

## Appendix C

### City of Boulder Recreation Program Detail

#### Arts and Leisure Activities

##### Dance

**Ages:** youth age 18 months- senior

**Annual participants:** 3,410

**Classes offered- Adult (ages 18+):** Ballet, Jazz, Tap, Hip Hop, Middle Eastern Dance, and Irish Step Dance

**Classes offered- Youth (ages 18 months- 18 years):** Little Feats, Pre Ballet, Pre Tap, Ballet, Jazz, Tap, Break Dancing, Hip Hop, Parent/ Tot, Audition Skills, Dance Camps, Expressions Dance Company-Competitive Dance, Kinder Tap, and Kinder Ballet

**Skill Levels:** beginner to competitive for all age groups in both concert and non-concert classes

**Location:** 4 studios located at North & South Boulder Recreation Centers, Iris Studio and East Boulder Community Center

##### Leisure Enrichment

**Ages:** youth age 4- senior

**Annual Participants:** 1,245

**Classes offered- Adult:** Photography, Guitar, Painting, Drawing and Watercolor

**Classes offered- Youth (ages 4-18):** Drawing, Kids Cookin', Junior Chefs, Drama Camp, Film Camp, Art Camp, and Specialty Workshops

**Skill Levels:** beginner to advanced

**Location:** North & South Boulder Recreation Centers, East Boulder Community Center, Salberg Center, West Senior Center, Stir It Up Cooking, Boulder Photo Center, and Chautauqua Park

##### Pottery

**Ages:** youth age 4- senior

**Annual Participants:** 1,221

**Classes offered- Adult (ages 16):** Pottery, Senior Pottery, Visiting Artists Series, Workshops, Specialty Classes, and Adult Clay Camp

**Classes offered- Youth (ages 4-16):** Age specific pottery, Specialty Classes, Clay Camp, and Teen Pottery

**Skill Levels:** beginner to intermediate

**Location:** Pottery Lab

##### Youth Services Initiative (YSI)

**Ages:** youth age 5-18

**Annual Participants:** 265

**Programs offered- Youth (ages 5-18 years):** On-site recreation programs, programs at recreation centers, homework help, community involvement (participating in community parades and community cleanup, skiing, hiking, Getting Fit, Bolder Boulder and attending local sports competitions.

**Location:** North & South Boulder Recreation Centers, East Boulder Community Center, Boulder Housing Partners housing sites.



## Sports and Athletics

### Golf

**Ages:** youth ages 4- senior

**Annual Participants** (golfers and lessons): 47,749

**Classes offered- Adult (ages 18+):** Tournaments, Private Lessons, Group Classes, Learning Packages, Play with a Pro Lessons, Flex Lessons

**Classes offered- Youth (17 and younger):** Flatirons Junior League, Group Lessons and Private Lessons

**Location:** Flatirons Golf Course

### Gymnastics

**Ages:** youth age 2 ½ - 18 years

**Annual Participants:** 6,609

**Classes offered- Youth (ages 2 1/2-18):** Preschool Classes, Beginner/ Advanced Beginner, Team- Pre Team, Beginning Team, Intermediate Team, Advanced Team, and Birthday Parties

**Skill Levels:** preschool- advanced team

**Location:** North Boulder Recreation Center

### Open Water Sports

**Ages:** youth age 6- senior

**Annual Program Participants:** 500

**Classes offered- Adult (ages 12+):** Basic Canoe, Basic Sailing, Basic Sunfish, Sailing Keel Sailboats 2, Sea Kayak, and Boating Safety

**Classes offered- Youth (ages 6- 16):** Tommy's Ski School/ Camps, Sailboard/Windsurf Camp, Sailing Camp, Water Sports Camp, Junior Sailing Club, and Junior Sunset Camp

**Location:** Boulder Reservoir

### Sports

**Ages:** youth age 9 months – senior

**Annual participants:** 20,890

**Classes/ Sport Leagues offered- Adult (ages 16+):** Softball, Soccer, Kickball, Dodgeball, Basketball, Volleyball League and Instruction and Tennis Instruction

**Classes offered- Youth (ages 6 months- 16 years):** Gym Jam, Mini-Sports (soccer, flag football, t-ball), Sports Sampler, Mini- Hoopers, Elementary and Middle School Volleyball, High School Volleyball Team, Volleyball Camp, Basketball Camp, Flag Football, Football Camp, Holiday Break Camps, Sports Camp, Tennis Camp, Tennis Instruction, Birthday Parties and Early Childhood Classes

**Skill Levels:** beginner to competitive

**Location:** North & South Boulder Recreation Centers, East Boulder Community Center, Stazio and East Mapleton Ballfields, Arapahoe Ridge Park, Baseline Middle School, Centennial Middle School, Chautauqua Park, Columbine Elementary School, Fairview High School, Knollwood Park, Manhattan Middle School, Martin Park, Palo Park, Tom Watson Park, and Pleasant View Soccer Complex



## Therapeutic Recreation

### EXPAND (Recreation Programs for People with Disabilities)

**Ages:** youth age 3- senior

**Annual Participants:** 1,629

**Classes offered- Adult (ages 15+):** Campouts, Rock Climbing, Hiking, Kickboxing, Water Aerobics, Yoga, Frisbee, Floor Hockey, Bowling, Dance, Weight Lifting, Spinning, Swim Training, Flag Football, Unified Sports, Gymnastics, Out on the Town, Quad Rugby, Power Soccer, Adventure Outings, Dogs & Dodgeball, Kickball, Tubing, Sailing, Bocce Ball, Walk for Fun, Gym Sports, Waterskiing, Adaptive Kayaking, Wheelchair Racing, Track-N-Field, Mini-Triathlon, Leisure Links, Challenger Baseball, Skiing, Dog Sledding, Snowshoeing, and Wiffleball.

**Classes offered- Youth (ages 3-18 years):** Junglequest, Rock Climbing, Hiking Day, Kickboxing, Swim Lessons, Frisbee Fun, Bowling, Unified Soccer, Gymnastics Team Training, Power Soccer, Bocce Ball, Walk for Fun, Outdoor Adventure Day Camp, Leisure Links, Challenger Baseball, Track-N-Field, Lock-Ins, and Skiing

**Location:** North & South Boulder Recreation Centers, East Boulder Community Center, East Mapleton Ballfields, and Boulder Reservoir

## Wellness

### Aquatics

**Ages:** youth age 6 months- senior

**Annual Participants:** 3,161

**Classes offered- Adult (ages 15+):** Lifeguard Training, Water Safety Instructor Training, Adult Group Lessons, Adult Lap Swim, Adult Private Lessons, Aquatic Fitness, and Silver Splash

**Classes offered- Youth (ages 6 months-18):** Specialized Lessons (Seamonkey, Jellyfish, etc), Swim Team Clinics, Private/Semi Private Lessons, Barracudas Swim Team (Pre-Team), Diving Class, and Swim Camp

**Location:** North & South Boulder Recreation Centers, East Boulder Community Center, Scott Carpenter Pool, and Spruce Pool

### Fitness/Wellness

**Ages:** 15+

**Annual Participants:** 2,539

**Classes/ Events offered:** Drop-in Weight Room, Drop-in Fitness Classes, Registered Weight and Specialty Fitness Classes, CPR/First Aid, Personal Training, Consultations, Health Fairs, and Work Site Wellness

**Skill Levels:** beginner to competitive

**Location:** North & South Boulder Recreation Centers, East Boulder Community Center, Boulder Reservoir, Spruce Pool, and various City department offices/facilities



## Yoga/Pilates

**Ages:** youth age 3 - adult

**Annual Participants:** 3,782

**Classes offered- Adult (ages 12+):** Pre-registered and drop-in Yoga, Pilates (Mat and Reformer), PIYO, NIA, Swiss Ball, T'ai Chi, Chi Kung, Feldenkrais, and Middle and High School Yoga

**Classes offered- Youth (ages 3-18):** Parent/ Child Yoga, Yoga for Children, Middle and High School Yoga, and NIA Basics

**Skill Levels:** beginner, restorative, therapeutic, prenatal/postpartum, advanced beginner, and intermediate

**Location:** North & South Boulder Recreation Centers, East Boulder Community Center, Salberg Studio, and Iris Studio



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