Boulder Parks & Recreation

RECREATION Guide

fall 2014

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Register Online Today
– Begins August 5
www.BoulderParks-Rec.org

CITY OF BOULDER
Parks & Recreation

GET FIT WHERE YOU LIVE

Enjoy fitness at three great centers

1. Valmont Bike Park / Dog Park
2. Reservoir 5565 N. 51st St. 303-441-3461
3. Spruce Pool 2102 Spruce 303-441-3426
4. Scott Carpenter Pool 1505 30th St. 303-441-3427
5. Flatirons Golf Course 5706 Arapahoe 303-442-7851
6. Iris Center 3198 Broadway 303-413-7200
7. Salberg Center & Park 19th & Elder

North Recreation Center

3170 Broadway 303-413-7260

- Lap Pool/Leisure Pool
- Classes/Gymnastics
- Fitness Equipment
- Basketball/Racquetball
- Sand Volleyball
- Tennis/Platform Tennis

Mon-Thu, 6am-9:30pm
Fri, 6am-7:30pm
Sat, 6:30am-7pm
Sun, 7:30am-8pm

Pool closes 30 minutes before the center closes.

East Community Center

5660 Sioux Dr. 303-441-4400

- Lap Pool/Leisure Pool
- Classes
- Fitness Equipment
- Basketball/Tennis
- Sand Volleyball
- Outdoor Handball
- Climbing Wall
- Dog Park

Mon-Fri, 5:30am-9:30pm
Sat, 7:30am-6pm
Sun, 8:30am-8pm

Pool closes 30 minutes before the center closes.

South Recreation Center

1360 Gillaspie 303-441-3448

- Lap Pool
- Classes
- Fitness Equipment
- Basketball/Racquetball
- Sand Volleyball
- Tennis

Mon-Thu, 6am-8:30pm
Fri, 6am-7pm
Sat/Sun, 8am-5pm (effective 9/2)

Pool closes 30 minutes before the center closes.

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Stay Informed with FREE eNews!

Let us keep you informed of the latest classes, events, community meetings, weather or construction-related closures and more by joining our eNews list. It's easy, just visit us online at boulderparks-rec.org and subscribe to the list that interests you most and start enjoying the most up-to-date source of Parks and Recreation news.

Follow us on Twitter & Like us on Facebook!

Get the latest news, special offers and information.

Follow us at: twitter.com/boulderparksrec

Like us at: facebook.com/boulderparksrec

Open House

at the East Boulder Community Center

September 17 • 4-7 p.m.

East Boulder Community Center, 5660 Sioux Dr.

Tour one of Boulder's best kept fitness secrets – and workout for **FREE!** Sample classes, swim or try some of the latest weight room and cardio equipment at the East Boulder Community Center.

Want to give us a try before you buy? Here's your opportunity!

SCHOOL DAYS OFF

Want to turn a challenging school day off into a fun-filled, energetic day of exciting and diverse activities for your child? Enroll them in our school day off camps where they can enjoy games, sports, swimming, indoor climbing, plus arts and crafts or try a day of tennis with Gonzo! All camps provide safe, respectful, age-appropriate, supervised activities! A hit for boys and girls 5-11 years old. Age groups will be divided for most of the day, but will be all together for some activities.

See page 28 for details.

www.BPRcamps.org

FREE Coffee, Cycle, Fresh Food or Fun?

OZO COFFEE CO.

Get 2 free coffee drinks at OZO Coffee Co.

Choose a FREE, local reward card when you buy or renew an annual pass!

$10 gift card for Full Cycle.

FULL CYCLE

$10 Farmers Buck for use on fresh fruits & vegetables.

BOULDER COUNTY FARMERS' MARKETS

$10 gift card for Gateway Park Fun Center.

GATEWAY PARK FUN CENTER

$10 gift card for Hapa Sushi

hapa SUSHI GRILL & SAKE BAR™

Please support these local businesses that support your Boulder Parks & Recreation Department.

Entry Fees

ANNUAL PASS

	Res/Non-Res
Seniors (60+)	$353/$445
Adults (19-59)	$552/$645
Youth (3-18)	$260/$330

- First adult family member of the household (19-59) pays full price; additional family members pay half price! - All members of the family must live at the same address in the same household. Passes must be purchased at the same time to receive discounted rate.
- Includes unlimited use of outdoor pools and recreation centers; open swim and gym, drop-in fitness/yoga, weight room, racquetball/handball and platform tennis courts, sauna, lockers, fishing and swimming at Boulder Reservoir.
- Complimentary towels at rec centers.
- Racquets for indoor racquetball.
- **10% savings on one class** per season (as available one week before class begins), register in person.

MONTHLY BILLING -

	INITIAL Res/Non	11 PAYMENTS Res/Non
Seniors (60+)	$60/$74	$31/$38
Adults (19-59)	$90/$104	$47/$54
Youth (3-18)	$46/$57	$24/$29

- Fees rounded to nearest dollar
- Monthly passes may be purchased by an automatic monthly credit card charge.
- Payments are stopped upon request, no prorated refunds.

FAMILY ANNUAL PASS

Res/Non-Res
$885/$1075

- Family members living at the same address.
- See Annual Pass benefits above.
- Monthly billing option available.

DAILY DROP-IN

Seniors (60+)	$5.25
Adults (19-59)	$7
Youth (3-18)	$4.50

- Includes open swim and gym, drop-in fitness/yoga, weight rooms, outdoor pools and reservoir entries.

40 PUNCH PASS

	Res/Non-Res
Seniors (60+)	$168/$185
Adults (19-59)	$224/$247
Youth (3-18)	$144/$159

20 PUNCH PASS

	Res/Non-Res
Seniors (60+)	$89/$99
Adults (19-59)	$119/$131
Youth (3-18)	$76/$84

10 PUNCH PASS

	Res/Non-Res
Seniors (60+)	$47/$51
Adults (19-59)	$63/$69
Youth (3-18)	$40/$45

- Punch passes include open swim and gym, drop-in fitness/yoga, weight rooms, outdoor pools and reservoir entries.
- Punch Passes expire two years after purchase date.

TWILIGHT PASS

Res/Non-Res
$147/$184

- Pass valid for all recreation facilities Monday-Friday 7 p.m. to closing. Valid Saturday and Sunday after 4 p.m. at East, North, pools and Reservoir; 2 p.m. at South.
- Twilight pass valid ONLY during these times. Entry at other times requires use of punch pass or drop-in fee.

ONE MONTH PASS

Res/Non-Res
$65/$75

- Valid for 30 days from purchase date.
- Complimentary towels at rec centers.
- Includes unlimited use of outdoor pools and recreation centers; open swim and gym, drop-in fitness/yoga, weight room, racquetball/handball and platform tennis courts, sauna, lockers, fishing and swimming at Boulder Reservoir.

Laugh
Learn
Play
Share

Kids' Corner★

Leave your child with us…while you enjoy your workout!

Ages 6 mos. to 9 years

Fees

$25/month unlimited childcare pass with an adult annual pass

Daily drop-in per 90 minutes:
First Child: $6.50 / Add'l Child: $3.50

Punch Cards:
$58.50 - 10 visits ($5.85/visit)
$110.50 - 20 visits ($5.50/visit)
$195 - 40 visits ($4.90/visit)

• Add 30 minutes for $2 (Ages 2+)

HOURS

East	North
M/W: 2:30-6:30 pm	M-F: 8:45am-1:30pm
Sat: 8:30am-1:30 pm	Tu/Th: 2:30-6:30pm

★ Look for the star for classes offered during childcare hours.

Arts • Crafts • Reading • Dramatic Play • Outdoor Play • Friends • Fun!

IN THIS EDITION

On The Cover:
Civic Area – Summer Festival

Standing tall on stilts, two participants at the recent Summer Festival enjoy the fun and survey downtown Boulder's Civic Area.

From an elevated perspective, Boulder's Civic Area looks part park, part nature in the city and part college campus with its broad, green lawns and creek at the core. With lush trees, park benches, and walking and biking and paths, the area provides an inviting green space just minutes away from Boulder's vibrant Pearl Street business and shopping district.

Located in Boulder's urban core, the Civic Area is a space for community events, arts and culture, food and history, and nature and recreation. Bounded by Arapahoe Avenue and Canyon Boulevard on the south and north and 9th and 14th streets on the west and east – the 27-acre Civic Area has been identified as one of the city's key redevelopment opportunities.

Over the past two years, thousands of Boulderites helped shape a new vision for Boulder's Civic Area. In the fall of 2013, the Boulder Civic Area Vision Plan was adopted by City Council. The plan includes a multi-year vision for transforming the area into a place where everyone can have fun, enjoy nature, explore the arts, eat local food and help make decisions about our future.

This summer, we're activating the Civic Area through a series of events and partnerships with the Boulder County Farmers' Market, Boulder Museum of Contemporary Art (BMoCA), and the Dairy Center.

Please join us for one or all of these up-coming events:

- Summer Games with BMoCA
  I - Ping-Pong & Trivia • July 24, 6-8:30 pm
  II - Yoga in the Park • July 31, 6-8:30 pm
  III - Vball, Bocce Ball & Croquet • Aug. 7, 6-8:30 pm
- The Heritage Ride - Family bike ride - Aug. 13, 5 p.m.
- Public Lands Day - Daffodil planting (volunteer day) Sept. 27, time: TBA

While the plan has been adopted, the real work has just begun. Get informed, stay involved, and help make this a place we can all love—now, and for years to come.

For more information and upcoming Civic Area events, visit www.BoulderCivicArea.com.

2014 Recreation News

Recreation Closures:

8/13-9/1	NBRC Pool area closed for replastering
8/16-8/24	NBRC annual maintenance closure
9/1	Spruce Pool closing day
9/14	Scott Carpenter Pool closing day
9/1	Labor Day: North & South closed; East open 8am-1:30pm
11/27	Closed Thanksgiving
11/28	East 5:30am-9pm; North 8am-7:30pm & South 8am-8pm
12/24	Rec Centers close at 1:30pm
12/25	Closed Christmas
12/31	Rec Centers close at 4:30pm
1/1	North & South closed; East open 10am-4pm

Upcoming Events:

8/9	Boulder Nites Classic Bike Ride, see pg. 44
8/15	Movie at Valmont Bike Park - Back to the Future - Free
8/16	Flick & Float - The Lego Movie at Scott Carpenter Pool 7 p.m. open swim; movie at dusk; $5 admission.
9/6-7	Pottery Sale, see pg. 46
9/14	Ciclovia - www.bouldergreenstreets.org, see pg. 45
9/15-28	Dog Dayz at Scott Carpenter, see back cover.
10/24	Halloween Carnival at South, see pg. 45

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Join Parks and Recreation on Facebook!

Now you can get the latest scoop, news and deals from Parks and Recreation on Facebook. This is a great way to stay informed on everything rec centers, parks, pools, Pottery Lab, Valmont Bike Park, Boulder Reservoir, Flatirons Golf Course and more. **Like us at: www.facebook.com/boulderparksrec**

Access for All

The Boulder Parks and Recreation Department is committed to supporting people with disabilities in recreation. We welcome children, youth and adults with disabilities interested in participating in general recreation programs alongside their peers without disabilities. "Inclusion" is a great way to make new friends and explore new programs. Supports will be provided as needed. Please contact Sherri Brown at 303-441-4933, brownsh@Bouldercolorado.gov if you would like more information.

Capital Improvement Bond Projects

The City of Boulder's 2011 Capital Improvement Bond (CIB) was voted for by City of Boulder residents in November 2011. The CIB allows the city to implement a list of projects that address significant deficiencies and high priority infrastructure improvements like roadway reconstruction, park facility upgrades, critical software updates, police equipment needs and more. All CIB projects are scheduled to be completed by 2014.

More information: www.bouldercolorado.gov/bondprojects.

For inclusion opportunities for people with disabilities – see page 11

★ = childcare available

Dance classes increase coordination, concentration levels, cooperation, flexibility and the ability to follow instructions.

Dance Punch Cards

Cards can be purchased at centers during registration hours and are valid for six months from date of purchase for adult dance classes only.

$70 for 5 classes

Discount - Adult Dance

Students enrolled in more than one dance class per session will be given a 10% discount on the lesser of the two fees. Register in person or by phone.

Class Cancellation Policy

Classes will be cancelled one week prior to start of session if the class does not meet the minimum registration requirement.

Ballet Barre

(Ages 13+) A traditional ballet barre and gentle stretching. For students with a knowledge of ballet basics.

218975	9/9-10/21	Tu, 9-10am	North	7	$63/$79	Sylvia
218977	9/11-10/23	Th, 9-10am	East	7	$63/$79	Sylvia
218976	10/28-12/16	Tu, 9-10am	North	7	$63/$79	Sylvia
218978	10/30-12/18	Th, 9-10am	East	7	$63/$79	Sylvia

Ballet Barre Plus

(Ages 18+) Include a ballet workout in your day with traditional ballet barre and gentle stretching. For students with knowledge of ballet basics. This class includes a center routine.

218979	9/9-12/16	Tu, 10-11:30am	North	14	$147/$184	Sylvia

Ballet Level 1

(Ages 13+) Very beginning ballet technique introducing the aesthetics and physicality of classical ballet utilized by dancers and athletes. Students will develop strength, muscle control, movement awareness and attention to detail as they learn the basic, fundamental barre and center exercises, placement, and elementary dance steps.

218980	9/9-12/16	Tu, 7:30-9pm	East	14	$147/$184	Elizabeth

Ballet Level 1/2

(Ages 13+) Elementary level technique for students who have begun ballet training and have knowledge of alignment, terminology, and the fundamental forms of the basic barre and center exercises including elementary jumps. A year of previous ballet instruction is recommended.

219082	9/11-12/18	Th, 7:30-9pm	North	14	$147/$184	Elizabeth

Ballet Level 2

(Ages 13+) For students ready to progress and solidify their ballet technique with careful practice of barre and center exercises, including epaulement, more complicated jumps, turns, and broader dance movements. At least 2 years of previous instruction recommended.

219083	9/9-12/16	Tu, 6-7:30pm	East	14	$147/$184	Elizabeth

Ballet Level 2/3

(Ages 13+) Intermediate level ballet technique for students with 3 to 4 years of solid training. Class will include increased complexity, tempo and use of epaulement and demi-pointe in barre and center exercises, petit and grand allegro and turns, while building strength, stamina, fluidity and aplomb in quality of movement. Performance opportunity possible.
No class the week of 11/24-11/29.

219084	9/11-12/18	Th, 6-7:30pm	North	14	$147/$184	Elizabeth

Ballet Level 3

(Ages 13+) Strong upper-intermediate level ballet technique in barre and center exercises, with more complicated petit allegro including batterie; multiple and varied tours, and expanded grand allegro, developing strength, flexibility, precision, attention to detail, artistic line and ballon. 4 or more years of ballet training recommended. Performing opportunity possible.

219085	9/13-12/20	Sa, 1-2:30pm	East	14	$147/$184	Elizabeth

Pointe 2/3

(Ages 13+) This class is for students in Adult Ballet 2 or 3 who have the instructor's permission to take class.

219086	9/13-12/20	Sa, 2:45-3:15pm	East	14	$98/$123	Elizabeth

Dance

Jazz Level 1
(Ages 13+) Come enjoy a high energy introduction to a variety of jazz techniques. Gain coordination, flexibility, strength and rhythm.

219099	9/12-10/24	F, 5-6pm	North	7	$63/$79	Mary
219100	10/31-12/19	F, 5-6pm	North	7	$63/$79	Mary

Very Adult Jazz
(Ages 18+) A low impact jazz class designed for adults young at heart who have some dance experience. Dance to a variety of music and styles ranging from lyrical to street jazz. Improve overall fitness, strength and flexibility. Technique level will be set to the level of the participants.

Class is structured with a gentle warm up, emphasizing on building strength and enhancing flexibility, followed by exciting and fun jazz routines which will leave you feeling exhilarated.

219097	9/12-10/24	F, 2:30-3:45pm	East	7	$74/$92	Judy
219098	10/31-12/19	F, 2:30-3:45pm	East	7	$74/$92	Judy

Tap Level 1
(Ages 13+) 0-1 yrs experience. Great class for teens in musical theatre productions and adults who have always wanted to learn tap. An introduction to both rhythm and musical theatre styles of tap. Gain rhythm, balance and improve overall fitness. Tap shoes required; students can talk to instructor about shoes at first class.

219101	9/8-10/20	M, 5:30-6:30pm	North	7	$63/$79	Mary
219102	10/27-12/15	M, 5:30-6:30pm	North	7	$63/$79	Mary

Tap Level 2/3
(Ages 13+) Intermediate tap for teens and adults with 2 or more years of training. Students will learn intermediate steps and work on speed, clarity and improve rhythm and articulation. Complete dances will be learned and students can choose to perform in spring concerts.

219103	9/8-10/20	M, 6:30-7:30pm	North	7	$63/$79	Mary
219104	10/27-12/15	M, 6:30-7:30pm	North	7	$63/$79	Mary

Beginning Modern Dance
(Ages 13+) Have fun dancing while learning the basic movement concepts of Beginning Modern Dance with modern dancer/choreographer Cindy Brandle. Enjoy a centering, breath-focused warm-up which includes stretching, yoga postures, and abdominal strengthening work. During class students will move through space with lush, full and athletic phrase work. Open to anyone with little or no dance experience with the philosophy that anyone can dance!

219091	9/12-10/24	F, 10-11:30am	North	7	$74/$92	Cindy
219092	10/31-12/19	F, 10-11:30am	North	7	$74/$92	Cindy

Intermediate/Advanced Modern Dance
(Ages 13+) Cindy Brandle, Artistic Director of the Cindy Brandle Dance Company, leads Intermediate/Advanced Modern Dance classes. Cindy's classes combine eastern and western philpsophies with vigorous, detailed movement inspired by the idea that motion comes from the inside out. Using clear descriptions and thoughtful imagery, Cindy guides students through a balanced warm-up and into lively combinations that are fun and exciting to dance. If you like flying through space and developing body awareness, this is the class for you. Some experience in dance required.

219093	9/11-10/23	Th, 10-11:30am★	North	7	$74/$92	Cindy
219094	10/30-12/18	Th, 10-11:30am★	North	7	$74/$92	Cindy

Modern Dance Stretch and Warm-up
(Ages 13+) Join modern dance choreographer Cindy Brandle for an invigorating, deep breathing stretch class. Increase flexability, get centered and ready for your day! Class incorporates meditative breathing exercises, traditional modern dance stretches, great music and various yoga postures.

219087	9/11-10/23	Th, 9-9:45am★	North	7	$63/$79	Cindy
219089	9/12-10/24	F, 9-9:45am★	North	7	$63/$79	Cindy
219088	10/30-12/18	Th, 9-9:45am★	North	7	$63/$79	Cindy
219090	10/31-12/19	F, 9-9:45am★	North	7	$63/$79	Cindy

Ballroom Basics and Swing Level 1
(Ages 13+) Come experience the joy and elegance of Social Dancing. Foxtrot, Waltz and Swing will be taught in this introductory class. No partner required.

219105	9/13-10/25	Sa, 3:15-4:15pm	Iris	7	$63/$79	Judy
219106	11/1-12/20	Sa, 3:15-4:15pm	Iris	7	$63/$79	Judy

Ballroom Basics and Swing Level 2
(Ages 13+) A continuation of Ballroom Basics 1.

219107	9/13-10/25	Sa, 4:30-5:30pm	Iris	7	$63/$79	Judy
219108	11/1-12/20	Sa, 4:30-5:30pm	Iris	7	$63/$79	Judy

Hula Dance Level 1
(Ages 13+) Come learn basic hula steps, ancient and modern hula dances. Hula is a holistic form of dance, which incorporates physical, spiritual, musical, cultural, historic and linguistic elements. The 'healing' function of hula has often been emphasized by health-care professionals.

219116	9/10-10/22	W, 5:30-6:30pm	Iris	7	$63/$79	La'ela'e
219117	10/29-12/17	W, 5:30-6:30pm	Iris	7	$63/$79	La'ela'e

Hula Dance Level 2
(Ages 13+) A continuation of Level 1

219118	9/10-10/22	W, 6:30-7:30pm	Iris	7	$63/$79	La'ela'e
219119	10/29-12/17	W, 6:30-7:30pm	Iris	7	$63/$79	La'ela'e

Salsa Level 1
(Ages 13+) Join us in learning this popular social dance! This fun and exciting class will focus on the fundamentals of Casino, the circular and flowing Cuban Style Salsa. No partner is required. Vamos a bailar Todos! Judy Kreith, MA dance education, has traveled to Cuba numerous times to study Salsa.

219110	9/10-10/22	W, 7-8pm	North	7	$63/$79	Judy
219111	10/29-12/10	W, 7-8pm	North	7	$63/$79	Judy

Salsa Level 2
(Ages 13+) One year of Salsa training required.

219112	9/10-10/22	W, 8-9pm	North	7	$63/$79	Judy
219113	10/29-12/17	W, 8-9pm	North	7	$63/$79	Judy

Irish Step Dance
(Ages 13+) Kick up your heels to lively Irish reels and jigs and get a great cardio workout at the same time! Irish dancing is rooted in tradition yet continues to evolve today, making it a unique and exciting dance form. Improve your physical dexterity, rhythm and posture while learning the basics of traditional solo step dancing and ceili social dancing in a fun, upbeat environment. Classes also include a proper warm-up with strengthening exercises and stretching. Ghillies, jazz shoes or ballet slippers recommended, but not required.

219114	9/8-10/20	M, 6:30-7:45pm	South	7	$74/$92	Elizabeth
219115	10/27-12/15	M, 6:30-7:45pm	South	7	$74/$92	Elizabeth

For inclusion opportunities for people with disabilities – see page 11
★ = childcare available

▶ HIP HOP - ADULT

Hip Hop Level 1

(Ages 13+) Hip Hop is an internationally popular dance form that promotes physical fitness while having fun! Learn the foundation of many Hip Hop styles in this vigorous and exhilarating class.

219095	9/12-10/24	F, 6:30-7:30pm	East	7	$63/$79	Kevin
219096	10/31-12/19	F, 6:30-7:30pm	East	7	$63/$79	Kevin

▶ PARENT-TOT DANCE

(Ages 18mos-4yrs) Creative movement, coordination exercises, songs, and finger plays will be used to improve motor skills and rhythm. One adult participant (moms, dads, grandparents or caregivers) to each child.

219120	9/9-10/21	Tu, 9-9:45am	East	7	$63/$79	Vanessa
219121	10/28-12/16	Tu, 9-9:45am	East	7	$63/$79	Vanessa

▶ CONCERT CLASSES =

Participants will participate in the spring Dance Concert to be held in April, 2015. Concert participants must pay a one-time concert fee to help defray production costs such as facility rental, lighting, etc. and a one time costume fee. Please make these payments at the registration office by Nov. 15.

Required one-time concert fee to be paid by all participants: 220382 $35
Required one-time costume fee to be paid by all participants: 220383 $50

▶ PRESCHOOL DANCE

Creative Movement

(Ages 2.5 - 5) This fun-filled class blends the magic of childhood imagination with movement and the underlying principles of dance. With imaginations fully engaged, preschoolers use props as an introduction to dance elements and movement fundamentals. Children work on body control, listening skills, balance and coordination.

(Ages 2.5-3)

219135	9/10-12/17	W, 9-9:45am★	North	14	$112/$140	Cindy

(Ages 4-5)

219632	9/10-12/17	W, 9:45-10:30am★	North	14	$112/$140	Cindy

Drumming and Movement

(Ages 3-5) Have fun while learning to drum and dance! Utilizing children's lullabies and nursery rhymes, students will learn basic concepts of drumming, while incorporating creative dance movement.

219122	9/8-12/15	M, 10:30-11:15am ★	North	14	$112/$140	Cindy
219123	9/10-12/17	W, 10:30-11:15am ★	North	14	$112/$140	Cindy

World Rhythms for Children

(Ages 3-5) This is a creative dance movement class that will incorporate children's music from around the world, focusing on music from Africa, South America, Cuba and Brazil.

219131	9/11-12/18	Th, 4-4:45pm	South	14	$112/$140	Judy

Little Feats Ballet

(Age 3) This dance class is designed for little dancing feet. Introducing the concept of body movements, rhythm and special awareness all taught in a fun, energetic and creative format. Props, music and visual aids elicit movement that builds coordination, strength and self confidence.

219124	9/8-12/15	M, 9-9:45am★	North	14	$112/$140	Cindy
219125	9/9-12/16	Tu, 10:30-11:15am	East	14	$112/$140	Vanessa
219126	9/13-12/20	Sa, 9-9:45am	*KDS	14	$112/$140	Marlene

*Kinesis Dance Studio, 5603 Arapahoe, Unit 6, Boulder | 80303

Pre-Tap & Ballet

(Ages 4-5) An introduction to tap and ballet dance. Rhythmic awareness and music appreciation are developed as your child enjoys exploring dance in a fun, creative setting. Props, music and visual aids elicit creative movement that builds coordination, strength and self confidence.

219307	9/9-12/16	Tu, 11:30am-12:15pm★	North	14	$112/$140	Sylvia
219308	9/11-12/18	Th, 10-10:45am	East	14	$112/$140	Sylvia

Pre-Ballet

(Ages 4-5) Pre-Ballet classes nurture your child's interest in dance, while increasing coordination, concentration levels, cooperation, flexibility and ability to follow instructions.

219128	9/8-12/15	M, 9:45-10:30am★	North	14	$112/$140	Cindy
219129	9/11-12/18	Th, 10:45-11:30am	East	14	$112/$140	Sylvia
219130	9/13-12/20	Sa, 9:45-10:30am	*KDS	14	$112/$140	Marlene

*Kinesis Dance Studio, 5603 Arapahoe, Unit 6, Boulder | 80303

Pre-Jazz & Ballet

(Ages 4-5)Jazz dance for children is a joyful, high energy dance form. This course combines ballet technique with jazz influences. These introductory classes provide students knowledge of dance class format, and a special emphasis on music and rhythm.

219315	9/9-12/16	Tu, 9:45-10:30am	East	14	$112/$140	Vanessa

▶ YOUTH DANCE

Kinder Ballet

(Ages 5-6) The kindergarten dancer will love this joyful and high energy class. The basic elements of ballet will be taught in a creative and fun way.

219136	9/11-12/18	Th, 3:15-4pm	East	14	$112/$140	Vanessa

Kinder Tap

(Ages 5-6) Students will tap to wide variety of music in the development of listening and tap skills in a fun and encouraging environment. Practice of tap builds strength, concentration, balance and coordination for this age group.

219311	9/12-12/19	F, 4-4:45pm	North	14	$112/$140	Mary

DANCE

Youth Preparatory Ballet Level 1

(Ages 6-8) Children aged 6 to 8 will carefully learn basic concepts fundamental to the elemantary study of ballet including an introduction to classroom orientation, terminology, body awareness and placement, types of movement, spatial awareness, and musicality- presented in a fun and educational environment.

219133	9/9-12/16	Tu, 4:30-5:45pm	East	14	$147/$184	Elizabeth

Youth Preparatory Ballet Level 1/2

(Ages 9-12) Students will begin their study of ballet technique learning the elementary forms of barre and center exercises, jumps and traveling steps, including classroom orientation and etiquette, structure of the lesson, terminology, body alignment, movement types and qualities, body and spatial awareness and musicality.

219134	9/11-12/18	Th, 4:30-6pm★	East	14	$147/$184	Elizabeth

Ballet 2

(Ages 7-10) 4 sessions of previous training required.

219132	9/11-12/18	M, 4:45-5:30pm★	East	14	$112/$140	Vanessa

Jazz 1/2

(Ages 6-8)

219312	9/11-12/18	M, 4-4:45pm★	East	14	$112/$140	Vanessa

(Ages 9-12)

219313	9/11-12/18	Th, 5-6pm	South	14	$112/$140	Judy

Jazz 2/3

(Ages 7-9)

219316	9/11-12/18	M, 5:30-6:30pm★	East	14	$112/$140	Vanessa

(Ages 10-13)

219317	9/11-12/18	M, 6:30-7:30pm	East	14	$112/$140	Vanessa

Jazz & Tap Combo 1/2

For students who have taken Jazz & Tap 1 or other dance classes. Learn the FUNdamentals of jazz & tap. Jazz & tap shoes required.

(Ages 6-8)

219318	9/10-12/17	W, 4-5pm	North	14	$112/$140	Mary

(Ages 9-12)

219319	9/10-12/17	W, 5-6pm	North	14	$112/$140	Mary

Kinder Hip Hop

(Ages 5-6)

219296	9/12-12/19	F, 4-4:45pm	East	14	$112/$140	Kevin

Hip Hop 1/2

(Ages 7-9)

219297	9/12-12/19	F, 4:45-5:30pm	East	14	$112/$140	Kevin

(Ages 10-13)

219298	9/12-12/19	F, 5:30-6:30pm	East	14	$112/$140	Kevin

Children's Hula

(Ages 6-12) Come learn ancient and modern hula dances. Hula is a holistic form of dance, which incorporates physical, spiritual, musical, cultural, historic and linguistic elements. The 'healing' function of hula has often been emphasized by health-care professionals.

219321	9/10-12/17	W, 4:30-5:30pm	Iris	14	$112/$140	La'ela'e

Irish Step

(Ages 6-12) Kick up your heels to lively Irish reels and jigs! Irish dancing is rooted in tradition yet continues to evolve today, making it a unique and exciting dance form. Dancers will improve their physical dexterity, rhythm and posture while learning the basics of traditional solo step dancing and ceili social dancing in a fun, upbeat environment. Classes also include a proper warm-up with strengthening exercises and stretching.

219320	9/8-12/15	M, 5:30-6:30pm	South	14	$112/$140	Elizabeth

▶ CONCERT CLASSES =

Participants will participate in the spring Dance Concert to be held in April, 2015. Concert participants must pay a one-time concert fee to help defray production costs such as facility rental, lighting, etc. and a one time costume fee. Please make these payments at the registration office by Nov. 15.

Required one-time concert fee to be paid by all participants: 220382 $35
Required one-time costume fee to be paid by all participants: 220383 $50

▶ KINESIS DANCE COMPANY

Exciting news for the City of Boulder Dance Program!

We are pleased to announce that the City of Boulder Parks and Recreation Department has entered into an agreement with Kinesis Dance Company to provide high-quality recreational dance programming for the Boulder community.

Cynthia Burdine and Kirsten Leslie are co-founders of Kinesis Dance Company. Cynthia has been a dance educator for over 15 years and earned her BFA in Dance Education from Bowling Green State University. Kirsten graduated from the University of New Mexico with a B.A. in dance. Both previously worked for the City of Boulder's dance program.

Questions: Kinesis Dance Company, 720-515-6268
kinesisdance@outlook.com, www.KinesisDance.com

Program and registration information: 303-413-7270

For inclusion opportunities for people with disabilities – see page 11

★ = childcare available

EXciting Programs Adventures & New Dimensions is designed to meet the unique needs of people with disabilities in specialized and inclusive programs.

EXPAND provides opportunities for people with disabilities to improve and gain new recreation and leisure skills that will enhance their overall well-being and improve their quality of life.

Please contact Sherri Brown at 303-441-4933 or email at brownsh@bouldercolorado.gov with any questions. Unless otherwise noted, programs are for all ability levels.

Scholarships are available for individuals. For more information contact Sherri Brown at 303-441-4933.

Group - Participants who are independent or require minimal verbal prompting with personal care, hygiene, dressing, eating, balance and typical social behavior.

1 on 1 - Participants who need physical assistance and/or additional support due to behavioral needs should register for classes using the "1 on 1" class code. If no "1 on 1" code is available and you need assistance, call the contact person listed to get approval or guidance.

Inclusion! A great opportunity to make new friends and explore other programs. Participate in a general recreation class with your peers. Support will be provided. Contact Sherri Brown at 303-441-4933 two weeks prior to class start date for more information about inclusion.

Journeys through EXPAND

Provides fitness, adventure and leisure opportunities for adults who have suffered a Mild Traumatic Brain Injury (MTBI) and other similar neurological conditions. These services promote personal challenge, increase self-esteem and growth in a supportive and safe environment. To make a donation or for information, call Cory Lasher at 303-413-7269.

▶ COMMUNITY INVOLVEMENT CLASSES

Benefits to participants may include improving social skills, enhancing self-esteem, improving fine and gross motor skills, improving overall health and well being, physical ability, enhancing communication skills, and promoting community independence. Activities will address each individual's need as identified in their service plan.

Silly Sunday

(Age 3-8) Come swim, play games, make crafts and have a snack! Siblings up to age 11 are welcome. Contact Lori Goldman, 303-413-7256.

220199	9/14	Su, 9-11am	East	1	$15/$19
220200	11/12	Su, 9-11am	East	1	$15/$19
220201	11/9	Su, 9-11am	East	1	$15/$19
220202	12/14	Su, 9-11am	East	1	$15/$19

Hiking Club

(Ages 8+) Enjoy a weekly hike at Chautauqua! Connect with nature, socialize with friends & improve your fitness level. Hikes are not wheelchair accessible. Contact Lori Goldman, 303-413-7256.

219335	9/8-10/6	M, 2:30-4pm	East	5	$25/$31

School Day off Activity

(Ages 12-18) Connect with nature, socialize with friends & release some energy. Contact Lori Goldman, 303-413-7256.

219336	10/13	M, 9am-4pm	TBA	1	$35/$42

Mystery Activity

(Ages 16+) Our interns will be planning exciting adventures. Contact Sherri, 303-441-4933.

220233	10/20-12/15	M, 3-4pm	East	9	$45/$54

EXPAND

Water Aerobics
(Ages 16+) Jump right in! The water is great! We will focus on cardio and strength training. This low-impact class is suitable for every fitness level. Contact Jen Heilveil, 303-413-7474.

218805	9/8-12/15	M, 4:30-5:30pm	East	15	$75/$94

Flag Football
(Age 14+) It's Back! Play flag football! Contact: Sherri Brown, 303-441-4933.

218673	9/9-9/30	Tu, 5-6:30pm	East	4	$20/$25

Gym Sports
(Age 14+) Let's play those old gym games! Games will include: Dodgeball, Kickball, Whiffleball,etc. Contact Sherri Brown, 303-441-4933.

218670	10/7-10/28	Tu, 5-6:30pm	East	4	$20/$25

Floor Hockey
(Age 16+) Come play floor hockey. Fun and exciting game played on the gym floor - no skates. Contact Sherri Brown, 303-441-4933.

218672	11/4-11/25	Tu, 5-6:30pm	East	4	$20/$25

Basketball Practice
(Age 16+) Get ready for basketball season. We'll practice skills, scrimmage and learn rules. Contact Sherri Brown, 303-441-4933.

218674	12/2-12/16	Tu, 5-6:30pm	East	3	$15/$19

Actors Workshop (For individuals with Aspergers)
(Age 14-25) For individuals diagnosed with Aspergers. Lights! Camera! Action! This is your opportunity to be a Star! We will have fun coming up with our own characters, script and story line and then performing for our friends and family at the very end! More information, contact Cory at 303-413-7269. No class October 8.

218460	9/10-11/5	W, 4:30-6pm	East Senior	8	$60/$75

Moving and Grooving
(Ages 16+) Move n' Groove aerobics is a joyful and energetic blend of modern dance, chair aerobics, martial arts and yoga. We will work on flexibility, stress reduction and core strengthening with joy and self-expression. For more information, contact Jen Heilveil, 303-413-7474.

218806	9/10-12/17	W, 4-5pm	East	15	$75/$94

More than Notes and Noise
(Age 16+) Let's make music! A fun beginner music class exploring music and instruments. No music talent needed. Contact Sherri Brown, 303-441-4933.

218675	10/22-12/3	W, 6-7pm	East Senior	7	$30/$37

Holiday Crafting
(Age 16+) Learn and make gifts for your friends and family this holiday season. Contact Cory Lasher, 303-413-7269.

218466	12/10 & 17	W, 4:30-6pm	East Senior	2	$40/$50	Group only

Weight Lifting
(Age 16+) Pump up! Learn to use free weights and machines to increase muscle tone and strength. Contact Sherri Brown, 303-441-4933. Group Only. No Class Nov. 27, 2014.

218664	9/4-12/18	Th, 2:30-3pm	East	15	$37/$46

Spinning
(Age 16+) Come jump on a bike. Great exercise and social hour. Contact Sherri Brown, 303-441-4933. No class on Nov. 27.

218666	9/4-12/18	Th, 3-4pm	East	15	$75/$94

Unified Volleyball
(Age 16+) Skills, drills, scrimmages and Special Olympic competitions. Contact Sherri Brown, 303-441-4933.

218667	9/18-11/6	Th, 4-5:30pm	East	8	$50/$62	Group Only

Smile and Stretch
(Age 15+) Give your body and spirit an hour of rejuvenating focus. Practice breathing and floor yoga positions supported by blankets and bolsters. We will practice balance, stress reducers, and increasing clarity of mind. For more information contact Jen Heilveil, 303-413-7474. No class Nov. 27.

218793	9/18-12/18	Th, 4-5pm	East Senior	13	$75/$94

Special Olympics Swim Training
(Ages 8+) Year-round swim team is a great workout for all abilities! Participants must be able to swim 100 yd with or without a swim belt in the lap pool. Contact Jen Heilveil, 303-413-7474. No class Nov. 27.

218811	9/11-12/18	Th, 6-7pm	East	14	$120/$150

Golfers
(Ages 16+) Let's spend an evening at Flatirons Golf Course chasing a little white ball around. Group activity. Contact Sherri Brown, 303-441-4933.

218668	8/21	Th, 5-8:30pm	Flatirons Golf Course	1	$20/$25
218669	8/28	Th, 5-8:30pm	Flatirons Golf Course	1	$20/$25

Coffee Club
(Ages 16+) We will be meeting at the Vics off of Alpine and Broadway to catch up with our friends, talk about current events and grab a cup of joe. Coffee will be provided but any other beverages or snacks are not included. Contact Chelsea Cerny 303-551-5329.

219382	9/5-10/24	F, 9-10am	Vic's	8	$55/$69

Bowling
(Age 8+) Strikes and Spares! Bowl with new and old friends at the CU UMC bowling alley. Participants will be placed on lanes according to age.
Fee includes one or two games and shoes. Contact Jen Heilveil, 303-413-7474.

218808	9/5-11/14	F, 3:30-5pm	CU	11	$110/$138

Bowling Tournament
We will go to Denver for this fun tournament! Lunch and awards included! Contact Jen Heilveil, 303-413-7474.

218801	11/1	Sa, 11am-3pm	East	1	$35/$43

Indoor Rock Climbing
(Ages 8+) No experience necessary. Climbing is great for motor planning, coordination & self-confidence! Contact Lori Goldman, 303-413-7256.

219338	12/5-12/19	F, 4-5:30pm	East	3	$40/$50

GymTastic
(Ages 5-12) Come jump on trampolines, swing on ropes and play in the foam pit. This opportunity to explore the gymnastics gym in a safe and sensory friendly environment. Contact Chelsea Cerny, 303-441-4933.

219383	9/20	Sa, 3:30-4:30pm	North	1	$10/$12

Silly Science
NEW!

(Ages 5-12yrs) Join us as we electrocute a pickle and get crazy with science. We'll have some of CU's finest come and show us some cool demonstrations and hands on experiments. Contact Chelsea @ 303-551-5329.

219387	11/15	Sa, 10-11:30am	East Senior	1	$12/$15

For inclusion opportunities for people with disabilities – see page 11

★ = childcare available

Horseback Riding

(Ages 8+) Trail Ride in Lakewood at Bear Creek Lake Park. Contact Lori Goldman, 303-413-7256.

219337	9/14	Su, 9am-2pm	East	1	$55/$69

Gymnastics Team Training

(Ages 8+) We will work on gymnastics skills and developing routines for an exposition that we will hold on the last day of class. Participants will be grouped by age and ability. Contact Chelsea Cerny, 303-551-5329.

219341	10/4-12/13	Sa, 3:15-4:30pm	North	11	$88/$106

Campout CO-OP

(Ages 18+) Meet people from around the metro area on this fun weekend trip. Campers must be independent with all hygiene skills and be independent with a 5:1 staff ratio. Please note that the campsite is not wheelchair accessible. Contact Lori Goldman, 303-413-7256. Group only

219334	9/26-9/28	F/Sa/Su, 1-12pm	Iris	3	$150/$187

Healthy Lifestyle Cooking and Learning--Together

(Ages 16+) Study after study shows the benefits of healthier eating, but who has time? "Team Cooking" makes deliciously wholesome meals possible. **In this uniquely formatted class, student and parent/caregiver together tap into the magic of meal planning, shopping ahead and a toolkit of healthy cooking techniques.** Look for the meal plan and shopping list in your email. Shop and bring your groceries to class. Work in teams to prepare vegetable-rich dishes that support a week of healthy meals. Share the fun of cooking and getting healthy together. **Note:** Instructor fee $45 to Every Day Good Eating is due at the start of class. Contact Sherri, 303-441-4933.

220332	10/26	Su, 4-7pm	East Senior	1	$5

▶ FRIDAY NIGHT FUN

(Ages 8-16) Come be a part of the excitement. The group will play sports, play games, make crafts; and socialize with peers. Bring your snack or dinner and let the fun begin. Contact Chelsea Cerny at 303-551-5329.

Swimming

We will be swimming so make sure to bring your towels and suits!

218885	9/12	F, 5:30-8pm	East Senior	1	$13/$16
219304	10/10	F, 5:30-8pm	East Senior	1	$13/$16
219306	11/7	F, 5:30-8pm	East Senior	1	$13/$16

Canoeing and Fishing

We will be canoeing and catching fish at EBCC.

219303	9/26	F, 5:30-8pm	East Senior	1	$13/$16

Trick - or - Treating

We will be trick - or - treating as a group in neighborhoods near EBCC. Come in costume!

219305	10/31	F, 5:30-8pm	East Senior	1	$13/$16

Make a Movie

Lets get creative! We will create a short video that we decide on as a group. Get ready to sing, dance or act on camera.

219309	11/21	F, 5:30-8pm	East Senior	1	$13/$16

Gingerbread Houses

We will make gingerbread houses and play games in the gym.

219310	12/12	F, 5:30-8pm	East Senior	1	$13/$16

ALL FRIDAY NIGHT FUN CLASSES (ABOVE)

Sign up for every Friday with one code and fee.

220042	$80/$98

▶ FRIDAY NIGHT DANCES

(Ages 16+) Enjoy dancing and socializing with friends. Contact Cory at 303-413-7269.

Neon Dance

218332	9/19	F, 6-8pm	East Senior	1	$8/$10

Monster Mash

218333	10/24	F, 6-8pm	East Senior	1	$8/$10

In the Back Country

218334	11/21	F, 6-8pm	East Senior	1	$8/$10

▶ OUT ON THE TOWN, COMMUNITY CHOICES

(Ages 16+) Contact Cory Lasher, 303-413-7269. Please check out our fall activities and use the proper codes.

Red Robin and Shopping at Flations Mall

218445	9/3	W, 4:30-7:30pm	East	1	$20/$25	Group only

Spaghetti Night at the Gondolier

218446	10/27	M, 5:30-7pm	East	1	$20/$25	Group only

Board Games and Pizza

218447	11/12	W, 4:30-6pm	East Senior	1	$16/$20	1 on 1 & Group

Gingerbread House Making

218448	12/3	W, 4:30-6pm	East Senior	1	$16/$20	1 on 1 & Group

▶ ACTIVITIES FOR INDIVIDUALS WITH PHYSICAL DISABILITIES

Quad Rugby

(Ages 16+) Join one of the best teams in the U.S. This wheelchair sport is becoming very popular! This program is for people with physical disabilities. Contact, Jen, 303-413-7474.

218794	9/2-12/16	Tu, 10:30am-1:30pm	East	16	Free

Adaptive Mountain Bike Clinic

(Ages 16+) Get ready to hold on tight and try two types of bikes, Downhill and Off-road hand cycles (one-off's) provided by Crested Butte Adaptive Sports Center. Lunch, snacks, and beverages provided. Directions and trail info provided upon registration. You MUST call to RSVP 303-413-7270. Limited space available. For questions, call Jen Heilveil, 303-413-7474.

FREE EVENT!

Downhill - morning	218800	9/20	Sa, 8am-12pm	Free
Downhill - afternoon	218796	9/20	Sa, 1-5pm	Free
One-off morning	218795	9/20	Sa, 8am-12pm	Free
One-off's afternoon	218797	9/20	Sa, 1-5pm	Free
Own Bike morning	218798	9/20	Sa, 8am-12pm	Free
Own Bike afternoon	218799	9/20	Sa, 1-5pm	Free

Flatirons Golf Course is the perfect venue for your tournament or outing.

Flatirons Golf Course Amenities & Services

- Scenic 18-hole golf course
- Driving range
- Accessible golf cart
- Men's/women's leagues
- Junior golf programs
- Full service club repair & pro shop
- Computerized handicapping system
- Public play special events & tournaments
- Private & group instruction area
- Book your tee time online!

The perfect site for your tournament or outing. Food and drink service available through our concessionaire at Just Hit It Grill, let us help you plan your event! Brochure available at the golf course or at www.flatironsgolf.com

The Teaching Staff

Doug Cook - PGA Member, Director of Golf
Tim Stevens - PGA Member, Head Professional
Dan Knecht - PGA Member, Assistant Professional
Jill McFadden - Golf Professional, LPGA Class A

Tournaments and Outings

At Flatirons, we believe that it's your tournament or outing. We operate on a "menu of services" basis. While other facilities may require you to buy tournament administration, prizes and food service, we start with a basic golf package and let you customize it to the specific needs of your group. This golf event philosophy has been especially popular with charitable fund raising events and other organizations that have an interest in maximizing their charitable donations.

Upcoming Events

Flatirons is the proud host of the 2014 Boulder City Amateur Championship September 27 & 28.

2014 Base Tournament Fees

Off-season (Jan. 1-May 11; Sept. 22-Dec. 31)	Peak season (May 12 - Sept. 21)
$45 per player (M-Th)	$48 per player (M-Th)
$48 per player (F-Su)	$53 per player (F-Su)

For **current specials, private and group lessons** and the most up to date information on Flatirons golf course, please visit our website at: **FlatironsGolf.com**

▶ FLATIRONS GOLF COURSE FEES

Flatirons Golf Course takes great pride in providing great value in our reasonable daily rates. Our consistently excellent playing conditions, our classic layout and convenient location make Flatirons a wonderful place to play at any price.

Practice Range / Club & Cart Rental

Practice Range 10 cents per ball (discount cards available in pro shop)	**Riding Carts** (Fee Per Rider) 9 holes $9 • 18 holes $14
Clubs Clubs- 9 holes $15 • 18 holes $20	**Hand Carts** 9 holes $4 • 18 holes $6

Shoulder Season Fees (August 25-October 12)

• **Junior** (age 18 and under) • **Senior** (age 60+)

Visit us online for Regular Season fees and Off-Season discount rates plus Twilight discounts.

Weekday Player Fees (Monday-Thursday)

	Regular	Junior	Senior
18 Holes	$30	$20	$26
9 Holes	$19	$12	$16

Weekend Standard Player Fees (Friday-Sunday)

	Regular	Junior	Senior
18 Holes	$33	$22	$30
9 Holes	$21	$14	$18

Frequent Player Program

Players pay $4 for nine holes and $6 for eighteen holes, Mon-Fri. Weekend rates for **August 25-October 12** are $5 for nine holes and $9 for eighteen holes. Valid for one year from date of purchase. 15% discount when passes are purchased on same date. This discount is limited to immediate family members residing in the same household. Visit us online for Regular Season fees and Off-Season discount rates.

Adult	$660	Senior	$550
Student	$595	Junior	$295

For inclusion opportunities for people with disabilities – see page 11

★ = childcare available

Gymnastics helps children build a range of motor and coordination skills, and assists in developing a good sense of body awareness.

Important Information for ALL Classes:

- All classes held at the North Center
- Leotard or T-shirt and gym shorts required
- No street clothes, shoes, socks or jewelry
- Long hair must be securely tied back
- Cubby holes provided for shoes, etc.
- Classes may be split into smaller groups
- No make-ups for missed classes

▶ PRESCHOOL

Join our preschool program to explore a combination of basic movement and gymnastics events, including tumbling, balance beam, uneven bars, parallel bars, vaulting, pommel horse, rings, trampoline and the foam pit. Help your child build a strong foundation for other sports and life long skills. All skills and equipment are scaled down to accommodate children's size and ability. Enroll today! Some classes may be filled due to pre-registration of previous session participants.

September 2-December 20 (No classes November 1 & November 24-29)

Fees			
M/Sat	(1 day per/wk)	(14 classes)	$174(R) / $218(N)
Tu/W/Th/F	(1 day per/wk)	(15 classes)	$186 (R) / $233(N)

2½ Year Olds

Introduce your child to gymnastics in our structured 2½ year old class that is also perfect for 3 year olds who are having trouble separating from parents. Child must be accompanied by parent or other responsible adult. No babies or other unregistered children allowed in the gym. Twins must have two adults or attend separate classes. Participant must be at least 30 months old by first class.

217838	M, 9-9:45am ★	217845	W, 10-10:45am ★
217839	M, 10-10:45am ★	217846	Th, 9-9:45am ★
217840	M, 11-11:45am ★	217847	Th, 10-10:45am ★
217841	Tu, 9-9:45am ★	217848	F, 9-9:45am ★
217842	Tu, 10-10:45am ★	217849	F, 10-10:45am ★
217843	Tu, 11-11:45am ★	217850	Sa, 9-9:45am
217844	W, 9-9:45am ★	217851	Sa, 10-10:45am

3 Year Olds

Child attends independent of parents and must be 3 years old by first class.

217852	M, 9–9:45am ★	217862	W, 2:45–3:30pm
217853	M, 10–10:45am ★	217863	Th, 9–9:45am ★
217854	M, 11–11:45am ★	217864	Th, 10–10:45am ★
217855	M, 2:45–3:30pm	217865	Th, 11–11:45am ★
217856	Tu, 9–9:45am ★	217866	Th, 2:45–3:30pm★
217857	Tu, 10–10:45am ★	217867	F, 9–9:45am ★
217858	Tu, 11–11:45am ★	217868	F, 10–10:45am ★
217859	Tu, 2:45–3:30pm ★	217869	F, 2:45–3:30pm
217860	W, 9–9:45am ★	217870	Sa, 9–9:45am
217861	W, 10–10:45am ★	217871	Sa, 10–10:45am

4 Year Olds

Child must be 4 years old by first class.

217872	M, 9–9:45am ★	217882	W, 2:45–3:30pm
217873	M, 10–10:45am ★	217883	Th, 9–9:45am ★
217874	M, 11–11:45am ★	217884	Th, 10–10:45am ★
217875	M, 2:45–3:30pm	217885	Th, 11–11:45am ★
217876	Tu, 9–9:45am ★	217886	Th, 2:45–3:30pm★
217877	Tu, 10–10:45am ★	217887	F, 9–9:45am ★
217878	Tu, 11–11:45am ★	217888	F, 10–10:45am ★
217879	Tu, 2:45–3:30pm★	217893	F, 2:45–3:30pm
217880	W, 9–9:45am ★	217894	Sa, 9–9:45am
217881	W, 10–10:45am ★	217895	Sa, 10–10:45am

5 Year Olds

Child must be 5 years old by first class.

217896	M, 9–9:45am ★	217905	W, 2:45–3:30pm
217897	M, 10–10:45am ★	217906	Th, 9–9:45am ★
		217907	Th, 10–10:45am ★
217898	M, 2:45–3:30pm	217908	Th, 11–11:45am ★
217899	Tu, 9–9:45am ★	217909	Th, 2:45–3:30pm★
217900	Tu, 10–10:45am ★	217910	F, 9–9:45am ★
217901	Tu, 11–11:45am ★	217911	F, 10–10:45am ★
217902	Tu, 2:45–3:30pm★	217912	F, 2:45–3:30pm
217903	W, 9–9:45am ★	217913	Sa, 9–9:45am
217904	W, 10–10:45am ★	217914	Sa, 10–10:45am

GYMNASTICS

▶ BEGINNER / ADVANCED BEGINNER

This is the perfect place for your children ages 6-12 to learn basic gymnastics in a supportive, non-competitive environment. While these classes are a great continuation of our preschool program, no prior experience is necessary. Children will use tumbling, balance beam, uneven bars, parallel bars, horizontal bar, vaulting, pommel horse, rings, trampoline, and foam pit to improve coordination, strength and self-confidence while emphasizing a fun approach to learning. Participant must be 6 years old by the first class. Enroll today! Some classes may be filled due to pre-registration of previous session participants.

September 2-December 20 (No classes November 1 & November 24-29)
Fees

M/W	(2 days per/wk)	(29 classes)	$345(R) / $431(N)
Tu/Th	(2 days per/wk)	(30 classes)	$356(R) / $446(N)
M/Sat	(1 day per/wk)	(14 classes)	$166(R) / $208(N)
Tu/W/Th/F	(1 day per/wk)	(15 classes)	$178(R) / $223(N)

Boys Ages 6-12		Girls Ages 6-12	
217915	Tu/Th, 3:45-5pm★	217932	M/W, 3:45-5pm
217916	M, 3:45-5pm	217921	Tu/Th, 3:45-5pm★
217917	W, 3:45-5pm	217922	M, 3:45-5pm
217918	F, 3:45-5pm	217923	Tu, 3:45-5pm★
217919	F, 5:15-6:30pm	217924	W, 3:45-5pm
217920	Sa, 11am-12:15pm	217925	Th, 3:45-5pm★
		217926	F, 3:45-5pm
		217927	F, 5:15-6:30pm
		217928	Sa, 11am-12:15pm

Our gymnastics program promotes self-esteem and confidence while emphasizing a fun approach to learning.

▶ "TWEEN" BEGINNER/ ADVANCED BEGINNER

(Ages 9-12) This is the perfect place for girls ages 9-12 to learn basic gymnastics in a supportive, non-competitive environment with your peers. Participants will use tumbling, balance beam, uneven bars, parallel bars, horizontal bar, vaulting, pommel horse, rings, trampoline, and foam pit to improve coordination, strength and self-confidence while emphasizing a fun approach to learning. Participant must be 9 years old by the first class. Enroll today! Some classes may be filled due to pre-registration of previous session participants. (No classes November 25 & 27)

Girls

217929	6/3-8/14	T/Th, 3:45-5pm★	North	30 classes	$356/$446

▶ BOULDER FLYERS GYMNASTICS TEAM

Team classes are for intermediate to advanced gymnasts by INVITATION ONLY. Fees are due by the 15th of the month prior to the month for which the fees will be applied. If the fees have not been paid by the 1st of the month, a $15 late fee will be charged and the gymnast will not be allowed to participate until fees are paid.

Girls Pre-Team
(Age 6+) Pre-team girls will continue developing basic skills in USAG Levels 1-2. Pre-team will prepare you for future competitive team involvement.

Girls Beginning Team-Advanced Team
(Age 6+) Team members will compete in USAG Levels 3-10.

Boys Pre-Team
(Age 6+) Pre-team boys will continue developing basic skills in USAG Levels 1-3. Pre-team will prepare you for future competitive team involvement.

Boys Beginning Team- Advanced Team
(Age 6+) Team members will compete in USAG Levels 4-10.

▶ OPEN GYM

(Ages 6-18) Have you always wanted to use the gymnastics center? Well now you can! Open gym time is available Saturdays from 1-3 pm. The number of participants is limited. All participants must have a current signed gymnastics open gym waiver. Parents can download and sign a waiver to send with their children at www.BoulderParks-Rec.org, or accompany them on their first visit and sign in person. Activities may be restricted at the discretion of City of Boulder gymnastics staff. No private coaches or parents are allowed in the gym.

Drop-in	Sa, 1-3pm	North	$8 payable at front desk

▶ GYMNASTICS BIRTHDAY PARTIES

Send your invites, order your cake and let us provide a great space for your child's next celebration. One hour of organized gymnastics activities and one hour in the party room.

Ages 5-7, 8-10 & 11-13
Sundays only: 1-3 pm or 2:30-4:30 pm

Up to 8 children $145(R) / $181(N)
9-15 children $203(R)/ $254(N)

To book a party call 303-413-7218.

For inclusion opportunities for people with disabilities – see page 11
★ = childcare available

Stay active your way and on your schedule with one of our many drop-in fitness classes (find a daily schedule online).

▶ NUTRITION & HEALTHY COOKING

Consultation with a Dietitian

A dietitian will assess your current nutritional status and make dietary recommendations. A dietitian can assist in the management of diabetes, high blood pressure, and elevated cholesterol. A dietitian can also assist athletes with their sports performance goals.

1 session: $60 • 3 sessions $171

What's for Lunch

Stuck in a sandwich rut? Maybe the fast-food circuit beckons with irresistible midday comfort? Need gluten-free lunch ideas? Lunchtime can easily derail our good eating goals, so it pays to pay lunchtime some attention. In this hands-on class, make and taste healthier but entirely doable lunch options, learn about helpful equipment and pantry staples, and explore how we can take comfort from healthier options and feel satisfied with new lunch routines. Fee includes light tasting meal. Gluten/Dairy Free. A $10 materials fee will be collected at the first class.

218584	9/13-9/27	Sa, 2-4:30pm	East Senior Kitchen	3	$93/$117	Mary

Vegetable-Rich Meals from Vegans to Meat Eaters

Transitioning to a vegan, low-carb, gluten-free or other special diet? Cooking for a family with both meat eaters and vegetarians? Wondering how to accommodate guests with special dietary needs? While modern diets can vary widely, vegetables remain the perfect common ground. Prepare them tastefully as a centerpiece, then simply add meat, grains, nuts and/or beans to suit the dietary needs at your table. Learn this versatile cooking system in this hands-on class, along with many other kitchen fundamentals that take the confusion out of meal making for multiple diets--while yielding delicious, healthful meals for everyone. Fee includes light tasting meal. Gluten/Dairy Free. A $20 materials fee will be collected at the first class.

218582	9/16-10/14	Tu, 5:30-8pm	East Senior Kitchen	5	$150/$190	Mary

Warming Winter Soups

There's nothing like the warmth of soup to greet the cold of winter. As November winds blow in, join our cooking group and get inspired with new ideas that draw on different cuisines, fun flavors and interesting ingredients. In this hands-on class, learn to use winter vegetables and discover a healthy, easy way to get satisfying meals on the table. Fee includes light tasting meal. Gluten/Dairy Free. A $10 materials fee will be collected at the first class.

218583	11/1-11/15	Sa, 2-4:30pm	East Senior Kitchen	3	$93/$117	Mary

National Diabetes Prevention Program

One of three Coloradans is at risk for diabetes or have a diagnosis of prediabetes. Within six years, more than 65% of these adults will have full blown diabetes. The Live Well 4 Life Diabetes Prevention Program is a community delivered, evidence based, lifestyle change program with a proven success record. The program focuses on topics such as healthy eating tips, physical activity, modest weight loss, managing stress and more. In a group setting, the certified Lifestyle Coach will guide the participant on this life changing journey. The 22 week, one-hour per session program and materials are free of charge to overweight adults, age 18 and above.
See the video at www.youtube.com/embed/mRVZ9lkubag for more details or call 303-355-3425.

218585	9/6-12/20	Sa, 10-11am	East Senior	22	FREE	Terry

Nutrition to Prevent Disease: Developing Health from the Inside Out

Whether your goal is to manage your weight, sugar or cholesterol or to increase energy, vitality, and stamina, this class is for you. Learn how to create a health-enhancing diet plan by understanding your body's nutritional requirements. We will discuss what macronutrients (carbohydrates, proteins, and fats) are needed in which ratios for weight loss, how to read a food label, which fats are healthy, what cholesterol is, and how to eat a balanced low-sugar diet.

218455	10/7-10/28	Tu, 6-7:30pm★	East Senior	4	$53/$66	Erin W.

▶ FITNESS

These select fitness classes differ from drop-in fitness classes because the same students attend for a set number of weeks. Students receive individualized instruction that progresses week to week. Safety is a priority and our certified fitness professionals will be monitoring your progress and will modify exercises for you depending on your fitness level, age and medical condition. Students often repeat classes for the social aspect and for the structure of having a regularly scheduled class.

Visitor fees for Registered Classes:

A visitors' fee option ($17 per visit, or $70 for 5 visits) is available for most classes if they are not full. Pay your visitor's fee at the front desk and bring the receipt to the instructor. For questions about any fitness class, please call Summer Kennedy at 303-413-7264.

No classes the week of Thanksgiving Nov 24-Nov 29

Therapeutic Foam Roller

(Age 14+) The foam roller not only stretches muscles and tendons but it also breaks down soft tissue adhesions and scar tissue. By using your own body weight and a cylindrical foam roller you can perform a self-massage or myofascial release, break up trigger points, and soothe tight fascia while increasing blood flow and circulation to the soft tissues. All levels welcome.

218463	9/8-10/20	M, 5:30-6:30pm	South	7	$61/$77	Lisa
218465	10/27-12/15	M, 5:30-6:30pm	South	7	$61/$77	Lisa

Therapeutic Stretching

NEW!

Use foam rollers, straps, ballet barre, beginner level Pilates exercises and yoga postures to increase your flexibility, soothe your muscles and improve your posture. Learn standard therapeutic strengthening exercises that you can perform on your own at home. The class is taught by a certified Pilates and yoga instructor. All levels welcome.

218467	9/10-10/22	W, 5:30-6:30pm	South	7	$61/$77	Lisa
218468	10/29-12/17	W, 5:30-6:30pm	South	7	$61/$77	Lisa

Classical Stretch/Essentrics

This dynamic weight free program strengthens muscles creating a long and lean shape. The unique fluid movements slenderize and tone the abs, waist, thighs, arms and back. Your posture will improve as your body becomes toned, flexible, agile and strong.

218461	9/9-10/23	Tu/Th, 7:30-8:30am	East	14	$123/$153	Marti
218462	10/28-12/18	Tu/Th, 7:30-8:30am	East	14	$123/$153	Marti

Adult Kickbox

Jab, cross, upper-cut, hook! High intensity aerobics using powerful boxing moves. Equipment provided.

219222	9/8/-10/22	M/W 5-6 pm	South	7	$123/$153	Ignacio
219224	10/27-12/17	M/W 5-6 pm	South	7	$123/$153	Ignacio
219223	9/8-10/22	M/W 7-8 pm	North	7	$123/$153	Ignacio
219225	10/27-12/17	MW 7-8 pm	North	7	$123/$153	Ignacio

Bootcamp

This high-intensity workout will kick start your day. Increase your speed, agility, strength and stamina in this fun, powerful, challenging workout. Meets outside, weather permitting.

218449	9/8-10/22	M/W, 7-8am	East	14	$123/$153	Ignacio
218452	10/27-12/17	M/W, 7-8am	East	14	$123/$153	Ignacio
218450	9/9-10/23	Tu/Th, 6:30-7:30am	South	14	$123/$153	Ignacio
218453	10/28-12/18	Tu/Th, 6:30-7:30am	South	14	$123/$153	Ignacio
218451	9/13-10/25	Sa, 8-9am	North	7	$61/$77	Ignacio
218454	11/1-12/20	Sa, 8-9am	North	7	$61/$77	Ignacio

50 Plus Resistance

(Adult 50+) Maintaining muscle strength is especially important as you get older, but who says you can't have fun while working out? You will use free weights, resistance tubes, stability balls and low-impact movements to gain and maintain strength.

218443	9/8-10/22	M/W, 1:30-2:30pm	East	14	$123/$153	Ignacio
218444	10/27-12/17	M/W, 1:30-2:30pm	East	14	$123/$153	Ignacio
218441	9/12-10/24	F, 11:30am-12:30pm	East	7	$61/$77	Melissa
218442	10/31 -12/19	F, 11:30am-12:30pm	East	7	$61/$77	Melissa

Kick start your day with a class using free weights, resistance tubes or stability balls to gain and maintain strength.

For inclusion opportunities for people with disabilities – see page 11

★ = childcare available

Swiss Ball

Swiss Balls are one of today's top fitness tools - and for good reason! Incorporating low impact aerobics with full body and core strengthening, coordination, balance as well as postural awareness makes for a full body workout. Taught by a licensed Physical Therapist, the Swiss Ball exercises are tailored for each participant to ensure safe body mechanics and proper alignment.

218456	9/8-10/20	M, 4-5pm	Salberg 7	$61/$77	Heidi
218457	10/27-12/15	M, 4-5pm	Salberg 7	$61/$77	Heidi

Swiss Ball with Props

Ready for the next level? This class is also taught by a licensed Physical Therapist and will enhance your full body workout using props such as hand weights, theraband and foam rollers. Pre-Requisite: one previous class with the instructor or instructor approval.

218458	9/11-10/23	Th, 4-5pm	Salberg 7	$61/$77	Heidi
218459	10/30-12/18	Th, 4-5pm	Salberg 7	$61/$77	Heidi

Hoop Fusion

NEW!

Hoop fusion blends hooping, dance, barre, yoga, and a sense of play. Classes are suitable for all levels with accessible choreography and variations for any fitness level.

218478	9/18-10/30	Th, 6:10-7:10pm	East Senior	6	$53/$66	Tracy
218479	11/6-12/18	Th, 6:10-7:10pm	East Senior	6	$53/$66	Tracy

▶ WEIGHT TRAINING

Use the weight room in a group setting under the supervision of a certified personal trainer. You will learn proper techniques and form for using free weights and machines. You will be able to progress through the session as your trainer designs advancing workouts for each individual.

F.I.T. Workout

Functional Interval Training - This class has it all, strength, cardio, core and more! Get your heart pumping, and your body fit, with this fun and energizing workout.

219210	9/9-10/23	Tu/Th, 7:30-8:30am	South	14	$123/$153	Ignacio
219209	9/9-10/23	Tu/Th, 8:30-9:30am	South	14	$123/$153	Ignacio
219212	10/28-12/18	Tu/Th, 7:30-8:30am	South	14	$123/$153	Ignacio
219211	10/28-12/18	Tu/Th, 8:30-9:30am	South	14	$123/$153	Ignacio
219205	9/8-10/22	M/W, 9-10am	South	14	$123/$153	Ignacio
219206	10/27-12/17	M/W, 9-10am	South	14	$123/$153	Ignacio

Circuit Training

Strong men and women stay young! Train smart, keep your heart rate up, and body toned, in this demanding workout. Weight training, cardiovascular, and core activities are completed in timed intervals.

219207	9/8-10/24	M/F, 10-11:15am	East	14	$153/$192	Marti
219203	9/9-10/23	Tu/Th, 10-11:15am	East	14	$153/$192	Marti
219208	10/27-12/19	M/F, 10-11:15am	East	14	$153/$192	Marti
219204	10/28-12/18	Tu/Th, 10-11:15am	East	14	$153/$192	Marti

Use free weights and machines to improve strength and muscle tone.

Women's Workout

Guaranteed FUN and hard work! Your trainer will motivate and guide you through a new workout each week using weights, cardio, and core training.

219282	9/9-10/23	Tu/Th, 6-7pm	North	14	$123/$153	Ignacio
219283	10/28-12/18	Tu/Th, 6-7pm	North	14	$123/$153	Ignacio

Women's Weight Training

All ability levels are welcome! Use free weights and machines to improve strength and muscle tone. Great for posture and extra calorie burning as well!

219288	9/8-10/22	M/W, 9:30-10:30am★	North	14	$123/$153	Chris
219284	9/9-10/23	Tu/Th, 9:30-10:30am★	North	14	$123/$153	Chris
219286	9/9-10/23	Tu/Th, 10:45-11:45am	South	14	$123/$153	Sue
219292	10/27-12/17	M/W, 9:30-10:30am★	North	14	$123/$153	Chris
219285	10/28-12/18	Tu/Th, 9:30-10:30am★	North	14	$123/$153	Chris
219290	10/28-12/18	Tu/Th, 10:45-11:45am	South	14	$123/$153	Sue

Women's Intermediate Weight Training

Move to a new level of training! This class is not for first timers and is designed for women who have become comfortable in the weight room.

219287	9/8-10/22	M/W, 8:15-9:15am	East	14	$123/$153	Sue
219289	9/9-10/23	Tu/Th, 9:30-10:30am	South	14	$123/$153	Sue
219291	10/27-12/17	M/W, 8:15-9:15am	East	14	$123/$153	Sue
219293	10/28-12/18	Tu/Th, 9:30-10:30am	South	14	$123/$153	Sue

Lift For Life

Increase strength to achieve optimal performance in any daily activity or sport!

219214	9/9-10/23	Tu/Th, 4:30-5:30pm	South	14	$123/$153	Chris
219213	9/9-10/23	Tu/Th, 5:30-6:30pm	South	14	$123/$153	Chris
219216	10/28-12/18	Tu/Th, 4:30-5:30pm	South	14	$123/$153	Chris
219215	10/28-12/18	Tu/Th, 5:30-6:30pm	South	14	$123/$153	Chris

▶ PERSONAL TRAINING

Have a certified trainer design your personal blueprint for success! One hour sessions address sport specific, weight loss, rehabilitation and general fitness goals. To check out our excellent training staff and request personal training visit www.boulderparks-rec.org, visit the front desk or call 303-413-7280 to get started today! If a client cancels more than 24 hours prior to the lesson, he or she will have the opportunity to reschedule the personal training session and will not be charged. However, if the personal training session is cancelled within 24 hours, or a client does not arrive for the lesson within 15 minutes of the start time, no refund will be issued under any circumstance. (All sessions expire one year from purchase date).

Private Training

(Ages 12+) Personalized training with a certified professional.

1 session $55 • 3 sessions $157.50 • 6 sessions $297 • 12 sessions $561

Semi Private Training (Two Individuals)

(Ages 15+) Customized training for you and a friend who share similar goals and fitness needs. (fee is for 2 individuals)

1 session $70 • 3 sessions $198 • 6 sessions $378 • 12 sessions $696

Personal Training Plus Facility Use Pass

NEW!

Do you want the whole package? Personal Training Plus! gives you just that! Choose the number of sessions you want to meet with a personal trainer and receive a complimentary 3, 6, or 9 month pass to enjoy all the recreation facilities.

18 sessions with 3 month complimentary pass $846

27 sessions with 6 month complimentary pass $1269

36 sessions with a 9 month complimentary pass $1692

Cancer Fit - Personal Training

Come workout with a Cancer Fit specialist at your Boulder Recreation Centers! For those of you who are undergoing cancer treatment, or have been diagnosed with cancer in the past, this is an exceptional opportunity.

1 session $55 • 3 sessions $157.50 • 6 sessions $297 • 12 sessions $561

Personal Training with a Physical Therapist

Staff therapists are available for one-on-one personal training. If you are returning to the gym from physical therapy, have chronic aches and pains, or need a home exercise plan, a staff therapist can help you in your transition to working out on your own.

1 session $60 • 3 sessions $171 • 6 sessions $324

Consultation with a Dietitian

A dietitian will assess your current nutritional status and make dietary recommendations. A dietitian can assist in the management of diabetes, high blood pressure, and elevated cholesterol. A dietitian can also assist athletes with their sports performance goals.

1 session: $60 • 3 sessions $171

Request these services online at BoulderParks-Rec.org, visit the front desk or call 303-413-7280 to get started today!

Transition Out of Physical Therapy

We allow physical therapists to accompany clients that are making transitions from a clinical setting to our facility up to three visits. The therapist must contact the Weight Room Coordinator, Jeff Pruett 303-413-7280 in advance, to receive authorization. The client pays the daily facility admission fee. The therapist is our guest.

▶ INSTRUCTOR SPOTLIGHT

Heidi Pardue, P.T.

Heidi's medical background combined with her therapeutic yoga experience provides each client with an individualized exercise program. The practice of yoga involves the whole body so that it creates an additional functional training tool.

Heidi enjoys sharing her love of exercise and its benefits. Colorado offers the perfect environment for this with so many fun activities, both inside and out!

Graduate of University of Maryland School of Medicine

Short Cut to Weight Loss

Are you having trouble loosing stubborn weight? Do you find yourself falling short of you weight loss goals? Try our new Shortcut to Weight Loss package. A dietician will analyze your diet as well as lead you through personal training sessions. Learn tips to help continue your weight loss journey through this unique package and start losing those stubborn pounds today!

3 Consultations with a dietitian + 6 Personal training sessions all for $468

▶ YOUTH WEIGHT TRAINING

Youth Weight Room Certification

Youth ages 12-15 may meet with a trainer for three sessions to become certified to use the weight room under parent/adult supervision. They must complete the three sessions and pass a test administered by the trainer.
$157.50

Shape up for Sports

(Ages 10-14) The American College of Sports Medicine recommends that youth engage in at least six to eight weeks of preseason conditioning prior to participating in sports. Certified trainers will conduct conditioning exercises to build endurance, agility, power, speed and strength to prepare youth for sport and reduce the risk of injury. Both competing and non-competing youth are welcome. Participants will be divided by age and skill level. Contact the Weight Room Operations Coordinator at 303-413-7280 to schedule groups and for fee information.

▶ FIRST AID & CPR/AED TRAINING - Heartsmart

CPR/AED Certification

Heartsmart CPR/AED certification in adult, child, infant CPR, choking protocols and use of an AED (defibrillator).

218688	9/27	Sa, 9am-12pm	South	1	$41/$51	Jennifer
218686	10/18	Sa, 9am-12pm	South	1	$41/$51	Jennifer

First Aid Certification

Heartsmart First Aid topics focus on adult emergencies including bleeding, shock, head/neck/back injury, stroke, diabetic emergencies, seizures and more.

218687	10/18	Sa, 12:30-5pm	South	1	$41/$51	Jennifer

KidsWatch Babysitting Class

(Ages 10-18) This class is designed for babysitters and covers parent interaction, how to set up clients, specifics of child development, an overview of infant/child CPR (not for certification), choking protocols and basic first aid. A KidsWatch and Pediatric First Aid book is included.

218691	11/8	Sa, 9am-2pm	South	1	$60/$75	Jennifer

For inclusion opportunities for people with disabilities – see page 11

★ = childcare available

Discover the philosophy, focus and benefits of exercising on the Pilates Reformer, a non-impact system of tension springs, ropes, poles and mats.

▶ PILATES MAT PROGRAM INFORMATION

Registered Class Punchcard

Pilates Mat $70 - 5 Punches

Punchcards may be purchased at Recreation Center front desks and are valid for 6 months from the date of purchase. **Present your card to the front desk personnel and give your receipt to your instructor for admission. For classes held at Salberg and Iris Center, present your punchcard to any Recreation Center front desk and give your receipt to your instructor.**

Registered Class Visitor's Fee

Pilates Mat $17

Some classes have space available and are appropriate for visitation. Choose the level that is suitable for your experience, check space availability and pay your admission fee at the Recreation Center front desk. **Give your receipt to your instructor for admission to class. Salberg and Iris Center visitor's fees may be paid at any Recreation Center and receipt presented to instructor before admission to class.**

Make-up policy

Make-ups are approved and arranged through your instructor. Limit of two per session.

Check with the instructor for information about any dates when classes will not meet. **No class November 27th.**

Are Registered Classes a Good Value?

Are Registered Classes a Good Value? Our registered mat classes cost $8.75 (Resident) / $10.94 (Non-resident) per class hour. Compare our prices to other clubs and studios.

▶ PILATES MAT

This system of exercising, developed by physical therapy pioneer, Joseph Pilates, is a non-impact system that stabilizes and aligns the body. While focused on strengthening and balancing the core muscle groups, the Pilates Method develops greater flexibility, strength, concentration, coordination and control, and increases awareness of functional body mechanics, all with the intention of building a better you.

Mat - Beginner

(Age 14+) Practice classic Pilates Method principles such as control, coordination and breath by learning the beginning sequence of Pilates mat exercises including 'hundreds,' 'rolling like a ball,' 'saw,' and 'mermaid stretch.' Props such as Pilates circles, Therabands and Theraballs are used to enhance your experience in this basics course. Effectively reshape your body with Pilates!

220242	9/7-12/14	Su, 4:15-5:15pm	Salberg	15	$131/$164	Joni
218620	9/8-12/15	M, 8:45-9:45am★	Iris	15	$131/$164	Christine
218623	9/8-12/15	M, 5:30-6:30pm	Salberg	15	$131/$164	Roxolana

Pilates Mat/Yoga - Beginner

(Age 14+) Learn Pilates Method principles and a combination of Pilates mat exercises and yoga at the beginner level. Also suitable for continuing beginner students.

219834	9/12-12/19	F, 9-10:15am	South	15	$164/$205	Lisa

Mat - Intermediate

(Age 14+) This course is designed for students who are ready for the next step in their Pilates exercise routine. More emphasis is placed on flowing through Level 2 mat exercises such as 'shoulder bridge,' 'spine twist' and 'teaser III.' Advanced exercises such as 'jack knife' and 'boomerang' are introduced. Pre-requisites: Ability to perform and flow through all beginner mat exercises, in sequence, with adherence to Pilates principles, and regular practice of Pilates mat exercises.

219339	9/8-12/15	M, 10-11am★	Iris	15	$131/$164	Christine
219340	9/12-12/19	F, 10-11am	Salberg	15	$131/$164	Christine

Mat - Advanced

(Age 14+) Learn and practice Pilates Method advanced mat exercises and transitions, utilizing all Pilates Method principles. Challenge yourself! **Pre-requisites:** Ability to perform all intermediate mat exercises in sequence with concentration, control, centering, breath control, precision and flowing physical movement and regular, independent practice of advanced intermediate Pilates mat exercises.

218622	9/8-12/15	M, 5:30-6:30pm★	East Senior	15	$131/$164	Janique

▶ PRIVATE & SEMI-PRIVATE PILATES REFORMER LESSONS

Private & Semi-Private Pilates Reformer Lessons

(Age 16+) Individual instruction for those who would like an introduction to the Pilates Reformer or for those who wish to focus on individual needs. Proper and safe use of the equipment is emphasized. Private lessons will help you determine whether this form of exercise is a good fit for you.

1-Hour Private Pilates Reformer Lesson Fee: $55/student

1-Hour Semi-Private Pilates Reformer Lesson Fee: $35/student
Must register two or more students together at the same time.

Lessons are available at South Boulder Recreation Center and Salberg Center. Complete the Private Pilates Reformer Lesson Request Form online at www.Boulderparks-rec.org. After submitting the form you will be contacted by an instructor to set up the lessons. Once your lessons are scheduled you can go to any Recreation Center to pay for them. Present your receipt to your instructor.

24-hour cancellation policy: If a Private or Semi-Private Pilates Reformer Lesson is cancelled within 24 hours, no refund will be issued.

▶ PILATES REFORMER & MULTI-APPARATUS PROGRAM INFORMATION

Pre-requisite policy

Five private or semi-private Pilates Reformer lessons or one full 8-class Introduction/Orientation Reformer class through the City of Boulder Pilates Program, or coordinator approval, will be required to participate in any "Level 1" or higher Pilates Reformer or Multi-Apparatus class.

Make-up policy

Students who miss a Pilates Reformer or Multi-Apparatus class may attend a Pilates Mat class as a make-up, or purchase a private reformer lesson for an additional fee of $40. Make-ups are arranged through your instructor.

Check with instructor for information about any dates when classes will not meet. No class November 27th.

Are Registered Classes a Good Value?

Our registered classes cost $14.52(Resident)/$18.15(Non-resident) per class hour. Compare our prices to other clubs and studios.

▶ PILATES REFORMER

Discover the philosophy, focus and benefits of exercising on the Pilates Reformer, a non-impact system of tension springs, ropes, poles and mats. The reformer adds resistance to the Pilates Method exercises and can provide support to beginners, or challenges to more advanced students.

Reformer - Intro/Orientation

(Age 16+) This 8-week course will introduce you to the Pilates Reformer apparatus, and get you started on learning the basic Level 1 exercises. Proper and safe use of the equipment is emphasized. This form of exercise is often recommended by physical therapists, doctors and chiropractors. It effectively tones the whole body. See if Pilates Reformer is the right workout for you.

218612	9/8-10/27	M, 8:45-9:45am	Salberg	8	$116/$145	Tamara
218638	9/9-10/28	Tu, 6:30-7:30pm	South	8	$116/$145	Bianca
219833	9/12-10/31	F, 9-10am	South	8	$116/$145	Sheri

Reformer - Level 1 - Beginner

(Age 16+) Exercises at this level, on this unique apparatus, best suit students who are familiar with the Pilates Reformer and who have either taken private lessons or completed the Introduction/Orientation Reformer class through the City of Boulder Pilates Program. Use of the reformer will quickly strengthen, stretch and reshape your body. **Pre-requisite:** Five private or semi-private Pilates reformer lessons, or completion of the 8-week Intro/Orientation Reformer course through the City of Boulder Pilates program, or coordinator approval.

220241	9/7-12/14	Su, 3-4pm	Salberg	15	$218/$272	Joni
218621	9/8-12/15	M, 9:50-10:50am	Salberg	15	$218/$272	Tamara
218642	9/10-12/17	W, 9-10am	Salberg	15	$218/$272	Christine
218635	9/11-12/18	Th, 12-1pm	South	14	$203/$254	Shayna
218659	9/11-12/18	Th, 6:30-7:30pm	South	14	$203/$254	Bianca
218660	9/11-12/18	Th, 5:30-6:30pm	Salberg	14	$203/$254	Tamara
218618	11/3-12/15	M, 8:45-9:45am	Salberg	7	$102/$127	Tamara
218639	11/4-12/16	Tu, 6:30-7:30pm	South	7	$102/$127	Bianca
219832	11/7-12/19	F, 9-10am	South	7	$102/$127	Sheri

Reformer - Level 2 - Continuing Beginner

(Age 16+) Review Level 1 Pilates Reformer exercises such as 'footwork,' 'hundreds,' 'frog,' 'tree front,' and 'elephant,' and incorporate and practice more challenging Pilates Reformer exercises - 'short spine massage,' 'knee stretches,' and 'teaser,' for example. **Pre-requisite:** Completion of at least one session of Level 1 classes with the City of Boulder Pilates program, or coordinator approval.

218640	9/9-12/16	Tu, 5:20-6:20pm	South	15	$218/$272	Bianca
218641	9/10-12/17	W, 8:40-9:40am	South	15	$218/$272	Sheri
218643	9/10-12/17	W, 9:45-11am	South	15	$272/$340	Sheri
218644	9/10-12/17	W, 10:10-11:10am	Salberg	15	$218/$272	Christine
218662	9/11-12/18	Th, 5:20-6:20pm	South	14	$203/$254	Bianca
220273	9/12-12/19	F, 8:45-9:45am	Salberg	15	$218/$272	Christine
218649	9/12-12/19	F, 10:15-11:30am	South	15	$272/$340	Sheri

Visit us online for a schedule of drop-in Pilates and Yoga classes.

For inclusion opportunities for people with disabilities – see page 11

★ = childcare available

Reformer - Level 3 - Intermediate

(Age 16+) This class will review Level 1 and 2 Pilates Reformer exercises and incorporate and practice Level 3 Pilates Reformer exercises. This is an advanced Pilates Reformer class. Students with strong Pilates Reformer experience will enjoy the workout! **Pre-requisite:** At least one session of Level 2 classes with the City of Boulder Pilates program, or coordinator approval. Must be able to consistently perform Level 2 Pilates Reformer exercises in a safe and controlled manner, and be able to confidently perform and flow through all Level 2 reformer exercises with coordination and precision.

218629	9/9-12/16	Tu, 8:30-9:30am	Salberg	15	$218/$272	Sheri
219328	9/10-12/17	W, 5:30-6:30pm	Salberg	14	$203/$254	Shayna

Reformer/Tower/Chair - Level 1 - Beginner

(Age 16+) You will receive an introduction to exercises on the Pilates Tower and Pilates Chair, and experience the benefits of a well-rounded practice of Level 1 Reformer exercises. Pilates Method principles will be emphasized as you work your muscles to the core. **Pre-requisite:** At least one session each of Level 1 - Beginner Reformer and Beginner Mat classes with the City of Boulder Pilates program or equivalent experience and coordinator approval.

218608	9/8-12/15	M, 8:40-9:40am	South	15	$218/$272	Sheri
218626	9/8-12/15	M, 6:40-7:40pm	Salberg	15	$218/$272	Roxolana
219836	9/10-12/17	W, 12-1pm	Salberg	15	$218/$272	Jane

Reformer/Tower/Chair - Level 2 - Continuing Beginner

(Age 16+) At this level, all Pilates apparatus will be used to give you a complete Pilates workout. **Pre-requisite:** At least one session of Pilates Reformer/Tower/Chair at Level 1, or equivalent, advanced, experience and coordinator approval.

218619	9/8-12/15	M, 9:45-11am	South	15	$272/$340	Sheri
219835	9/8-12/15	M, 12-1pm	Salberg	15	$218/$272	Jane
218630	9/9-12/16	Tu, 9:40-10:55am	Salberg	15	$272/$340	Sheri
218693	9/10-12/17	W, 6:40-7:40pm	Salberg	14	$203/$254	Shayna
218663	9/11-12/18	Th, 6:40-7:40pm	Salberg	14	$203/$254	Tamara

▶ MELT®

(Age 14+) Learn simple self-care techniques you can use every day to make your body feel better and function more efficiently. Relieve aches and pains brought on by aging and active living. Reduce inflammation, ease chronic neck and low back strain, improve alignment, and learn how to keep your whole body working better. Soft foam rollers and small MELT® hand and foot balls will be used to rehydrate the connective tissue throughout your body and make your muscles and joints happy! Regardless of your age, gender, or current activity level, anyone can learn to MELT®! *Classes will focus on length and strength.

*218653	9/7-10/26	Su, 12:30-2pm	North	8	$70/$88	David
*218655	11/2-12/14	Su, 12:30-2pm	North	7	$61/$77	David
218654	9/8-10/27	M, 10:45-11:45am	East	8	$70/$88	David
218656	11/3-12/15	M, 10:45-11:45am	East	7	$61/$77	David

▶ FELDENKRAIS

(Age 14+) Practicing the Feldenkrais Method helps students move with more ease, coordination and freedom from pain. Subtle, slow movements are experienced while lying down, standing or sitting in a chair. The Feldenkrais Method is a re-education of the nervous system and the physical body. It is especially helpful for those who experience tension and/or pain, and greatly benefits those who would like to move more efficiently during all physical activities.

217795	9/10-12/17	W, 6:30-7:45pm	East Senior	14	$153/$191	Gil
217796	9/12-12/19	F, 12-1pm★	Iris	15	$131/$164	Gil

▶ T'AI-CHI CH'UAN

Beginner

(Age 14+) This ancient exercise in which standing postures are practiced in a slow moving, relaxed manner cultivates tranquility and mental control and hence appreciation for each moment in time. Doing this gentle martial art increases energy and circulation, improves balance, strengthens the spine and internal organs, and promotes general life-long health. This is an introduction to the short form Yang style of t'ai-chi ch'uan as taught by Prof. Cheng Man-ch'ing. The beginner level, the first third, will be taught in both courses.

217790	9/9-12/16	Tu, 6:45-7:45pm	North	15	$131/$164	Tom
218658	9/18-12/18	Th, 5-6pm	East Senior	13	$114/$142	Tom

Continuing

(Age 14+) This course is a continuation of the short form Yang style of t'ai-chi ch'uan as taught by Prof. Cheng Man-ch'ing. The first third will be reviewed, corrections will be made, and new choreography will be introduced.

218651	9/6-12/13	Sa, 9:30-10:30am	Iris	15	$131/$164	Tom

Visit us online for a schedule of drop-in Pilates and yoga classes.

▶ YOGA PROGRAM INFORMATION

Registered Class Punchcard

Yoga program classes $70 - 5 Punches

Punchcards may be purchased at Recreation Center front desks and are valid for 6 months from the date of purchase. **Present your card to the front desk personnel and give your receipt to your instructor for admission.** *Salberg and Iris Center class punchcard holders may present card at any Recreation Center and present receipt to instructor before admission to class.*

Registered Class Visitor's Fee

Yoga program classes $17

Select classes have space available and are appropriate for visitation. Choose the level which is suitable for your experience, check space availability and pay your admission fee at the Recreation Center front desk. **Give your receipt to your instructor for admission to class.** *Salberg and Iris Center visitor's fees may be paid at any Recreation Center and receipt presented to instructor before admission to class.*

Make-ups - Approved and arranged through your instructor. Limit of two per session.

Check with instructor for information about any dates when classes will not meet. **No classes November 27th.**

Yoga Mats & Eyebags - It is recommended that students bring their own mat. Please bring your own eyebag if you choose to use one during relaxation.

Recommendation: It is recommended that students who are new to Yoga attend a registered yoga course prior to attending our drop-in classes.

Are Registered Classes a Good Value?

Our registered classes cost $8.75(Resident)/$10.94(Non-resident) per class hour. Compare our prices to other clubs and studios.

Beginner Yoga

(Age 14+) Learn the basics of stretching and correct alignment in detail in order to practice yoga safely. Newcomers, students returning for a refresher, and those wishing to refine a lifelong yoga routine find this pace suitable. Explore correct breathing - the cornerstone of all yoga levels, foundational standing, seated and supine poses, twists, and modifications for individual body types.

217803	9/7-12/14	Su, 4:30-6pm	North	15	$197/$246	John
217784	9/8-12/15	M, 6:30-8pm	East Senior	15	$197/$246	Erin
217785	9/9-12/16	Tu, 9:15-10:45am	South	15	$197/$246	De
217793	9/10-12/17	W, 7:30-8:45am	South	15	$164/$205	Ravi
217800	9/11-12/18	Th, 9:15-10:45am★	North	14	$184/$230	Louann
217802	9/12-12/19	F, 9-10:30am	East	15	$197/$246	Brian

Easy Flow Yoga

(Age 14+) Easy flow yoga is appropriate for anyone who has familiarity with yoga but would like to tone down the speed and intensity of the class from a more traditional vinyasa class. We will practice sun salutations, standing poses, seated poses, gentle twisting and back bending, and possibly modified inversions. **Pre-requisite:** Students should have knowledge of yoga postures, yoga principles, and yoga breath, and be able to sit comfortably on the floor, kneel, and then stand, lunge, and support some weight with the arms.

218699	9/10-12/17	W, 4:15-5:30pm	North	15	$164/$205	Martha

Yin Yoga

(Age 14+) Through a series of long-held postures, with little muscular effort, Yin Yoga focuses on gently stretching and healing connective tissues such as the ligaments, bones and even the joints of the body, specifically the connective tissues of the hips, lower spine and pelvis, rather than on muscular engagement. Yin Yoga has the same goals and objectives as all other types of yoga; however, it directs the benefits and stimulation deeper than the superficial or muscular tissues. Yin Yoga is a perfect complement to the dynamic and muscular styles of yoga that emphasize internal heat and the lengthening and contracting of muscles. All levels are welcome.

219330	9/12-12/19	F, 2:15-3:30pm	North	15	$164/$205	Karen C.

Pilates Mat/Yoga - Beginner

(Age 14+) Learn Pilates Method principles and a combination of Pilates mat exercises and yoga at the beginner level. Also suitable for continuing beginner students.

219834	9/12-12/19	F, 9-10:15am	South	15	$164/$205	Lisa

Gentle Continuing Yoga

(Age 14+) This course is for those students who wish to tone down their physical yoga practice. Both standing and floor postures will be practiced within the boundaries of the individual student's capabilities. **Pre-requisite:** Students should have intimate knowledge of yoga postures, yoga principles, and yoga breath, and be able to sit comfortably on the floor, kneel, and then stand, lunge, and support some weight with the arms.

219837	9/8-12/15	M, 10:30-11:45am★	North	15	$164/$205	Shawna
219838	9/10-12/17	W, 5:30-7pm	South	14	$184/$230	Andrea
219839	9/11-12/18	Th, 9:15-10:45am	South	14	$184/$230	Kathleen

Continuing Yoga

(Age 14+) This ongoing level is moderately paced for those who have studied yoga regularly for 6 months or more. Classes review the fundamentals and variations with longer holding of poses and/or the addition of the flowing vinyasa style. Emphasis on the breath and attention to structure help you enjoy a deeper level of understanding. The continuing level is also a comfortable match for students preparing for more vigorous practice.

218698	9/8-12/15	M, 6-7:30pm	North	15	$197/$246	Louis
218631	9/9-12/16	Tu, 3:15-4:45pm	North	15	$197/$246	Louann
217799	9/10-12/17	W, 5:45-7:15pm	North	14	$184/$230	Matt
217801	9/11-12/18	Th, 5:30-7pm	North	14	$184/$230	Shawna
217798	9/12-12/19	F, 8:50-10:20am	North	15	$197/$246	De

Iyengar Yoga

(Age 14+) Classes will focus on the systematic teaching method of the Iyengar Yoga Method of Classical Hatha Yoga as defined by the world renowned Indian yoga master, B.K.S. Iyengar. Instructors give clear demonstrations of the postures and provide specific teaching points to awaken the body's innate intelligence. Students are observed and, if necessary, adjusted to help them find their optimal alignment. Modifications to the classic yoga postures can be made for individual students. Props such as blocks, blankets and belts are used to enable students to stay longer and penetrate more deeply into the posture.

218650	9/6-12/13	Sa, 9-10:30am	North	15	$197/$246	Karen D.

For inclusion opportunities for people with disabilities – see page 11

★ = childcare available

Restorative/Gentle Yoga

(Age 14+) Give your body and spirit an opportunity to focus and rejuvenate. Practice breathing and floor postures supported by blankets, bolsters, blocks and straps. The restorative method of yoga creates greater flexibility, balance and inward connection. It reduces stress and increases clarity of mind. This type of yoga is helpful for those who are recovering from illness.

217804	9/6-12/13	Sa, 10:40-11:55am	Iris	15	$164/$205	Karen D.
217792	9/10-12/17	W, 10:30-11:45am★	North	15	$164/$205	Karen D.

Therapeutic Yoga

(Age 14+) This class explores gentle, safe, focused yoga motions and postures. The purpose of which is to find balance between mind, muscles, physiology and kinesiology. This class is suitable for those recovering from injury and/or surgery, those with limited range of motion or anyone wanting a gentle introduction to yoga.

217786	9/9-12/16	Tu, 5:15-6:30pm★	North	15	$164/$205	Cassandra
217787	9/10-12/17	W, 4-5:15pm	South	15	$164/$205	Lori
217788	9/12-12/19	F, 4-5:15pm	North	15	$164/$205	Cassandra

Yoga and Meditation

(Age 14+) Learn several methods of meditation and pranayama (breathing) so you can develop a practice that uniquely suits you. No previous experience with meditation or with yoga required. Ravi Dykema, Yogiraj, has taught meditation for forty years in both India and the USA. He was Adjunct Professor of Yoga at the Naropa University and is a published author on yoga history, philosophy and practice.

219842	9/12-12/19	F, 7:30-8:45am	North	14	$153/$191	Ravi

Women's Yoga

(Age 14+) Share time and energy with other female practitioners of yoga as you immerse yourself in simple routines designed for the present moment in all passages of life: teen, pre/post natal, mid-life and senior years. This class specifically addresses women's bodies with an emphasis on breath, strengthening skeletal health, and restoring energy and inner beauty.

217794	9/10-12/17	W, 10:20-11:50am	East	15	$197/$246	Alicia

Middle School Yoga

(Age 11-15) Practicing yoga develops strength, flexibility, and balance for all body types. It enhances athletic, music, and dance skills and complements the arts and sciences. Teens improve body confidence, learn how to avoid injury, increase concentration and reduce stress while enculturating a life-long tool for healthy, heartful living.

218634	9/16-10/28	Tu, 4:15-5:15pm	East	7	$61/$77	Wendy
220203	11/4-12/16	Tu, 4:15-5:15pm	East	7	$61/$77	Wendy

Visit us online for drop-in Pilates and Yoga class schedules and class descriptions.

▶ WORKSHOPS

Restorative Healing Yoga

(Age 14+) Beyond recuperative, past relaxing is restorative yoga. This is completely supported, restful yoga which utilizes many props that will enable you to stay in an asana long enough to get the deeper healing benefits of each posture, beyond toning and streching. Holding a pose allows the breath and vital life energies to deepen, allowing the brain and nervous system quiet rejuvination. Emerge from this workshop felling still, calm, peaceful and centered.

220237	11/15	Sa, 2-4pm	North	1	$44/$55	Karen D.
220238	12/6	Sa, 2-4pm	North	1	$44/$55	Karen D.

Yoga & Meditation: An Introduction

(Age 14+) The stillness and silence of meditation are deeply healing, and available to everyone. This two-hour workshop is an opportunity to learn the basics of meditation in a relaxed and playful environment. We'll use simple yoga poses to help release tensions from the physical body, so that sitting quietly feels natural and comfortable. Guided visualizations will help you connect more deeply with your breath and body sensations. You'll leave with tools to apply in your daily life, to support a more joyful way of moving through the world.

220239	10/11	Sa, 2-4pm	North	1	$44/$55	Beth

Family Heartbeatyoga One-Day Workshop

NEW!

(Age 5+) Everybody can move, dance, play, relax, breathe and laugh in this special workshop! This fun, contemplative, aerobic exercise includes yoga practice, mindful music, body awareness exploration, and free-form, guided and participant-led movement dance with meditative themes. It brings a conscious, spontaneous state to exercise that has the therapeutic effect of connecting students to themselves, others, and the earth. Heartbeatyoga tones your body and releases visceral tension, expands your endurance and lung capacity, and rejuvenates your internal state. All children under the age of 10 must be accompanied by an adult.

218657	11/8	Sa, 4-5pm	North	1	fees below	Louann

Fees:
1 adult, 1 child $14 • 2nd child $5 • Family (2 adults / 2 or more children) $25

Also try a drop-in Heartbeatyoga class (Age 9+)

Drop-in	9/7 & 9/21	Su, 10:15-11:45am	North	Louann
Drop-in	10/5 & 10/19	Su, 10:15-11:45am	North	Louann
Drop-in	11/2 & 11/16	Su, 10:15-11:45am	North	Louann
Drop-in	12/7 & 12/21	Su, 10:15-11:45am	North	Louann

▶ CHI KUNG

(Age 14+) Qigong (also spelled Chi Kung) is a form of yoga with roots in ancient China. Its many benefits include physical health and vitality, emotional wellbeing, mental clarity, and the unfolding of our deepest potential. A regular qigong practice may, over time, reduce chronic pain, resolve anxiety/depression, and support rejuvenating sleep cycles. This course, perfect for beginners and more advanced practitioners alike, will introduce the joyful and powerful practice of qigong by exploring the ten stages of qi cultivation. Each class will combine breathing and visualization exercises with gentle movements that stretch muscles and tendons, and circulate qi (life force) through the meridians (channels of body awareness also used in acupuncture). By the end of the course, you will have learned ten life-affirming and health-enhancing qigong practices.

218652	9/7-12/14	Su, 9:30-11am	North	15	$197/$246	Beth

POTTERY

Don't miss our annual pottery sale Sept. 6-7th, choose from hundreds of unique handmade pieces made by staff and students! See pg. 46 for details.

▶ ART

Drawing and Watercolor Basic 1

(Age 16+) Combine a fun learning adventure using two medias at the same time. Students will learn various pencil and watercolor techniques, and build self confidence and develop the ability to see, to draw and to paint.

218588	9/8-10/13	M, 7-9pm	East Senior	6	$125/$157	Barbara

Drawing and Watercolor Intermediate 1

(Ages 16+) Offering two medias at the same time, students will step beyond the basics and explore more pencil techniques and focus on the seasonal beauty of our environment, using watercolors.

218589	10/20-11/24	M, 7-9pm	East Senior	6	$125/$157	Barbara

▶ ADULT POTTERY

All pottery classes are held at the City of Boulder Pottery Lab, 1010 Aurora, Boulder.

- Students need to provide their own tools.
- For safety reasons, do not wear open toed shoes.
- Bring a towel to class.
- Adult courses include up to 50 lbs. of clay, glazes, firing, and instruction.
- Street Parking is available, be aware that some parking is restricted to 2 hours from 9 a.m to 5 p.m. Monday-Friday.

Adult Beginner

(Age 16+) Experience the fun and satisfaction of working with clay. Basic hand-building, beginning wheel-throwing and glazing are introduced.

218590	9/9-11/4	Tu, 6-8:30pm	Pottery Lab	9	$213/$266	Aaron

Adult Intermediate

(Age 16+) This class for intermediate students includes wheel-throwing, hand-building, glazing and firing. Class is combined with Senior Pottery.

218592	9/9-11/4	Tu, 9-11:30am	Pottery Lab	9	$213/$266	Nancy
218593	11/11-12/9	Tu, 9-11:30am	Pottery Lab	5	$118/$148	Nancy

Senior Pottery

(Ages 60+) All skill levels are welcome to participate in this class in which the art of wheel-throwing, hand-building, decorating and basic sculpture and firing are explored. Meet new friends while learning a new hobby.

218632	9/9-11/4	Tu, 9-11:30am	Pottery Lab	9	$213/$266	Nancy
218633	11/11-12/9	Tu, 9-11:30am	Pottery Lab	5	$118/$148	Nancy

All Levels

(Age 16+) This popular class is designed for the beginning/advanced student with individual needs or special projects. Includes both wheel-throwing and hand-building.

218594	9/8-11/3	M, 7-9:30pm	Pottery Lab	9	$213/$266	Chris
218595	9/13-11/8	Sa, 9-11:30am	Pottery Lab	9	$213/$266	TBA

Beginning Wheel-Throwing and Hand-Building

(Age 16+) Both beginning throwing on the wheel and hand-building techniques will be highlighted in this class for the beginning students.

218596	9/11-11/6	Th, 9-11:30am	Pottery Lab	9	$213/$266	Margaret

Ikebana Flower Arranging and Container Construction

(Ages 16+) Students will spend the first 5 weeks learning the basic principles and techniques for making beautiful flower containers and the last 4 weeks will be dedicated to the art of Ikebana flower arranging.

218784	9/8-11/3	M, 12-2:30pm	Pottery Lab	9	$213/$266	Nancy

For inclusion opportunities for people with disabilities – see page 11

★ = childcare available

Porcelain
(Age 16+) Introduction to throwing porcelain utilizing Japanese methods including: wedging, throwing 'off the hump', use of Japanese style throwing and trimming tools and glazing methods. This class will include 50 lbs. of porcelain.

218695	9/10-11/5	W, 7-9:30pm	Pottery Lab	9	$213/$266	Aaron

Continuing Porcelain
Continue to refine forms and techniques in the Japanese style of throwing porcelain.

218696	11/12-12/10	W, 7-9:30pm	Pottery Lab	5	$118/$148	Aaron

Dysfunktional Ceramics
(Age 16+) Stretch your imagination moving from traditional functional forms into the world of dysfunctional pieces with an emphasis on funk, fun and movement. Students will work with thrown, hand-built and extruded forms, bringing character and life to the world of function.

218645	9/11-11/6	Th, 6-8:30pm	Pottery Lab	9	$213/$266	Nancy

Mosaic Tiles
(Age 16+) In just 5 weeks, students will design a small table top or tray (15 to 20 inches); make their own patterns and tiles and fire their own electric kiln to have tiles available on the 5th week for assembly.

218791	11/10-12/8	M, 12-2:30pm	Pottery Lab	5	$118/$148	Margaret

Clay it Forward
(Age 16+) In the spirit of giving, join us for 5 fun weeks making projects that are completed in a single class and intended for the season of gift giving. Choose a special charity, person or group that you would like to make a few pieces for and catch the spirit of the season.

218792	11/10-12/8	M, 7-9:30pm	Pottery Lab	5	$118/$148	Chris

Extrusion Madness
(Age 16+) Concentrate on constructing a variety of forms using extruded parts. This is a fun, easy class to enhance your pottery skills and bring new forms to life. Students will use both the small and large extruders and learn some tips and tricks for successfully integrating slabs and extrusions. Great for beginners to advanced students.

218790	11/11-12/9	Tu, 6-8:30pm	Pottery Lab	5	$118/$148	Aaron

Adult Hand-building
(Age 16+) Discover the joy of learning traditional and new hand-building techniques in just 5 weeks!

218786	11/13-12/11	Th, 9-11:30am	Pottery Lab	5	$118/$148	Margaret

Beneath the Surface
(Age 16+) Working with porcelain, students will learn some basic and traditional carving techniques for small boxes, cups, saucers, teapots and plates.

218646	11/13-12/11	Th, 6-8:30pm	Pottery Lab	5	$213/$266	Nancy

Animal Attraction
(Age 16+) Discover the sculptor in you and the animal lurking in the clay. Have some fun making small sculptural animals using a variety of simple clay techniques and try some new surface techniques for sculpture.

218785	11/14-12/12	F, 2-4:30pm	Pottery Lab	5	$118/$148	Nancy

▶ YOUTH POTTERY

Child/Parent Pottery
(Ages 4+) Here is a perfect opportunity to learn the art of hand-building pottery with your child. Emphasis is on working on a project as a family unit.

218598	9/11-10/30	Th, 11am-12pm	Pottery Lab	8	$107/$134	Judi
218600	9/11-10/30	Th, 1-2pm	Pottery Lab	8	$107/$134	Judi
218602	9/13-11/1	Sa, 9-10am	Pottery Lab	8	$107/$134	Judi
218603	9/13-11/1	Sa, 10:15-11:15am	Pottery Lab	8	$107/$134	Judi
218604	9/13-11/1	Sa, 11:30am-12:30pm	Pottery Lab	8	$107/$134	Judi
218599	11/6-12/4	Th, 11am-12pm	Pottery Lab	5	$67/$84	Judi
218601	11/6-12/4	Th, 1-2pm	Pottery Lab	5	$67/$84	Judi
218605	11/8-12/6	Sa, 9-10am	Pottery Lab	5	$67/$84	Judi
218606	11/8-12/6	Sa, 10:15-11:15am	Pottery Lab	5	$67/$84	Judi
218607	11/8-12/6	Sa, 11:30am-12:30pm	Pottery Lab	5	$67/$84	Judi

Children's Pottery
(Ages 4-5) Children play with clay and turn it into enjoyable or useful objects. Group experience and individual attention are part of this class. Forming and painting are emphasized.

218610	9/10-10/29	W, 1-1:45pm	Pottery Lab	8	$81/$101	Rosemary
218613	11/5-12/3	W, 1-1:45pm	Pottery Lab	5	$51/$63	Rosemary

(Ages 6-7) Children learn the basics of hand-building to make tall or hollow pieces. Children will slip and paint their own work.

218614	9/8-10/27	M, 3:45-4:45pm	Pottery Lab	8	$81/$101	Jana
218615	9/9-10/28	Tu, 3:45-4:45pm	Pottery Lab	8	$81/$101	Colleen
218616	11/3-12/1	M, 3:45-4:45pm	Pottery Lab	5	$51/$63	Jana
218617	11/4-12/2	Tu, 3:45-4:45pm	Pottery Lab	5	$51/$63	Colleen

(Ages 8-10) Students relax and discover the joy of clay as they develop hand-building techniques and carry out ideas using a craftsman-like approach.

218624	9/10-10/29	W, 3:45-4:45pm	Pottery Lab	8	$81/$101	Jana
218625	11/5-12/3	W, 3:45-4:45pm	Pottery Lab	5	$51/$63	Jana

Fun Fridays
(Ages 6-8) After working hard all week, explore clay and have fun with hand-building techniques and projects that will allow freedom and creativity.

218782	9/12-10/31	F, 3:45-4:45pm	Pottery Lab	8	$81/$101	Jana
218783	11/7-12/5	F, 3:45-4:45pm	Pottery Lab	5	$51/$63	Jana

Pre-Teen Pottery
(Ages 8-11) Learn new equipment including the slab roller, extruder and wheel to broaden your learning experience. Students must have completed a hand-building class at the Pottery Lab before signing up for this class.

218627	9/11-10/30	Th, 4-5:15pm	Pottery Lab	8	$117/$146	Aaron
218628	11/6-12/4	Th, 4-5:15pm	Pottery Lab	5	$73/$91	Aaron

Teen Pottery
(Ages 12-16) Emphasizing creativity and enjoyment, learn basic hand-building and wheel throwing instruction, slip decorating, glazing and firing.

218636	9/10-10/29	W, 4-6pm	Pottery Lab	8	$117/$146	Aaron
218637	11/5-12/3	W, 4-6pm	Pottery Lab	5	$73/$91	Aaron

Our Mini-Sports program is a great way to introduce your child to a new sport in a fun, non-competitive environment.

▶ PRESCHOOL

Gym Jam

(Ages 9mos.-4) Burn off some energy. The gym will be filled each week with different equipment. We provide the fun and you provide the supervision.
Information: Erynn at 303-441-4137 or simonee@bouldercolorado.gov

218680	10/13-12/8	M, 9:30-11:30am	South	$24 /$5 drop-in
218681	10/10-12/12	F, 9:30-11:30am	South	$24 /$5 Drop-in

Mini-Sports

(Ages 3-6) The (instructional) Mini-Sports programs consist of staff who help build participant's skills by administrating a full range of drills and games. While learning the sport, staff will stress the FUN of playing. All Mini-Sports programs are located at the East Mapleton Softball Fields (Mapleton & 30th).

For inclement weather and cancellation information: 303-441-3410.
Information: Megann at 303-413-7465 or lohmanm@bouldercolorado.gov

T-ball

(Ages 4-5)

218500	9/9-10/14	Tu, 4-4:45pm	Mapleton	6	$55/$69
218501	9/9-10/14	Tu, 5-5:45pm	Mapleton	6	$55/$69

Soccer

(Ages 3-4)

218502	9/10-10/15	W, 4-4:45pm	Mapleton	6	$55/$69

(Ages 5-6)

218503	9/10-10/15	W, 5-5:45pm	Mapleton	6	$55/$69

Sports Sampler

(Ages 3-4) A chance for future athletes to explore any of the following sports: basketball, t-ball, soccer, tennis, floor hockey, and other gym games.
Information: Megann at 303-413-7465 or lohmanm@bouldercolorado.gov
No class Nov. 25 & 27.

218512	11/4-12/16	Tu, 5-5:45pm	South	6	$55/$69
218511	11/6-12/18	Th, 9:45-10:30am	East	6	$55/$69

Homeschool P.E.

(Ages 6-11) Expand your child's physical education experience with any of the following: canoeing, soccer, basketball, rock wall, gym games, floor hockey, swimming, and more. We focus on helping children develop strong muscles, teamwork, cardiovascular endurance, flexibility, and friendships.
Information: Megann at 303-413-7465 or lohmanm@bouldercolorado.gov

218496	9/18-11/6	Th, 3-4pm	East	8	$60/$76

▶ SCHOOL BREAK CAMPS

(Ages 5-11) Want to turn a challenging school day off into a fun-filled, energetic day of exciting and diverse activities for your child? Enroll them in our school day off camps where they can enjoy games, sports, swimming, indoor climbing, arts and crafts, and more! All camps provide safe, respectful, age-appropriate, supervised activities for only $55/day (resident).

Don't miss out - Enrollment limited - sign up today!
Information: Erynn at 303-441-4137 or simonee@bouldercolorado.gov

BVSD - Teacher Professsional Development Day

206753	10/13	M, 8:45am-5pm	East	1	$55/$69

Veterans Day

206754	11/17	M, 8:45am-5pm	East	1	$55/$69

Thanksgiving Break Camp

218682	11/24	M, 8:45am-5pm	East	1	$55/$69
218683	11/25	Tu, 8:45am-5pm	East	1	$55/$69
218684	11/26	W, 8:45am-5pm	East	1	$55/$69

Winter Break Camp

219745	12/22	M, 8:45am-5pm	East	1	$55/$69
219746	12/23	Tu, 8:45am-5pm	East	1	$55/$69
219747	12/29	M, 8:45am-5pm	East	1	$55/$69
219748	12/30	Tu, 8:45am-5pm	East	1	$55/$69
220183	1/2	F, 8:45am-5pm	East	1	$55/$69
220184	1/5	M, 8:45am-5pm	East	1	$55/$69

For inclusion opportunities for people with disabilities – see page 11

★ = childcare available

▶ YOUTH INDOOR ROCK CLIMBING

(Ages 6-12) Join our experienced climbing wall staff for age appropriate activities on our indoor rock wall.
Information: Matt at 303-413-7477 or kamhim@bouldercolorado.gov.

Introduction to Climbing

(Ages 6-12) Perfect for kids that have little to no exposure to the sport of rock climbing. Confidence and strength will be a focal point while learning the basics of climbing.

218541	9/15-10/20	M, 4-5pm★	East	6	$60/$75
218538	9/17-10/22	W, 4-5pm★	East	6	$60/$75
218539	9/18-10/23	Th, 4-5pm	East	6	$60/$75

Intermediate Climbing

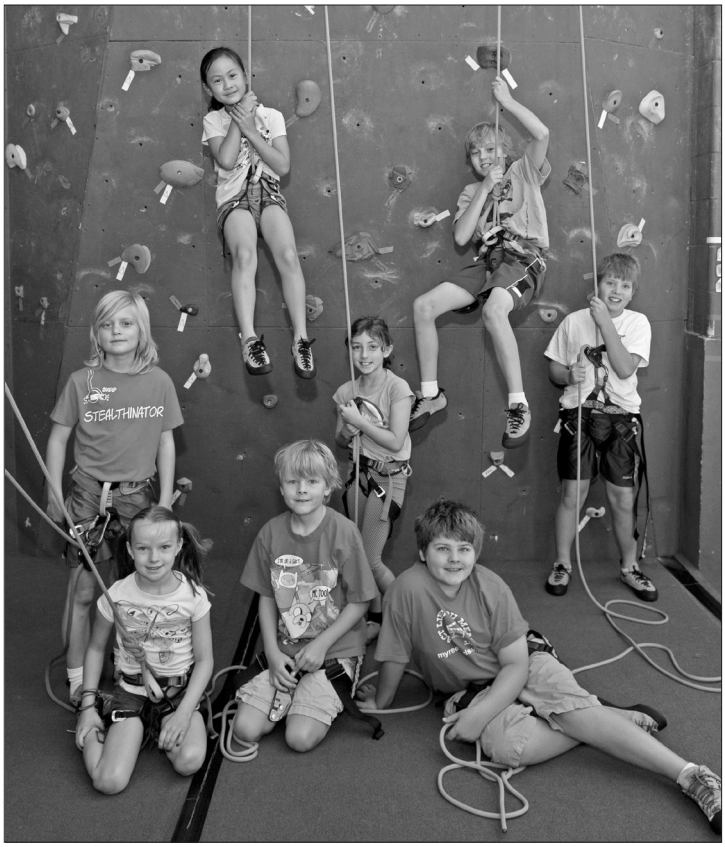
(Ages 6-12) Review the basics from the Introduction to Climbing class while learning more techniques and skills of knot tying, belaying, route climbing, bouldering, and etiquette.

218537	9/15-10/20	M, 5-6:30pm★	East	6	$90/$113
218540	9/18-10/23	Th, 5-6:30pm	East	6	$90/$113

Advanced Climbing

(Ages 9-12) Focus on more one on one instruction and higher level climbing techniques with; reading routes, climbing efficiently, project problems and conditioning. Must have approval from instructor prior to registration.

218536	9/17-10/22	W, 5-6:30pm★	East	6	$110/$138



Our indoor rock wall is the perfect place to focus on building strength and confidence.

▶ FLAG FOOTBALL

NFL Flag Football

(Ages 4-14) Boys and girls welcome for an 8 week flag football season. All teams are formed by school and grade with games played at Fairview High School Football Stadium. Registration fee includes NFL jersey, flags and a participation award. For more information call 720-360-1600 or Matt at 303-413-7477 or kamhim@bouldercolorado.gov
***Register at: www.NationalFlagFootball.com**

*	9/21-11/9	Su, 12pm	Fairview	8	$130

▶ YOUTH VOLLEYBALL

Elementary School Volleyball Class

(Ages 7-11) Designed for elementary school students looking to build skills in the sport of volleyball. Practices stress fundamental skills, team strategies, and teamwork to build confidence in participants. No class Nov 30.
Information: Erynn at 303-441-4137 or simonee@bouldercolorado.gov

218282	9/7-10/26	Su, 12-1:30pm	South	8	$99/$124
218285	11/2-12/14	Su, 12-1:30pm	South	6	$74/$92

Middle School Volleyball Class

(Ages 11-15) Designed for beginning level middle school students looking to build skills in the sport of volleyball. Practices stress fundamental skills, team strategies, and teamwork to build confidence in participants. No class Nov 30.
Information: Erynn at 303-413-4137 or simonee@bouldercolorado.gov

218283	9/7-10/26	Su, 1:30-3pm	South	8	$99/$124
218286	11/2-12/14	Su, 1:30-3pm	South	6	$74/$92

Middle School Volleyball Prep Class

(Ages 11-15) Designed as a preparation for 6-8th graders who are interested in making the school volleyball team. Participants must have previous experience and a sound skill set as more advanced techniques will be the focus. This is not a beginner class. Participants must meet minimum skill level to particiapte. Class will focus on building skills, increasing knowledge, and conditioning. This is a great boost before school tryouts!
Information: Erynn at 303-413-4137 or simonee@bouldercolorado.gov
No class on Nov. 26th and 30th.

218287	10/19-12/17	Su, 3-4:45pm W, 4:15-6pm★	South East	16	$200/$250

High School Volleyball Practices

(Ages 14-17) Keep your volleyball skills sharp and stay conditioned for other activities. Practices to include skill development, conditioning, and scrimmages. No class Nov. 29th. Information: Erynn at 303-413-4137 or simonee@bouldercolorado.gov

218289	11/8-12/13	Sa, 10am-12pm★	East	5	$74/$92

High School Volleyball Team

(Ages 14-17) Designed as an alternative to 'club' for the female high school volleyball player. Participants must have previous high school team or club playing experience. Practices will build on current skills while maintaining athletic conditioning. Practices will be on Tuesdays and Saturdays with scrimmages on Thursday nights. Teams will be sorted after the first, two practices. Mandatory parents meeting will be held Jan. 3rd, 10am at EBCC. No registrations after Jan 3rd. Information: Erynn at 303-413-4137 or simonee@bouldercolorado.gov

218284	1/3-3/5	Tu/**4:15-6**pm South • **Th/7-10pm North** **Sa/10am-12:45pm East**	$340/$425

▶ NUGGETS BASKETBALL

Boulder Parks & Recreation partners with the National Basketball Academy and Denver Nuggets to provide quality basketball programs for rookies through all-stars.

***To register for the Denver Nuggets programs and clinics please visit: www.TheBasketballAcademy.com > Denver Nuggets**

For questions please contact Desmond Young, National Basketball Academy, 810-836-1017 or dyoung@TheBasketballAcademy.com

You may also contact Megann with City of Boulder Parks and Recreation at 303-413-7465 or Lohmanm@bouldercolorado.gov.

Shooting Clinic

(Ages 7-15) Learn from the best! Attend the Denver Nuggets Shooting Clinic and get a professional breakdown of how to properly shoot and prepare to be a great shooter in the game of basketball. Each child will get a video breakdown of their shot with instructions on how to fix any problems there may be. We will shoot between 500-1000 GOOD shots in one day! Spaces are limited to increase productivity.

*	9/20	Sa, 10am-1pm★	East	1	$85

Guard Training Camp

(Ages 8-15) Get ready for the season with the Guard Training Camp! We will highlight and emphasize the important facets of being a productive guard at any levels. This training camp will include game passing, dribbling, shooting, defense, and pick and roll decision making. No class on 10/13

*	10/6-11/3	M, 4:15-5:15pm★	East	4	$115

Post Training Camp

(Ages 10-15) Get ready for the season with the Post Training Camp! We will highlight and emphasize the important facets of being a productive post player at any level. This training camp will include post footwork, contact finishing, 1on1 moves, and proper pick and roll scenarios. No class on 10/13

*	9/29-10/27	M, 5:30-6:30pm★	East	4	$115

Hoop Zone Clinic

Let's improve or learn Hoop skills! Learn from the best! The Nuggets classes are highlighted with professional instruction and 10-1 Player to Coach Ratio. Each session will cover fundamental skill drilling, lesson drilling – jab series, ball screen series, shooting off screens, and motion cuts. Players will have the opportunity to work on skills along with playing 1 on 1, 2 on 2 and 5 on 5 game situations. No class 11/24 & 11/27.

Ages 5-7

*	11/3 – 12/15	Mon, 3:30-4:15pm★	East	6	$85

Ages 8-10

*	11/3 – 12/15	Mon, 4:30-5:45pm★	East	6	$90

Ages 11-14

*	11/6 – 12/18	Thu, 4:15-5:45pm	East	6	$99

Rocky's Mini-Dribbler Club

(Ages 4-7) Learn how to handle a basketball in a fun and educational environment. The children will learn good ball handling routines as well as proper fundamentals that will set the foundation for good basketball in the future.

*	9/8-9/29	M, 4-4:45pm★	East	4	$99

Denver Nuggets Private Training

Take advantage of the National Basketball Academy's professional training program. The program is designed to take your game to the next level. Whether it be getting ready for elementary basketball or NBA tryouts, we can help improve your game. The National Basketball Academy has graduated an elite list of Division 1 and pro players all over the United States.

Key skills include: Shooting, ball handling, position specific (point guard, post, shooting), rebounding, defense, game decision making and team-play dynamics.

***To register for the Denver Nuggets programs and clinics please visit: www.TheBasketballAcademy.com > Denver Nuggets**

For questions please contact Desmond Young, National Basketball Academy, 810-836-1017 or dyoung@TheBasketballAcademy.com

For inclusion opportunities for people with disabilities – see page 11

★ = childcare available

▶ DROP-IN BASKETBALL, PICKLEBALL & VOLLEYBALL

Visit us online for the most up to date drop-in schedules at www.BoulderParks-Rec.org

Adult Sports Leagues - Spring/Summer/Fall/Winter

Basketball, Volleyball, Softball, Soccer, Kickball and Dodgeball leagues for all levels.

See **www.BPRsports.org** for more details.

Now hiring league officials!

Apply online at www.bouldercolorado.gov

▶ ADULT DODGEBALL

Coed Dodgeball League

(Ages 16+) Learn the five d's of dodgeball: dodge, duck, dip, dive and dodge! The 6 week season will include 2 matches per night with a tournament for the last meeting. Teams start play with 3 men and 3 women on the court.
Information: Megann at 303-413-7465 or lohmanm@bouldercolorado.gov
No matches Nov 27th.

218685	11/6-12/18	Th, 6-9pm	South	6	$315

▶ ADULT VOLLEYBALL LEAGUES

(Ages 16+) Play volleyball year round! Indoor leagues winter, spring and fall and outdoor leagues in the summer. Divisions are explained on the city website at www.bprsports.org. Teams may register through the website and fees are per team. No additional player fees!
Information: Erynn at 303-413-4137 or simonee@bouldercolorado.gov

Co-Ed 6's Rec

218475	9/23-11/11	Tu, 7-10pm	East	8	$405

Co-Ed 6's D1

218472	9/24-11/12	W, 7-10pm	East	8	$405

Co-Ed 6's D2

218473	9/24-11/12	W, 7-10pm	East	8	$405

Women's 6's D1

218476	9/25-11/13	Th, 6-10pm	East	8	$405

Women's 6's D2 - Tuesday

218474	9/23-11/11	Tu, 7-10pm	East	8	$405

Women's 6's D2 - Thursday

218477	9/25-11/13	Th, 6-10pm	East	8	$405

Senior Volleyball

(Ages 50+) Senior Volleyball - Teams must also register with the Colorado Senior Volleyball Association (CSVA)
Information: Erynn at 303-413-4137 or simonee@bouldercolorado.gov

218486	9/3-11/12	W, 1-3pm	East		$405

▶ ADULT BASKETBALL LEAGUES

Women's Basketball

(Ages 18+) This is a competitive league designed for ladies with high school or college play ability. Sign-up as individuals.
Information: Sherri at 303-441-4933 or email brownsh@bouldercolorado.gov.

218678	9/8-11/24	M, 6:15-9pm	South	12	$50/$62

Men's Basketball

(Ages 16+) Our recreation basketball leagues typically consist of players who have some previous experience or who just like to play the sport. We feature a regulation court, two officials, glass backboards and a electronic scoreboard in our 8 game seasons. Fees are team based with no additional player fees.
Information: Matt at 303-413-7477 or kamhim@bouldercolorado.gov.

B League - Tuesday

218480	9/16-11/11	Tu, 6-10pm	South	8	$500

B League - Wednesday

218481	9/17-11/12	W, 6-10pm	South	8	$500

Swimming

Swim lessons are a great way to help children build the confidence to feel safe in and around the water.

Important!
Registration for swim classes close one week prior to the first class meeting. Classes with low enrollment will be cancelled one week before their start date.
NOTE: Make ups are not given for missed classes.

Swim Lessons Information
Jackie Koehn, 303-413-7267 or KoehnJ2@bouldercolorado.gov

Schedules Available Online
In an effort to conserve paper we are asking patrons to view schedules online rather than taking home paper copies. Online schedules are always the most up-to-date and reflect any changes made. www.BoulderAquatics.org

Group Reservation Policy
Groups of 10 or more must call ahead and make a group reservation. We reserve the right to refuse admission to any group without a reservation. To make reservations, please visit our website www.BoulderAquatics.org

Aquatic Training Classes
Want to train to be a lifeguard or swim instructor?
Visit www.BoulderAquatics.org for classes offered.

Lifeguards/Swim Instructors Needed!
Are you reliable, energetic, and hardworking? Join our team of professional lifeguards and swim instructors. Flexible hours, competitive wages, and great benefits. Previous experience is preferred, but not required. Apply online at BoulderColorado.gov.

For more information contact Julie Dettbarn at dettbarnj@bouldercolorado.gov

▶ PRIVATE & *SEMI-PRIVATE SWIM LESSONS

Swimmers of all levels will benefit from private swim instruction! Sign up today by filling out the online form at www.BoulderAquatics.org. After filling out the form you will be contacted by an instructor in two to three weeks to set up the lessons. Once your lessons are scheduled you can go to any indoor recreation facility to pay for them.

Instructor Levels:
Level A - Instructor with 6+ years teaching experience
Level B - Instructor with less than 6 years teaching experience

30 minute lesson	**Master**	**Level A**	**Level B**
1 class	$45	$40	$32
3 classes	$129	$114	$90
6 classes	$246	$216	$174

60 minute lesson	**Master**	**Level A**	**Level B**
1 class	$67	$62	$47
3 classes	$195	$174	$132
6 classes	$378	$330	$252

*Semi-private lessons are half price for additional participants (up to 2).

▶ INSTRUCTOR SPOTLIGHT

Master Instructor - Curt Colby

I love teaching and coaching swimming to people of all ages and abilities. I started competitive swimming at age 9 and teaching swimming at age 15. I swam at Princeton and have been ranked nationally. I am currently the Boulder High School swim coach, a master's swim coach, Elk's Club swim coach and have run lesson program for over 20 years. With my experience and knowledge I can patiently and quickly have you swimming or swimming at a higher level.

Sign up for a private lesson today!

For inclusion opportunities for people with disabilities – see page 11

★ = childcare available

▶ PARENT/CHILD CLASSES

Jelly Monkey

(Ages 6 months-36 months) **Prerequisites:** Parent or guardian must accompany the child into the water and participate. Class Focus: Developing swimming readiness by leading parents and their children in water exploration activities with the objective of having fun and becoming comfortable in, on, and around the water.

219518	9/8-10/6	M, 5:35-6:05pm	North	5	$30/$38
219519	9/9-10/7	Tu, 6:40-7:10pm	East	5	$30/$38
219528	9/10-10/8	W, 5:35-6:05pm	North	5	$30/$38
219520	9/11-10/9	Th, 5:30-6pm	East	5	$30/$38
219521	9/12-10/10	F, 9:45-10:15am★	North	5	$30/$38
219522	9/12-10/10	F, 10:20-10:50am★	North	5	$30/$38
219523	9/13-10/11	Sa, 11-11:30am★	East	5	$30/$38
219524	10/13-11/10	M, 5:35-6:05pm	North	5	$30/$38
219525	10/14-11/11	Tu, 6:40-7:10pm	East	5	$30/$38
219526	10/15-11/12	W, 5:35-6:05pm	North	5	$30/$38
219527	10/16-11/13	Th, 5:30-6pm	East	5	$30/$38
219529	10/17-11/14	F, 9:45-10:15am★	North	5	$30/$38
219530	10/17-11/14	F, 10:20-10:50am★	North	5	$30/$38
219531	10/18-11/15	Sa, 11-11:30am★	East	5	$30/$38

▶ SPECIALIZED LESSONS

Prerequisites: There are no prerequisites for specialized classes; children may only enroll in class specific to their age. **Class Focus:** Specialized classes provide a more personalized interaction with instructors, running in a semi-private format of no more than three students per instructor. Great for children new to the swim lesson setting. Instructors will focus on a personal lesson plan for each child and skills will vary by individual swimming ability.

Specialized Lessons - Age 3

219397	9/8-10/6	M, 5-5:30pm	North	5	$60/$75
219417	9/8-10/6	M, 6:10-6:40pm	North	5	$60/$75
219396	9/9-10/7	Tu, 5:30-6pm	East	5	$60/$75
219398	9/10-10/8	W, 5-5:30pm	North	5	$60/$75
219400	9/11-10/9	Th, 5:30-6pm	East	5	$60/$75
219401	9/11-10/9	Th, 6:40-7:10pm	East	5	$60/$75
219399	9/12-10/10	F, 10:20-10:50am★	North	5	$60/$75
219402	9/13-10/11	Sa, 9:15-9:45am★	East	5	$60/$75
219416	9/13-10/11	Sa, 10:25-10:55am★	East	5	$60/$75
219429	10/13-11/10	M, 5-5:30pm	North	5	$60/$75
219451	10/13-11/10	M, 6:10-6:40pm	North	5	$60/$75
219428	10/14-11/11	Tu, 5:30-6pm	East	5	$60/$75
219430	10/15-11/12	W, 5-5:30pm	North	5	$60/$75
219432	10/16-11/13	Th, 5:30-6pm	East	5	$60/$75
219433	10/16-11/13	Th, 6:40-7:10pm	East	5	$60/$75
219431	10/17-11/14	F, 10:20-10:50am★	North	5	$60/$75
219434	10/18-11/15	Sa, 9:15-9:45am★	East	5	$60/$75
219450	10/18-11/15	Sa, 10:25-10:55am★	East	5	$60/$75

Specialized Lessons - Age 4

219462	9/8-10/6	M, 5-5:30pm	North	5	$60/$75
219464	9/8-10/6	M, 6:10-6:40pm	North	5	$60/$75
219403	9/9-10/7	Tu, 5:30-6pm	East	5	$60/$75
219404	9/10-10/8	W, 5-5:30pm	North	5	$60/$75
219418	9/10-10/8	W, 5:35-6:05pm	North	5	$60/$75
219406	9/11-10/9	Th, 5:30-6pm	East	5	$60/$75
219407	9/11-10/9	Th, 6:40-7:10pm	East	5	$60/$75
219463	9/12-10/10	F, 10:20-10:50am★	North	5	$60/$75
219408	9/13-10/11	Sa, 9:15-10:15am★	East	5	$60/$75
219409	9/13-10/11	Sa, 10:25-10:55am★	East	5	$60/$75
219436	10/13-11/10	M, 5-5:30pm	North	5	$60/$75
219415	10/13-11/10	M, 6:10-6:40pm	North	5	$60/$75
219435	10/14-11/11	Tu, 5:30-6pm	East	5	$60/$75
219437	10/15-11/12	W, 5-5:30pm	North	5	$60/$75
219452	10/15-11/12	W, 5:35-6:05pm	North	5	$60/$75
219439	10/16-11/13	Th, 5:30-6pm	East	5	$60/$75
219470	10/16-11/13	Th, 6:40-7:10pm	East	5	$60/$75
219438	10/17-11/14	F, 10:20-10:50am★	North	5	$60/$75
219442	10/18-11/15	Sa, 9:15-9:45am★	East	5	$60/$75
219443	10/18-11/15	Sa, 10:25-10:55am★	East	5	$60/$75

Specialized Lessons - Age 5

219446	9/8-10/6	M, 5-5:30pm	North	5	$60/$75
219410	9/9-10/7	Tu, 5:30-6pm	East	5	$60/$75
219411	9/10-10/8	W, 5-5:30pm	North	5	$60/$75
219467	9/11-10/9	Th, 5:30-6pm	East	5	$60/$75
219413	9/11-10/9	Th, 6:40-7:10pm	East	5	$60/$75
219414	9/12-10/10	F, 10:20-10:50am★	North	5	$60/$75
219419	9/13-10/11	Sa, 9:15-9:45am★	East	5	$60/$75
219441	9/13-10/11	Sa, 10:25-10:55am★	East	5	$60/$75
219445	10/13-11/10	M, 5-5:30pm	North	5	$60/$75
219444	10/14-11/11	Tu, 5:30-6pm	East	5	$60/$75
219471	10/15-11/12	W, 5-5:30pm	North	5	$60/$75
219447	10/16-11/13	Th, 5:30-6pm	East	5	$60/$75
219448	10/16-11/13	Th, 6:40-7:10pm	East	5	$60/$75
219449	10/17-11/14	F, 10:20-10:50am★	North	5	$60/$75
219453	10/18-11/15	Sa, 9:15-9:45am★	East	5	$60/$75
219460	10/18-11/15	Sa, 10:25-10:55am★	East	5	$60/$75

Specialized Lessons - Age 6

219487	9/9-10/7	Tu, 6:40-7:10pm	East	5	$60/$75
219490	9/10-10/8	W, 6:10-6:40pm	North	5	$60/$75
219491	9/11-10/9	Th, 6:40-7:10pm	East	5	$60/$75
219516	10/14-11/11	Tu, 6:40-7:10pm	East	5	$60/$75
219517	10/15-11/12	W, 6:10-6:40pm	North	5	$60/$75
219489	10/16-11/13	Th, 6:40-7:10pm	East	5	$60/$75

SWIMMING

▶ PRESCHOOL GROUP LESSONS

Preschool 1

(Age 3-5) This is the class to take if your preschooler has not yet taken swimming lessons. This course will focus on introductory skills to help build his/her foundation in swimming while gaining confidence in the class structure. Students will be taught basic water safety skills and basic arm and leg movements to help develop comfort in the water. In addition, students will learn to enter and exit the water independently and float with support.

219388	9/8-10/6	M, 5:35-6:05pm	North	5	$30/$38
219391	9/9-10/7	Tu, 6:05-6:35pm	East	5	$30/$38
219389	9/11-10/9	Th, 6:05-6:35pm	East	5	$30/$38
219461	9/12-10/10	F, 9:45-10:15am★	North	5	$30/$38
219390	9/13-10/11	Sa, 9:50-10:20am★	East	5	$30/$38
219405	10/13-11/10	M, 5:35-6:05pm	North	5	$30/$38
219424	10/14-11/11	Tu, 6:05-6:35pm	East	5	$30/$38
219412	10/16-11/13	Th, 6:05-6:35pm	East	5	$30/$38
219422	10/17-11/14	F, 9:45-10:15am★	North	5	$30/$38
219423	10/18-11/15	Sa, 9:50-10:20am★	East	5	$30/$38

Preschool 2

(Age 3-5) Students will build upon the basic skills learned in Preschool 1 and begin to learn independent aquatic locomotion skills. Preschool 2 emphasizes independence in the skills learned in the first level.

219394	9/8-10/6	M, 5:35-6:05pm	North	5	$30/$38
219392	9/9-10/7	Tu, 6:05-6:35pm	East	5	$30/$38
219393	9/11-10/9	Th, 6:05-6:35pm	East	5	$30/$38
219395	9/12-10/10	F, 9:45-10:15am★	North	5	$30/$38
219420	9/13-10/11	Sa, 9:50-10:20am★	East	5	$30/$38
219427	10/13-11/10	M, 5:35-6:05pm	North	5	$30/$38
219425	10/14-11/11	Tu, 6:05-6:35pm	East	5	$30/$38
219426	10/16-11/13	Th, 6:05-6:35pm	East	5	$30/$38
219469	10/17-11/14	F, 9:45-10:15am★	North	5	$30/$38
219454	10/18-11/15	Sa, 9:50-10:20am★	East	5	$30/$38

Preschool 3

(Age 3-5) Students will be taught to perform the skills presented in Preschool 1 and 2 independently to reach greater distances and develop good coordination. The use of combined simultaneous arm and leg actions will continue to help the student build a foundation for proper stroke development and confidence in the water.

219465	9/8-10/6	M, 5:35-6:05pm	North	5	$30/$38
219421	9/9-10/7	Tu, 6:05-6:35pm	East	5	$30/$38
219466	9/11-10/9	Th, 6:05-6:35pm	East	5	$30/$38
219440	9/12-10/10	F, 9:45-10:15am★	North	5	$30/$38
219468	9/13-10/11	Sa, 9:50-10:20am★	East	5	$30/$38
219455	10/13-11/10	M, 5:35-6:05pm	North	5	$30/$38
219456	10/14-11/11	Tu, 6:05-6:35pm	East	5	$30/$38
219457	10/16-11/13	Th, 6:05-6:35pm	East	5	$30/$38
219458	10/17-11/14	F, 9:45-10:15am★	North	5	$30/$38
219459	10/18-11/15	Sa, 9:50-10:20am★	East	5	$30/$38

▶ GROUP LESSONS AGES 6-13

Level 1 Sea Turtle

(Ages 6-8) **Prerequisites:** There are no prerequisites for Sea Turtle Classes. Class Focus: Level 1 aims to help children enjoy and feel safe in the water. This introductory course focuses on water basics including breath control, front and back floats with support, kicking, forward arm motion, and water safety.

219472	9/8-10/6	M, 5-5:30pm	North	5	$30/$38
219476	9/10-10/8	W, 5-5:30pm	North	5	$30/$38
219473	9/10-10/8	W, 6:10-6:40pm	North	5	$30/$38
219474	9/11-10/9	Th, 6:05-6:35pm	East	5	$30/$38
219479	9/13-10/11	Sa, 10:25-10:55am★	East	5	$30/$38
219481	9/13-10/11	Sa, 11-11:30am★	East	5	$30/$38
219492	10/13-11/10	M, 5-5:30pm	North	5	$30/$38
219493	10/15-11/12	W, 5-5:30pm	North	5	$30/$38
219477	10/15-11/12	W, 6:10-6:40pm	North	5	$30/$38
219498	10/16-11/13	Th, 6:05-6:35pm	East	5	$30/$38
219499	10/18-11/15	Sa, 10:25-10:55am★	East	5	$30/$38
219484	10/18-11/15	Sa, 11-11:30am★	East	5	$30/$38

Level 2 Rays

(Ages 6-8) **Prerequisites:** Successful completion of level 1 Sea Turtle Class or child must be able to successfully perform 10 bobs, blow bubbles, and perform front and back floats with support. Class Focus: Level 2 continues to build on basic water skills introduced in the level 1 class. Students will learn to perform front and back floats independently and be introduced to rhythmic breathing, front crawl and backstroke.

219475	9/8-10/6	M, 6:10-6:40pm	North	5	$30/$38
219494	9/9-10/7	Tu, 6:05-6:35pm	East	5	$30/$38
219500	9/10-10/8	W, 5:35-6:05pm	North	5	$30/$38
219501	9/13-10/11	Sa, 9:15-9:45am★	East	5	$30/$38
219502	9/13-10/11	Sa, 11-11:30am★	East	5	$30/$38
219506	10/13-11/10	M, 6:10-6:40pm	North	5	$30/$38
219505	10/14-11/11	Tu, 6:05-6:35pm	East	5	$30/$38
219511	10/15-11/12	W, 5:35-6:05pm	North	5	$30/$38
219504	10/18-11/15	Sa, 9:15-9:45am★	East	5	$30/$38
219503	10/18-11/15	Sa, 11-11:30am★	East	5	$30/$38

Level 3 Swordfish

(Ages 7-13) **Prerequisites:** Successful completion of level 2 Rays Class or child must be able successfully perform front and back floats independent of support, 5 yards of front crawl and 5 yards of backstroke. Class Focus: Level 3 will continue to develop the front crawl and back strokes. Students will also be introduced to treading water, elementary backstroke and deep water orientation.

219480	9/8-10/6	M, 6:10-6:40pm	North	5	$30/$38
219507	9/9-10/7	Tu, 6:40-7:10pm	East	5	$30/$38
219478	9/10-10/8	W, 5:35-6:05pm	North	5	$30/$38
219508	9/13-10/11	Sa, 9:50-10:20am★	East	5	$30/$38
219513	10/13-11/10	M, 6:10-6:40pm	North	5	$30/$38
219510	10/14-11/11	Tu, 6:40-7:10pm	East	5	$30/$38
219514	10/15-11/12	W, 5:35-6:05pm	North	5	$30/$38
219509	10/18-11/15	Sa, 9:50-10:20am★	East	5	$30/$38

For inclusion opportunities for people with disabilities – see page 11

★ = childcare available

Level 4 Porpoise

(Ages 7-13) **Prerequisites:** Successful completion of Level 3 Swordfish class or child must be able to successfully perform 15 yards of front crawl and backstroke with rhythmic breathing, 15 yards of elementary backstroke and one minute of treading water. **Class Focus:** Level 4 will continue to refine basic stokes and will also introduce breaststroke and butterfly. Students will increase endurance by swimming longer distances and will be introduced to the basics of wall turns.

219495	9/9-10/7	Tu, 5:30-6pm	East	5	$30/$38
219482	9/10-10/8	W, 6:10-6:40pm	North	5	$30/$38
219512	9/13-10/11	Sa, 11-11:30am★	East	5	$30/$38
219496	10/14-11/11	Tu, 5:30-6pm	East	5	$30/$38
219483	10/15-11/12	W, 6:10-6:40pm	North	5	$30/$38
219515	10/18-11/15	Sa, 11-11:30am★	East	5	$30/$38

Level 5 Shark

(Ages 7-13) **Prerequisites:** Successful completion of level 4 Porpoise class or child must be able to successfully perform 25 yards of front crawl and backstroke with rhythmic breathing, 15 yards of breaststroke and 5 yards of butterfly. **Class Focus:** Level 5 will refine all strokes and increase the distances students swim. Students will be introduced to flip turns at walls and diving from starting blocks.

219485	9/9-10/7	Tu, 6:40-7:10pm	East	5	$30/$38
219488	9/10-10/8	W, 6:10-6:40pm	North	5	$30/$38
219486	10/14-11/11	Tu, 6:40-7:10pm	East	5	$30/$38
219497	10/15-11/12	W, 6:10-6:40pm	North	5	$30/$38

▶ BOULDER BARRACUDAS SWIM CLINICS

(Age 7-18) Clinics will help swimmers develop swimming skills during the off-season for better racing results next summer. Clinics are open to the public. Must be able to swim 25 yards without assistance. Clinics will focus on stroke form, endurance and technique. Weekly topics are as follows and will repeat each month. Pay at the front desk. (No clinic Nov. 29)

9/13-12/20	Sa, 11am-12pm	East

1st Saturday: Butterfly/IM
2nd Saturday: Backstroke
3rd Saturday: Breaststroke
4th Saturday: Freestyle/Starts and Turns

1 clinic $14 • 3 clinics $36 • 6 clinics $66

▶ ADULT LESSONS & LAP SWIM

Adult Group Lessons

(Age 16+) It is never too late to explore the benfits of swimming! This class assists adults of varied swimming abilities to feel comfortable and confident in the water while building life-long skills.

217889	9/13-10/11	Sa, 9:15-10am★	East	5	$45/$56
217890	10/18-11/15	Sa, 9:15-10am★	East	5	$45/$56

Lap Swim 101

(Age 16+) Learn goal setting, workout planning, stroke techniques, lane etiquette, optional equipment and training techniques. Participants must be able to swim the length of the pool. Be prepared to swim at each class.

217891	9/13-10/11	Sa, 10-11am★	East	5	$70/$88
217892	10/18-11/15	Sa, 10-11am★	East	5	$70/$88

▶ AQUATIC FITNESS CLASSES

Aquatic Fitness (Leisure Pool)

(Age 18+) Designed for the intermediate or advanced level exerciser, this class includes a combination of aerobics, intervals, strength training, flexibility training and water jogging keep this class fun and exciting. You will be surprised how versatile and challenging a water workout can be! Don't miss out on the fun – come make a splash! Contact Jen Heilveil, 303-413-7474.

218873	9/3-9/29	M/W/F, 8-9am	East	12	$72/$90	Andrea
218870	10/1-10/31	M/W/F, 8-9am	East	14	$84/$105	Andrea
218872	11/3-11/21	M/W/F, 8-9am	East	9	$54/$68	Andrea
218875	12/1-12/19	M/W/F, 8-9am	East	9	$54/$68	Andrea

Warm Water Fitness (Leisure Pool)

(Age 18+) The water provides a non-weight bearing environment that makes it safe for joints and provides support for the entire body. In addition, muscle conditioning and proper muscle balance are increased by utilizing the resistance of the water. We will work on cardio, muscular strengthening and flexibility in the warm pool (86-88°). If you require physical assistance in the water, a two-week notification is required. Contact Jen Heilveil, 303-413-7474.

218868	9/2-9/30	Tu/F, 9:30-10:30am	East	9	$54/$68
218869	10/3-10/31	Tu/F, 9:30-10:30am	East	9	$54/$68
218871	11/4-11/21	Tu/F, 9:30-10:30am	East	6	$36/$45
218874	12/2-12/19	Tu/F, 9:30-10:30am	East	6	$36/$45

▶ DROP-IN AQUATIC FITNESS CLASSES

Additional aquatic fitness classes can be found on the drop-in fitness schedule online at www.BoulderAquatics.org. All pass or drop-in fee information can be found on page 6 or online.

Aqua Zumba

Aqua Zumba integrates the Zumba formula and philosophy of fun fitness dancing with traditional aqua aerobic exercise techniques. It is a safe, challenging, water-based workout providing both cardio-conditioning and full-body muscle toning (with minimal stress or impact).

T/Th, 5:45-6:45 pm	North

Water Fitness for All

Get fit, increase energy and improve body tone in an adjustable intensity class using water resistance for minimal stress on the body and joints. Individual attention to needs and goals will be given. Intervals are used regularly in this class.

M/W/F, 9-10am★	North
M/W/F, 9:15-10:15am	East

Aquatic Fitness

(Age 16+) Instructor led cardio and strength training exercises in the pool. Water workouts offer a low-impact route to getting and staying in shape. Classes will utilize equipment and props that are provided. Drop-in punch cards are available for purchase at any recreation center front desk.

Tu/Th, 8-9am	North
Tu/Th, 12:30-1:30pm	South

Pre-Natal Aquatic Fitness

An adjustable intensity aquatic fitness class designed for expectant and new mothers. Enjoy a fun workout in the water while increasing your cardiovascular resistance as well as toning, conditioning and strengthening muscles used during pregnancy, birth and recovery.

M, 7-8pm	North

Tennis

Our tennis program provides a positive environment for learning, playing and having fun!

▶ TENNIS COURT LOCATIONS

Arapahoe Ridge, Eisenhower Drive - 2 courts
Baseline Middle, 700 20th Street - 2 courts
Centennial Middle, 2205 Norwood - 8 courts
Chautauqua Park, Ninth & Baseline - 1 court
Columbine, 20th & Glenwood - 2 courts
East Center, 5660 Sioux Drive, - 5 courts* (lights)
Fairview High, Greenbriar & Knox - 8 courts
Knollwood, Fourth & Spruce - 2 courts (Closed due to flood)
Manhattan Middle, 290 Manhattan - 4 courts
Martin Park, 36th & Dartmouth - 2 courts
North Center, 3170 Broadway - 4 courts* (lights)
Palo Park, N. 30th & Redwood - 2 courts
South Center, 1360 Gillaspie - 4 courts
Tom Watson Park, 63rd & IBM drive - 4 courts (lights)

To reserve a Rec Center court and lights, please contact:
East 303-413-7460 | North 303-413-7260 | South 303-441-3448

Rec Center courts can be reserved for $7/court for 1.5 hours. To reserve all other courts, please call 303-441-4137.

*Enjoy our lights at EBCC and NBRC.
Light fees: $1 per 30 minutes per court. Pay or purchase tokens at front desk. Must reserve court to purchase light tokens at EBCC.

Adult Tennis Punch Cards

(Ages 16+) Cards can be purchased at centers during registration hours and are valid for six months from date of purchase for adult tennis classes only. Drop into any adult class that is not full. Email gonzo@gonzotennis.com to let instructors know which class you plan to drop into.

1 punch	3 punches	6 punches
$21	$60	$113

Adult Open Tennis

(Ages 16+) Use your punch card and just show up and play! A good workout in the middle of the day. Saturdays from 1-2:30pm at the East Boulder Community Center tennis courts.

Youth Tennis Punch Cards

(Ages 3-15) Purchase a punch card and drop into any youth class that is not full. Please email gonzo@gonzotennis.com to let instructors know which class you plan to drop into.

1 punch	3 punches	6 punches
$13	$36	$68

Private Tennis Lessons

Youth and adult private lessons outside are available (weather permitting). Gonzo tennis instructors teach all lessons. A participant information sheet will be filled out upon registration for your lesson at www.bprtennis.org. This sheet will be used to arrange days and times of each lesson. Lessons expire six months after registration.

For more information contact Gonzo Garcia at 720-480-0249 or gonzo@gonzotennis.com

Private Lesson:	With Gonzo:	Staff Instructors:
1 class	$74	$50
3 classes	$210	$144
6 classes	$397	$273
Group Semi-Private:		
2 people	$95	$71
3 people	$116	$92

For inclusion opportunities for people with disabilities – see page 11
★ = childcare available

▶ GONZO TENNIS

Gonzo Tennis was founded in 2004 by Gonzalo Garcia with the idea of bringing quality tennis programs to the Boulder community. Since then, Gonzo Tennis has shared the courts with players from ages 3 to 75 through programs for kids and adults.

Gonzo Tennis and the city of Boulder believe tennis is a significant part of life that further defines who we are as human beings. We have a devotion to fostering the development of players of all ages, and giving them the opportunity to discover even more about this truly international sport.

Questions: Gonzo Garcia at www.GonzoTennis.com

Program information: Dean at 303-441-4427 or rummeld@bouldercolorado.gov

Weather line and cancellation info: 303-441-3410, press 1 then 5.

▶ TENNIS – SENIORS

Gonzo Tennis - Seniors

NEW!

(Ages 60+) Seniors! Come have fun, stay young, burn calories, make new friends, and play the life long game of tennis. For inclement weather and cancellation information: 303-441-3410.

216110	6/6-6/27	F, 9:30-11am	East	4	$63/$79
216111	7/11-8/1	F, 9:30-11am	East	4	$63/$79

▶ TENNIS – ADULTS

(Age 16+) Clinics will introduce all the basic tennis strokes to beginners and improve skills for intermediate players. Appropriate games will be used for different levels improving your stroke technique and consistency. For inclement weather and cancellation information: 303-441-3410.

Beginner

218380	8/26-9/16	Tu, 5:30-7pm	East	4	$63/$79	
218381	9/30-10/21	Tu, 5:30-7pm	East	4	$63/$79	
218378	8/27-9/17	W, 5:30-7pm	North	4	$63/$79	
218379	10/1-10/22	W, 5:30-7pm	North	4	$63/$79	
218364	8/27-9/18	Th, 5:30-7pm	East	4	$63/$79	
218365	10/2-10/23	Th, 5:30-7pm	East	4	$63/$79	

Beginner with Gonzo

218368	8/27-9/17	W, 9-10:30am	East	4	$88/$110	Gonzo
218370	10/1-10/22	W, 9-10:30am	East	4	$88/$110	Gonzo
218369	8/28-9/18	Th, 9-10:30am	North★	4	$88/$110	Gonzo
218371	10/2-10/23	Th, 9-10:30am	North★	4	$88/$110	Gonzo

Intermediate

218366	8/27-9/15	M, 5:30-7pm	East	4	$63/$79
218367	9/29-10/20	M, 5:30-7pm	East	4	$63/$79
218372	8/27-9/17	W, 5:30-7pm	East	4	$63/$79
218383	10/1-10/22	W, 5:30-7pm	East	4	$63/$79

Intermediate with Gonzo

218373	8/26-9/16	Tu, 9-10:30am★	North	4	$88/$110	Gonzo
218382	9/30-10/21	Tu, 9-10:30am★	North	4	$88/$110	Gonzo
218374	8/27-9/17	W, 10:30am-12pm	East	4	$88/$110	Gonzo
218375	10/1-10/22	W, 10:30am-12pm	East	4	$88/$110	Gonzo
218376	8/28-9/18	Th, 10:30am-12pm★	North	4	$88/$110	Gonzo
218377	10/2-10/23	Th, 10:30am-12pm★	North	4	$88/$110	Gonzo

Doubles Ladder

Open to players from intermediate to advanced skill levels. Prior experience is required. A player may work their way up the ladder by winning weekly matches against progressively more challenging competition. A friendly competitive environment is provided where all are welcome to play tennis. For more detailed information visit www.gonzotennis.com

Adult Doubles Ladder

(Ages 16+)

218385	8/24-10/12	Su, 2-4pm	Centennial M.S.	8	$130/$163	Gonzo

Juniors Doubles Ladder

(Ages 10-15)

218377	9/25-10/16	Th, 10:30am-12pm★	North	4	$88/$110	Gonzo

▶ TENNIS – JUNIORS

(Ages 10-15) Divided into different levels determined by age and ability. These game-based programs use specific exercises and fun games to help students understand the aspects of tennis. Must get approved by Gonzo to register for intermediate and advanced courses. www.gonzotennis.com. For inclement weather and cancellation information: 303-441-3410.

Beginner

218387	8/26-10/14	Tu, 4-5pm	East	8	$84/$105
218389	8/28-10/16	Th, 4-5pm	East	8	$84/$105
218390	8/29-10/17	F, 4-5pm	East	8	$84/$105
218391	8/30-10/18	Sa, 9-10am	North	8	$84/$105

Intermediate

218393	8/26-10/14	Tu, 5-6pm	East	8	$84/$105
218395	8/28-10/16	Th, 5-6pm	East	8	$84/$105
218396	8/29-10/17	F, 5-6pm	East	8	$84/$105
218397	8/30-10/18	Sa, 10-11am	North	8	$84/$105

Advanced

218398	8/25-10/13	M, 6-7pm	East	8	$74/$93
218400	8/28-10/15	W, 6-7pm	East	8	$84/$105

High Performance Tennis Program

An intensive 3 hour program with tennis and conditioning. It must be approved by Gonzo. Please contact him at gonzo@gonzotennis.com to inquire about an evaluation.

Tennis in the Gym will turn a cold or snowy day into a highly productive opportunity to focus on important skills such as footwork, coordination, court sense and tactics.

▶ TENNIS - YOUTH

(Ages 3-9) The School of Tennis is a child physical development program that uses a variety of fun games to develop motor skills while enjoying the game of tennis and helping to create self confidence in a safe and friendly environment. It's all about Tennis! For inclement weather and cancellation information: 303-441-3410.

Mini Gonzos (Ages 3-4)

218409	8/24-10/12	Su, 9:45-10:15am	East	8	$63/$79
218403	8/25-10/13	M, 3:15-3:45pm★	East	8	$56/$70
218404	8/26-10/14	Tu, 3:15-3:45pm	East	8	$63/$79
218405	8/27-10/15	W, 3:15-3:45pm★	East	8	$63/$79
218424	8/27-10/15	W, 3:15-3:45pm	North	8	$63/$79
218406	8/28-10/16	Th, 3:15-3:45pm	East	8	$63/$79
218407	8/29-10/17	F, 3:15-3:45pm	East	8	$63/$79
218408	8/30-10/18	Sa, 9:45-10:15am	North	8	$63/$79

Mini Gonzos in the Gym (Ages 3-4)

218428	10/28-12/9	Tu, 3:15-3:45pm★	North	7	$63/$79
218432	10/30-12/18	Th, 3:15-3:45pm	South	7	$63/$79
218435	11/1-12/13	Sa, 9:45-10:15am	North	7	$63/$79
218438	11/2-12/14	Su, 10:30-11am	East	7	$63/$79

Tiny Gonzos (Ages 5-6)

218416	8/24-10/12	Su, 10:15-11am	East	8	$71/$89
218410	8/25-10/13	M, 3:45-4:30pm★	East	8	$63/$79
218411	8/26-10/14	Tu, 3:45-4:30pm	East	8	$71/$89
218412	8/27-10/15	W, 3:45-4:30pm★	East	8	$71/$79
218425	8/27-10/15	W, 3:45-4:15pm	North	8	$71/$89
218413	8/28-10/16	Th, 3:45-4:30pm	East	8	$71/$89
218414	8/29-10/17	F, 3:45-4:30pm	East	8	$71/$89
218415	8/30-10/18	Sa, 10:15-11am	North	8	$71/$89

Tiny Gonzos in the Gym (Ages 5-6)

218430	10/27-12/8	M, 3:45-4:30pm★	East	7	$71/$89
218429	10/28-12/9	Tu, 3:45-4:30pm★	North	7	$71/$89
218433	10/30-12/18	Th, 3:45-4:30pm	South	7	$71/$89
218436	11/1-12/13	Sa, 10:15-11am	North	7	$71/$89
218439	11/2-12/14	Su, 11-11:45am	East	7	$71/$89

Mighty Gonzos (Ages 7-9)

218423	8/24-10/12	Su, 11am-12pm	East	8	$84/$105
218417	8/25-10/13	M, 4:30-5:30pm★	East	8	$74/$93
218418	8/26-10/14	Tu, 4:30-5:30pm	East	8	$84/$105
218419	8/27-10/15	W, 4:30-5:30pm★	East	8	$84/$105
218426	8/27-10/15	W, 4:30-5:30pm	North	8	$84/$105
218420	8/28-10/16	Th, 4:30-5:30pm	East	8	$84/$105
218421	8/29-10/17	F, 4:30-5:30pm	East	8	$84/$105
218422	8/30-10/18	Sa, 11am-12pm	North	8	$84/$105

Mighty Gonzos in the Gym (Ages 7-9)

218431	10/27-12/8	M, 4:30-5:30pm★	East	7	$84/$105
218434	10/30-12/18	Th, 4:30-5:30pm	South	7	$84/$105
218437	11/1-12/13	Sa, 11am-12pm	North	7	$84/$105
218440	11/2-12/14	Su, 11:45am-12:45pm	East	7	$84/$105

Halloween Carnival

Friday, October 24 • 3-5 p.m.

Ages 3-8 • $5 per child
South Boulder Recreation Center
1360 Gillaspie, Boulder

Carnival Games • Crafts • Prizes
Snacks • Face Painting & More!
Wear your costume!

Details at www.BoulderParks-Rec.org

For inclusion opportunities for people with disabilities – see page 11

★ = childcare available

Valmont Bike Park

Avid4 Adventure offers kids & teens the opportunity to explore this world-renowned facility in an instruction-based program.

▶ BIKING PROGRAMS AT VALMONT

Since 2004, Avid4 Adventure has inspired life-long active outdoor lifestyles and environmental stewardship through experiences that provide personal development. Through school programs, summer camps and special events, Avid4 Adventure has served over 100,000 children in the Front Range and Bay Area, California with incredible staff, the best equipment, un-paralleled customer service, and a safety record that is superior to industry standards.

***Register online at www.Avid4.com**

Questions & Information: Avid4 Adventure, vbp@avid4.com or call 800.977.9873 mor City of Boulder Parks & Recreation Department, www.BoulderParks-Rec.org.

Remaining Skills Camp for Summer

(Grades 2-11) Fun and safety-focused Valmont Bike Park Skills Camp offers kids & teens the opportunity to explore this world-renowned facility in an instruction-based program. During the week participants learn skills through increasingly challenging activities, exercises, and differing terrain, while also developing as a team. Kids will have a chance to experience the Pump Tracks, Dirt Jumps, Slope Style, Single Track, X-Country, and more.

- Participants will be divided into groups of 7 or less; must be able to ride 2-wheeler.
- Early Drop-Off at 8am and After Care until 5:30 pm available.
- Daily lunch from sprouts is also available.
- Special Park Bikes can be rented for $50 per week; Protective Gear (required) can also be rented for $15 per week.

*	8/4-8/8	M-F, 8:45am-2:30pm	$395 per week
*	8/11-8/15	M-F, 8:45am-2:30pm	$395 per week

*** Register online at www.avid4.com**

After School Programs

Our After School Program offers kids the opportunity to ride different Valmont Bike Park trails and terrain throughout the 5-day program (1 day/wk). Participants will develop skills through increasingly challenging activities, exercises, and differing terrain, including pump-tracks, single-track, dirt jumps, dual slalom, and slope-style, while developing team building and individual leadership skills with their peers. Independence and basic bike maintenance skills like changing flats and solving gear problems are also included.

Session 1

*	8/18-9/15	M, 3:45-6:15pm	$195
*	8/19-9/16	Tu, 3:45-6:15pm	$195
*	8/20-9/17	W, 3:45-6:15pm	$195
*	8/21-9/18	Th, 3:45-6:15pm	$195

Session 2

*	9/22-10/20	M, 3:45-6:15pm	$195
*	9/23-10/21	Tu, 3:45-6:15pm	$195
*	9/24-10/22	W, 3:45-6:15pm	$195
*	9/25-10/23	Th, 3:45-6:15pm	$195

Weekends

*	8/24-9/21	Su, 3-5:30pm	$195
*	9/28-10/26	Su, 3-5:30pm	$195

Private or Group Lessons - Youth & Teens

(Ages 4-17) Fun and safety-focused free-ride mountain biking private instruction challenges participants to progress their riding abilities using the varied features and terrain at Valmont Bike Park. Lessons will be led by Avid4 Adventure VBP staff and will be scheduled after registering; lessons expire 6 months after purchase.

- Bikes/Protective Gear (required) can be rented for $20/$10 per 3-hour class.

Individual (3 hour classes)		Group (3 hour classes)	
1 Private Lesson	$150	2 people	$200
3 Private Lessons	$420	3 people	$250
6 Private Lessons	$780	4 people	$300
		5 people	$350

Valmont Bike Park

Valmont Bike Park is a 42-acre, natural surface cycling terrain park offering diverse amenities for several riding styles and abilities. The park is FREE and open daily from dawn to dusk.

You can stay up-to-date on park closures and trail conditions on the Valmont Bike Park website at ValmontBikePark.org or the Facebook page at www.facebook.com/ValmontBikePark

Check out the "know before you go" video for Valmont Bike Park at www.valmontbikepark.com. This short video is a general overview of what you need to know about the park before you go, including how the park is set up, amenities, rules, contact information and safety tips.

Picnic Reservations at VBP

Four picnic areas are available for rent at Valmont Bike Park: The two uncovered picnic areas in The Glades area, and the Park Plaza, along with the two covered shelter areas in The Glades Shelter and the Park Plaza Area Shelter. Reservation Fees: $100-$150 for up to 3 hours including set up and clean up time. For more information on rentals contact valmontbikepark@bouldercolorado.gov

Volunteer at VBP

Support your favorite Bike Park by helping parks staff with some of these needed tasks.

- Maintain flower beds in landscaped areas
- Weed Management
- Trail and Park improvements

Schedule your group with Volunteer Services at 303-413-7245

For special events, programs, rentals, general information or questions regarding Valmont Bike Park e-mail, valmontbikepark@bouldercolorado.gov.

Private & Semi-Private Clinics with Lee McCormack

(Age 18+) (Age 18+) Working with a Lee Likes Bikes instructor by yourself or with a small group is the ultimate way to become a safer, more confident, faster and more capable rider. Whether you want to fly through the air, win races or just have more fun, Lee's teaching method will give you a safe, solid foundation and help you reach your cycling goals. Lee's private sessions are favorites among beginners and pros alike. Focus on your specific needs: body position, braking, cornering, riding up and down obstacles, pumping terrain, dropping, jumping, technical trail riding and more. Valmont Bike Park is the greatest place on earth to do this!

"I think Lee is an awesome instructor with great patience. He explained things in a way the made me feel very comfortable and I enjoyed the whole experience so much, I can't wait to do it again!"

- Minimum one rider per session. Maximum six riders per session.
- Private classes start at $125.

To learn more and to register, go to www.leelikesbikes.com or email lee@leelikesbikes.com

Photo provided by yannphotovideo.com

Whether you want to fly through the air, win races or just have more fun, Lee Likes Bikes instructors will help you meet your goals -- and stay safe.

Lee McCormack of www.leelikesbikes.com is widely considered one of the world's top bicycle skills instructors. His Lee Likes Bikes teaching method helps all sorts of riders ride better, safer and faster. A passionate rider, journalist and instructor, Lee wrote and illustrated the books Mastering Mountain Bike Skills, Pro BMX Skills and Teaching Mountain Bike Skills. As the skills development director for the National Interscholastic Cycling Association, Lee creates and teaches the curricula used to train high school mountain bike coaches and their riders. With his various endeavors Lee has helped more than 100,000 riders have more fun on their bikes.

Public Mountain Biking Clinics with Lee Likes Bikes

(Age 18+) This public class is the A-1 most proven and cost-effective way for adults to become safer, smoother and faster riders. No matter what style of riding you love, or what level you ride at, you will finish this program with a solid foundation, a renewed passion and a whole new level of flow. Attendees will go through a progression that includes position, braking, cornering and riding up and down obstacles. From that foundation, it's a series of simple steps to more advanced skills. You have tons of fun riding — and learning on — the awesome terrain of Valmont Bike Park.

- Two hours and $75 that will change your life!
- Weekday afternoons and weekend mornings.

Details, dates and registration at www.leelikesbikes.com

For inclusion opportunities for people with disabilities – see page 11

★ = childcare available

Policies & Information

Recreation Center Closures

8/13-9/1	NBRC Pool Area closed
8/16-8/24	NBRC Annual Maintenance Closure
9/1	Spruce Pool closing day
9/14	Scott Carpenter Pool closing day
9/1	Labor Day: North & South closed East open 8am-1:30pm
11/27	Closed Thanksgiving
11/28	East 5:30am-9pm, North 8am-7:30pm/South 8am-8pm
12/24	Rec Centers close at 1:30pm
12/25	Closed Christmas
12/31	Rec Centers close at 4:30pm
1/1	North & South closed East open 10am-4pm

Annual Pass Terms & Benefits

1) First adult family member of the house hold (19-59) pays full price; additional family members pay half price.
2) Includes unlimited use of outdoor pools and recreation centers; open swim and gym, drop-in fitness/yoga, weight room, racquetball/handball and platform tennis courts, sauna, lockers, fishing and swimming at Boulder Reservoir.
3) Complimentary towels at rec centers.
4) Racquets for indoor racquetball.
5) 10% savings on one class per session (as available one week before class begins), must register in person.

Lock Policy

Patrons are urged to bring a lock to secure valuables. The city of Boulder is NOT responsible for lost or stolen property. Lockers are available for day use only.

Punch Pass Terms & Benefits

Includes open swim and gym, drop-in fitness/yoga, weight rooms, outdoor pools and reservoir entries. Punch Passes expire two years after purchase date.

Class Visitor Pass

This pass allows you to drop into a registered class, if space is available. Cards can be purchased at centers and are valid for six months from date of purchase for the following programs: Adult Dance, Yoga, Pilates Mat and Swiss Ball.
$70 for 5 classes

Class Size

Limits have been placed on the size of some classes to assure quality instruction. Registration is first come, first served. Register early to ensure a place in the classes you want. Class enrollments are reviewed 3-5 days prior to the first class and those with insufficient enrollment will be cancelled. Registration must be made prior to participation in any Parks and Recreation program or activity.

Nothing Cancels a Program

Faster... than people waiting until the last minute to register for it! All programs have a minimum enrollment – and if we don't reach the minimum by a certain date, the class gets cancelled. Please don't delay, register today!

Group Discount Program

Discounted rates are available for businesses and organizations with five or more employees; and for Boulder Chamber of Commerce members!
For information call Christy, 303-413-7259 or visit **www.BoulderParks-Rec.org**

Reduced Rate Program

Residents qualify by meeting the low-income eligibility criteria and by falling into at least one of the following categories: Family (with at least one child 18 years or younger living in the household); Senior (age 62 and over); Adults with Disabilities (19 or older). For information call 303-413-7200.

In an Emergency- What's Our Plan?

The city of Boulder Parks and Recreation Department operates many programs and facilities for the Boulder community. We know that under rare circumstances, extreme weather or other situations have the potential to impact our operations, facilities and patrons. In an emergency, staff will follow plans and procedures designed to ensure the safety of participants. A plan has been tailored to each specific site and facility we manage. In the event of an emergency requiring the relocation of participants, program leaders will communicate their actions and evacuation location (once practical) to department communication staff. This information will be uploaded to the city's Website (www.bouldercolorado.gov) and be added to the city's emergency information phone line at 303-441-4300 as soon as possible. If you have any questions about the Department's emergency plans, please call 303-413-7200.

Access for All

Boulder Parks and Recreation is committed to supporting and complying with the Americans with Disabilities Act. If you require a special accommodation, please notify us at least two weeks in advance of an activity or class. For more information, contact Sherri Brown at 303-441-4933.

We welcome all residents regardless of race, color, disability, national origin, gender, age, sexual orientation or religion to enjoy our programs, services and facilities.

Children Under 12

For your child's safety and well-being, the city of Boulder Parks and Recreation Department requests that children under 12 years of age not be left un-supervised at any recreation facility, or outdoor pool. It is acceptable to leave children participating in organized classes or programs, as they are under the care of an adult program leader or instructor.

Photographs and Model Release

By entering Boulder Parks and Recreation facilities or participating in our programs, you agree that photographs, digital images or video of you and your family-members may be created and used for future promotional or marketing material by the City of Boulder without prior consent or monetary compensation.

Photography/videography of facility users or program participants by unauthorized individuals is prohibited. Thank you for your cooperation.

Acknowledgment of Risk / Waiver of Liability

As a condition of use of any City of Boulder Parks and Recreation facility or participation in any program, sports league, class, recreation or fitness activity, you agree as a participant or parent/guardian of a participant in the program, to assume all risks and hazards of engaging in or spectating at any city activity or facility, including assuming all risks for personal injury, death and property damage.

You further agree to hold harmless the City of Boulder, its staff, instructors, volunteers, officials, sponsors, partners or representatives from liability for any losses, damages or injuries that may occur in any way as a result of these activities or facility uses – regardless of cause.

You further certify that you are properly prepared to engage in any activities you have selected and that you have recently consulted a physician to establish that it is safe and appropriate for you to engage in these activities.

Participants (or the parents/guardians of minor children) may also be required to complete a medical health history and/or sign an additional waiver of liability prior to participation in any programs or classes. Anyone recovering from an injury or illness must first discuss their return to physical activity with their physician and Parks and Recreation instructor prior to enrolling/participating.

Therefore, having read and understood this waiver and in consideration of your accepting my entry into a City of Boulder recreation facility or program, I, for myself and anyone entitled to act on my behalf, waive and release the City of Boulder, all staff, volunteers, sponsors, and representatives from all claims or liabilities of any kind arising out of my participation in (or as a spectator of) any program or use of any facility.

NOTE: If a facility user or program participant is under 18 years of age, you as a parent or legal guardian, agrees to the same terms, conditions and waiver of liability set forth in this agreement.

Staff Contacts

Parks & Recreation Staff Phone Numbers

Jeff Dillon
Director.....303-413-7200

Yvette Bowden
Deputy Director 303-413-7200

ACCESS & INCLUSION (EXPAND & YSI)

Sherri Brown 303-441-4933

COMMUNITY OUTREACH

Internships Coordinator 303-413-7200

Mary Malley
Coordinator of Volunteer Services ..303-413-7245

Christy Munoz
Group Discount Program 303-413-7259

FLATIRONS GOLF COURSE

Doug Cook, Director of Golf.....303-442-7851

BOULDER RESERVOIR

Stacy Cole, Reservoir Manager.....303-441-3461

RECREATION CENTERS

Alison Rhodes
Recreation Facilities Manager 303-413-7249

Tim Duda, Supervisor EBCC 303-413-7463

Jayson Swigart, Supervisor NBRC 303-413-7263

Todd Calvin, Supervisor SBRC 303-441-3449

AQUATICS

Jason Stolz, Aquatics Supervisor 303-441-3435

Phil Henry, Aquatics Maintenance..303-413-7478

Julie Dettbarn, Pool Operations 303-413-7468

Jackie Koehn, Swim lessons.....303-413-7267

RECREATION PROGRAMS

Teri Olander, Administrator 303-441-3429

DANCE

Cynthia Burdine, Coordinator 720-515-6268

GYMNASTICS

Doug Felkley, Coordinator 303-413-7265
Janice Smith, Coordinator 303-413-7265

HEALTH & WELLNESS

Summer Kennedy, Fitness 303-413-7264

Jeff Pruett, Weight Training.....303-413-7280

Kathleen Murphy, Mind/Body 303-413-7466

POTTERY LAB

Nancy Utterback, Coordinator.....303-441-3446

SPORTS

Dean Rummel, Supervisor.....303-441-4427

Program Information 303-441-3410

Megann Lohman.....303-413-7465

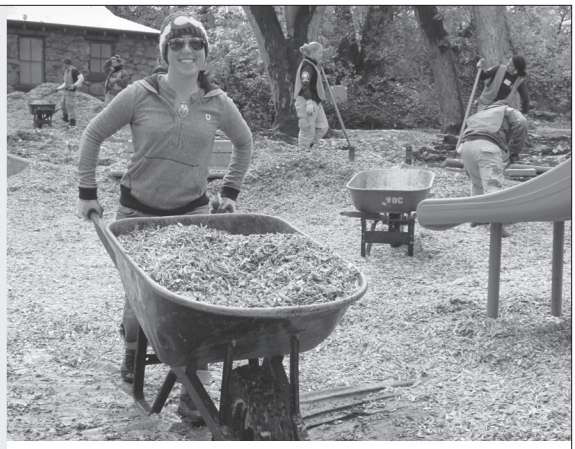
Erynn Simone 303-413-4137

Matt Kamhi.....303-413-7477

PARK OPERATIONS

Urban Forestry & Parks.....303-441-4406

Volunteer



Make a Difference in Your Community!

Volunteer opportunities:

- EXPAND
- Youth Services
- Child Care
- Sports (coaching)
- Special Events
- Parks
- Urban Resources
- Outdoor Projects

More information: www.BoulderParks-Rec.org

play BOULDER

Help Make Boulder, Colorado a great place to PLAY!

The PLAY Boulder Foundation is a nonprofit organization that supports and advocates for parks and recreation programs and services in the Boulder area. We provide opportunities for individuals and organizations to donate to parks and recreation in Boulder, and give us all the wonderful experiences that make us glad to call Boulder our home. Your dollars go toward enhancing these programs, facilities and open spaces - and, in turn, help build a stronger community.

Visit us at **www.playboulder.org**, email us at info@playboulder.org or write us at PLAY Boulder, PO Box 20935, Boulder, CO 80308

Parks & Recreation Advisory Board

The Parks and Recreation Advisory Board (PRAB) consists of seven members appointed by City Council, each to five-year terms. The Board offers advice and consultation to City Council and city departments on the acquisition, construction and maintenance of city park property and coordinates policy on the development and use of recreational facilities. The Board also approves expenditures from the Permanent Park and Recreation Fund. PRAB agendas, meeting minutes and audio files are available at **www.BoulderParks-Rec.org.**

For inclusion opportunities for people with disabilities – see page 11

★ = childcare available

Transfer Policy	Fee
• Same day of registration	$0
• Before 2nd class meeting, if space is available	$5

Program Refund Policy	Fee
Courses	
• Before 2nd class	$15
• After 2nd class	No Refund
1 Meeting Programs	
• One week prior to start date	No Refund
2 Meeting Programs	
• Before 1st Meeting	$15
• After 1st Meeting	50%
• After 2nd Meeting	No Refund
Camps	
• Monday two weeks prior to start of camp	No Refund
• More than two weeks prior to start date	$15
Leagues	
• Before league registration deadline	$15
• After league registration deadline	No Refund

Important

- No registration accepted by instructor.
- $25 will be charged for returned checks.
- Wait lists are taken for filled classes. We will call you if a spot opens.
- Payment is due at time of registration.

Pass Refund Policy	Fee
Annual Pass	
• Cancellation Fee	$25
Monthly Annual Pass	
• Payments stopped upon request, no prorated refunds	
Punch Cards & Twilight Pass	
• Cancellation Fee	$15

1. For pass and program withdrawals, customer will receive a refund of their prorated balance less a withdrawal fee.
2. In the event a patron or their dependent falls ill, becomes injured or does not possess necessary skills, inhibiting their ability to participate in or continue participation in a program or utilize a facility pass or punch card, a pro-rated refund may be given based upon the date of the refund request. Documentation (i.e. doctor's note) is requested for illnesses and injury claims.
3. In the event a patron requests a full refund due to level of service or other legitimate factors, they are asked to submit this request in writing citing their reason for a full refund.
4. If a refund is authorized, the appropriate amount will be refunded via the original form of payment. No exceptions.
5. For monthly billing option, see contract for refund policy.

Online Registration

It's quick, convenient and easy! Register online from the convenience of your own home or office 24 hours a day, 7 days a week! You can now create (or update) your family account information online.

- **Online registration begins at 8:30 am Tuesday, August 5.**
- For registrations in which you have a **discount or questions**, please call the registration help line at 303-413-7270, Monday-Friday, 9am-5pm.
- For registrations that qualify for **reduced rate or to apply for reduced rate,** please call 303-413-7200, Monday-Friday, 8am-5pm.

For immediate registration confirmation and for popular classes, we recommend online registration. Kiosks are available at all facilities.

ONLINE REGISTRATION
www.BoulderParks-Rec.org

- ▶ Go to www.BoulderParks-Rec.org
- ▶ Click on "Register Online"
- ▶ Create your account if necessary or input your barcode and pin if you already have one. Forgot your barcode or pin? Call the registration help line at 303-413-7270, Monday-Friday, 9am-5pm.
- ▶ Search for desired class or enter class barcode.
- ▶ Payment must be completed at the time of the registration.
- ▶ Confirmation receipts are emailed upon registration. Please make sure you have a current email on file.
- ▶ Thank you for using our online registration system!

EXPAND

DUCK RACE®

THANK YOU TO OUR SPONSORS!

City of Boulder Parks & Recreation
EXPAND Duck Race

Top Sponsors:

Boulder Periodontics
Specialists in Periodontology
Implants • Oral Medicine

Geshardt

We would also like to thank all of our wonderful duck booth and duck rescue volunteers and of course – all of you who took a chance on the duck race!

Thanks to all the local businesses for your donations and support!

Sat, Aug 9th, 2014
- Expo opens at 5:30pm
- Ride starts at 7:45pm

Nite Ize

BOULDER NITES 2014 CLASSIC

Use the code BNC5 & register by August 5th to receive a 10% discount

FUN FAMILY BIKE RIDE AROUND THE STREETS OF BOULDER

Start and finish at North Boulder Park. Beneficiaries include local programs benefitting people with disabilities (EXPAND), youth at risk (YSI) and the PLAY Boulder Foundation.

HIGHLIGHTS INCLUDE:
- Live music by The Goonies
- Kids Zone and more!
- Upslope Brewing beer garden

SPONSORS www.bouldernitesclassic.com

Nite Ize

Platinum: Camera, Anthem Branding
Gold: Upslope Brewery
Silver: BBVA, Cliff Kids, Pedal to Properties, Print Experts, Full Cycle, 1st Bank, The North Face
Partners: PLAY Boulder Foundation, City Of Boulder Parks & Recreation Department, Boulder Luncheon Optimist

Interested in being a volunteer? Contact Sherri Brown at 303-441-4933

City of Boulder Parks & Recreation

Celebrations

Parties • Weddings • Gatherings

Meetings

Business + Social Functions

Welcome here

- *Rooms for 40-175 guests*
- *Exceptional views*
- *Commercial catering kitchen*
- *Outdoor patio*
- *Kids playground, pool, gymnasium*

East Boulder Community Center
5550 Sioux Dr. • Boulder, CO 80303

Book your function today.

www.BoulderParks-Rec.org > EBCC room rentals or call 303-441-4400

DROP-IN BASKETBALL
North
Mon/Wed/Fri
11:30 a.m. - 1:30 p.m.
Wed. evenings
7 - 9 p.m.
GET IN THE GAME
East
Tue/Thu/Fri
3:30 – 5 p.m.
South
Tue/Thu
11:30 a.m. - 1:30 p.m.
Sun.
8 a.m. - 11 a.m.
See pg. 5 for daily entry fees & passes
www.BoulderParks-Rec.org

CITY OF BOULDER
Parks & Recreation
Halloween Carnival
Friday, October 24
3-5 p.m.
Ages 3-8 • $5 per child
South Boulder Recreation Center
1360 Gillaspie, Boulder
Carnival Games • Crafts • Face Painting
Prizes • Snacks
Wear your costume!
Register online at
www.BoulderParks-Rec.org
or call 303-413-7270

Save The Date!
SUNDAY, SEPT. 14
Sunday, September 14
10 a.m. - 4 p.m.
CICLOVIA!
Transforming public streets into public play space
GREEN STREETS
bouldergreenstreets.org
50+ FREE
ACTIVITIES AND CLASSES
10 DYNAMIC
ZONES FILLED WITH FUN
MILES
OF CAR-FREE STREETS

The Voice and Sight Tag Program will change in 2015

If you want to let your dogs walk off-leash along designated City of Boulder trails in 2015, you need to complete a free Voice and Sight education class. Learn more at:

voiceandsight.org

CITY OF BOULDER
Parks & Recreation

Birthday Parties!

Call today and reserve the date for your child's next birthday party!

Swimming

East • 303-413-7209
North • 303-413-7218
South • 303-441-3449

Gymnastics

North • 303-413-7218

Pottery

Pottery Lab • 303-441-3446

Valmont Bike Park

Kayley Motz • 720-564-2173 or motzk@bouldercolorado.gov

www.BoulderParks-Rec.org

Fall Pottery Sale

Sept. 6th & 7th
10AM - 5PM

While at the sale, enjoy some Sweet Cow ice cream in your new bowl!

City of Boulder
at the **Pottery Lab**
1010 Aurora Ave

It's our 60th Anniversary! Check out boulderpottery.com for upcoming parties and events!

CITY OF BOULDER
Parks & Recreation

You Belong Here!

Want to get fit while enjoying the flexibility and variety of daily, drop-in programs? Let us meet your fitness mood, schedule and budget with our conveniently located and scheduled programs.

Your recreation center annual pass, punch pass or daily entry fee gets you into any drop-in class and gives you full access to the facility's pools, ball courts, weight room, cardio fitness equipment – and more!

Check out our schedule online!

All drop-in classes are FREE with daily center entry (use your pass or $7 daily fee)

We update our schedules monthly so that you can get the latest information about classes, cancellations, and instructor changes. Choose from over 100 different class times!

BOULDER'S BEST FITNESS VALUE!

Drop-In Fitness Classes

Barre and Balance
HIIT - High Intensity Interval Training
Boulder Lift
Carve
Total Body Fitness
Fitness for Life
Hard Core
Metabolic Resistance Training
Pure Step
Sports Conditioning
The Ride!

Aquatic Fitness Classes

Aqua Zumba®
Pre/Post Natal Aqua Fit
Water Fitness for All

Mind/Body Classes

Ayre
Nia
Pilates Mat
Pilates/Yoga Combo
Restorative Yoga & Pranayama
Yin Yoga
Yoga
Zumba®
Heartbeatyoga

Also enjoy drop-in Basketball, Volleyball, Pickleball & Badminton (schedules online).

We look forward to seeing you soon!

Recreation Centers

Cardio & Weight Rooms
Attain the strength, flexibility and cardio fitness you desire. Each center features the latest equipment for designing your ultimate workout.

Swimming
Burn calories and enjoy the full-body benefits of aquatic fitness. Each center features a multi-lane, indoor lap pool and hot tub. North and East centers also feature fun leisure pools that kids love! Plus enjoy two outdoor pools in the summer and the Boulder Reservoir!

Passes (Page 5)
Guide yourself to feeling and looking your best. Gain access to the latest strengthening, weight and cardio equipment; drop-in classes, pools, and more. No contracts or initiation fees – start today!

Class Registration begins **August 5**

Dog Dayz at Scott Carpenter Pool

Monday, Sept. 15-Sunday, Sept. 28

Medium & Large Dogs (50 lbs. +)
Monday-Friday, 11-1 p.m. & 5-7 p.m.
Sept. 20, 21 & 27 11-2 p.m.

Small Dogs Only (under 50 lbs.)
Monday-Friday, 1-2 p.m. & 4-5 p.m.
Sept. 20, 21 & 27 10-11 a.m.

$5 per dog or unlimited pass for $40
(up to 2 dogs) additional dogs $10 each.

Dog Expo!

Join us for a day of fun in the sun with our canine friends (all dogs welcome). The pool will be open for the dogs to swim and various organizations will be on hand with samples, prizes, and information. *For information on becoming a vendor please call Jason Stolz at 303-441-3435.*

Friday, Sept. 19 from 3-7 p.m.
Sunday, Sept. 28 from 10-2 p.m.
- Flying high dog competition from 12:30-2 p.m. (Sunday)