

Winter 2015

City of Boulder EXPAND Volunteers



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
Teen Snow Shoe 3/8 10 am-4 pm Lori -RTD Station	Mystery Activity 1/5-3/16 3-4 pm Lori-EBCC Water Aerobics 1/5-3/30 4:30-5:30 pm Jen- EBCC Unified Youth Basketball 2/2-3/9 4-5 pm Chelsea-South	Performance Dance 2/10-4/14 4-5PM Cory-EBCC Unified Basketball League 1/6-3/17 5- 8:30 pm Sherri- EBCC Walkin' & Rockin' 1/13-3/24 3-4 pm Sherri-EBCC Vegas Night 4/7 6-8PM Sherri-EBCC Out on the Town Outings & Getaways! 2/3 4:30 – 6:30 pm Cory-EBCC	Moving and Grooving 1/7-3/15 4-5 pm Jen -EBCC Skit Performance 1/28-3/11 5-6 pm Cory-EBCC Out on the Town Outings & Getaways! 1/14, 4:30 – 6 pm Cory-EBCC	Weight Lifting 1/8-3/26 2:30-3 pm Sherri - EBCC Spinning 1/8-3/26 3-4 pm Sherri- EBCC Healthy Snacks 1/8-3/26 4-4:30 pm Sherri – EBCC Smile & Stretch 1/8-3/26 4:30-5:30pm Jen-EBCC Special Olympics Swim Training 1/8-3/26 6-7 pm Jen-EBCC	Bowling 1/23-3/6 3:15-4:15 pm Jen- CU UMC Friday Fun (kids) 1/16 1/30 2/6 2/20 3/6 3/20 5:30-8 pm Chelsea- EBCC Friday Night DANCES! 1/23 2/13 3/13 6-8pm Cory – EBCC Out on the Town Outings & Getaways! 3/6 5:30 – 7 pm Cory-EBCC	Snowshoe 1/10 & 2/14 12-5PM Lori-RTD Station Cards/Crafts/ Coffee 2/21-3/21 10-11 am Chelsea- NBRC Gymnastics Team Training 2/21-5/9 3:15 – 4:30 pm Chelsea – NBRC Mini-Tri 3/7 12-4PM Jen-EBCC

Questions:

Please contact, Sherri Brown at 303-441-4933 or brownsh@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	303-551-5329	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 and gymnastics classes. Time and days vary depending on the season, so please let us know if this interests you! Contact Chelsea for gymnastics, 303-551-5329 or Jen for swimming, 303-413-7474

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 Team and/or Track and Field program 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 YSI Staff, 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