



Boulder Parks & Recreation

winter 2016



Register Today

Dance ▪ Gymnastics ▪ Fitness
Sports ▪ Swimming ▪ Tennis
Mind/Body & More!

Registration begins December 1
BoulderParks-Rec.org

What's Happening

pg. 2-3

Winter Fun

pg. 4

Featured Park

pg. 6-7

Winter 2016

Good Bye, 2012 Facility Pass Fees

Effective January 1, 2016, daily entry fees to our recreation centers for adults and seniors will increase for the first time since January, 2013. Some of our multi-visit passes (punchcards and annual passes) will also increase as BPR standardizes discounts on these passes. Price increases allow us to use our taxpayer subsidies on programs and services that optimize the community's health and well-being.

For more information visit: BoulderParks-Rec.org



Emerald Ash Borer (EAB) Update

EAB, an invasive insect pest, will impact all ash trees in the city including nearly 6,000 trees in parks and along street rights of way (about 13% of our public tree population). BPR is implementing a City Council-approved Strategic Urban Forest Plan to enhance the sustainability of the city's urban tree



canopy in response to Boulder's EAB infestation. The plan focuses on tree preservation, citywide tree diversification and community engagement.

BoulderEAB.org.

Snow Much Fun!

Experience Central Park like never before and celebrate the Holiday season with two free family activity nights on December 12 and 19 from 5 to 8 p.m. The park will be lit with thousands of LED lights every night through January 3, 2016, from 5 to 11 p.m. daily. (pg. 43) SnowMuchFun.org



Join the Aquatics Team and Become a Lifeguard (Free Certification)

Learn how to lifeguard and be eligible for immediate employment opportunities at all city pools and swim beaches. Get your lifeguard certification over a weekend (participants must be at least 15 years old by last day of training; classes scheduled December through March, see pg. 30). Current training and employment opportunities include lifeguards, swim instructors, and deck supervisors.

For more information please email Jason Stolz, Aquatics Supervisor, at stolzj@bouldercolorado.gov





Pam Mountain receives basket from Tim Duda, Facility Manager.

Meet BPR's First Whole Foods Market Basket Winner

Pam Mountain is the first month's winner of our 12-month Whole Foods Market basket give-away initiative. Each basket contains a seasonal selection of products valued at more than \$100.

Pam is a retired BVSD elementary school and literacy teacher who has remained active by regularly visiting Parks and Recreation facilities to swim and stand-up paddle

board as well as trying the aerial dance trapeze at a local studio. She also enjoys travel, hiking, and walking the family dog.

Whole Foods Market basket winners are randomly selected (whenever entry swipes are required) at the end of each month from among all Boulder Parks and Recreation facility pass holders who use their passes 12 or more times to enter and workout at one or more of our recreation centers (or outdoor pools and the Boulder Reservoir during summer season).

BPR's Gymnastics Program Voted Best Gymnastics/Dance Studio

BPR's famed gymnastics program won the 2015 Boulder County Gold people's choice award! The program caters to local youth from preschool age through competitive teams. It focuses on recreational fun and personal growth and produces some of Colorado's leading gymnasts. It is also known for its



12,000 square foot gymnastics facility located at the North Boulder Recreation Center.

For more information about the gymnastics program visit: BPRgymnastics.org

BPR Wins 2015 Colorado Parks and Recreation Association Awards.

BPR has been awarded the Columbine Award for Design for Pleasant View Fields Sports Complex and the Columbine Award for Innovation for the Family World Dance program (see pg. 46) at the 2015 Colorado Parks and Recreation Association annual conference that took place in Breckenridge in October.



Why Register Now?

Why wait to sign up for active fun? Today is the best day to register for the classes you want.

Beginning in 2016, we will increase our adherence to minimum enrollment standards to enhance efficient use of staff time, space, and funding. **Under-enrolled classes will be cancelled prior to the first session. Thanks for registering today!**



7 FUN FAMILY ACTIVITIES

1. GRAB SOME HOT CHOCOLATE AND TAKE A WALK THROUGH CENTRAL PARK.

Located in the city's Civic Area for the new "Snow Much Fun" light show. Lights will be on every evening from 5 to 11 p.m. through early January (including two family activity nights on December 12 & 19th).

2. STAY ACTIVE AND KEEP MOVING WITH A SLEDDING SESSION at Scott Carpenter Park hill.

3. CHALLENGE YOUR NEIGHBORS TO A SNOW SCULPTING CONTEST.

Visit your nearest neighborhood park on the next snowy day (more than 60 parks are available throughout Boulder).

4. LOOKING FOR SOME FRIENDLY COMPETITION?

Try a drop-in sport activity hosted at all three Boulder recreation centers this winter - all abilities welcome! Choose from basketball, volleyball, pickle ball, and badminton.

5. KEEP YOUR FAMILIES' SWIMMING SKILLS SHARP

in one of our two indoor, heated leisure pools, a perfect way to splash, play, and burn off some energy.

6. STEP BACK INTO THE PAST (AND OUT OF THE COLD!) AT THE NEW MUSEUM OF BOULDER

(formerly the Boulder History Museum) located at 2205 Broadway. Discover something interesting about this beautiful place we call home.

7. GET CREATIVE WITH A PHOTOGRAPHY WALK-ABOUT.

*Capture what you love about Boulder in the winter and submit your photos to our quarterly "Through Your Eyes" art contest.

*SEND US YOUR ART!

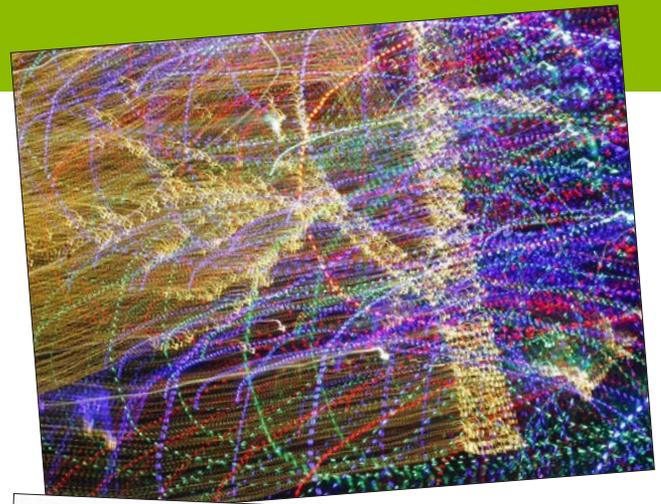
Send us your art, photography or poetry inspired by the people, sights and scenes found in Boulder's parks, recreation facilities, or sports fields. We encourage all ages to participate.

How to submit:

Send your digital artwork, images or poetic writing compositions to: parks-rec@bouldercolorado.gov

Please include your name, contact information and a brief description of your work (or inspiration).

Submission rules can be found online at Boulderparks-rec.org.



North Boulder Recreation Center

3170 Broadway • 303-413-7260

- Lap/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 center.

- 1** Valmont Bike/Dog Park/Disc Golf, Valmont & Airport Rd.
- 2** Reservoir, 5565 N. 51st. St. • 303-441-3461
- 3** Foothills Community Park, 800 Cherry Ave.
- 4** Scott Carpenter Park, 1505 30th St.
- 5** Flatirons Golf Course, 5706 Arapahoe • 303-442-7851
- 6** Iris Center, 3198 Broadway • 303-413-7200
- 7** Salberg Center & Park, 19th & Elder
- 8** Central Park, 1236 Canyon Blvd.

South Boulder Recreation Center

1360 Gillaspie • 303-441-3448

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

Mon.-Thu. 6am-9:30pm
 Fri. 6am-8pm
 Sat./Sun. 8am-5pm

*Pool closes 30 minutes before center.

East Boulder Community Center

5660 Sioux Dr. • 303-441-4400

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

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

*Pool closes 30 minutes before center.



TOP 5 THINGS TO DO AT FOOTHILLS COMMUNITY PARK:

1. BRING YOUR KIDS (HUMAN OR CANINE!) FOR HOURS OF PLAY.

The kids will love the variety of play structures, ball fields, and terrain. Your doggies will love the expansive dog park and nearby open space trails.



2. GOT SNOW?

Foothills offers some of north Boulder's finest sledding hills! Plus there's tons of space for snow forts, sculpture, and friendly snowball fights.



3. GOT SUN?

The views make picnics or family gatherings idyllic. On many days you can watch paragliders trek up the nearby slopes and soar on invisible waves of warm air.



4. ENJOY A HIKE, BIKE OR RUN ALONG THE PARK'S PAVED TRAILS OR THE UNPAVED TRAILS OF NEIGHBORING OPEN SPACE.

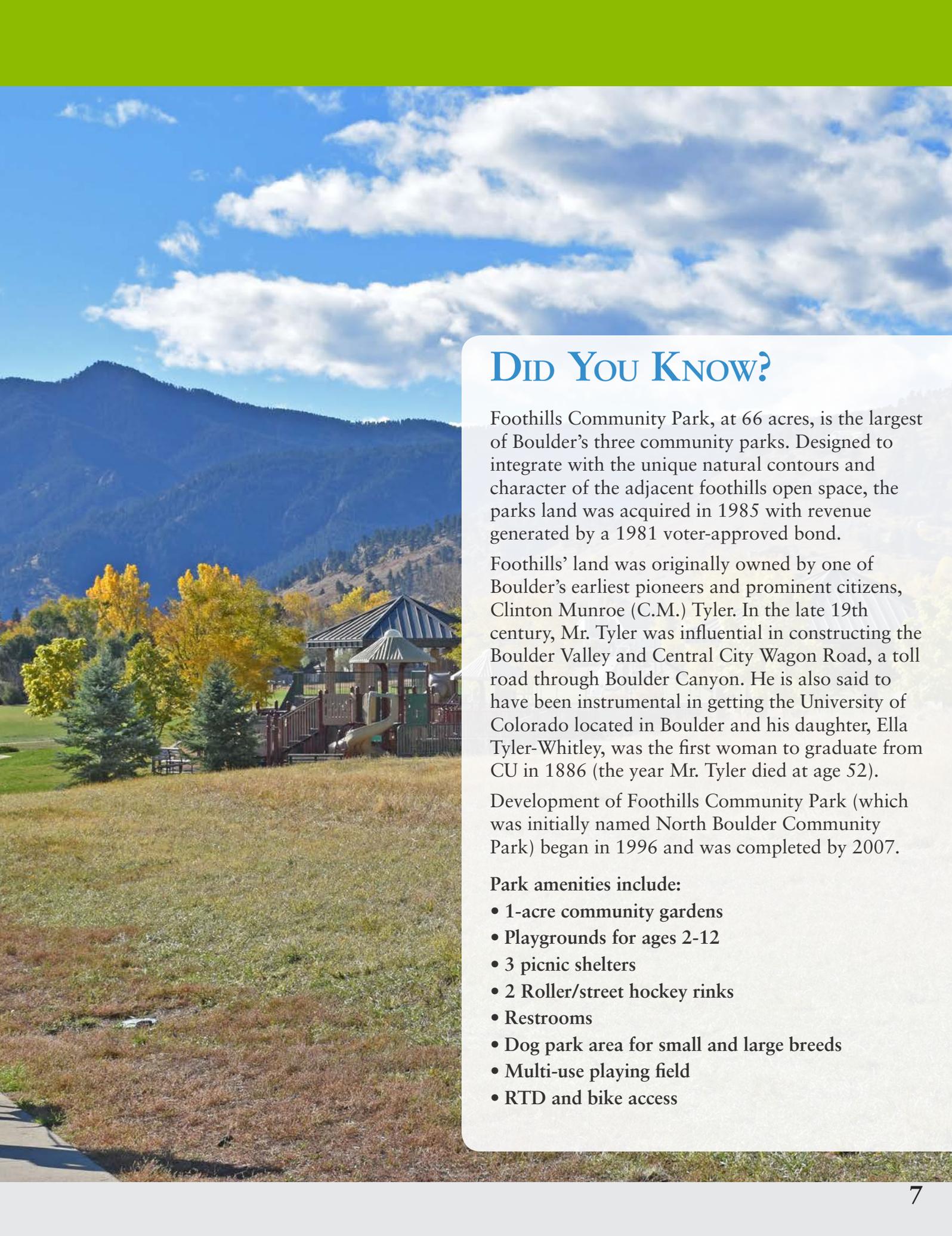
It's about 3 miles round trip south to Wonderland Lake.



5. BRING A KITE, FRISBEE™, OR YOUR FAVORITE BALL

and enjoy the giant multi-use field or basketball hoops.





Did You Know?

Foothills Community Park, at 66 acres, is the largest of Boulder's three community parks. Designed to integrate with the unique natural contours and character of the adjacent foothills open space, the parks land was acquired in 1985 with revenue generated by a 1981 voter-approved bond.

Foothills' land was originally owned by one of Boulder's earliest pioneers and prominent citizens, Clinton Munroe (C.M.) Tyler. In the late 19th century, Mr. Tyler was influential in constructing the Boulder Valley and Central City Wagon Road, a toll road through Boulder Canyon. He is also said to have been instrumental in getting the University of Colorado located in Boulder and his daughter, Ella Tyler-Whitley, was the first woman to graduate from CU in 1886 (the year Mr. Tyler died at age 52).

Development of Foothills Community Park (which was initially named North Boulder Community Park) began in 1996 and was completed by 2007.

Park amenities include:

- 1-acre community gardens
- Playgrounds for ages 2-12
- 3 picnic shelters
- 2 Roller/street hockey rinks
- Restrooms
- Dog park area for small and large breeds
- Multi-use playing field
- RTD and bike access

Last Chance Pass Offer:

Buy or renew your entry pass by
December 31, 2015 to

SAVE up to 10%

Lock in 2015 rates now for another year
of great fitness options.

Get a jump on your resolutions to stay
fit and save money!



ANNUAL PASS

	2015 Res / Non-Res		2016 Res / Non-Res	
Seniors (60+)	\$353	\$ 445	\$369	\$ 489
Adults (19-59)	\$552	\$ 645	\$552	\$ 689
Youth (3-18)	\$260	\$ 330	\$274	\$ 363
Family	\$885	\$1075	\$885	\$1105

40 PUNCH PASS

	2015 Res / Non-Res		2016 Res / Non-Res	
Seniors (60+)	\$168	\$185	\$176	\$191
Adults (19-59)	\$224	\$247	\$235	\$255
Youth (3-18)	\$144	\$159	\$144	\$159

20 PUNCH PASS

	2015 Res / Non-Res		2016 Res / Non-Res	
Seniors (60+)	\$ 89	\$ 99	\$ 94	\$106
Adults (19-59)	\$119	\$131	\$125	\$133
Youth (3-18)	\$ 76	\$ 84	\$ 77	\$ 85

10 PUNCH PASS

	2015 Res / Non-Res		2016 Res / Non-Res	
Seniors (60+)	\$47	\$51	\$49	\$52
Adults (19-59)	\$63	\$69	\$66	\$69
Youth (3-18)	\$40	\$45	\$41	\$46

TWILIGHT PASS

2015 Res / Non-Res		2016 Res / Non-Res	
\$147	\$184	\$163	\$203

ONE MONTH PASS

2015 Res / Non-Res		2016 Res / Non-Res	
\$65	\$75	\$65	\$75

More locations than any other fitness option
in Boulder. All on one pass!



Fitness Classes • Cardio Equipment • Pool Lanes
Family Amenities • Ball Courts • Hot Tubs & More!

3 Great Recreation Centers

North	East	South
3170 Broadway 303-413-7260	5660 Sioux Dr. 303-441-4400	1360 Gillaspie 303-441-3448

2 Outdoor Pools & Boulder Reservoir

Scott Carpenter Pool	Spruce Pool	Boulder Reservoir
1505 30th St. 303-441-3427	2102 Spruce 303-441-3426	5565 N. 51st St. 303-441-3461

2016 ENTRY FEES

ANNUAL PASS

	Res/Non-Res
Seniors (60+)	\$369/\$489
Adults (19-59)	\$552/\$689
Youth (3-18)	\$274/\$363

- 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	11 PAYMENTS
	Res/Non	Res/Non
Seniors (60+)	\$62/\$80	\$32/\$42
Adults (19-59)	\$90/\$110	\$46/\$57
Youth (3-18)	\$48/\$61	\$25/\$32

- 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/\$1105

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

DAILY DROP-IN

Seniors (60+)	\$5.75
Adults (19-59)	\$7.50
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+)	\$176/\$191
Adults (19-59)	\$235/\$255
Youth (3-18)	\$144/\$159

20 PUNCH PASS

	Res/Non-Res
Seniors (60+)	\$94/\$106
Adults (19-59)	\$125/\$133
Youth (3-18)	\$77/\$85

10 PUNCH PASS

	Res/Non-Res
Seniors (60+)	\$49/\$52
Adults (19-59)	\$66/\$69
Youth (3-18)	\$41/\$46

- 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
\$163/\$203

- 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
F/Sa: 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!

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Stay Informed with FREE eNews!

Want to learn more about the latest classes, events, community meetings, weather or construction-related closures and more? Join our eNews list. It's easy, just visit us online at www.boulderparks-rec.org and subscribe to the list that interests you most and start enjoying up-to-date Parks & Rec 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



Why Register Now?

Why wait – when you can lead the way? TODAY is the best day to register for the classes you want.

Why? Because under-enrolled classes get cancelled and might be dropped entirely to make space for more popular programs.

Registering early is the best way to prevent your favorite class from cancellation (or even extinction!).

Beginning in 2016, we'll be increasing our adherence to minimum enrollment standards to enhance our efficient use of staff, space and funding.

Under-enrolled classes will be cancelled prior to the first session.

Thanks for registering today!

Financial Assistance



Did you know we offer financial aid to assist community members who cannot otherwise participate due to financial limitations?

To find out more about our financial aid programs and how to qualify, please call 303-413-7200.



Recyclable. Printed on 30% post-consumer recycled paper.



Our classes nurture your child's interest in dance, while increasing 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

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+) For students with a knowledge of ballet basics.

233732	1/5-2/16	Tu, 9-10am★	North	7	\$63/\$79	Sylvia
233733	2/23-4/5	Tu, 9-10am★	North	6	\$54/\$68	Sylvia
233734	1/7-2/18	Th, 9-10am	East	7	\$63/\$79	Sylvia
233735	2/25-4/7	Th, 9-10am	East	6	\$54/\$68	Sylvia

Ballet Barre Plus

(Ages 13+) Barre, center and combinations.

233736	1/5-4/5	Tu, 10-11:30am	North	13	\$137/\$171	Sylvia
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Ballet Level 1

(Ages 13+) Very beginning ballet technique.

233737	1/4-4/4	M, 7:30-9pm	North	13	\$137/\$171	Elizabeth R.
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Ballet Level 1/2

(Ages 13+) Elementary level technique.

233738	1/5-4/5	Tu, 7:30-9pm	North	13	\$137/\$171	Elizabeth R.
233746	1/7-4/7	Th, 7:30-9pm	South	13	\$137/\$171	Elizabeth R.

Ballet Level 2

(Ages 13+) Intermediate level ballet technique.

233739	1/5-4/5	Tu, 6-7:30pm	North	13	\$137/\$171	Elizabeth R.
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Ballet Level 2/3

(Ages 14+) Strong intermediate level ballet technique.

234634	1/4-4/4	M, 6:30-7:45pm	East	13	\$137/\$171	Vanessa
233747	1/9-4/9	Sa, 1:30-3pm	East	13	\$137/\$171	Elizabeth R.

Ballet Level 3

(Ages 14+) Strong upper-intermediate level ballet technique.

233740	1/7-4/7	Th, 6-7:30pm	South	13	\$137/\$171	Elizabeth R.
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Pointe 1

(Ages 13+) Beginning Pointe.

233828	1/4-4/4	M, 6:30-7:30pm	North	13	\$117/\$146	Elizabeth R.
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Pointe 2/3

(Ages 13+) Intermediate Pointe.

233741	1/9-4/9	Sa, 3:15-4pm	East	13	\$117/\$146	Elizabeth R.
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Beginning Modern Dance

(Ages 13+) Basic movement concepts of Modern Dance.

233791	1/8-2/19	F, 10-11:30am★	North	7	\$74/\$92	Cindy B.
233792	2/26-4/8	F, 10-11:30am★	North	6	\$63/\$79	Cindy B.

Intermediate/Advanced Modern Dance

(Ages 13+) Some experience in dance required.

233793	1/7-2/18	Th, 10-11:30am★	North	7	\$74/\$92	Cindy B.
233794	2/25-4/7	Th, 10-11:30am★	North	6	\$63/\$79	Cindy B.

Jazz Level 1

(Ages 13+) Jazz for adults improves coordination, balance and flexibility.

233785	1/4-2/15	M, 8-9pm	Iris	7	\$63/\$79	Mary
233786	2/22-4/4	M, 8-9pm	Iris	6	\$54/\$68	Mary

DANCE

Jazz Level 1 Plus Fitness

(Ages 13+)

233783	1/7-2/18	Th, 6:30-7:30pm	Iris	7	\$63/\$79	Julie
233831	2/25-4/7	Th, 6:30-7:30pm	Iris	6	\$54/\$68	Julie

Very Adult Jazz

(Ages 18+) A low impact jazz class set to the level of the participants.

233781	1/8-2/19	F, 2:30-3:45pm	East	7	\$74/\$92	Judy
233782	2/26-4/8	F, 2:30-3:45pm	East	6	\$63/\$79	Judy

Tap Level 1

(Ages 13+) Tap shoes required.

233815	1/6-2/17	W, 6-7pm	North	7	\$63/\$79	Mary
233816	2/24-4/6	W, 6-7pm	North	6	\$54/\$68	Mary

Tap Level 3/4

(Ages 13+) A minimum of two to three years of experience required.

233818	1/4-2/15	M, 7-8pm	Iris	7	\$63/\$79	Mary
233820	2/22-4/4	M, 7-8pm	Iris	6	\$54/\$68	Mary

Hip Hop Level 1

(Ages 13+) A vigorous and exhilarating class.

233768	1/6-2/17	W, 7-8pm	East	7	\$63/\$79	Aundrea
233769	2/24-4/6	W, 7-8pm	East	6	\$54/\$68	Aundrea

Ballroom Basics and Swing Level 1

(Ages 13+) Social Dancing, Foxtrot, Waltz and Swing. No partner required.

233764	1/9-2/20	Sa, 3:15-4:15pm	Iris	7	\$63/\$79	Judy
233765	2/27-4/9	Sa, 3:15-4:15pm	Iris	6	\$54/\$68	Judy

Ballroom Basics and Swing Level 2

(Ages 13+) A continuation of Ballroom Basics 1.

233766	1/9-2/20	Sa, 4:30-5:30pm	Iris	7	\$63/\$79	Judy
233767	2/27-4/9	Sa, 4:30-5:30pm	Iris	6	\$54/\$68	Judy

Salsa Level 1

(Ages 13+) A focus on the fundamentals of Casino, the circular and flowing Cuban Style Salsa. No partner is required.

233799	1/6-2/17	W, 7-8pm	North	7	\$63/\$79	Judy
233800	2/24-4/6	W, 7-8pm	North	6	\$54/\$68	Judy

Salsa Level 2

(Ages 13+) 1 year of Salsa training required.

233801	1/6-2/17	W, 8-9pm	North	7	\$63/\$79	Judy
233802	2/24-4/6	W, 8-9pm	North	6	\$54/\$68	Judy

Samba Level 1

Move your body Rio de Janeiro Carnival style and get your cardio on!

233806	1/7-2/18	Th, 7:15-8:15pm	East	7	\$63/\$79	Georgia
233808	2/25-4/7	Th, 7:15-8:15pm	East	6	\$54/\$68	Georgia

Belly Dance Level 1

(Ages 13+) Shimmy, hip drop and undulate your body to the exotic beats of Near East rhythms.

233805	1/7-2/18	Th, 6-7:15pm	East	7	\$74/\$92	Georgia
233807	2/25-4/7	Th, 6-7:15pm	East	6	\$63/\$79	Georgia

Bollywood Bhangra Dance

Simple, energetic, dance choreography set to the upbeat rhythms of Bhangra and Bollywood music.

234635	1/5-2/16	Tu, 6:30-7:30pm	East	7	\$63/\$79	Smita
234636	2/23-4/5	Tu, 6:30-7:30pm	East	6	\$54/\$68	Smita

Beginning Flamenco

Basic Flamenco technique and short choreographies for beginning students.

233809	1/5-2/16	Tu, 6:30-7:30pm	Iris	7	\$63/\$79	Salli
233810	2/23-4/5	Tu, 6:30-7:30pm	Iris	6	\$54/\$68	Salli

Intermediate/Advanced Flamenco

More advanced footwork, Flamenco technique, style, posture and foot speed.

233811	1/5-2/16	Tu, 7:30-8:30pm	Iris	7	\$63/\$79	Salli
233812	2/23-4/5	Tu, 7:30-8:30pm	Iris	6	\$54/\$68	Salli

Hula Dance Level 1

(Ages 13+) Come learn basic hula steps, ancient and modern hula dances.

233775	1/6-4/6	W, 5:30-6:30pm	Iris	13	\$117/\$146	La'ela'e
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Hula Dance Level 2

(Ages 13+) A continuation of Level 1

233776	1/6-4/6	W, 6:30-7:30pm	Iris	13	\$117/\$146	La'ela'e
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Irish Step Dance

(Ages 13+) Ghillies, jazz shoes or ballet slippers recommended.

233779	1/6-4/6	W, 7:30-8:45pm	Iris	13	\$137/\$171	Elizabeth V.
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Adult Dance Days

Sample a dance class FREE!

Saturday, January 2 & Sunday, January 3

Have you ever wanted to try a dance class without the commitment? Don't know which fun and exciting class to choose from? Now is the time to begin that new exercise routine! Put something fun and challenging in your life with a dance class! Come to the Recreation Centers to try a no-obligation, free adult dance class. Dance shoes and dance attire are NOT required.

See page 43 for the schedule of classes.

Holiday Dance Concert

Enjoy this great holiday tradition with family and friends! Featuring Kinesis Dance Company.

Saturday, December 12 at 1 p.m.

Niwot High School

Tickets:

General Admission \$15 (ages 6+)



► CONCERT CLASSES*

Spring Dance Concert: Presented by Kinesis Dance Company

Classes with the * are concert classes and will participate in the spring dance concert. Additional concert and costume fees will apply.

Visit www.kinesisdance.com for additional information and payment.

► PRESCHOOL DANCE

Parent-Tot

(Ages 18mos-4yrs) Creative movement, songs and finger plays.

233813	1/6-2/17	W, 9-9:45am	South	7	\$63/\$79	Kirsten
233814	2/24-4/6	W, 9-9:45am	South	6	\$54/\$68	Kirsten

Bilingual Parent-Tot

(Ages 18mos-4yrs) A class of singing and dancing in Spanish and English for parents and children.

Una clase de canto y baile en Español e Ingles para padres e hijos.

234632	1/8-2/19	F, 9-9:45am★	North	7	\$63/\$79	Judy
234633	2/26-4/8	F, 9-9:45am★	North	6	\$54/\$68	Judy

Little Feats Ballet

(Age 3) Play-based activities and working with props.

233749	1/4-4/4	M, 9-9:45am★	North	13	\$104/\$130	Cindy
233752	1/5-4/5	Tu, 9-9:45am	East	13	\$104/\$130	Vanessa
233750	1/6-4/6	W, 9:45-10:30am	South	13	\$104/\$130	Kirsten
233751	1/9-4/9	Sa, 9-9:45am★	East	13	\$104/\$130	Vanessa

Class Cancellation Policy

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

World Rhythms for Children

(Ages 3-5) Focusing on music from Africa, South America, Cuba and Brazil.

233757	1/7-4/7	Th, 4-4:45pm	South	13	\$104/\$130	Judy
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Pre-Hip Hop

(Ages 3-5) A vigorous and exhilarating class.

Concert Class*

233773	1/5-4/5	Tu, 9:45-10:30am	East	13	\$104/\$130	Vanessa
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Creative Movement

(Ages 4-5) The magic of childhood imagination with movement and the underlying principles of dance.

233760	1/4-4/4	M, 10:30-11:15am★	North	13	\$104/\$130	Cindy
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Pre-Ballet

(Ages 4-5) Increase coordination, concentration levels, cooperation, flexibility and ability to follow instructions.

Concert Classes*

233753	1/4-4/4	M, 9:45-10:30am★	North	13	\$104/\$130	Cindy
233756	1/5-4/5	Tu, 10:30-11:15am	East	13	\$104/\$130	Vanessa
233755	1/9-4/9	Sa, 9:45-10:30am	East	13	\$104/\$130	Vanessa

Non-concert

233754	1/7-4/7	Th, 4-4:45pm★	Iris	13	\$104/\$130	Julie
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Pre-Tap & Ballet

(Ages 4-5) An introduction to tap and ballet dance.

Concert Classes*

233821	1/5-4/5	Tu, 11:30am-12:15pm★	North	13	\$104/\$130	Sylvia
233822	1/7-4/7	Th, 10-10:45am	East	13	\$104/\$130	Sylvia

► YOUTH DANCE

Kinder Ballet & Tap Combo

(Ages 5-6) The basic elements of ballet and tap. Tap shoes required.

Concert Class*

233830	1/7-4/7	Th, 4-4:45pm	East	13	\$104/\$130	Georgia
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Kinder Ballet

(Ages 5-6) Learn the basic elements of ballet in a creative and fun way.

Concert Classes*

233761	1/4-4/4	M, 3:45-4:30pm★	East	13	\$104/\$130	Vanessa
233762	1/9-4/9	Sa, 10:30-11:15am★	East	13	\$104/\$130	Vanessa

DANCE

Youth Ballet 1

Students will study the performance art of ballet.

Concert Class* (Ages 6-8)

233758 1/4-4/4 M, 4:30-5:30pm★ East 13 \$104/\$130 Vanessa

Concert Class* (Ages 8-12)

233829 1/9-4/9 Sa, 12-1pm★ East 13 \$104/\$130 Elizabeth

Youth Ballet Level 2/3

(Ages 9-13) Intermediate level study.

Concert Class*

233759 1/7-4/7 Th, 4:45-5:45pm East 13 \$104/\$130 Georgia

Jazz 1

Special emphasis on music and rhythm.

Concert Class* (Ages 6-8)

233787 1/5-4/5 Tu, 4:30-5:30pm East 13 \$104/\$130

Concert Class* (Ages 9-12)

233788 1/6-4/6 W, 4-5pm North 13 \$104/\$130

Jazz 2/3

(Ages 9-12) Two years of previous training required.

Concert Class*

233789 1/4-4/4 M, 5:30-6:30pm★ East 13 \$104/\$130 Vanessa

Jazz & Tap Combo 1/2

(Ages 6-8) Tap shoes and jazz shoes or ballet slippers required.

Concert Class*

233824 1/7-4/7 Th, 4-5pm★ North 13 \$104/\$130 Mary

Jazz & Tap Combo 2/3

(Ages 9-12) Jazz and tap shoes required.

Concert Class*

233825 1/6-4/6 W, 5-6pm North 13 \$104/\$130 Mary

Tap 1

(Ages 5-8) Tap skills in a fun and encouraging environment.

Concert Class*

233823 1/7-4/7 Th, 4:45-5:30pm★ Iris 13 \$104/\$130 Julie

Teen Tap

(Ages 11-15) This is a mixed level class for beginners through intermediate levels, tap shoes required.

Concert Class*

233827 1/7-4/7 Th, 5-6pm★ North 13 \$104/\$130 Mary

Kinder Hip Hop

(Ages 5-6) A vigorous and exhilarating class.

Concert Class*

233770 1/6-4/6 W, 4-4:45pm★ East 13 \$104/\$130

Hip Hop

Concert Class* (Ages 6-8)

233771 1/6-4/6 W, 4:45-5:45pm★ East 13 \$104/\$130 Aundrea

Non-concert Class* (Ages 7-10)

233832 1/7-4/7 Th, 5:30-6:15pm★ Iris 13 \$104/\$130 Julie

Concert Class* (Ages 9-12)

233772 1/6-4/6 W, 5:45-6:45pm East 13 \$104/\$130 Aundrea

Broadway Musical Mashup

(Ages 6-12) We will learn assorted songs, scenes, and dances from some of our favorite Broadway and Disney musicals, and put them together into a showcase like you've never seen before!

NEW!

234264 1/5-4/5 Tu, 4-5:30pm★ North 13 \$168/\$195 Theatre@ Altitude

Triple Threat Teen Showcase

Together we will work on scenes, songs, and choreography from a Broadway musical, while developing the techniques that make a true 'triple threat'. We will present our finished pieces on the last day of class.

NEW!

234265 1/7-4/7 Th, 6-7:30pm North 13 \$168/\$195 Theatre@ Altitude

Youth Salsa Level 1

(Ages 9-12) A focus on the fundamentals of Casino, the circular and flowing Cuban Style Salsa.

233803 1/7-4/7 Th, 4:45-5:30pm South 13 \$104/\$130 Judy

Youth Flamenco

(Ages 9-12) Basic Flamenco technique and short choreographies for beginners.

233804 1/5-4/5 Tu, 5:30-6:30pm★ Iris 13 \$104/\$130 Salli

Children's Hula

(Ages 6-12) Come learn basic hula steps, ancient and modern hula dances.

233778 1/6-4/6 W, 4:30-5:30pm Iris 13 \$104/\$130 La'ela'e

► SPRING BREAK CAMP

NEW!

Musical Theater & Dance Spring Break Camp

Campers will explore the process of creating a scene in musical theater through singing, dancing and acting. Campers will also take classes in Jazz and Hip Hop dance. What a fun way for children to explore something new over Spring break.

235434 3/21-3/25 M-F, 9-12pm *Kinesis

*Kinesis Dance Studio, 5603 Arapahoe Ave. Unit 6, Boulder, 80303

► KINESIS DANCE COMPANY

Kinesis Dance Company

Admission to Kinesis Dance Company is by audition only. Participants will participate in the spring dance concert to be held in April, 2016. 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. Visit www.KinesisDance.com for details or call 720-515-6268.



EXciting Programs Adventures & New Dimensions (EXPAND) 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 Lori Goldman at 303-413-7256 or email at goldmanl@bouldercolorado.gov with any questions. Unless otherwise noted, programs are for all ability levels.

Scholarships

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

EXPAND Services

EXPAND is a service provider and able to bill outside agencies/funding for services. Contact Sherri Brown, 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.

► SKI/WINTER PROGRAMS

Eldora Skiing Lessons

(Ages 6+) Learn how to ski/snowboard or improve your skills with half day lessons! Fee includes equipment, lift ticket & an Ignite instructor. Paperwork must be completed online after registering. We will meet at the Boulder Bus Station and take the RTD to Eldora (bus fare required). Contact Chelsea Cerny at 303-441-3416. *Reduced Rate is not applicable for this program. For scholarship information, please contact Chelsea. No class Feb. 14.

Downhill Ski/Snowboard Lessons

234402	1/17-2/28 Su, 8am-2pm	RTD	6	\$490/\$505
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Nordic Skiing & Snowshoe Lessons

234403	1/17-2/28 Su, 8am-2pm	RTD	6	\$310/\$325
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Ski Team

(Ages 12+) Enjoy skiing at Eldora while preparing for two Special Olympics Competitions. We will be partnering with Ignite who will provide instructors trained to improve your skiing and racing skills. You must be able to independently get on and off of the lift. If you have a season's pass to Eldora, please contact Chelsea for an adjusted price. Groups will be created based on a skills assessment. We will meet at the Boulder Bus Station and take the RTD to Eldora (bus fare required). Reduced Rate note eligible but scholarships available. Contact Chelsea Cerny at 303 -441-3416.

No class Feb. 13.

234399	1/16-2/27 Sa, 8am-2pm	RTD	6	\$490/\$505
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Snowshoeing

(Ages 18+) Snowshoeing Days! Snowshoe with others from around the metro-Denver area! Improve fitness, balance and coordination (beginner trails). Please notify Chelsea if equipment will be needed. Bring your own lunch. We will meet at the Boulder Bus Station and take the RTD to Eldora (bus fare required). Contact Chelsea Cerny- 303-441-3416.

234404	1/9 Sa, 12-5pm	RTD	1	\$30/\$35
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EXPAND

► 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.

Crafts & Creations

(Ages 16+) Our interns will be planning exciting Craft & Creations. Contact, Cory Lasher 303-413-7269.

NEW!

233837 2/1-3/7 M, 4-5pm East Senior 6 \$65/\$76

Water Aerobics

(Ages 15+) Jump right in! The water is great! We will focus on cardio and strength training in the leisure pool. This low-impact class is suitable for every fitness level. Contact Jen Heilveil, 303-413-7474

234288 1/11-3/28 M, 5:15-6:15pm East 12 \$54/\$68

Walkin' & Rockin'

(Age 16+) Come Rock & Walk! We will walk for prizes, keep track of person's best walking days, walking distances, and fitness level while listening to music. Contact Sherri Brown, 303-441-4933.

234540 1/12-3/8 Tu, 4-5pm East 9 \$45/\$54

Vegas Night

(Age 16+) It's Vegas Night! Come try your luck at beating the EXPAND staff at all the Vegas games: black jack, poker, roulette wheel, etc..Contact Sherri Brown, 303-441-4933.

234305 3/29 Tu, 6-8pm East Senior 1 \$20/\$24

EXPAND Banquet

Celebrate participating with EXPAND with a pancake dinner, dancing and awards. Everyone is welcome but must register. Contact Sherri Brown, 303-441-4933.

234301 3/15 Tu, 6-8pm East Senior 1 \$8

Unified Youth Basketball

(Age 10-16) Join us as we practice for the Special Olympics Basketball tournament. Each team will consist of Special Olympics athletes and their peers from local schools, Fee includes tournament costs. Contact Chelsea Cerny, 303-441-3416

233844 1/19-3/8 Tu, 4-5pm South 8 \$62/\$75

Unified Basketball League

(Age 16+) Unified Basketball League - teams will be determined by December and each team will play weekly games between 5-8 p.m. Please email Sherri with t-shirt size at brownsh@bouldercolorado.gov. New players please contact Sherri, 303-441-4933.

234290 1/5-3/8 Tu, 5-8:30pm East 10 \$40

Move N Groove

(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

234289 1/6-3/30 W, 3:30-4:30pm East 13 \$65/\$80



Checkout our new Strider Bike class and have fun racing around the gym with friends.

EXPAND's Got Talent

(Ages 16+) Let's discover our hidden talent and perform for the EXPAND Banquet on Tuesday, March 15. Please register for the EXPAND Banquet as well. Contact, Cory Lasher 303-413-7269.

NEW!

233838 1/20-3/9 W, 4:30-5:30pm East Senior 8 \$60/\$75

Weight Lifting

(Ages 16+) Learn to use the fitness machines to increase muscle tone and increase strength. Great way to learn proper lifting skills and increase your overall fitness level. Contact Sherri Brown, 303-441-4933.

234292 1/7-3/31 Th, 2:30-3pm East 13 \$32/\$38

Spinning

(Ages 16+) Awesome Exercise. Ride the stationary bike while socializing with friends. Bike riding will help improve your core strength and increase your endurance level while having fun! Contact Sherri Brown, 303-441-4933.

234293 1/7-3/31 Th, 3-4pm East 13 \$65/\$78

Smile and Stretch

(Ages 16+) 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. Contact Jen Heilveil, 303-413-7474.

234333 1/7-3/31 Th, 4-5pm East Senior 13 \$80/\$100

Strider Bike

Strider Bike - Learn to ride or have fun learning new skills on a bike or race with friends. Contact Sherri @ 303-441-4933

NEW!

(Ages 8-16)

234532 1/15-2/19 F, 5-5:30pm East 6 \$15/\$18

(Ages 16+)

234539 1/15-2/19 F, 4-5pm East 6 \$30/\$36

Gymnastics Team Training

(Age 8+) Start preparing now for Special Olympics. Participants will be grouped by age and ability. Gymnastics improves coordination, balance and self-esteem. Registration includes fees for Regional Special Olympic competition. Contact Chelsea Cerny 303-441-3416

234295 3/5-5/7 Sa, 3:15-4:30pm North 10 \$106/\$130

Jump n' Gym

(Age 6-18) Come explore the gymnastics gym in a fun and supportive environment. We will utilize obstacle courses and short rotations to work on improving strength, coordination and balance. Contact Chelsea Cerny 303-441-3416.

234295 3/5-5/7 Sa, 4:30-5:30pm North 10 \$90/\$108

Mini Triathlon

(Ages 14+) Take part in our second annual Mini-Tri! Water Walk for 15 minutes, Stationary Bike for 30 minutes and Walk/Run on the trails for 30 minutes! Contact Jen Heilveil, 303-413-7474.

234302 3/6 Su, 11am-3pm East Senior 1 \$35

Special Olympics Swim Training

(Ages 8+) For lap swimmers who want to complete in Special Olympics in May. Swimmers must be comfortable in the lap pool. Contact Jen Heilveil, 303-413-7474.

234294 1/17-3/20 Su, 3-4pm East 10 \$90/\$110

Youth Swim Lessons

(Ages 4-12) Encourage swimmers to explore the water through games, songs, and instruction. Modifications will be explored to meet the individual needs of each swimmer. Contact Jen Heilveil, 303-413-7474.

234287 1/17-3/13 Su, 4-4:30pm East 9 \$72/\$90

► FRIDAY NIGHT FUN

(Ages 8-16) Come be a part of the excitement! The group will swim once a month and alternate between other fun games and crafts for the other Friday. Bring your sack dinner and let the fun begin. Contact Chelsea Cerny @ 303-441-3416 or 303-551-5329.

Swimming Fun (Bring your towel and suit!)

234390 1/15 F, 5:30-8pm East 1 \$14/\$17

Big Time Trampoline

We will be headed out to burn some energy jumping around.

234391 1/29 F, 5:30-8pm East 1 \$30/\$38

Swimming Fun (Bring your towel and suit!)

234392 2/12 F, 5:30-8pm East 1 \$14/\$17

Music Madness

Boogie down and spend the night exploring music with some special guests.

234394 2/26 F, 5:30-8pm East 1 \$18/\$22

Swimming Fun (Bring your towel and suit!)

230392 3/11 F, 5:30-8pm East 1 \$14/\$17

ALL FRIDAY NIGHT FUN CLASSES (ABOVE)

Sign up for every Friday with one code and fee.

234398 \$88/\$110

► TEEN ON THE TOWN

NEW!

Wild Nights

(Ages 12-17) We're off to Colorado Springs to the Cheyenne Mountain Zoo for an overnight and going behind the scene to tour the zoo and we'll get an up close look at animals. Siblings and friends are welcome. Dinner & breakfast will be provided. Participants must be independent in ADLs. Please contact Chelsea Cerny at 303-441-3416.

234412 3/21-22 M-Tu, 4pm - 12noon East 2 \$125/\$142

Jumpin' and Munchin'

(Ages 10-17) Let's jump and play in our gymnastics gym at NBRC and then we're off munchin' at a very entertaining lunch at Casa Bonita. Siblings and friends are welcome. Contact Chelsea Cerny at 303-441-3416.

234413 3/24 Th, 9am-4pm East 1 \$70/\$87

► OUT ON THE TOWN, COMMUNITY CHOICES

(Ages 16+) A great way to socialize with your friends. Contact Cory Lasher at 303-413-7269. Group & 1 on 1 opportunities.

Salad & Bingo

233845 1/13 W, 4:30-6pm East Senior 1 \$15/\$19

Red Robin

233847 2/24 W, 5:45am-8pm East 1 \$25/\$31

Dave & Busters (Group Only)

233848 3/30 W, 4:30-7:30pm East Senior 1 \$30/\$37

► FRIDAY NIGHT DANCES

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

Winter Beach Party

233833 1/29 F, 6-8pm East Senior 1 \$8/\$10

Sweetheart Dance

233834 2/12 F, 6-8pm East Senior 1 \$8/\$10

St. Patrick's Day Dance

233835 3/18 F, 6-8pm East Senior 1 \$8/\$10

► 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! Contact, Jen, 303-413-7474.

234332 1/12-3/29 Tu, 10:30am-1:30pm East 12 Free

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.



GYMNASTICS



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:

- 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. Children attend independent of their parents. Enroll today! Some classes may be filled due to pre-registration of previous session participants.

Monday-Friday classes run January 4-March 19 at North

Saturday classes run January 4-March 19 at North

Class Fees

M/Sa	(1 day per/wk)	(9 classes)	\$123(R)/\$154(N)
Tu/W/Th/F	(1 day per/wk)	(11 classes)	\$151(R)/\$189(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.

234086	M, 9-9:45am ★	234093	W, 10-10:45am ★
234087	M, 10-10:45am ★	234094	Th, 9-9:45am ★
234088	M, 11-11:45am ★	234095	Th, 10-10:45am ★
234089	Tu, 9-9:45am ★	234096	F, 9-9:45am ★
234090	Tu, 10-10:45am ★	234097	F, 10-10:45am ★
234091	Tu, 11-11:45am ★	234098	Sa, 9-9:45am
234092	W, 9-9:45am ★	234099	Sa, 10-10:45am

3 Year Olds

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

234100	M, 9-9:45am ★	234110	W, 2:45-3:30pm
234101	M, 10-10:45am ★	234111	Th, 9-9:45am ★
234102	M, 11-11:45am ★	234112	Th, 10-10:45am ★
234103	M, 2:45-3:30pm	234113	Th, 11-11:45am ★
234104	Tu, 9-9:45am ★	234114	Th, 2:45-3:30pm ★
234105	Tu, 10-10:45am ★	234115	F, 9-9:45am ★
234106	Tu, 11-11:45am ★	234116	F, 10-10:45am ★
234107	Tu, 2:45-3:30pm ★	234117	F, 2:45-3:30pm
234108	W, 9-9:45am ★	234118	Sa, 9-9:45am
234109	W, 10-10:45am ★	234119	Sa, 10-10:45am

4 Year Olds

Child must be 4 years old by first class.

234120	M, 9-9:45am ★	234130	W, 2:45-3:30pm
234121	M, 10-10:45am ★	234131	Th, 9-9:45am ★
234122	M, 11-11:45am ★	234132	Th, 10-10:45am ★
234123	M, 2:45-3:30pm	234133	Th, 11-11:45am ★
234124	Tu, 9-9:45am ★	234134	Th, 2:45-3:30pm ★
234125	Tu, 10-10:45am ★	234135	F, 9-9:45am ★
234126	Tu, 11-11:45am ★	234136	F, 10-10:45am ★
234127	Tu, 2:45-3:30pm ★	234137	F, 2:45-3:30pm
234128	W, 9-9:45am ★	234138	Sa, 9-9:45am
234129	W, 10-10:45am ★	234139	Sa, 10-10:45am

5 Year Olds

Child must be 5 years old by first class.

New after school classes on M/W/F from 3:45-4:30pm.



234140	M, 9-9:45am ★	234541	W, 3:45-4:30pm
234141	M, 10-10:45am ★	234150	Th, 9-9:45am ★
234142	M, 2:45-3:30pm	234151	Th, 10-10:45am ★
234178	M, 3:45-4:30pm	234152	Th, 11-11:45am ★
234143	Tu, 9-9:45am ★	234153	Th, 2:45-3:30pm ★
234144	Tu, 10-10:45am ★	234154	F, 9-9:45am ★
234145	Tu, 11-11:45am ★	234155	F, 10-10:45am ★
234146	Tu, 2:45-3:30pm ★	234156	F, 2:45-3:30pm
234147	W, 9-9:45am ★	234542	F, 3:45-4:30pm
234148	W, 10-10:45am ★	234157	Sa, 9-9:45am
234149	W, 2:45-3:30pm	234158	Sa, 10-10:45am

GYMNASTICS

► GYMNASTICS CLASSES AT SOUTH

2-2½ Year Olds Intro to Gymnastics at South

This is a new class in a new location. Students, with their parent or caregiver, will learn the most basic tumbling, balancing, jumping and motor skills. The class involves mostly structured activities, appropriate to the age level.

234082	1/6-2/3	W, 9:30-10:15am	South	5	\$69/\$86
234084	1/6-2/3	W, 10:30-11:15am	South	5	\$69/\$86
234083	2/17-3/16	W, 9:30-10:15am	South	5	\$69/\$86
234085	2/17-3/16	W, 10:30-11:15am	South	5	\$69/\$86

6-12 Year Old Girls Intro to Gymnastics at South

This is a new class in a new location which provides an opportunity to learn basic tumbling skills, along with some balance beam and vaulting activities. No prior gymnastics experience is necessary.

234174	1/6-2/3	W, 4-4:45pm	South	5	\$40/\$50
234175	2/17-3/16	W, 4-4:45pm	South	5	\$40/\$50

► BEGINNER / ADVANCED BEGINNER

This is the perfect place for boys 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. Double check your registration confirmation. Be sure your child is registered for the correct class. The Gymnastics Program cannot be responsible for any registration errors.

Boys (Ages 6-12)

234160	1/4-3/14	M, 3:45-5pm	North	9	\$117/\$147
234159	1/5-3/17	Tu/Th, 3:45-5pm★	North	22	\$287/\$359
234161	1/6-3/16	W, 3:45-5pm	North	11	\$144/\$180
234162	1/8-3/18	F, 3:45-5pm	North	11	\$144/\$180
234163	1/8-3/18	F, 5:15-6:30pm	North	11	\$144/\$180
234164	1/9-3/19	Sa, 11am-12:15pm	North	9	\$117/\$147

Girls (Ages 6-12)

234165	1/4-3/16	M/W, 3:45-5pm	North	20	\$261/\$326
234167	1/4-3/14	M, 3:45-5pm★	North	9	\$117/\$147
234166	1/5-3/17	Tu/Th, 3:45-5pm★	North	22	\$287/\$359
234168	1/5-3/15	Tu, 3:45-5pm	North	11	\$144/\$180
234169	1/6-3/16	W, 3:45-5pm	North	11	\$144/\$180
234170	1/7-3/17	Th, 3:45-5pm★	North	11	\$144/\$180
234171	1/8-3/18	F, 3:45-5pm	North	11	\$144/\$180
234172	1/8-3/18	F, 5:15-6:30pm	North	11	\$144/\$180
234173	1/9-3/19	Sa, 11am-12:15pm	North	9	\$117/\$147

Employment Opportunity

Hiring Gymnastics Instructors

Apply online at: www.bouldercolorado.gov/jobs
> Departments/ Parks & Recreation

► “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.

Girls

234176	1/5-3/17	Tu/Th, 3:45-5pm	North	22	\$287/\$359
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► 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
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► 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.



HEALTH & WELLNESS: FITNESS & WEIGHTS



Winter is the perfect time to check out our drop-in fitness classes, choose from over a hundred different class times.

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.

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.

234243	1/4-2/10	M/W, 7-8am	East	12	\$115/\$144	Ignacio
234244	2/15-3/30	M/W, 7-8am	East	13	\$125/\$156	Ignacio
234241	1/5-2/11	Tu/Th, 6:30-7:30am	South	12	\$115/\$144	Ignacio
234242	2/16-3/31	Tu/Th, 6:30-7:30am	South	13	\$125/\$156	Ignacio

Resistance Training

If working out in a weightroom is not for you, try this exercise class instead. Use free weights, resistance tubes, stability balls and low impact movements to gain and maintain strength.

234236	1/4-2/10	M/W, 1:30-2:30pm	East	12	\$115/\$144	Ignacio
234235	1/8-2/12	F, 11:30am-12:30pm	East	6	\$58/\$72	Melissa
234237	2/15-3/30	M/W, 1:30-2:30pm	East	13	\$125/\$156	Ignacio
234238	2/19-4/1	F, 11:30am-12:30pm★	East	6	\$58/\$72	Melissa

Adult Kickbox

High intensity aerobics using powerful boxing moves to provide a total body workout to improve strength, aerobic fitness, coordination and balance. Equipment will be provided.

234245	1/4-2/10	M/W, 5:30-6:30pm	North	12	\$115/\$114	Ignacio
234246	2/15-3/30	M/W, 5:30-6:30pm	North	13	\$125/\$156	Ignacio

Classical Stretch/Essentrics

This dynamic weight free program strengthens muscles creating a long 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.

234233	1/5-2/11	Tu/Th, 7:30-8:30am	East	12	\$115/\$144	Marti
234234	2/16-3/31	Tu/Th, 7:30-8:30am	East	12	\$115/\$144	Marti

Therapeutic Stretching

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 are welcome.

234263	1/5-3/29	Tu, 10-11am	South	13	\$125/\$156	Dora
234232	1/6-3/30	W, 5:30-6:30pm	South	13	\$125/\$156	Lisa

Full Body Swiss Ball Workout

Are you looking for new exercises that can be done at home, added to weight training routines, and used for injury prevention or rehabilitation? Core strengthening happens automatically with exercises on the unstable surface of a ball. When weights and Therabands are added, a challenging full body workout results! A licensed physical therapist will ensure that safety comes first while you are developing balance, muscle symmetry, proper alignment and coordination during individualized progressions of difficulty. Gravity assisted therapeutic stretching over the ball and foam roller will help release muscle tension. All fitness levels are welcome.

234248	1/7-2/11	Th, 4-5pm	Salberg	6	\$58/\$72	Heidi
234250	1/4-2/8	M, 4-5pm	Salberg	6	\$58/\$72	Heidi
234249	2/18-3/31	Th, 4-5pm	Salberg	6	\$58/\$72	Heidi
234251	2/15-3/28	M, 4-5pm	Salberg	6	\$58/\$72	Heidi

HEALTH & WELLNESS: FITNESS & WEIGHTS

Be Sugar Savvy

Decrease your sugar intake and lose weight! High intakes of sugar have been linked to overweight and obesity, increased triglycerides, hypertension, and lower intakes of essential vitamins and minerals. Receive healthy sugar substitution recipes and gain an understanding of the 2015 Dietary Guidelines for Americans.

234256 3/31 Th, 10:15-11:15am South 1 \$19 /\$24 Martha

Bone Appetite

Got Milk? The older we get, the more crucial and the more at risk our bones become- let's start feeling younger and improving our bodies, one bone at a time. Milk, yogurt, and calcium supplements aren't enough for bone health. We will discuss the nutrients that help and hinder bone health.

234252 2/17 W, 6:30-8pm East Snr. 1 \$24/\$30 Erin

National Diabetes Prevention Program

One of three Coloradans is at risk for diabetes or has been diagnosed with pre-diabetes. Within six years, more than 65% of these adults will have full blown diabetes. The Live Well 4 Life Diabetes Prevention Program, hosted by City of Boulder, 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. The program and materials are free of charge to those who prequalify.

* 1/7-4/21 Th, 12-1pm East 12 FREE

*To find out if you qualify, for class details and to register please contact Voradel Carey at 303-355-3423 ext. 113.

Drop-In Fitness Classes

Get fit while enjoying the flexibility and variety of daily, drop-in programs. We have over a hundred drop-in class times to choose from including Fitness, Yoga, Pilates, Nia and more!

Visit us online for a schedule of classes at www.BPRfitness.org.

Checkout these two classes to build strength and conditioning for the upcoming ski season!

Barbell Circuit

Get a powerful workout in this energetic class. Build strength, decrease body fat, increase stamina and burn calories.

Tu/Th, 5:30-6:15 pm at North & Sa, 8:30-9:30 am at North

HIIT for Ski Conditioning

(High Intensity Interval Training) This popular workout involves bouts of high intensity effort followed by varied recovery times. HIIT workouts are designed to burn more calories than traditional workouts and can be modified for people of all fitness levels. Give it a try!

Mon/Wed, 5:30-6:15 pm at North

All drop-in classes are FREE with your daily center entry fee, annual pass or punchcard.

▶ WEIGHT TRAINING

Group Strength Training

Best Training Value! Learn how to effectively and safely use weight and cardio equipment. Class size is limited so that your trainer can focus on you. You will complete a full body weight training routine in each class. Returning, intermediate, and advanced students will continue to progress their workouts under the supervision of a trainer. Core training, stretching and circuit training may be incorporated into the routines.

234596	1/4-2/10	M/W, 7:15-8:15am	South	12	\$115/\$144	Terry
234585	1/4-2/10	M/W, 9-10am	South	12	\$115/\$144	Ignacio
234587	1/4-2/12	M/F, 10-11:15am	East	12	\$144/\$180	Marti
234589	1/5-2/11	Tu/Th, 8:30-9:30am	South	12	\$115/\$144	Ignacio
234583	1/5-2/11	Tu/Th, 10-11:15am	East	12	\$144/\$180	Marti
234593	1/5-3/31	Tu/Th, 4:30-5:30pm	South	26	\$250/\$312	Chris
234592	1/5-3/31	Tu/Th, 5:30-6:30pm	South	26	\$250/\$312	Chris
235132	1/4-2/10	M/W, 10:45-11:45am	South	12	\$115/\$144	Kate
234598	2/15-3/30	M/W, 10:45-11:45am	South	12	\$115/\$144	Kate
234586	2/15-3/30	M/W, 9-10am	South	13	\$125/\$156	Ignacio
234588	2/15-4/1	M/F, 10-11:15am	East	12	\$144/\$180	Marti
234590	2/16-3/31	Tu/Th, 8:30-9:30am	South	13	\$125/\$156	Ignacio
234584	2/16-3/31	Tu/Th, 10-11:15am	East	12	\$144/\$180	Marti

Women's Workout

Specifically designed for women to find inspiration in numbers with strength training classes that not only build muscle, but improve bone density, burn calories and boost metabolism.

234594	1/5-2/11	Tu/Th, 7:30-8:30am	South	12	\$115/\$144	Ignacio
234595	2/16-3/31	Tu/Th, 7:30-8:30am	South	13	\$125/\$156	Ignacio
234603	1/4-2/10	M/W, 8:15-9:15am	East	12	\$115/\$144	Sue
234609	1/4-3/30	M/W, 8:30-9:30am	North	26	\$250/\$312	Chris
234607	1/4-3/30	M/W, 9:30-10:30am★	North	26	\$250/\$312	Chris
234601	1/5-3/31	Tu/Th, 9:30-10:30am★	North	26	\$250/\$312	Chris
234604	1/5-2/11	Tu/Th, 9:30-10:30am	South	12	\$115/\$144	Sue
234602	1/5-2/18	Tu/Th, 10:45-11:45am	South	12	\$115/\$144	Sue
234599	1/5-2/11	Tu/Th, 6-7pm	North	12	\$115/\$144	Ignacio
234606	2/15-3/30	M/W, 8:15-9:15am	East	12	\$115/\$144	Sue
234608	2/16-3/31	Tu/Th, 9:30-10:30am	South	12	\$115/\$144	Sue
234605	2/16-3/31	Tu/Th, 10:45-11:45am	South	12	\$115/\$144	Sue
234600	2/16-3/31	Tu/Th, 6-7pm	North	13	\$125/\$156	Ignacio

Why Register Now?

Why wait – when you can lead the way? TODAY is the best day to register for the classes you want.

In 2016 we will be adhering to our minimum enrollment standards to enhance efficient use of staff, space, and funding. Under enrolled courses will be cancelled prior to the first class.

HEALTH & WELLNESS: FITNESS & WEIGHTS

► 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).

234382	1/23	Sa, 9am-12pm	Iris	1	\$45/56	Jennifer
234383	2/21	Su, 9am-12pm	Iris	1	\$45/56	Jennifer

First Aid Certification

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

234384	2/21	Su, 12:30-3:30pm	Iris	1	\$45/56	Jennifer
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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.

234385	3/13	Su, 9am-2pm	Iris	1	\$66/\$83	Jennifer
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► PERSONAL TRAINING

Have a certified trainer design your personal blueprint for success! Sessions address sport specific, weight loss, rehabilitation, and general fitness goals. To view our excellent training staff and request personal training visit www.bprfitness.org, visit the front desk, or call 303-413-7264 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 client cancels the session within 24 hours, or a client does not arrive for the lesson within 15 minutes of the start time they may be charged for that session. (All sessions expire one year from purchase date)

Weight Room Orientations

If you are new to the weight room you can schedule a complimentary weight room orientation with a certified personal trainer by contacting Summer Kennedy at 303-413-7264 or email at kennedysu@bouldercolorado.gov, or visit the personal training page on www.boulderparks-rec.org

Private Training

(Ages 10+) Personalized training with a certified professional.

1 session \$60 • 3 sessions \$171 • 6 sessions \$333 • 12 sessions \$648

Semi Private Training (Two Individuals)

(Ages 10+) Customized training for you and a friend who share similar goals and fitness needs. (fee is for 2 individuals)

1 session \$70 • 3 sessions \$200 • 6 sessions \$378 • 12 sessions \$697

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: \$73 • 3 sessions \$219 • 6 sessions \$438

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 3 visits. Please contact the Health and Wellness Program at 303-413-7280 in advance, to receive authorization. The client pays the daily facility admission fee. The therapist is our guest.

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 \$73 • 3 sessions \$219 • 6 sessions \$438

Kick Start to Weight Loss

Are you having trouble losing stubborn weight? Do you find yourself falling short of your weight loss goals? A dietitian will analyze your diet and provide personalized exercise sessions.

1 consultation with a dietitian and 3 Personal training sessions for \$244

► HEALTH AND WELLNESS COACHES

What is a Health and Wellness coach? There is more to wellness than exercise and a healthy diet. Companies are finding health and wellness coaches an essential part of wellness programs because the coach takes the whole person approach factoring in all of the facets of a person's life. Coaches help people balance their time, career, relationships, stress and provide support and tools to individuals seeking positive lifestyle changes.

NEW!

Health and Wellness Coaching

Whole person coaching with a certified health/wellness/lifestyle coach.

1 session \$60 • 3 sessions \$171 • 6 sessions \$333 • 12 sessions \$648

► YOUTH WEIGHT TRAINING

Youth Weight Room Certification

(Ages 12-15) Meet with a trainer for three sessions and become certified to use the weight room under parent/adult supervision. Participants must complete the three sessions and pass a test administered by the trainer.

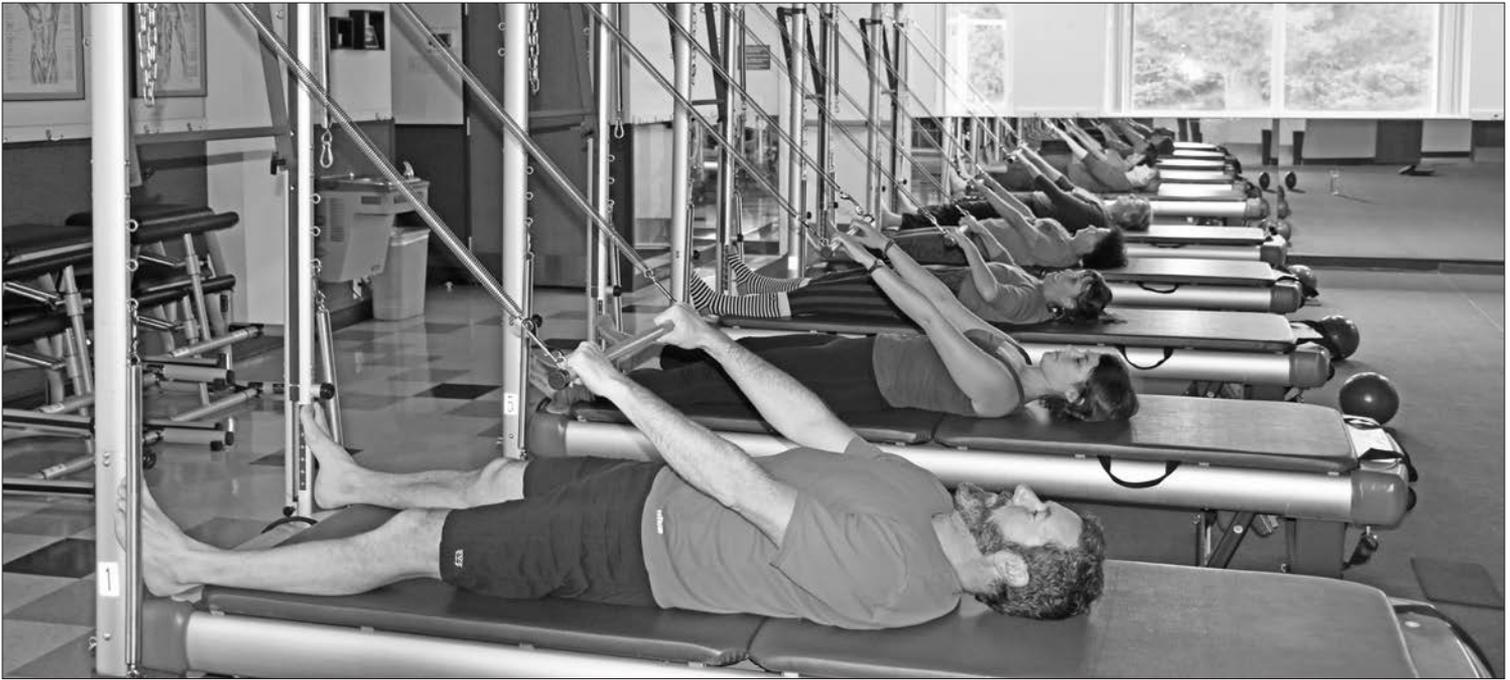
\$157.50

Shape up for Sports - Sport Specific Training

(Ages 10+) Coaches, parents, clubs and groups can purchase customized sport specific strength training programs for their young athletes coached by certified trainers in the recreation facilities. In and out of season programs can be designed. Both competing and non competing youth are welcome. These training packages will improve performance and help prevent injury during competition.

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 participation sports and reduce the risk of injury. Mixed age groups will be divided by age and skill level. Hourly fees for training \$10 per child

Contact Summer Kennedy to schedule your training packages, kennedysu@bouldercolorado.gov or 303-413-7264.



Reformer Tower exercises complete a well rounded workout.

► 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 given to instructor before admission to class.**

Courses may be canceled - Beginning in 2016, we'll be increasing our adherence to minimum enrollment standards to enhance our efficient use of staff, space and funding. **Under-enrolled courses will be cancelled prior to the first class. Register today!**

Make-up policy

Students who miss a Pilates Mat class may attend any recreation center drop-in Fitness or Mind/Body class as a make-up. Make-ups are arranged through your instructor.

Pilates Mat Drop-in

Visit our website for times and locations of all Mind/Body drop-in classes.

► 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+) Learn 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.

235263	1/10-3/20	Su, 4:15-5:15pm	Salberg	11	\$106/\$132	Joan
235236	1/11-3/14	M, 5:30-6:30pm	Salberg	10	\$96/\$120	Roxolana

► PILATES MAT DROP-IN

Will you be skiing, snowboarding, running, or participating in winter sports? Drop-in to a Pilates Mat or Pilates Mat/Yoga class to stay in top condition for your winter activities, whatever they are. Conveniently located at all three recreation centers, there is a class near you.

Visit our website for times and locations of all Mind/Body drop-in classes.

▶ 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: \$60/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. Give 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 Intro/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 any recreation center drop-in Fitness or Mind/Body class as a make-up, or purchase a private reformer lesson for an additional fee of \$40. Make-ups are arranged through your instructor and are limited to two per session.

Courses may be canceled - Beginning in 2016, we'll be increasing our adherence to minimum enrollment standards to enhance our efficient use of staff, space and funding. **Under-enrolled courses will be cancelled prior to the first class. Register today!**

▶ 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.

235544	1/6-2/24	W, 7:30-8:30pm	South	8	\$127/\$158	Bianca
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Reformer - Level 1 - Beginner

(Age 16+) Exercises at this level best suit students who are familiar with the Pilates Reformer and who have either taken private lessons or completed the Intro/Orientation Reformer class through the City of Boulder Pilates Program. Tower exercises may be included. **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.

235234	1/11-3/14	M, 1:30-2:30pm	Salberg	10	\$158/\$198	Jane
235540	1/11-3/14	M, 5:30-6:30pm	South	10	\$158/\$198	Sheri
235238	1/11-3/14	M, 6:40-7:40pm	Salberg	10	\$158/\$198	Roxolana
235546	1/7-3/17	Th, 6:30-7:30pm	South	11	\$174/\$218	Shayna
235548	1/7-3/17	Th, 6:35-7:35pm	Salberg	11	\$174/\$218	Jane
235255	1/8-3/18	F, 8:40-9:40am	South	11	\$174/\$218	Sheri

Reformer - Level 2 - Continuing

(Age 16+) Review Level 1 Pilates Reformer exercises and incorporate and practice more challenging Pilates Reformer exercises. Tower exercises may be included. **Pre-requisite:** Completion of at least one session of Level 1 classes with the City of Boulder Pilates program, or coordinator approval.

235232	1/11-3/14	M, 8:40-9:40am	South	10	\$158/\$198	Sheri
235235	1/11-3/14	M, 12:20-1:20pm	Salberg	10	\$158/\$198	Jane
235241	1/12-3/15	Tu, 5:20-6:20pm	South	10	\$158/\$198	Bianca
235542	1/6/3/16	W, 5:20-6:20pm	South	11	\$174/\$218	Bianca
235261	1/6-3/16	W, 6:40-7:40pm	Salberg	11	\$174/\$218	Arianna
235682	1/7-3/17	Th, 4:15-5:15pm	South	11	\$174/\$218	Ellen
235545	1/7-3/17	Th, 5:20-6:20pm	South	11	\$174/\$218	Shayna
235547	1/7-3/17	Th, 5:30-6:30pm	Salberg	11	\$174/\$218	Jane

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! Tower exercises may be included. **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.)

235239	1/12-3/15	Tu, 8:30-9:45am	Salberg	10	\$198/\$248	Sheri
235247	1/6-3/16	W, 9:45-11am	South	11	\$218/\$272	Sheri
235260	1/6-3/16	W, 5:30-6:30pm	Salberg	11	\$174/\$218	Arianna

Reformer/Tower/Chair - Level 1 - Beginner

(Age 16+) You will receive an introduction to exercises on the Pilates Tower and 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.

235543	1/6-3/16	W, 6:25-7:25pm	South	11	\$174/\$218	Bianca
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Reformer/Tower/Chair - Level 2 - Continuing Beginner

(Age 16+) Pilates Reformer, Tower and Chair 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.

235233	1/11-3/14	M, 9:45-11am	South	10	\$198/\$248	Sheri
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We invite everyone to join our drop-in classes offered daily at our three recreation centers.

► 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-up policy

Students who miss a class may attend any recreation center drop-in Fitness or Mind/Body class as a make-up. Make-ups are arranged through your instructor.

Courses may be canceled -Beginning in 2016, we'll be increasing our adherence to minimum enrollment standards to enhance our efficient use of staff, space and funding. **Under-enrolled courses will be cancelled prior to the first class. Register today!**

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 complete a registered yoga course prior to attending our drop-in classes. Registered courses are instructional. Drop-in classes are focused on practice of all levels of yoga.

Yoga participants should be able to sit comfortably on the floor, kneel, and then stand, lunge, and support some weight with the arms. For even gentler yoga classes and chair yoga classes, please contact Boulder Senior Services at 303-413-7489.

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 will 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.

235237	1/11-3/14	M, 6:30-8pm	East Senior 10	\$144/\$180	Erin
235246	1/6-3/16	W, 7:30-8:45am	South 11	\$132/\$165	Ravi
235253	1/7-3/17	Th, 9:15-10:45am★	North 11	\$158/\$198	Louann
235551	1/8-3/18	F, 9-10:30am	East 11	\$158/\$198	Brian

Continuing Yoga

(Age 14+) This ongoing level is moderately paced for beginners 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, and fit individuals who exercise often but are new to yoga.

235264	1/10-3/20	Su, 4:30-6pm	North 11	\$158/\$198	John
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Gentle Continuing Yoga

(Age 14+) A gentle continuing yoga course for those students who wish to tone down their 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.

235254	1/14-3/17	Th, 9:15-10:45am	South 10	\$144/\$180	Kathleen
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Restorative/Gentle Yoga

(Age 14+) Practice breathing and floor postures supported by blankets, bolsters, blocks and straps. This type of yoga is gentle and very helpful for those who are recovering from illness or those seeking true relaxation.

235266	1/9-3/19	Sa, 10:45am-12pm	Iris	10	\$120/\$150	Karen D.
235243	1/12-3/15	Tu, 7:40-8:40pm	South	10	\$96/\$120	Bianca
235248	1/6-3/16	W, 10:30-11:45am	North	11	\$132/\$165	Karen D.

Therapeutic Yoga

(Age 14+) Explore 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.

235245	1/12-3/15	Tu, 5:15-6:30pm	North	10	\$120/\$150	Cassandra
235251	1/6-3/16	W, 4-5:15pm	East Senior	11	\$132/\$165	Lori
235262	1/8-3/18	F, 4:15-5:30pm	North	11	\$132/\$165	Cassandra

Iyengar Yoga - Beginner

(Age 14+) Learn the fundamentals of Iyengar yoga. Instructors give clear demonstrations of the postures and emphasize detail, precision and alignment in the performance of postures (asana) and breath control (pranayama). Students are observed and, if necessary, adjusted to help them find their optimal alignment. Props, such as belts, blocks, and blankets, enable students to perform the asanas correctly, minimizing the risk of injury or strain, and making the postures accessible to both novices and regular practitioners alike. Modifications to the classic yoga postures can be made for individual students.

235541	1/12-3/15	Tu, 6:45-8pm	North	10	\$120/\$150	Karen D.
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Iyengar Yoga - Continuing

(Age 14+) Continue your study and practice of the Iyengar Yoga Method of Classical Hatha Yoga. Challenge yourself to stay longer and penetrate more deeply into the postures.

235267	1/9-3/19	Sa, 9-10:30am	North	11	\$158/\$198	Karen D.
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Chi Kung

(Age 14+) Qigong (also spelled Chi Kung) is a form of yoga with roots in ancient China. 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).

235265	1/10-3/20	Su, 9:30-11am	North	10	\$144/\$180	Beth
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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, heartfelt living.

235244	1/12-3/1	Tu, 4:15-5:15pm	East	8	\$77/\$96	Wendy
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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.

235259	1/6-3/16	W, 6:30-7:45pm	East Sr.	10	\$120/\$150	Gil
235258	1/8-3/18	F, 12-1pm	Iris	11	\$106/\$132	Gil

T'ai-Chi 5-Element Form and Meditation

(Age 14+) Learn energizing Chi Gong warm-up exercises and the beautiful, flowing 5-Element T'ai-Chi Form moves. Monday classes include The Golden Flower Meditation, a guided visualization beneficial for stress reduction and relaxation.

235483	1/11-2/29	M, 5:30-6:45pm	East Sr.	8	\$96/\$120	Cynthia
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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. 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. The beginner level, the first third, will be taught.

235242	1/12-3/15	Tu, 6:45-7:45pm	North	10	\$96/\$120	Tom
235549	1/7-3/17	Th, 5:30-6:30pm	East Sr.	11	\$106/\$132	Tom

T'ai-Chi Ch'uan - Continuing

(Age 14+) Continuation of the short form Yang style of t'ai-chi ch'uan. The first third will be reviewed, corrections will be made, and new choreography will be introduced, including the second and third portions of the series.

235268	1/9-3/19	Sa, 9:30-10:30am	Iris	10	\$96/\$120	Tom
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► ZUMBA® DROP-IN

(Age 14+) This dance fusion fitness class gives you a cardiovascular workout while moving to salsa, merengue, samba, hip-hop, swing and Bollywood dance moves. All fitness levels welcome.

► AYRE DROP-IN

(Age 14+) This class is a fusion of different dance styles and fitness moves set to fun and upbeat music. It was created by Juliet Seskind to give her students a fun, creative, satisfying dance workout.

► NIA DROP-IN

(Age 14+) Combining carefully selected movements and concepts from Yoga, Martial Arts, Jazz, Modern Dance and other movement forms, Nia classes offer total body cardiovascular conditioning and cross-training for any sport or activity. All Nia movements are adaptable and can be personalized for any level of fitness and agility. Everyone is welcome.

Drop-in schedules can be found online at BPRfitness.org



Pottery allows you to escape the worries of life and shift your focus toward your creation. Come give it a try at the Pottery Lab!

▶ ADULT POTTERY

The Studio Arts Boulder Pottery Lab has provided excellent instruction in ceramic arts, first as part of and now in partnership with, the City of Boulder Parks and Recreation Department for over 60 years! We offer ceramics classes year round for students of all ages starting as young as 4. With 22 potter's wheels, full sized slab roller, 2 extruders, 3 gas cone 10 reduction kilns, 1 raku kiln, 5 electric kilns, 25 high fire glazes and an amazing, dedicated teaching and support staff – we are one of the premier ceramic teaching studios in the area. Come see for yourself at the Boulder Pottery Lab, housed in the historic Boulder Fire Station #2!

All classes are held at the Pottery Lab, 1010 Aurora.

Adult Beginner - Intro to Hand-Building (Age 16+)

*	1/5-3/1	Tu, 6-8:30pm	Pottery Lab	9	\$230	Kathryn
*	1/7-3/3	Th, 9-11:30am	Pottery Lab	9	\$230	Margaret

Adult Intermediate (Age 16+)

*	1/5-3/1	Tu, 9-11:30am	Pottery Lab	9	\$230	Margaret
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Senior Pottery (Age 60+)

*	1/5-3/1	Tu, 9-11:30am	Pottery Lab	9	\$230	Margaret
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All Levels (Age 16+)

*	1/4-2/29	M, 7-9:30pm	Pottery Lab	9	\$230	Chris
*	1/6-3/2	W, 7-9:30pm	Pottery Lab	9	\$230	Aaron
	1/9-3/5	Sa, 9-11:30am	Pottery Lab	2	\$50	see below

Saturday morning class will be Independent Study with rotating staff working on their own work, available for questions and assistance as needed.

Advanced Utilitarian Pottery (Ages 16+)

*	1/7-3/3	Th, 6-8:30pm	Pottery Lab	9	\$230	Don
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Child/Parent Pottery

(Ages 4+)

*	1/7-2/25	Th, 11am-12pm	Pottery Lab	8	\$117	Judi
*	1/7-2/25	Th, 1-2pm	Pottery Lab	8	\$117	Judi
*	1/9-2/27	Sa, 9-10am	Pottery Lab	8	\$117	Judi
*	1/9-2/27	Sa, 10:15-11:15am	Pottery Lab	8	\$117	Judi
*	1/9-2/27	Sa, 11:30am-12:30pm	Pottery Lab	8	\$117	Judi

Children's Pottery

(Ages 4-5)

*	1/4-2/23	M, 3:45-4:45	Pottery Lab	8	\$91	Judi
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(Ages 6-7)

*	1/5-2/23	Tu 3:45-4:45pm	Pottery Lab	8	\$91	Margaret
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(Ages 8-10)

*	1/6-2/24	W, 3:45-4:45pm	Pottery Lab	8	\$91	Jana
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Fun Fridays (Ages 6-8)

*	1/8-2/28	F, 3:45-4:45pm	Pottery Lab	8	\$91	Jana
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Pre-Teen Pottery (Ages 8-11)

*	1/7-1/28	Th, 4-5:15pm	Pottery Lab	8	\$117	Aaron
*	1/8-1/29	Fri, 4:15-5:30	Pottery Lab	8	\$117	Robert

Teen Pottery (Ages 12-16)

*	1/6-2/24	W, 4-6pm	Pottery Lab	8	\$117	Aaron
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Pottery on the Wheel Camp (Ages 8-12)

*	3/22-3/26	M-F, 9am-12pm	Pottery Lab	5	\$160	Aaron
*	3/22-3/25	M-F 1-4 pm	Pottery Lab	5	\$160	Aaron

*Registration and all class descriptions for pottery classes can be found online at BoulderPotteryLab.org



Keep your kids active on school days off with our school break camps.

► SCHOOL BREAK CAMPS

(Ages 5-11) Our school day off camps offer an action packed day of exciting and diverse activities for your child where they can enjoy games, sports, swimming, indoor climbing, arts and crafts, and more!

Information: Molly at 303-413-7441 or langerakm@bouldercolorado.gov

BVSD Presidents Day Camp

234441	2/15	M, 8:30am-5pm	East	1	\$60/\$76
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BVSD - Teacher Professional Development Days

234445	1/4	M, 8:30am-5pm	East	1	\$60/\$76
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234442	2/12	F, 8:30am-5pm	East	1	\$60/\$76
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BVSD Martin Luther Kind Jr. Day Camp

234440	1/18	M, 8:30am-5pm	East	1	\$60/\$76
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Winter Break Camp

220185	12/21	M, 8:30am-5pm	East	1	\$60/\$76
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220186	12/22	Tu, 8:30am-5pm	East	1	\$60/\$76
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220187	12/23	W, 8:30am-5pm	East	1	\$60/\$76
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220188	12/28	M, 8:30am-5pm	East	1	\$60/\$76
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220189	12/29	Tu, 8:30am-5pm	East	1	\$60/\$76
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220182	12/30	W, 8:30am-5pm	East	1	\$60/\$76
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Spring Break Camp

234448	3/21	M, 8:30am-4:30pm	North	1	\$60/\$76
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234449	3/22	Tu, 8:30am-4:30pm	North	1	\$60/\$76
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234450	3/23	W, 8:30am-4:30pm	North	1	\$60/\$76
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234451	3/24	Th, 8:30am-4:30pm	North	1	\$60/\$76
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234452	3/25	F, 8:30am-4:30pm	North	1	\$60/\$76
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Boulder Dinner Theater - Spring Break Camp

Information: Erynn at 303-441-4137 or simonee@boulder colorado.gov.

*	3/23-3/25	M-F,8:30am-4:30pm	Salberg	5	\$210
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*	4/4--4/8	M-F,8:30am-4:30pm	Salberg	5	\$210
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*Register online at bdtAcademy.org or call 303-440-6000 x193

BVSD - Teacher Conference Days

234444	4/15	F, 8:30am-5pm	East	1	\$60/\$76
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234443	4/18	M, 8:30am-5pm	East	1	\$60/\$76
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► PRESCHOOL - GYM JAM

(Ages 9mos - 4yrs) Burn off some energy. The gym will be filled each week with a variety of equipment. We provide the fun and you provide the supervision. Information: Matt at 303-413-7477 or kamhim@bouldercolorado.gov Register for a session or drop in for a day.

234284	1/4-3/7	M, 9:30-11:30am	South	10	\$27/\$5 drop-in
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234285	1/8-3/11	F, 9:30-11:30am	South	10	\$27/\$5 drop-in
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► SUPERTOTS SPORTS



TotSampler

(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.

*	1/12-2/16	Tu, 5-5:45pm	South	6	\$59
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*	1/14-2/18	Th, 10:45-11:30am★	North	6	\$59
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HoopsterTots

We use a variety of fun games and props to teach basic basketball techniques including passing, dribbling, stance, agility, and defense.

(Ages 4-5)

*	1/14-2/18	M, 3:30-4:15pm★	East	6	\$59
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(Ages 5-6)

*	1/14-2/18	M, 4:30 - 5:15pm★	East	6	\$59
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Foot Golf

That's right, foot golf! This fast-paced sport combines the familiarity of soccer with the skill and etiquette of golf. Using velcro soccer balls with kicking tees and targets, participants will play 9 holes of indoor foot golf, learning skills, strategy and scoring of traditional golf while using their feet! No class Feb. 13.

NEW!

(Ages 5-9)

*	1/16-2/27	Sa, 10-10:50am★	East	6	\$59
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(Ages 10-14)

*	1/16-2/27	Sa, 11-11:50am★	East	6	\$59
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*Register online at www.supertotsports.com/colorado or call 303-520-7345

▶ YOUTH VOLLEYBALL

For information on volleyball programs, contact Molly at 303-413-7441 or langerakm@bouldercolorado.gov

Elementary School Volleyball Class

(Ages 7-11) Designed for elementary school students looking to learn about the wonderful sport of volleyball and practice entry level skills. Practices will focus on fundamental skill building, team dynamics, and will strive to build confidence and love for the sport.

234432	1/3-3/6	Su, 12-1:30pm	South	10	\$99/\$124
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Middle School Volleyball Class

(Ages 11-14) Do you have a middle school student who is thinking about trying out for their school team? This class has been developed for the beginning middle school player that would like to build a strong fundamental skill set in volleyball. Practices will focus on skill building, conditioning, team dynamics, and self confidence.

234433	1/3-3/6	Su, 1:30-3pm	South	10	\$99/\$124
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High School Volleyball Practices and Skill Enhancement

(Ages 13-18) Keep your volleyball skills sharp and stay conditioned for other activities. Practices include skill development, conditioning, and scrimmages.

234436	3/31-5/5	Th, 4:15-6pm	East	6	\$75/\$97
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▶ YOUTH INDOOR ROCK CLIMBING

For information on climbing programs, contact Matt at 303-413-7477 or kamhim@bouldercolorado.gov.

Parent and Toddler Introduction to Climbing

(Ages 3-4) Introduction to Climbing course for one pre-schooler and one parent. This class will help develop coordination and confidence for the young ones while parents will gain skills in belay techniques and safety, as well as basic movement to lay the foundation for continuing progress outside of class.

NEW!

Session 1

234732	1/5-1/26	Tu, 3-4pm	East	4	\$92/\$120
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Session 2

234733	2/23-3/15	Tu, 3-4pm	East	4	\$92/\$120
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Introduction to Climbing

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.

Session 1 (Ages 5-8)

234277	1/4-2/8	M, 4-5pm★	East	6	\$63/\$79
234274	1/5-2/9	Tu, 4-5pm	East	6	\$63/\$79
234271	1/6-2/10	W, 4-5pm★	East	6	\$63/\$79
234269	1/7-2/11	Th, 4-5pm	East	6	\$63/\$79

Session 1 (Ages 8-12)

234275	1/5-2/9	Tu, 5-6pm	East	6	\$63/\$79
234268	1/7-2/11	Th, 5-6pm	East	6	\$63/\$79

Session 2 (Ages 5-8)

234283	2/22-3/28	M, 4-5pm★	East	6	\$63/\$79
234280	2/23-3/29	Tu, 4-5pm	East	6	\$63/\$79
234279	2/24-3/30	W, 4-5pm★	East	6	\$63/\$79
234278	2/25-3/31	Th, 4-5pm	East	6	\$63/\$79

Session 2 (Ages 8-12)

234281	2/23-3/29	Tu, 5-6pm	East	6	\$63/\$79
234276	2/25-3/31	Th, 5-6pm	East	6	\$63/\$79

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.

Session 1

234270	1/4-2/8	M, 5-6:30pm★	East	6	\$95/\$119
234267	1/7-2/11	Th, 6-7:30pm	East	6	\$95/\$119

Session 2

234282	2/22-3/28	M, 5-6:30pm★	East	6	\$95/\$119
234273	2/25-3/31	Th, 6-7:30pm	East	6	\$95/\$119

Advanced Climbing

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

Session 1

234266	1/6-2/10	W, 5-6:30pm★	East	6	\$116/\$145
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Session 2

234272	2/24-3/30	W, 5-6:30pm★	East	6	\$116/\$145
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▶ ADULT INDOOR CLIMBING

Beginning Climbing - Adult

(Ages 16+) Want to try climbing but not sure where to start? Come to the East Boulder Community Center and learn the basics of climbing safely indoors. Information: Matt at 303-413-7477 or kamhim@bouldercolorado.gov

Session 1

234308	1/4-2/8	M, 6:30-8pm	East	6	\$119/\$148
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Session 2

234310	2/22-3/28	M, 6:30-8pm	East	6	\$119/\$148
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Intermediate Climbing - Adult

(Ages 16+) Are you ready for more? Join this adult intermediate class to learn more techniques to take your climbing to the next level.

Session 1

234309	1/5-2/9	Tu, 6-7:30pm	East	6	\$144/\$181
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Session 2

234311	2/23-3/29	Tu, 6-7:30pm	East	6	\$144/\$181
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Adult Sports Leagues - Spring/Summer/Fall/Winter

Basketball, Volleyball, Softball, Soccer, Kickball and Dodgeball leagues for all levels. See www.BPRsports.org for details.

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. Make-ups are not given for missed classes.

Swim Lessons Information

We would like you to have a great swimming lesson experience. If you are unsure of the level you should register for, please contact Jackie Koehn and koehnj2@bouldercolorado.gov to schedule a free assessment.

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

Drop-In Aquatic Fitness Classes

Drop-in aquatic fitness classes are available, see page 34 for details or visit us online for a schedule at www.BoulderAquatics.org. All pass or drop-in fee information can be found on page 8-9 or online.

► Lifeguard Training Classes & WSI Classes

Lifeguard Training

232195	12/18-12/20	F, 4-8pm & Sa/Su, 8am-5pm	North
233931	1/15-1/17	F, 4-8pm & Sa/Su, 8am-5pm	North
235533	2/19-2/21	F, 4-8pm & Sa/Su, 8am-5pm	North
235534	3/11-3/13	F, 4-8pm & Sa/Su, 8am-5pm	North

Pre-Requisite testing will be done by appointment. Contact Jason Stolz at 303-441-3435 or stolzj@bouldercolorado.gov.

WSI Class (Swim Lesson Instructor Certification)

Learn to be an American Red Cross Swim Instructor, must attend all five sessions below and be 16 years old to register for this class.

235536	2/29	M, 5-9pm	North	\$180/\$225
	3/2	W, 5-9pm	North	
	3/4	F, 4-8pm	North	
	3/5	Sa, 8:30am-5pm	North	
	3/6	Su, 9am-4pm	North	

Please call Jackie Koehn at 303-413-7267 or email koehnj2@bouldercolorado.gov with any questions.

► 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. *If the private lesson is cancelled within 24 hours, or a client does not arrive for the lesson within 15 minutes of the start time, client may be charged for the session.*

Instructor Levels:

Level A - Instructor with 5+ years teaching experience

Level B - Instructor with less than 5 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
12 classes	\$444	\$384	\$288
60 minute lesson	Master	Level A	Level B
1 class	\$67	\$62	\$47
3 classes	\$195	\$174	\$132
6 classes	\$378	\$330	\$252
12 classes	\$708	\$588	\$444

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

► SWIM LESSONS UNDER 3 YRS OLD

Jelly Monkey

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.

234073	1/9-2/6	Sa, 11-11:30am★	East	5	\$30/\$38
234068	1/11-2/8	M, 5:35-6:05pm	North	5	\$30/\$38
234069	1/12-2/9	Tu, 6:40-7:10pm	East	5	\$30/\$38
234078	1/13-2/10	W, 5:35-6:05pm	North	5	\$30/\$38
234070	1/14-2/11	Th, 5:30-6pm	East	5	\$30/\$38
234071	1/15-2/12	F, 9:45-10:15am★	North	5	\$30/\$38
234072	1/15-2/12	F, 10:20-10:50am★	North	5	\$30/\$38
234081	2/13-3/12	Sa, 11-11:30am★	East	5	\$30/\$38
234074	2/15-3/14	M, 5:35-6:05pm	North	5	\$30/\$38
234075	2/16-3/15	Tu, 6:40-7:10pm	East	5	\$30/\$38
234076	2/17-3/16	W, 5:35-6:05pm	North	5	\$30/\$38
234077	2/18-3/17	Th, 5:30-6pm	East	5	\$30/\$38
234079	2/19-3/18	F, 9:45-10:15am★	North	5	\$30/\$38
234080	2/19-3/18	F, 10:20-10:50am★	North	5	\$30/\$38

► SMALL GROUP SWIM LESSONS AGES 3-6

Small Group Lessons provide a more personalized interaction with instructors, running in a semi-private format of no more than (3) students per instructor and are great for children new to the swim lesson setting.

Small Group Preschool Level 1

(Ages 3-6 yrs.) 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.

233952	1/9-2/6	Sa, 9:15-9:45am★	East	5	\$60/\$75
233972	1/9-2/6	Sa, 10:25-10:55am★	East	5	\$60/\$75
233947	1/11-2/8	M, 5-5:30pm	North	5	\$60/\$75
233973	1/11-2/8	M, 6:10-6:40pm	North	5	\$60/\$75
233946	1/12-2/9	Tu, 5:30-6pm	East	5	\$60/\$75
233948	1/13-2/10	W, 5-5:30pm	North	5	\$60/\$75
233968	1/13-2/10	W, 5:35-6:05pm	North	5	\$60/\$75
233950	1/14-2/11	Th, 5:30-6pm	East	5	\$60/\$75
233951	1/14-2/11	Th, 6:40-7:10pm	East	5	\$60/\$75
233949	1/15-2/12	F, 10:20-10:50am★	North	5	\$60/\$75
233995	2/13-3/12	Sa, 9:15-9:45am★	East	5	\$60/\$75
234013	2/13-3/12	Sa, 10:25-10:55am★	East	5	\$60/\$75
233990	2/15-3/14	M, 5-5:30pm	North	5	\$60/\$75
234014	2/15-3/14	M, 6:10-6:40pm	North	5	\$60/\$75
233989	2/16-3/15	Tu, 5:30-6pm	East	5	\$60/\$75
233991	2/17-3/16	W, 5-5:30pm	North	5	\$60/\$75
234000	2/17-3/16	W, 5:35-6:05pm	North	5	\$60/\$75

233993	2/18-3/17	Th, 5:30-6pm	East	5	\$60/\$75
233994	2/18-3/17	Th, 6:40-7:10pm	East	5	\$60/\$75
233992	2/19-3/18	F, 10:20-10:50am★	North	5	\$60/\$75

Small Group Preschool Level 2

(Ages 3-6 yrs.) 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.

233960	1/9-2/6	Sa, 9:15-9:45am★	East	5	\$60/\$75
233961	1/9-2/6	Sa, 10:25-10:55am★	East	5	\$60/\$75
233954	1/11-2/8	M, 5-5:30pm	North	5	\$60/\$75
233967	1/11-2/8	M, 6:10-6:40pm	North	5	\$60/\$75
233953	1/12-2/9	Tu, 5:30-6pm	East	5	\$60/\$75
233955	1/13-2/10	W, 5-5:30pm	North	5	\$60/\$75
233974	1/13-2/10	W, 5:35-6:05pm	North	5	\$60/\$75
233958	1/14-2/11	Th, 5:30-6pm	East	5	\$60/\$75
233959	1/14-2/11	Th, 6:40-7:10pm	East	5	\$60/\$75
233956	1/15-2/12	F, 10:20-10:50am★	North	5	\$60/\$75
234004	2/13-3/12	Sa, 9:15-9:45am★	East	5	\$60/\$75
234005	2/13-3/12	Sa, 10:25-10:55am★	East	5	\$60/\$75
233997	2/15-3/14	M, 5-5:30pm	North	5	\$60/\$75
233971	2/15-3/14	M, 6:10-6:40pm	North	5	\$60/\$75
233996	2/16-3/15	Tu, 5:30-6pm	East	5	\$60/\$75
233998	2/17-3/16	W, 5-5:30pm	North	5	\$60/\$75
234015	2/17-3/16	W, 5:35-6:05pm	North	5	\$60/\$75
233966	2/18-3/17	Th, 5:30-6pm	East	5	\$60/\$75
234002	2/18-3/17	Th, 6:40-7:10pm	East	5	\$60/\$75
233999	2/19-3/18	F, 10:20-10:50am★	North	5	\$60/\$75



Teach your kids to swim and they'll have a lifelong skill that will benefit them in many ways.

SWIMMING

Small Group Preschool Level 3

(Ages 3-6 yrs.) Students will be taught to perform the skills presented in Small Group 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.

233975	1/9-2/6	Sa, 9:15-9:45am★	East	5	\$60/\$75
234003	1/9-2/6	Sa, 10:25-10:55am★	East	5	\$60/\$75
234009	1/11-2/8	M, 5-5:30pm	North	5	\$60/\$75
235192	1/11-2/8	M, 6:10-6:40pm★	East	5	\$30/\$38
233962	1/12-2/9	Tu, 5:30-6pm	East	5	\$60/\$75
233964	1/13-2/10	W, 5-5:30pm	North	5	\$60/\$75
235194	1/13-2/10	W, 5:35-6:05pm	North	5	\$60/\$75
233980	1/14-2/11	Th, 5:30-6pm	East	5	\$60/\$75
233969	1/14-2/11	Th, 6:40-7:10pm	East	5	\$60/\$75
233970	1/15-2/12	F, 10:20-10:50am★	North	5	\$60/\$75
234016	2/13-3/12	Sa, 9:15-9:45am★	East	5	\$60/\$75
234023	2/13-3/12	Sa, 10:25-10:55am★	East	5	\$60/\$75
234007	2/15-3/14	M, 5-5:30pm★	North	5	\$60/\$75
235193	2/15-3/14	M, 6:10-6:40pm	North	5	\$60/\$75
234006	2/16-3/15	Tu, 5:30-6pm	East	5	\$60/\$75
234008	2/17-3/16	W, 5-5:30pm	North	5	\$60/\$75
235195	2/17-3/16	W, 5:35-6:05pm	North	5	\$60/\$75
234010	2/18-3/17	Th, 5:30-6pm	East	5	\$60/\$75
234011	2/18-3/17	Th, 6:40-7:10pm	East	5	\$60/\$75
234012	2/19-3/18	F, 10:20-10:50am★	North	5	\$60/\$75

► GROUP SWIM LESSONS AGES 3-5

Preschool 1 - Puffer Fish

(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.

233940	1/9-2/6	Sa, 9:50-10:20am★	East	5	\$30/\$38
233938	1/11-2/8	M, 5:35-6:05pm	North	5	\$30/\$38
233941	1/12-2/9	Tu, 6:05-6:35pm	East	5	\$30/\$38
233957	1/14-2/11	Th, 6:05-6:35pm	East	5	\$30/\$38
233939	1/15-2/12	F, 9:45-10:15am★	North	5	\$30/\$38
233983	2/13-3/12	Sa, 9:50-10:20am★	East	5	\$30/\$38
233963	2/15-3/14	M, 5:35-6:05pm	North	5	\$30/\$38
233984	2/16-3/15	Tu, 6:05-6:35pm	East	5	\$30/\$38
233965	2/18-3/17	Th, 6:05-6:35pm	East	5	\$30/\$38
233982	2/19-3/18	F, 9:45-10:15am★	North	5	\$30/\$38

Preschool 2 - Clown Fish

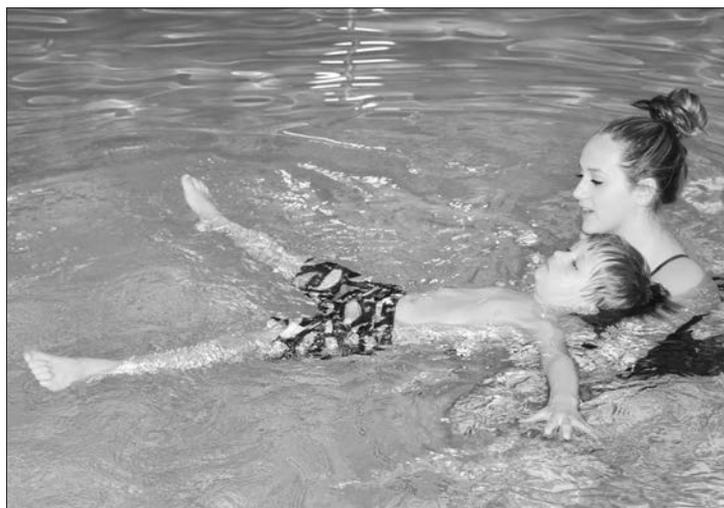
(Age 3-5) Students will build upon the basic skills learned in Preschool 1 and begin to learn independent aquatic locomotion skills. Preschool 2 emphasizes independence in the skills learned in the first level.

233976	1/9-2/6	Sa, 9:50-10:20am★	East	5	\$30/\$38
233944	1/11-2/8	M, 5:35-6:05pm	North	5	\$30/\$38
233942	1/12-2/9	Tu, 6:05-6:35pm	East	5	\$30/\$38
233943	1/14-2/11	Th, 6:05-6:35pm	East	5	\$30/\$38
233945	1/15-2/12	F, 9:45-10:15am★	North	5	\$30/\$38
234017	2/13-3/12	Sa, 9:50-10:20am★	East	5	\$30/\$38
233987	2/15-3/14	M, 5:35-6:05pm	North	5	\$30/\$38
233985	2/16-3/15	Tu, 6:05-6:35pm	East	5	\$30/\$38
233986	2/18-3/17	Th, 6:05-6:35pm	East	5	\$30/\$38
233988	2/19-3/18	F, 9:45-10:15am★	North	5	\$30/\$38

Preschool 3 - Angelfish

(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.

233981	1/9-2/6	Sa, 9:50-10:20am★	East	5	\$30/\$38
233977	1/11-2/8	M, 5:35-6:05pm	North	5	\$30/\$38
233978	1/12-2/9	Tu, 6:05-6:35pm	East	5	\$30/\$38
233979	1/14-2/11	Th, 6:05-6:35pm	East	5	\$30/\$38
234001	1/15-2/12	F, 9:45-10:15am★	North	5	\$30/\$38
234022	2/13-3/12	Sa, 9:50-10:20am★	East	5	\$30/\$38
234018	2/15-3/14	M, 5:35-6:05pm	North	5	\$30/\$38
234019	2/16-3/15	Tu, 6:05-6:35pm	East	5	\$30/\$38
234020	2/18-3/17	Th, 6:05-6:35pm	East	5	\$30/\$38
234021	2/19-3/18	F, 9:45-10:15am★	North	5	\$30/\$38



Early swim lessons set a positive foundation towards a lifetime of participation and enjoyment.

SWIMMING



Swimming uses every one of the body's major muscle groups and is a fantastic aerobic activity to get your child's heart pumping.

► LEARN TO SWIM AGES 6-12

Level 1

Prerequisites: There are no prerequisites. 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.

234032	1/9-2/6	Sa, 10:25-10:55am★	East	5	\$30/\$38
234034	1/9-2/6	Sa, 11-11:30am★	East	5	\$30/\$38
234024	1/11-2/8	M, 5-5:30pm	North	5	\$30/\$38
234025	1/12-2/9	Tu, 5:30-6pm	East	5	\$30/\$38
234029	1/13-2/10	W, 5-5:30pm	North	5	\$30/\$38
234026	1/13-2/10	W, 6:10-6:40pm	North	5	\$30/\$38
234027	1/14-2/11	Th, 6:05-6:35pm	East	5	\$30/\$38
234048	2/13-3/12	Sa, 10:25-10:55am★	East	5	\$30/\$38
234049	2/13-3/12	Sa, 11-11:30am★	East	5	\$30/\$38
234040	2/15-3/14	M, 5-5:30pm	North	5	\$30/\$38
234030	2/16-3/15	Tu, 5:30-6pm	East	5	\$30/\$38
234041	2/17-3/16	W, 5-5:30pm	North	5	\$30/\$38
234043	2/17-3/16	W, 6:10-6:40pm	North	5	\$30/\$38
234047	2/18-3/17	Th, 6:05-6:35pm	East	5	\$30/\$38

Level 2

Prerequisites: Successful completion of Level 1 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.

234051	1/9-2/6	Sa, 9:15-9:45am★	East	5	\$30/\$38
234052	1/9-2/6	Sa, 11-11:30am★	East	5	\$30/\$38
235184	1/11-2/8	M, 5-5:30pm	North	5	\$30/\$38
234028	1/11-2/8	M, 6:10-6:40pm	North	5	\$30/\$38
234042	1/12-2/9	Tu, 6:05-6:35pm	East	5	\$30/\$38
234050	1/13-2/10	W, 5:35-6:05pm	North	5	\$30/\$38
235190	1/13-2/10	W, 6:10-6:40pm	North	5	\$30/\$38
234054	2/13-3/12	Sa, 9:15-9:45am★	East	5	\$30/\$38

234053	2/13-3/12	Sa, 11-11:30am★	East	5	\$30/\$38
235185	2/15-3/14	M, 5-5:30pm	North	5	\$30/\$38
234056	2/15-3/14	M, 6:10-6:40pm	North	5	\$30/\$38
234055	2/16-3/15	Tu, 6:05-6:35pm	East	5	\$30/\$38
234058	2/17-3/16	W, 5:35-6:05pm	North	5	\$30/\$38
235191	2/17-3/16	W, 6:10-6:40pm	North	5	\$30/\$38

Level 3

Prerequisites: Successful completion of Level 2 or child must be able to 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.

234059	1/9-2/6	Sa, 9:50-10:20am★	East	5	\$30/\$38
235186	1/11-2/8	M, 5:35-6:05pm	North	5	\$30/\$38
234033	1/11-2/8	M, 6:10-6:40pm	North	5	\$30/\$38
234057	1/12-2/9	Tu, 6:40-7:10pm	East	5	\$30/\$38
235188	1/12-2/9	W, 5-5:30pm★	East	5	\$30/\$38
234031	1/13-2/10	W, 6:10-6:40pm	North	5	\$30/\$38
234062	1/14-2/11	Th, 6:40-7:10pm	East	5	\$30/\$38
234060	2/13-3/12	Sa, 9:50-10:20am★	East	5	\$30/\$38
235187	2/15-3/14	M, 5:35-6:05pm	North	5	\$30/\$38
234064	2/15-3/14	M, 6:10-6:40pm	North	5	\$30/\$38
234061	2/16-3/15	Tu, 6:40-7:10pm	East	5	\$30/\$38
235189	2/17-3/16	W, 5-5:30pm	North	5	\$30/\$38
234065	2/17-3/16	W, 6:10-6:40pm	North	5	\$30/\$38
234067	2/18-3/17	Th, 6:40-7:10pm	East	5	\$30/\$38

Level 4

Prerequisites: Successful completion of Level 3 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 strokes 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.

234063	1/9-2/6	Sa, 11-11:30am★	East	5	\$30/\$38
234044	1/12-2/9	Tu, 6:40-7:10pm	East	5	\$30/\$38
234035	1/13-2/10	W, 6:10-6:40pm	North	5	\$30/\$38
234066	2/13-3/12	Sa, 11-11:30am★	East	5	\$30/\$38
234045	2/16-3/15	Tu, 6:40-7:10pm	East	5	\$30/\$38
234036	2/17-3/16	W, 6:10-6:40pm	North	5	\$30/\$38

Level 5

Prerequisites: Successful completion of Level 4 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.

234037	1/12-2/9	Tu, 6:40-7:10pm	East	5	\$30/\$38
234039	1/13-2/10	W, 6:10-6:40pm	North	5	\$30/\$38
234038	2/16-3/15	Tu, 6:40-7:10pm	East	5	\$30/\$38
234046	2/17-3/16	W, 6:10-6:40pm	North	5	\$30/\$38

SWIMMING

► 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.

Drop-in 12/1-3/19 Sa, 11am-12pm★ East fees below

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 benefits of swimming! This class assists adults of varied swimming abilities to feel comfortable and confident in the water while building life-long skills.

233934	1/9-2/6	Sa, 9:15-10am★	East	5	\$45/\$56
233935	2/13-3/12	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 meeting.

233936	1/9-2/6	Sa, 10-11am★	East	5	\$70/\$88
233937	2/13-3/12	Sa, 10-11am★	East	5	\$70/\$88

► AQUATIC FITNESS Drop-in & Registered Classes

Aqua Fit (Leisure)

(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! Silver Sneakers welcome. Contact Jen Heilveil, 303-413-7474.

234340	1/4-1/29	M/W/F, 8-9am	East	12	\$48/\$60	Andrea
234342	2/1-2/29	M/W/F, 8-9am	East	13	\$52/\$65	Andrea
234343	3/2-3/30	M/W/F, 8-9am	East	13	\$52/\$65	Andrea

Twinges N' Hinges (Leisure)

(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 (86-88°). If you require physical assistance in the water, a two-week notification is required. Silver Sneakers welcome. Contact Jen Heilveil, 303-413-7474.

234334	1/5-1/29	Tu/F, 9:30-10:30am	East	8	\$32/\$40	Jen
234335	2/2-2/26	Tu/F, 9:30-10:30am	East	8	\$32/\$40	Jen
234336	3/1-4/1	Tu/F, 9:30-10:30am	East	10	\$40/\$50	Jen

► 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 9 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, 5:45-6:45 pm North

Water Fitness Aqua Motion

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

Tu/Th, 8-9am North

M/W, 9:15-10:15am★ East

F, 9-10am★ East

Hydro Dynamics

A med-high intensity class, where you get the same fitness benefits as land aerobics, including excellent cardiovascular conditioning, muscle toning and fat burning. The water environment provides great resistance but low-impact workout.

Tu/Th, 12:30-1:30pm South

Pre/Post-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

Aqua Core (Leisure Pool)

This moderate-high intensity class will challenge your body and work your cardiovascular system. We'll add spice to your fitness program by incorporating a variety of equipment. With the use of buoyant equipment, will do sets of high intensity exercise followed by sets of low intensity. This format will crank up the metabolism and your body will continue to burn fat calories hours after you finish exercising. You'll be amazed at the energy and power this class requires - don't fear it, try it! Contact Jen Heilveil, 303-413-7474.

M/W, 2-3pm East Anita Frant

Hy-Dro Fitness (Leisure Pool)

Get all the benefits achieved from land based exercise and running without the impact. We will combine powerful moves to optimize cardiovascular and muscular conditioning. Focused energy through the core muscle base will be activated to promote stronger muscles and improve balance stability. Expect the added water resistance to increase your calorie burn. You'll tone your body from head to toe and 'zero' in on a new way to exercise. Contact Jen Heilveil, 303-413-7474.

M/W, 6:15-7:15pm East Anthony Maggio

NEW!

NEW!



Players of all ages can continue to work on their tennis skills throughout the winter in our Tennis in the Gym program.

► 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 (under construction, will reopen in 2016)
 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 303-441-4427.

*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
\$23	\$66	\$124

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

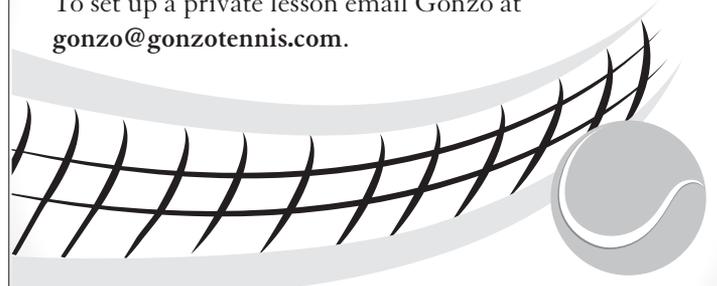
(Ages 3-15) Purchase a punch card and drop into any youth class that is not full. Please email gonzo@gonzotennis.com to let instructors know which class you plan to drop into.

1 punch	3 punches	6 punches
\$16	\$40	\$75

Private Tennis Lessons

Sign up for youth and adult private lessons to get focused attention and improve skills.

To set up a private lesson email Gonzo at gonzo@gonzotennis.com.



TENNIS

► 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 gonzo@gonzotennis.com

Program Info: Erynn at 303-441-4137 or simonee@bouldercolorado.gov

For inclement weather and cancellation information: 303-441-3410

► TENNIS IN THE GYM WITH GONZO/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.

Beginner with Gonzo (2.5-3.0)

234563	1/13-2/3	W, 10-11:30am	East	4	\$118/\$163	Gonzo
234567	1/14-2/4	Th, 10-11:30am	East	4	\$118/\$163	Gonzo
234564	2/17-3/9	W, 10-11:30am	East	4	\$118/\$163	Gonzo
234568	2/18-3/10	Th, 10-11:30am	East	4	\$118/\$163	Gonzo

Intermediate with Gonzo (3.0-3.5)

234565	1/13-2/3	W, 11:30am-1pm	East	4	\$118/\$163	Gonzo
234569	1/14-2/4	Th, 11:30am-1pm	East	4	\$118/\$163	Gonzo
234566	2/17-3/9	W, 11:30am-1pm	East	4	\$118/\$163	Gonzo
234570	2/18-3/10	Th, 11:30am-1pm	East	4	\$118/\$163	Gonzo

► TENNIS IN THE GYM – 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.

No classes Saturday, Jan. 23, Feb. 6, Feb. 13.

Beginner

234573	1/10-3/6	Su, 2-3pm	East	8	\$92/\$115
234571	1/16-1/30	Sa, 3-4pm	North	5	\$56/\$72

Intermediate

234574	1/10-3/6	Su, 3-4pm	East	8	\$92/\$115
234572	1/16-1/30	Sa, 4-5pm	North	5	\$56/\$72

► JUNIOR TRAINING WITH GONZO

- 10 & Under
- 12 & Under
- 16 & Under

Contact Gonzo for an evaluation prior to registration for the “training” classes at gonzo@gonzotennis.com.

► TENNIS IN THE GYM - 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!

Mini Gonzos in the Gym (Ages 3-4)

234547	1/9-3/5	Sa, 9:45-10:15am	North	8	\$69/\$96
234548	1/10-2/28	Su, 10:30-11am	East	8	\$69/\$96
234543	1/11-2/29	M, 3:15-3:45pm★	East	8	\$69/\$96
234544	1/12-3/1	Tu, 2:45-3:15pm★	North	8	\$69/\$96
234545	1/13-3/2	W, 3:15-3:45pm★	East	8	\$69/\$96
234546	1/14-3/3	Th, 3:15-3:45pm	East	8	\$69/\$96

Tiny Gonzos in the Gym (Ages 5-6)

234553	1/9-3/5	Sa, 10:15-11am	North	8	\$78/\$97
234554	1/10-2/28	Su, 11-11:45am	East	8	\$78/\$97
234549	1/11-2/29	M, 3:45-4:30pm★	East	8	\$78/\$97
234550	1/12-3/1	Tu, 3:15-4pm★	North	8	\$78/\$97
234551	1/13-3/2	W, 3:45-4:30pm★	East	8	\$78/\$97
234552	1/14-3/3	Th, 3:45-4:30pm	East	8	\$78/\$97

Mighty Gonzos in the Gym (Ages 7-9)

234559	1/9-3/5	Sa, 11am-12pm	North	8	\$92/\$115
234560	1/10-2/28	Su, 11:45am-12:45pm	East	8	\$92/\$115
234555	1/11-2/29	M, 4:30-5:30pm★	East	8	\$92/\$115
234556	1/12-3/1	Tu, 4-5pm★	North	8	\$92/\$115
234557	1/13-3/2	W, 4:30-5:30pm★	East	8	\$92/\$115
234558	1/14-3/3	Th, 4:30-5:30pm	East	8	\$92/\$115



Our indoor tennis program uses specific exercises and fun games to help students understand the aspects of tennis.

VALMONT BIKE PARK



Our program offers authentic outdoor adventure camps and clinics to explore Valmont Bike Park.

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.

► BIKING PROGRAMS AT VALMONT BIKE PARK

Avid4 Adventure

Since 2004, Avid4 Adventure empowers kids to choose healthy, active lives through authentic outdoor adventures. 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. Look for our skills camps and after school programs in the spring and **register online at www.Avid4.com**.

Questions & Information: Avid4 Adventure, vbp@avid4.com or call 800-977-9873 or City of Boulder Parks & Recreation Department, www.BoulderParks-Rec.org.

Clinics with Lee McCormack (www.leelikesbikes.com)

Lee 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.

Private & Semi-Private Clinics with Lee McCormack

(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.

Public Mountain Biking Clinics with Lee Likes Bikes

(Age 18+) Level 1 and Level 2 public classes are the most proven and cost-effective way for adults to become safer, smoother and faster riders. Improve your riding in just a couple hours!

More details, dates and registration for clinics with Lee Likes Bikes can be found online at www.leelikesbikes.com.

POLICIES & INFORMATION

Recreation Center Holiday Closures

12/24 • All close at 1:30 p.m. - Christmas Eve

12/25 • All closed - Christmas Day

12/31 • All close at 4 p.m. - New Year's Eve

1/1 • North & South Closed;
East open 8 a.m. to 4 p.m. - New Year's

1/19 • All open - Martin Luther King Jr. Day

2/16 • All open - President's Day

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, platform tennis, sauna, lockers, and 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

Why Register Now?

Why wait – when you can lead the way? TODAY is the best day to register for the classes you want.

Why? Because under-enrolled classes get cancelled and might be dropped entirely to make space for more popular programs.

Registering early is the best way to prevent your favorite class from cancellation (or even extinction!).

Beginning in 2016, we'll be increasing our adherence to minimum enrollment standards to enhance our efficient use of staff, space and funding. **Under-enrolled classes will be cancelled prior to the first session.**

Thanks for registering today!

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.

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 Munoz at 303-413-7259 or visit www.BoulderParks-Rec.org

Financial Assistance

Did you know we offer financial aid to assist community members who cannot otherwise participate due to financial limitations?

To find out more about our financial aid programs and how to qualify, please 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 unsupervised 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

ACCESS & INCLUSION (EXPAND & YSI)

Lori Goldman, Supervisor303-413-7256
 Alexis Moreno, Supervisor
 Youth & Families (YSI).....303-413-7217

COMMUNITY OUTREACH

Internships Coordinator303-413-7200
 Mary Malley
 Coordinator of Volunteer Services ..303-413-7245
 Christy Munoz
 Group Discount Program303-413-7259

AQUATICS

Jackie Koehn, Swim lessons.....303-413-7267
 Phil Henry, Aquatics Maintenance..303-413-7478
 Pool Operations303-413-7468
 Jason Stolz, Aquatics Supervisor303-441-3435

GYMNASTICS

Doug Felkley, Coordinator303-413-7265
 Prudence Keenan, Coordinator.....303-413-7265

HEALTH & WELLNESS

Kate Houlik, Fitness
 & Personal Training303-413-7280
 Kathleen Murphy, Mind/Body303-413-7466
 Summer Kennedy, Supervisor.....303-413-7264

SPORTS

Program Information303-441-3410
 Erynn Simone, Supervisor303-441-4137
 Molly Langerak303-413-7441
 Matt Kamhi.....303-413-7477

RECREATION CENTERS

Tim Duda, Supervisor EBCC303-413-7463
 Todd Calvin, Supervisor NBRC303-413-7263
 Megann Lohman, Supervisor SBRC 303-441-3449

FLATIRONS GOLF COURSE

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

BOULDER RESERVOIR

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

VALMONT CITY PARK

Skyler Beck, Manager303-413-7219

PARK OPERATIONS

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

YOUTH SERVICES INITIATIVE

Alexis Moreno, Supervisor303-413-7217

ADMINISTRATION

Yvette Bowden
 Director.....303-413-7200
 Therron Dieckmann
 Deputy Director303-413-7200
 Jeff Dillon
 Capital Investment Manager303-413-7200
 Alison Rhodes
 District Services Manager303-413-7249
 Dean Rummel
 Programs & Partnerships Manager..303-441-4427

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



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

Financial Assistance



Did you know we offer financial aid to assist community members who cannot otherwise participate due to financial limitations?

To find out more about our financial aid programs and how to qualify, please call 303-413-7200.

REGISTRATION

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, December 1.**
- 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!

FREE Coffee, Fun, Cycle, Run or Fresh Food?



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 Boulder Cycle Sports



\$10 Farmers Buck for fresh fruits & vegetables.



\$10 gift card for Gateway Park Fun Center.



\$10 gift card for Flatirons Running Co.



\$10 gift card for Hapa Sushi



Please support these local businesses that support the City of Boulder's Parks & Recreation Department.



PLAY BALL

SIGN UP NOW FOR ADULT SPORTS LEAGUES!

**SOFTBALL • KICKBALL • SOCCER • VOLLEYBALL
DODGEBALL • BASKETBALL**



Adult Leagues:

- Men's Basketball • Winter/Spring/Summer/Fall
- Women's Basketball • Winter
- Volleyball • Winter/Spring/Fall
- Outdoor Sand Volleyball • Summer
- Dodgeball • Fall/Winter
- Indoor Kickball • Fall/Winter
- Outdoor Kickball • Spring/Summer/Fall
- Soccer • Spring/Summer/Fall
- Softball • Spring/Summer/Fall



**Winter deadline: Mid Dec.
Spring deadline: Mid Feb.**

Register online at www.BPRsports.org or call 303-413-7270



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 • 720-379-6033

Valmont Bike Park

Reserve a shelter • 303-413-7219
or email becks@bouldercolorado.gov

BoulderParks-Rec.org



Sweetheart Valentine's Dance

A special time full of sweet memories awaits participants along with a DJ and dancing, light refreshments, gift bag, and photo.

Saturday, February 6 • 6-8 p.m.

Registration code: 234682 (Ages 1-9)
\$35 for two (\$20 per additional child)

North Boulder Recreation Center, 3170 Broadway

Register online today, space is limited!
www.BoulderParks-Rec.org



SCHOOL DAY OFF CAMPS

BPRcamps.org



- Winter Break Camp
- Martin Luther King Jr. Day
- Presidents Day Camp
- Spring Break Camp
- Teacher Conference Days
- Teacher Professional Development Days

See page 14 & 28 for details.

Want to turn a 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.

A hit for boys and girls 5-11 years old.

Don't miss out - Enrollment is limited - Sign up today!

Contact Molly at 303-413-7441 or email langerakm@bouldercolorado.gov

Sign up for our email list at BPRcamps.org



Snow Much Fun

Experience Central Park Like You've Never Seen it Before!



Join us Saturday,
December 12th & 19th
from 5-8 p.m.
for free family entertainment
and other reindeer games!
Central Park, Bandshell
1236 Canyon Blvd.
SnowMuchFun.org

CARICATURE ARTIST

PHOTO BUS

HOT COCOA & COOKIE DECORATING

SNOWBALL FUN

TRAIN RIDES



Adult Dance Days

Sample a dance class for **FREE!**

Have you ever wanted to try a dance class? Don't know which fun and exciting class to choose from? Now is the time to begin that new exercise routine. Try a no-obligation, free adult dance class at one of our recreation centers. Dance shoes and dance attire are not required. See our Winter Recreation Guide pages 11-14 for more detail on each class. For more information, call 720-515-6268.



East Boulder Community Center • Saturday, January 2nd

10 – 10:45 am	Irish Step	Elizabeth
11 – 11:45 am	Jazz Level 1 plus fitness	Julie
12 – 12:45 pm	Samba	Georgia
1 – 1:45 pm	Bollywood Bhangra	Smita
2 – 2:45 pm	Ballroom Basics & Swing	Judy
3 – 3:45 pm	Salsa	Judy
4 – 4:45 pm	Beginning Belly dance	Georgia

North Boulder Recreation Center • Sunday, January 3rd

9 – 9:45 am	Jazz Level 1	Mary
10 – 10:45 am	Tap Level 1	Mary
11 – 11:45 am	Hula	La'ela'e
12 – 12:45 pm	Ballroom Basics & Swing	Judy
1 – 1:45 pm	Salsa	Judy
2 – 2:45 pm	Modern Level 1	Cindy
3 – 3:45 pm	Ballet 1	Elizabeth
4 – 4:45 pm	Flamenco	Salli
5 – 5:45 pm	Irish Step	Elizabeth

Eben G. Fine Park - Look who's 150!



If you've spent any time in the High Country photographing our glorious mountains, or better yet, posted them to your favorite social media site, extolling the beauty of the place we live in, you may have inadvertently been following in the footsteps of Eben G. Fine.

Most Boulderites only know "Eben Fine" as a wonderful, leafy park located at the west end of town

where Boulder Creek emerges from the steeply cut walls of Boulder Canyon. A summer oasis and lure for picnickers and creek tubers, Eben G. Fine Park gets a little quieter this time of year. But have you ever wondered, "Who was Eben G. Fine and why is a park named after him?"

Eben G. Fine was born in Missouri on Nov. 8, 1865. He moved to Boulder in 1886 to be a prescription pharmacist at Fonda's Drug Store on Pearl Street. Three years later, he married the store owner's sister, Mrs. Mary Coulson.

During his early years in Boulder, he served on the board of the Chautauqua Association and as secretary of the Boulder Commercial Assoc. (now the Chamber of Commerce) where he played an influential role in the building of the Hotel Boulderado. In 1907, Fine purchased the Temple Drug Company located in the Masonic Temple Building (at Pearl and Fourteenth Streets) and operated it with his stepson, Hal Coulson, until 1925.

But it was Fine's love for the outdoors, nature, mountaineering, archeology and photography that eventually earned him the nickname, "Mr. Boulder". In his autobiography he wrote, "Working long hours... I took up photography as a hobby and a sort of health insurance to keep me interested in the out-of-doors whenever I had a little time away from the store."

He joined several climbing clubs and became the first president of the Rocky Mountain Climbers Club.

Fine carried his large-format camera into the mountains to capture the beauty of Colorado's nature. He and his stepson sold photographs under the name "Fine & Coulson".

On July 14, 1900, Fine made a thrilling discovery. The adventurer left Silver Lake at 6:00 a.m. on a solo hike to South Arapaho Peak. He decided to cross a giant snow field, and when he reached the middle, realized he was on a living glacier. Fine was so excited he nearly fell into a crevasse!

After giving a lecture on the topic, "Rambles through the Rockies" for the National Druggist Association, Fine was approached by two Burlington railroad officials asking him to do an annual two month tour, giving lectures and showing pictures of Boulder and the Rocky Mountain region around the country. With a large collection of photos, Fine toured for fourteen seasons, delivering his show to several thousand viewers.

During his time with the Chamber of Commerce, Fine also directed the reforestation of Flagstaff Mountain. He purchased seedlings and enlisted the help of students, Boy Scouts, Girl Scouts, Rainbow Girls and many other volunteers with meals provided by the Rocky Mountain Climbers Club.

Fine died on April 30, 1957, at the age of ninety-one, after falling out of a second-story window at his home. He is buried with his family at Boulder's Columbia Cemetery.

Eben G. Fine Park was turned over to the city and dedicated with its current name in 1959 after originally being an auto park supplying motorists with electric lights, gas stoves, restrooms and other amenities. The park remains a place of natural beauty and a gateway to the Rocky Mountains. Surely, "Mr. Boulder", nature lover and photographer, would find his namesake park a fitting memorial for his contributions shaping the Boulder we know and love.

Want to learn more about Eben G. Fine and his legacy? Visit the "Eben Fine at 150" Boulder Public Library Exhibit from November 2015 through January 2, 2016 (Carnegie Branch Library). The exhibit will feature oral histories, photographs, and ephemera.

For more information on this exhibit and associated events, please contact Hope Arculin at arculinh@boulderlibrary.org or visit: BoulderLibrary.org



Librarian Hope Arculin and the Carnegie Branch Library for Local History contributed to this article.

Engaging Our Youth - The Future Generation of Stewards

“Before I started volunteering, I was worried that it would be very stressful and hard, but it is a lot of fun and you get to play with kids and be their buddy for the evening.”

- EXPAND Peer Mentor, Emily Arnow.

As the nation struggles with a decline in youth participation in outdoor recreation activities, BPR has been fortunate to get the support from over 800 area youth in 2015 who participated in over 40 volunteer projects throughout the year.

These activities included:

- Picking up trash in our parks and along our stream corridors
- Planting and mulching trees
- Removing noxious weeds and mulching shrub and flower beds
- Seeding natural areas
- Repairing and building trails
- Painting over graffiti, curbs, and fences
- Restoring the grounds of the historic Columbia Cemetery
- Mentoring and coaching

BPR’s volunteer program encourages youth of all ages to explore Boulder’s parks system while enjoying the daily benefits of direct experience with nature, physical activity, and discovery in an immersive learning environment. The program also celebrates inclusion and youth empowerment by inviting children of any background to participate in community development, citizenship, and democratic processes with their families.

“Volunteering with my grandson Cale is not only an opportunity for me to pass on a passion of mine, but also a great way to teach him the importance of community and taking care of the environment so we can continue to enjoy the gifts it gives...like fly fishing,” said Sherry Schrantz who participated in the September 2015 Boulder Creek’s Fall Cleanup event. “Cale, who is nearly eight, really enjoyed being in the creek and said that he knows the fish like clean water.”

BPR’s Youth Services Initiative (YSI) partnered with Colorado’s Wildlands Restoration Volunteers who organized a trail restoration project in Breckenridge on the Black Powder Pass Trail. Eight YSI youth ages 12 to 17 participated: “It was an amazing experience for these kids who have never been in

the backcountry before,” said Alexis Moreno, YSI Youth and Families Coordinator. “The youth volunteers laughed and smiled while installing water bars and removing invasive weeds. The joy of being outdoors experienced through volunteering, camping, cooking over a fire pit, playing flashlight tag and telling scary stories will be a wonderful memory etched on these kids’ minds.”

BPR’s volunteer efforts also focus on local opportunities for students enrolled in Higher Education. The “Hillanthropy Volunteer Project” took place at the historic Columbia Cemetery this fall and attracted over 50 students from the Interfraternity Council (IFC) and the Leeds School of Business alongside University Hill neighbors. The group completed over 150 volunteer hours cleaning up the historic cemetery’s garden spaces, among other activities.

Engaging Boulder’s youth through volunteerism is building a community of stewardship - a main priority for BPR. As we close out 2015, we want to honor and thank the amazing families in our community and coaches and leaders who helped make this year such a success. As we look to the future, we are excited to engage even more young people to become active volunteers to help sustain our community’s parks and resources for generations to come.



Eight-year-old Cale Schrantz at the Boulder Creek Cleanup.



World Dance: How BPR Bridges Gaps and Celebrates Diversity

Dance is the hidden language of the soul.

– Martha Graham

Contagious rhythms are filling the air. The spacious gym room is filled with excitement and laughter. People of all ages and backgrounds are swaying, stomping, and clapping to the steady beats of drums. A baby is attentively observing the invigorated crowd with big eyes as an almost 90-year old woman dances carefully to the evolving beat of another catchy song. Everyone is moving at their own pace. Step by step, the diverse group is fully absorbed by the exhilarating experience of African dance and becoming one movement, one community.

Dance has always been a part of human culture. Dance tells stories, expresses emotions, and can bring individuals and communities together. For BPR, dance became the conduit for growing our commitment to innovative programming in support of community health and wellness.

From Ghana with Love! – is the motto of Logo Ligi, a Colorado-based drum and dance group that celebrates West

African dance as an expression of cross-cultural learning and community building. Intercambio is a Boulder nonprofit dedicated to bridging the gap between immigrants and non-immigrants through educational and volunteer opportunities, uniting communities across cultures. Logo Ligi and Intercambio partnered with BPR to better reach under-participating community members.

Health disparities exist in BPR’s community between our low-income and more affluent community members. According to the 2014-2016 Boulder Community Health’s Community Health Needs Assessment, low-income and less active youth are at greater risk for

the detrimental health impacts of physical inactivity, poor nutrition, and disconnection from nature. Latino adults in our community are at greater risk for Type II diabetes. Given these community health issues, the department leveraged innovative programming and local partnerships to respond to this community need.

As a result of a community grant from the Human Relations Commission, BPR, Intercambio and Logo Ligi were able to offer five free “Family World Dance” events in 2015 (January through May) with the goal of providing access to African dance and recreation center services as an opportunity to learn about culture, nutrition, and physical activity. All events had great attendance and some of our community members commented that they witnessed more diversity in our facilities on the day of these events than in a month of day-to-day living in Boulder.

Overall, BPR’s Family World Dance program was a huge success! It was awarded the Colorado Parks and Recreation Association’s Columbine Award for Innovation in October 2015. As we turn our focus on planning for 2016, we are excited to explore future inclusive programming options that promote the health and well-being of the entire Boulder community through dynamic recreational opportunities.



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!

Choose from over 100 different class times. Schedules are available online to provide you with the latest information.

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(use your pass or \$7.50 fee).

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Hard Core
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Pure Step
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Barbell Circuit

Enjoy Drop-in Basketball, Volleyball, Pickleball & Badminton

Visit BoulderParks-Rec.org for class descriptions and current drop-in schedules.

Aquatic Fitness Classes

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Restorative Yoga & Pranayama
Yin Yoga
Yoga
Yoga & Meditation
Zumba® & Zumba Gold®
Chi Kung
Kundalini Yoga

Recreation Centers

Cardio & Weight Rooms (pg. 20-22)
Attain the strength, flexibility and cardio fitness you desire. Each center features the latest equipment for designing your ultimate workout.

Swimming (pg. 30-34)
Burn calories and enjoy the full-body benefits of aquatic fitness. Our centers feature a multi-lane, indoor lap pool and hot tub. North and east centers also feature fun leisure pools that kids love! Plus, in the summer, enjoy two outdoor pools and the Boulder Reservoir!

Passes (pg. 9)
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.

Winter Online Registration begins 8:30 a.m.
Tuesday, December 1 • BoulderParks-Rec.org



New Year's Day Family Fitness Jam

Come enjoy the music, movement & magic!

Friday, January 1 • 8:30 a.m. - 1:30 p.m. at East Boulder Community Center

Family Fitness Jam

Start 2016 with a fun, fast-paced fitness jam! Move to the groove of several different certified fitness instructors dishing up their best moves and tunes! Enjoy any part or all of this 4-hour fitness session - to jump start your 2016 fitness goals. A great way to sample new techniques and teachers - and start '16 in style!

- | | |
|-------------------|--|
| 8:30-9:30 a.m. | Move It! Tabata with Dora |
| 8:30-9:30 a.m. | Spin class w/Kate |
| 9:30 & 11:30 a.m. | Spellbinders Storytellers in Childcare |
| 9:45-10:45 a.m. | Music, Movement & Magic
Family Nia Jam (children welcome) |
| 11-11:45 a.m. | Salsa Dancing |
| 12-1 p.m. | Yoga with Brian |
| 12-3:30 p.m. | Rock Climbing Wall (open) |
| 1-3:30 p.m. | Inflatable Obstacle Run in the Pool |

Use your pass or \$7.50 entry for the Fam Jam and use of facility.

Visit us online at BoulderParks-Rec.org for class descriptions and more details.

Swim Lesson Demo & Level Placements

11 a.m. - 12 p.m. Let us assess your child and advise you on what level of swim lesson is best.



Stay Fit & Save!

Get our best fitness deals of the year, look for our New Year's Sale Flyer in late December.

Your three centers offer:

- 25 yard lap pools w/diving boards
- Leisure pools, hot tubs, dry saunas
- Dozens of daily drop-in fitness
- Weight and cardio equipment
- Dance and yoga studios
- Indoor/outdoor ball courts
- Certified personal trainers
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Get all this for as little as \$12/week.

Recreation center New Year's hours:

New Year's Eve (Thu. Dec. 31)

Recreation Centers open until 4 p.m.

New Year's Day (Fri. Jan. 1)

East open 8 a.m.-4 p.m.

Child care 8:30 a.m.-1:30 p.m.

- North & South Recreation Centers closed

