

# Fall 2019

# Volunteer

# With

# EXPAND



Creating a community of all abilities through recreation.

### Getting Started:

1. Find a class you are interested in and that you can commit to regularly.
2. Call the staff member listed below the class (numbers on the back of this page).
3. Set-up a time to attend a volunteer orientation and fill out an application.
4. Come to the program ready for fun!

Questions:  
 Contact Lori Goldman, Recreation Supervisor  
 303-413-7256 or  
[GoldmanL@bouldercolorado.gov](mailto:GoldmanL@bouldercolorado.gov)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Special Olympics Swim Training</b> 9/22-11/17 3-4pm Jen-EBCC	<b>Books &amp; Beyond</b> 9/9-10/14 4-5pm Cory-EBCC	<b>Unified Youth Sports Chelsea-SBRC</b>  <b>Flag Football</b> 9/3-10/22 4-5 pm	<b>Fit Body Blast &amp; Walking</b> 9/4-12/11 3:30-4:30 pm Jen-EBCC	<b>Weight Lifting</b> 9/5-12/12 2:30-3 pm Sherri-EBCC	<b>Friday Night Fun-kids/teens</b> 9/6, 9/13, 9/27 10/4, 10/11, 10,25, 11/1, 11/8, 11/22 12/6, 12/13 5:30-7:30 pm Chelsea-EBCC	<b>Special Olympics Gymnastics</b> 10/12-11/23 4-5:15 pm Chelsea-NBRC
<b>Pre-Swim Team for Youth</b> 9/22-11/17 4-4:45 pm Jen-EBCC	<b>Hula Dancing</b> 10/21-12/9 4-5 pm Cory-EBCC	<b>Gym Sports</b> 10/29-12/10 4-5 pm	<b>Our Story</b> 9/11-10/16 4:30-5:45 pm Cory-EBCC	<b>Spinning</b> 9/5-12/12 3-4 pm Sherri-EBCC	<b>Friday Night Dances - Adults</b> 9/20, 10/28, 11/15 6:30-8:30pm Cory - EBCC	
<b>Happy Trails Hiking Club</b>  9/22, 10/20, 11/10 (1-2:30 pm) Jen-EBCC	<b>Water Aerobics</b> 9/9-12/9 5:15-6:15pm Jen-EBCC	***** <b>Adults Sports Sherri</b>  <b>Flag Football-SBRC</b> 9/3-10/8 5-6:30 pm	<b>Beads &amp; Yarn</b> 10/30-12/4 4:30-5:45 pm Cory-EBCC	<b>Smile &amp; Stretch</b> 9/5-12/12 4-5 pm Jen- EBCC		
		<b>Pickleball &amp; Gym Sports at SBRC</b> 10/15-11/19 5-6:30 pm	<b>Unified Volleyball</b> 10/16-11/13 4:30-5:30 pm Sherri-EBCC	<b>Teen Fitness Challenge</b> 9/5-12/12 4:30-5:30 pm		
		<b>Basketball Practice SBRC</b> 12/3- 12/10 5-6:30 pm	<b>Bingo/Pizza</b> 10/23 4:30-6:30 pm			
			<b>Board Games</b> 12/11 4:30-5:45 pm			
			<b>Music Class</b> 11/6-12/11 6-7 pm Sherri-EBCC			

EXPAND uses over 100 volunteers to support our participants each year!

**EXPAND Staff:**

Cory 303-413-7269 [LasherC@bouldercolorado.gov](mailto:LasherC@bouldercolorado.gov)  
Jen 303-413-7474 [HeilveilJ@bouldercolorado.gov](mailto:HeilveilJ@bouldercolorado.gov)  
Lori 303-413-7256 [GoldmanL@bouldercolorado.gov](mailto:GoldmanL@bouldercolorado.gov)  
Sherri 303-441-4933 [BrownSh@bouldercolorado.gov](mailto:BrownSh@bouldercolorado.gov)  
Chelsea 303-441-3416 [CernyC@bouldercolorado.gov](mailto:CernyC@bouldercolorado.gov)

What is EXPAND?

You may be paired up with 1 to 4 people during an activity. Our staff will talk with you at each program to ensure you know what to do. Most importantly, get to know our participants – they are amazing people! You do not need previous experience working with people with disabilities.

Your Role

EXPAND (EXciting Programs, Adventures and New Dimensions) is a program of the Boulder Parks and Recreation Department that offers children, teens and adults with disabilities an opportunity to participate in recreation and leisure programs of their choice. For more information, please visit our website at <https://bouldercolorado.gov/parks-rec/expand-program-for-people-with-disabilities>

Other Opportunities

**Inclusions:** Assist a child with a disability in a general recreation program. Times and days vary.

**Youth Services Initiative:** Support youth living in Boulder's low-income housing sites through recreational opportunities, Mon-Fri 3-6pm. Contact Alexis Moreno, Rec Supervisor 303-413-7217.

Programs meet at the recreation centers:

EBCC (East Boulder Community 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