 13 \$111/\$139 Jill

203784 9/13-12/13 F, 1:30-2:30pm East 13 \$111/\$139 Craig

Tap Level 2/3

(Age 13+) Intermediate tap for teens and adults with 2 or more years of training. 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 winter and/or spring concerts.

203209 9/12-12/12 Th, 7-8pm North 13 \$111/\$139 Mary

Jazz Level 1

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

203160 9/10-10/22 Tu, 7:30-8:30pm Iris 7 \$60/\$75 Jill

203161 10/29-12/10 Tu, 7:30-8:30pm Iris 6 \$51/\$64 Jill

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.

203162 9/13-12/13 F, 2:30-3:45pm East 13 \$137/\$171 Judy

“To dance is to be out of yourself. Larger, more beautiful, more powerful.”

— Agnes De Mille

BALLROOM

Ballroom Basics Level 1

(Ages 16+) Come experience the joy and elegance of Social Dancing. Foxtrot, Waltz and Swing will be taught in this introductory class. Partner not required.

203147 9/14-10/26 Sa, 3:15-4:15pm East 7 \$60/\$75 Judy

203148 11/2-12/14 Sa, 3:15-4:15pm East 6 \$51/\$64 Judy

Ballroom Basics Level 2

(Ages 16+) A continuation of Ballroom Basics Level 1.

203149 9/14-10/26 Sa, 4:30-5:30pm East 7 \$60/\$75 Judy

203150 11/2-12/14 Sa, 4:30-5:30pm East 6 \$51/\$64 Judy

MODERN DANCE

Stretch and Warm-up

Enjoy a centering, breath-focused warm-up, extensive stretching, yoga postures, and abdominal strengthening work. All while applying basic modern dance warm up concepts and set to flowing music. A great way to start your Friday morning!

203215 9/13-12/13 F, 9-10am North 13 \$111/\$139 Cindy

Adult Modern Level 1

Have fun dancing while learning the basic movement concepts of Beginning Modern dance. 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!

203211 9/11-12/11 W, 7:30-8:30pm East 13 \$111/\$139 Cindy

203214 9/13-12/13 F, 10-11am North 13 \$111/\$139 Cindy

Professional Modern Dance

Cindy Brandle, Artistic Director of the Cindy Brandle Dance Company, leads Advanced/Professional 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. Experience in modern dance required.

203212 9/12-12/12 Th, 10-11:30am North 13 \$137/\$171 Cindy

CULTURAL DANCE

Beginning Hula Dance

(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.

203156 9/13-10/25 F, 5:30-6:30pm Iris 7 \$60/\$75 La'ela'e

203157 11/1-12/13 F, 5:30-6:30pm Iris 6 \$51/\$64 La'ela'e

DANCE - ADULT/YOUTH



Salsa 1

(Age 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.

203201	9/11-10/23	W, 7-8pm	North	7	\$60/\$75	Judy
203202	10/30-12/11	W, 7-8pm	North	6	\$51/\$64	Judy

Salsa 2

(Age 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. (One year of training recommended.)

203203	9/11-10/23	W, 8-9pm	North	7	\$60/\$75	Judy
203204	10/30-12/11	W, 8-9pm	North	6	\$51/\$64	Judy

Beginning Bellydance

(Ages 13+) Learn techniques of this exciting dance style with a supportive, skilled instructor who is eager to share her knowledge and love of the dance. This class will help develop agility, grace, stamina, and a positive sense of self. It's great exercise and fun! Come and learn the basics, or practice what you already know. (No experience necessary.)

203785	9/13-12/13	F, 6:30-7:30pm	South	13	\$111/\$139	Shireen
--------	------------	----------------	-------	----	-------------	---------

Irish Step

(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.

203158	9/9-10/21	M, 7:30-8:45pm	North	7	\$60/\$75	Elizabeth B.
203159	10/28-12/9	M, 7:30-8:45pm	North	6	\$51/\$64	Elizabeth B.

► PRESCHOOL DANCE

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

Parent-Tot

(Ages 18mos-3yrs) 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.

203196	9/9-10/21	M, 9-9:45am	North	7	\$60/\$75	Vanessa
203197	10/28-12/9	M, 9-9:45am	North	6	\$51/\$64	Vanessa

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.

203141	9/12-12/12	Th, 4-4:45pm	South	13	\$98/\$123	Judy
203142	9/14-12/14	Sa, 10:30-11:15am	North	13	\$98/\$123	Judy

No classes will be held the week of Thanksgiving, Nov. 25-29.

Little Feats Ballet

(Age 3) This dance class is designed for little dancing feet. Introducing the concept of body movements, rhythm and special awareness all taught in a fun, energetic and creative format. Props, music and visual aids elicit movement that builds coordination, strength and self confidence.

203136	9/9-12/9	M, 10:45-11:30am	North	13	\$98/\$123	Vanessa
203137	9/11-12/11	W, 9-9:45am	North	13	\$98/\$123	Cindy
203145	9/13-12/13	F, 3:15-4pm	South	13	\$98/\$123	Vanessa
203138	9/14-12/14	Sa, 9:30-10:15am	North	13	\$98/\$123	Judy

Drumming and Movement

(Age 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.

203154	9/11-12/11	W, 9:45-10:30am	North	13	\$98/\$123	Cindy
--------	------------	-----------------	-------	----	------------	-------

Pre-Ballet Level 1

(Ages 4-5) This class continues to explore 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.

203146	9/11-12/11	W, 10:30-11:15am	North	13	\$98/\$123	Cindy
--------	------------	------------------	-------	----	------------	-------

Pre-Tap and Ballet 1

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.

203216	9/12-12/12	Th, 10:15-11am	East	13	\$98/\$123	Sylvia
--------	------------	----------------	------	----	------------	--------

► YOUTH 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.

Jazz & Tap 1

(Ages 5-7) Learn jazz & tap basics in one class! Students will improve in coordination, flexibility, balance and rhythm. Dance to a fun variety of music. Shoes required: jazz shoes or ballet slippers and tap shoes, any style.

203217	9/10-12/10	Tu, 4-5pm	Iris	13	\$98/\$123	Jill
--------	------------	-----------	------	----	------------	------

Beginning Hula Dance for Children

(Ages 5-12) 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.

203787	9/13-10/25	F, 4:30-5:30pm	Iris	7	\$52/\$66	La'ela'e
203786	11/1-12/13	F, 4:30-5:30pm	Iris	6	\$45/\$57	La'ela'e



DANCE - YOUTH

No classes will be held the week of Thanksgiving, Nov. 25-29.

▶ YOUTH CONCERT CLASSES

Concert Fee

Please note that all concert participants must pay a one-time concert fee by November 15 to help defray production costs such as facility rental, lighting, etc. Please make this payment at any of the three recreation centers. Required one-time concert fee to be paid by all participants.

203105 \$35

Pre-Ballet Level 2

(Ages 4-5) This concert class continues to explore creative movement concepts, which are the building blocks of later dance techniques, combined with a introduction to beginning ballet technique. Dancers improve their fine and gross motor skills through play-based activities and working with props, as well as creating and practicing a dance for the Spring Dance Concert.

203095 9/9-12/9 M, 10-10:45am North 13 \$128/\$153 Vanessa
203104 9/9-12/9 M, 3-3:45pm North 13 \$128/\$153 Vanessa

Pre-Ballet and Tap Level 2

(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. This class will perform in the Spring Dance Concert.

203097 9/10-12/10 Tu, 11:30am-12:15pm North 13 \$128/\$153 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.

203098 9/13-12/13 F, 4-4:45pm South 13 \$128/\$153 Vanessa

Kinder Hip Hop

(Ages 5-6) A fun energetic form of dance. Gain rhythm and learn basic movements while having a great time.

203106 9/12-12/12 Th, 4-4:45pm North 13 \$128/\$153 Sarah

Ballet Level 1/2

For students who have little to no experience in ballet training. Focus will be on developing and strengthening all components of ballet technique and expanding movement vocabulary as we engage in the fun of preparing the Spring Dance Concert.

(Ages 6-8)
203101 9/13-12/13 F, 4:45-5:30pm South 13 \$128/\$153 Vanessa

(Ages 9-12)
203100 9/13-12/13 F, 5:30-6:30pm South 13 \$128/\$153 Vanessa

Jazz Level 2/3

One year or 4 sessions of previous training required.

(Ages 6-9)
203111 9/9-12/9 M, 4-5pm North 13 \$128/\$153 Vanessa

(Ages 10-13) One year previous training required.
203124 9/12-12/12 Th, 5-6pm South 13 \$128/\$153 Judy

Jazz Level 3/4

(Ages 9-12) Two - three years of previous training required.

203112 9/11-12/11 W, 4-5pm East 13 \$128/\$153 Vanessa

Jazz Level 4/5

(Ages 11-15) Three - Four years previous training required.

203113 9/10-12/10 Tu, 5-6:15pm Iris 13 \$128/\$153 Jill

Jazz & Tap 2

For students who have taken Jazz & Tap 1 or other dance classes. Learn the FUNdamentals of jazz & tap along with a dance for the Spring Concerts. Jazz & tap shoes required.

(Ages 5-7)
203282 9/13-12/13 F, 4-5pm North 13 \$128/\$153 Mary

(Ages 8-12)
203283 9/13-12/13 F, 5-6pm North 13 \$128/\$153 Mary

Hip Hop Level 1/2

A fun energetic form of dance. Gain rhythm and learn basic movements while having a great time.

(Ages 7-10)
203107 9/12-12/12 Th, 4:45-5:45pm North 13 \$128/\$153 Sarah

(Ages 10-13)
203108 9/12-12/12 Th, 5:45-6:45pm North 13 \$128/\$153 Sarah

▶ EXPRESSIONS DANCE COMPANY

Expressions Dance Company is a unique, audition based, dance company for youth, offering high-quality training and extensive performance experience in many styles of dance. The goal is to develop dancers who possess technical proficiency, a joy of performing and an awareness of the artistic self.



Admission to Expressions classes are for the dancers **who have auditioned** for and been accepted into Expressions Dance Company. Please contact Cynthia Burdine, Program Coordinator, with questions at 303-413-7473.

Company Tap

(Ages 7-10)
203240 9/9-12/9 M, 5-6pm South 13 \$130 Kathy

(Ages 11-15)
203233 9/9-12/9 M, 4-5pm South 13 \$130 Kathy

Company Tap for Powell and Evans

203236 9/9-12/9 M, 7-8pm South 13 \$130 Kathy

Stretch and Strengthen Levels Powell and Evans

203238 9/9-12/9 M, 6-7pm South 13 \$130 Kathy



What is 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 call Colleen Fitzgerald, Recreation Administrator, 303-413-7216 or fitzgeraldc@bouldercolorado.gov with any questions. Unless otherwise noted, programs are for all ability levels.

Scholarships are available for individuals. For more information contact Sherri Brown at 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 Colleen Fitzgerald at 303-413-7216 two weeks prior to class start date for more information about inclusion.

► 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.

Youth Swim Lessons

(Ages 6-12) Learn basic swimming skills with modifications. Note: staff ratio is approx. 3:1. Contact Jen Heilveil, 303-413-7474.

203007 9/9-11/18 M, 4-4:30pm East 11 \$88/\$110

The Wonderful World of Walking

(Ages 14+) Walking is a great low-impact exercise. Depending on the weather we will be inside or outside. We will play walking games and make it fun! Contact Lori Goldman, 303-413-7256.

202941 9/9-10/21 M, 3-4pm East 7 \$25/\$30

Water Aerobics

(Ages 18+) Jump right in! The water is great! We will focus on cardiovascular and strength training. This low-impact class is suitable for every fitness level. Contact Jen Heilveil, 303-413-7474.

203008 9/9-11/18 M, 5:30-6:30pm East 11 \$55/\$68

Become a Chef!

(Ages 16+) Come get inspired about cooking! Learn how to cook delicious dinners with healthy eating coach, Mary. Each class, we will get together with friends and learn how to make a great meal. Bring a container to take your prepared meal home and enjoy for dinner. Contact Sherri, 303-441-4933.

202819 9/9-10/14 M, 4-5:30pm East Senior 6 \$100/\$120

202820 9/10-10/15 Tu, 2:45-4:30pm East Senior 6 \$100/\$120

Gym Sports

(Ages 14+) Let’s play those old gym games! Games will include: Dodgeball, Kickball, Whiffleball, etc. Contact Sherri Brown, 303-441-4933

202815 9/10-9/24 Tu, 5-6:30pm East 3 \$20/\$25 Group

202816 10/22-11/5 Tu, 5-6:30pm East 3 \$20/\$25 Only

Flag Football

(Ages: 16+) Flag football is back! Contact: Sherri Brown, 303-441-4933.

202817 10/1-10/15 Tu, 5-6:30pm East 3 \$20/\$25 Group Only

Floor Hockey

(Ages 16+) Come play floor hockey. Fun and exciting game played on the gym floor - no skates. Contact Sherri Brown, 303-441-4933.

202818 11/12-11/26 Tu, 5-6:30pm East 3 \$20/\$25



EXPAND

Basketball Practice

(Ages 16+) Get ready for basketball season. We'll practice skills, scrimmage and learn rules. Contact Sherri brown, 303-441-4933

203582	12/3/17	Tu, 5-6:30pm	East	3	\$20/\$25
--------	---------	--------------	------	---	-----------

Country Line Dancing

(Ages 16+) Learn Country Line Dancing and then sign up for the outing to the Grizzly Rose! Contact, Cory Lasher, 303-413-7269.

202804	9/11-10/2	W, 3-4pm	East	4	\$25/\$32
--------	-----------	----------	------	---	-----------

Jewelry Making

(Ages 16+) Learn the basics of jewelry making and walk away with your own creations! Bring your own beads but we will supply beads as well. Contact Cory Lasher, 303-413-7269.

202805	10/16-10/30	W, 4:30-6pm	East Senior	3	\$40/\$50
--------	-------------	-------------	-------------	---	-----------

Paint Your Imagination

(Age 16+)Tape and paint! This is a one-time session that touches the surface of abstract canvas painting and different techniques. Come with your imagination and leave as a painter with your very own masterpiece! Contact Cory, 303-413-7269.

202806	11/6-11/20	W, 4:30-6pm	East Senior	3	\$40/\$50
--------	------------	-------------	-------------	---	-----------

More than Notes and Noise

(Ages 16+) Let's make music! A fun beginner music class exploring music and instruments. No music talent needed. Come be part of fun! Contact Sherri Brown, 303-441-4933. (No class on Oct. 31)

202814	10/23-12/4	W, 6-7pm	East Senior	7	\$30/\$35
--------	------------	----------	-------------	---	-----------

EXPAND Golfers

(Ages 16+) Let's spend an evening at Flatirons Golf course chasing a little white ball around. Group activity. Contact Sherri Brown, 303-441-4933.

203583	8/22	Th, 5:30-8:30pm	Flatirons Golf	1	\$20/\$25
203584	8/29	Th, 5:30-8:30pm	Flatirons Golf	1	\$20/\$25

Weight Lifting

(Age 16+) Pump up! Learn to use free weights and machines to increase muscle tone and strength. Contact Sherri, 303-441-4933. (No Class Nov. 28)

202811	9/12-12/12	Th, 2:30-3pm	East	13	\$32/\$40
--------	------------	--------------	------	----	-----------

Spinning

(Ages 16+) Come jump on a bike. Great exercise and social hour. Contact Sherri Brown, 303-441-4933. No class on Nov. 28, 2013

202812	9/12-12/12	Th, 3-4pm	East	13	\$60/\$75
--------	------------	-----------	------	----	-----------

Smile and Stretch

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

203343	9/12-11/7	Th, 4:30-5:30pm	East Senior	9	\$40/\$50
--------	-----------	-----------------	-------------	---	-----------

Unified Volleyball

(Age 16+) Skills, drills, scrimmages and Special Olympic competitions. Contact Sherri Brown, 303-441-4933.

202813	9/19-11/7	Th, 4-5:30pm	East	8	\$50/\$62
--------	-----------	--------------	------	---	-----------

Special Olympics Swim Training

(Ages 8+) Stretching, Fitness, and Fun! Year-round swim team is a great workout for all abilities! Participants must be able to swim 100 yd with or without a swim belt in the lap pool. Contact Jen Heilveil, 303-413-7474. (No Class Nov. 28)

203014	9/26-12/5	Th, 6-7pm	East	10	\$110/\$137
--------	-----------	-----------	------	----	-------------

Mystery Activity

(Ages 16+) Our interns will be planning exciting adventures. Contact Sherri, 303-441-4933.

NEW!

203339	11/14	Th, 4-5:30pm	East Senior	1	\$15/\$20
203340	11/21	Th, 4-5:30pm	East Senior	1	\$15/\$20
203341	12/5	Th, 4-5:30pm	East Senior	1	\$15/\$20

Teen Mystery

(Age 8-15) Our interns will be planning exciting adventures. Contact Sherri, 303-441-4933.

NEW!

203342	12/5	Th, 4-5:30pm	East Senior	1	\$15/\$20
--------	------	--------------	-------------	---	-----------

Bowling

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

203011	9/20-11/15	F, 3:30-5pm	CU	9	\$80/\$100
--------	------------	-------------	----	---	------------

Bowling Tournament

We will go to Denver for this fun tournament! Lunch and awards included! Contact: Jen Heilveil, 303-413-7474.

NEW!

203077	11/2	Sa, 11am-3pm	East	1	\$35/\$43
--------	------	--------------	------	---	-----------

Judo

(Ages 8+) Come experience Judo. It is a fun sport, an art, a discipline, a recreational or social activity, a fitness program, a means of self-defense or combat, and a way of life. It is all of these and more. Contact Sherri, 303-441-4933.

203338	10/26-12/7	Sa, 3:15-4:15pm	North	7	\$30/\$35
--------	------------	-----------------	-------	---	-----------

Gymnastics Team Training

(Ages 8+) Start preparing now for Special Olympic. Participants will be grouped by age & ability. Gymnastics improves coordination, balance and self-esteem. No class on Nov 10 & 24. Contact Lori Goldman, 303-413-7256.

202930	11/9-12/14	Sa, 3:45-5pm	North	5	\$42/\$52
--------	------------	--------------	-------	---	-----------

Silly Saturdays

(Ages 6-12) We will swim, make crafts play games and have a snack! Contact Lori Goldman, 303-413-7256.

NEW!

202936	9/7	Sa, 12:30-3pm	East	1	\$15/\$18
202937	10/5	Sa, 12:30-3pm	East	1	\$15/\$18
202938	11/2	Sa, 12:30-3pm	East	1	\$15/\$18
202939	12/7	Sa, 12:30-3pm	East	1	\$15/\$18

Horseback Riding

(Ages 8+) Trail ride in Lakewood at Bear Lake. Waiver must be signed prior to the program. Contact Lori Goldman, 303-413-7256.

202903	9/14	Sa, 9:30am-1:30pm	East	1	\$60/\$75
--------	------	-------------------	------	---	-----------



Campout CO-OP

(Ages 18+) Meet people from around the metro area on this fun weekend trip. Campers must be independent with all hygiene skills and be independent with a 5:1 staff ratio. Please note that the campsite is not wheelchair accessible. Contact Lori Goldman, 303-413-7256.

202904 10/11-10/13 F/Sa/Su, 3pm-11am Iris 3 \$175/\$218 Group Only

FRIDAY NIGHT DANCES

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

Dancing Like the Stars

202795 9/13 F, 6-8pm East Senior 1 \$8/\$10

Monster Mash

202796 10/25 F, 6-8pm East Senior 1 \$8/\$10

Country Western Dance

202797 11/15 F, 6-8pm East Senior 1 \$8/\$10

OUT ON THE TOWN, COMMUNITY CHOICES

(Ages 16+) Register for 1 on 1 or group codes - please. Contact Cory Lasher, 303-413-7269. Please check out our summer activities and use the proper code.

Lunch and Shopping at Flatirons Mall

202800 9/8 Su, 11:30am-2:30pm East 1 \$15/\$19 group only

Dine and Dance at the Grizzly Rose

202798 10/9 W, 4:30-8:30pm East 1 \$20/\$25 group only

Pizza & Bingo

202799 11/27 W, 4:30-6pm East 1 \$15/\$19 1on1 & group

Gingerbread House Making

202803 12/11 W, 4:30-6pm East 1 \$15/\$20 1on1 & group

ACTIVITIES FOR INDIVIDUALS WITH PHYSICAL DISABILITIES

FREE!

Adaptive Mountain Bike Clinic

(Ages 16+) Get ready to hold on tight and try two types of bikes, Downhill and Off-road hand cycles (one-off's) provided by Crested Butte Adaptive Sports Center. Lunch, snacks, and beverages provided. Directions and trail info provided upon registration. You MUST call to RSVP 303-413-7270. Limited space available. For questions, call Jen Heilveil, 303-413-7474.

Downhill - afternoon	203072	9/21	Sa, 1-5pm	1
Downhill - morning	203076	9/21	Sa, 8am-12pm	1
One-off morning	203071	9/21	Sa, 8am-12pm	1
One-off's Afternoon	203073	9/21	Sa, 1-5pm	1
Own Bike Afternoon	203075	9/21	Sa, 1-5pm	1
Own Bike Morning	203074	9/21	Sa, 8am-12pm	1

Paralympic Sports Club

The city of Boulder EXPAND's core objective is to support the growth of community-based Paralympic sport programs that accommodate people with physical disabilities. Activities include Triathlon Training, Wheelchair Rugby, Track and Field, Kayaking, Handcycling and Waterskiing.



Quad Rugby

(Ages 18+) Join one of the best teams in the U.S. This wheelchair sport is becoming very popular! If you need a rugby chair, contact Jen Heilveil, 303-413-7474. This program is for people with physical disabilities.

203932 9/10-12/17 Tu, 10:30am-1:30pm EBCC 15 \$35

Visual Impairment Sport Abilities Program

If you have an interest in trying or becoming involved with sport programs. We will offer programs like goal ball, running, swimming, biking, body awareness, and judo with the staff of the United States Association of Blind Athletes (USABA). For more information, contact Jen Heilveil, 303-413-7474 or Heilveil@bouldercolorado.gov

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.



Thank you!

EXPAND Duck Race® Sponsors

Top Sponsors

- Fisher Honda/Fisher Kia
- Hotel Boulderado
- Big Red F Restaurant Group
- Downtown Boulder
- Boulder Quest Center



We would also like to thank: Richard and Alma, Mark, Risa, Keith (climber), Steve (DJ), all of our wonderful duck booth and duck rescue volunteers and of course - all of you who took a chance on the duck race. Thanks for you support!



Thank you to Via Mobility!

Thank you to Via Mobility for donating transportation services for the participants of the Summer Fun Program.





Flatirons is a fully certified member of the Audubon Cooperative Sanctuary for Golf Courses, Flatirons Golf Course is committed to operating with the highest level of environmental responsibility possible while still producing exceptional golf playing conditions.

Flatirons Golf Course Amenities & Services

- Scenic 18-hole golf course
- Driving Range
- Accessible golf cart
- Men's/Women's Leagues
- Junior Golf Programs
- Full service club repair & pro shop
- Computerized handicapping system
- Public play Special Events
- Private & Group Instruction Area
- Book your tee time online!

The perfect site for your tournament or outing. With two food service vendors and full banquet, lounge and dining room facilities, let us help you plan your event. Brochure available at the golf course or at www.flatironsgolf.com

The Teaching Staff

Doug Cook - PGA Member, Director of Golf
Tim Stevens - PGA Member, Head Professional
Brian Lavender - PGA Member, Professional
Dan Knecht - PGA Member, Professional
Jill McFadden - Golf Professional

▶ TOURNAMENTS AND OUTINGS

At Flatirons, we believe that it's your tournament or outing. We operate on a "menu of services" basis. While other facilities may require you to buy tournament administration, prizes and food service, we start with a basic golf package and let you customize it to the specific needs of your group. This golf event philosophy has been especially popular with charitable fund raising events and other organizations that have an interest in maximizing their charitable donations.

2013 base tournament fees:

Off-season (Jan. 1-May 10; Sept. 20-Dec. 31)	Peak season (May 11-Sept. 19)
\$45 per player (M-Th)	\$48 per player (M-Th)
\$48 per player (F-Su)	\$53 per player (F-Su)

For more detail, please see brochure at www.flatironsgolf.com or contact the golf shop at 303-442-7851.

▶ PRIVATE INSTRUCTION

Individual Instruction

The most effective way for the beginner, intermediate or advanced player to make improvements, build practice skills and develop a rapport with PGA affiliated golf instructor.

The lesson area, located in its own area to enhance privacy and prevent distractions, includes a sand bunker and practice green.

Private lessons are offered seven days a week and scheduling is very flexible, call the Pro Shop at 303-442-7851 for booking.

Adults (17 years & older)
 \$40 for 30 minutes
 \$59 for 45 minutes

Take three individual lessons and receive your fourth lesson for half price!
 \$140

Juniors (16 years & under)
 \$15 for 15 minutes

Multi-Person Instruction

Designed for those who wish to share the experience of learning the game of golf. It is essential that participants are of a similar skill set when taking these lessons, i.e. beginner is grouped with other beginners. Lessons are one hour each. Instruction available upon request, call the golf shop to schedule a time, 303-442-7851.

Adults (17 years & older)
 Group of two \$50 per person
 Group of three \$40 per person
 Group of four \$35 per person

Juniors (16 years & under)
 Group of two \$30 per person
 Group of three \$25 per person
 Groups of four \$20 per person
 (up to max of 7)

▶ FLATIRONS GOLF COURSE FEES

Flatirons Golf Course takes great pride in providing great value in our reasonable daily rates. Our consistently excellent playing conditions, our classic layout and convenient location make Flatirons a wonderful place to play at any price.

Practice Range / Club & Cart Rental

Hand Carts	Riding Carts (Fee Per Rider)
9 holes \$4 • 18 holes \$6	9 holes \$9 • 18 holes \$14
Clubs	
Clubs- 9 holes \$15 • 18 holes \$20	

Range Balls

Small	\$4	40 balls
Medium	\$7.50	75 balls
Large	\$10	100 balls

Range Cards

Card Value	Price	Savings
\$25	\$25	0
\$50	\$42.50	15%
\$100	\$85	15%
\$200	\$160	20%
\$500	\$375	25%

Season Fees (August 12-October 13)

Junior (18 years and younger)
 Student (19-26 years with accredited university I.D.)
 Senior (Age 60+)

Weekday Discount Player Fees (Monday-Thursday)

	Adult	Junior	Student	Senior
18 Holes	\$30	\$20	\$28	\$26
9 Holes	\$19	\$12	\$17	\$16

Weekend Standard Player Fees (Friday-Sunday)

	Adult	Junior	Student	Senior
18 Holes	\$33	\$22	\$31	\$30
9 Holes	\$21	\$14	\$20	\$18

Frequent Player Program

Valid for one year from date of purchase. 15% discount when passes are purchased on same date. This discount is limited to immediate family members residing in the same household.

Monday-Friday play is \$4 for nine holes and \$6 for eighteen holes.
 Weekend play is \$5 for nine holes and \$9 for eighteen holes (Aug. 12-Oct. 13)

Adult	\$660	Senior	\$550
Student	\$595	Junior	\$295

For **current specials** and the most up to date information on Flatirons golf course, please visit our website at **FlatironsGolf.com**

▶ LESSONS

The Lesson Programs

Carefully designed to be an efficient and effective way to improve golf skills and enjoyment of the game.

PGA - Get Golf Ready

If you have ever thought about taking up the game, either again or for the first time, you can make golf your sport for a lifetime through this PGA Play Golf America program. This program teaches you in six short lessons what you'll need to know to step onto a golf course and play with confidence.

Flatirons is a fully certified member of the Audubon Cooperative Sanctuary for Golf Courses, Flatirons Golf Course is committed to operating with the highest level of environmental responsibility possible while still producing exceptional golf playing conditions.

For more information or registration forms go to www.flatironsgolf.com or contact the Pro Shop at, 303-442-7851.



Individual Private Instruction – The most effective way for the beginner, intermediate or advanced player to make improvements, build practice skills and develop a rapport with a PGA affiliated golf instructor.



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:

- All classes held at the North Center
- 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

September 3-December 21 (No classes November 25-30)

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.

Fees

Mon	(1 day per/wk)	(14 classes)	\$162 / \$202
Tu/W/Th/F/Sa	(1 day per/wk)	(15 classes)	\$173 / \$217

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.

201582	M, 9-9:45am ★	201589	W, 10-10:45am ★
201583	M, 10-10:45am ★	201590	Th, 9-9:45am ★
201584	M, 11-11:45am ★	201591	Th, 10-10:45am ★
201585	Tu, 9-9:45am ★	201592	F, 9-9:45am ★
201586	Tu, 10-10:45am ★	201593	F, 10-10:45am ★
201587	Tu, 11-11:45am ★	201594	Sa, 9-9:45am
201588	W, 9-9:45am ★	201595	Sa, 10-10:45am

3 Year Olds

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

201596	M, 9-9:45am ★	201606	W, 2:45-3:30pm
201597	M, 10-10:45am ★	201607	Th, 9-9:45am ★
201598	M, 11-11:45am ★	201608	Th, 10-10:45am ★
201599	M, 2:45-3:30pm	201609	Th, 11-11:45am ★
201600	Tu, 9-9:45am ★	201610	Th, 2:45-3:30pm
201601	Tu, 10-10:45am ★	201611	F, 9-9:45am ★
201602	Tu, 11-11:45am ★	201612	F, 10-10:45am ★
201603	Tu, 2:45-3:30pm	201613	F, 2:45-3:30pm
201604	W, 9-9:45am ★	201614	Sa, 9-9:45am
201605	W, 10-10:45am ★	201615	Sa, 10-10:45am

4 Year Olds

Child must be 4 years old by first class.

201616	M, 9-9:45am ★	201626	W, 2:45-3:30pm
201617	M, 10-10:45am ★	201627	Th, 9-9:45am ★
201618	M, 11-11:45am ★	201628	Th, 10-10:45am ★
201619	M, 2:45-3:30pm	201629	Th, 11-11:45am ★
201620	Tu, 9-9:45am ★	201630	Th, 2:45-3:30pm
201621	Tu, 10-10:45am ★	201631	F, 9-9:45am ★
201622	Tu, 11-11:45am ★	201632	F, 10-10:45am ★
201623	Tu, 2:45-3:30pm	201633	F, 2:45-3:30pm
201624	W, 9-9:45am ★	201634	Sa, 9-9:45am
201625	W, 10-10:45am ★	201635	Sa, 10-10:45am

5 Year Olds

Child must be 5 years old by first class.

201636	M, 9-9:45am ★	201646	Th, 9-9:45am ★
201637	M, 10-10:45am ★	201647	Th, 10-10:45am ★
201638	M, 2:45-3:30pm	201648	Th, 11-11:45am ★
201639	Tu, 9-9:45am ★	201649	Th, 2:45-3:30pm
201640	Tu, 10-10:45am ★	201650	F, 9-9:45am ★
201641	Tu, 11-11:45am ★	201651	F, 10-10:45am ★
201642	Tu, 2:45-3:30pm	201652	F, 2:45-3:30pm
201643	W, 9-9:45am ★	201653	Sa, 9-9:45am
201644	W, 10-10:45am ★	201654	Sa, 10-10:45am
201645	W, 2:45-3:30pm		

GYMNASTICS



► BEGINNER / ADVANCED BEGINNER

September 3-December 21 (No classes November 25-30)

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. Instructors will group children according to ability on the first day of class. 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.

Fees

Tu/Th	(2 days per/wk)	(30 classes)	\$315 / \$394
M	(1 day per/wk)	(14 classes)	\$154 / \$193
Tu/W/Th/F/Sa	(1 day per/wk)	(15 classes)	\$165 / \$207

Boys Ages 6-12

201655	Tu/Th, 3:45-5pm
201656	M, 3:45-5pm
201657	W, 3:45-5pm
201658	F, 3:45-5pm
201660	Sa, 11 am-12:15pm

Girls Ages 6-12

201661	Tu/Th, 3:45-5pm
201662	M, 3:45-5pm
201663	Tu, 3:45-5pm
201664	W, 3:45-5pm
201665	Th, 3:45-5pm
201666	F, 3:45-5pm
201668	Sa, 11 am-12:15pm

► "TWEEN" BEGINNER/ ADVANCED BEGINNER

(Ages 9-12) This is the perfect place for kids 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 class Nov. 26 & 28.**

Boys

201669	9/3-12/19	Tu/Th, 3:45-5pm	North	30 classes	\$315/\$394
--------	-----------	-----------------	-------	------------	-------------

Girls

201670	9/3-12/19	Tu/Th, 3:45-5pm	North	30 classes	\$315/\$394
--------	-----------	-----------------	-------	------------	-------------

► 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. **To book a party call 303-413-7218.**

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)



Our gymnastics program promotes self-esteem and confidence while emphasizing a fun approach to learning.

► 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 1-4. Pre-team will prepare you for future competitive team involvement.

Girls Beginning Team-Advanced Team

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

Boys Pre-Team

(Age 6+) Pre-team boys will continue developing basic skills. in USAG Levels 1-4. 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
---------	-----------	-------	---------------------------

Employment Opportunity

Now Hiring Gymnastics Instructors

Apply online at: www.bouldercolorado.gov/jobs



HEALTH & WELLNESS: FITNESS & WEIGHTS



Come check out our new Freemotion spin bikes and take "The Ride".



"The Ride" group spin classes have new bikes!

East Boulder Community Center is pleased to introduce brand new indoor cycles! The Freemotion 11.8 spin bike offers a smooth flywheel high-gear ratio system that allows for a realistic ride. The bike is easily adjustable for a comfortable ride for all body types. Each bike is equipped with

a power sensor that detects watts (power), RPM (revolutions per minute), and stage timing so that each ride can be different. The sensor also pairs with your heart rate monitor and allows you to track workout data via a USB port.

We invite you to drop-in to "The Ride". Check out our schedule online at www.BoulderParks-Rec.org or on pages 54-55. Come and take "The Ride". We also feature these spin bikes in all three weight rooms.

Try a new class! Challenge yourself!

Our experienced fitness staff is here for the beginner or the advanced exerciser.

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.

No classes will be held the week of Thanksgiving.

► FITNESS

50 Plus Resistance

(Ages 50+) Men and women fifty years of age and older will benefit from using free weights, resistance bands and exercises to increase strength and bone density.

202927	9/9-10/23	M/W, 1:30-2:30pm	East	14	\$119/\$147	Ignacio
202926	9/13-10/25	F, 11:30am-12:30pm	East	7	\$60/\$75	Melissa
202929	10/28-12/18	M/W, 1:30-2:30pm	East	14	\$119/\$147	Ignacio
202928	11/1-12/20	F, 11:30am-12:30pm	East	7	\$60/\$75	Melissa

Adult Kickbox

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

202922	9/9-10/23	M/W, 5-6pm	South	14	\$119/\$147	Ignacio
202923	9/9-10/23	M/W, 7-8pm	North	14	\$119/\$147	Ignacio
202924	10/28-12/18	M/W, 5-6pm	South	14	\$119/\$147	Ignacio
202925	10/28-12/18	M/W, 7-8pm	North	14	\$119/\$147	Ignacio

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.

202931	9/9-10/23	M/W, 7-8am	East	14	\$119/\$147	Ignacio
202932	9/10-10/24	Tu/Th, 6:30-7:30am	South	14	\$119/\$147	Ignacio
202934	10/28-12/18	M/W, 7-8am	East	14	\$119/\$147	Ignacio
202935	10/29-12/19	Tu/Th, 6:30-7:30am	South	14	\$119/\$147	Ignacio
202933	9/14-10/26	Sa, 8-9am	North	7	\$60/\$75	Ignacio
202940	11/2-12/21	Sa, 8-9am	North	7	\$60/\$75	Ignacio



No classes will be held the week of Thanksgiving.

Light Holiday Cooking

Tired of heavy holiday fare that leaves you feeling heavy too? Learn to make deliciously light dishes that don't contribute to weight gain. We will make light appetizers, healthy side dishes and entree sauces and desserts.

202847 11/5-11/19 Tu, 5:30-7:30pm East Senior 3 \$90/\$111 Mary

Note: A \$10 materials/food fee will be collected at the first class.

Mediterranean Cooking

Interested in healthier meals and a healthy weight? The Mediterranean Diet offers a solid, easy to follow blueprint. In this hands on class, you will learn a common sense eating approach and make delightful delicious meals. Mary Collette Rogers has been educating and exciting home cooks for over 20 years, sharing tips, tricks and systems for fast, easy meal making.

202846 9/17-10/15 Tu, 5:30-7:30pm East Senior 5 \$150/\$188 Mary

Note: A \$20 materials/food fee will be collected at the first class.

Building A Healthy Body from the Inside Out

Whether your goal is to manage your weight, sugar or cholesterol or to increase your energy, vitality and stamina, this class is for you! Learn 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 maintenance and weight loss, how to read a food label, which fats are healthy and which aren't, what cholesterol is, and how to eat a balanced, low-sugar diet.

202833 9/10-10/15 Tu, 6:45-7:45pm East Senior 6 \$51/\$63 Erin

The Small Change Diet

Join this empowering class taught by a registered dietitian who will teach ten steps to a thinner healthier you using the Small Change Diet book by Keri Gans, MS, RD. You will learn how to make achievable changes in your diet to meet your nutrition and weight loss goals. Books are included.

202850 10/16-11/20 W, 12-1pm North 6 \$51/\$63 Martha

Swiss Ball

Swiss balls are one of today's top fitness tools - and for good reason! Using a Swiss ball will improve the strength of the abs and the lower back. A licensed physical therapist will teach you exercises that promote core strength while improving flexibility, balance, postural alignment and coordination.

202918 9/9-10/21 M, 4-5pm North 7 \$60/\$75 Heidi

202921 10/28-12/16 M, 4-5pm North 7 \$60/\$75 Heidi

Swiss Ball with Props

Ready for the next level? Our physical therapist will help you continue to explore Swiss Ball exercises to further improve your core strength and conditioning, flexibility, alignment, balance and coordination. Pre-Requisite: One previous session with the instructor or instructor's permission.

202919 9/12-10/24 Th, 4-5pm North 7 \$60/\$75 Heidi

202920 10/31-12/19 Th, 4-5pm North 7 \$60/\$75 Heidi

► NEW CARDIO EQUIPMENT

Come check out the new cardio equipment located at all 3 recreation centers! These are all top of the line machines providing a smooth and comfortable workout. Help protect the environment by utilizing several machines that are self powered and require no electricity.

- SportsArt recumbent and upright bikes are state of the art and powered by you. These require zero use of electricity.
- Woodway Curve treadmill is designed to encourage proper running form and improve posture. This piece is also completely green, as it is self propelled and reduces impact on the joints.
- Runners will enjoy the Cybex Treadmills, which offer a shock absorbing suspension deck and is the most advanced treadmill on the market.
- AMT (Adaptive Movement Trainer) can be utilized as a stair stepper or as an elliptical. This is a great machine for tall people, as it allows for long strides and adapts to your movement.
- Cybex Arc Trainer allows for an arc like motion and can be adjusted to alter the movement.
- Octane Lateral X Trainer offers a lateral movement which is generally overlooked by most individuals (East location only). This allows for side to side movements instead of forward and back.
- Matrix Climbmill is a constantly moving flight of stairs that requires you to use muscle rather than body weight with each step.

Nordic Walking

Combines the simplicity and accessibility of walking with simultaneous core and upper body conditioning similar to Nordic skiing using poles similar to ski poles. The result is a full body walking workout that can burn significantly more calories than walking alone due to the use of many core and upper body muscles. Poles provided. All fitness levels welcome.

203738 9/14-10/26 Sa, 10:15-11:15am South 7 \$60/\$75 Jessica

203740 11/2-12/21 Sa, 10:15-11:15am South 7 \$60/\$75 Jessica

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 sports and reduce the risk of injury. Both competing and non competing youth are welcome. Youth will be divided by age and skill level.

203739 9/12-10/24 Th 4-5 pm South 7 \$60/\$75 Jeff

203741 10/31-12/19 Th 4-5pm South 7 \$60/\$75 Jeff





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.boulderparcs-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. (Sessions expire one year from purchase date)

Private Sessions

(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

Cancer Fit - Personal Training

Come workout with a Cancer Fit specialist at your Boulder Recreation Centers! For those of you who are undergoing cancer treatment, or have been diagnosed with cancer in the past, this is an exceptional opportunity for you.

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

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

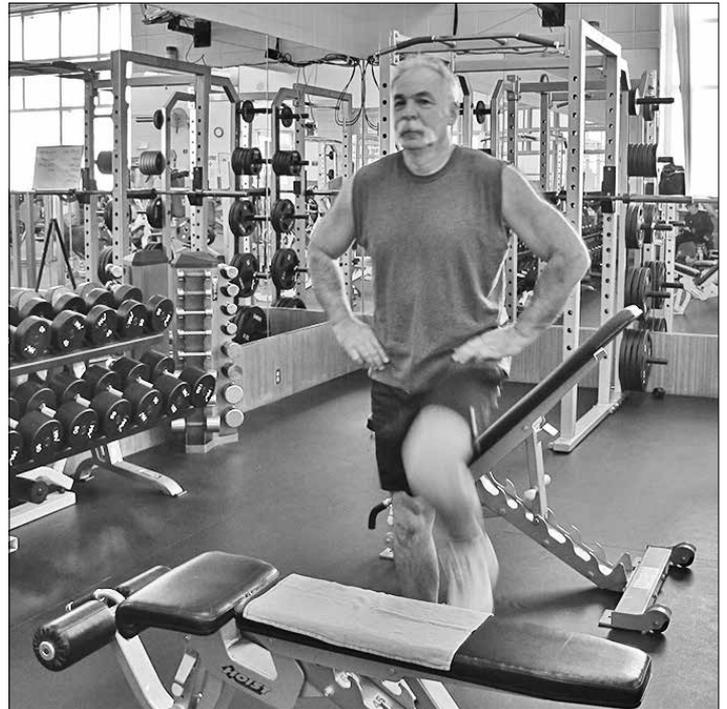
Body Composition Testing

Bio-electrical impedance is a non-invasive way to provide comprehensive understanding of your body composition. Have a qualified trainer review your results and give you recommendations to reduce body fat percentage and increase lean muscle. 1 session \$35

► PERSONAL TRAINER SPOTLIGHT

Max Jordan has a strong background in applied sports performance with an education in Exercise Science from Sam Houston State University. Using individualized training plans that are based on current athletic research and development, Max can help you achieve your training goals.

These training methods can be applied to general fitness, cross training, or sports specific applications. Max has first hand experience in quantitative results based training though his years as a professional motocross racer and currently as an elite level cyclist. Contact Max today to have him help you break through your training barriers and realize your true fitness potential.



All three recreation centers are fully equipped with free weights, new treadmills, arc-trainers, step mills, rowing machines and spin bikes. Come check it out!

Customized Fitness Assessment

This fitness assessment will determine your current fitness level, test your strength and identify any postural or muscle imbalances. Testing includes: resting heart rate, blood pressure, range of motion and strength testing of the back, neck, shoulder, and hamstrings and optional 8 minute treadmill, step test, VO2 estimate, and body fat composition. Testing can be modified to accommodate personal preference or injury.

1 session \$55

Personalized Exercise Plan

Receive a specific plan that maps out the days of the week, type of exercise, length and intensity of each workout and provides direction and motivation to achieve your goals. Use this one hour session to customize a beginning program or amp up your current strength training routine!

1 session \$55

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

Passport to Health Package

The perfect 3 session package for starting a healthy lifestyle! This package includes the customized fitness assessment, personalized exercise plan, and the consultation with a dietitian.

All three sessions \$157.50

Request these services online at BoulderParks-Rec.org, visit the front desk or call 303-413-7264 to get started today!



Commit to Get Fit

Ensure your success...Commit to Get Fit this year!

Whether you'd like to lose weight, enhance sport performance or improve overall health, this is the program for you. Sign up for an annual commitment to meet with your trainer once, twice or three times weekly.

Choose your level:

• Power Plan

Meet your trainer once a week. Best for moderate gains, foundation building and increased motivation.

POWER = 1 x weekly • \$179/mo. (less than \$45 per session)

• Performance Plan

Meet your trainer twice a week. Best for accelerated gains, improved technique and performance and dynamic motivation.

PERFORMANCE = 2 x weekly • \$329/mo. (less than \$42 per session)

• Peak Plan

Meet your trainer three times each week. Tremendous gains and maximum goal achievement in minimum time.

PEAK = 3 x weekly • \$464/mo. (less than \$39 per session)

As an added bonus you will receive an annual pass at no additional cost!

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

No classes will be held the week of Thanksgiving.

Lift For Life

Increase strength to achieve optimal performance in any activity or sport!

202896	9/10-10/24	Tu/Th, 4:30-5:30pm	South	14	\$119/\$147	Max
202895	9/10-10/24	Tu/Th, 5:30-6:30pm	South	14	\$119/\$147	Max
202905	10/29-12/19	Tu/Th, 4:30-5:30pm	South	14	\$119/\$147	Max
202902	10/29-12/19	Tu/Th, 5:30-6:30pm	South	14	\$119/\$147	Max
203782	10/14-10/26	Sat 9-10 am	South	7	\$60/\$75	Jessica
203783	11/2-12/21	Sat 9-10 am	South	7	\$60/\$75	Jessica

Circuit Training

Strong men and women stay young! Train smart, keep your heart rate up, and body toned in this demanding one hour workout. Weight training, cardiovascular and core activities are completed in timed intervals.

202890	9/10-10/24	Tu/Th, 10-11:15am	East	14	\$147/\$182	Marti
202897	10/29-12/19	Tu/Th, 10-11:15am	East	15	\$147/\$182	Marti

Functional Interval Training F.I.T.

This class has it all, strength, cardio, core and more! Get your heart pumping, and your body fit, with this fun and energizing workout.

202894	9/10-10/24	Tu/Th, 7:30-8:30am	South	14	\$119/\$147	Ignacio
202893	9/10-10/24	Tu/Th, 8:30-9:30am	South	14	\$119/\$147	Ignacio
202901	10/29-12/19	Tu/Th, 7:30-8:30am	South	14	\$119/\$147	Ignacio
202899	10/29-12/19	Tu/Th, 8:30-9:30am	South	14	\$119/\$147	Ignacio
202891	9/9-10/23	M/W, 9-10am	South	14	\$119/\$147	Ignacio
202898	10/28-12/18	M/W, 9-10am	South	14	\$119/\$147	Ignacio

Women's Workout

Guaranteed FUN and hard work! Your trainer will motivate and guide you through a new workout each week using weights, cardio, and core training. No classes the week of Thanksgiving.

202906	9/10-10/24	Tu/Th, 6-7pm	North	14	\$119/\$147	Ignacio
202912	10/29-12/19	Tu/Th, 6-7pm	North	14	\$119/\$147	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!

202910	9/9-10/23	M/W, 9:30-10:30am	North	14	\$119/\$147	Roberta
202907	9/10-10/24	Tu/Th, 9:30-10:30am	North	14	\$119/\$147	Max
202908	9/10-10/24	Tu/Th, 10:45-11:45am	South	14	\$119/\$147	Sue
202916	10/28-12/18	M/W, 9:30-10:30am	North	14	\$119/\$147	Max
202913	10/29-12/19	Tu/Th, 9:30-10:30am	North	14	\$119/\$147	Max
202914	10/29-12/19	Tu/Th, 10:45-11:45am	South	14	\$119/\$147	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.

202909	9/9-10/23	M/W, 8:15-9:15am	East	14	\$119/\$147	Sue
202911	9/10-10/24	Tu/Th, 9:30-10:30am	South	14	\$119/\$147	Sue
203732	9/10-10/24	Tu/Th, 6-7pm	East	14	\$119/\$147	Belen
202915	10/28-12/18	M/W, 8:15-9:15am	East	14	\$119/\$147	Sue
202917	10/29-12/19	Tu/Th, 9:30-10:30am	South	14	\$119/\$147	Sue
203735	10/29-12/19	Tu/Th, 6-7pm	East	14	\$119/\$147	Belen

MRT (Metabolic Resistance Training)

Maximize your caloric burn and increase your strength with this high intensity workout. All ability levels welcome. Classes taught in the weightroom using cardio equipment, free weights and machines.

204532	9/9-10/23	M/W, 7-8pm	East	14	\$119/\$147	Chad
204533	10/28-12/18	M/W, 7-8pm	East	14	\$119/\$147	Chad

► FIRST AID & CPR/AED TRAINING

Heartsmart CPR/AED Certification

(Age 10+) Heartsmart CPR/AED certification in adult, child, infant CPR, choking protocols and use of an AED (defibrillator).

202834	9/21	Sa, 9am-12:30pm	South	1	\$40/\$50	Jennifer
--------	------	-----------------	-------	---	-----------	----------

Heartsmart First Aid Certification

(Age 10+) Heartsmart First Aid topics focus on adult emergencies including bleeding, shock, head/neck/back injury, stroke, diabetic emergencies, seizures and more.

202835	9/21	Sa, 1:15-4:30pm	South	1	\$40/\$50	Jennifer
--------	------	-----------------	-------	---	-----------	----------

KidsWatch

(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.

202841	10/19	Sa, 9am-2pm	South	1	\$60/\$75	Jennifer
--------	-------	-------------	-------	---	-----------	----------



MIND / BODY: PILATES

Pilates props, such as foam rollers, intensify the benefits of this Mind/Body discipline.



► 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. 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

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.

No class November 28. Check with instructor for information about other dates when classes will not meet.

Are Registered Classes a Good Value?

Our registered classes cost \$8.50(Resident)/\$10.63(Non-resident) per class. 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!

203318	9/8-12/15	Su, 4:15-5:15pm	Salberg	15	\$128/\$159	Diane
203284	9/9-12/16	M, 8:45-9:45am	Iris	15	\$128/\$159	Christine
203285	9/13-12/20	F, 8:45-9:45am	Iris	15	\$128/\$159	Christine
203295	9/9-12/16	M, 5:30-6:30pm	Salberg	15	\$128/\$159	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.

203286	9/9-12/16	M, 9:55-10:55am	Iris	15	\$128/\$159	Christine
203287	9/13-12/20	F, 9:55-10:55am	Iris	15	\$128/\$159	Christine
203291	9/9-12/16	M, 5:30-6:30pm	South	15	\$128/\$159	Lisa
204037	9/10-12/17	Tu, 5:30-6:30pm	Salberg	15	\$128/\$159	Desiree

Mat - Advanced

(Age 14+) Learn and practice Pilates Method advanced mat exercises and transitions, utilizing all Pilates Method principles. Challenge yourself!

Pre-requisites: Ability to perform all intermediate mat exercises in sequence with concentration, control, centering, breath control, precision and flowing physical movement and regular, independent practice of advanced intermediate Pilates mat exercises.

203288	9/9-12/16	M, 5:30-6:30pm	East Senior	15	\$128/\$159	Janique
--------	-----------	----------------	-------------	----	-------------	---------



Pilates Mat/Yoga Combo - Continuing Beginner

(Age 14+) Learn and practice yoga postures with your Pilates Mat exercise routine. Each discipline complements the other to give you an overall feeling of a good workout. **Pre-requisite:** One session of Yoga, Pilates Mat, or Pilates/Yoga combo classes or equivalent experience.

203835 9/11-12/18 W, 5:30-6:30pm South 14 \$119/\$149 Lisa

▶ PRIVATE & SEMI-PRIVATE 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. Please call registration to begin appointment procedure.

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



Pilates instructor, Emily Rothman, explains proper form to her student.

▶ 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.

No class November 28. Check with instructor for information about other dates when classes will not meet.

Are Registered Classes a Good Value?

Our registered classes cost \$13.81 (Resident) / \$17.26 (Non-resident) per 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.

204732	9/10-10/29	Tu, 6:30-7:30pm	South	8	\$110/\$138	Bianca
203842	9/12-10/31	Th, 5:30-6:30pm	Salberg	8	\$110/\$138	Tamara
203847	9/14-11/2	Sa, 8:30-9:30am	Salberg	8	\$110/\$138	Desiree
203306	9/7-11/9	Sa, 11:15am-12:15pm	South	8	\$110/\$138	Bianca

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.

203317	9/8-12/15	Su, 3-4pm	Salberg	15	\$207/\$259	Diane
203293	9/9-12/16	M, 8:40-9:40am	South	15	\$207/\$259	Sheri
204632	9/10-12/17	Tu, 5:20-6:20pm	South	15	\$207/\$259	Bianca
203292	9/11-12/18	W, 9-10am	Salberg	15	\$207/\$259	Christine
204633	9/12-12/19	Th, 5:20-6:20pm	South	14	\$193/\$242	Bianca
203310	11/5-12/17	Tu, 6:30-7:30pm	South	6	\$83/\$104	Bianca
203843	11/7-12/19	Th, 5:30-6:30pm	Salberg	6	\$83/\$104	Tamara
203848	11/9-12/21	Sa, 8:30-9:30am	Salberg	7	\$97/\$121	Desiree
203307	11/16-12/21	Sa, 11:15am-12:15pm	South	6	\$83/\$104	Bianca



MIND / BODY: PILATES/NIA, ZUMBA & AYRE

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.

203289	9/9-12/16	M, 8:45-9:45am	Salberg	15	\$207/\$259	Tamara
204634	9/9-12/16	M, 9:45-10:45am	South	15	\$207/\$259	Sheri
203320	9/9-12/16	M, 6:40-7:40pm	Salberg	15	\$207/\$259	Jane
204635	9/11-12/18	W, 8:40-9:40am	South	15	\$207/\$259	Sheri
203297	9/11-12/18	W, 5:30-6:30pm	Salberg	14	\$193/\$242	Jane
203840	9/12-12/19	Th, 6:30-7:30pm	South	14	\$193/\$242	Desiree
203845	9/12-12/19	Th, 6:40-7:40pm	Salberg	14	\$193/\$242	Tamara
204636	9/13-12/20	F, 11am-12:15pm	South	15	\$259/\$324	Sheri

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.

203299	9/10-12/17	Tu, 8:30-9:30am	Salberg	15	\$207/\$259	Sheri
203838	9/11-12/18	W, 9:45-11am	South	15	\$259/\$324	Sheri
203334	9/13-12/20	F, 8:40-9:40am	Salberg	15	\$207/\$259	Emily

Reformer/Tower/Chair - Level 1 Beginner

(Age 16+) You will receive an introduction to exercises on the Pilates Tower and 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:** 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.

203290	9/9-12/16	M, 10-11am	Salberg	15	\$207/\$259	Tamara
204039	9/10-12/17	Tu, 6:40-7:40pm	Salberg	15	\$207/\$259	Desiree

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.

203326	9/11-12/18	W, 6:40-7:40pm	Salberg	14	\$193/\$242	Jane
204682	9/13-12/20	F, 7:30-8:30am	Salberg	14	\$193/\$242	Emily

► DROP-IN NIA, ZUMBA & AYRE CLASSES

Nia

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.

Zumba®

Jump into the Latin-inspired, easy-to-follow, calorie-burning, dance Fitness Party. 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

This class is a fusion of different dance styles and fitness moves set to fun and upbeat music.

Visit us online for drop-in schedules for
Nia, Zumba® & Ayre classes.

Start the New Year with a Wild 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 your wildest animal print, lightweight workout shoes or go barefoot, and bring a water bottle.

Ring in the New Year with your favorite City of Boulder Nia instructors and fellow patrons. We will move and groove in the gymnasium.

A great opportunity to introduce friends & family to the Boulder Recreation Centers!

Membership specials will be available at the Jam. See you there, Boulder!

★
FREE!

Wednesday, January 1, 2014

10-11:30 am

East Boulder Community Center



▶ 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.

No class November 28. Check with instructor for information about other 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 \$8.50(Resident) / \$10.63 (Non-resident) per hour. Compare our prices to other clubs and studios.

***Seniors** - Beginning and continuing beginner yoga classes designated with an asterisk are suitable for seniors and are rejuvenating, limbering, and help maintain stability. Students should be able to sit comfortably on the floor, kneel and then stand, lunge, and support some weight with the arms. *(Also see Therapeutic and Restorative Yoga, T'ai-Chi and Feldenkrais classes.)*

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 slowly refine a lifelong yoga routine find this gentle pace suitable. Explore correct breathing - the cornerstone of all yoga levels - foundational standing, seated and supine poses, twists, and modifications for individual body types.

203319	9/8-12/15	Su, 4:30-6pm	North	15	\$191/\$239	John
203298	9/9-12/16	M, 6:40-7:55pm	East Senior	15	\$159/\$199	Erin
203834	9/10-12/17	Tu, 9:15-10:45am	South	15	\$191/\$239	Andrea
203300	9/10-12/17	Tu, 1:15-2:45pm	North	15	\$191/\$239	Louann
203311	9/11-12/18	W, 7:30-8:45am	South	15	\$159/\$199	Ravi
203329	9/11-12/18	W, 5:30-7pm	South	14	\$179/\$223	Andrea
203330	9/12-12/19	Th, 9:15-10:45am	North	14	\$179/\$223	Louann
203336	9/13-12/20	F, 9-10:30am	East	15	\$191/\$239	Brian
203305	9/14-12/21	Sa, 9:30-11am	South	15	\$191/\$239	Bianca

Continuing Yoga

(Age 14+) This ongoing level is moderately paced for beginners who have studied yoga regularly for 6 months or more. Classes review 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.

203325	9/11-12/18	W, 5:45-7:15pm	North	14	\$179/\$223	Matt
203327	9/11-12/18	W, 7-8:30pm	East Senior	14	\$179/\$223	Brian
203839	9/12-12/19	Th, 9:15-10:45am	South	14	\$179/\$223	Kathleen
203324	9/12-12/19	Th, 5:45-7:15pm	North	14	\$179/\$223	Dan
203335	9/13-12/20	F, 8:50-10:20am	North	15	\$191/\$239	De West

Restorative Yoga

(Age 14+) Give your body and spirit an opportunity to heal and rejuvenate. Practice breathing and floor asanas supported by blankets, bolsters, blocks and straps. This restorative method, in the Iyengar style, 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.

203837	9/11-12/18	W, 10:30-11:45am	North	15	\$159/\$199	Karen
204282	9/12-12/19	Th, 6:15-7:30pm	East Senior	14	\$149/\$186	Pamela
203337	9/14-12/21	Sa, 10:40-11:55am	Iris	15	\$159/\$199	Karen

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.

203308	9/10-12/17	Tu, 5:15-6:30pm	North	15	\$159/\$199	Cassandra
203328	9/11-12/18	W, 4-5:15pm	South	15	\$159/\$199	Lori

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 within all passages of life: teen, pre/post natal, mid-life, menopause and senior years. This class specifically addresses women's bodies with an emphasis on breath, strengthening skeletal health, and restoring energy and inner beauty.

203312	9/11-12/18	W, 10:20-11:50am	East	15	\$191/\$239	Alicia
--------	------------	------------------	------	----	-------------	--------

Elementary School Yoga

(Age 6-11) Children enjoy yoga too! Through simple movements, gain strength and flexibility, develop good coordination and posture, and learn how to relax and focus. Students learn basic postures designed to strengthen the body, stretch the muscles and relax the mind. No experience necessary.

203303	9/10-10/22	Tu, 3:30-4:15pm	East	7	\$60/\$74	Juliana
203304	10/29-12/10	Tu, 3:30-4:15pm	East	7	\$60/\$74	Juliana

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.

203301	9/10-10/22	Tu, 4:20-5:20pm	East	7	\$60/\$74	Juliana
203302	10/29-12/10	Tu, 4:20-5:20pm	East	7	\$60/\$74	Juliana



MIND / BODY: YOGA

► WORKSHOPS

Iyengar Yoga

(Age 14+) An in-depth study, hands-on, feet-on of the Iyengar Yoga Method of Classical Hatha Yoga. From asana to pranayama, from props to jumpings, to the philosophy, each class will penetrate these topics through our weekly practice, bringing awareness into the body while cultivating the intuition imbedded within us. Discover how the techniques of this method bring philosophy into physical reality. This is yoga you can feel on all levels. Beginners will discover how this yoga is customized for any body, enabling you to feel increased energy levels, health and vitality from this deeply beneficial practice. Ongoing students will deepen their experience of asana and their understanding of yoga and the connections of the body. Yoga students new to Iyengar Style will uncover a deeper connection of mind within body and new methods for improving asana.

203315 9/14-12/21 Sa, 9-10:30am North 15 \$191/\$239 Karen

Iyengar Yoga, Breath and Meditation

(Age 14+) If you have practiced yoga for a while and want to delve more deeply into its meditative aspects, this course is for you. This course will follow the systematic teaching method of the world renowned Indian yoga master, B.K.S. Iyengar. (See above) Learn how to practice asana 'postures' and pranayama 'breath expansion' in ways that build concentration and prepare your body and mind for meditation. There will be ample opportunity for discussing any practice related questions.

203682 9/9-12/16 M, 5:30-6:45pm North 15 \$159/\$199 John

Yoga and Meditation

(Age 14+) Quiet your mental chatter so that your luscious sensory experience fills you with joy. Unwind the stressors that constrain your bliss-mind-body. This course is a combination of breath, postures, and relaxation with sitting meditation. You will learn a method of meditation that uniquely suits you and that you can practice at home. No previous experience with meditation, or with yoga, required.

203333 9/13-12/20 F, 7:30-8:45am North 14 \$149/\$186 Ravi

203833 9/10-12/17 Tu, 5:45-7pm East Senior 15 \$159/\$199 Juliana

Yoga for a Healthy Back

(Age 14+) Relieve tension and ease strain in your back through a series of poses that stabilize the lower back and improve the alignment and range of motion of the pelvis. Learn how to adjust your posture and use props to help you be more comfortable when sitting, standing bending and lying down.

204132 11/10 Su, 2-4pm North 1 \$40/\$50 John

Yoga for the Neck and Shoulders

(Age 14+) Address neck, shoulder and upper back pain and stiffness with modified yoga poses and props that promote healthy alignment and ease of movement. We will explore techniques for restoring health to the upper spine and surrounding tissues. Each student will emerge from the session with practices to address his or her own specific symptoms.

204133 11/17 Su, 2-4pm North 1 \$40/\$50 John

► 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.

203313 9/11-12/18 W, 6:30-7:45pm East Senior 14 \$149/\$186 Gil

203314 9/13-12/20 F, 12-1pm Iris 15 \$128/\$159 Gil

► INSTRUCTOR SPOTLIGHT

John Steele, Ph.D., RYT, CIYT, Licensed Psychologist, Registered Yoga Teacher, Certified Iyengar Yoga Teacher



John's interest in yoga as a path of Self-realization began in his teenage years. Since his first introduction to yoga in 1970 he continued to delve into yoga, Zen, and other mind-body wisdom traditions while pursuing a career as a Licensed Psychologist and Mindfulness Instructor. After over a decade of training with senior teachers of the Indian yoga master, B.K.S. Iyengar, John began teaching in 2003 and was admitted to study at the Iyengar Yoga Institute in India. In 2008 he completed his teacher training and became a Certified Iyengar Yoga Teacher.

John is particularly interested in the meditative aspects of yoga and how posture and breath-expansion practice prepare the body and mind for meditation. He enjoys sharing the benefits of yoga with all students, regardless of their level of experience, physical fitness or flexibility. His involvement in ongoing training in yoga therapeutics helps him tailor his approach when teaching students with special needs. Students appreciate John's calm, gentle manner, systematic teaching style, and sense of humor.

John gives clear demonstrations of the postures and provides specific teaching points to awaken the body's innate intelligence. He has an eye for alignment and knows how to modify the classic yoga postures for individual students. Students are observed and, if necessary, adjusted to help them find their optimal alignment. Props such as blocks, blankets and belts are used to enable them to stay longer and penetrate more deeply into the posture.

► CHI KUNG & T'AI-CHI & T'AI-CHI CH'UAN

Chi Kung

(Age 14+) Qigong (also spelled Chi Kung) is a form of yoga with roots in ancient China. A regular qigong practice may, over time, reduce chronic pain, resolve anxiety/depression, and support rejuvenating sleep cycles. This ten-week 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" outlined in the book "The Healing Promise Of Qi" by Roger Jahnke, OMD. By the end of the course, you will have learned ten life-affirming and health-enhancing qigong practices, which you can continue to work with, either on your own or in future classes.

203316 9/14-12/21 Sa, 3:30-5pm North 15 \$191/\$239 Beth

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.

203331 9/12-11/14 Th, 12-1pm Iris 10 \$85/\$106 Cynthia

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. 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 Professor Cheng Man-ch'ing. The beginner level will be taught in both courses.

203322 9/10-12/17 Tu, 6:45-7:45pm North 15 \$128/\$159 Tom

203323 9/12-12/19 Th, 5-6pm East Senior 14 \$119/\$149 Tom

T'ai-Chi Ch'uan - 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.

203321 9/14-12/21 Sa, 9:30-10:30am Iris 15 \$128/\$159 Tom



Pottery classes provide a natural avenue for stimulating the imagination and refining cognitive and creative skills.

▶ ART

Drawing and Watercolor Basic 1

(Ages 16+) Combine a fun learning adventure using two medias at the same time. Students will learn various pencil and watercolor techniques, and build self confidence and develop the ability to see, to draw and to paint.

202283 9/9-10/14 M, 7-9pm East Senior 6 \$125/\$157 Barbara

Drawing and Watercolor Intermediate 1

(Ages 16+) Offering two medias at the same time, students will step beyond the basics and explore more pencil techniques and focus on the seasonal beauty of our environment, using watercolors.

202284 10/28-12/2 M, 7-9pm East Senior 6 \$125/\$157 Barbara

▶ ADULT POTTERY

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

- 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.

Adult Beginner

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

202286 9/10-11/5 Tu, 7-9:30pm Pottery Lab 9 \$213/\$266 Aaron

Adult Intermediate

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

202290 9/10-11/5 Tu, 9-11:30am Pottery Lab 9 \$213/\$266 Nancy
202291 11/12-12/10 Tu, 9-11:30am Pottery Lab 5 \$118/\$148 Nancy

Senior Pottery

(Ages 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.

202305 9/10-11/5 Tu, 9-11:30am Pottery Lab 9 \$213/\$266 Nancy
202306 11/12-12/10 Tu, 9-11:30am Pottery Lab 5 \$118/\$148 Nancy

All Levels

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

202292 9/9-11/4 M, 7-9:30pm Pottery Lab 9 \$213/\$266 Chris
202294 9/14-11/9 Sa, 9-11:30am Pottery Lab 9 \$213/\$266 Don

Beginning Wheel-Throwing and Hand-Building

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

202299 9/12-11/7 Th, 9-11:30am Pottery Lab 9 \$213/\$266 Margaret

Porcelain

(Ages 16+) Introduction to throwing porcelain utilizing Japanese methods including: wedging, throwing 'off the hump', use of Japanese style throwing and trimming tools and glazing methods. This class includes 25 lbs. of porcelain.

202301 9/11-11/6 W, 7-9:30pm Pottery Lab 9 \$213/\$266 Aaron



POTTERY

Continuing Porcelain

Continue to refine forms and techniques in the Japanese style of throwing porcelain.

202302 11/13-12/11 W, 7-9:30pm Pottery Lab 5 \$118/\$148 Aaron

Altered Forms

Using both wheel-thrown and hand-built forms, students will explore new ways to alter forms for function and fun.

202298 9/12-11/7 Th, 7-9:30pm Pottery Lab 9 \$213/\$266 Nancy

Adult Hand-building

Discover the joy of learning traditional and new hand-building techniques.

202288 11/14-12/19 Th, 9-11:30am Pottery Lab 5 \$118/\$148 Margaret

202289 11/12-12/10 Tu, 7-9:30pm Pottery Lab 5 \$118/\$148 Aaron

Bowls, Bowls and More Bowls

(Ages 16+) Every bowl has a purpose and learning how to fine tune bowl shapes and curves will satisfy and challenge both the beginner and advanced student.

202308 11/11-12/9 M, 7-9:30pm Pottery Lab 5 \$118/\$148 Chris

The Perfect Mug

Focus on all the components that make a great drinking vessel; explore new ways to make a better mug.

202304 11/16-12/14 Sa, 7-9:30pm Pottery Lab 5 \$118/\$148 Don

Surface Decoration and Glaze Application

In just 5 weeks, get comfortable with surface decoration including slip, sgraffito, carving, stencils and you basic glaze application.

202335 11/14-12/19 Th, 7-9:30pm Pottery Lab 5 \$118/\$148 Nancy

Focus Series: Glazing and Firing

(Ages 16+) Students enrolled in the summer session can add a bonus 'Focus Class' The Firing Bonus class will include glazing techniques, learning to load and fire a bisque and building atmospheric-like surfaces at cone 6.

202309 9/9-11/4 M, 12:30-2pm Pottery Lab 9 \$100/\$125 Nancy

▶ YOUTH POTTERY

Child/Parent Pottery

(Ages 4+) Here is a perfect opportunity to learn the art of hand-building pottery with your child. Emphasis is on working on a project as a family unit.

202343 9/12-10/31 Th, 11am-12pm Pottery Lab 8 \$107/\$134 Judi

202345 9/12-10/31 Th, 1-2pm Pottery Lab 8 \$107/\$134 Judi

202344 11/7-12/12 Th, 11am-12pm Pottery Lab 5 \$67/\$84 Judi

202346 11/7-12/12 Th, 1-2pm Pottery Lab 5 \$67/\$84 Judi

202347 9/14-11/2 Sa, 9-10am Pottery Lab 8 \$107/\$134 Judi

202348 9/14-11/2 Sa, 10:15-11:15am Pottery Lab 8 \$107/\$134 Judi

202349 9/14-11/2 Sa, 11:30am-12:30pm Pottery Lab 8 \$107/\$134 Judi

202350 11/9-12/7 Sa, 9-10am Pottery Lab 5 \$67/\$84 Judi

202351 11/9-12/7 Sa, 10:15-11:15am Pottery Lab 5 \$67/\$84 Judi

202352 11/9-12/7 Sa, 11:30am-12:30pm Pottery Lab 5 \$67/\$84 Judi

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.

202355 9/9-10/28 M, 10-10:45am Pottery Lab 8 \$81/\$101 Aaron

202357 11/11-12/9 M, 10-10:45am Pottery Lab 5 \$51/\$63 Aaron

202356 9/11-10/30 W, 1-1:45pm Pottery Lab 8 \$81/\$101 Rosemary

202358 11/6-12/4 W, 1-1:45pm Pottery Lab 5 \$51/\$63 Rosemary

Ages 6-7

Children learn the basics of hand-building, including problem solving, to make tall or hollow pieces. Children will paint and glaze their own work.

202361 9/9-10/28 M, 3:45-4:45pm Pottery Lab 8 \$81/\$101 Jana

202363 11/4-12/2 M, 3:45-4:45pm Pottery Lab 5 \$51/\$63 Jana

202362 9/10-10/29 Tu, 3:45-4:45pm Pottery Lab 8 \$81/\$101 Colleen

202364 11/5-12/3 Tu, 3:45-4:45pm Pottery Lab 5 \$51/\$63 Colleen

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.

202366 9/11-10/30 W, 3:45-4:45pm Pottery Lab 8 \$81/\$101 Jana

202367 11/6-12/4 W, 3:45-4:45pm Pottery Lab 5 \$51/\$63 Jana

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.

202339 9/12-10/31 Th, 4-5:15pm Pottery Lab 8 \$107/\$134 Aaron

202340 11/7-12/12 Th, 4-5:15pm Pottery Lab 5 \$67/\$84 Aaron

Teen Pottery

(Ages 11-16) Emphasizing creativity and enjoyment this class includes basic hand-building and wheel throwing instruction, slip decorating, glazing and firing.

202341 9/11-10/30 W, 4-6pm Pottery Lab 8 \$107/\$134 Aaron

202342 11/6-12/4 W, 4-6pm Pottery Lab 5 \$67/\$84 Aaron

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.

202336 9/13-11/1 F, 3:45-4:45pm Pottery Lab 8 \$81/\$101 Jana

202337 11/8-12/6 F, 3:45-4:45pm Pottery Lab 5 \$51/\$63 Jana

FALL POTTERY SALE

Saturday & Sunday, September 7-8 at the Pottery Lab.

Hundreds of unique handmade pieces made by staff and students! See pg. 45 for details.



Our Mini-Sports program is a great way to introduce your child to a new sport in a fun, non-competitive environment.

► PRE SCHOOL SPORTS

Mini - Sports

(Ages 3-6) The (Instructional) Mini-Sports programs consist of staff who help build participant's skills by administrating a full range of drills and games. While learning the sport, staff will stress the FUN of playing. All Mini-Sports programs are located at the East Mapleton Softball Fields (Mapleton and 30th). Information: Lenore at 303-441-3416 or knoxl@bouldercolorado.gov **If weather is in question call the rainout/cancellation information line: 303-441-3410.**

Soccer

(Ages 3-4)

202385	9/11-10/16	W, 4-4:45pm	Mapleton	6	\$48/\$60
--------	------------	-------------	----------	---	-----------

(Ages 5-6)

202386	9/11-10/16	W, 5-5:45pm	Mapleton	6	\$48/\$60
--------	------------	-------------	----------	---	-----------

T-Ball

(Ages 4-5)

202382	9/10-10/15	Tu, 4-4:45pm	Mapleton	6	\$48/\$60
--------	------------	--------------	----------	---	-----------

202383	9/10-10/15	Tu, 5-5:45pm	Mapleton	6	\$48/\$60
--------	------------	--------------	----------	---	-----------

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: Lenore at 303-441-3416 or knoxl@bouldercolorado.gov
No class on Nov. 26th & 28th.

202402	11/12-12/17	Tu, 5-5:45pm	South	6	\$48/\$60
--------	-------------	--------------	-------	---	-----------

202401	11/7-12/19	Th, 9:45-10:30am	North	6	\$48/\$60
--------	------------	------------------	-------	---	-----------

Gym Jam

(Ages 9mos - 4yrs) Burn off some energy. The gym will be filled each week with different equipment. We provide the fun and you provide the supervision. Contact Sherri Brown, 303-441-4933.

202823	10/11-12/13	F, 9:30-11:30am	South	9	\$27 session \$5 drop-in
--------	-------------	-----------------	-------	---	-----------------------------

► YOUTH SPORTS

Home School P.E.

(Ages 6-16) Expand your child's physical education experience with any of the following: canoeing, 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

Ages 6-11

202403	9/19-11/7	Th, 2-3pm	East	8	\$56/\$70
--------	-----------	-----------	------	---	-----------

Ages 12-16

202406	9/19-11/7	Th, 2-3pm	East	8	\$56/\$70
--------	-----------	-----------	------	---	-----------

Home School P.E. Rock Climbing

(Ages 6-12) Offered as a continuation to our very popular Home School PE classes. Join our climbing wall staff for age appropriate games and activities while increasing your knowledge of rock climbing safety, climbing practices, and proper use of equipment. Information: Megann at 303-413-7465 or lohmanm@bouldercolorado.gov

202856	9/19-10/24	Th, 3-4pm	East	6	\$50/\$63
--------	------------	-----------	------	---	-----------

Youth Indoor Rock Climbing

Join our experienced climbing wall staff for age and level appropriate activities on our indoor rock wall. Information: Megann at 303-413-7465 or lohmanm@bouldercolorado.gov

Introduction to Climbing

(Ages 6-12) Perfect for kids that have had little to no exposure to the sport of rock climbing. Confidence and strength will be a focal point while learning the basics of climbing.

202858	9/16-10/21	M, 4-5pm	East	6	\$50/\$63
--------	------------	----------	------	---	-----------

202853	9/18-10/23	W, 4-5pm	East	6	\$50/\$63
--------	------------	----------	------	---	-----------

202854	9/19-10/24	Th, 4-5pm	East	6	\$50/\$63
--------	------------	-----------	------	---	-----------



SPORTS

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.

202857	9/16-10/21	M, 5-6:30pm	East	6	\$85/\$107
202855	9/19-10/24	Th, 5-6:30pm	East	6	\$85/\$107

Advanced Climbing

(Ages 9-12) Focus on more one on one instruction and higher level climbing techniques with reading routes, climb efficiently, project problems, and conditioning. Must have approval from instructor prior to registration.

202852	9/18-10/23	W, 5-6:30pm	East	6	\$100/\$125
--------	------------	-------------	------	---	-------------



Kids will enjoy a fun-filled day of organized activities in our School Day Off Camps.

SCHOOL DAY OFF 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). A hit for boys and girls! **Don't miss out - Enrollment is limited - Sign up today!** Information: Megann at 303-413-7465 or lohmanm@bouldercolorado.gov

Teacher Work Day

202415	10/14	M, 8:45am-5pm	East	1	\$55/\$69
--------	-------	---------------	------	---	-----------

Veterans Day

202416	11/11	M, 8:45am-5pm	East	1	\$55/\$69
--------	-------	---------------	------	---	-----------

Thanksgiving Break Camp

187804	11/25	M, 8:45am-5pm	East	1	\$55/\$69
187805	11/26	Tu, 8:45am-5pm	East	1	\$55/\$69
187806	11/27	W, 8:45am-5pm	East	1	\$55/\$69

Winter Break Camp

More information will be in the Winter Recreation Guide.

YOUTH VOLLEYBALL

Elementary School Volleyball Class

(Ages 7-11) Designed for elementary school students who are looking to build skills in the sport of volleyball. Practices stress fundamental skills, team strategies and team work to build confidence in participants. No class Dec. 1. Information: Megann at 303-413-7465 or lohmanm@bouldercolorado.gov

202826	9/8-10/27	Su, 12-1:30pm	South	8	\$99/\$124
202829	11/3-12/15	Su, 12-1:30pm	South	6	\$74/\$92

Middle School Volleyball Class

(Ages 11-15) Designed for beginning level middle school students, who are looking to build skills in the sport of volleyball. Practices stress fundamental skills, team strategies and teamwork to build confidence in participants. Information: Megann at 303-413-7465 or lohmanm@bouldercolorado.gov No class Dec. 1.

202827	9/8-10/27	Su, 1:30-3pm	South	8	\$99/\$124
202830	11/3-12/15	Su, 1:30-3pm	South	6	\$74/\$92

Middle School Volleyball Prep Class

(Ages 11-15) Designed as a preparation for 6-8th graders who are interested in making the school volleyball team. Participants must have previous experience and a sound skill set as more advanced techniques will be the focus. This is not a beginner class. Participants must meet minimum skill level to participate. Class will focus on building skills, increasing knowledge, and conditioning. This is a great boost before school tryouts! No class Nov. 27th & Dec 1st. Information: Megann at 303-413-7465 or lohmanm@bouldercolorado.gov

202831	10/20-12/18	Su, 3-4:45pm W, 4-5:30pm	South East	16	\$175/\$218
--------	-------------	-----------------------------	---------------	----	-------------

High School Volleyball Team

(Ages 13-17) An alternative to 'club' for the female high school volleyball players. 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 and Saturdays with scrimmages on Thursday nights. Teams will be sorted after the first, two practices. Mandatory parents meeting will be held Jan. 4th, 10am at EBCC. No registrations after Jan 4th. Information: Megann at 303-413-7465 or lohmanm@bouldercolorado.gov

202828	1/4-3/6	Tu, 4:15-6pm Th, 7-10pm Sat, 10am-12:45pm	South North East		\$340/\$425
--------	---------	---	------------------------	--	-------------

High School Volleyball Practices

(Ages 13-17) Meet for coached practice and scrimmages before the start of the High School Volleyball team in January. No class Nov. 30th. Information: Megann at 303-413-7465 or lohmanm@bouldercolorado.gov

202832	11/9-12/14	Sa, 10-11:30am	East	5	\$50/\$62
--------	------------	----------------	------	---	-----------

Halloween Carnival at South Boulder Rec Center

October 25 ■ 3-5 pm

Details at www.BoulderParks-Rec.org





▶ YOUTH FLAG FOOTBALL

(Ages 5-11) Join us for the premier flag football league for youth. The program provides young players a fun and exciting opportunity to engage in non-contact, continuous action while learning lessons in teamwork. Participants receive a team-identified t-shirt to keep at the end of the season. Teams will practice two times during the week until games start and then ONLY one time during the week once games start on Friday evenings. Practice locations will be determined by the coach. Games played at Stazio ballfields. Practice will start the week of August 26th with a 6 game schedule starting September 13th.

Registration DEADLINE: August 10.

VOLUNTEER COACHES NEEDED! The city will offer training, manuals, clinics, and mentors to help get coaches started. If interested in coaching, contact Derrick at 303-441-4137 or trippd@bouldercolorado.gov.

(Ages 5-6)						
199384	9/13-11/18	F, 6-10pm	Stazio fields	6	\$85/\$106	
(Ages 7-8)						
199385	9/13-11/18	F, 6-10pm	Stazio fields	6	\$85/\$106	
(Ages 9-11)						
199386	9/13-11/18	F, 6-10pm	Stazio fields	6	\$85/\$106	

THE NATIONAL BASKETBALL ACADEMY

CAMPS • CLINICS • LEAGUES • TRAINING

▶ 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 Andy Stainbrook, National Basketball Academy, 303-345-7731 or astainbrook@TheBasketballAcademy.com

You may also contact Dean Rummel with City of Boulder Parks and Recreation at 303-441-4427 or rummeld@bouldercolorado.gov

Denver Nuggets Hoop Zone Clinics

Let's improve or learn Hoop skills! Learn from the best! The Nuggets classes are highlighted with professional instruction and 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 the week of Thanksgiving.*

Ages 5-7	10/28-12/9	Mon, 3:30-4:15pm	East	6	\$85
Ages 8-10	10/28-12/9	Mon, 4:30-5:45pm	East	6	\$90
Ages 11-14	11/7-12/19	Thu, 4:15-5:45pm	East	6	\$99

Winter Break Basketball Clinic

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.

Ages 7-16	12/26-12/28	Th - Sa , 1-4pm	East 1	\$115	\$50
-----------	-------------	-----------------	--------	-------	------

Saturday Clinics

Learn from the best! The Denver Nuggets youth basketball classes highlight professional instruction from experienced coaches. Each session will include: fundamentals, drills, game-like situations, and contests. We will also cover jab series, ball screens, shooting, and motion cuts. Players will have the opportunity to develop skills along with playing 1-on-1, 2-on-2, and 5-on-5 game situations. Players will be divided based on age and ability.

Ages 7-16	10/19-11/2	Sa, 1-4pm	East 3	\$115
-----------	------------	-----------	--------	-------

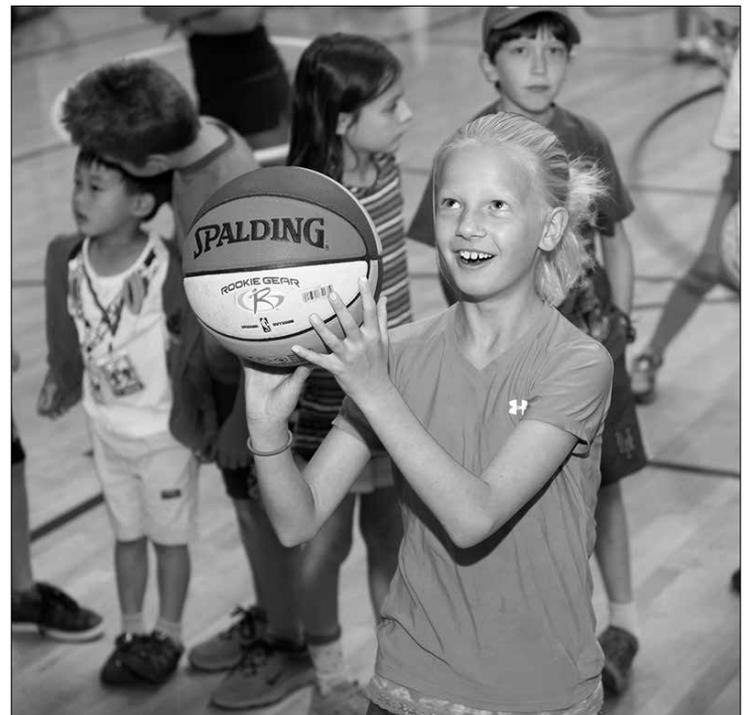
To register for the Denver Nuggets programs and clinics please visit: www.TheBasketballAcademy.com > Denver Nuggets

▶ 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 contact Andy Stainbrook, National Basketball Academy, for the Denver Nuggets: 303-345-7331 or astainbrook@TheBasketballAcademy.com



Improve your game with the Denver Nuggets Hoop Zone Clinics.



SPORTS

▶ ADULT LEAGUES

Adult Volleyball League

(Ages 16+) The adult volleyball leagues take place year round. Winter, Spring, and Fall play indoors and Summer outdoors. Divisions are explained on the city website (<http://www.bprsports.org>). Teams may register through the website, fees are per team. No additional player fees!

Information: Lenore at 303-441-3416 or knoxl@bouldercolorado.gov

Co-Ed 6's D1

202860 9/25-11/13 W, 7-10pm East 8 \$405

Co-Ed 6's D2

202861 9/25-11/13 W, 7-10pm East 8 \$405

Co-Ed 6's Rec

202863 9/24-11/12 Tu, 7-10pm East 8 \$405

Women's 6's D2 - Tues

202862 9/24-11/12 Tu, 7-10pm East 8 \$405

Women's 6's D1 - Thur

202864 9/26-11/14 Th, 6-10pm East 8 \$405

Women's 6's D2 - Thur

202865 9/26-11/14 Th, 6-10pm East 8 \$405

Senior Volleyball League

Senior Volleyball - Teams must also register with the Colorado Senior Volleyball Association (CSVA). Information: Lenore at 303-441-3416 or knoxl@bouldercolorado.gov

202869 9/4-11/13 W, 2-3pm East \$405

Men's Basketball League

(Ages 16+) Our basketball leagues are classified by Divisions. A (comp) leagues usually contain a mixture of college experienced players and high school experienced players, and B (rec) leagues usually contain a mixture of high school experienced players and guys who just like to play. We feature regulation courts, glass backboards, electronic scoreboards plus two officials in our 8 game seasons. Fees are team based with no additional player costs.

Information: Derrick at 303-441-4137 or trippd@bouldercolorado.gov

Fall A League

202883 9/18-11/6 W, 6-10pm South 8 \$500

Fall B League

202882 9/17-11/5 Tu, 6-10pm South 8 \$500

Winter A League

202885 1/8-2/26 W, 6-10pm South 8 \$500

Winter B League

202884 1/7-2/25 Tu, 6-10pm South 8 \$500

Adult Sports Leagues

Spring/Summer/Fall/Winter

Softball, Soccer, Kickball, Dodgeball leagues for all levels.

See www.BPRsports.org for more details.



Women's Competitive Basketball League

(Ages 18+) This is a competitive league designed for ladies with high school or college play ability. Sign-up as individuals. Contact Sherri, 303-441-4933 or email brownsh@bouldercolorado.gov.

202821 9/9-11/25 M, 6:15-9pm South 12 \$50/\$62

Coed Dodgeball League

(Ages 16+) Learn the five d's of dodgeball: dodge, duck, dip, dive and dodge! The 6 week season will include 2 matches per night with a tournament for the last meeting. Teams start play with 3 men and 3 women on the court. No matches Nov 28th.

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

202417 11/7-12/19 Th, 6-9pm South 6 \$315

Adult Flag Football League

(Ages 16+) Come out and play in our new Adult Flag Football League in Boulder. This fast, fun, non contact sport is played five on five. Games are played Monday evenings at Stazio Ballfields Phase 2. League play will be an 8 week season and split by 2 different leagues divisions of competitive and recreation. No additional player fees!

Information: Derrick at 303-441-4137 or trippd@bouldercolorado.gov

Recreational

202419 9/9-10/28 M, 6-10pm Stazio 8 \$500

Competitive

202420 9/9-10/28 M, 6-10pm Stazio 8 \$500

▶ DROP-IN BASKETBALL, PICKLEBALL & VOLLEYBALL

Basketball

19+	Tu/Th	11am-1:30pm	South
All Ages	Sa	1-5pm	South
19+	Su	8-11am	South
All Ages	Su	3-5pm	South
19+	M/W/F	11:30-1:30pm	North
50+	Tu/Th	1-2:30pm	North
All Ages	Sa	1-5pm	North
All Ages	Su	12:30-3pm	North
All Ages	Sa	1-6pm	East
All Ages	Su	1-8pm	East
All Ages	Tu/F	3:30-5:30pm	East

Pickleball

19+ Tu/Th 1:30-3:30pm South

Volleyball

19+ Women's	Sa	8:30-11am	South
19+ Coed	Su	9am-12pm	North
Senior	M/F	1:30-3:30pm	East
Coed	F	7-9pm	East

Badminton

19+	Th	7:15-9:15pm	South
19+	F	5:45-7:45pm	South

SWIMMING



Having a great relationship with the water opens up a whole host of other water sports and opportunities.

Important!

Registration for swim classes closes 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

Jackie Koehn, 303-413-7267 or KoehnJ2@bouldercolorado.gov

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

Lifeguards/Swim Instructors Needed!

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. For more information contact Julie Dettbarn at dettbarnj@bouldercolorado.gov

Lifeguard Training Class

Through videos, group discussion and hands-on practice, you'll learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. Successful completion results in a 2-year certification in Lifeguarding that includes first aid, professional-level CPR and AED in one certificate.

Prerequisites: Must be at least 15 years old and pass certain swimming requirements.

204232	11/12-11/21	Tu/Th, 5-9pm			
		Sa, 8am-6pm	North	5	\$172/\$209

▶ 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).

▶ INSTRUCTOR SPOTLIGHT

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.

Sign up for a private lesson today!





SWIMMING

► PARENT/CHILD CLASSES

Jelly Monkey

(Ages 6 mos.-36 mos.) Parent or guardian must accompany the child into the water and participate. **Class Focus:** Developing swimming readiness by leading parents and their children in water exploration activities with the objective of having fun and becoming comfortable in and around the water.

201999	9/9-10/7	M, 5:35-6:05pm	North	5	\$30/\$38
202000	9/10-10/8	Tu, 6:40-7:10pm	East	5	\$30/\$38
202005	9/11-10/9	W, 5:35-6:05pm	North	5	\$30/\$38
202001	9/12-10/10	Th, 5:30-6pm	East	5	\$30/\$38
202002	9/13-10/11	F, 9:45-10:15am	North	5	\$30/\$38
202003	9/13-10/11	F, 10:20-10:50am	North	5	\$30/\$38
202004	9/14-10/12	Sa, 11-11:30am	East	5	\$30/\$38
202157	10/14-11/11	M, 5:35-6:05pm	North	5	\$30/\$38
202158	10/15-11/12	Tu, 6:40-7:10pm	East	5	\$30/\$38
202159	10/16-11/13	W, 5:35-6:05pm	North	5	\$30/\$38
202160	10/17-11/14	Th, 5:30-6pm	East	5	\$30/\$38
202161	10/18-11/15	F, 9:45-10:15am	North	5	\$30/\$38
202162	10/18-11/15	F, 10:20-10:50am	North	5	\$30/\$38
202163	10/19-11/16	Sa, 11-11:30am	East	5	\$30/\$38

► SPECIALIZED LESSONS

Class Focus: Specialized classes provide a more personalized interaction with instructors, running in a semi-private format of no more than three students per instructor. Great for children new to the swim lesson setting. Instructors will focus on a personal lesson plan for each child and skills will vary by individual swimming ability.

Specialized Lessons - Age 3

202058	9/9-10/7	M, 5-5:30pm	North	5	\$60/\$75
202078	9/9-10/7	M, 6:10-6:40pm	North	5	\$60/\$75
202057	9/10-10/8	Tu, 5:30-6pm	East	5	\$60/\$75
202059	9/11-10/9	W, 5-5:30pm	North	5	\$60/\$75
202061	9/12-10/10	Th, 5:30-6pm	East	5	\$60/\$75
202062	9/12-10/10	Th, 6:40-7:10pm	East	5	\$60/\$75
202060	9/13-10/11	F, 10:20-10:50am	North	5	\$60/\$75
202063	9/14-10/12	Sa, 9:15-9:45am	East	5	\$60/\$75
202077	9/14-10/12	Sa, 10:25-10:55am	East	5	\$60/\$75
202103	10/14-11/11	M, 5-5:30pm	North	5	\$60/\$75
202124	10/14-11/11	M, 6:10-6:40pm	North	5	\$60/\$75
202102	10/15-11/12	Tu, 5:30-6pm	East	5	\$60/\$75
202104	10/16-11/13	W, 5-5:30pm	North	5	\$60/\$75
202106	10/17-11/14	Th, 5:30-6pm	East	5	\$60/\$75
202107	10/17-11/14	Th, 6:40-7:10pm	East	5	\$60/\$75
202105	10/18-11/15	F, 10:20-10:50am	North	5	\$60/\$75
202108	10/19-11/16	Sa, 9:15-9:45am	East	5	\$60/\$75
202123	10/19-11/16	Sa, 10:25-10:55am	East	5	\$60/\$75



Lessons are a great way to help children feel safe in and around water.

Specialized Lessons - Age 4

202065	9/9-10/7	M, 5-5:30pm	North	5	\$60/\$75
202074	9/9-10/7	M, 6:10-6:40pm	North	5	\$60/\$75
202064	9/10-10/8	Tu, 5:30-6pm	East	5	\$60/\$75
202066	9/11-10/9	W, 5-5:30pm	North	5	\$60/\$75
202079	9/11-10/9	W, 5:35-6:05pm	North	5	\$60/\$75
202068	9/12-10/10	Th, 5:30-6pm	East	5	\$60/\$75
202069	9/12-10/10	Th, 6:40-7:10pm	East	5	\$60/\$75
202067	9/13-10/11	F, 10:20-10:50am	North	5	\$60/\$75
202070	9/14-10/12	Sa, 9:15-10:15am	East	5	\$60/\$75
202071	9/14-10/12	Sa, 10:25-10:55am	East	5	\$60/\$75
202110	10/14-11/11	M, 5-5:30pm	North	5	\$60/\$75
202094	10/14-11/11	M, 6:10-6:40pm	North	5	\$60/\$75
202109	10/15-11/12	Tu, 5:30-6pm	East	5	\$60/\$75
202111	10/16-11/13	W, 5-5:30pm	North	5	\$60/\$75
202125	10/16-11/13	W, 5:35-6:05pm	North	5	\$60/\$75
202113	10/17-11/14	Th, 5:30-6pm	East	5	\$60/\$75
202114	10/17-11/14	Th, 6:40-7:10pm	East	5	\$60/\$75
202112	10/18-11/15	F, 10:20-10:50am	North	5	\$60/\$75
202115	10/19-11/16	Sa, 9:15-9:45am	East	5	\$60/\$75
202116	10/19-11/16	Sa, 10:25-10:55am	East	5	\$60/\$75

SWIMMING



Specialized Lessons - Age 5

202089	9/9-10/7	M, 5-5:30pm	North	5	\$60/\$75
202072	9/10-10/8	Tu, 5:30-6pm	East	5	\$60/\$75
202073	9/11-10/9	W, 5-5:30pm	North	5	\$60/\$75
202085	9/12-10/10	Th, 5:30-6pm	East	5	\$60/\$75
202075	9/12-10/10	Th, 6:40-7:10pm	East	5	\$60/\$75
202076	9/13-10/11	F, 10:20-10:50am	North	5	\$60/\$75
202080	9/14-10/12	Sa, 9:15-9:45am	East	5	\$60/\$75
202088	9/14-10/12	Sa, 10:25-10:55am	East	5	\$60/\$75
202118	10/14-11/11	M, 5-5:30pm	North	5	\$60/\$75
202117	10/15-11/12	Tu, 5:30-6pm	East	5	\$60/\$75
202119	10/16-11/13	W, 5-5:30pm	North	5	\$60/\$75
202120	10/17-11/14	Th, 5:30-6pm	East	5	\$60/\$75
202121	10/17-11/14	Th, 6:40-7:10pm	East	5	\$60/\$75
202122	10/18-11/15	F, 10:20-10:50am	North	5	\$60/\$75
202126	10/19-11/16	Sa, 9:15-9:45am	East	5	\$60/\$75
202133	10/19-11/16	Sa, 10:25-10:55am	East	5	\$60/\$75

Specialized Lessons - Age 6

201987	9/10-10/8	Tu, 6:40-7:10pm	East	5	\$60/\$75
201989	9/11-10/9	W, 6:10-6:40pm	North	5	\$60/\$75
201990	9/12-10/10	Th, 6:40-7:10pm	East	5	\$60/\$75
202155	10/15-11/12	Tu, 6:40-7:10pm	East	5	\$60/\$75
202156	10/16-11/13	W, 6:10-6:40pm	North	5	\$60/\$75
202138	10/17-11/14	Th, 6:40-7:10pm	East	5	\$60/\$75
197772	7/22-8/2	M/W/F, 9-9:30am	Spruce	6	\$72/\$90



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

► PRE SCHOOL GROUP LESSONS

Pre School 1

(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.

202048	9/9-10/7	M, 5:35-6:05pm	North	5	\$30/\$38
202052	9/10-10/8	Tu, 6:05-6:35pm	East	5	\$30/\$38
202049	9/12-10/10	Th, 6:05-6:35pm	East	5	\$30/\$38
202050	9/13-10/11	F, 9:45-10:15am	North	5	\$30/\$38
202051	9/14-10/12	Sa, 9:50-10:20am	East	5	\$30/\$38
202092	10/14-11/11	M, 5:35-6:05pm	North	5	\$30/\$38
202097	10/15-11/12	Tu, 6:05-6:35pm	East	5	\$30/\$38
202093	10/17-11/14	Th, 6:05-6:35pm	East	5	\$30/\$38
202095	10/18-11/15	F, 9:45-10:15am	North	5	\$30/\$38
202096	10/19-11/16	Sa, 9:50-10:20am	East	5	\$30/\$38

Pre School 2

(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.

202055	9/9-10/7	M, 5:35-6:05pm	North	5	\$30/\$38
202053	9/10-10/8	Tu, 6:05-6:35pm	East	5	\$30/\$38
202054	9/12-10/10	Th, 6:05-6:35pm	East	5	\$30/\$38
202056	9/13-10/11	F, 9:45-10:15am	North	5	\$30/\$38
202081	9/14-10/12	Sa, 9:50-10:20am	East	5	\$30/\$38
202100	10/14-11/11	M, 5:35-6:05pm	North	5	\$30/\$38
202098	10/15-11/12	Tu, 6:05-6:35pm	East	5	\$30/\$38
202099	10/17-11/14	Th, 6:05-6:35pm	East	5	\$30/\$38
202101	10/18-11/15	F, 9:45-10:15am	North	5	\$30/\$38
202127	10/19-11/16	Sa, 9:50-10:20am	East	5	\$30/\$38

Pre School 3

(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.

202082	9/9-10/7	M, 5:35-6:05pm	North	5	\$30/\$38
202083	9/10-10/8	Tu, 6:05-6:35pm	East	5	\$30/\$38
202084	9/12-10/10	Th, 6:05-6:35pm	East	5	\$30/\$38
202087	9/13-10/11	F, 9:45-10:15am	North	5	\$30/\$38
202086	9/14-10/12	Sa, 9:50-10:20am	East	5	\$30/\$38
202128	10/14-11/11	M, 5:35-6:05pm	North	5	\$30/\$38
202129	10/15-11/12	Tu, 6:05-6:35pm	East	5	\$30/\$38
202130	10/17-11/14	Th, 6:05-6:35pm	East	5	\$30/\$38
202131	10/18-11/15	F, 9:45-10:15am	North	5	\$30/\$38
202132	10/19-11/16	Sa, 9:50-10:20am	East	5	\$30/\$38



SWIMMING



Swim lessons help kids learn to socialize with children their own age.

► GROUP LESSONS AGES 6-13

Level 1 Sea Turtle

(Ages 6-8) **Prerequisites:** There are no prerequisites for Sea Turtle Classes. **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.

201976	9/9-10/7	M, 5-5:30pm	North	5	\$30/\$38
201980	9/11-10/9	W, 5-5:30pm	North	5	\$30/\$38
201977	9/11-10/9	W, 6:10-6:40pm	North	5	\$30/\$38
201978	9/12-10/10	Th, 6:05-6:35pm	East	5	\$30/\$38
201982	9/14-10/12	Sa, 10:25-10:55am	East	5	\$30/\$38
201984	9/14-10/12	Sa, 11-11:30am	East	5	\$30/\$38
202139	10/14-11/11	M, 5-5:30pm	North	5	\$30/\$38
202140	10/16-11/13	W, 5-5:30pm	North	5	\$30/\$38
202134	10/16-11/13	W, 6:10-6:40pm	North	5	\$30/\$38
202143	10/17-11/14	Th, 6:05-6:35pm	East	5	\$30/\$38
202144	10/19-11/16	Sa, 10:25-10:55am	East	5	\$30/\$38
202136	10/19-11/16	Sa, 11-11:30am	East	5	\$30/\$38

Level 2 Rays

(Ages 6-8) **Prerequisites:** Successful completion of level 1 Sea Turtle Class 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.

201979	9/9-10/7	M, 6:10-6:40pm	North	5	\$30/\$38
201991	9/10-10/8	Tu, 6:05-6:35pm	East	5	\$30/\$38
201993	9/11-10/9	W, 5:35-6:05pm	North	5	\$30/\$38
201994	9/14-10/12	Sa, 9:15-9:45am	East	5	\$30/\$38
201995	9/14-10/12	Sa, 11-11:30am	East	5	\$30/\$38

202148	10/14-11/11	M, 6:10-6:40pm	North	5	\$30/\$38
202147	10/15-11/12	Tu, 6:05-6:35pm	East	5	\$30/\$38
202149	10/16-11/13	W, 5:35-6:05pm	North	5	\$30/\$38
202146	10/19-11/16	Sa, 9:15-9:45am	East	5	\$30/\$38
202145	10/19-11/16	Sa, 11-11:30am	East	5	\$30/\$38

Level 3 Swordfish

(Ages 7-13) **Prerequisites:** Successful completion of level 2 Rays Class or child must be able 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.

201983	9/9-10/7	M, 6:10-6:40pm	North	5	\$30/\$38
201996	9/10-10/8	Tu, 6:40-7:10pm	East	5	\$30/\$38
201981	9/11-10/9	W, 5:35-6:05pm	North	5	\$30/\$38
201997	9/14-10/12	Sa, 9:50-10:20am	East	5	\$30/\$38
202152	10/14-11/11	M, 6:10-6:40pm	North	5	\$30/\$38
202151	10/15-11/12	Tu, 6:40-7:10pm	East	5	\$30/\$38
202153	10/16-11/13	W, 5:35-6:05pm	North	5	\$30/\$38
202150	10/19-11/16	Sa, 9:50-10:20am	East	5	\$30/\$38

Level 4 Porpoise

(Ages 7-13) **Prerequisites:** Successful completion of Level 3 Swordfish class 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:** Continue to refine basic strokes and introduce breaststroke and butterfly. Students will also increase endurance by swimming longer distances and be introduced to the basics of wall turns.

201992	9/10-10/8	Tu, 5:30-6pm	East	5	\$30/\$38
201985	9/11-10/9	W, 6:10-6:40pm	North	5	\$30/\$38
201998	9/14-10/12	Sa, 11-11:30am	East	5	\$30/\$38
202141	10/15-11/12	Tu, 5:30-6pm	East	5	\$30/\$38
202135	10/16-11/13	W, 6:10-6:40pm	North	5	\$30/\$38
202154	10/19-11/16	Sa, 11-11:30am	East	5	\$30/\$38

Level 5 Shark

(Ages 7-13) **Prerequisites:** Successful completion of level 4 Porpoise class 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:** Refine all strokes and increase the distances students swim. Introduction to flip turns at walls and diving from starting blocks.

201986	9/10-10/8	Tu, 6:40-7:10pm	East	5	\$30/\$38
201988	9/11-10/9	W, 6:10-6:40pm	North	5	\$30/\$38
202137	10/15-11/12	Tu, 6:40-7:10pm	East	5	\$30/\$38
202142	10/16-11/13	W, 6:10-6:40pm	North	5	\$30/\$38

Ready to move on to something more challenging?
Try our Barracudas swim clinics.
See pg. 37

SWIMMING



Improve your strokes and stay in shape in the off-season with our new Barracudas swim clinics.

► BOULDER BARRACUDAS SWIM CLINICS

(Age 7-18) Clinics will help swimmers develop swimming skills during the off-season for better racing results next summer. Clinics are open to the public. Must be able to swim 25 yards without assistance. Clinics will focus on stroke form, endurance and technique. Weekly topics are as follows and will repeat each month. Pay at the front desk. (No clinic Nov. 30)

9/7-12/21 Sa, 11am-12pm East

1st Saturday: Butterfly/IM
 2nd Saturday: Backstroke
 3rd Saturday: Breaststroke
 4th Saturday: Freestyle/Starts and Turns
 1 clinic \$14 • 3 clinics \$36 • 6 clinics \$66



► ADULT SWIM LESSONS

Adult Group Swim Lessons

(Ages 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.

201932	9/14-10/12	Sa, 9:15-10am	East	5	\$45/\$56
202090	10/19-11/16	Sa, 9:15-10am	East	5	\$45/\$56

Lap Swim 101

(Ages 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 meeting.

201933	9/14-10/12	Sa, 10-11am	East	5	\$70/\$88
202091	10/19-11/16	Sa, 10-11am	East	5	\$70/\$88

► AQUATIC FITNESS CLASSES

Aquatic Fitness (Leisure)

(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! Instructor: Martin Petrofes. Contact Jen Heilveil, 303-413-7474.

203080	9/4-9/30	M/W/F, 8-9am	East	12	\$72/\$90	Martin
203082	10/2-10/30	M/W/F, 8-9am	East	13	\$78/\$97	Martin
203083	11/1-11/25	M/W/F, 8-9am	East	11	\$66/\$82	Martin
203085	12/2-12/20	M/W/F, 8-9am	East	9	\$54/\$67	Martin

Warm Water Fitness (Leisure)

(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 (86-88). If you require physical assistance in the water, a two-week notification is required. Contact Jen Heilveil, 303-413-7474.

203078	9/3-9/27	Tu/F, 9:30-10:30am	East	8	\$48/\$60
203079	10/1-10/29	Tu/F, 9:30-10:30am	East	9	\$54/\$67
203081	11/1-11/22	Tu/F, 9:30-10:30am	East	7	\$42/\$52
203084	12/3-12/20	Tu/F, 9:30-10:30am	East	6	\$36/\$45

► DROP-IN AQUATIC FITNESS CLASSES

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

Aqua Zumba...Makes Working Out A Splash!

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).

Tu/Th, 5:45-6:45 pm North

Water Fitness for All

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

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

Tu/Th, 8-9am North

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.

Tu/Th, 12:30-1:30pm South

Pre-Natal

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



TENNIS



Our tennis program provides a positive 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 contact Derrick Tripp,
303-441-4137.

*Enjoy our new lights at EBCC.

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

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 gonzoz@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+) Just show up and play! A good workout in the middle of the day.

punch card Sa, 1-2:30pm East

Youth Tennis Punch Cards

(Ages 3-15) Purchase a punch card and drop into any youth class that is not full. Please email gonzoz@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.bprttennis.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 gonzoz@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 www.GonzoTennis.com

Program information:

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

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

► GONZO TENNIS - ADULT

(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.

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

Beginner (2.5-3.0)

Session 1

202735	8/20-9/10	Tu, 5:30-7pm	East	4	\$63/\$79
202733	8/21-9/11	W, 5:30-7pm	North	4	\$63/\$79
202719	8/22-9/12	Th, 5:30-7pm	East	4	\$63/\$79

Session 2

202736	9/24-10/15	Tu, 5:30-7pm	East	4	\$63/\$79
202734	9/25-10/16	W, 5:30-7pm	North	4	\$63/\$79
202720	9/26-10/17	Th, 5:30-7pm	East	4	\$63/\$79

Beginner (2.5-3.0) with Gonzo

Session 1

202723	8/21-9/11	W, 9-10:30am	East	4	\$88/\$110	Gonzo
202724	8/22-9/12	Th, 9-10:30am	North	4	\$88/\$110	

Session 2

202725	9/25-10/16	W, 9-10:30am	East	4	\$88/\$110	Gonzo
202726	9/26-10/17	Th, 9-10:30am	North	4	\$88/\$110	

Intermediate (3.5-4.0)

Session 1

202721	8/19-9/9	M, 5:30-7pm	East	4	\$63/\$79
202727	8/21-9/11	W, 5:30-7pm	East	4	\$63/\$79

Session 2

202722	9/23-10/14	M, 5:30-7pm	East	4	\$63/\$79
202738	9/25-10/16	W, 5:30-7pm	East	4	\$63/\$79

Intermediate (3.5-4.0) with Gonzo

Session 1

202728	8/20-9/10	Tu, 9-10:30am	North	4	\$88/\$110	Gonzo
202729	8/21-9/11	W, 10:30am-12pm	East	4	\$88/\$110	Gonzo
202731	8/22-9/12	Th, 10:30am-12pm	North	4	\$88/\$110	Gonzo

Session 2

202737	9/24-10/15	Tu, 9-10:30am	North	4	\$88/\$110	Gonzo
202730	9/25-10/16	W, 10:30am-12pm	East	4	\$88/\$110	Gonzo
202732	9/26-10/17	Th, 10:30am-12pm	North	4	\$88/\$110	Gonzo

► GONZO TENNIS - JUNIORS

(Ages 11-15) Divided into different levels determined by age and ability. These game-based programs use specific exercises and fun games to help the students understand the aspects of the game. It's all about tennis, come play with Gonzo! Must get approved by Gonzo to register for intermediate and advanced courses. www.gonzotennis.com. For inclement weather and cancellation information: 303-441-3410.

Beginner

202739	8/19-10/7	M, 4-5pm	East	7	\$74/\$93
202740	8/20-10/8	Tu, 4-5pm	North	8	\$84/\$105
202741	8/21-10/9	W, 4-5pm	East	8	\$84/\$105
202742	8/22-10/10	Th, 4-5pm	North	8	\$84/\$105
202743	8/23-10/11	F, 4-5pm	East	8	\$84/\$105
202744	8/24-10/12	Sa, 9-10am	East	8	\$84/\$105

Intermediate

202745	8/19-10/7	M, 5-6pm	East	7	\$74/\$93
202746	8/20-10/8	Tu, 5-6pm	North	8	\$84/\$105
202747	8/21-10/9	W, 5-6pm	East	8	\$84/\$105
202748	8/22-10/10	Th, 5-6pm	North	8	\$84/\$105
202749	8/23-10/11	F, 5-6pm	East	8	\$84/\$105
202750	8/24-10/12	Sa, 10-11am	East	8	\$84/\$105

Advanced

202751	8/19-10/7	M, 6-7pm	East	7	\$74/\$93
202753	8/21-10/9	W, 6-7pm	East	8	\$84/\$105

► GONZO DOUBLES LADDER

NEW!

Gonzo Tennis - Doubles Ladder

Open to players from intermediate to advanced skill levels. Prior experience required. A player may work their way up the ladder by winning weekly matches against progressively more challenging competition. A friendly competitive environment is provided where all are welcome to play tennis. For more detailed information visit www.gonzotennis.com

Youth Doubles Ladder (Ages 8-15)

202807	8/25-10/13	Su, 2-4pm	Centennial M.S.	8	\$130/\$163
--------	------------	-----------	-----------------	---	-------------

Adult Doubles Ladder (Ages 16+)

202808	8/25-10/13	Su, 2-4pm	Centennial M.S.	8	\$130/\$163
--------	------------	-----------	-----------------	---	-------------



TENNIS

► GONZO TENNIS - MINI/TINY/MIGHTY

(Ages 3-10) The School of Tennis is a child physical development program that uses a variety of fun games to develop motor skills enjoying the game of tennis and helping to create self confidence in a safe and friendly environment. It's all about Tennis! www.gonzotennis.com
For inclement weather and cancellation information: 303-441-3410.

Mini Gonzos (Ages 3-4)

Session 1

202757	8/19-10/7	M, 3:15-3:45pm	East	7	\$56/\$70
202758	8/20-10/8	Tu, 3:15-3:45pm	East	8	\$63/\$79
202759	8/21-10/9	W, 3:15-3:45pm	East	8	\$63/\$79
202778	8/21-10/9	W, 3:15-3:45pm	North	8	\$63/\$79
202760	8/22-10/10	Th, 3:15-3:45pm	East	8	\$63/\$79
202761	8/23-10/11	F, 3:15-3:45pm	East	8	\$63/\$79
202762	8/24-10/12	Sa, 9:45-10:15am	North	8	\$63/\$79
202763	8/25-10/13	Su, 9:45-10:15am	East	8	\$63/\$79

Session 2 in the Gym

202781	10/29-12/10	Tu, 3:15-3:45pm	North	7	\$63/\$79
202786	10/31-12/19	Th, 3:15-3:45pm	South	7	\$63/\$79
202789	11/2-12/14	Sa, 9:45-10:15am	North	7	\$63/\$79
202792	11/3-12/15	Su, 10:30-11am	East	7	\$63/\$79

Tiny Gonzos (Ages 5-7)

Session 1

202764	8/19-10/7	M, 3:45-4:30pm	East	7	\$63/\$79
202765	8/20-10/8	Tu, 3:45-4:30pm	East	8	\$71/\$89
202766	8/21-10/9	W, 3:45-4:30pm	East	8	\$71/\$79
202779	8/21-10/9	W, 3:45-4:15pm	North	8	\$71/\$89
202767	8/22-10/10	Th, 3:45-4:30pm	East	8	\$71/\$89
202768	8/23-10/11	F, 3:45-4:30pm	East	8	\$71/\$89
202769	8/24-10/12	Sa, 10:15-11am	North	8	\$71/\$89
202770	8/25-10/13	Su, 10:15-11am	East	8	\$71/\$89

Session 2 in the Gym

202783	10/28-12/9	M, 3:45-4:30pm	East	7	\$71/\$89
202782	10/29-12/10	Tu, 3:45-4:30pm	North	7	\$71/\$89
202787	10/31-12/19	Th, 3:45-4:30pm	South	7	\$71/\$89
202790	11/2-12/14	Sa, 10:15-11am	North	7	\$71/\$89
202793	11/3-12/15	Su, 11-11:45am	East	7	\$71/\$89

Mighty Gonzos (Ages 8-10)

Session 1

202771	8/19-10/7	M, 4:30-5:30pm	East	7	\$74/\$93
202772	8/20-10/8	Tu, 4:30-5:30pm	East	8	\$84/\$105
202773	8/21-10/9	W, 4:30-5:30pm	East	8	\$84/\$105
202780	8/21-10/9	W, 4:30-5:30pm	North	8	\$84/\$105
202774	8/22-10/10	Th, 4:30-5:30pm	East	8	\$84/\$105
202775	8/23-10/11	F, 4:30-5:30pm	East	8	\$84/\$105
202776	8/24-10/12	Sa, 11am-12pm	North	8	\$84/\$105
202777	8/25-10/13	Su, 11am-12pm	East	8	\$84/\$105

Session 2

202784	10/28-12/9	M, 4:30-5:30pm	East	7	\$84/\$105
202788	10/31-12/19	Th, 4:30-5:30pm	South	7	\$84/\$105
202791	11/2-12/14	Sa, 11am-12pm	North	7	\$84/\$105
202794	11/3-12/15	Su, 11:45am-12:45pm	East	7	\$84/\$105

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
\$12	\$34	\$65



Halloween Carnival

at South Boulder Rec Center

October 25 • 3-5 pm

Details at www.BoulderParks-Rec.org



FREE!

Tennis Party 2013

Sunday, October 18 • 10 a.m.

Centennial Middle School
2205 Norwood Ave. • Boulder, CO

- Play fun tennis games
- Prince racquet demos
- Serve speed radar gun
- Prize games



www.GonzoTennis.com





Avid4 Adventure

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

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 programs, rentals and general information or questions regarding Valmont Bike Park please e-mail, valmontbikepark@bouldercolorado.gov.

► BIKING PROGRAMS AT VALMONT

Since 2004, Avid4 Adventure has inspired life-long active outdoor lifestyles and environmental



avid4adventure
outside for life

stewardship through experiences that provide personal development and memorable family adventures. Through school programs, summer camps, family programs, and special events, Avid4 Adventure has served over 100,000 children in the Front Range 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/VBP

Questions & Information: Avid4 Adventure, VBP@Avid4.com or call 720-249-2412 x 1 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.

- No more than 5 people per private class.
- 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

Weekend & After-School Biking Programs

(Ages 7-12) Fun and safety-focused Valmont Bike Park After-School Program offers kids the opportunity to explore this world-renowned facility in an instruction-based program. During the 5 sessions 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.

- No more than 7 per class; must be able to ride a 2-wheeler
- Special Park Bikes can be rented for \$50; Protective Gear (required) can also be rented for \$15 for the 5 sessions.

Session 1

*	8/19-9/16	M, 3:45-6:15pm	VBP	5 sessions	\$195
*	8/20-9/17	Tu, 3:45-6:15pm	VBP	5 sessions	\$195
*	8/21-9/18	W, 3:45-6:15pm	VBP	5 sessions	\$195
*	8/22-9/19	Th, 3:45-6:15pm	VBP	5 sessions	\$195
*	8/25-9/22	Su, 3-5:30pm	VBP	5 sessions	\$195

Session 2

*	9/23-10/21	M, 3:45-6:15pm	VBP	5 sessions	\$195
*	9/24-10/22	Tu, 3:45-6:15pm	VBP	5 sessions	\$195
*	9/25-10/23	W, 3:45-6:15pm	VBP	5 sessions	\$195
*	9/26-10/24	Th, 3:45-6:15pm	VBP	5 sessions	\$195
*	9/29-10/27	Su, 3-5:30pm	VBP	5 sessions	\$195

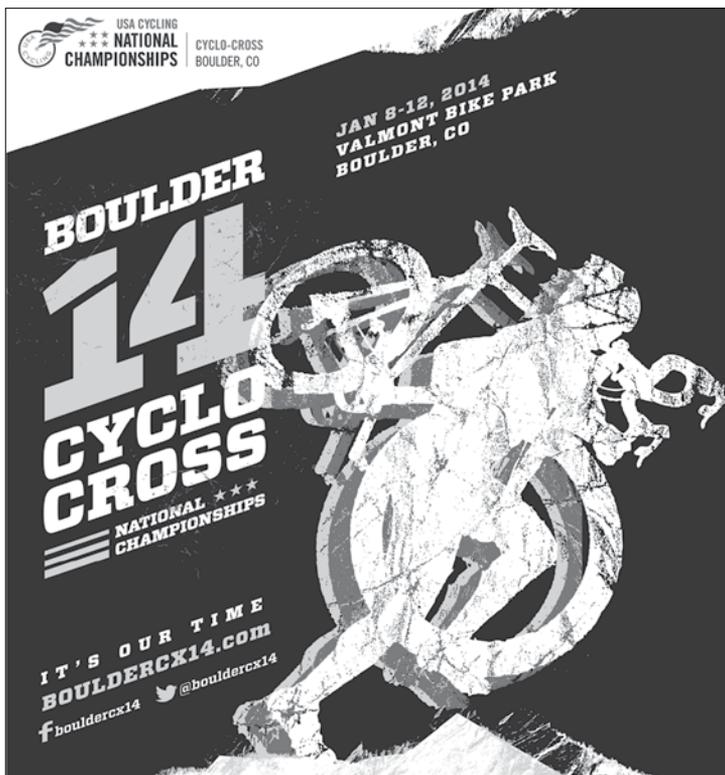
* Register online at www.avid4.com/VBP

Space still available!

Skills Camp

(Ages 6-17) 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.

*	8/12-8/16	M-F, 8:45am-2:30pm	VBP	\$395 per week
---	-----------	--------------------	-----	----------------



Lee McCormack of www.leelikesbikes.com is considered one of the world's top bicycle skills instructors. He wrote the books *Mastering Mountain Bike Skills*, *Teaching Mountain Bike Skills* and *Pro BMX Skills*, and he is skills development director for the national high school mountain bike league.

Adult Skills Classes

Hi, I'm Lee and I like bikes. I enjoy riding for many reasons -- fitness, stress relief, competition, camaraderie -- but I just love to find safe, sweet flow on fun terrain. My coaches and I want to help you do the same.

Group Clinics

(Age 18+) Mountain Bike Mastery is a great 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 class with a solid foundation, a renewed passion and a whole new level of flow. You'll have tons of fun riding — and learning on — the awesome terrain of Valmont Bike Park.

- Maximum six riders per session. Minimum four riders per session
- Weekday afternoons and weekend mornings, \$100 per session
- NEW ADVANCED CLASSES focus on expert air and trail skills.

Details, dates and registration at www.leelikesbikes.com or email lee@leelikesbikes.com

Private & Semi-Private Clinics with Lee McCormack

(Age 18+) Working with Lee by yourself or with a small group is the best 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 will help you reach your cycling goals.

"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!"

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



Recreation Center Closures

8/10-8/18	South closed for annual maintenance
8/24-9/2	North closed for annual maintenance
9/2	Spruce Pool closing day
9/15	Scott Carpenter Pool closing day
9/2	Labor Day: East & South closed
	North open 8am-1:30pm
11/28	Closed Thanksgiving
11/29	East 5:30am-9pm, North 8am-7:30pm and South 8am-8pm
12/24	Rec Centers close at 1:30pm
12/25	Closed Christmas

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 and platform tennis courts, sauna, lockers, fishing and swimming at Boulder Reservoir.
- 3) Complimentary towels at rec centers.
- 4) Racquets for indoor racquetball.
- 5) Discounts at participating merchants. (pg. 4)
- 6) 10% savings on one class per session (as available one week before class begins), must register in person.

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.

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.

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, 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.

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.

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 Colleen Fitzgerald at 303-413-7216.

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 10

For your child's safety and well-being, the city of Boulder Parks and Recreation Department requests that children under 10 years of age not be left un-supervised at any recreation facility, outdoor pool, sports field or park. 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.

Volunteer

& Make a Difference in Your Community!

Volunteer opportunities:

- EXPAND - programs for people with disabilities
- Youth Services
- Child Care
- Sports (coaching)
- Youth Services
- Special Events
- Parks
- Urban Resources
- Outdoor Projects

More information: 303-413-7245
www.BoulderParks-Rec.org



Help Make Boulder, Colorado a great place to PLAY!

The PLAY Boulder Foundation is a nonprofit 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.



STAFF LIST / REGISTRATION

Parks & Recreation Staff Phone Numbers

email addresses are lastnamefirst initial of first name@bouldercolorado.gov. e.g. Michael Smith is smithm@bouldercolorado.gov

Kirk Kincannon, Director303-413-7200

Alice Guthrie
Recreation Superintendent.....303-413-7211

Jeff Dillon
Parks & Planning Superintendent..303-413-7215

Steve Whipple, Administrator303-413-7262

ACCESS & INCLUSION (EXPAND & YSI)
Colleen Fitzgerald, Administrator..303-413-7216

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

COMMUNITY OUTREACH
Internships Coordinator303-413-7263

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

PROGRAMS
Teri Olander, Administrator303-441-3429

SPORTS
Dean Rummel, Supervisor.....303-441-4427

Rainout Information.....303-441-3410

Derrick Tripp303-441-4137

Lenore Knox303-441-3416

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

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

DANCE
Cynthia Burdine, Coordinator303-413-7473
Kirsten Leslie, Coordinator303-413-7477

HEALTH & WELLNESS
Summer Kennedy, Supervisor.....303-413-7264

Weights & Fitness303-413-7280
Kathleen Murphy, Mind/Body303-413-7466

GYMNASTICS
Ron Crescentini, Supervisor303-413-7265

REC CENTERS/AQUATICS/RESERVOIR

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

Julie Dettbarn, Pool Operations.....303-413-7468

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

Dean Rummel, Supervisor SBRC..303-441-3449

Jayson Swigart, Supervisor NBRC 303-413-7263

Todd Calvin, Supervisor EBCC.....303-413-7463

Online Registration

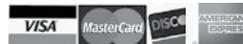
It's quick, convenient and easy!
Register online from the convenience of your own home or office 24 hours a day, 7 days a week! You can now create (or update) your family account information online.

• Create your account or have your account information available.
Forgot your barcode or pin? Call the registration help line at 303-413-7270, M-F 9am-5pm.

• **Registration begins at 8:30 am Tuesday, August 6.**

• Confirmation receipts are emailed upon registration. Please make sure you have a current email on file.

• Payment must be made at the time of the registration for it to be complete.



• If you have a discount or questions, please call the registration help line at 303-413-7270.

Easy Ways To Register!



ONLINE REGISTRATION

- ▶ www.BoulderParks-Rec.org
- ▶ Click on Register Online

Online registration provides immediate enrollment confirmation. For classes that fill quickly we recommend registering online.



DROP OFF/ MAIL IN

- ▶ Fill out form on pg. 45
- ▶ **Mail to:** Recreation Registration c/o EBCC, 5660 Sioux Dr., Boulder, CO 80303
- ▶ **Drop off at any City Recreation Center**

Make checks payable to City of Boulder Parks & Recreation. Registration forms will be processed as staff are able to do so. For immediate registration confirmation and for popular classes, we recommend online registration. Kiosks available at all facilities.



Para mayor información o ayuda en Español, o si usted necesita alguna parte de este documento traducida, por favor comuníquese al 303-441-1905.

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.

REGISTRATION - POLICIES & REGISTRATION FORM



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

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

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.

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.

REGISTRATION FORM -

Drop-off forms at any Boulder Recreation Center; or mail to EBCC - Recreation Registration, 5660 Sioux Dr., Boulder, CO 80303; or register online at www.BoulderParks-Rec.org

Payer/Parent Name: _____

Address: _____

City: _____ Zip: _____

Home Phone: _____ Work Phone: _____

Email Address: _____

Contact Person: _____

New address, phone or email?

Check here if you have a disability and require an accomodation.
Please allow two weeks.

I have read the Refund and Transfer Policy (above)

Payment Information:

Check or money order payable to: City of Boulder

Visa Mastercard Discover American Express



Card No. _____ Exp. _____

Signature _____

I'm interested in volunteering, please contact me.

Participant Name	Date of Birth	M/F	Course Code	2nd Choice (Code)	Course Name	Location	Date	Day	Time	Fee

fall 2013
Pottery SALE



September @ The City of Boulder Pottery Lab
 8th and 9th 1010 Aurora Ave
 10am to 5pm Saturday & Sunday

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

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

www.BoulderParks-Rec.org

bike.walk.yoga.dance.play.run.skate.picnic.draw.bike.walk.yoga.dance.play.run.skate.
 BOULDER GREEN STREETS presents Presenting Sponsor
 THE FOURTH ANNUAL
Ciclovia!

Download our event app to learn more about...

- 10 Zones with over 50 FREE activities!
- Bike parade and rodeo, climbing, kayaking, and gymnastics
- Free food and live music!

Sunday, Sept. 22nd, 2013
10a.m. to 4 p.m.
 Transforming public streets into public play space.
 Enjoy car-free streets. From 15th and Pearl Street to the North Boulder Recreation Center at 3170 Broadway.

BOULDER GREEN STREETS
Ciclovia!

For more information
www.bouldergreenstreets.org

FIND US!
 Facebook: Boulder Green Streets
 Twitter: BoulderGreenSts

DROP-IN OPTIONS

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. No advance registration is necessary. Your recreation center annual or 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!

GET FIT, HAVE FUN AND ENJOY!

All drop-in classes are FREE with daily center entry (use your pass or \$7 daily fee)

Drop-In Classes Include:

Boulder Lift
Cardio Chisel
Carve
Core and Total Body Fitness
Fitness for Life
Hard Core
Metabolic Resistance Training
Pure Step
Sport Conditioning
The Ride!

Mind/Body

Ayre
Nia
Pilates Mat
Pilates/Yoga Combo
Pre/Post Natal Yoga
Restorative Yoga & Prana
Yin Yoga
Yoga
Zumba®

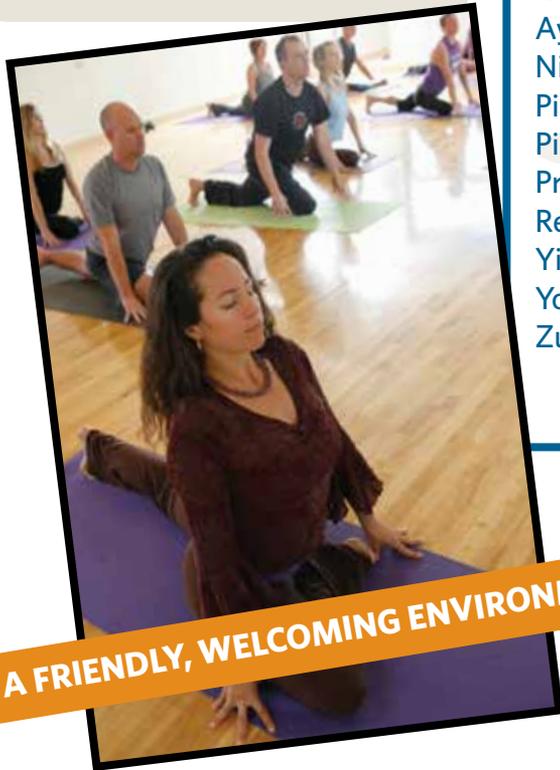
Aquatic Fitness

Aqua Zumba®
Hydro Dynamics
Pre/Post Natal Aqua Fit
Water Fitness for All
Also enjoy drop-in **Basketball, Volleyball, Pickleball & Badminton**, see page 32 for a schedule.

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!

We look forward to seeing you soon!

Visit us online at www.BoulderParks-Rec.org for a schedule today!



A FRIENDLY, WELCOMING ENVIRONMENT FOR ALL ABILITIES, AGES, AND INTERESTS



BOULDER'S BEST FITNESS VALUE.



Registration
begins
August 6

Online, Mail & Drop Off Registration begins 8:30 a.m. on Tuesday, August 6.

Dog Dayz **at Scott Carpenter Pool**

Monday, Sept. 16-Sunday, Sept. 29

M/W/F • 12-2 pm & 4-6 pm

Tu/Th • 12-2 pm & 4-7 pm

Sat • 11 am-4pm

Sun • 12-6 pm

\$5 per dog or unlimited pass for \$35
(up to 2 dogs)
additional dogs \$10 each.

Dog Expo!

Join us for a day of fun in the sun with our canine friends. The pool will be open for the dogs to swim and organizations from around the country will be on hand with samples, prizes, and information.

Sat, Sept. 21 from 11 am-4pm

