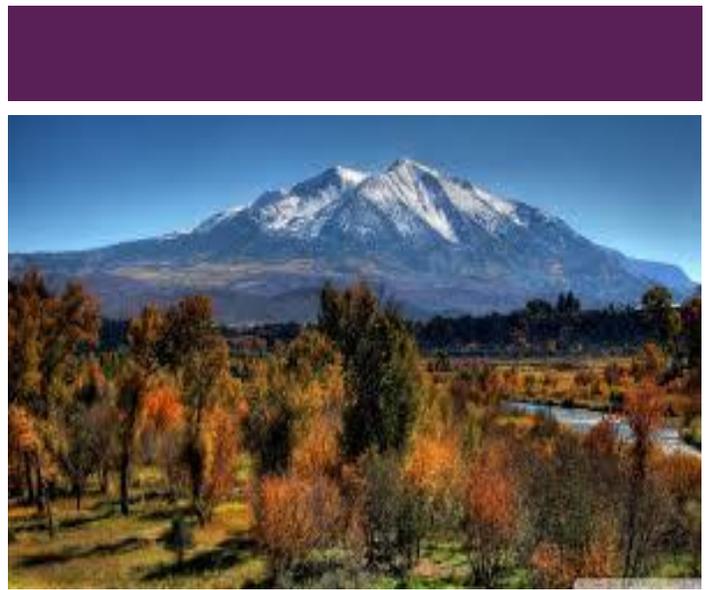


# Fall 2016

## 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
<p><b>Special Olympics Swim Training</b> 9/18-11/6 3-4pm Jen-EBCC</p> <p><b>Youth Swim Lessons</b> 9/18-11/6 4-4:30pm &amp; 5-5:30pm Jen-EBCC</p> <p><b>Duck Race Booth</b> 9/4/16 3-hour shifts Lori</p>	<p><b>Hula Dancing</b> 9/12-10/31 3:30-4:30pm Cory-EBCC</p> <p><b>Crafts and Creations</b> 11/7-12/12 4-5pm Chelsea-EBCC</p> <p><b>Water Aerobics</b> 9/12-12/12 5:15-6:15pm Jen-EBCC</p> <p><b>Duck Race Booth</b> 9/5/16 3-hour shifts Lori</p>	<p><b>Quad Rugby</b> 9/15-12/22 10:30am-1:30pm Jen-EBCC</p> <p><b>Walking &amp; Rockin'</b> 9/13-12/13 4-5pm Sherri- EBCC</p> <p><b>Unified Youth Sports (Flag football, Basketball)</b> 9/6-12/13 4-5pm Chelsea- SBRC</p> <p><b>Flag Football</b> 9/13-10/11 5-6:30pm Sherri-EBCC</p> <p><b>Gym Sports</b> 10/18-11/22 5-6:30pm Sherri-EBCC</p> <p><b>Basketball Practice</b> 11/29-12/13 5-6:30pm Sherri-EBCC</p>	<p><b>Move/Groove</b> 9/7-12/14 3:00-4:00pm Jen-EBCC</p> <p><b>Teen Weight Lifting</b> 9/14-10/26 4-5pm Chelsea- SBRC</p> <p><b>More than Notes and Noise</b> 11/2-12/7 6-7pm Sherri-EBCC</p>	<p><b>Weight Lifting</b> 9/1-12/15 2:30-3 pm Sherri - EBCC</p> <p><b>Spinning</b> 9/1-12/15 3-4 pm Sherri – EBCC</p> <p><b>Smile &amp; Stretch</b> 9/1-12/15 4-5 pm Jen- EBCC</p> <p><b>Unified Adult Volleyball</b> 9/29-11/10 4-5:30 Sherri-EBCC</p>	<p><b>Friday Night Fun-kids</b> 9/9, 9/30, 10/14, 10/28, 11/11, 12/2, 12/16 5:30-8 - EBCC</p> <p><b>Friday Night Dances</b> 9/23, 10/28, 11/18 6-8pm Cory – EBCC</p>	<p><b>Adaptive Mountain Bike Clinic</b> 9/17 8am-12pm, and/or 1-5pm Jen- Marshal Mesa</p> <p><b>Gymnastics Team Training</b> 10/29-12/10 Chelsea- NBRC</p> <p><b>Jump N Gym-</b> 10/29-12/10 Chelsea- NBRC</p> <p><b>Duck Race Booth</b> 9/3/16 3-hour shifts Lori</p>

**Questions:**

Please contact, Lori Goldman at 303-413-7256 or [goldmanl@bouldercolorado.gov](mailto: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  
(55<sup>th</sup> & 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