



# Boulder Parks & Recreation

fall 2015



**Fun Things**  
to do this fall pg. 4

**Featured Park**  
Valmont City Park pg. 6-7

## Register Today

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

[www.BoulderParks-Rec.org](http://www.BoulderParks-Rec.org)

- Begins August 4

## Fall 2015

Welcome to our fall schedule of events, and project updates, and explore what is happening at Boulder Parks & Rec!

### City Sports Fields Win Prestigious Awards

The Pleasant View Fields Sports Complex Championship Field has been awarded the 2015 Colorado Sports Turf Managers Association-Rocky Mountain Sports Field of the Year.

This award recognizes the outstanding achievement and hard work of deserving sports turf professionals and the fields they manage. Pleasant View fields are maintained using the latest integrated pest management practices and no herbicides or pesticides.

Pleasant View Sports Complex was also awarded the 2014 National Sports Turf Managers Association (STMA) sporting grounds field of the year.

The nine sand-based sports fields benefit from a panoramic view of the Flatirons attracting regional, national and international events such as national Irish Football, Ultimate Frisbee® and Rugby

tournaments and the annual Rocky Mountain Cup Showcase Youth Soccer Tournament.

The fields are also used weekly throughout the spring, summer and fall for youth and adult sports leagues, camps and tournaments (see pgs. 34-36). Amenities include restrooms and picnic tables.



### South Boulder Rec Center Gymnastics Classes are Back!

This fall, youngsters ages 2 to 2 1/2 can participate in gymnastics classes that introduce basic movements and techniques (see pg. 23).



### Celebrate Boulder's Diverse Tree Canopy & Find Your Favorite Tree!

Did you know that Parks & Rec is taking care of approximately 50,300 trees amounting to one tree for every two Boulder residents?

The city's forestry division plants trees every year and has planted about 600 trees so far this year. Our urban canopy has significant environmental, economic and social benefits. Trees...

- **Clean the air we breathe** and reduce our carbon footprint and remove pollutants.
- **Protect our water** by decreasing storm water runoff by about 422 million gallons each year, which protects topsoil and replenishes groundwater.
- **Save energy** by lowering air temperature in the summer by 6 to 19 degrees.
- **Provide natural wildlife habitat** to honeybees, birds, deer and more animals that need access to trees for food, shelter and nesting areas in Boulder.

Help us celebrate our diverse urban canopy and look for 241 different tree species throughout our city! How many different trees can you find?

Send us a photo of you and your favorite Boulder tree: [parks-rec@bouldercolorado.gov](mailto:parks-rec@bouldercolorado.gov) or [@boulderparksrec](https://twitter.com/boulderparksrec) on Twitter.



## Crestview Park Renovation Completed

Parks & Rec recently completed renovation of Crestview Park located at 1897 Sumac Ave. (directly behind Crestview Elementary School). Besides stunning views of the Flatirons, the park's renovation included installation of new play equipment, a shade shelter, and a looped-path throughout the park.



## Clinic: Explore Adaptive Mountain Biking

Want to go faster and further on the trail than your wheelchair or ambulatory device will take you? Try out an adaptive all-terrain handcycle! Join EXPAND and Open Space Mountain Parks (OSMP) for a free clinic to test out different tough, trail-worthy hand bikes on Saturday, September 12 from 8 a.m. to 5 p.m. at Marshall Mesa Trailhead (see pg. 20 for registration details).



## ADA Turns 25!

When signed into law, by President George H.W. Bush on July 26, 1990, the Americans with Disabilities Act (ADA) became the world's first comprehensive civil rights law for people with disabilities and a new milestone in America's commitment to full and equal opportunity for all its citizens.

The ADA grants civil rights protections to millions of americans living with disabilities similar to those provided to individuals on the basis of race, color, sex, national origin, age, and religion. The ADA (and subsequent ADA Amendment Act of 2008) also assures equal opportunity and access to businesses, employment, transportation, state and local government programs and services, and telecommunications.

Parks & Rec embraces the ADA's mission and values by providing dedicated staff and programs designed to welcome people of all abilities:

- In 2011, the department completed an audit on all of our parks and facilities to check compliance and created an ADA Transition Plan to help ensure that we exceed the ADA guidelines for accessibility of programs and sites.
- In 2012, the department received the Excellence in Inclusion Award from the National Recreation and Parks Association.
- The department's EXPAND program creates successful experiences through both specialized and inclusive programming. In 2014, EXPAND had approximately 10,000 participations in sports, fitness, cultural arts, aquatics, adventure and camps, providing 250 classes that were supported by 400 volunteers who contributed over 5,900 hours of service.

For more information on our programs for people with disabilities or our accessibility report contact Lori Goldman at [GoldmanL@BoulderColorado.gov](mailto:GoldmanL@BoulderColorado.gov).



# 7 FUN FAMILY ACTIVITIES

**1. DOG DAYZ!** Take your dog for a swim at Scott Carpenter Pool from September 14-27 (\$5 each or \$40 for unlimited swims for up to two dogs). Dogs are also welcome at the Boulder Reservoir after Labor Day.

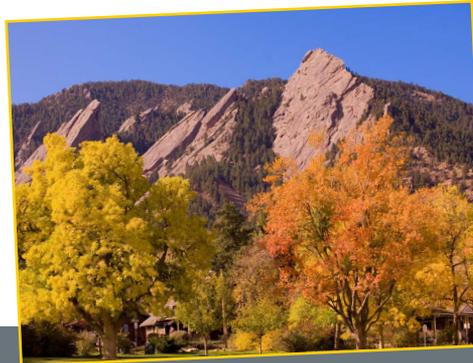


**2. EXPLORE HISTORIC COLUMBIA CEMETERY'S** pioneer history, stories, and fall colors. Keep an eye out for unique programs hosted on the cemetery grounds or take a self-guided stroll and enjoy Boulder's rich pioneer history.



**3. IMMERSE YOURSELF IN NATURE AT EBEN G. FINE PARK** and observe our city's wildlife. Build gnome retreats from stones and twigs. Dig in the sand and relax listening to Boulder Creek.

**4. GET YOUR VOLUNTEER ON AT VALMONT BIKE PARK.** Encourage whole family civic engagement by supporting volunteer projects at our premier bike park in September and October. More info: [bouldercolorado.gov/parks-rec/parks-volunteer-opportunities](http://bouldercolorado.gov/parks-rec/parks-volunteer-opportunities)



**5. TRY AN INDOOR POOL WHEN THE WEATHER GETS COOL.** We have two family-friendly leisure pools at East Boulder Community Center and North Boulder Recreation Center.

**6. ENJOY A FREE EVENING AT EAST BOULDER COMMUNITY CENTER.** Stop in after work or school on Wednesday, September 16 from 4-7 p.m. for the annual Open House: Sample a class, swim, work out, and explore this popular amenity.

**7. BE A LOCAL LEAF-PEEPER.** Hike (or drive) up Flagstaff with a picnic and enjoy the amazing fall views. Walk some trails and stop in at the Flagstaff Nature Center for some interactive hands on learning.

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**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 Spruce Pool,** 2102 Spruce • 303-441-3426
- 4 Scott Carpenter Pool,**  
1505 30th St. • 303-441-3427
- 5 Flatirons Golf Course,**  
5706 Arapahoe • 303-442-7851
- 6 Iris Center,** 3198 Broadway • 303-413-7200
- 7 Salberg Center & Park,** 19th & Elder

**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.

**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.



Visit us online for a complete interactive map of our parks  
[www.BoulderParksMap.org](http://www.BoulderParksMap.org)

## TOP 5 THINGS TO DO AT VALMONT CITY PARK:

### 1. PLAY DISC GOLF:

You gotta try it. It's really fun and kinda challenging! Bring some friends and let it fly.

### 2. RIDE SOME DIRT (ON YOUR BIKE):

Oh, yeah. This park rocks. It offers terrain, jumps and features ranging from mild (beginner) to wild (fearless and advanced).

### 3. BE DOG FRIENDLY.

This is a secret little gem of a dog park. Both dogs and people love it. Check it out.

### 4. WATCH A MOVIE.

One more this season: Catch E.T. the Extra Terrestrial, Friday, August 14 (at dark, Airport Rd. entrance to the Bike Park).

### 5. RUN THE STAIRS.

So you want some cardio? Outdoors? I have just the stairs for you. Wide, long, steep. In the heart of the bike park. Run up with your bike for that little extra leg burn!





## DID YOU KNOW?

- With a total of 145 acres, Valmont City Park is Boulder's largest non-open space park.
- At present, only about 55 acres of the park have been developed (into an amazing off-road cycling terrain and separate dog park on the North side of Valmont).
- In February, a concept plan for development of the remaining 90 acres, located at the south side of Valmont Rd., was approved by the city's Parks and Recreation Advisory Board (PRAB).
- Development plans call for new ball diamonds and rectangular, multi-use fields, expansion of the existing disc golf course, a public running track and indoor/outdoor aquatics and recreation facilities.
- Valmont Park hosts monthly volunteer days. The next one is September 5.



# 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!

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

Choose from over 100 different class times. We have our schedules online to provide you with the latest information about classes, cancellations and instructor changes.



**BOULDER'S BEST FITNESS VALUE!**

## Drop-In Fitness Classes

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

## Also enjoy drop-in Basketball, Volleyball, Pickleball & Badminton

Visit [www.BoulderParks-Rec.org](http://www.BoulderParks-Rec.org) for class descriptions and current drop-in schedules.

## Aquatic Fitness Classes

- Aqua Zumba®
- Water Fitness Aqua Motion
- Hydro Dynamics
- Aqua Core
- Hy-Dro Drive Aquatic Sampler
- Twinges N' Hinges
- Aqua Fit

## Mind/Body Classes

- Ayre & Nia
- Pilates Mat
- Pilates/Yoga Combo
- Restorative Yoga & Pranayama
- Yin Yoga
- Yoga
- Yoga & Meditation
- Zumba® & Zumba Gold®
- Chi Kung
- Kundalini Yoga

## Recreation Centers

### Cardio & Weight Rooms (pg. 24-26)

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

### Swimming (pg. 37-41)

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. 10)

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.

## On the Cover:

### The Two Secrets of Boulder's Adult Sports Leagues

Soccer, softball, kickball, dodgeball, basketball, volleyball . . . . Boulder's popular adult sports leagues serve up two secret physical and social benefits that nearly 20,000 participants have now discovered:

The first is, league sports play is a fun way to trick your body into getting a fantastic workout. League sports also require regular practice and game play in an engaging environment.

Secret number two is, unlike most gym or solo workouts, league play is social. Better yet, each team is made up of local friends, coworker or neighborhood groups that allow you to develop new relationships that build stronger communities.

Go gather up a team where you live or work or put your name on the free agent list and there might be some secret sport league fun in your future! Check out our fall and winter teams at [www.BPRSports.org](http://www.BPRSports.org).



### Financial Assistance for Recreation Facility & Programs

Did you know, we offer reduced rates to assist with program fees and admission to the recreation centers for adults and children who cannot otherwise participate due to financial limitations? Youth scholarship assistance is also available for select programs and camps.

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



### Recreation Center Holiday & Maintenance Closures

- 8/15-8/23 North Boulder Rec. Center closed - annual maintenance
- 8/29-9/13 East Boulder Community Center closed - annual maintenance
- 9/7 Labor Day:  
North Boulder Rec. Center open 8 am-1:30pm and East Community Center & South Rec Center closed.
- 9/13 Scott Carpenter Pool & Spruce Pool closing day.
- 11/26 All closed for Thanksgiving
- 11/27 Modified hours:  
East Boulder Community Center, 5:30 a.m.-9:30 p.m.  
North Boulder Rec Center, 8 a.m.-7:30 p.m.  
South Boulder Rec Center, 8 a.m.-8 p.m.
- 12/24 All close at 1:30 p.m.
- 12/25 All closed for Christmas

The **East Boulder Community Center** will be closed from August 29 - September 13 and will re-open on September 14.

Major projects and upgrades to be completed include:

- Installation of new plaster in the lap pool
- Installation of new carpet
- Resurface gymnasium floor
- Annual general preventative maintenance

The **North Boulder Recreation Center** will also be closed from August 15 - August 23 and will re-open on August 24.

During the closures, passholders are welcome to visit one of the city's five other recreation facilities: South Boulder Recreation Center, North Boulder Recreation Center, Spruce Pool, Scott Carpenter Pool or the Boulder Reservoir. Silver Sneakers members may visit the Mapleton YMCA, Boulder 24 Hour Fitness or any other Silver Sneakers participating facility.

Please visit our website for facility hours, program changes or cancellations and alternate Silver Sneakers locations.

### Healthy Spaces

For the health of the community, all City of Boulder parks, facilities and public spaces are now smoke-free. On Feb. 11 City Council approved a ban on smoking in most city-owned public spaces.



### 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](http://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](https://twitter.com/boulderparksrec)

Like us at: [facebook.com/boulderparksrec](https://facebook.com/boulderparksrec)



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# ENTRY FEES

## ANNUAL PASS

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

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

## MONTHLY BILLING -

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

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

## FAMILY ANNUAL PASS

Res/Non-Res
\$885/\$1075

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

## DAILY DROP-IN

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

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

## 40 PUNCH PASS

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

## 20 PUNCH PASS

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

## 10 PUNCH PASS

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

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

## TWILIGHT PASS

Res/Non-Res
\$147/\$184

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

## ONE MONTH PASS

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

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

Laugh  
Learn  
Play  
Share

## Kids' Corner★

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

Ages 6 mos. to 9 years

### Fees

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

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

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

- Add 30 minutes for \$2 (Ages 2+)

### HOURS

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



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

230705	9/8-10/20	Tu, 9-10am	North	7	\$63/\$79	Sylvia
230706	10/27-12/15	Tu, 9-10am	North	7	\$63/\$79	Sylvia
230707	9/17-10/22	Th, 9-10am	East	6	\$54/\$68	Sylvia
230708	10/29-12/17	Th, 9-10am	East	7	\$63/\$79	Sylvia

## Ballet Barre Plus

(Ages 13+) A traditional ballet class with barre, center and combinations across the floor. For students with knowledge of ballet basics and an interest in fine tuning technique.

### Concert Class\*

230709	9/8-12/15	Tu, 10-11:30am	North	14	\$147/\$184	Sylvia
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## Ballet Level 1

(Ages 13+) Very beginning ballet technique introducing the aesthetics and physicality of classical ballet utilized by dancers and athletes. Students will develop strength, muscle control, movement awareness, musicality and attention to detail, as they learn the basics of classroom etiquette, placement, barre and center exercises, and elementary dance steps. This class will continue to progress through the Winter and Spring Sessions.

230710	9/14-12/14	M, 7:30-9pm	North	13	\$137/\$171	Elizabeth R.
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## Ballet Level 1/2

(Ages 13+) Elementary level technique for students who have begun ballet training and have knowledge of alignment, terminology, and the fundamental forms of the basic barre and center exercises including elementary jumps. Six months to a year of previous ballet instruction is recommended. This class will continue to progress through the Winter and Spring Sessions.

230711	9/8-12/15	Tu, 7:30-9pm	North	14	\$147/\$184	Elizabeth R.
230722	9/10-12/17	Th, 7:30-9pm	South	14	\$147/\$184	Elizabeth R.

## Ballet Level 2

(Ages 13+) For students ready to progress and solidify their ballet technique in barre and center exercises, including epaulement, petit allegro, beginning turns, broader dance movements and attention to musical tempos and phrasing. A year and a half to 2 years of previous instruction recommended. This class will continue to progress through the Winter and Spring Sessions. Performing opportunity possible in Spring.

230712	9/8-12/15	Tu, 6-7:30pm	North	14	\$147/\$184	Elizabeth R.
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## Ballet Level 2/3

(Ages 14+) Strong intermediate level ballet technique including increased petit allegro, batterie, turns, and expanded grand allegro, developing strength, flexibility, precision and aplomb. Three years of ballet training recommended. This class will continue to progress through the Winter and Spring Sessions. Performing opportunity available in Spring.

230723	9/19-12/19	Sa, 1:30-3pm	East	13	\$137/\$171	Elizabeth R.
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## Ballet Level 3

(Ages 14+) Strong upper-intermediate level ballet technique with complicated barre and center exercises, more demanding petite and grand allegro, multiple and varied tours, strengthening stamina, precision, fluidity, musicality, artistic line and ballon. Four or more years of thorough ballet training needed. This class will continue to progress through the Winter and Spring Sessions. Performing opportunity available in Spring.

230714	9/10-12/17	Th, 6-7:30pm	South	14	\$147/\$184	Elizabeth R.
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# DANCE

## Pointe 2/3

(Ages 14+) This class is for students in Adult Ballet 2/3 and 3 who have the instructor's permission to enroll. This class will continue to progress through the Winter and Spring Sessions.

230715	9/19-12/19	Sa, 3:15-4pm	East	13	\$110/\$136	Elizabeth R.
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## Ballet Theater

(Ages 14+) This intermediate-level class is for strongly-motivated ballet students who attend lessons 3 or more times per week, including Pointe, with instruction based on the Russian Vaganova Syllabus. Students will prepare dances for performance in the December Holiday Show and the 2016 Spring Concert. Required classes are September through May and meet Mondays, Tuesdays and Saturdays with an additional option on Thursday evening (Adult 3). Please contact Kinesis Dance at 720-515-6268 about participating in this group!

### Concert Class \*

230718	9/8-12/19	M, 5:30-7:30pm	North	\$900
		Tu, 4-6pm	North	
		Sa, 11:30-1:30pm	East	

## Contemporary Dance for Adults and Teens

(Ages 13+) Have fun dancing while learning the basic movement concepts of beginning Contemporary dance.

230784	9/15-10/20	Tu, 7:30-8:30pm	East	6	\$54/\$68	Marisa
230785	10/27-12/15	Tu, 7:30-8:30pm	East	7	\$63/\$79	Marisa

## Beginning Modern Dance

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

230782	9/9-10/21	W, 10-11:30am	North	7	\$74/\$92	Cindy B.
230783	10/28-12/16	W, 10-11:30am	North	7	\$74/\$92	Cindy B.
230778	9/11-10/23	F, 10-11:30am	North	7	\$74/\$92	Cindy B.
230779	10/30-12/18	F, 10-11:30am	North	8	\$74/\$92	Cindy B.

## Intermediate/Advanced Modern Dance

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

230780	9/10-10/22	Th, 10-11:30am	North	7	\$74/\$92	Cindy B.
230781	10/29-12/17	Th, 10-11:30am	North	7	\$74/\$92	Cindy B.

## Jazz Level 1

(Ages 13+) This class is for tappers, ballet dancers and adults from other movement forms who want to learn FUNdamental jazz dance techniques. Jazz for adults improves coordination, balance, flexibility, rhythm, and movement memory.

230766	9/10-10/22	Th, 6:30-7:30pm	Iris	7	\$63/\$79	Julie
230767	10/29-12/17	Th, 6:30-7:30pm	Iris	7	\$63/\$79	Julie
230812	9/14-10/19	M, 8-9pm	Iris	6	\$54/\$68	Mary
230813	10/26-12/14	M, 8-9pm	Iris	7	\$63/\$79	Mary

## Very Adult Jazz

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

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

230764	9/18-10/23	F, 2:30-3:45pm	East	6	\$63/\$79	Judy
230765	10/30-12/18	F, 2:30-3:45pm	East	7	\$74/\$92	Judy

## Tap Level 1

(Ages 13+) This class is for new beginners of all ages, teens and up. Tap shoes required. Learn the FUNdamentals of tap dancing including shuffles, flaps and other basics to a wide variety of music from big band to contemporary unes. Tap for adults improves fitness, rhythm, balance and coordination.

230806	9/14-10/19	M, 6-7pm	Iris	6	\$54/\$68	Mary
230807	10/26-12/14	M, 6-7pm	Iris	7	\$63/\$79	Mary

## Tap Level 1/2

(Ages 13+) For continuing through advanced beginning tappers. Tap shoes required. Tappers at this level can do flaps, shuffles, cramp rolls and other basics. We will improve clarity, speed, complexity and introduce intermediate steps such as riffs and time steps.

230808	9/9-10/21	W, 6-7pm	North	7	\$63/\$79	Mary
230810	10/28-12/16	W, 6-7pm	North	7	\$63/\$79	Mary

## Tap Level 3/4

(Ages 13+) For intermediate and up. Tappers should have a minimum of two to three years of experience including exposure to a wide variety of tap steps. In this class we will continue to refine technique and improve speed and clarity of taps. Complete dances will be learned and there will be opportunities to perform in local events and winter and spring concerts.

230809	9/14-10/19	M, 7-8pm	Iris	6	\$54/\$68	Mary
230811	10/26-12/14	M, 7-8pm	Iris	7	\$63/\$79	Mary

## Hip Hop Level 1

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

230750	9/16-10/21	W, 7-8pm	East	6	\$54/\$68	Aundrea
230751	10/28-12/16	W, 7-8pm	East	7	\$63/\$79	Aundrea

## Ballroom Basics and Swing Level 1

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

230744	9/19-10/31	Sa, 3:15-4:15pm	Iris	7	\$63/\$79	Judy
230745	11/7-12/19	Sa, 3:15-4:15pm	Iris	6	\$54/\$68	Judy

## Ballroom Basics and Swing Level 2

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

230746	9/12-10/24	Sa, 4:30-5:30pm	Iris	7	\$63/\$79	Judy
230747	11/7-12/19	Sa, 4:30-5:30pm	Iris	6	\$54/\$68	Judy

## Salsa Level 1

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

230788	9/9-10/21	W, 7-8pm	North	7	\$63/\$79	Judy
230789	10/28-12/16	W, 7-8pm	North	7	\$63/\$79	Judy

## Salsa Level 2

(Ages 13+) 1 year of Salsa training required

230790	9/9-10/21	W, 8-9pm	North	7	\$63/\$79	Judy
230791	10/28-12/16	W, 8-9pm	North	7	\$63/\$79	Judy

## Samba Level 1

Come learn the basic steps of this joy filled Brazilian dance! Move your body Rio de Janeiro Carnival style and get your cardio on! Classes start with fun warm up movements, easy breakdowns of Samba steps, followed by simple dance combos to the beautiful sounds of South American music. Wear clothes you can move in with dance shoes or light soled shoes with foot support.

230793	9/17-10/22	Th, 7:15-8:15pm	East	6	\$54/\$68	Georgia
230795	10/29-12/17	Th, 7:15-8:15pm	East	7	\$63/\$79	Georgia

## Belly Dance Level 1

(Ages 13+) Learn the enchanting art of Belly Dance from a multi award-winning dancer! Shimmy, hip drop and undulate your body to the exotic beats of Near East rhythms. Learn the basic movements and isolations while toning and exercising your body in this high-energy class. Each class features a full body warm up, technique and drills, and exciting dance combinations. Yoga attire, bare feet or jazz shoes, hip scarves and finger cymbals available or bring your own! Embrace the beauty of world cultures, and find yourself in dance!

230816	9/8-10/20	Tu, 7:30-8:30pm	Iris	7	\$63/\$79	Georgia
230817	10/27-12/15	Tu, 7:30-8:30pm	Iris	7	\$63/\$79	Georgia

## Beginning Flamenco

Flamenco, taught by Sali Gutierrez, an experienced professional and instructor, will teach basic Flamenco technique and short choreographies to the beginning students. The intermediate/advanced students will study more advanced footwork, and continue to work on Flamenco technique, style, posture and foot speed. The class will cover Buleria, Alegria, Tientos and Tango rhythms. (A shoe with a sturdy heel and strap is recommended)

230814	9/8-10/20	Tu, 6:30-7:30pm	Iris	7	\$63/\$79	Salli
230815	10/27-12/15	Tu, 6:30-7:30pm	Iris	7	\$63/\$79	Salli

## Intermediate/ Advanced Flamenco

Flamenco, taught by Sali Gutierrez, an experienced professional and instructor, will teach basic Flamenco technique and short choreographies to the beginning students. The intermediate/advanced students will study more advanced footwork, and continue to work on Flamenco technique, style, posture and foot speed. The class will cover Buleria, Alegria, Tientos and Tango rhythms. (A shoe with a sturdy heel and strap is recommended).

230816	9/8-10/20	Tu, 7:30-8:30pm	Iris	7	\$63/\$79	Salli
230817	10/27-12/15	Tu, 7:30-8:30pm	Iris	7	\$63/\$79	Salli

## Hula Dance Level 1

(Ages 13+) Come learn basic hula steps, ancient and modern hula dances. Hula is a holistic form of dance, which incorporates physical, spiritual, musical, cultural, historic and linguistic elements. The 'healing' function of hula has often been emphasized by health-care professionals. La'ela'e has participated in all of the major hula competitions in Hawaii.

230756	9/9-10/21	W, 5:30-6:30pm	Iris	7	\$63/\$79	La'ela'e
230757	10/28-12/16	W, 5:30-6:30pm	Iris	7	\$63/\$79	La'ela'e

## Hula Dance Level 2

(Ages 13+) A continuation of Level 1

230758	9/9-10/21	W, 6:30-7:30pm	Iris	7	\$63/\$79	La'ela'e
230759	10/28-12/16	W, 6:30-7:30pm	Iris	8	\$63/\$79	La'ela'e

## Irish Step Dance

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

230761	9/16-10/21	W, 7:30-8:45pm	Iris	6	\$63/\$79	Elizabeth V.
230762	10/28-12/16	W, 7:30-8:45pm	Iris	7	\$74/\$92	Elizabeth V.



# DANCE



*Rhythmic awareness and music appreciation are developed as your child enjoys exploring dance in a fun, creative setting.*

## ► CONCERT CLASSES\*

Participants will perform in the Spring Dance Concert in April, 2016 at Niwot High School. Concert participants must pay a one-time concert fee to help defray production costs such as facility rental, lighting, etc. and a one-time costume fee. Please make these payments at the registration office by December 1, 2015.

<b>Concert Fee</b>	<b>Costume Fee</b>
230786 \$40	230787 \$55

## ► PRESCHOOL DANCE

### Class Cancellation Policy

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

### Parent-Tot

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

230797	9/9-10/21	W, 9-9:45am	South	7	\$63/\$79	Kirsten
230798	10/28-12/16	W, 9-9:45am	South	7	\$63/\$79	Kirsten

### Little Feats Ballet

(Age 3) This class explores creative movement concepts, which are the building blocks of later dance techniques, combined with an introduction to beginning ballet technique. Dancers improve their fine and gross motor skills through play-based activities and working with props.

230728	9/14-12/14	M, 9-9:45am	North	13	\$104/\$130	Cindy B.
230740	9/15-12/15	Tu, 9-9:45am	East	13	\$104/\$130	Vanessa
230741	9/9-12/16	W, 9:45-10:30am	South	14	\$112/\$140	Kirsten
230729	9/19-12/19	Sa, 9-9:45am	East	13	\$104/\$130	Vanessa

### World Rhythms for Children

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

230733	9/10-12/17	Th, 4-4:45pm	South	14	\$112/\$140	Judy
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### Pre-Hip Hop

(Ages 3-5) This fun and high energy class is for the little dancer that likes to move, loves to dance and is ready to show off at the Spring Dance Concert. Hip Hop is an internationally popular dance form that promotes physical fitness while having fun!

#### Concert Class\*

230755	9/15-12/15	Tu, 9:45-10:30am	East	13	\$104/\$130	Vanessa
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### Creative Movement

(Ages 4-5) This fun-filled class blends the magic of childhood imagination with movement and the underlying principles of dance. With imaginations fully engaged, preschoolers use props as an introduction to dance elements and movement fundamentals. Children work on body control, listening skills, balance and coordination.

230737	9/14-12/14	M, 10:30-11:15am	North	13	\$104/\$130	Cindy B.
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### Pre-Ballet

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

#### Concert Classes\*

230730	9/14-12/14	M, 9:45-10:30am	North	13	\$104/\$130	Cindy B.
230743	9/15-12/15	Tu, 10:30-11:15am	East	13	\$104/\$130	Vanessa
230732	9/19-12/19	Sa, 9:45-10:30am	East	13	\$104/\$130	Vanessa

#### Non-concert

230731	9/8-12/15	Th, 4-4:45pm	Iris	14	\$112/\$140	Julie
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### Pre-Tap & Ballet

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

#### Concert Classes\*

230799	9/8-12/15	Tu, 11:30am-12:15pm	North	14	\$112/\$140	Sylvia
230800	9/17-12/17	Th, 10-10:45am	East	13	\$104/\$130	Sylvia

## ▶ YOUTH DANCE

### Class Cancellation Policy

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

### Kinder Ballet

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

#### Concert Classes\*

230738	9/14-12/14	M, 3:45-4:30pm	East	13	\$104/\$130	Vanessa
230739	9/19-12/19	Sa, 10:30-11:15am	East	13	\$104/\$130	Vanessa

### Youth Ballet 1

Students will study the performance art of ballet, from barre to center techniques including movement across the floor and short choreographies. Dancers will jump and turn while learning classroom etiquette, terminology, body alignment, and musicality. ballet attire is required. For girls, pink tights, black leotard, & ballet slippers, long hair must wear a bun. Comfortable black shorts or pants, white T-shirt, and ballet shoes for boys.

#### Concert Class\* (Ages 6-8)

230734	9/14-12/14	M, 4:30-5:30pm	East	13	\$104/\$130	Vanessa
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#### Concert Class\* (Ages 9-12)

230735	9/17-12/17	Th, 4-5pm	East	13	\$104/\$130	Georgia
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### Youth Ballet Level 2

(Ages 9-12) For students with at least one year of training. Students will study the performance art of ballet, from barre to center techniques including movement across the floor and short choreographies. Dancers will jump and turn while learning classroom etiquette, terminology, body alignment, and musicality. ballet attire is required. For girls, pink tights, black leotard, & ballet slippers, long hair must wear a bun. Comfortable black shorts or pants, white T-shirt, and ballet shoes for boys.

#### Concert Class\*

230742	9/17-12/17	Th, 5-6pm	East	13	\$104/\$130	Georgia
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### Jazz 1

Jazz dance for children is a joyful, high energy dance form. These introductory classes provide students knowledge of dance class format, and a special emphasis on music and rhythm.

#### Concert Class\* (Ages 6-8)

230768	9/15-12/15	Tu, 4:30-5:30pm	East	13	\$104/\$130	Marisa
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#### Concert Class\* (Ages 9-12)

230769	9/15-12/15	Tu, 5:30-6:30pm	East	13	\$104/\$130	Marisa
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### Jazz 2/3

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

#### Concert Class\*

230772	9/14-12/14	M, 5:30-6:30pm	East	13	\$104/\$130	Vanessa
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### Teen Jazz FUNK

(Ages 13-18) Come learn the hottest new dance moves to fun upbeat music. This class is for the beginning teen, with little or no dance experience.

#### Non-concert

230773	9/15-12/15	Tu, 6:30-7:30pm	East	13	\$104/\$130	Marisa
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### Jazz & Tap Combo 1/2

(Ages 6-8) This class is for students with some exposure to dance or movement, such as kinder tap, kinder jazz, preballet or gymnastics. Tap shoes and jazz shoes or ballet slippers required. Students will learn tap and jazz dance basics and perform jazz and tap dances in the Spring Concerts. Dance technique is emphasized and interested students may choose to audition for Kinesis Dance Company in May.

#### Concert Class\*

230802	9/10-12/17	Th, 4-5pm	North	14	\$112/\$140	Mary
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### Jazz & Tap Combo 2/3

(Ages 9-12) For continuing jazz & tap students or students with other dance forms or gymnastics training. Jazz and tap shoes required. Students will review basics and continue development of tap and jazz dance skills. This class will learn jazz and tap dances for performance in the Spring Concerts. Dance technique is emphasized and interested students may choose to audition for Kinesis Dance Company in May.

#### Concert Class\*

230803	9/9-12/16	W, 5-6pm	North	14	\$112/\$140	Mary
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# DANCE



*Hip Hop is a fun and high energy class for the little dancer that likes to move and loves to dance!*

## Kinder Tap

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

### Concert Class\*

230801 9/10-12/17 Th, 4:45-5:30pm Iris 14 \$112/\$140 Julie

## Tap 1

(Ages 6-8) Tap to a wide variety of music while developing listening and tap skills in a fun and encouraging environment. Practice of tap builds strength, concentration, balance and coordination for this age group.

### Concert Class\*

230804 9/10-12/17 Th, 5:30-6:15pm Iris 14 \$112/\$140 Julie

## Teen Tap

(Ages 11-15) This is a mixed level class for beginners through intermediate levels, tap shoes required. Basic and intermediate tap technique will be taught and complete dances will be learned for performance in the Spring Concerts. Both musical theatre and rhythm tap will be taught to a wide variety of music.

### Concert Class\*

230805 9/10-12/17 Th, 5-6pm North 14 \$112/\$140 Mary

## Kinder Hip Hop

(Ages 5-6) Hip Hop is an internationally popular dance form that promotes physical fitness while having fun! Learn the foundation of many Hip Hop styles in this vigorous and exhilarating class.

### Concert Class\*

230752 9/16-12/16 W, 4-4:45pm East 13 \$104/\$130 Aundrea

## Hip Hop 1/2

### Concert Class\* (Ages 6-8)

230753 9/16-12/16 W, 4:45-5:45pm East 13 \$104/\$130 Aundrea

### Concert Class\* (Ages 9-12)

230754 9/18-12/18 W, 5:45-6:45pm East 13 \$104/\$130 Aundrea

## Youth Salsa Level 1

(Ages 9-12) Join us in learning this popular social dance! This fun and exciting class will focus on the fundamentals of Casino, the circular and flowing Cuban Style Salsa. No partner is required. Vamos a bailar Todos! Judy Kreith, MA dance education, has traveled to Cuba numerous times to study Salsa.

230796 9/10-12/17 Th, 4:45-5:30pm South 14 \$112/\$140 Judy

## Youth Flamenco

(Ages 9-12) Flamenco, taught by Sali Gutierrez, an experienced professional and instructor, will teach basic Flamenco technique and short choreographies to the beginning students. The intermediate/advanced students will study more advanced footwork, and continue to work on Flamenco technique, style, posture and foot speed. The class will cover Buleria, Alegria, Tientos and Tango rhythms. (A shoe with a sturdy heel and strap is recommended.)

230818 9/8-12/15 Tu, 5:30-6:30pm Iris 14 \$112/\$140 Salli

## Children's Hula

(Ages 6-12) Come learn basic hula steps, ancient and modern hula dances. Hula is a holistic form of dance, which incorporates physical, spiritual, musical, cultural, historic and linguistic elements. The 'healing' function of hula has often been emphasized by health-care professionals. La'ela'e has participated in all of the major hula competitions in Hawai'i.

230760 9/9-12/16 W, 4:30-5:30pm Iris 14 \$112/\$140 La'ela'e

## ► CONCERT CLASSES\*

Participants will perform in the Spring Dance Concert in April, 2016 at Niwot High School. Concert participants must pay a one-time concert fee to help defray production costs such as facility rental, lighting, etc. and a one-time costume fee. Please make these payments at the registration office by December 1, 2015.

### Concert Fee

230786 \$40

### Costume Fee

230787 \$55

## ► 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](http://www.KinesisDance.com) for details.

**Questions:** Kinesis Dance Company, 720-515-6268  
kinesisdance@outlook.com, [www.KinesisDance.com](http://www.KinesisDance.com)



*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.

## ► 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.

### Hiking Club

(Ages 16+) Enjoy a weekly hike with Open Space staff. Connect with nature, socialize with friends & improve your fitness level. Bring a lunch, hat, water, sunscreen and a jacket. Contact Jen Heilveil, 303-413-7474

230620	9/7-9/14	M, 11am-2:30pm	East	2	\$25/\$31
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### Adventure Sampler

(Ages 14+) We will spend 4 weeks exploring different ways to take advantage of the outdoors here in Colorado! Contact Chelsea Cerny at 303-441-3416.

230180	9/14-10/5	M, 4-5pm	East Senior	4	\$25/\$31
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### Water Aerobics

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

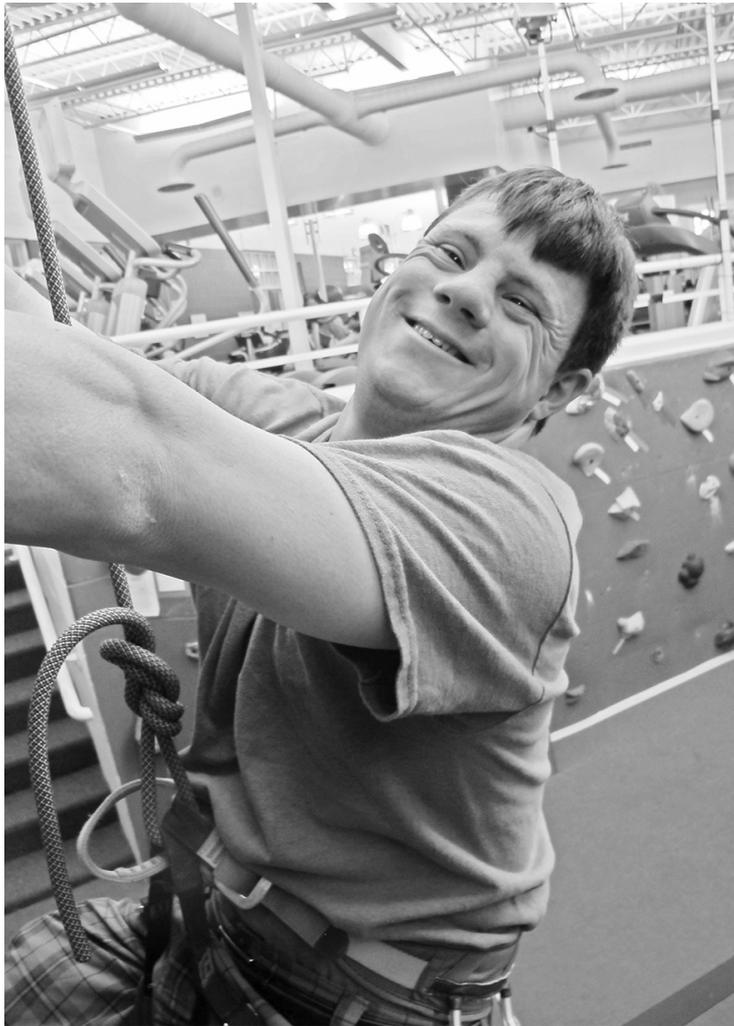
230538	9/14-12/14	M, 5:15-6:15pm	East	14	\$75/\$94
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### Mystery Activity

(Ages 16+) Our interns will be planning exciting adventures, fitness; and craft activities. Contact Chelsea Cerny at 303-441-3416.

230176	10/12-11/16	M, 4-5pm	East Senior	6	\$35/\$42
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# EXPAND



*Come try the climbing wall, it's sure to bring a smile to your face.*

## Walking & Rock'in

(Ages 16+) Beat the winter blues - 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.

230833	9/15-12/15	Tu, 4-5pm	East	14	\$70/\$84
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## Flag Football

(Ages 16+) It's Back! Play flag football! Contact: Sherri Brown, 303-441-4933.

230633	9/15-10/13	Tu, 5-6:30pm	East	5	\$25/\$30
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## Basketball Practice

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

230635	12/1-12/15	Tu, 5-6:30pm	East	3	\$15/\$18
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## Gym Sports

(Ages 16+) Let's play those old gym games! Games will include: Dodgeball, Kickball, Whiffleball, Floor Hockey, etc. Contact Sherri Brown, 303-441-4933.

230634	10/20-11/24	Tu, 5-6:30pm	East	6	\$30/\$36
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## Mooving and Grooving

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

230539	9/16-12/16	W, 3:30-4:30pm	East	14	\$75/\$94
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## Our Story - A Therapeutic Writing Workshop

(Ages 16+) To provide participants the opportunity to express their thoughts and feelings of living with a disability and what they would want others to know. This will transpire through creative writing, drawing and/or self expression. Contact Cory at 303-413-7269. No class 10/7 & 11/11.

230149	9/16-11/18	W, 5-6pm	East Senior	8	\$75/\$92 group only
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## More than Notes and Noise

(Ages 16+) Let's make music! A fun beginner music class exploring music and instruments. No music talent needed. Come be part of fun! Contact Sherri Brown, 303-441-4933.

230636	10/14-12/2	W, 6-7pm	East Senior	8	\$30/\$37
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## Recycled Art

(Ages 16+) Think its garbage? Think Again! Let's get creative with all that old stuff to recycle and make some gifts for the holiday season. Contact Cory Lasher, 303-413-7269.

230167	12/9-12/16	W, 5-6:30pm	East Senior	2	\$40/\$50 group only
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## Weight Lifting

(Ages 16+) Pump up! Learn to use the fitness machines to increase muscle tone and strength. Contact Sherri Brown, 303-441-4933. No class Nov. 26.

230542	9/17-12/17	Th, 2:30-3pm	East	13	\$32/\$38
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## Spinning

(Ages 16+) Awesome exercise! Ride the stationary bike while socializing with friends. Improve your core strength and increase endurance level while having fun. Contact Sherri Brown, 303-441-4933. No class Nov. 26.

230543	9/17-12/17	Th, 3-4pm	East	13	\$65/\$78
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## Smile and Stretch

(Ages 16+) Give your body and spirit an hour of rejuvenating focus. Practice breathing and floor yoga positions. We will practice balance, stress reducers, and increasing clarity of mind. Contact Jen Heilveil, 303-413-7474. No class 11/26.

230534	9/17-12/17	Th, 4-5pm	East Senior	13	\$75/\$94
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## Unified Adult Volleyball

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

230632	9/24-11/12	Th, 4-5:30pm	East	8	\$50/\$62 Group Only
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## Youth Climbing

(Ages 8-16) Come break out of your comfort zone and scale up a wall! We will work on our strength and coordination through and introduction to indoor rock climbing. No previous experience necessary. Contact Chelsea Cerny at 303-441-3416

230232	12/4-12/18	F, 4:15-5:15pm	East	3	\$30/\$36
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## Campout CO-OP

(Ages 18+) Meet people from around the metro area on this fun weekend trip. Campers must be independent with all hygiene skills and be independent with a 4:1 staff ratio. Please note that the campsite is not wheelchair accessible. Contact Chelsea Cerny at 303-441-3416. (Group only)

230137	9/18-9/20	F/Sa/Su, 1-12pm	Iris	3	\$175/\$218
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## Bowling Tournament

(Ages 14+) We will go to Denver for this fun tournament! Lunch and awards included! Contact: Jen Heilveil, 303-413-7474.

230535	10/31	Sa, 11am-2pm	East	1	\$35/\$43
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## Gymnastics Team Training

(Age 8+) We will work on our strength, agility and coordination through gymnastics. Participants will be grouped by age and ability. No class Nov. 28. Contact Chelsea Cerny at 303-441-3416.

230138	11/7-12/19	Sa, 3:15-4:30pm	North	6	\$50/\$60
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## Special Olympics Swim Training

(Ages 8+) Stretching, Fitness, and Fun! Year around swim team is a great workout for all abilities! Participants must be able to swim 100 yd with or without a swim belt in the lap pool. Contact Jen Heilveil, 303-413-7474.

230544	10/4-12/20	Su, 3-4pm	East	12	\$79/\$94
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## Youth Swim Lessons

(Ages 6-12) Learn basic swimming skills with modifications. Note: staff ratio is approximately .3:1. Contact Jen Heilveil, 303-413-7474.

230537	10/4-11/22	Su, 4-4:30pm	East	8	\$88/\$110
230602	10/4-11/22	Su, 5-5:30pm	East	8	\$88/\$110

## ► UNIFIED YOUTH SPORTS

(Age 10-16) Join us as we work to stay in shape and have fun with our peers. We will compete in a variety of Unified Sports. Contact Chelsea Cerny at 303-441-3416.

### Unified Youth Flag Football

Let's work on speed, agility and hand-eye coordination in the great American sport of football!

230133	9/8-9/29	Tu, 4-5pm	South	4	\$30/\$36
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### Unified Youth Volleyball

Bump, set and spike with us as we learn the basics of volleyball through a series of drills, games and scrimmages.

230134	10/6-10/27	Tu, 4-5pm	South	4	\$30/\$36
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### Unified Youth Gym Sports

(Age 10-16) Come together to play all of our favorite gym games including dodgeball games, kickball, and more!

230135	11/3-11/17	Tu, 4-5pm	South	3	\$22/\$26
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### All Unified Youth Sports (ABOVE)

Sign up for all three (flag football, volleyball and gym sports) with one code and fee.

230136	9/8-11/17	Tu, 4-5pm	South	11	\$76/\$91
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*Marius going up for a big hit!*

## ► 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 Fridays. Bring your dinner and let the fun begin. Contact Chelsea Cerny, 303-551-5329.

### Science Night

Our friends from PISEC are back to show us more cool things about science.

230388	9/25	F, 5:30-8pm	East Senior	1	\$14/\$17
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### Swimming Fun (Bring your towel and suit!)

230389	10/9	F, 5:30-8pm	East Senior	1	\$14/\$17
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### Bowling Bash

We will be headed out to do some bowling for the night.

230390	10/23	F, 5:30-8pm	East Senior	1	\$27/\$32
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### Swimming Fun (Bring your towel and suit!)

230391	11/6	F, 5:30-8pm	East Senior	1	\$14/\$17
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### FNF Carnival

We will be rotating through a series of carnival like games.

230393	11/20	F, 5-7pm	East Senior	1	\$16/\$19
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### Swimming Fun (Bring your towel and suit!)

230392	12/11	F, 5:30-8pm	East Senior	1	\$14/\$17
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## ALL FRIDAY NIGHT FUN CLASSES (ABOVE)

Sign up for every Friday with one code and fee.

230401	\$98/\$117
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# EXPAND



Bella being creative in the Mystery Program.

## ▶ 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.

### Animal Wildlife Sanctuary

Come and watch lions, bears, wolves and other large carnivores who have been rescued roaming freely in their natural habitat. Must be able to walk 2 miles, bring a sack dinner or money for dinner.

230157 9/1 Tu, 3:30-7:30pm East 1 \$31/\$39 Group only

### Samples World Bistro In Longmont

A long time volunteer of EXPAND has opened up a restaurant that serves eclectic international small plates. Best of all, their mission is to hire individuals with disabilities.

230158 9/9 W, 4:30-7pm East 1 \$28/\$35 1 on 1 & Group

### Visit a Local Pumpkin Patch

230159 10/17 Sa, 1-4pm East Senior 1 \$20/\$25 Group only

### Science and Salad

Let's get entertained with some weird science!

230160 12/4 F, 5:30-7pm East Senior 1 \$15/\$19 1 on 1 & Group

## ▶ FRIDAY NIGHT DANCES

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

### 60's Hippee Dance

230143 9/18 F, 6-8pm East Senior 1 \$8/\$10

### Hillbilly Hoedown

230145 10/23 F, 6-8pm East Senior 1 \$8/\$10

### Monster Mash

230144 11/20 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.

230726 9/15-12/22 Tu, 10:30am-1:30pm East 14 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.



### Adaptive Mountain Bike Clinic

(Ages 16+) Get ready to hold on tight and try two types of bikes, Downhill and Off-road hand cycles (one-off's) provided by Crested Butte Adaptive Sports Center. Snacks, and beverages provided. Directions and trail info provided upon registration. Register by phone 303-413-7270 or stop by any Recreation Center. Limited space available. Contact Jen at 303-413-7474.

Downhill - morning	230629	9/12	Sa, 8am-12pm	Free
Downhill - afternoon	230625	9/12	Sa, 1-5pm	Free
One-off morning	230624	9/12	Sa, 8am-12pm	Free
One-off's afternoon	230626	9/12	Sa, 1-5pm	Free
Own Bike morning	230627	9/12	Sa, 8am-12pm	Free
Own Bike afternoon	230628	9/12	Sa, 1-5pm	Free

## EXPAND DUCK RACE<sup>®</sup>

*Thank you!*

We would like to thank all of our volunteers who helped raise money and to the fire department dive rescue team and of course – all of you who took a chance on the duck race!

Thank you to the local businesses who donated prizes and to our sponsors!



Produced by  
**BOULDER CREEK EVENTS**



*Flatirons Golf Course features an 18-hole golf course, practice facility, instruction programs, club repair, pro shop and more!*

## Flatirons Golf Course Amenities & Services

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

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

## The Teaching Staff

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

## Tournaments and Outings

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

### 2015 Base Tournament Fees

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

For **current specials** and the most up to date information on Flatirons golf course, please visit our website at:  
**[www.FlatironsGolf.com](http://www.FlatironsGolf.com)**

## ▶ FLATIRONS GOLF COURSE FEES

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

### Practice Range / Club & Cart Rental

#### Practice Range

- small \$4 (40 balls)
- medium \$7.50 (75 balls)
- large \$10 (100 balls)

(discount cards available in pro shop)

#### Golf Club Sets

Clubs- 9 holes \$18 • 18 holes \$25

#### Electric Carts (Fee Per Rider)

• 9 holes \$10 • 18 holes \$15

#### Hand Carts

9 holes \$5 • 18 holes \$7

### Shoulder Season Fees (August 24-October 11)

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

### Weekday Player Fees (Monday-Thursday)

	Regular	Junior	Senior
18 Holes	\$31	\$20	\$27
9 Holes	\$20	\$12	\$17

### Weekend Standard Player Fees (Friday-Sunday)

	Regular	Junior	Senior
18 Holes	\$34	\$22	\$31
9 Holes	\$21	\$14	\$19

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

### Frequent Player Program

With this card players pay \$5 for nine holes and \$8 for eighteen holes, Monday-Friday. Weekend rates May 16-August 23 are \$10 for nine holes and \$20 for eighteen holes. Valid for one year from date of purchase. 15% discount when passes are purchased on same date (discount is limited to immediate family members residing in the same household). Visit us online for detailed fees, [www.flatironsgolf.com](http://www.flatironsgolf.com).

	Adult	Junior	Senior
	\$585	\$250	\$475

# 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
- **No classes September 5 & 7 due to Labor Day.**

## ► PRESCHOOL

Join our preschool program to explore a combination of basic movement and gymnastics events, including tumbling, balance beam, uneven bars, parallel bars, vaulting, pommel horse, rings, trampoline and the foam pit. Help your child build a strong foundation for other sports and life long skills. All skills and equipment are scaled down to accommodate children's size and ability. Enroll today! Some classes may be filled due to pre-registration of previous session participants. (No class Sept. 5 & 7)

Monday-Friday classes run August 31-December 18 at North

Saturday classes run September 12-December 19 at North

### Class Fees

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

## 2½ Year Olds

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

229937	M, 9-9:45am ★	229944	W, 10-10:45am ★
229938	M, 10-10:45am ★	229945	Th, 9-9:45am ★
229939	M, 11-11:45am ★	229946	Th, 10-10:45am ★
229940	Tu, 9-9:45am ★	229947	F, 9-9:45am ★
229941	Tu, 10-10:45am ★	229948	F, 10-10:45am ★
229942	Tu, 11-11:45am ★	229949	Sa, 9-9:45am
229943	W, 9-9:45am ★	229950	Sa, 10-10:45am

## 3 Year Olds

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

229951	M, 9-9:45am ★	229961	W, 2:45-3:30pm
229952	M, 10-10:45am ★	229962	Th, 9-9:45am ★
229953	M, 11-11:45am ★	229963	Th, 10-10:45am ★
229954	M, 2:45-3:30pm	229964	Th, 11-11:45am ★
229955	Tu, 9-9:45am ★	229965	Th, 2:45-3:30pm ★
229956	Tu, 10-10:45am ★	229966	F, 9-9:45am ★
229957	Tu, 11-11:45am ★	229967	F, 10-10:45am ★
229958	Tu, 2:45-3:30pm ★	229968	F, 2:45-3:30pm
229959	W, 9-9:45am ★	229969	Sa, 9-9:45am
229960	W, 10-10:45am ★	229970	Sa, 10-10:45am

## 4 Year Olds

Child must be 4 years old by first class.

229971	M, 9-9:45am ★	229981	W, 2:45-3:30pm
229972	M, 10-10:45am ★	229982	Th, 9-9:45am ★
229973	M, 11-11:45am ★	229983	Th, 10-10:45am ★
229974	M, 2:45-3:30pm	229984	Th, 11-11:45am ★
229975	Tu, 9-9:45am ★	229985	Th, 2:45-3:30pm ★
229976	Tu, 10-10:45am ★	229986	F, 9-9:45am ★
229977	Tu, 11-11:45am ★	229987	F, 10-10:45am ★
229978	Tu, 2:45-3:30pm ★	229988	F, 2:45-3:30pm
229979	W, 9-9:45am ★	229989	Sa, 9-9:45am
229980	W, 10-10:45am ★	229990	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.

229991	M, 9-9:45am ★	231083	W, 3:45-4:30pm
229992	M, 10-10:45am ★	230001	Th, 9-9:45am ★
229993	M, 2:45-3:30pm	230002	Th, 10-10:45am ★
231082	M, 3:45-4:30pm	230003	Th, 11-11:45am ★
229994	Tu, 9-9:45am ★	230004	Th, 2:45-3:30pm ★
229995	Tu, 10-10:45am ★	230005	F, 9-9:45am ★
229996	Tu, 11-11:45am ★	230006	F, 10-10:45am ★
229997	Tu, 2:45-3:30pm ★	230007	F, 2:45-3:30pm
229998	W, 9-9:45am ★	231084	F, 3:45-4:30pm
229999	W, 10-10:45am ★	230008	Sa, 9-9:45am
230000	W, 2:45-3:30pm	230009	Sa, 10-10:45am

**NEW!**

## ► GYMNASTICS CLASSES AT SOUTH

**NEW!**

### 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.

231085	9/9-10/7	W, 9:30-10:15am	South	5	\$62/\$78
231090	9/9-10/7	W, 10:30-11:15am	South	5	\$62/\$78
231094	10/21-11/18	W, 9:30-10:15am	South	5	\$62/\$78
231095	10/21-11/18	W, 10:30-11:15am	South	5	\$62/\$78

### 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.

231091	9/9-10/7	W, 4-4:45pm	South	5	\$36/\$45
231096	10/21-11/18	W, 4-4:45pm	South	5	\$36/\$45

## ► BEGINNER / ADVANCED BEGINNER

This is the perfect place for your children ages 6-12 to learn basic gymnastics in a supportive, non-competitive environment. While these classes are a great continuation of our preschool program, no prior experience is necessary.

Children will use tumbling, balance beam, uneven bars, parallel bars, horizontal bar, vaulting, pommel horse, rings, trampoline, and foam pit to improve coordination, strength and self-confidence while emphasizing a fun approach to learning. Participant must be 6 years old by the first class. Enroll today! Some classes may be filled due to pre-registration of previous session participants. **(No class Sept. 5 & 7)**

#### Boys (Ages 6-12)

230011	8/31-12/14	M, 3:45-5pm	North	14	\$166/\$208
230010	9/1-12/17	Tu/Th, 3:45-5pm★	North	30	\$356/\$446
230012	9/2-12/16	W, 3:45-5pm	North	15	\$178/\$223
230013	9/4-12/18	F, 3:45-5pm	North	15	\$178/\$223
230014	9/4-12/18	F, 5:15-6:30pm	North	15	\$178/\$223
230015	9/12-12/19	Sa, 11am-12:15pm	North	14	\$166/\$208

#### Girls (Ages 6-12)

230018	8/31-12/14	M, 3:45-5pm	North	14	\$166/\$208
230017	9/1-12/17	Tu/Th, 3:45-5pm★	North	30	\$356/\$446
230019	9/1-12/15	Tu, 3:45-5pm★	North	15	\$178/\$223
230016	8/31-12/16	M/W, 3:45-5pm	North	29	\$345/\$431
230020	9/2-12/16	W, 3:45-5pm	North	15	\$178/\$223
230021	9/3-12/17	Th, 3:45-5pm★	North	15	\$178/\$223
230022	9/4-12/18	F, 3:45-5pm	North	15	\$178/\$223
230023	9/4-12/18	F, 5:15-6:30pm	North	15	\$178/\$223
230024	9/12-12/19	Sa, 11am-12:15pm	North	14	\$166/\$208

## Employment Opportunity

### Hiring Gymnastics Instructors

Apply online at: [www.bouldercolorado.gov/jobs](http://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

230025	9/1-12/17	Tu/Th, 3:45-5pm	North	30	\$356/\$446
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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](http://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.





*A personal trainer will help create a unique workout plan to fit your individual needs and goals, and can accommodate an injury or other obstacle that might otherwise prevent you from exercising. Any age and experience level can see better results with the help of a trainer.*

## 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.

230172	9/14-10/28	M/W, 7-8am	East	14	\$123/\$153	Ignacio
230173	11/2-12/16	M/W, 7-8am	East	14	\$123/\$153	Ignacio
230170	9/8-10/22	Tu/Th, 6:30-7:30am	South	14	\$123/\$153	Ignacio
230171	10/27-12/17	Tu/Th, 6:30-7:30am	South	15	\$131/\$164	Ignacio

## Resistance Training

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

230165	9/14-10/28	M/W, 1:30-2:30pm	East	14	\$123/\$153	Ignacio
230164	9/18-10/30	F, 11:30am-12:30pm	East	7	\$61/\$77	Melissa
230166	11/2-12/16	M/W, 1:30-2:30pm	East	14	\$123/\$153	Ignacio
230168	11/6-12/18	F, 11:30am-12:30pm	East	6	\$53/\$66	Melissa

## Adult Kickbox

Come try one of the most popular fitness trends and kick, jab, cross, upper-cut and hook your way to a fitter you! This class consists of high intensity aerobics using powerful boxing moves that provides a total body workout to improve strength, aerobic fitness, coordination and balance. Equipment provided.

230174	9/14-10/28	M/W, 5:30-6:30pm	North	14	\$123/\$153	Ignacio
230175	11/2-12/16	M/W, 5:30-6:30pm	North	14	\$123/\$153	Ignacio

## 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.

230139	9/9-12/16	W, 5:30-6:30pm	South	15	\$131/\$164	Lisa
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## 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.

230148	9/15-10/29	Tu/Th, 7:30-8:30am	East	14	\$123/\$153	Marti
230151	11/3-12/17	Tu/Th, 7:30-8:30am	East	13	\$114/\$142	Marti

## Weight Loss after Menopause

**NEW!** Explore the challenges that women often face while approaching, going through, and following menopause. We will discuss the hormonal changes that occur in a woman's body during menopause and how this affects her metabolism, weight, and health. Dietary and exercise options that are designed to offset the hormonal shift to help a woman shed unwanted weight will be explored. This class will be taught by Andrew Datti, a licensed Naturopathic Physician and certified fitness specialist.

230434	10/4	Su, 5-7pm	North	1	\$18/\$22	Andrew
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### 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.

## 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.



230156	9/10-10/22	Th, 4-5pm	Salberg 7	\$61/\$77	Heidi
230162	9/14-10/26	M, 4-5pm	Salberg 7	\$61/\$77	Heidi
230161	10/29-12/17	Th, 4-5pm	Salberg 7	\$61/\$77	Heidi
230163	11/2-12/14	M, 4-5pm	Salberg 7	\$61/\$77	Heidi

## 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 pre-qualify for the program. To find out if you qualify and for dates and times please contact Voradel Carey at 303-355-3423 ext. 113. Classes beginning in January at the East Boulder Community Center.

## 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).

229639	10/10	Sa, 9am-12pm	Iris	1	\$41/\$61	Jennifer
229640	11/22	Su, 9am-12pm	Iris	1	\$41/\$61	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.

229641	11/22	Su, 12:30-5pm	Iris	1	\$41/\$61	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.

229644	11/15	Su, 9am-2pm	Iris	1	\$60/\$75	Jennifer
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## WEIGHT TRAINING

### Basic Training

**Couples welcome!** Learn to successfully perform the fundamental strength training exercises to prevent injury and create an optimally efficient and effective weight training program that supports your lifestyle. This is the perfect class for anyone new to strength training, young or seasoned, whether you're looking to improve athletic performance or you're health conscious and want to maintain functionality as you age.

230412	9/10-10/22	Th, 6:15-7:15pm	North 7	\$61/\$77	Andrew
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### 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.

230408	9/8-10/22	Tu/Th, 8:30-9:30am	South 14	\$123/\$153	Ignacio
230414	9/8-12/17	Tu/Th, 4:30-5:30pm	South 29	\$254/\$317	Chris
230413	9/8-12/17	Tu/Th, 5:30-6:30pm	South 29	\$254/\$317	Chris
230404	9/9-10/21	M/W, 9-10am	South 13	\$114/\$142	Ignacio
230406	9/14-10/30	M/F, 10-11:15am	East 14	\$153/\$192	Marti
231049	9/9-10/21	M/W, 7:15-8:15am	South 13	\$114/\$142	Terry
230402	9/15-10/29	Tu/Th, 10-11:15am	East 14	\$153/\$192	Marti
230405	10/26-12/16	M/W, 9-10am	South 16	\$140/\$175	Ignacio
231882	10/26-12/16	M/W, 7:15-8:15am	South 16	\$140/\$175	Terry
230410	10/27-12/17	Tu/Th, 8:30-9:30am	South 15	\$131/\$164	Ignacio
230407	11/2-12/18	M/F, 10-11:15am	East 14	\$153/\$192	Marti
230403	11/3-12/17	Tu/Th, 10-11:15am	East 13	\$142/\$178	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.

231040	9/8-10/22	Tu/Th, 7:30-8:30am	South 14	\$123/\$153	Ignacio
230420	9/8-10/22	Tu/Th, 6-7pm	North 14	\$123/\$153	Ignacio
230421	10/27-12/17	Tu/Th, 6-7pm	North 15	\$131/\$164	Ignacio
230419	10/27-12/17	Tu/Th, 7:30-8:30am	South 15	\$131/\$164	Ignacio

### Women's Weight Training

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

230422	9/8-12/17	Tu/Th, 9:30-10:30am	North 29	\$254/\$317	Chris
230424	9/8-10/22	Tu/Th, 10:45-11:45am	South 14	\$123/\$153	Sue
230430	9/9-12/16	M/W, 9:30-10:30am	North 29	\$254/\$317	Chris
230428	10/27-12/17	Tu/Th, 10:45-11:45am	South 15	\$131/\$164	Sue

### Women's Intermediate Weight Training

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

230427	9/8-10/22	Tu/Th, 9:30-10:30am	South 14	\$123/\$153	Sue
230425	9/14-10/28	M/W, 8:15-9:15am	East 14	\$123/\$153	Sue
230431	10/27-12/17	Tu/Th, 9:30-10:30am	South 15	\$131/\$164	Sue
230429	11/2-12/16	M/W, 8:15-9:15am	East 14	\$123/\$153	Sue

## Why strength training?

As you age, you lose about 1 percent of bone and muscle strength every year and those who do not strength train lose approximately 4 to 6 lbs of muscle tissue per decade. To combat tissue loss, strength training will build muscle and bone strength to prevent falls and increase activities of daily living. With an increase in muscle mass, your resting metabolism will speed up making you burn more calories at rest. More muscle burns more fat! Range of motion around joints will also improve, decreasing joint pain and stiffness. With gains in strength, the ability to do daily activities will become easier and more enjoyable. According to the American College of Sports Medicine, the recommendation for strength training is 2 to 3 days per week in addition to aerobic activity. Research shows those who added 2 to 3 days of strength training experienced nearly 50% more improvement in their aerobic functionality.

We asked our weight room visitors why lifting weights was important to them and this is what they told us.

*"Helps me to lift groceries and even pick up my grand kids."*  
*"Gives me the strength I need to do daily activities."*  
*"Strengthens my back so I avoid injuries like a herniated disk."*  
*"Helps with my overall balance and coordination."*  
*"I am getting stronger and I like the social aspect of it."*

## ► PERSONAL TRAINING

Have a certified trainer design your personal blueprint for success! One hour sessions address sport specific, weight loss, rehabilitation and general fitness goals. To check out our excellent training staff and request personal training visit [www.boulderparks-rec.org](http://www.boulderparks-rec.org), visit the front desk or call 303-413-7280 to get started today! If a client cancels more than 24 hours prior to the lesson, he or she will have the opportunity to reschedule the personal training session and will not be charged. However, if the personal training session is cancelled within 24 hours, or a client does not arrive for the lesson within 15 minutes of the start time, client may be charged for the session. (All sessions expire one year from purchase date)

## Weight Room Orientations

Do you feel intimidated in a weight room or not sure how our machines work? Want to learn how to set up a machine to use it? Our training staff will walk you through the weight room to give you a better understanding of how to adjust and properly position yourself on our machines. The orientation will not provide an exercise plan for you. If you are interested in obtaining a personalized work out plan, schedule a training session by contacting Summer Kennedy at 303-413-7264 or email at [kennedysu@bouldercolorado.gov](mailto:kennedysu@bouldercolorado.gov), or visit the personal training page on [www.boulderparks-rec.org](http://www.boulderparks-rec.org)

## Private Training

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

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

## Semi Private Training (Two Individuals)

(Ages 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: \$60 • 3 sessions \$171

Request these services online at [BoulderParks-Rec.org](http://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. The therapist must contact the Weight Room Coordinator, Jeff Pruett 303-413-7280 in advance, to receive authorization. The client pays the daily facility admission fee. The therapist is our guest.

## Personal Training with a Physical Therapist

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

1 session \$60 • 3 sessions \$171

## Kick Start to Weight Loss

Are you ready to get rid of your stubborn weight and keep it off? With our kick start program you can do just that. In this two hour session you will meet with a dietitian who is also a certified personal trainer. Terry McArthur, CPT, will calculate your caloric needs and create an exercise and weight loss plan for you.

A consultation with a dietitian and 1 Personal training session for \$115

## ► 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](mailto:kennedysu@bouldercolorado.gov) or 303-413-7264.



*Instructors give special care to students who are trying Pilates Mat for the first time.*

## ► PILATES MAT PROGRAM INFORMATION

### Registered Class Punchcard

Pilates Mat \$70 - 5 Punches

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

### Registered Class Visitor's Fee

Pilates Mat \$17

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

**Courses may be canceled** if under-enrolled.

### No class November 26

(Some classes will not meet the evening of November 25). Check with instructor for information about any dates when classes will not meet.

### Make-up policy

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

### 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.

### Try-it! Pilates Mat Intro

(Adult 14+) Check out this effective system of whole body physical exercise. No long-term commitment, just an opportunity to experience this beneficial strengthening, stretching method that so many have endorsed in the exercise industry. Class design will be based on the mix of student abilities. Class size limited to a maximum of 10 students. All levels welcome.

232382	9/9-10/21	W, 5:20-6:20pm	South	7	\$61/\$77	Bianca
232390	9/11-10/23	F, 10:10-11:10am	Iris	7	\$61/\$77	Christine
232383	10/28-12/16	W, 5:20-6:20pm	South	7	\$61/\$77	Bianca
232391	10/30-12/11	F, 10:10-11:10am	Iris	7	\$61/\$77	Christine

### Mat - Beginner

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

231786	9/13-12/13	Su, 4:15-5:15pm	Salberg	14	\$123/\$153	Joan
231732	9/14-12/14	M, 10:10-11:10am	Iris	14	\$123/\$153	Christine
231738	9/14-12/14	M, 5:30-6:30pm	Salberg	14	\$123/\$153	Roxolana

# MIND/BODY: PILATES

## Pilates Mat - Continuing Beginner

(Age 14+) Continue your practice of Pilates Method beginner mat exercises with precisely coordinated movement, and continue to learn proper sequencing of the exercises. Intermediate exercises such as 'rollover,' 'corkscrew II,' 'swan dive' and 'teaser II' will be introduced when appropriate. Pre-requisite: Ability to properly perform and flow through all beginner mat exercises in sequence.

232392	9/11-12/11	F, 9-10am	Iris	14	\$123/\$153	Christine
232393	9/14-12/14	M, 9-10am	Iris	14	\$123/\$153	Christine

## Pilates Mat/Yoga Combo - Continuing Beginner

(Age 14+) Learn and practice yoga postures with your Pilates Mat exercise routine. Each discipline complements the other to give you an overall feeling of a good workout. **Pre-requisite:** One session of Yoga, Pilates Mat, or Pilates/Yoga combo classes or equivalent experience.

231933	9/11-12/18	F, 9-10am	South	15	\$131/\$164	Lisa
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## ▶ PRIVATE & SEMI-PRIVATE PILATES REFORMER LESSONS

### Private & Semi-Private Pilates Reformer Lessons

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

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

**1-Hour Semi-Private Pilates Reformer Lesson Fee: \$35/student**

Must register two or more students together at the same time.

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

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

## ▶ PILATES REFORMER & MULTI-APPARATUS PROGRAM INFORMATION

### Pre-requisite policy

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

### Make-up policy

Students who miss a Pilates Reformer or Multi-Apparatus class may attend any drop-in Mind/Body class at any recreation center. Present valid make-up slip to front desk to enter facility. Limited to two per session. Or purchase a private reformer lesson for an additional fee of \$40. Make-ups are arranged through your instructor.

### No class November 26

(Some classes will not meet the evening of November 25). Check with instructor for information about any dates when classes will not meet.

**Courses may be canceled** if under-enrolled.

## ▶ PILATES REFORMER

### 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.

232384	9/9-10/28	W, 6:30-7:30pm	South	8	\$116/\$145	Bianca
231772	9/10-10/29	Th, 10:15-11:15am	Salberg	8	\$116/\$145	Christine
231759	9/14-11/2	M, 5:30-6:30pm	South	8	\$116/\$145	Sheri

### Reformer - Level 1 - Beginner

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

231983	9/8-12/15	Tu, 12-1pm	South	15	\$218/\$272	Shayna
231984	9/9-12/16	W, 11:45am-12:45pm	Salberg	15	\$218/\$272	Shayna
231778	9/10-12/17	Th, 5:30-6:30pm	Salberg	14	\$203/\$254	Beryl
231777	9/10-12/17	Th, 6:30-7:30pm	South	14	\$203/\$254	Ellen
231780	9/11-12/18	F, 8:40-9:40am	South	15	\$218/\$272	Sheri
231733	9/14-12/14	M, 8:45-9:45am	Salberg	14	\$203/\$254	Tamara
231757	9/14-12/14	M, 11:15am-12:15pm	Salberg	14	\$203/\$254	Jane
231739	9/14-12/14	M, 6:40-7:40pm	Salberg	14	\$203/\$254	Roxolana
232385	11/4-12/16	W, 6:30-7:30pm	South	6	\$87/\$109	Bianca
231773	11/5-12/17	Th, 10:15-11:15am	Salberg	6	\$87/\$109	Christine
231760	11/9-12/14	M, 5:30-6:30pm	South	6	\$87/\$109	Sheri

## Reformer - Level 2 - Continuing Beginner

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

231762	9/8-12/15	Tu, 5:20-6:20pm	South	15	\$218/\$272	Bianca
231765	9/9-12/16	W, 8:40-9:40am	South	15	\$218/\$272	Sheri
231985	9/9-12/16	W, 10:30-11:30am	Salberg	15	\$218/\$272	Shayna
231770	9/9-12/16	W, 6:40-7:40pm	Salberg	14	\$203/\$254	Arianna
231771	9/10-12/17	Th, 9-10am	Salberg	14	\$203/\$254	Christine
231776	9/10-12/17	Th, 5:20-6:20pm	South	14	\$203/\$254	Ellen
232395	9/11-12/18	F, 10:10-11:10am	Salberg	15	\$218/\$272	Shayna
231740	9/14-12/14	M, 8:40-9:40am	South	14	\$203/\$254	Sheri
231737	9/14-12/14	M, 10-11am	Salberg	14	\$203/\$254	Tamara
231758	9/14-12/14	M, 12:20-1:20pm	Salberg	14	\$203/\$254	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, and be able to confidently perform and flow through all Level 2 reformer exercises with coordination and precision.

231761	9/8-12/15	Tu, 8:30-9:45am	Salberg	15	\$272/\$340	Sheri
231766	9/9-12/16	W, 9:45-11am	South	15	\$272/\$340	Sheri
231769	9/9-12/16	W, 5:30-6:30pm	Salberg	14	\$203/\$254	Arianna
232394	9/11-12/11	F, 9-10am	Salberg	14	\$203/\$254	Shayna

## Reformer/Tower/Chair - Level 1 - Beginner

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

231763	9/8-12/15	Tu, 6:30-7:30pm	South	15	\$218/\$272	Bianca
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## Reformer/Tower/Chair - Level 2 - Continuing Beginner

(Age 16+) At this level, 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.

231781	9/11-12/18	F, 9:45-11am	South	15	\$272/\$340	Sheri
231741	9/14-12/14	M, 9:45-11am	South	14	\$254/\$318	Sheri



*Gain flexibility and strength in our yoga classes.*

## ▶ YOGA PROGRAM INFORMATION

### Registered Class Punchcard

Yoga program classes                      \$70 - 5 Punches

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

*Salberg and Iris Center class punchcard holders may present card at any Recreation Center and present receipt to instructor before admission to class.*

### Registered Class Visitor's Fee

Yoga program classes                      \$17

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

### Make-up policy

Students who miss a Yoga program class may attend any drop-in Mind/Body class at any recreation center. Present valid make-up slip to front desk to enter facility. Limited to two per session. Make-ups are arranged through your instructor.

### No class November 26

(Some classes will not meet the evening of November 25). Check with instructor for information about any dates when classes will not meet.

**Courses may be canceled** if under-enrolled.

**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.

230839	9/8-12/15	Tu, 9:30-10:45am	South	15	\$164/\$205	De
230840	9/9-12/16	W, 7:30-8:45am	South	15	\$164/\$205	Ravi
232387	9/9-12/16	W, 6:45-8pm	North	14	\$153/\$191	Maggie
231593	9/10-12/17	Th, 9:15-10:45am★	North	14	\$184/\$230	Louann
230837	9/14-12/14	M, 6:30-8pm	East Senior	14	\$184/\$230	Erin
230838	9/18-12/18	F, 9-10:30am★	East	14	\$184/\$230	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.

231595	9/8-12/15	Tu, 3:15-4:45pm★	North	15	\$197/\$246	Louann
230842	9/13-12/13	Su, 4:30-6pm	North	13	\$171/\$213	John

## Gentle Continuing Yoga

(Age 14+) For 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.

230843	9/10-12/17	Th, 9:15-10:45am	South	14	\$184/\$230	Kathleen
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## Yoga with Weights

(Age 14+) Learn how to use light hand weights to enhance your yoga practice. This course focuses on strengthening and sculpting muscles, sharpening the mind, and maintaining flexibility in the body. Lightly aerobic.

231982	9/9-10/28	W, 5:30-6:30pm	North	8	\$70/\$88	Beryl
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## Iyengar Yoga

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

230844	9/12-11/28	Sa, 9-10:30am	North	12	\$157/\$197	Karen D.
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## MELT®

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



231594	9/13-11/15	Su, 12:30-1:45pm	North	8	\$88/\$109	David
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## Chi Kung

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

230841	9/13-12/20	Su, 9:30-11am	North	14	\$184/\$230	Beth
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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.

230835	9/11-12/18	F, 12-1pm	Iris	15	\$131/\$164	Gil
230836	9/16-12/30	W, 6:30-7:45pm	East Senior	15	\$164/\$205	Gil

## 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.

231584	9/15-10/27	Tu, 4:15-5:15pm	East	7	\$61/\$77	Wendy
231585	11/3-12/15	Tu, 4:15-5:15pm	East	7	\$61/\$77	Wendy

## Power Yoga - Beginner

(Age 14+) Power up for an invigorating practice! This is a flowing vinyasa yoga class which progresses from simple to complex, allowing you to fully embody the postures and focus on powerful transitions. We will practice Sun Salutations, standing poses, seated poses, twisting and back bending, and inversions. Experience with yoga is helpful, but not necessary.

230849	9/8-12/15	Tu, 6:45-8pm	North	15	\$164/\$205	Maggie
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## Restorative/Gentle Yoga

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

230850	9/9-11/25	W, 10:30-11:45am	North	12	\$131/\$164	Karen D.
230845	9/12-11/28	Sa, 10:45am-12pm	Iris	11	\$120/\$150	Karen D.

## Therapeutic Yoga

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

231588	9/8-12/15	Tu, 5:15-6:45pm	North	15	\$164/\$205	Cassandra
231589	9/11-12/18	F, 4:15-5:30pm	North	15	\$164/\$205	Cassandra
231767	9/16-10/28	W, 4-5:15pm	East Sr.	7	\$77/\$96	Lori
231768	11/4-12/16	W, 4-5:15pm	East Sr.	7	\$77/\$96	Lori

## Yoga and Meditation

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

231596	9/11-10/23	F, 10-11am	North	7	\$61/\$77	Ravi
231782	10/30-12/11	F, 10-11am	North	7	\$61/\$77	Ravi

## T'ai-Chi 5-Element Form

(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.

231582	9/10-10/22	Th, 12-1pm	Iris	7	\$61/\$77	Cynthia
231586	9/14-10/26	M, 5-6:15pm★	East Sr.	7	\$77/\$96	Cynthia
231583	10/29-12/17	Th, 12-1pm	Iris	7	\$61/\$77	Cynthia
231587	11/2-12/14	M, 5-6:15pm★	East Sr.	7	\$77/\$96	Cynthia

## T'ai-Chi Ch'uan - Beginner

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

230846	9/8-10/20	Tu, 6:45-7:45pm	North	7	\$61/\$77	Tom
230847	9/17-10/22	Th, 5-6pm	East Senior	6	\$53/\$66	Tom
231764	10/27-12/8	Tu, 6:45-7:45pm	North	7	\$61/\$77	Tom
231775	10/29-12/10	Th, 5-6pm	East Senior	6	\$53/\$66	Tom

## T'ai-Chi Ch'uan - Continuing

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

230848	9/12-12/19	Sa, 9:30-10:30am	Iris	13	\$114/\$142	Tom
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## Zumba Kids

(Ages 4-7) Move your body and stretch your imagination while exploring different musical styles and dance steps. Inclusive, energetic informal fun for all abilities. Learn how to be active and healthy. Develop strong, flexible bodies and minds, and joyful spirits. Child must be able to walk to the restroom unaccompanied if necessary.

231591	9/10-10/15	Th, 3:15-4pm★	North	6	\$53/\$66	Gillian
231592	9/15-10/20	Tu, 3:15-4pm	East	6	\$53/\$66	Gillian

## Zumba Parent & Child

(Ages 2-5) For parents with children ages 2-5 years old. A time to make new friends, use your imagination and move your body. Inclusive, energetic informal fun for all abilities. Let loose and explore dance and music while developing strong, flexible bodies, minds, and joyful spirits. Fee includes one parent with one child, each additional child is \$10.

231590	9/10-10/15	Th, 2-2:45pm	North	6	\$53/\$66	Gillian
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## INSTRUCTOR SPOTLIGHT

### Gillian Millar

*ACE, Tabata Bootcamp, Zumba, Zumba Kids*

I fell in love with dancing as a wee girl in Scotland and took every class I could, completing Royal Academy Exams and dancing with Scottish Ballet. After University I worked in Music Management in London until I had my two kiddies. We relocated to wonderful Colorado just over a year ago and I'm currently studying for my Health Coach certification.



When I found Zumba I was hooked! I get such a kick out of getting to know my class, exploring the music they like and then creating routines to their favorite songs. It's a community effort creating our class together.

I'm delighted to introduce Zumba Kids, for ages 4-7. Kids get the chance to socialize with friends and jam to their favorite music. We will jet off and explore dance styles from around the world, collecting stamps in our Zumba Passport. The classes are rockin', high-energy dance parties packed with kid-friendly routines. We break down steps, add games, activities and cultural exploration elements into the class structure. We even have a performance the last week. No experience is required, just lots of energy.

Zumba Parent & Child is another new class which I'm very excited about. Parents can Zumba while at the same time the children get to explore the beat, incorporating games to make it a fun session for all. Parents will enjoy interacting with their little ones while at the same time developing a strong body and a chance to enjoy Zumba.

## ZUMBA GOLD® DROP-IN

(Age 14+) Perfect for active adults who are looking for a modified Zumba class that uses the same rhythm-based Latin dance moves at a lower impact. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. Come ready to sweat, and leave empowered and feeling strong.

Tu, 1:30-2:30pm	East	Wendy
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# POTTERY



## Fall Sale!

Sept. 12-13 • 10a.m.-5p.m.  
at the Pottery Lab

*Don't miss our annual pottery sale Sept. 12-13, choose from hundreds of unique handmade pieces made by staff and students!*

## ▶ ADULT POTTERY

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

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

\*Register online for pottery classes at [www.BoulderPotteryLab.org](http://www.BoulderPotteryLab.org)

### Adult Beginner

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

*	9/15-11/10	Tu, 6-8:30pm	Pottery Lab	9	\$230	Kathryn
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### Adult Intermediate

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

*	9/15-11/10	Tu, 9-11:30am	Pottery Lab	9	\$230	Nancy
*	11/17-12/15	Tu, 9-11:30am	Pottery Lab	5	\$145	Nancy

### Senior Pottery

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

*	9/15-11/10	Tu, 9-11:30am	Pottery Lab	9	\$230	Nancy
*	11/17-12/15	Tu, 9-11:30am	Pottery Lab	5	\$145	Nancy

### All Levels

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

*	9/14-11/09	M, 7-9:30pm	Pottery Lab	9	\$230	Chris
*	9/19-11/14	Sa, 9-11:30am	Pottery Lab	9	\$230	TBA

### Ikebana Flower Arranging and Container Construction

(Ages 16+) Students will spend 4 weeks learning the basic techniques for making beautiful flower containers dedicated to the art of Ikebana flower arranging and 2 weeks learnig some flower arranging principles.

*	9/14-10/19	M, 12-2:30pm	Pottery Lab	6	\$175	Nancy
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### Porcelain

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

*	9/16-11/11	W, 7-9:30pm	Pottery Lab	9	\$230	Aaron
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### Continuing Porcelain

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

*	11/18-12/16	W, 7-9:30pm	Pottery Lab	5	\$145	Aaron
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### Beginning Wheel-Throwing and Hand-Building

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

*	9/17-11/12	Th, 9-11:30am	Pottery Lab	9	\$230	Margaret
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\*Register online for pottery classes at [www.BoulderPotteryLab.org](http://www.BoulderPotteryLab.org)

## Altered Forms

(Adult 16+) Stretch your imagination moving from traditional functional forms into the world of altered pieces with an emphasis on combining wheel thrown, hand-built and extruded forms.

\* 9/17-11/12 Th, 6-8:30pm Pottery Lab 9 \$230 Nancy

## Drinking Vessels

(Ages 16+) Learn some tips and tricks on how to make mugs, tumblers and tea bowls that are great for drinking.

\* 11/16-12/14 M, 7-9:30pm Pottery Lab 5 \$145 Chris

## Extrusion Madness

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

\* 11/17-12/15 Tu, 6-8:30pm Pottery Lab 5 \$145 Angela

## Adult Hand-building

Discover the joy of learning traditional and new hand-building techniques in just 5 weeks! No Class on Thanksgiving. Make up class will be announced on the first night of class.

\* 11/19-12/17 Th, 9-11:30am Pottery Lab 5 \$145 Margaret

## All About Shinos

(Adult 16+) Working with porcelain and stoneware, explore the variety of surfaces available using shino glazes. Students will load and fire their own kiln. No class on Thanksgiving. Make up class will be announced on the first night of class.

\* 11/19-12/17 Th, 6-8:30pm Pottery Lab 5 \$145 Nancy

## Bowls, Bowls and Bowls

(Ages 16+) Students will improve skills and discover new ways to make, trim and decorate bowls of all sizes.

\* 11/21-12/19 Sa, 9-11:30am Pottery Lab 5 \$145 Nancy

\*Register online for pottery classes at [www.BoulderPotteryLab.org](http://www.BoulderPotteryLab.org)

## ► YOUTH POTTERY

### Child/Parent Pottery

(Ages 4+) Here is a perfect opportunity to make hand-built pottery with your child. Emphasis is on working on a project as a family unit.

*	9/17-11/5	Th, 11am-12pm	Pottery Lab	8	\$117	Judi
*	9/17-11/5	Th, 1-2pm	Pottery Lab	8	\$117	Judi
*	9/19-11/7	Sa, 9-10am	Pottery Lab	8	\$117	Judi
*	9/19-11/7	Sa, 10:15-11:15am	Pottery Lab	8	\$117	Judi
*	9/19-11/7	Sa, 11:30am-12:30pm	Pottery Lab	8	\$117	Judi
*	11/12-12/10	Th, 11am-12pm	Pottery Lab	5	\$75	Judi
*	11/12-12/10	Th, 1-2pm	Pottery Lab	5	\$75	Judi
*	11/14-12/12	Sa, 9-10am	Pottery Lab	5	\$75	Judi
*	11/14-12/12	Sa, 10:15-11:15am	Pottery Lab	5	\$75	Judi
*	11/14-12/12	Sa, 11:30am-12:30pm	Pottery Lab	5	\$75	Judi

## Children's Pottery

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

*	9/14-11/2	M, 3:45-4:45pm	Pottery Lab	8	\$91	Rosemary
*	11/9-12/7	M, 3:45-4:45pm	Pottery Lab	5	\$56	Rosemary

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

*	9/15-11/3	Tu, 3:45-4:45pm	Pottery Lab	8	\$91	Colleen
*	11/10-12/8	Tu, 3:45-4:45pm	Pottery Lab	5	\$56	Colleen

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

*	9/16-11/4	W, 3:45-4:45pm	Pottery Lab	8	\$91	Jana
*	11/11-12/9	W, 3:45-4:45pm	Pottery Lab	5	\$56	Jana

## Fun Fridays

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

*	9/18-11/6	F, 3:45-4:45pm	Pottery Lab	8	\$91	Jana
*	11/13-12/11	F, 3:45-4:45pm	Pottery Lab	5	\$56	Jana

## Pre-Teen Pottery

(Ages 8-11) Students will move downstairs to take advantage of new equipment including the slab roller, extruder and wheel to broaden their learning experience. Students must have completed a hand-building class at the Pottery Lab before signing up for this class.

*	9/17-11/5	Th, 4-5:15pm	Pottery Lab	8	\$117	Aaron
*	9/18-11/6	F, 4:15-5:30pm	Pottery Lab	8	\$117	Aaron
*	11/12-12/10	Th, 4-5:15pm	Pottery Lab	5	\$75	Aaron
*	11/13-12/11	F, 4:15-5:30pm	Pottery Lab	5	\$75	Aaron

## Teen Pottery

(Ages 12-16) Emphasizing creativity and enjoyment this class includes basic hand-building and wheel-throwing, slip decorating, glazing and firing.

*	9/16-11/4	W, 4-6pm	Pottery Lab	8	\$117	Aaron
*	11/11-12/9	W, 4-6pm	Pottery Lab	5	\$75	Aaron

\*Register online for pottery classes at [www.BoulderPotteryLab.org](http://www.BoulderPotteryLab.org)





Keep your kids active this fall with our new SuperTots program.

## ► PRESCHOOL

### Gym Jam

(Ages 9mos - 4yrs) Burn off some energy. The gym will be filled each week with different 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.

231132	10/12-12/14	M, 9:30-11:30am	South	10	\$27/\$5 drop-in
231133	10/16-12/18	F, 9:30-11:30am	South	10	\$27/\$5 drop-in

## ► SUPERTOTS SPORTS - PRESCHOOL

SuperTots Sports Academy is a child physical development program that uses a variety of fun games to delight and engage kids in physical and mental learning through various sports. The curriculum is professionally designed to develop motor skills, promote physical fitness, create self-confidence and prepare young children for sports. It stresses a non-competitive environment and promotes fun above all else. All programs include a size-appropriate shirt and a merit award. Try two classes risk free!

\*Register online at [www.supertotsports.com/colorado](http://www.supertotsports.com/colorado) or call 303-520-7345

### BaseballTots

We use a variety of fun games to develop balance, movement, and baseball skills as well as listening to instructions. Very active and fun! This class develops hitting, throwing, catching and body control by playing fun skill-building games. Some small-sided scrimmaging is played.

(Ages 3-4)					
*	9/8-10/13	Tu, 4-4:45pm	Mapleton	6	\$59

(Ages 4-5)					
*	9/8-10/13	Tu, 5-5:45pm	Mapleton	6	\$59



### SoccerTots

The goal of this class is to develop kicking, running control, and dribbling. It also teaches listening and following instructions. The class uses a variety of fun games with lots of physical activity. More challenging skill development games are played as well as some introduction to soccer and team concepts. Small-sided soccer games are played each week for a portion of the class.

(Ages 3-4)					
*	9/9-10/14	W, 4-4:45pm	Mapleton	6	\$59

(Ages 4-5)					
*	9/9-10/14	W, 5-5:45pm	Mapleton	6	\$59

### HoopsterTots

We use a variety of fun games and props to teach basic basketball techniques including passing, dribbling, stance, agility, and defense. Game play is introduced. This program is designed to expand the skill and knowledge of the 4 to 6 year old player. We use fun drills to teach positions and develop skills.

(Ages 4-5)					
*	9/14-10/19	M, 3:30-4:15pm	East	6	\$59

(Ages 5-6)					
*	9/14-10/19	M, 4:30 - 5:15pm	East	6	\$59

### 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. All programs include size-appropriate shirt and a merit award. No class Nov. 24 or 26.

(Ages 3-4)					
*	11/3-12/15	Tu, 5-5:45pm	South	6	\$59
*	11/5-12/17	Th, 10:45-11:30am	East	6	\$59

\*Register online at [www.supertotsports.com/colorado](http://www.supertotsports.com/colorado) or call 303-520-7345

## ► SCHOOL BREAK CAMPS

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

Don't miss out - Enrollment limited - sign up today!

Information: Erynn at 303-441-4137 or [simonee@bouldercolorado.gov](mailto:simonee@bouldercolorado.gov)

### BVSD - Student Assessment Day

222540	9/21	M, 8:30am-5pm	East	1	\$60/\$76
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### BVSD - Teacher Professional Development Day

222538	10/12	M, 8:30am-5pm	East	1	\$60/\$76
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### Veterans Day

222539	11/11	W, 8:30am-5pm	East	1	\$60/\$76
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### Thanksgiving Break Camp

231186	11/23	M, 8:30am-5pm	East	1	\$60/\$76
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231187	11/24	Tu, 8:30am-5pm	East	1	\$60/\$76
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231188	11/25	W, 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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## ► NFL FLAG FOOTBALL

(Ages 4-14) Boys and girls welcome for an 8 week flag football season. All teams are formed by school and grade with games played Casey Middle School Football Field. Registration fee includes NFL jersey, flags and a participation award.

\*Register online at [www.NationalFlagFootball.com](http://www.NationalFlagFootball.com) or call 720-360-1600.

*	9/20-11/8	Su, 12-5pm	Casey Middle School	8	\$135
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## ► YOUTH VOLLEYBALL

### Elementary School Volleyball Class

(Ages 7-11) Designed for elementary school students looking to build skills in the sport of volleyball. Practices stress fundamental skills, team strategies, and team work to build confidence in participants. For more information contact Erynn Simone 303-441-4137 or [simonee@bouldercolorado.gov](mailto:simonee@bouldercolorado.gov)

231432	9/6-10/25	Su, 12-1:30pm	South	8	\$99/\$124
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231435	11/1-12/13	Su, 12-1:30pm	South	6	\$74/\$92
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### Middle School Volleyball Class

(Ages 11-15) Designed for beginning level middle school students looking to build skills in the sport of volleyball. Practices stress fundamental skills, team strategies, and team work to build confidence in participants. Information: Erynn 303-441-4137 or email at [simonee@bouldercolorado.gov](mailto:simonee@bouldercolorado.gov)

231433	9/6-10/25	Su, 1:30-3pm	South	8	\$99/\$124
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231436	11/1-12/13	Su, 1:30-3pm	South	6	\$74/\$92
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### Middle School Volleyball Prep Class

(Ages 11-15) Designed as a preparation for 6-8th graders who are interested in making the school volleyball team. Participants must have previous experience and a sound skill set as more advanced techniques will be the focus. **This is not a beginner class.** Participants must meet minimum skill level to participate. Class will focus on building skills, increasing knowledge, and conditioning. This is a great boost before school tryouts!! No class on Nov. 25th and 29th. Information: Erynn Simone 303-441-4137 or [simonee@bouldercolorado.gov](mailto:simonee@bouldercolorado.gov)

231437	10/18-12/16	W-4:15-6pm Su-3-4:45pm	South	16	\$200/\$250
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## ► YOUTH INDOOR ROCK CLIMBING

(Ages 5-12) Join our experienced climbing wall staff for age appropriate activities on our indoor rock wall.

Information: Matt at 303-413-7477 or [kamhim@bouldercolorado.gov](mailto:kamhim@bouldercolorado.gov).

### 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)

230893	9/14-10/19	M, 4-5pm★	East	6	\$60/\$75
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230890	9/15-10/20	Tu, 4-5pm	East	6	\$60/\$75
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230888	9/16-10/21	W, 4-5pm★	East	6	\$60/\$75
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230886	9/17-10/22	Th, 4-5pm	East	6	\$60/\$75
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(Ages 8-12)

230891	9/15-10/20	Tu, 5-6pm	East	6	\$60/\$75
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230885	9/17-10/22	Th, 5-6pm	East	6	\$60/\$75
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#### Session 2

(Ages 5-8)

230908	11/2-12/7	M, 4-5pm★	East	6	\$60/\$75
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230904	11/3-12/8	Tu, 4-5pm	East	6	\$60/\$75
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230903	11/4-12/9	W, 4-5pm★	East	6	\$60/\$75
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230902	11/5-12/17	Th, 4-5pm	East	6	\$60/\$75
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(Ages 8-12)

230905	11/3-12/8	Tu, 5-6pm	East	6	\$60/\$75
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230901	11/5-12/17	Th, 5-6pm	East	6	\$60/\$75
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### 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

230887	9/14-10/19	M, 5-6:30pm★	East	6	\$90/\$113
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230884	9/17-10/22	Th, 6:30-8pm	East	6	\$90/\$113
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#### Session 2

230906	11/2-12/7	M, 5-6:30pm★	East	6	\$90/\$113
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230900	11/5-12/17	Th, 6:30-8pm	East	6	\$90/\$113
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## Advanced Climbing

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

### Session 1

230883 9/16-10/21 W, 5-6:30pm★ East 6 \$110/\$138

### Session 2

230899 11/4-12/9 W, 5-6:30pm★ East 6 \$110/\$138

## ▶ 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

231087 9/14-10/19 M, 6:30-8pm East 6 \$119/\$148

#### Session 2

231092 11/2-12/7 M, 6:30-8pm East 6 \$119/\$148

### 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

231088 9/15-10/20 Tu, 6-7:30pm East 6 \$144/\$181

#### Session 2

231093 11/3-12/8 Tu, 6-7:30pm East 6 \$144/\$181

## ▶ ADULT BASKETBALL LEAGUES

### Men's Basketball

(Ages 16+) Our recreational basketball leagues typically consist of players who have some previous competitive experience or who just like to play the sport. We feature regulation courts, two officials, glass backboards and electronic scoreboards in our 8 game seasons. Fees are team based with no additional player fees. More Information: Matt at 303-441-7477 or Kamhim@bouldercolorado.gov

#### A (Competitive) League - Tuesday

230242 9/15-11/17 Tu, 6-10pm South 8 \$550

#### B (Recreational) League - Wednesday

230243 9/16-11/18 W, 6-10pm South 8 \$550

### Women's Basketball

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

230637 9/14-12/14 M, 6:15-9pm South \$50/\$62

## ▶ DROP-IN BASKETBALL, PICKLEBALL & VOLLEYBALL

Visit us online for the most up to date drop-in schedules at [www.BoulderParks-Rec.org](http://www.BoulderParks-Rec.org)

## ▶ ADULT DODGEBALL & INDOOR KICKBALL

### Coed Dodgeball League

(Ages 16+) Learn the five d's of dodgeball: dodge, duck, dip, dive and dodge! The 6 week season will include 2 matches per night with a tournament for the last meeting. Teams start play with 3 men and 3 women on the court. Information: Megann at 303-413-7465 or lohmanm@bouldercolorado.gov No matches Nov 26.

231110 11/5-12/17 Th, 6-9pm South 6 \$315

### Indoor Kickball

(Ages 16+) For off the wall fun join the indoor coed kickball league. The walls and baskets are in play for this 6 week season including a best match championship for the end of season games. Teams start with 3 men and 3 women in the 'field'. Fees are team based with no additional player fees. No games 11/23. Information: Megann at 303-413-7465 or lohmanm@bouldercolorado.gov

232088 11/2-12/14 M, 7-10pm North 6 \$315

## ▶ ADULT VOLLEYBALL LEAGUES

(Ages 16+) Play volleyball year round! Indoor leagues winter, spring and fall and outdoor leagues in the summer. Divisions are explained online at [www.bprsports.org](http://www.bprsports.org). Fees are team based with no additional player fees. Information: Erynn at 303-441-4137 or simonee@bouldercolorado.gov

### Co-Ed 6's D1

231137 9/23-11/11 W, 7-10pm East 8 \$425

### Co-Ed 6's D2

231138 9/23-11/11 W, 7-10pm East 8 \$425

### Co-Ed 6's Rec

231140 9/22-11/10 Tu, 7-10pm East 8 \$425

### Women's 6's D1

231141 9/24-11/12 Th, 6-10pm East 8 \$425

### Women's 6's D2 - Thur

231142 9/24-11/12 Th, 6-10pm East 8 \$425

### Women's 6's D2 - Tues

231139 9/22-11/10 Tu, 7-10pm East 8 \$425

### Senior Volleyball

(Ages 50+) Senior Volleyball- Teams must also register with the Colorado Senior Volleyball Association. (CSVA) Information: Erynn at 303-441-4137 or simonee@bouldercolorado.gov

231144 9/2-11/11 W, 1-4pm East 10 \$425



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](http://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](http://www.BoulderAquatics.org)

## Drop-In Aquatic Fitness Classes

Drop-in aquatic fitness classes are available, see page 41 for details or visit us online for a schedule at [www.BoulderAquatics.org](http://www.BoulderAquatics.org). All pass or drop-in fee information can be found on page 10 or online.

## WANTED – Lifeguards & Swim Lesson Instructors

Are you reliable, energetic, and hardworking? Join our team of professional lifeguards and swim instructors. Flexible hours, competitive wages, and great benefits. Previous experience is preferred, but not required.

Apply online at [www.BoulderColorado.gov](http://www.BoulderColorado.gov).

For info, contact JD Klingenberg at [KlingenbergJ@bouldercolorado.gov](mailto:KlingenbergJ@bouldercolorado.gov)



## ▶ PRIVATE & \*SEMI-PRIVATE SWIM LESSONS

Swimmers of all levels will benefit from private swim instruction! Sign up today by filling out the online form at [www.BoulderAquatics.org](http://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).

## Lifeguard Training Classes

231191	9/18-9/20	F, 4-8pm & Sa/Su, 8am-5pm	South	\$182/\$219
232194	10/16-10/18	F, 4-8pm & Sa/Su, 8am-5pm	North	\$182/\$219
232193	11/6-11/8	F, 4-8pm & Sa/Su, 8am-5pm	North	\$182/\$219
232195	12/18-12/20	F, 4-8pm & Sa/Su, 8am-5pm	North	\$182/\$219

## Lifeguard Training Instructor Course

231192	11/13-11/15	F, 4-8pm & Sa/Su, 8am-5pm	North	\$182/\$219
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Pre-Requisite testing will be done by appointment. Contact JD Klingenberg at 303-413-7468 or [KlingenbergJ@bouldercolorado.gov](mailto:KlingenbergJ@bouldercolorado.gov).

# SWIMMING

## ► 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.

231258	9/14-10/12	M, 5:35-6:05pm	North	5	\$30/\$38
231259	9/15-10/13	Tu, 6:40-7:10pm	East	5	\$30/\$38
231264	9/16-10/14	W, 5:35-6:05pm	North	5	\$30/\$38
231260	9/17-10/15	Th, 5:30-6pm	East	5	\$30/\$38
231261	9/18-10/16	F, 9:45-10:15am★	North	5	\$30/\$38
231262	9/18-10/16	F, 10:20-10:50am★	North	5	\$30/\$38
231263	9/19-10/17	Sa, 11-11:30am★	East	5	\$30/\$38
231333	10/19-11/16	M, 5:35-6:05pm	North	5	\$30/\$38
231334	10/20-11/17	Tu, 6:40-7:10pm	East	5	\$30/\$38
231335	10/21-11/18	W, 5:35-6:05pm	North	5	\$30/\$38
231336	10/22-11/19	Th, 5:30-6pm	East	5	\$30/\$38
231337	10/23-11/20	F, 9:45-10:15am★	North	5	\$30/\$38
231338	10/23-11/20	F, 10:20-10:50am★	North	5	\$30/\$38
231339	10/24-11/21	Sa, 11-11:30am★	East	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.

231202	9/14-10/12	M, 5-5:30pm	North	5	\$60/\$75
231219	9/14-10/12	M, 6:10-6:40pm	North	5	\$60/\$75
231201	9/15-10/13	Tu, 5:30-6pm	East	5	\$60/\$75
231203	9/16-10/14	W, 5-5:30pm	North	5	\$60/\$75
231205	9/17-10/15	Th, 5:30-6pm	East	5	\$60/\$75
231206	9/17-10/15	Th, 6:40-7:10pm	East	5	\$60/\$75
231204	9/18-10/16	F, 10:20-10:50am★	North	5	\$60/\$75
231207	9/19-10/17	Sa, 9:15-9:45am★	East	5	\$60/\$75
231218	9/19-10/17	Sa, 10:25-10:55am★	East	5	\$60/\$75
231278	10/19-11/16	M, 5-5:30pm	North	5	\$60/\$75
231297	10/19-11/16	M, 6:10-6:40pm	North	5	\$60/\$75
231277	10/20-11/17	Tu, 5:30-6pm	East	5	\$60/\$75
231279	10/21-11/18	W, 5-5:30pm	North	5	\$60/\$75
231281	10/22-11/19	Th, 5:30-6pm	East	5	\$60/\$75
231282	10/22-11/19	Th, 6:40-7:10pm	East	5	\$60/\$75
231280	10/23-11/20	F, 10:20-10:50am★	North	5	\$30/\$38
231296	10/24-11/21	Sa, 10:25-10:55am★	East	5	\$30/\$38
231339	10/24-11/21	Sa, 11-11:30am★	East	5	\$30/\$38

### 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.

231228	9/14-10/12	M, 5-5:30pm	North	5	\$60/\$75
231230	9/14-10/12	M, 6:10-6:40pm	North	5	\$60/\$75
231208	9/15-10/13	Tu, 5:30-6pm	East	5	\$60/\$75
231209	9/16-10/14	W, 5-5:30pm	North	5	\$60/\$75
231220	9/16-10/14	W, 5:35-6:05pm	North	5	\$60/\$75
231210	9/17-10/15	Th, 5:30-6pm	East	5	\$60/\$75
231211	9/17-10/15	Th, 6:40-7:10pm	East	5	\$60/\$75
231229	9/18-10/16	F, 10:20-10:50am★	North	5	\$60/\$75
231212	9/19-10/17	Sa, 9:15-10:15am★	East	5	\$60/\$75
231213	9/19-10/17	Sa, 10:25-10:55am★	East	5	\$60/\$75
231285	10/19-11/16	M, 5-5:30pm	North	5	\$60/\$75
231270	10/19-11/16	M, 6:10-6:40pm	North	5	\$60/\$75
231284	10/20-11/17	Tu, 5:30-6pm	East	5	\$60/\$75
231286	10/21-11/18	W, 5-5:30pm	North	5	\$60/\$75
231298	10/21-11/18	W, 5:35-6:05pm	North	5	\$60/\$75
231288	10/22-11/19	Th, 5:30-6pm	East	5	\$60/\$75



**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 becks@bouldercolorado.gov



[www.BoulderParks-Rec.org](http://www.BoulderParks-Rec.org)

## Small Group Preschool Level 2 (continued from pg. 37)

231308	10/22-11/19	Th, 6:40-7:10pm	East	5	\$60/\$75
231287	10/23-11/20	F, 10:20-10:50am★	North	5	\$30/\$38
231288	10/24-11/21	Sa, 9:15-9:45am★	East	5	\$30/\$38
231290	10/24-11/21	Sa, 10:25-10:55am★	East	5	\$30/\$38

## 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.

231226	9/14-10/12	M, 5-5:30pm	North	5	\$60/\$75
231214	9/15-10/13	Tu, 5:30-6pm	East	5	\$60/\$75
231215	9/16-10/14	W, 5-5:30pm	North	5	\$60/\$75
231233	9/17-10/15	Th, 5:30-6pm	East	5	\$60/\$75
231216	9/17-10/15	Th, 6:40-7:10pm	East	5	\$60/\$75
231217	9/18-10/16	F, 10:20-10:50am★	North	5	\$60/\$75
231221	9/19-10/17	Sa, 9:15-9:45am★	East	5	\$60/\$75
231225	9/19-10/17	Sa, 10:25-10:55am★	East	5	\$60/\$75
231292	10/19-11/16	M, 5-5:30pm	North	5	\$60/\$75
231291	10/20-11/17	Tu, 5:30-6pm	East	5	\$60/\$75
231309	10/21-11/18	W, 5-5:30pm	North	5	\$60/\$75
231293	10/22-11/19	Th, 5:30-6pm	East	5	\$60/\$75
231294	10/22-11/19	Th, 6:40-7:10pm	East	5	\$60/\$75
231295	10/23-11/20	F, 10:20-10:50am★	North	5	\$30/\$38
231299	10/24-11/21	Sa, 9:15-9:45am★	East	5	\$30/\$38
231306	10/24-11/21	Sa, 10:25-10:55am★	East	5	\$30/\$38

## ► 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.

231193	9/14-10/12	M, 5:35-6:05pm	North	5	\$30/\$38
231196	9/15-10/13	Tu, 6:05-6:35pm	East	5	\$30/\$38
231194	9/17-10/15	Th, 6:05-6:35pm	East	5	\$30/\$38
231227	9/18-10/16	F, 9:45-10:15am★	North	5	\$30/\$38
231195	9/19-10/17	Sa, 9:50-10:20am★	East	5	\$30/\$38
231268	10/19-11/16	M, 5:35-6:05pm	North	5	\$30/\$38
231273	10/20-11/17	Tu, 6:05-6:35pm	East	5	\$30/\$38
231269	10/22-11/19	Th, 6:05-6:35pm	East	5	\$30/\$38
231271	10/23-11/20	F, 9:45-10:15am★	North	5	\$30/\$38
231272	10/24-11/21	Sa, 9:50-10:20am★	East	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.

231199	9/14-10/12	M, 5:35-6:05pm	North	5	\$30/\$38
231197	9/15-10/13	Tu, 6:05-6:35pm	East	5	\$30/\$38
231198	9/17-10/15	Th, 6:05-6:35pm	East	5	\$30/\$38
231200	9/18-10/16	F, 9:45-10:15am★	North	5	\$30/\$38
231222	9/19-10/17	Sa, 9:50-10:20am★	East	5	\$30/\$38
231276	10/19-11/16	M, 5:35-6:05pm	North	5	\$30/\$38
231274	10/20-11/17	Tu, 6:05-6:35pm	East	5	\$30/\$38
231275	10/22-11/19	Th, 6:05-6:35pm	East	5	\$30/\$38
231307	10/23-11/20	F, 9:45-10:15am★	North	5	\$30/\$38
231300	10/24-11/21	Sa, 9:50-10:20am★	East	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.

231231	9/14-10/12	M, 5:35-6:05pm	North	5	\$30/\$38
231223	9/15-10/13	Tu, 6:05-6:35pm	East	5	\$30/\$38
231232	9/17-10/15	Th, 6:05-6:35pm	East	5	\$30/\$38
231224	9/18-10/16	F, 9:45-10:15am★	North	5	\$30/\$38
231234	9/19-10/17	Sa, 9:50-10:20am★	East	5	\$30/\$38
231301	10/19-11/16	M, 5:35-6:05pm	North	5	\$30/\$38
231302	10/20-11/17	Tu, 6:05-6:35pm	East	5	\$30/\$38
231303	10/22-11/19	Th, 6:05-6:35pm	East	5	\$30/\$38
231304	10/23-11/20	F, 9:45-10:15am★	North	5	\$30/\$38
231305	10/24-11/21	Sa, 9:50-10:20am★	East	5	\$30/\$38



# SWIMMING

## ► 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.

231235	9/14-10/12	M, 5-5:30pm	North	5	\$30/\$38
231239	9/16-10/14	W, 5-5:30pm	North	5	\$30/\$38
231236	9/16-10/14	W, 6:10-6:40pm	North	5	\$30/\$38
231237	9/17-10/15	Th, 6:05-6:35pm	East	5	\$30/\$38
231241	9/19-10/17	Sa, 10:25-10:55am★	East	5	\$30/\$38
231243	9/19-10/17	Sa, 11-11:30am★	East	5	\$30/\$38
231315	10/19-11/16	M, 5-5:30pm	North	5	\$30/\$38
231316	10/21-11/18	W, 5-5:30pm	North	5	\$30/\$38
231310	10/21-11/18	W, 6:10-6:40pm	North	5	\$30/\$38
231319	10/22-11/19	Th, 6:05-6:35pm	East	5	\$30/\$38
231320	10/24-11/21	Sa, 10:25-11:55am★	East	5	\$30/\$38
230312	10/24-11/21	Sa, 11-11:30am★	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.

231238	9/14-10/12	M, 6:10-6:40pm	North	5	\$30/\$38
231250	9/15-10/13	Tu, 6:05-6:35pm	East	5	\$30/\$38
231406	9/15-10/13	Tu, 6:40-7:10pm	East	5	\$30/\$38
231252	9/16-10/14	W, 5:35-6:05pm	North	5	\$30/\$38
231404	9/16-10/14	W, 6:10-6:40pm	North	5	\$30/\$38
231408	9/17-10/15	Th, 6:40-7:10pm	East	5	\$30/\$38
231253	9/19-10/17	Sa, 9:15-9:45am★	East	5	\$30/\$38
231254	9/19-10/17	Sa, 11-11:30am★	East	5	\$30/\$38
231324	10/19-11/16	M, 6:10-6:40pm	North	5	\$30/\$38
231323	10/20-11/17	Tu, 6:05-6:35pm	East	5	\$30/\$38
231407	10/20-11/17	Tu, 6:40-7:10pm	East	5	\$30/\$38
231327	10/21-11/18	W, 5:35-6:05pm	North	5	\$30/\$38
231405	10/21-11/18	W, 6:10-6:40pm	North	5	\$30/\$38
231409	10/22-11/19	Th, 6:40-7:10pm	East	5	\$30/\$38
231322	10/24-11/21	Sa, 9:15-9:45am★	East	5	\$30/\$38
231321	10/24-11/21	Sa, 11-11:30am★	East	5	\$30/\$38

### Financial Assistance for Recreation Facilities & Programs



Did you know we offer reduced rates to assist with program fees and admission to the recreation centers for adults and children who cannot otherwise participate due to financial limitations?

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

### 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.

231242	9/14-10/12	M, 6:10-6:40pm	North	5	\$30/\$38
231255	9/15-10/13	Tu, 6:40-7:10pm	East	5	\$30/\$38
231240	9/16-10/14	W, 5:35-6:05pm	North	5	\$30/\$38
231256	9/19-10/17	Sa, 9:50-10:20am★	East	5	\$30/\$38
231328	10/19-11/16	M, 6:10-6:40pm	North	5	\$30/\$38
231326	10/20-11/17	Tu, 6:40-7:10pm	East	5	\$30/\$38
231329	10/21-11/18	W, 5:35-6:05pm	North	5	\$30/\$38
231325	10/24-11/21	Sa, 9:50-10:20am★	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.

231251	9/15-10/13	Tu, 5:30-6pm	East	5	\$30/\$38
231244	9/16-10/14	W, 6:10-6:40pm	North	5	\$30/\$38
231257	9/19-10/17	Sa, 11-11:30am★	East	5	\$30/\$38
231317	10/20-11/17	Tu, 5:30-6pm	East	5	\$30/\$38
231311	10/21-11/18	W, 6:10-6:40pm	North	5	\$30/\$38
231330	10/24-11/21	Sa, 11-11:30am★	East	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.

231245	9/15-10/13	Tu, 6:40-7:10pm	East	5	\$30/\$38
231247	9/16-10/14	W, 6:10-6:40pm	North	5	\$30/\$38
231313	10/20-11/17	Tu, 6:40-7:10pm	East	5	\$30/\$38
231318	10/21-11/18	W, 6:10-6:40pm	North	5	\$30/\$38

## ► BOULDER BARRACUDAS SWIM CLINICS

(Age 7-18) Clinics will help swimmers develop swimming skills during the off-season for better racing results next summer. Clinics are open to the public. Must be able to swim 25 yards without assistance. Clinics will focus on stroke form, endurance and technique.

Drop-in	9/19-12/26	Sa, 11am-12pm	East	15	see pg. 10
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## ▶ 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.

231191	9/19-10/17	Sa, 9:15-10am★	East	5	\$45/\$56
231266	10/24-11/21	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.

231192	9/19-10/17	Sa, 10-11am★	East	5	\$70/\$88
231267	10/24-11/21	Sa, 10-11am★	East	5	\$70/\$88

## ▶ KAYAK PRACTICE

### Kayak Nights at Scott Carpenter Pool

Come join us every Monday and Wednesday evening at Scott Carpenter pool to work on rolls and maneuvers. Your Kayak needs to be clean upon pool entry. A safety spotter is recommended for all participants. See page 10 for drop-in fees.

Drop-in	8/3-9/13	M/W, 4-6pm	Scott Pool	see pg. 10
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## ▶ 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.

230605	9/14-9/30	M/W/F, 8-9am	East	8	\$32/\$40	Martin
230607	10/2-10/30	M/W/F, 8-9am	East	13	\$65/\$81	Martin
230608	11/2-11/20	M/W/F, 8-9am	East	9	\$45/\$56	Martin
230610	12/2-12/21	M/W/F, 8-9am	East	9	\$45/\$56	Martin

### 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.

230603	9/15-9/29	Tu/F, 9-10am	East	4	\$20/\$25
230604	10/2-10/30	Tu/F, 9-10am	East	9	\$45/\$56
230606	11/3-11/20	Tu/F, 9-10am	East	6	\$36/\$45
230609	12/1-12/18	Tu/F, 9-10am	East	6	\$30/\$37

## ▶ DROP-IN AQUATIC FITNESS CLASSES

Additional aquatic fitness classes can be found on the drop-in fitness schedule online at [www.BoulderAquatics.org](http://www.BoulderAquatics.org). All pass or drop-in fee information can be found on page 10 or online. **Please note:** East Boulder Community Center will be closed for annual maintenance, August 29-September 13.

### 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/F, 9:15-10:15am★ 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

### Hy-Dro Drive Aquatic Sampler (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.

**Come try these exciting new sampler classes:**

**September** - Hydro Power & Barbell Workout | **October** - Mind & Body  
**November** - Aqua Boot Camp | **December** - Aqua Cardio Challenge

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

# TENNIS



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

## ► TENNIS COURT LOCATIONS

- Arapahoe Ridge, Eisenhower Drive - 2 courts
- Baseline Middle, 700 20th Street - 2 courts
- Centennial Middle, 2205 Norwood - 8 courts
- Chautauqua Park, Ninth & Baseline - 1 court
- Columbine, 20th & Glenwood - 2 courts
- East Center, 5660 Sioux Drive, - 5 courts\* (lights)
- Fairview High, Greenbriar & Knox - 8 courts
- Knollwood, Fourth & Spruce - 2 courts
- 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](mailto:gonzo@gonzotennis.com) to let instructors know which class you plan to drop into.

<b>1 punch</b>	<b>3 punches</b>	<b>6 punches</b>
<b>\$21</b>	<b>\$60</b>	<b>\$113</b>

## 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](mailto:gonzo@gonzotennis.com) to let instructors know which class you plan to drop into.

<b>1 punch</b>	<b>3 punches</b>	<b>6 punches</b>
<b>\$13</b>	<b>\$36</b>	<b>\$68</b>

## Private Tennis Lessons

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

For more information contact Gonzo Garcia at 720-480-0249 or [gonzo@gonzotennis.com](mailto:gonzo@gonzotennis.com)

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

## ► 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](mailto:gonzo@gonzotennis.com)

Program info: Dean at 303-441-4427 or [rummeld@bouldercolorado.gov](mailto:rummeld@bouldercolorado.gov)

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

## ► TENNIS – SENIORS

(Ages 60+) Seniors! Come have fun, stay young, burn calories, make new friends, and play the life long game of tennis.

230282	8/28-9/18	F, 9-10:30am	East	4	\$63/\$79
230283	10/2-10/23	F, 9-10:30am	East	4	\$63/\$79

## ► TENNIS – ADULTS

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

### Beginner

230327	8/25-9/15	Tu, 5:30-7pm	East	4	\$63/\$79
230325	8/26-9/16	W, 5:30-7pm	North	4	\$63/\$79
230311	8/27-9/17	Th, 5:30-7pm	East	4	\$63/\$79
230328	9/29-10/20	Tu, 5:30-7pm	East	4	\$63/\$79
230326	9/30-10/21	W, 5:30-7pm	North	4	\$63/\$79
230312	10/1-10/22	Th, 5:30-7pm	East	4	\$63/\$79

### Beginner with Gonzo

230315	8/26-9/16	W, 9-10:30am	East	4	\$88/\$110	Gonzo
230316	8/27-9/17	Th, 9-10:30am	North	4	\$88/\$110	Gonzo
230317	9/30-10/21	W, 9-10:30am	East	4	\$88/\$110	Gonzo
230318	10/1-10/22	Th, 9-10:30am	North	4	\$88/\$110	Gonzo

### Intermediate

230313	8/24-9/14	M, 5:30-7pm	East	4	\$63/\$79
230319	8/26-9/16	W, 5:30-7pm	East	4	\$63/\$79
230314	9/28-10/19	M, 5:30-7pm	East	4	\$63/\$79
230330	9/30-10/21	W, 5:30-7pm	East	4	\$63/\$79

### Intermediate with Gonzo

230320	8/25-9/15	Tu, 9-10:30am	North	4	\$88/\$110	Gonzo
230321	8/26-9/16	W, 10:30am-12pm	East	4	\$88/\$110	Gonzo
230323	8/27-9/17	Th, 10:30am-12pm	North	4	\$88/\$110	Gonzo
230329	9/29-10/20	Tu, 9-10:30am	North	4	\$88/\$110	Gonzo
230322	9/30-10/21	W, 10:30am-12pm	East	4	\$88/\$110	Gonzo
230324	10/1-10/22	Th, 10:30am-12pm	North	4	\$88/\$110	Gonzo

## Gonzo Tennis - Doubles Social

A friendly competitive environment is provided where all are welcome to play tennis. For more detailed information visit [www.gonzotennis.com](http://www.gonzotennis.com) Fridays, 9 a.m. at East

## Adult & Juniors Fall Mix & Match

A fun mix of activities.

- Singles and doubles round-robin tournaments
- Meeting with other clubs
- Fun and innovative play
- Challenge matches
- Clinics

230284	8/22-10/10	Sa, 3-5pm	Centennial Middle School	8	\$130/\$163
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## ► TENNIS – JUNIORS

(Ages 10-15) Divided into different levels determined by age and ability. These game-based programs use specific exercises and fun games to help students understand the aspects of tennis. Must get approved by Gonzo to register for intermediate and advanced courses. [www.gonzotennis.com](http://www.gonzotennis.com).

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

### Beginner

230334	8/25-10/13	Tu, 4-5pm	East	8	\$84/\$105
230335	8/27-10/15	Th, 4-5pm	East	8	\$84/\$105
230337	8/29-10/17	Sa, 9-10am	North	8	\$84/\$105

### Intermediate

230338	8/25-10/13	Tu, 5-6pm	East	8	\$84/\$105
230340	8/27-10/15	Th, 5-6pm	East	8	\$84/\$105
230342	8/29-10/17	Sa, 10-11am	North	8	\$84/\$105

### Advanced

230343	8/25-10/13	Tu, 6-7pm	East	8	\$84/\$105
230345	8/27-10/15	Th, 6-7pm	East	8	\$84/\$105

# Halloween Carnival

Friday, October 30 • 3-5 p.m.

Ages 3-8 • \$5 per child  
South Boulder Rec. Center, 1360 Gillaspie

Carnival Games • Crafts • Prizes  
Snacks • Face Painting & More!

Wear your costume!

#232386  
Register online at  
[www.BoulderParks-Rec.org](http://www.BoulderParks-Rec.org)



# TENNIS

## ► TENNIS – PERFORMANCE TRAINING

- Jr. Training with Gonzo 10 & Under
- Jr. Training with Gonzo 12 & Under
- High Performance Program - 16 & Under

Contact Gonzo for an evaluation prior to registration for the “training” classes at [gonzo@gonzotennis.com](mailto:gonzo@gonzotennis.com).



## ► TENNIS - YOUTH

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

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

### Mini Gonzos (Ages 3-4)

230244	8/24-10/12	M, 3:15-3:45pm	East	8	\$63/\$79
230245	8/25-10/13	Tu, 3:15-3:45pm	East	8	\$63/\$79
230246	8/26-10/14	W, 3:15-3:45pm	East	8	\$63/\$79
230265	8/26-10/14	W, 3:15-3:45pm	North	8	\$63/\$79
230247	8/27-10/15	Th, 3:15-3:45pm	East	8	\$63/\$79
230248	8/28-10/16	F, 3:15-3:45pm	East	8	\$63/\$79
230249	8/29-10/17	Sa, 9:45-10:15am	North	8	\$63/\$79
230250	8/30-10/18	Su, 9:45-10:15am	East	8	\$63/\$79

### Mini Gonzos in the Gym (Ages 3-4)

230269	10/27-12/8	Tu, 2:45-3:15pm	North	7	\$63/\$79
230273	10/29-12/17	Th, 3:15-3:45pm	East	7	\$63/\$79
230276	10/31-12/12	Sa, 9:45-10:15am	North	7	\$63/\$79
230279	11/1-12/13	Su, 10:30-11am	East	7	\$63/\$79

### Tiny Gonzos (Ages 5-6)

230251	8/24-10/12	M, 3:45-4:30pm	East	8	\$71/\$89
230252	8/25-10/13	Tu, 3:45-4:30pm	East	8	\$71/\$89
230253	8/26-10/14	W, 3:45-4:30pm	East	8	\$71/\$79
230266	8/26-10/14	W, 3:45-4:15pm	North	8	\$71/\$89
230254	8/27-10/15	Th, 3:45-4:30pm	East	8	\$71/\$89
230255	8/28-10/16	F, 3:45-4:30pm	East	8	\$71/\$89
230256	8/29-10/17	Sa, 10:15-11am	North	8	\$71/\$89
230257	8/30-10/18	Su, 10:15-11am	East	8	\$71/\$89

### Tiny Gonzos in the Gym (Ages 5-6)

230271	10/26-12/7	M, 3:45-4:30pm	East	7	\$71/\$89
230270	10/27-12/8	Tu, 3:15-4pm	North	7	\$71/\$89
230274	10/29-12/17	Th, 3:45-4:30pm	East	7	\$71/\$89
230277	10/31-12/12	Sa, 10:15-11am	North	7	\$71/\$89
230280	11/1-12/13	Su, 11-11:45am	East	7	\$71/\$89

### Mighty Gonzos (Ages 7-9)

230258	8/24-10/12	M, 4:30-5:30pm	East	8	\$84/\$105
230259	8/25-10/13	Tu, 4:30-5:30pm	East	8	\$84/\$105
230260	8/26-10/14	W, 4:30-5:30pm	East	8	\$84/\$105
230267	8/26-10/14	W, 4:30-5:30pm	North	8	\$84/\$105
230261	8/27-10/15	Th, 4:30-5:30pm	East	8	\$84/\$105
230262	8/28-10/16	F, 4:30-5:30pm	East	8	\$84/\$105
230263	8/29-10/17	Sa, 11am-12pm	North	8	\$84/\$105
230264	8/30-10/18	Su, 11am-12pm	East	8	\$84/\$105

### Mighty Gonzos in the Gym (Ages 7-9)

230272	10/26-12/7	M, 4:30-5:30pm	East	7	\$84/\$105
232033	10/27-12/8	Tu, 4-5pm	North	7	\$84/\$105
230275	10/29-12/17	Th, 4:30-5:30pm	East	7	\$84/\$105
230278	10/31-12/12	Sa, 11am-12pm	North	7	\$84/\$105
230281	11/1-12/13	Su, 11:45am-12:45pm	East	7	\$84/\$105

## Tennis Party 2015

- Sponsored Games
- Skills/Drills
- Racquet Demos
- Serve Speed Radar Gun
- Prize games

**FREE!**

**GONZO  
TENNIS**



For details visit  
[www.GonzoTennis.com](http://www.GonzoTennis.com)

# VALMONT BIKE PARK



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

## ► BIKING PROGRAMS AT VALMONT

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.

\*Register online at [www.Avid4.com](http://www.Avid4.com)

**Questions & Information:** Avid4 Adventure, [vbp@avid4.com](mailto:vbp@avid4.com) or call 800-977-9873 or City of Boulder Parks & Recreation Department, [www.BoulderParks-Rec.org](http://www.BoulderParks-Rec.org).

### Remaining Summer Skills Camp

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

- Participants will be divided into groups of 7 or less; must be able to ride 2-wheeler.
- Early Drop-Off at 8-9 a.m. and after care is available until 5:30 p.m.
- Daily lunch from Sprouts is also available.
- Special Park Bikes and protective gear (required) can be rented for an additional fee.

Information: Avid4 Adventure, [vbp@avid4.com](mailto:vbp@avid4.com) or call 720-249-2412.

* 8/10-8/14	M-F, 9am-3pm	\$395 per week
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\* Register online at [www.avid4.com](http://www.avid4.com)

### After School Programs

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

#### Session 1

* 8/17-9/14	M, 3:45-6:15pm	\$195
* 8/18-9/15	Tu, 3:45-6:15pm	\$195
* 8/19-9/16	W, 3:45-6:15pm	\$195
* 8/20-9/17	Th, 3:45-6:15pm	\$195

#### Session 2

* 9/21-10/19	M, 3:45-6:15pm	\$195
* 9/22-10/20	Tu, 3:45-6:15pm	\$195
* 9/23-10/21	W, 3:45-6:15pm	\$195
* 9/24-10/22	Th, 3:45-6:15pm	\$195

### Private or Group Lessons - Youth & Teens

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

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

#### Individual (3 hour classes)

1 Private Lesson	\$150
3 Private Lessons	\$420
6 Private Lessons	\$780

#### Group (3 hour classes)

2 people	\$200
3 people	\$250
4 people	\$300
5 people	\$350

# 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](http://ValmontBikePark.org) or the Facebook page at [www.facebook.com/ValmontBikePark](http://www.facebook.com/ValmontBikePark)

Check out the “know before you go” video for Valmont Bike Park at [www.valmontbikepark.com](http://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](mailto: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](mailto:valmontbikepark@bouldercolorado.gov).**

### 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. Whether you want to fly through the air, win races or just have more fun, Lee's teaching method will give you a safe, solid foundation and help you reach your cycling goals. Lee's private sessions are favorites among beginners and pros alike. Focus on your specific needs: body position, braking, cornering, riding up and down obstacles, pumping terrain, dropping, jumping, technical trail riding and more. Valmont Bike Park is the greatest place on earth to do this!

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

- Minimum one rider per session. Maximum six riders per session.
- Private classes start at \$175.

To learn more and to register, go to [www.leelikesbikes.com](http://www.leelikesbikes.com) or email [lee@leelikesbikes.com](mailto:lee@leelikesbikes.com)



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

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

### Public Mountain Biking Clinics with Lee Likes Bikes

(Age 18+) Level 1 and Level 2 public classes are the most proven and cost-effective way for adults to become safer, smoother and faster riders. No matter what style of riding you love, or what level you ride at, you will finish this program with a solid foundation, a renewed passion and a whole new level of flow. Attendees will go through a progression that includes position, braking, cornering and riding up and down obstacles. From that foundation, it's a series of simple steps to more advanced skills. You have tons of fun riding — and learning on — the awesome terrain of Valmont Bike Park.

- Public classes start at \$75. Improve your riding in just a couple hours!
- Weekday afternoons and weekend mornings.

Details, dates and registration at [www.leelikesbikes.com](http://www.leelikesbikes.com)

# POLICIES & INFORMATION

## Recreation Center Holiday & Maintenance Closures

8/15-8/23 • North Boulder Rec. Center closed - annual maintenance

8/29-9/13 • East Boulder Community Center closed - annual maintenance

9/7 • North Boulder Rec. Center open 8am-1:30 pm; South Boulder Rec. Center & East Boulder Community Center closed - Labor Day

9/13 • Scott Carpenter Pool & Spruce Pool close

11/26 • All closed for Thanksgiving

11/27 • Modified hours:  
East Boulder Center, 5:30 a.m.-9:30 p.m.  
North Boulder Rec Center, 8 a.m.-7:30 p.m.  
South Boulder Rec Center, 8 a.m.-8 p.m.

12/24 • All close at 1:30 p.m.

12/25 • All closed for Christmas

## 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**

## Class Size

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

## Nothing Cancels a Program

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

## Group Discount Program

Discounted rates are available for businesses and organizations with five or more employees; and for Boulder Chamber of Commerce members! For information call Christy Munoz at 303-413-7259 or visit [www.BoulderParks-Rec.org](http://www.BoulderParks-Rec.org)

## Reduced Rate Program

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

## In an Emergency - What's Our Plan?

The city of Boulder Parks and Recreation Department operates many programs and facilities for the Boulder community. We know that under rare circumstances, extreme weather or other situations have the potential to impact our operations, facilities and patrons. In an emergency, staff will follow plans and procedures designed to ensure the safety of participants. A plan has been tailored to each specific site and facility we manage. In the event of an emergency requiring the relocation of participants, program leaders will communicate their actions and evacuation location (once practical) to department communication staff. This information will be uploaded to the city's Website ([www.bouldercolorado.gov](http://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, Supervisor .....303-413-7256

### COMMUNITY OUTREACH

Internships Coordinator .....303-413-7200

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

Christy Munoz  
Group Discount Program .....303-413-7259

### AQUATICS

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

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

JD Klingenberg, Pool Operations..303-413-7468

Jason Stolz, Aquatics Supervisor .....303-441-3435

### GYMNASTICS

Doug Felkley, Coordinator .....303-413-7265

Prudence Keenan, Coordinator.....303-413-7265

### HEALTH & WELLNESS

Fitness & Weight Training.....303-413-7264

Kathleen Murphy, Mind/Body .....303-413-7466

Summer Kennedy, Supervisor.....303-413-7264

### SPORTS

Program Information .....303-441-3410

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

Erynn Simone .....303-441-4137

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

### RECREATION CENTERS

Tim Duda, Supervisor EBCC .....303-413-7463

Jayson Swigart, Supervisor NBRC 303-413-7263

Todd Calvin, 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, Manager .....303-413-7219

### PARK OPERATIONS

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

### YOUTH SERVICES INITIATIVE

Alexis Moreno, Supervisor .....303-413-7217

### ADMINISTRATION

Yvette Bowden  
Director.....303-413-7200

Therron Dieckmann  
Deputy Director .....303-413-7200

Jeff Dillon  
Capital Investment Manager .....303-413-7200

Alison Rhodes  
District Services Manager .....303-413-7249

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](http://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](http://www.playboulder.org), email us at [info@playboulder.org](mailto:info@playboulder.org) or write us at PLAY Boulder, PO Box 20935, Boulder, CO 80308

### Financial Assistance for Recreation Facility & Programs



Did you know we offer reduced rates to assist with program fees and admission to the recreation centers for adults and children who cannot otherwise participate due to financial limitations? Youth scholarship assistance is also available for select programs and camps.

To find out more about these financial assistance 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
<b>Courses</b>	
• Before 2nd class	\$15
• After 2nd class	No Refund
<b>1 Meeting Programs</b>	
• One week prior to start date	No Refund
<b>2 Meeting Programs</b>	
• Before 1st Meeting	\$15
• After 1st Meeting	50%
• After 2nd Meeting	No Refund
<b>Camps</b>	
• Monday two weeks prior to start of camp	No Refund
• More than two weeks prior to start date	\$15
<b>Leagues</b>	
• 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
<b>Annual Pass</b>	
• Cancellation Fee	\$25
<b>Monthly Annual Pass</b>	
• Payments stopped upon request, no prorated refunds	
<b>Punch Cards &amp; Twilight Pass</b>	
• Cancellation Fee	\$15
<ol style="list-style-type: none"> <li>1. For pass and program withdrawals, customer will receive a refund of their prorated balance less a withdrawal fee.</li> <li>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.</li> <li>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.</li> <li>4. If a refund is authorized, the appropriate amount will be refunded via the original form of payment. No exceptions.</li> <li>5. For monthly billing option, see contract for refund policy.</li> </ol>	

## Online Registration

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

- **Online registration begins at 8:30 am Tuesday, August 4.**
- 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](http://www.BoulderParks-Rec.org)

- ▶ Go to [www.BoulderParks-Rec.org](http://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!

# Halloween Carnival

**Friday, October 30  
3-5 p.m.**

Ages 3-8 • \$5 per child

**South Boulder Rec Center**  
1360 Gillaspie, Boulder

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

Registration Code: 232386

Register online at  
[www.BoulderParks-Rec.org](http://www.BoulderParks-Rec.org)  
or call 303-413-7270



## Take a Kid Mountain Biking Day

**October 3 • 1-4 p.m. at Valmont Bike Park**

This annual event is held worldwide and encourages kids to enjoy the outdoors, riding their bikes. Valmont Bike Park is excited to host this great community event this year, offering mini-clinics, pump track time trials, short track races, a rock climbing wall and much more!

Event Partners: BMA, IMBA, SMBA, Avid4Adventure

**More information can be found at**  
[www.bouldermountainbike.org](http://www.bouldermountainbike.org)

## 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

**BOULDER  
CYCLE SPORT**

\$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.



## Gliding the Zip Line at Elks Park

Earlier this year, Kelly Bevilacqua and her son, Brian, created this image while visiting the recently developed Elks Park located at 3995 N. 28th Street in north Boulder.

“We love to ride our bikes to this park from our home near Lucky’s Market,” states Kelly. “We like the new playground and enjoy picnicking and playing Frisbee® and ball on the large grassy field. We also really like Foothills Community Park,” she adds.

“It took a lot of tries to get this shot, but Brian didn’t mind riding the zip line several times to get it.”

The Bevilacqua family has called Boulder home for more than 17 years. They enjoy the parks, the city’s swimming pools and recreation center-based school day off camps.

## 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](mailto: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 [www.boulderparks-rec.org](http://www.boulderparks-rec.org).



## Meet Tony Bresciani

- City contractor for the Evert Pierson Kid's Fishing Pond Project, family business man, and a true local.



*"I loved growing up in Boulder! I went to Crestview, Centennial and Boulder High. I still have many of the same friends from childhood and have been very fortunate to be a lifer of Boulder."*



Tony was recently recognized by the Daily Camera for his welding work and "bridging eras" at the city's popular Evert Pierson Kids' Fishing pond, located along the Boulder Creek path between 6th and 9th Streets. At the tender age of 5, Tony's picture was featured on the front page of the Daily Camera after he caught a very large trout at the exact place he is helping rebuild this summer, 25 years later.

*"My dad, my brother Jake and I frequently went fishing at the kids' pond. I vividly remember the day I hooked an 18-inch rainbow trout with my Snoopy fishing pole."*

## Who was Evert Pierson?

Evert Pierson was an important figure in the influential Boulder Fish and Game Club. Pierson was employed as an arborist by CU Boulder before serving in Africa, Europe and England during WW II. When he returned to Boulder, he became a postman and served as the stocking committee chairman for the Fish and Game Club. Pierson served in that capacity for many years and was honored by having the children's fishing pond named after him. Evert Pierson passed away in 2006 (at age 96).

## August Re-opening Anticipated.

We are working with the Colorado Department of Parks and Wildlife to re-stock the Evert Pierson Fishing Pond and encourage readers to check our webpage for the latest re-opening date. [www.BoulderParks-Rec.org](http://www.BoulderParks-Rec.org)

Tony, now the lead fabricator for his father's company, Bresciani Carpentry, is one of the contractors working to restore the Evert Pierson site that was destroyed in the 2013 flood. All pond restoration efforts are scheduled to be completed by late summer.

*"The project has really been a lot of fun. It was a true family affair. I fabricated and welded the bridge and both piers. My uncle Tim Futter and I, worked out of his shop to complete the fabrication. My mom Susie drove the flatbed to the job site with the piers on it. My brother Jake was a major part of putting the Trex® decking on. Even my sister Gianna and her 4-year-old daughter Susie June, helped by bringing us tools we needed, including dinner, on many of the late nights we put in working on the project."*

*"I can't wait to take Susie June fishing when the project is done and hope she can have an experience like I did at her age."*

# Volunteer Stewardships: Protecting Nature through Observation

**B**oulder is surrounded by open space lands that serve as a buffer to nearby development and are home to native plants and wildlife some of which are threatened and endangered. The Boulder Reservoir, a unique, 700-acre natural area, managed by the Parks & Recreation Department provides multi-use recreation, water storage facility and wildlife habitat. As with many natural areas, the challenge is maintaining a balance between protecting the diverse wildlife that call it home and the many recreational users seeking a place to play.

Gary Rabourn is one of 35 eco-stewards monitoring birds, mammals and recreational use at the Boulder Reservoir. He has been fascinated by nature since childhood and enjoys the outdoors. A six year veteran of the Birds of Special Concern/ Raptor monitoring Program, Gary religiously spends up to 3 hours every day at the reservoir observing wildlife and the interactions they encounter. As a volunteer, Gary reports on rare and declining bird species which include the Northern Harrier, American Bittern and Burrowing Owl as well as Osprey, Eagles, song birds and many other bird species that inhabit the area. City staff utilizes Gary's and other volunteers' data to aid in management decisions including the enactment of seasonal closures in compliance with various local, state and federal laws which are in place for the protection of wildlife species.

When not busy observing local wildlife, Gary can be seen biking or hiking the many trails at the reservoir with binoculars in hand, in virtually any kind of weather. What he loves most about volunteering is sharing his knowledge and wildlife discoveries with staff, other volunteers and anyone who is curious and wants to learn more.



Thank you Gary and all of the bird monitor volunteers who devote many hours to the preservation of wildlife at the Boulder Reservoir.

## Upcoming Volunteer Opportunities

**Saturday Volunteer Days • 9 a.m. to 12 p.m.**

**August 15 – Central Park - Bandshell**

**August 22 – Tom Watson Park – Shelter**

**September 5 – Valmont City Park – Bike Plaza**

**September 26 – National Public Lands Day - TBA**

**October 3 – Valmont City Park – Bike Plaza**

Large groups please RSVP at 303-413-7245. All ages welcome! (Supervision is required for ages 13 and younger)



## Is Cross-Cultural Experience Possible in Boulder?

Out for a morning run by the East Boulder Community Center last month, I bumped into my friend Scott. He was on his bike headed for a workout in the center’s weight room. Our conversation quickly turned to summer plans and he told me that he and his wife were headed down to Guatemala for several weeks to do some volunteer work. A few days earlier, I had learned about another friend’s plan to do service work in Kenya.

What an amazing community we live in! So many passionate people headed abroad to do wonderful things for other people. What better way to truly experience a different culture than through service?

But what if you want to make a difference in the world but don’t have the time or resources to spend several weeks abroad? What if you have kids in school and it’s just not practical right now, but you still want that element of cultural exchange? What if you want to see what it’s like before committing to an international service trip . . . ?



If you enjoy working with young people in cross-cultural settings, are willing to commit at least a few hours a week, and have a desire to work within your community’s Latin-American population, we may have an opportunity for you to make a difference close to home.

The Parks and Recreation Department’s Youth Service Initiative (YSI) provides after-school and summer time programs

for local youth living in low income housing. In addition to offering mentoring opportunities for high school aged youth within the program, YSI is always looking for volunteers to add new, interactive and engaging activities for participants. If you are interested in learning more about volunteering with YSI, please contact Alexis at: [Morenoa@BoulderColorado.gov](mailto:Morenoa@BoulderColorado.gov)

*Here is what some of our participants think of YSI:*

“I like this program because you hang out with kids that you like playing with, we do fun things like bowling and swimming, instead of watching TV.” –*Duilio, age 11*

“I like this program because you can make new friends.” –*Alan, age 9*

“It has programs that help neighborhoods.” – *Roberto, age 10*

## Benefits of Walking

On a recent day of hiking in Rocky Mountain National Park, I was struck by how many families were on the trail. It was wonderful to see small ones, teens and college students all walking and exploring nature together. Parents who take their children walking set the stage for making this healthy activity a life-long part of their lives.

In Boulder, we are fortunate to have the variety, vast number of miles and amazing accessibility to hiking trails and multi-use paths for all to enjoy. Our companion department, Open Space and Mountain Parks (OSMP), offers frequent seasonal ranger-lead and family friendly hikes. For example, the fun Ranger Paula Passport to Wild Adventure program that combines age-appropriate hikes and engaging, educational sessions for participants to learn about nature and locally-grown foods. A Wild Adventure

Passport patch is awarded to children who complete the program, which will help children meet the U.S. Center for Disease Control’s recommended 60 minutes of aerobic exercise a day for youth ages 6-17.

Late summer and early fall are great times to enjoy

hiking and walking Boulder’s many trails. Pick from scenic (Chautauqua, Greenbelt Plateau, Shanahan Ridge type trails) to purely practical (brisk “errand” walk to your local grocery store, the Farmers’ Market, your favorite park or nearby playground) and enjoy the many physical, emotional and social benefits of a good walk!

**For more information on walking opportunities in the city visit: [www.boulderparks-rec.org](http://www.boulderparks-rec.org).**

**For OSMP’s trails and programs visit: [www.OSMP.org](http://www.OSMP.org)**

**For more info about the benefits of walking and exercise visit: The American Heart Association at [www.startwalkingnow.org](http://www.startwalkingnow.org)**





# BOULDER 2030 KICKOFF EVENT

**AUGUST 31  
4-8 P.M.  
CHAUTAUQUA**

**6:30 PRESENTATION**  
in the Community House

**ACTIVITIES & DESSERT**  
in the picnic shelter (behind the auditorium)



**Over the next 18 months, Boulder will embark on an exciting journey.**

Our community will explore its aspirations for the future. Building on a legacy of engaged and forward-thinking community members, the comprehensive plan will direct the way the city grows, spends, and conserves its resources.

**Join the conversation and help shape Boulder's future!**



## OUR LEGACY. OUR FUTURE.

**BOULDER VALLEY COMPREHENSIVE PLAN**

**LEARN MORE & SIGN UP FOR UPDATES: [www.bouldervalleycompplan.net](http://www.bouldervalleycompplan.net)**

**Save  
The Date!**  
SUNDAY, SEPT. 27

Get there the Boulder Way to Go: By bike or by bus  
[www.rtd-denver.org](http://www.rtd-denver.org) or bike [www.GOBikeBoulder.net](http://www.GOBikeBoulder.net)

# Sunday, September 27 10 a.m. - 4 p.m. CICLOVIA!

*Transforming public streets  
into public play space*



**50+ FREE**  
ACTIVITIES AND CLASSES

**10 DYNAMIC**  
ZONES FILLED WITH FUN

**MILES**  
OF CAR-FREE STREETS

**GREEN  
STREETS**



[bouldergreenstreets.org](http://bouldergreenstreets.org)

Fall Program Registration  
begins **August 4**



# Dog Dayz

## at Scott Carpenter Pool

**Monday, Sept. 14-Sunday, Sept. 27**

**Dogs of Any Size**

Monday-Friday	12-2 p.m. & 5-7 p.m.
Sept. 19 & 26	11-2 p.m.

**Small Dogs Only (under 50 lbs.)**

Monday-Friday	11-12 p.m. & 4-5 p.m.
Sept. 19 & 26	10-11 a.m.

\$5 per dog or buy an unlimited pass for \$40  
(up to two dogs) additional dogs \$10 each.

**Dog Expo!**

Join us for a day of fun in the sun with our canine friends (all dogs welcome). Various organizations will be on site with samples, prizes and information.

**Sunday, Sept. 27 from 10-2 p.m.**

"Flying high" dog competition from 12:30-2 p.m.

*We are still seeking community sponsorships for the Expo. For sponsorship interest and more information please e-mail Jason Stolz at [stolzj@bouldercolorado.gov](mailto:stolzj@bouldercolorado.gov)*

