

# Summer 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>Adventure Wildlife Hike</b> 7/11 11-3 pm Jen-EBCC</p> <p><b>Sun &amp; Games!</b> 6/6-8/8 4-5 pm Sherri-EBCC</p> <p><b>Water Aerobics</b> 6/6-8/8 5:15-6:15 pm Jen- EBCC</p>	<p><b>Kickball</b> 8/16 5-7 pm Sherri- Mapleton</p> <p><b>Dogs &amp; Dodgeball</b> 8/23 5-7 pm Sherri-South</p> <p><b>Waterskiing</b> 6/21-8/16 7:30-11am Cory- Boulder Rez</p>	<p><b>Special Olympics Swim Training</b> 6/8-8/10 3-4 pm Jen-EBCC</p> <p><b>Out on the Town</b> 7/20, 8/17 4:30-7:30pm Cory-EBCC</p>	<p><b>Weight Lifting</b> 6/9-8/11 2:30-3 pm Sherri - EBCC</p> <p><b>Spinning</b> 6/9-8/11 3-4 pm Sherri – EBCC</p> <p><b>Smile &amp; Stretch</b> 6/9-8/11 4-5 pm Jen- EBCC</p> <p><b>Golfers</b> 8/18, 8/25 5-8:30 pm Sherri- Flatirons Golf Course</p>	<p><b>Rez Fun</b> 7/22, 8/12 10-1:00 pm Sherri- Boulder Rez</p> <p><b>Friday Night Fun</b> 6/10- 5:30-8pm EBCC Senior Center 7/8- 6:30-8:30pm Scotty Pool 8/19 3-6pm Boulder Reservoir Chelsea</p> <p><b>Out on the Town</b> 6/24 1-5pm Cory- EBCC</p> <p><b>Friday Night Dance</b> 6/17, 7/15, 8/12 6-8pm Cory- EBCC Senior Center</p>	<p><b>Quad Rugby</b> 6/6-8/15 10:30-1 pm Jen- EBCC</p> <p><b>Lock-in</b> 7/18-19 2 pm-10am Chelsea-EBCC</p> <p><b>Quad Rugby</b> 6/11-8/6 1:30-3:30pm Jen- EBCC</p>

### Questions:

Please contact, Lori Goldman at 303-413-7256 or [goldmanl@bouldercolorado.gov](mailto:goldmanl@bouldercolorado.gov)

### EXPAND Staff:

Cory	303-413-7269	<a href="mailto:LasherC@bouldercolorado.gov">LasherC@bouldercolorado.gov</a>
Jen	303-413-7474	<a href="mailto:HeilveilJ@bouldercolorado.gov">HeilveilJ@bouldercolorado.gov</a>
Lori	303-413-7256	<a href="mailto:GoldmanL@bouldercolorado.gov">GoldmanL@bouldercolorado.gov</a>

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.

**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 Labor Day in 2016. Volunteers are needed to help man our duck booths at the Boulder Creek Festival. If you are interested in this event, please contact Lori, 303-413-7256.

**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