

Fall 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
Special Olympics Swim Training 10/4-12/20 3-4pm Jen-EBCC Youth Swim Lessons 10/4-11/22 4-4:30pm & 5-5:30pm Jen-EBCC	Hiking Club 9/7-9/14 11am-2:30pm Jen-EBCC Adventure Sampler 9/14-10/5 4-5pm Chelsea-EBCC Mystery Activity 10/12-11/16 4-5pm Chelsea-EBCC Water Aerobics 9/14-12/14 5:15-6:15pm Jen-EBCC	Quad Rugby 9/15-12/22 10:30am-1:30pm Jen-EBCC Walking & Rock'in 9/15-12/15 4-5pm Sherri- EBCC Flag Football 9/15-10/13 5-6:30pm Sherri-EBCC Gym Sports 10/20-11/24 5-6:30pm Sherri-EBCC Basketball Practice 12/1-12/15 5-6:30pm Sherri-EBCC Unified Youth Sports 9/8-11/17 4-5pm Chelsea- SBRC	Move/Groove 9/16-12/16 3:30-4:30pm Jen-EBCC Our Story 9/16-11/18 5-6pm Cory-EBCC More than Notes and Noise 10/14-12/2 6-7pm Sherri-EBCC Recycled Art 12/9 & 12/16 4:30-6:30pm Cory-EBCC	Weight Lifting 9/17-12/17 2:30-3 pm Sherri - EBCC Spinning 9/17-12/17 3-4 pm Sherri – EBCC Smile & Stretch 9/17-12/17 4-5 pm Jen- EBCC Unified Adult Volleyball 9/24-11/12 4-5:30 Sherri-EBCC	Youth Climbing 12/4-12/18 4:15-5:15pm Chelsea-EBCC Friday Night Fun-kids 9/25, 10/9, 10/23, 11/6, 11/20, 12/11 *times vary Chelsea- EBCC Friday Night Dances 9/18, 10/23, 11/20 6-8pm Cory – EBCC Science & Salad 12/4 5:30-7pm Cory-EBCC	Adaptive Mountain Bike Clinic 9/12 8am-12pm, and/or 1-5pm Jen-Marshal Mesa Visit a Pumpkin Patch 10/17 1-4pm Cory- EBCC Bowling Tournament 10/31 11am-2pm Jen-EBCC Gymnastics Team Training 11/7-12/19 Chelsea-NBRC

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

Boulder Parks & Recreation / EXPAND

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 Chelsea for gymnastics, 303-441-3416 or Jen for swimming, 303-413-7474.

Adaptive Mountain Bike Clinic: Assist with two types of bikes, Downhill and Off-road hand cycles provided by Crested Butte Adaptive Sports Center. The clinic will be held at Marshall Mesa Trail Head. There are morning, afternoon, or full day shifts available. Mountain biking experience preferred. Contact Jen @ 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 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