

Spring/Summer 2020

# 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 are 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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Special Olympics Swim Training</b> 4/5-5/3 3-4 pm Jen-EBCC  <b>Youth Swim Lessons</b> 4/5-5/3 4-4:45 pm Jen-EBCC	<b>Books &amp; Beyond</b> 3/30-5/11 4-5 pm Cory-EBCC  <b>Sun &amp; Games</b> 6/1-7/27 4-5 pm Cory-EBCC  <b>Water Aerobics</b> 3/30-5/11 6/1-7/27 5:15-6:15 pm Jen-EBCC  =====  <b>Tuesday Adaptive Water-ski</b> 6/23-8/11 7:45-11:30 am Cory-Boulder Reservoir	<b>Boot Camp/Fitness</b> 3/31-5/12 4-5 pm Sherri-SBRC  <b>Adult Soccer</b> 5/31-5/12 5-6 pm Sherri-SBRC  <b>Unified Youth Soccer</b> 3/31-5/12 4-5 pm Chelsea-SBRC  <b>Crafting &amp; Nature</b> 6/2-6/30 4-5 pm Jen-EBCC  <b>Unified Softball League</b> 7/7-8/11 TBD Cory-Mapleton	<b>Fit Body Blast</b> 4/1-5/13 3:30-4:30 pm Jen-EBCC  <b>Creative Movement</b> 4/1-5/13 4:30-5:30 pm Cory-EBCC  <b>Weds Adventures</b> 6/3-7/29 4-5:30 pm Cory-EBCC  <b>-Over-</b>	<b>Weight Lifting</b> 4/2-5/14 6/4-7/30 2:30-3 pm Sherri-EBCC  <b>Spinning</b> 4/2-5/14 6/4-7/30 3-4 pm Sherri-EBCC  <b>Smile &amp; Stretch</b> 4/2-5/14 6/4-7/30 4-5 pm Jen-EBCC	<b>Friday Night Fun-kids/teens</b> 4/3, 4/10, 5/1, 5/8, 5:30-8 pm Chelsea-EBCC  <b>Friday Night Dances - Adults</b> 4/17, 6/26, 8/14 6:30-8:30 pm Cory - EBCC  <b>Pizza/Bingo</b> 6/12 4:30-6:30 pm Cory - EBCC  <b>Dancing/Games &amp; Pizza</b> 7/31 4:30-6:30 Cory - EBCC	Special Olympics Gymnastics 3/7-5/2 4-5:15 pm Chelsea-NBRC

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