

Summer 2015

Volunteer with EXPAND

Getting Started:

1. Find a class you are interested in and that you can commit to regularly.
2. Call the staff listed below the class.
3. Set up a time to attend an orientation and fill out an application.
4. Get ready for fun!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Bocce 6/8-8/10 3-4 pm Sherri-EBCC	Unified Softball 6/2-8/11 5-9 pm Sherri- Mapleton	Move/Groove 6/10-8/26 2-3 pm Jen-EBCC	Weight Lifting 6/4-8/27 2:30-3 pm Sherri - EBCC	Bowling 6/26, 7/17, 8/14 3-4:30 pm Jen- CU UMC	Quad Rugby 6/6-8/15 10:30-1 pm Jen- EBCC
	Water Aerobics 6/8-8/24 4:30-5:30 pm Jen- EBCC	Kickball 8/18 5-7 pm Sherri- Mapleton	Swim Team 6/10-8/26 4-5 pm Jen-East	Spinning 6/4-8/27 3-4 pm Sherri – EBCC	Tubing 7/24, 8/7 10 am-1 pm Sherri-Rez	Lock-in 7/18-19 2 pm-10am Chelsea- EBCC
		Dodgeball 8/25 5-7 pm Sherri-South		Smile & Stretch 6/11-8/13 4-5 pm Jen- EBCC	Fri Night Fun-kids 6/26, 7/10, 7/31, 8/14, 8/28 *times vary Chelsea- EBCC	
		Canoe/Kayak 6/23 1-5 pm Jen-EBCC		Learn to Sail 8/20-8/27 5-8 pm Jen-Rez	Friday Night DANCES! 6/19, 7/24, 8/21 6-8pm Cory - EBCC	

Questions:

Please contact, Lori Goldman at 303-413-7256 or goldmanl@bouldercolorado.gov

EXPAND Staff:

Cory	303-413-7269	LasherC@bouldercolorado.gov
Jen	303-413-7474	HeilveilJ@bouldercolorado.gov
Lori	303-413-7256	GoldmanL@bouldercolorado.gov
Sherri	303-441-4933	BrownSh@bouldercolorado.gov
Chelsea	303-441-3416	cernyc@bouldercolorado.gov



Volunteers are an
important part of
our programs!

What is EXPAND? EXPAND (EXciting Programs, Adventures and New Dimensions) is a program of the Boulder Parks and Recreation Department that offers children, youth and adults with disabilities an opportunity to participate in a recreation program of their choice.

Additional Volunteer Opportunities

Inclusions: Assist a child with a disability in a general recreation program. Most inclusions occur in swimming, gymnastics classes and camps. Time and days vary depending on the season, so please let us know if this interests you! Contact Cory for gymnastics, 303-413-7269 or Jen for swimming, 303-413-7474.

Duck Race: The EXPAND Program hosts an annual Great Rubber Duck Race at the Boulder Creek Festival as a fundraiser for our program. The actual race occurs on Memorial Day in 2014. Volunteers are needed to help man our duck booths at the Boulder Creek Festival. If you are interested in this event, please contact Cory, 303-413-7269.

Road Races: The EXPAND department is the beneficiary of several local running events in Boulder (Fast & Flurry-ous, Father's Day 4k, Distance Carnival, and Heart & Sole ½ Marathon). We are looking for volunteers to help at registration and aid stations. Contact Sherri @ 303-441-4933.

Paralympic Sports: Assist with one of the best Quad Rugby Teams for people with physical disabilities. Contact Jen, 303-413-7474.

Youth Services Initiative: The YSI is a community-based after school and summer program for youth ages seven through eighteen living in Boulder's low-income housing sites. The mission of the YSI is to inspire youth from low income families to make healthy, caring and responsible choices by providing opportunities for recreation, life skill development and community building. Contact Alexis, 303-413-7217.

Programs meet at recreation centers:

EBCC (East Boulder Recreation Center) – 5660 Sioux Drive
(55th & Baseline) – 303-441-4400

SBRC (South Boulder Recreation Center) – 1360 Gillaspie
(Broadway & Table Mesa) – 303-441-3448

NBRC (North Boulder Recreation Center) – 3170 Broadway
(Broadway & Iris) – 303-413-7260