8 Free activities with your child pg. 55

Year of the Child
nature play & more pg. 9

90 Perfect Minutes
@ North Boulder Park pg. 6-7

Register Today
Dance • Gymnastics • Fitness
Sports • Swimming • Tennis
Camps • Mind/Body & More!
- Begins March 3
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.

Drop-In Fitness Classes
- Barre and Balance
- HIIT - High Intensity Interval Training
- Boulder Lift
- Carve
- Total Body Fitness
- Fitness for Life
- Hard Core
- Metabolic Resistance Training
- Pure Step
- Sports Conditioning
- The Ride!
- Group Power
- Also enjoy drop-in Basketball, Volleyball, Pickleball & Badminton

Aquatic Fitness Classes
- Aqua Zumba®
- Pre/Post-Natal Aqua Fit
- Water Fitness Aqua Motion
- Warm Water Fitness

Mind/Body Classes
- Ayre
- Nia
- Pilates Mat
- Pilates/Yoga Combo
- Restorative Yoga & Pranayama
- Yin Yoga
- Yoga
- Zumba®
- Chi Kung
- Kundalini Yoga

Recreation Centers
Cardio & Weight Rooms (pg. 24-25)
Attain the strength, flexibility and cardio fitness you desire. Each center features the latest equipment for designing your ultimate workout.

Swimming (pg. 37-40)
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.

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Health & Wellness Zone . back cover

Stay Informed with FREE eNews!
Want to learn more about the latest classes, events, community meetings, weather or construction-related closures and more by joining our eNews list. It’s easy, just visit us online at boulderparks-rec.org and subscribe to the list that interests you most and start enjoying up-to-date Parks and Recreation news.

Follow us on Twitter & Like us on Facebook!
Get the latest news, special offers and information.

Follow us at: twitter.com/boulderparksrec
Like us at: facebook.com/boulderparksrec
Park Planning Updates

The City of Boulder’s Parks & Recreation Department is committed to providing quality programs and facilities for our community. We’re excited to announce our latest planning and development projects.

Visit the Newly Renovated Elks Park

Elks Parks is one of the department’s latest neighborhood park projects located along north 28th Street in North Boulder. This park was under construction in September 2013 and was severely impacted by the flooding of nearby 4 Mile Creek.

One year later, the park’s completion and opening was celebrated on Sept. 12, 2014, to great reviews and excitement from the community. Elks Park offers access to an innovative, nature-themed playground featuring functional public art in the form of a tile mosaic, a large multi-use field, an enhanced shelter, a looped pathway throughout the park and Boulder’s first zip-line installation.

Valmont City Park

Valmont City Park, currently a hot spot for off-road cycling and dog play time, is in the final stages of accepting design input for the nearly 90 acres of undeveloped land south of Valmont Road. After a series of public engagement events, the department is revising the 2008 concept plan based on the public’s input. For the latest project updates, please visit: www.valmontcitypark.org

Meet PRAB and Get Involved

Every fourth Monday, the seven members of the city’s Parks and Recreation Advisory Board (PRAB) meet to discuss parks and recreation topics. The official role of this City Council-appointed Board is to provide oversight and advice on high-level department decisions and policies. PRAB encourages every resident to participate in their monthly meetings about how parks and recreation can best serve the community.

For more information, visit: www.bouldercolorado.gov/parks-rec/advisory-board

Sports Field of the Year

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”.
Send Us Your Art!

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

How to submit:

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

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

Submission rules can be found online at www.boulderparks-rec.org.
90 Perfect Minutes: North Boulder Park
Anatomy of an All-Season Park
North Boulder Park offers many amenities for all ages and interests. If it snows, click into your skinny skis for some laps; if it’s windy, dust-off your kite; if it’s Boulder-beautiful, grab a picnic and your family’s favorite toys for the best free fun around.

Newly renovated, this ADA compliant park gained some great enhancements in 2013, that were suggested by local neighbors. Check out the park’s latest nature play features, teen-adult oriented outdoor fitness equipment and upgraded shelter area.
Kids Nature Play Activities & Walking Tours

What a Wonderful Park
Spring is here! Come explore the downtown Civic Area for the first signs of spring. Join our experienced teaching staff for nature play activities in the park.

Parking is available at the main library parking lot. Leaving the northeast corner of the parking lot, the Peace Garden is located near the Boulder Creek. Nature explorers need to be prepared for any type of weather. Simply drop in and have fun! (Spanish speakers will be assisting with the nature play programs.)

Ages 4-7
March 23 & 25  Mon./Wed. 9-11 a.m.  Civic Area Peace Garden

Ages 8-12
March 24 & 26  Tue./Thu. 9-11 a.m.  Civic Area Peace Garden

Walking Tours
Learn more about the history and nature surrounding the Civic Area. Journey through the park’s 27 acres with a park ambassador as your guide. (The Wednesday tour is offered in Spanish.)

All Ages Welcome
April 1-May 31  Wed. 1-2 p.m. & Sun. 11 a.m.-12 p.m.
Meet at the Dushanbe Tea House and walk through the Civic Area.

For more information, contact Judy Evans at 720-376-1049 or evansj@bouldercolorado.gov

The project team wants to hear from you!

OPEN HOUSE
Tuesday, March 10 • 6 to 8 p.m.
Boulder Museum of Contemporary Art (BMoCA)
1750 13th St., Boulder

» Learn about the design process and how you can help
» Discuss initial design options for the park (to be funded by the 2014 voter-approved capital funding)
» Review concepts for long-term improvements
» Learn about events, partnership opportunities and programs to activate the Civic Area

bouldercivicarea.com

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

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

Get 2 free coffee drinks at OZO Coffee Co.

$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

$10 gift card for Boulder Cycle Sports

Please support these local businesses that support the City of Boulder’s Parks & Recreation Department.
On The Cover:

Year of the Child
Throughout this year, the City of Boulder’s Parks & Recreation Department will be celebrating youth and children in our community. Declaring 2015, the “Year of the Child”, we will honor and engage our youngest community members through the art, stories, programs and events featured in this guide.

One of the many ways we’ll be celebrating the Year of the Child is through a series of nature play activities and special events, beginning with “Kids to Parks Day” on May 16 at Scott Carpenter Park and the Summer Festival on June 6. Both events will feature fun activities, live entertainment and food for youth and families.

What is Nature Play?
Nature play promotes daily contact with our natural environment and outdoor space. Diminishing habitats, parental safety concerns, increasing access to technology and even over-structured lifestyles have contributed to a growing lack of contact with nature for many children.

Welcome New Director
Please welcome Yvette Bowden as the new Director of the department effective April 6. Yvette joined the department last summer as Deputy Director, after serving as the director of Atlanta’s Piedmont Park Conservancy for several years. Her predecessor, Jeff Dillon, will remain with the department as the new Capital Investment Manager.

Access for All
The City of Boulder Parks and Recreation Department is committed to supporting people with disabilities in recreation. We welcome children, youth and adults with disabilities interested in participating in general recreation programs alongside their peers without disabilities. “Inclusion” is a great way to make new friends and explore new programs. Support will be provided as needed. Please contact Sherri Brown at 303-441-4933, brownsh@bouldercolorado.gov for more information.

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.

Recyclable. Printed on 30% post-consumer recycled paper.
## Entry Fees

### ANNUAL PASS

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Res/Non-Res</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seniors (60+)</td>
<td>$353/$445</td>
</tr>
<tr>
<td>Adults (19-59)</td>
<td>$552/$645</td>
</tr>
<tr>
<td>Youth (3-18)</td>
<td>$260/$330</td>
</tr>
</tbody>
</table>

- 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.

### 40 PUNCH PASS

<table>
<thead>
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<th>Age Group</th>
<th>Res/Non-Res</th>
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<tr>
<td>Seniors (60+)</td>
<td>$168/$185</td>
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<tr>
<td>Adults (19-59)</td>
<td>$224/$247</td>
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<tr>
<td>Youth (3-18)</td>
<td>$144/$159</td>
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### 20 PUNCH PASS

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<tr>
<td>Seniors (60+)</td>
<td>$89/$99</td>
</tr>
<tr>
<td>Adults (19-59)</td>
<td>$119/$131</td>
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<tr>
<td>Youth (3-18)</td>
<td>$76/$84</td>
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### 10 PUNCH PASS

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<th>Age Group</th>
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<tr>
<td>Seniors (60+)</td>
<td>$47/$51</td>
</tr>
<tr>
<td>Adults (19-59)</td>
<td>$63/$69</td>
</tr>
<tr>
<td>Youth (3-18)</td>
<td>$40/$45</td>
</tr>
</tbody>
</table>

- 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

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Res/Non-Res</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seniors (60+)</td>
<td>$147/$184</td>
</tr>
</tbody>
</table>

- 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.

### MONTHLY BILLING -

<table>
<thead>
<tr>
<th>Initial</th>
<th>11 Payments</th>
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<tbody>
<tr>
<td>Res/Non-Res</td>
<td>Res/Non-Res</td>
</tr>
<tr>
<td>Seniors (60+)</td>
<td>$60/$74</td>
</tr>
<tr>
<td>Adults (19-59)</td>
<td>$90/$104</td>
</tr>
<tr>
<td>Youth (3-18)</td>
<td>$46/$57</td>
</tr>
</tbody>
</table>
- 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

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Res/Non-Res</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seniors (60+)</td>
<td>$885/$1075</td>
</tr>
<tr>
<td>Adults (19-59)</td>
<td>$885/$1075</td>
</tr>
</tbody>
</table>

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

### DAILY DROP-IN

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seniors (60+)</td>
<td>$5.25</td>
</tr>
<tr>
<td>Adults (19-59)</td>
<td>$7</td>
</tr>
<tr>
<td>Youth (3-18)</td>
<td>$4.50</td>
</tr>
</tbody>
</table>

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

## Kids’ Corner

### 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**
  - M/W: 2:30-6:30 pm
  - F/Sa: 8:30am-1:30 pm
- **North**
  - M-F: 8:45am-1:30pm
  - Tu/Th: 2:30-6:30pm

**Kids’ Corner**

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

Ages 6 mos. to 9 years

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

★ Look for the star for classes offered during childcare hours.
DANCE - ADULT

Whether you choose ballet, ballroom, tap or jazz, dance is a wonderful way to get a total body workout!

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.
225583 4/21-5/26 Tu, 9-10am North 6 $59/$89 Sylvia
225585 4/23-5/28 Th, 9-10am East 6 $59/$89 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.
225586 4/21-5/26 Tu, 10-11:30am North 6 $69/$104 Sylvia

Ballet Level 1
(Ages 13+) Very beginning ballet technique introducing the aesthetics and physicality of classical ballet utilized by dancers and athletes. Students will develop strength, muscle control, movement awareness and attention to detail as they learn the basic, fundamental barre and center exercises, placement, and elementary dance steps. This class will continue to progress from where we ended the fall session, however new students are welcome!
225587 4/21-5/26 Tu, 7:30-9pm North 6 $69/$104 Elizabeth R.

Ballet Level 1/2
(Ages 13+) Elementary level technique for students who have begun ballet training and have knowledge of alignment, terminology, and the fundamental forms of the basic barre and center exercises including elementary jumps. A year of previous ballet instruction is recommended. This class will continue to progress from where we ended the winter session, however new students are welcome!
225588 4/23-5/28 Th, 7:30-9pm South 6 $69/$104 Elizabeth R.

Ballet Level 2
(Ages 13+) For students ready to progress and solidify their ballet technique with careful practice of barre and center exercises, including epaulement, more complicated jumps, turns, and broader dance movements. At least 2 years of previous instruction recommended. This class will continue to progress from where we ended the winter session, however new students are welcome!
225589 4/21-5/26 Tu, 6-7:30pm North 6 $69/$104 Elizabeth R.

Ballet Level 2/3
(Ages 13+) Intermediate level ballet technique for students with 3 to 4 years of solid training. Class will include increased complexity, tempo and use of epaulement and demi-pointe in barre and center exercises, petit and grand allegro and turns, while building strength, stamina, fluidity and a plumb in quality of movement. This class will continue to progress from where we ended the winter session, however new students are welcome!
225590 4/16-5/21 Th, 6-7:30pm South 6 $69/$104 Elizabeth R.

Ballet Level 3
(Ages 13+) Strong upper-intermediate level ballet technique in barre and center exercises, with more complicated petit allegro including batte-rie; multiple and varied tours, and expanded grand allegro, developing strength, flexibility, precision, attention to detail, artistic line and ballon. 4 or more years of ballet training recommended. This class will continue to progress from where we ended the winter session, however new students are welcome!
225591 4/25-5/30 Sa, 1-2:30pm East 6 $69/$104 Elizabeth R.

Registered Online at www.BoulderParks-Rec.org • Questions? Call 303-413-7270 ★ = childcare available
Pointe 2/3  
(Ages 13+) For students in Adult Ballet 2 or 3 who have the instructor’s permission to take this class. We will continue to progress from where we ended the winter session, however new students are welcome!

225592 4/25-5/30 Sa, 2:45-3:15pm East 6 $98/$123 Elizabeth R.

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

225632 4/20-5/18 M, 7:30-8:30pm North 5 $49/$62 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.

225630 4/24-5/29 F, 2:30-3:45pm East 6 $69/$104 Judy

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

225632 4/20-5/18 M, 7:30-8:30pm North 5 $49/$62 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.

225630 4/24-5/29 F, 2:30-3:45pm East 6 $69/$104 Judy

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.

225616 4/24-5/29 F, 6:30-7:30pm East 6 $59/$89 Kevin

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

225658 4/22-5/27 W, 6-7pm North 6 $59/$89 Mary

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

225660 4/20-5/18 M, 6:30-7:30pm North 5 $49/$62 Mary

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

225644 4/24-5/29 F, 10-11:30am North 6 $69/$104 Cindy

Intermediate/Advanced Modern Dance 
(Ages 13+) Cindy Brandle, Artistic Director of the Cindy Brandle Dance Company, leads Intermediate/Advanced Modern Dance classes. Cindy’s classes combine eastern and western 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. If you like flying through space and developing body awareness, this is the class for you. Some experience in dance required.

225646 4/23-5/28 Th, 10-11:30am North 6 $69/$104 Cindy

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

225640 4/23-5/28 Th, 9-9:45am North 6 $59/$89 Cindy

225642 4/24-5/29 F, 9-9:45am North 6 $59/$89 Cindy

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

225610 4/25-5/30 Sa, 3:15-4:15pm Iris 6 $59/$89 Judy

Ballroom Basics and Swing Level 2 

225612 4/25-5/30 Sa, 4:30-5:30pm Iris 6 $59/$89 Judy

Belly Dance Level 1 
(Ages 13+) Learn the enchanting art of Belly Dance from Georgia, 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!

225652 4/23-5/28 Th, 6-7pm East 6 $59/$89 Georgia

Belly Dance Level 2 
(Ages 13+) Learning the basics of Belly Dance was exciting, are you ready to take your dance to the next level? In this Level 2 class you will learn to layer your favorite Oriental dance movements, allowing you to more fully express yourself through dance. We’ll also learn choreography, more finger cymbal skills and introduce veils! Come for the challenge, enjoy the fun!

225653 4/23-5/28 Th, 7-8pm East 6 $59/$89 Georgia

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.

225622 4/22-5/27 W, 5:30-6:30pm Iris 6 $59/$89 La’ela’e
Hula Dance Level 2  
(Ages 13+) A continuation of Level 1  
225624 4/22-5/27 W, 6:30-7:30pm Iris 6 $59/$89 La'ela'e

Salsa Level 1  
(Ages 13+) Join us in learning this popular social dance! This fun and exciting class will focus on the fundamentals of Casino, the circular and flowing Cuban Style Salsa. No partner is required. Vamos a bailar Todos! Judy Kreith, MA dance education, has traveled to Cuba numerous times to study Salsa.  
225648 4/22-5/27 W, 7-8pm North 6 $59/$89 Judy

Salsa Level 2  
(Ages 13+) One year of Salsa training required.  
225650 4/22-5/27 W, 8-9pm North 6 $59/$89 Judy

Irish Step Dance  
(Ages 13+) Kick up your heels to lively Irish reels and jigs and get a great cardio workout at the same time! Irish dancing is rooted in tradition yet continues to evolve today, making it a unique and exciting dance form. Improve your physical dexterity, rhythm and posture while learning the basics of traditional solo step dancing and ceilidh 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.  
225627 4/20-5/18 M, 7:15-8:30pm South 5 $58/$73 Elizabeth

PARENT-TOT DANCE  
(Ages 18mos-4yrs) Creative movement, coordination exercises, songs, and finger plays will be used to improve motor skills and rhythm. One adult participant (moms, dads, grandparents or caregivers) to each child.  
225656 4/21-5/26 Tu, 9-9:45am East 6 $59/$89 Vanessa

PRESCHOOL DANCE  
Creative Movement  
(Ages 2.5 - 5) This fun-filled class blends the magic of childhood imagination with movement and the underlying principles of dance. With imaginations fully engaged, preschoolers use props as an introduction to dance elements and movement fundamentals. Children work on body control, listening skills, balance and coordination.  
(Ages 2.5-3)  
225606 4/22-5/27 W, 9-9:45am South 6 $53/$80 Cindy  
(Ages 4-5)  
225607 4/22-5/27 W, 9:45-10:30am South 6 $53/$80 Cindy

World Rhythms for Children  
(Ages 3-5) This is a creative dance movement class that will incorporate children's music from around the world, focusing on music from Africa, South America, Cuba and Brazil.  
225603 4/23-5/28 Th, 4-4:45pm South 6 $53/$80 Judy

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.  
225598 4/20-5/18 M, 9-9:45am★ North 5 $45/$56 Cindy  
225599 4/25-5/30 Sa, 9-9:45am★ South 6 $53/$80 Vanessa

Dance gives children the self-confidence and freedom to simply be themselves.
**Dance - Youth**

Dance classes are a healthy and fun way to help your child develop mentally, physically and emotionally.

**Pre-Hip Hop**
(Ages 4-5) 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!

- 225620 4/21-5/26 Tu, 10:45-11:30am East 6 $53/$80 Vanessa

**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.

- 225600 4/20-5/18 M, 9:45-10:30am North 5 $45/$56 Cindy
- 225667 4/21-5/26 Tu, 4:30-5:15pm Iris 6 $53/$80 Nicole
- 225601 4/23-5/28 Th, 10:45-11:30am East 6 $53/$80 Sylvia
- 225602 4/25-5/30 Sa, 9:45-10:30am South 6 $53/$80 Vanessa

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

- 225637 4/21-5/26 Tu, 10-10:45am East 6 $53/$80 Vanessa

**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.

- 225662 4/21-5/26 Tu, 11:30am-12:15pm North 6 $53/$80 Sylvia
- 225663 4/23-5/28 Th, 10-10:45am East 6 $53/$80 Sylvia

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

- 225608 4/23-5/28 Th, 3:15-4pm KDS* 6 $53/$80 Vanessa
- 225609 4/25-5/30 Sa, 10:30-11:15am East 6 $53/$80 Vanessa

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

**Kinder Tap**
(Ages 5-6) Students will tap to a 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.

- 225664 4/20-5/18 M, 4-4:45pm North 5 $45/$56 Mary

**Youth Ballet Level 1/2**
(Ages 9-12) 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.

- 225605 4/23-5/28 Th, 4:30-6pm East 6 $53/$80 Georgia
- 225604 4/20-5/18 M, 4:45-5:30pm East 5 $45/$56 Vanessa

**Ballet 2**
(Ages 7-10) Four sessions of previous training required.

- 225605 4/20-5/18 M, 4:45-5:30pm East 5 $45/$56 Vanessa

**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.

- 225617 4/24-5/29 F, 4-4:45pm East 6 $53/$80 Kevin

**Hip Hop 1/2**
(Ages 7-9)

- 225618 4/24-5/29 F, 4:45-5:30pm East 6 $53/$80 Kevin

**Boys Hip Hop and Break Dance**
(Ages 6-10)

- 225619 4/24-5/29 F, 5:30-6:30pm East 6 $53/$80 Kevin

**Kinder Jazz**
(Ages 5-6) 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.

- 225636 4/21-5/26 Tu, 4-4:45pm East 6 $53/$80 Vanessa
### Jazz 1/2

<table>
<thead>
<tr>
<th>Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>225634</td>
<td>4/20-5/18</td>
<td>M, W</td>
<td>4:45pm</td>
<td>East 5</td>
<td>Vanessa</td>
</tr>
</tbody>
</table>

(Ages 6-8) 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.

### Jazz 2/3

<table>
<thead>
<tr>
<th>Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>225639</td>
<td>4/20-5/18</td>
<td>M, T</td>
<td>4-4:45pm</td>
<td>East 5</td>
<td>Vanessa</td>
</tr>
</tbody>
</table>

(Ages 8-13) One year of previous training required.

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<thead>
<tr>
<th>Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>225668</td>
<td>4/21-5/26</td>
<td>T, W</td>
<td>4-4:15pm</td>
<td>Iris 6</td>
<td>Nicole</td>
</tr>
</tbody>
</table>

(Ages 8-13) One year of previous training required.

### Jazz & Tap Combo 1/2

<table>
<thead>
<tr>
<th>Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>225665</td>
<td>4/22-5/27</td>
<td>W</td>
<td>4-5pm</td>
<td>North 6</td>
<td>Mary</td>
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</table>

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

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<tr>
<th>Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>225665</td>
<td>4/22-5/27</td>
<td>W</td>
<td>4-5pm</td>
<td>North 6</td>
<td>Mary</td>
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(Ages 9-12)

### Poms Dance Class

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<tr>
<th>Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>225674</td>
<td>4/23-5/28</td>
<td>Th</td>
<td>4:45-5:45pm</td>
<td>Iris 6</td>
<td>Jordan</td>
</tr>
</tbody>
</table>

(Ages 5-6)

<table>
<thead>
<tr>
<th>Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>225675</td>
<td>4/23-5/28</td>
<td>Th</td>
<td>4:45-5:30pm</td>
<td>Iris 6</td>
<td>Jordan</td>
</tr>
</tbody>
</table>

(Ages 7-9)

<table>
<thead>
<tr>
<th>Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>225676</td>
<td>4/23-5/28</td>
<td>Th</td>
<td>5:30-6:30pm</td>
<td>Iris 6</td>
<td>Jordan</td>
</tr>
</tbody>
</table>

(Ages 10-13)

### Children’s Hula

<table>
<thead>
<tr>
<th>Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>225626</td>
<td>4/22-5/27</td>
<td>W</td>
<td>4:30-5:30pm</td>
<td>Iris 6</td>
<td>La'ela’c</td>
</tr>
</tbody>
</table>

(Ages 6-12) Come learn basic hula steps and 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.

### Irish Step

<table>
<thead>
<tr>
<th>Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>225629</td>
<td>4/20-5/18</td>
<td>M</td>
<td>6:30-7:15pm</td>
<td>South 5</td>
<td>Elizabeth</td>
</tr>
</tbody>
</table>

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

### Ballet Theater

<table>
<thead>
<tr>
<th>Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>225595</td>
<td>4/20-5/18</td>
<td>M</td>
<td>6:30-8:30pm</td>
<td>Iris 5</td>
<td>Elizabeth R.</td>
</tr>
</tbody>
</table>

Ballet Theatre Company is a group of intermediate-level students who take ballet lessons, including pointe, based on the Russian Vaganova Syllabus 3 or more times per week and who perform at the Holiday Show in December and at the Spring Concert in April. Classes are Mondays, Wednesdays and Saturdays for the academic year 2015. If you are interested in participating in this group, please contact Kinesis Dance at 720-515-6268 or kinesisdance@outlook.com

Students will develop strength, muscle control, movement awareness and attention to detail as they learn the basic, fundamental barre and center exercises, placement, and elementary dance steps. This class will continue to progress from where we ended the winter session, however new students are welcome!

### Audition Preparation

<table>
<thead>
<tr>
<th>Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>225670</td>
<td>4/21-5/26</td>
<td>T, W</td>
<td>6:30-7:30pm</td>
<td>Iris 6</td>
<td>Nicole</td>
</tr>
</tbody>
</table>

(Ages 6-13) This class is for dancers wanting to improve their dance auditioning skills.

### Kinesis Dance Company Auditions

Admission to Kinesis Dance Company is by audition only. Auditions will be held May 16. Visit www.KinesisDance.com for details.

Exciting news for the City of Boulder Dance Program!

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

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

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

Program and registration information: 303-413-7270
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 Sheri 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.

SUMMER CAMPS

For additional summer camp inclusion opportunities, see our Summer Camp Guide. Contact Sherri Brown at 303-441-4933 for details.

Camp Amico
(Ages 10-17) Come experience fun and friendship at EXPAND’s new camp. We will partner youth with and without disabilities to create an inclusive and cooperative environment. We will utilize swimming, games, crafts and field trips to work on social skills, get some exercise and celebrate our differences. Scholarships are available. Campers must be registered by May 4. Contact Chelsea Cerny, 303-551-5329.

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<thead>
<tr>
<th>Code</th>
<th>Dates</th>
<th>Location</th>
<th>Max</th>
<th>Start/End</th>
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<tbody>
<tr>
<td>226033</td>
<td>6/8-6/12</td>
<td>M-F, 9am-4pm</td>
<td>5</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Scott Carpenter Park</td>
<td>$225/$275</td>
<td></td>
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<tr>
<td>226085</td>
<td>8/3-8/7</td>
<td>M-F, 9am-4pm</td>
<td>5</td>
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<tr>
<td></td>
<td></td>
<td>Scott Carpenter Park</td>
<td>$225/$275</td>
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Outdoor Adventure Day Camp
(Ages 6-11) (Children with Mental Health Diagnosis/Behavioral Issues/Emotional Difficulties) Through a variety of fun and challenging outdoor adventures and recreational field trips, kids improve problem solving skills and develop greater self-awareness. Contact Lori Goldman, 303-413-7256. Campers must be pre-approved by Lori before registering.

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<tr>
<th>Code</th>
<th>Dates</th>
<th>Location</th>
<th>Max</th>
<th>Start/End</th>
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<tbody>
<tr>
<td>226089</td>
<td>6/15-7/30</td>
<td>M-Th, 9am-2pm</td>
<td>28</td>
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<tr>
<td></td>
<td></td>
<td>Scott Carpenter Park</td>
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Summer Fun - Expressing Yourself through the Arts
(Ages 18-35) Meet up with your friends to explore, create and learn new activities through mixed media. The mission of this program is to provide self discovery through music, various art forms, theatre, digital photography and dance. This program will help build confidence, improve communication skills, collaborate with peers, and express creativity. Occasional outings will take place throughout. Must register no later than May 22. Scholarships are available. Contact Cory at 303-413-7269.

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<thead>
<tr>
<th>Code</th>
<th>Dates</th>
<th>Location</th>
<th>Max</th>
<th>Start/End</th>
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<tbody>
<tr>
<td>225233</td>
<td>6/22-7/30</td>
<td>M-Th, 1:30-5pm</td>
<td>24</td>
<td>1 on 1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>North</td>
<td></td>
<td></td>
</tr>
<tr>
<td>226332</td>
<td>6/22-7/30</td>
<td>M-Th, 1:30-5pm</td>
<td>24</td>
<td>Group</td>
</tr>
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<td></td>
<td></td>
<td>North</td>
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</table>
## 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.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Description</th>
<th>Contact Information</th>
<th>Start Date</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
<th>Group Status</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mystery Activity</strong></td>
<td>14+</td>
<td>Our interns will be planning exciting adventure, fitness, and craft activities. Contact Lori Goldman, 303-413-7256.</td>
<td>226088 4/6-5/11 M, 3-4pm East</td>
<td>$30/$37</td>
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<tr>
<td><strong>Water Aerobics</strong></td>
<td>15+</td>
<td>Jump right in! The water is great! We will focus on cardio and strength training in the leisure pool. This low-impact class is suitable for every fitness level. Contact Jen Heilveil, 303-413-7474.</td>
<td>224660 4/6-5/18 M, 4:30-5:30pm East</td>
<td>$42/$52</td>
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<tr>
<td><strong>Walkin’ &amp; Rockin’</strong></td>
<td>16+</td>
<td>Beat the winter blues - Come Rock &amp; 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.</td>
<td>225884 4/14-5/19 Tu, 2:30-3:30pm East</td>
<td>$30/$37</td>
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</tr>
<tr>
<td><strong>Unified Soccer</strong></td>
<td>16+</td>
<td>Soccer time! We will be practicing and preparing for Special Olympics tournament. Contact Sherri Brown, 303-441-4933.</td>
<td>224670 4/14-5/19 Tu, 3:30-5:pm East</td>
<td>$50/$60</td>
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<tr>
<td><strong>Spring Basketball Pick-up League</strong></td>
<td>16+ NEW!</td>
<td>Spring Unified Basketball Pick-up League. Individual will be divided into time slots (5pm, 6pm, or 7pm) and play games for 1 hour. Contact Sherri, 303-441-4933.</td>
<td>225885 4/14-5/19 Tu, 5-8pm East</td>
<td>$30</td>
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<tr>
<td><strong>Unified Softball League</strong></td>
<td>16+</td>
<td>Unified Softball League starts June 2. Sherri will set-up teams in May and each team will play weekly games between 5-8pm. Please email Sherri @ <a href="mailto:brownsh@bouldercolorado.gov">brownsh@bouldercolorado.gov</a> with shirt size. New players please contact Sherri Brown, 303-441-4933.</td>
<td>224671 6/2-8/11 Tu, 5-9pm Mapleton 10</td>
<td>$40/$65</td>
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<td></td>
<td>Group Only</td>
</tr>
<tr>
<td><strong>Move and Groove</strong></td>
<td>16+</td>
<td>Move n’ Groove aerobics is a joyful and energetic blend of modern fitness routines. We will work on flexibility, stress reduction and core strengthening. Contact Jen Heilveil, 303-413-7474.</td>
<td>224676 4/1-5/20 W, 3:30-4:30pm East</td>
<td>$45/$55</td>
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<td>Group Only</td>
</tr>
<tr>
<td><strong>Weight Lifting</strong></td>
<td>16+</td>
<td>Pump up! Learn to use the fitness machines to increase muscle tone and strength. Contact Sherri Brown, 303-441-4933.</td>
<td>224665 4/2-5/28 Th, 2:30-3pm East</td>
<td>$30/$38</td>
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<td>Group Only</td>
</tr>
<tr>
<td><strong>Spinning</strong></td>
<td>16+</td>
<td>Awesome Exercise. Ride the stationary bike while socializing with friends. Improve your core strength and increase endurance levels while having fun. Contact Sherri Brown, 303-441-4933.</td>
<td>224666 4/2-5/28 Th, 3-4pm East</td>
<td>$45/$55</td>
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</tbody>
</table>

**Healthy Snacks**  
(Ages 15+) While waiting for your next class come join us for a healthy snack. We will provide the snack each week and talk good eating habits. Contact Sherri Brown, 303-441-4933.

- **Start Date**: 4/2-5/28
- **Time**: 4:40-30pm
- **Fee**: $35/$42

**Smile and Stretch**  
(Ages 15+) Give your body and spirit an hour of rejuvenating focus. Practice breathing and floor yoga positions supported by blankets and bolsters. We will practice balance, stress reducers, and increasing clarity of mind. Contact Jen Heilveil, 303-413-7474.

- **Start Date**: 4/2-5/28
- **Time**: 4:30-5:30pm
- **Fee**: $63/$78

**Special Olympics Swim Training**  
(Ages 8+) Swim Team! For lap swimmers who want to complete in Special Olympics this Spring. Contact Jen Heilveil, 303-413-7474.

- **Start Date**: 4/2-5/28
- **Time**: 6:40-7pm
- **Fee**: $72/$90

**Bowling**  
(Ages 8+) Strike! Bowl with friends or meet new people. Bowling at CU/UMC! Fee includes one or two games and shoes. Contact Jen Heilveil, 303-413-7474.

- **Start Date**: 4/10-5/15
- **Time**: 3-4:30pm
- **Fee**: $60/$75

**Track -N-Field**  
(Ages 8+) Let’s start running! We will be preparing for S.O. meet in May. Contact Sherri Brown, 303-441-4933.

- **Start Date**: 4/21-5/19
- **Time**: 4-4:30pm
- **Fee**: $30/$36

**Unified Youth Soccer**  
(Age 10-17) Join us as we practice for the Special Olympics Soccer tournament. Each team will consist of Special Olympics athletes and their peers from local schools. Fee includes tournament costs. Contact Chelsea Cerny, 303-551-5329.

- **Start Date**: 4/21-5/19
- **Time**: 4-5pm
- **Fee**: $30/$36
FRIDAY NIGHT FUN

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

Swimming Fun
(Bring your towel and suit!)
225282 4/3 F, 5:30-8pm East 1 $13/$16

Science Night
Our friends from PISEC will be back to help us with some hands on science.
225283 4/17 F, 5:30-8pm East 1 $13/$16

Swimming Fun
(Bring your towel and suit!)
225284 5/1 F, 5:30-8pm East 1 $13/$16

Scavenger Hunt
225285 5/15 F, 5:30-8pm East 1 $13/$16

Swimming Fun
(Bring your towel and suit!)
225286 5/29 F, 5:30-8pm East 1 $13/$16

ALL FRIDAY NIGHT FUN CLASSES (ABOVE)
Sign up for every Friday with one code and fee.
225295 $60/$72

FRIDAY NIGHT DANCES

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

80’s Dance
225232 4/17 F, 6-8pm East 1 $8/$10

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.

Dine and Dance at the Grizzly Rose
Enjoy an evening of dinner and dancing (one hour dance lesson included).
225182 4/15 W, 4:30-8:30pm East 1 $20/$25 Group only

Board Games & Salad
225183 4/29 W, 4:30-6pm East 1 $15/$19 1 on 1 & Group

Bingo & Salad
225184 5/6 W, 4:30-6pm East 1 $15/$19 1 on 1 & Group

ACTIVITIES FOR INDIVIDUALS WITH PHYSICAL DISABILITIES

Quad Rugby
(Ages 16+) Join one of the best teams in the U.S. This wheelchair sport is becoming very popular! This program is for people with physical disabilities. Contact, Jen, 303-413-7474.
224658 4/4-5/30 Sa, 3-5pm East 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.

Register Online at www.BoulderParks-Rec.org • Questions? Call 303-413-7270
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

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
Will Eddy - Golf 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
Off-season (Jan. 1-May 11; Sept. 22-Dec. 31) $46 per player (M-Th) $49 per player (F-Su)
Peak season (May 12 - Sept. 21) $49 per player (M-Th) $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

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

<table>
<thead>
<tr>
<th>Practice Range</th>
<th>Golf Club Sets</th>
</tr>
</thead>
<tbody>
<tr>
<td>small</td>
<td>Clubs- 9 holes $18 • 18 holes $25</td>
</tr>
<tr>
<td>medium</td>
<td>Electric Carts (Fee Per Rider)</td>
</tr>
<tr>
<td>large</td>
<td>• 9 holes $10 • 18 holes $15</td>
</tr>
<tr>
<td></td>
<td>Hand Carts</td>
</tr>
<tr>
<td></td>
<td>9 holes $5 • 18 holes $7</td>
</tr>
</tbody>
</table>

Shoulder Season Fees  (March 16-May 10 & August 24-October 11)
- Junior (age 18 and under)
- Senior (age 60+)

Weekday Discount Player Fees (Monday-Thursday)

<table>
<thead>
<tr>
<th>Regular</th>
<th>Junior</th>
<th>Senior</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 Holes</td>
<td>$31</td>
<td>$20</td>
</tr>
<tr>
<td>9 Holes</td>
<td>$20</td>
<td>$12</td>
</tr>
</tbody>
</table>

Weekend Standard Player Fees (Friday-Sunday)

<table>
<thead>
<tr>
<th>Regular</th>
<th>Junior</th>
<th>Senior</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 Holes</td>
<td>$34</td>
<td>$22</td>
</tr>
<tr>
<td>9 Holes</td>
<td>$21</td>
<td>$14</td>
</tr>
</tbody>
</table>

Frequent Player Program
With this card players pay $5 for nine holes and $8 for eighteen holes, Monday-Friday. Weekend rates vary depending on season. Valid for one year from date of purchase. 15% discount when passes are purchased on same date (this discount is limited to immediate family members residing in the same household). Visit us online for detailed fees, www.flatironsgolf.com.

<table>
<thead>
<tr>
<th>Adult</th>
<th>Junior</th>
<th>Senior</th>
</tr>
</thead>
<tbody>
<tr>
<td>$585</td>
<td>$250</td>
<td>$475</td>
</tr>
</tbody>
</table>

Register Online at www.BoulderParks-Rec.org • Questions? Call 303-413-7270 ★ = childcare available
**PRIVATE INSTRUCTION**

Individual Private Instruction
The most effective way for the beginner, intermediate or advanced player to make improvements, build practice skills and develop a rapport with a PGA affiliated golf instructor.

The lesson area, located in its own area to enhance privacy and prevent distractions, includes a sand bunker and practice green.

Private Instruction is offered seven days a week and scheduling is very flexible, call the Pro Shop at 303-442-7851 for booking.

**Advis & (age 17+)**
$40 for 30 minutes
$59 for 45 minutes

**Juniors (up to age 16)**
$15 for 15 minutes

**Multi-Person Private Instruction**
Designed for those who wish to share the experience of learning the game of golf. It is essential that participants are of a similar skill set when taking these lessons, i.e. beginner is grouped with other beginners. Instruction available upon request, call the golf shop to schedule a time, 303-442-7851.

**LESSONS**

The Lesson Programs
Carefully designed to be an efficient and effective way to improve golf skills and enjoyment of the game.

**PGA - Get Golf Ready**
If you have ever thought about taking up the game, either again or for the first time, you can make golf your sport for a lifetime through this PGA Play Golf America program. This program teaches you in six short lessons what you'll need to know to step onto a golf course and play with confidence. The Get Golf Ready program is available to groups of 3-7 people.

$99 • 5 one hour lessons
For graduates of Get Golf Ready, ask about Get Golf Ready 2!
To schedule a group for the Get Golf Ready Program call the Pro Shop at 303-442-7851 or sign up online at www.flatironsgolf.com.

**JUNIOR GOLF PROGRAM**

Friday Morning Junior Golf Program
(Ages 8-12) Basic to advanced swing skills instruction is provided in a group clinic setting and limited individual instruction also provided by our PGA Member Professional staff instructors and over 20 trained volunteers.

Program Dates: June 12, 19, 26 and July 10, 17, 24.
An informational brochure, including a detailed schedule and entry forms will be available at Flatirons Golf Course after April 15. Visit us online at Flatirons-Golf.com to download the brochure or call 303-442-7851 to have one mailed.
For juniors interested in more intensive golf swing instruction, Flatirons Golf Course offers Private Junior Golf Lessons at a discount for junior golf program participants. Sign up for these Junior Golf Lessons in the golf shop.

Flatirons Junior League & Instructional Clinics
(Ages 10-16) The junior league consists of seven weeks of 18 hole play and a Junior Club Championship. Events will be on Monday mornings in June and July with tee times starting at 11am.
Clinics will be offered on Tuesday or Wednesday afternoons from 1-2pm for eight weeks in June and July. Each clinic will be 1 hour long and will emphasize different aspects of the golf swing and playing golf. Clinic size will be limited to 10 participants.
Registration forms are available online at FlatironsGolf.com

Chip Shots Program
(Ages 4-7) For boys and girls too young for the Friday Junior Program, Flatirons is pleased to offer the Chips Shots Program.
For more information or for registration forms visit www.FlatironsGolf.com or call the Pro Shop at 303-442-7851.

**Our Friday Morning Summer Junior Golf Program is a great opportunity for kids to meet other kids their own age while having fun on the course and developing their golf skills.**
Important Information for ALL Classes:
- Leotard or T-shirt and gym shorts required
- No street clothes, shoes, socks or jewelry
- Long hair must be securely tied back
- Cubby holes provided for shoes, etc.
- Classes may be split into smaller groups
- No make-ups for missed classes

PRESCHOOL

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

March 30-May 22

Fees
M/Tu/W/Th/F (1 day per/wk) (8 classes) $99(R) / $124(N)
Sat (1 day per/wk) (7 classes) $87(R) / $109(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.

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<thead>
<tr>
<th>M</th>
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<tbody>
<tr>
<td>224275 M, 9-9:45am</td>
<td>224276 M, 10-10:45am</td>
<td>224277 M, 11-11:45am</td>
<td>224278 Tu, 9-9:45am</td>
<td>224279 Tu, 10-10:45am</td>
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<tr>
<td>W</td>
<td>W</td>
<td>W</td>
<td>W</td>
<td>W</td>
</tr>
<tr>
<td>224280 Tu, 11-11:45am</td>
<td>224281 W, 9-9:45am</td>
<td>224282 W, 10-10:45am</td>
<td>224283 Th, 9-9:45am</td>
<td>224284 Th, 10-10:45am</td>
</tr>
<tr>
<td>224285 F, 9-9:45am</td>
<td>224286 F, 10-10:45am</td>
<td>224287 Sa, 9-9:45am</td>
<td>224288 Sa, 10-10:45am</td>
<td>224289 M, 9-9:45am</td>
</tr>
<tr>
<td>224290 M, 10-10:45am</td>
<td>224291 M, 11-11:45am</td>
<td>224292 M, 2:45-3:30pm</td>
<td>224293 Tu, 9-9:45am</td>
<td>224294 Tu, 10-10:45am</td>
</tr>
<tr>
<td>224295 Tu, 11-11:45am</td>
<td>224296 Tu, 2:45-3:30pm</td>
<td>224297 W, 9-9:45am</td>
<td>224298 W, 10-10:45am</td>
<td>224299 W, 2:45-3:30pm</td>
</tr>
</tbody>
</table>

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

<table>
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<tbody>
<tr>
<td>224309 M, 9-9:45am</td>
<td>224310 M, 10-10:45am</td>
<td>224311 M, 11-11:45am</td>
<td>224312 M, 2:45-3:30pm</td>
<td>224313 Tu, 9-9:45am</td>
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<tr>
<td>W</td>
<td>W</td>
<td>W</td>
<td>W</td>
<td>W</td>
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<tr>
<td>224314 Tu, 10-10:45am</td>
<td>224315 Tu, 11-11:45am</td>
<td>224316 Tu, 2:45-3:30pm</td>
<td>224317 W, 9-9:45am</td>
<td>224318 W, 10-10:45am</td>
</tr>
<tr>
<td>224319 W, 2:45-3:30pm</td>
<td>224320 Th, 9-9:45am</td>
<td>224321 Th, 10-10:45am</td>
<td>224322 Th, 11-11:45am</td>
<td>224323 Th, 2:45-3:30pm</td>
</tr>
<tr>
<td>224324 F, 9-9:45am</td>
<td>224325 F, 10-10:45am</td>
<td>224326 F, 2:45-3:30pm</td>
<td>224327 Sa, 9-9:45am</td>
<td>224328 Sa, 10-10:45am</td>
</tr>
</tbody>
</table>

4 Year Olds
Child must be 4 years old by first class.

<table>
<thead>
<tr>
<th>M</th>
<th>M</th>
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<tbody>
<tr>
<td>224329 M, 9-9:45am</td>
<td>224330 M, 10-10:45am</td>
<td>224331 M, 11-11:45am</td>
<td>224332 Tu, 9-9:45am</td>
<td>224333 Tu, 10-10:45am</td>
</tr>
<tr>
<td>W</td>
<td>W</td>
<td>W</td>
<td>W</td>
<td>W</td>
</tr>
<tr>
<td>224334 Tu, 11-11:45am</td>
<td>224335 Tu, 2:45-3:30pm</td>
<td>224336 W, 9-9:45am</td>
<td>224337 W, 10-10:45am</td>
<td>224338 W, 2:45-3:30pm</td>
</tr>
<tr>
<td>224339 Th, 9-9:45am</td>
<td>224340 Th, 10-10:45am</td>
<td>224341 Th, 11-11:45am</td>
<td>224342 Th, 2:45-3:30pm</td>
<td>224343 F, 9-9:45am</td>
</tr>
<tr>
<td>224344 F, 10-10:45am</td>
<td>224345 F, 2:45-3:30pm</td>
<td>224346 Sa, 9-9:45am</td>
<td>224347 Sa, 10-10:45am</td>
<td>224348 Sa, 2:45-3:30pm</td>
</tr>
</tbody>
</table>

5 Year Olds
Child must be 5 years old by first class.

<table>
<thead>
<tr>
<th>M</th>
<th>M</th>
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<th>M</th>
<th>M</th>
</tr>
</thead>
<tbody>
<tr>
<td>224339 M, 9-9:45am</td>
<td>224340 M, 10-10:45am</td>
<td>224341 M, 11-11:45am</td>
<td>224342 Tu, 9-9:45am</td>
<td>224343 Tu, 10-10:45am</td>
</tr>
<tr>
<td>W</td>
<td>W</td>
<td>W</td>
<td>W</td>
<td>W</td>
</tr>
<tr>
<td>224344 Tu, 11-11:45am</td>
<td>224345 Tu, 2:45-3:30pm</td>
<td>224346 W, 9-9:45am</td>
<td>224347 W, 10-10:45am</td>
<td>224348 W, 2:45-3:30pm</td>
</tr>
<tr>
<td>224349 Th, 9-9:45am</td>
<td>224350 Th, 10-10:45am</td>
<td>224351 Th, 11-11:45am</td>
<td>224352 Th, 2:45-3:30pm</td>
<td>224353 F, 9-9:45am</td>
</tr>
<tr>
<td>224354 F, 10-10:45am</td>
<td>224355 F, 2:45-3:30pm</td>
<td>224356 Sa, 9-9:45am</td>
<td>224357 Sa, 10-10:45am</td>
<td>224358 Sa, 2:45-3:30pm</td>
</tr>
</tbody>
</table>

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

Gymnastics Classes at South

2-2½ Year Olds Intro to Gymnastics at South
This is a new class in a new location. Students, with their parent or caregiver, will learn the most basic tumbling, balancing, jumping and motor skills. The class involves mostly structured activities, appropriate to the age level.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Duration</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>224273</td>
<td>W</td>
<td>9:30-10am</td>
<td>6 classes</td>
<td>$45/$60</td>
<td>South</td>
</tr>
<tr>
<td>224274</td>
<td>W</td>
<td>10:15-10:45am</td>
<td>6 classes</td>
<td>$45/$60</td>
<td>South</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Duration</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>224363</td>
<td>W</td>
<td>4-4:45pm</td>
<td>6 classes</td>
<td>$41/$54</td>
<td>South</td>
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</tbody>
</table>

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.

March 30 - May 22

Fees

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Duration</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>M/W</td>
<td>2 days per/wk</td>
<td>16 classes</td>
<td>$190(R) / $238(N)</td>
<td></td>
</tr>
<tr>
<td>Tu/Th</td>
<td>2 days per/wk</td>
<td>16 classes</td>
<td>$190(R) / $238(N)</td>
<td></td>
</tr>
<tr>
<td>M/Tu/W/Th/F</td>
<td>1 day per/wk</td>
<td>8 classes</td>
<td>$95(R) / $119(N)</td>
<td></td>
</tr>
<tr>
<td>Sa</td>
<td>1 day per/wk</td>
<td>7 classes</td>
<td>$83(R) / $104(N)</td>
<td></td>
</tr>
</tbody>
</table>

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

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

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

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

BOYS BEGINNING TEAM-ADVANCED TEAM
(Age 6+) Team members will compete in USAG Levels 4-10.

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

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

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

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

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Up to 8 children</td>
<td>1:45(R) / $181(N)</td>
<td></td>
</tr>
<tr>
<td>9-15 children</td>
<td>$203(R) / $254(N)</td>
<td></td>
</tr>
</tbody>
</table>

To book a party call 303-413-7218.

Employment Opportunity
Hiring Gymnastics Instructors
Apply online at: www.bouldercolorado.gov/jobs
> Departments/ Parks & Recreation

For inclusion opportunities for people with disabilities – see page 16
★ = childcare available
Health & Wellness: Fitness & Weights

You belong here! Start your spring routine with Boulder Parks & Recreation.

Developing a Healthy Body:
Nutritional Strategies to reduce disease risk and increase vitality.
In this class we'll cover the 5 steps needed to decrease your risk of cardiovascular disease and diabetes, review the top ingredients to avoid in food to increase health and wellness, explore how to choose quality supplements and pick the right brand to provide value. We will also discuss your body's nutritional requirements so that you can maintain your ideal body weight as well as increase your health, vitality and stamina.

22578 4/7-5/5 Tu, 6-7:30pm East 4 $53/66 Erin W.

National Diabetes Prevention Program
1 out of every 3 Coloradans are at risk for diabetes or have a diagnosis of prediabetes. Within six years, more than 65% of these adults will have full blown diabetes. The Live Well 4 Life Diabetes Prevention Program is a community delivered, evidence based, lifestyle change program with a proven success record. The program focuses on topics such as healthy eating tips, physical activity, modest weight loss, managing stress and more. In a group setting, the certified Lifestyle Coach will guide the participant on this life changing journey. The 22 week, one-hour per session program and materials are free of charge to overweight adults, age 18 and above. This is a free public program and you must be prequalified to take the class.

226034 4/3-7/24 F, 8:45-10am★ Iris 22 Free Terry

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.

225802 3/31-5/21 Tu/Th, 7:30-8:30am East 16 $140/$175 Marti

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.

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 welcome.

225785 3/30-5/20 M/W, 5:30-6:30pm North 16 $140/$175 Ignacio

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.
Health & Wellness: Fitness & Weights

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.

225789 3/30-5/20 M/W, 7-8am East 16 $140/$175 Ignacio
225793 3/31-5/28 Tu/Th, 6:30-7:30am South 16 $140/$175 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.

225782 3/30-5/20 M/W, 1:30-2:30pm East 16 $140/$175 Ignacio
225781 4/3-5/22 F, 11:30am-12:30pm★ East 8 $70/$88 Melissa

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

225776 4/6-5/18 M, 4-5pm Salberg 7 $61/$77 Heidi

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

225778 4/9-5/21 Th, 4-5pm Salberg 7 $61/$77 Heidi

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).

225939 4/11 Sa, 9am-12pm South 1 $41/$61 Jennifer
225941 5/30 Sa, 9am-12pm South 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, seizures and more.

226082 5/30 Sa, 9am-12pm Iris 1 $41/$61 Jennifer

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

225942 4/25 Sa, 9am-2pm South 1 $60/$75 Jennifer

WEIGHT TRAINING

Fundamentals of Weight Training
This class introduces basic and intermediate strategies to developing an appropriate individual strength and resistance program. Emphasis will be placed on understanding basic program design, body mechanics, and implementation of resistance exercises.

224650 4/2-5/21 Th, 6:15-7:15pm North 8 $70/$88 Andrew

Group Strength Training
Best Training Value! Participate in a small group strength training workout two days a week. You will learn how to effectively and safely use weight and cardio equipment in these one hour workouts. 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.

224642 3/30-5/20 M/W, 9-10am South 16 $140/$175 Ignacio
224643 3/30-5/22 M/F, 10-11:15am East 16 $175/$219 Marti
224647 3/31-5/21 Tu/Th, 7:30-8:30am South 16 $140/$175 Ignacio
224655 3/31-5/21 Tu/Th, 7:45-8:45am East 16 $140/$175 Jessica
224646 3/31-5/21 Tu/Th, 8:30-9:30am South 16 $140/$175 Ignacio
224640 3/31-5/21 Tu/Th, 10-11:15am East 16 $175/$219 Marti
224652 3/31-5/21 Tu/Th, 4:30-5:30pm South 16 $140/$175 Chris
224651 3/31-5/21 Tu/Th, 5:30-6:30pm South 16 $140/$175 Chris

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.

226182 3/31-5/21 Tu/Th, 6-7pm North 16 $140/$175 Ignacio

= childcare available
**Health & Wellness:**

**Fitness & Weights**

**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!

<table>
<thead>
<tr>
<th>Code</th>
<th>Dates</th>
<th>Days</th>
<th>Location</th>
<th>Fee 1</th>
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<td>Tu/Th</td>
<td>South 14</td>
<td>$123</td>
<td>$153</td>
<td>Sue</td>
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</table>

**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.

<table>
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<tr>
<th>Code</th>
<th>Dates</th>
<th>Days</th>
<th>Location</th>
<th>Fee 1</th>
<th>Fee 2</th>
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<tbody>
<tr>
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<td>226189</td>
<td>4/7-5/21</td>
<td>Tu/Th</td>
<td>South 14</td>
<td>$123</td>
<td>$153</td>
<td>Sue</td>
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</tbody>
</table>

**Intro to Triathlon Training**

Interested in competing in your first triathlon or looking to overcome a training rut? This class will present on the fundamental principles of structured training for your multi-sport event – and just in time for the on-season! From Sprint to Iron-distance racing, have your questions answered and your direction set for success for your first or next race. Presented by personal trainer, Blake Pepper-Tunick.

<table>
<thead>
<tr>
<th>Code</th>
<th>Dates</th>
<th>Days</th>
<th>Location</th>
<th>Fee 1</th>
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<tr>
<td>224634</td>
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<td>Th</td>
<td>East 1</td>
<td>$15</td>
<td>$20</td>
<td>Blake</td>
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**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 taught by certified trainers in the recreation facilities. Hourly fees depend on the number of days/weeks the program is requested. 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. Both competing and non competing youth are welcome. Mixed age groups will be divided by age and skill level.

Hourly fees for training $10 per hour.

Contact Jeff Pruett, Weight Room Operations Coordinator to schedule your training packages, pruettj@bouldercolorado.gov or 303-413-7280.

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**Youth & Family Health Fair**

*Presented by City of Boulder and Play with Heart*

**Saturday, March 14 • 9 a.m. - 3:30 p.m. • North Boulder Recreation Center**

**Health Fair**

Learn about opportunities within Parks and Recreation and your community. Youth can test their speed, agility and strength by participating in fitness stations. Discover creative and healthy food options. Be trained in emergency preparedness, learn about water safety, and learn hands on CPR.

- Prevention, symptoms and treatment for concussions.
- Learn proper lifting techniques in the weight room.
- Discover youth gardening with Growing Gardens • 9am-12pm
- Meet the 9’7” CrossWalk mascot CW and learn about sidewalk safety with Community Cycles.
- Preparing for Disasters Prep Rally with Save the Children. Learn about child-focused emergency plans and how to ensure emergency resources are in place before crisis strikes.
- Learn from Boulder Fire Rescue about teen driving safety and how to avoid distractions while driving.
- Try healthy smoothies and pick up some new recipes.
- Swim lesson level placements - Let us assess your child and advise you on what level of swim lesson is best.
- Sports skills assessment in the gym. Try a combination of conditioning drills to test your speed and agility.


**Youth Cardiac Screens**

*Ages 12-19*

Did you know, 26 kids die from sudden cardiac arrest everyday, 83% occur during competition or training. - American Heart Association

Many doctors agree that an electrocardiogram (EKG) should be added to the blood pressure and medical history evaluation to accurately determine the health of an athlete. Introducing an EKG test as a preventable measure could detect two thirds of “deadly, concealed heart trouble aggravated by exercise in competition”. - National Athletic Trainers’ Association.

Primary prevention cardiac screening will be available for youth, registration required, $25 fee.

Visit www.PlayWithHeart.org for more information or call 303-506-8182 for registration information.

* Play with Heart’s mission is to prevent sudden cardiac death in youth sports communities by providing nationwide programs designed to Screen, Save & Educate.


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Register Online at www.BoulderParks-Rec.org • Questions? Call 303-413-7270 ★ = childcare available
Health & Wellness: Fitness & Weights

PERSONAL TRAINING

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

Weight Room Orientations
Are you not sure how machines in our weight room work or how to set up a machine to use it? Our training staff can provide you with a walk-through of the weight room to give you a better understanding of the setup and how to 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, please contact Jeff Pruett at 303-413-7280 or email at j@bouldercolorado.gov, or visit the personal training page on www.boulderparks-rec.org

Private Training
(Ages 10+)

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

Semi Private Training (Two Individuals)
(Ages 10+)

1 session $70 • 3 sessions $200 • 6 sessions $378 • 12 sessions $607

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

Choose from:
18 sessions with 3 month complimentary pass $846
27 sessions with 6 month complimentary pass $1269
36 sessions with 9 month complimentary pass $1692

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

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

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

1 session $60 • 3 sessions $171

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

Transition Out of Physical Therapy
We allow physical therapists to accompany clients that are making transitions from a clinical setting to our facility up to 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.

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

A consultation with a dietitian and 3 Personal training sessions for $217.50

PERSONAL TRAINER SPOTLIGHT

Dr. Andrew Datti
Licensed Naturopathic Physician and Massage Therapist

Dr. Datti specializes in using an integral approach to men’s health, medical fitness, longevity and maximizing peak performance. He teaches the difference between exercising to support a long, healthy, functional life vs. training for high performance. Fasting, high intensity training, highly specialized nutrition, physical medicine techniques, hormone testing, botanical support, dietary supplementation and detoxification are some of the tools he uses to assist his clients to “Feel Your Excellence!”

Certifications:
• ACSM Health Fitness Specialist
• ACSM Exercise is Medicine Level II
• Precision Cycling Instructor
• Ayurvedic Medicine Practitioner
• Ananda Meditation Teacher

Carol De Baca
Carolyne has 20+ years experience in the Fitness Industry including post-rehab training for a physical therapy practice. She has worked with clients of all ages but especially enjoys working with women and older adults specializing in weight loss, balance and alignment.

Certifications:
• ACE and AFAA certified
• BS in Psychology & Physiology from UC Berkeley
**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.

**No class April 5th.** 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.

**Check** with the instructor for information about any dates when classes will not meet.

**Are Registered Classes a Good Value?**

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

**PILATES MAT**

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

**Mat - Beginner**

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

<table>
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<th>Dates</th>
<th>M/F</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee Resident</th>
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<td>3/30-5/18</td>
<td>M</td>
<td>11:10am-12:10pm</td>
<td>Iris</td>
<td>8</td>
<td>$70/$88</td>
<td>Shayna</td>
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<tr>
<td>226348</td>
<td>3/30-5/18</td>
<td>M</td>
<td>5:30-6:30pm</td>
<td>Salberg</td>
<td>8</td>
<td>$70/$88</td>
<td>Roxolana</td>
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<tr>
<td>226360</td>
<td>4/3-5/22</td>
<td>F</td>
<td>10:15-11:15am</td>
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<td>8</td>
<td>$70/$88</td>
<td>Christine</td>
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<tr>
<td>226364</td>
<td>4/12-5/24</td>
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<td>4:15-5:15pm</td>
<td>Salberg</td>
<td>7</td>
<td>$61/$77</td>
<td>Joan</td>
</tr>
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**Mat - Intermediate**

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

<table>
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<tr>
<th>Class Code</th>
<th>Dates</th>
<th>M/F</th>
<th>Time</th>
<th>Location</th>
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<td>Iris</td>
<td>8</td>
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<td>Shayna</td>
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<tr>
<td>226993</td>
<td>4/3-5/22</td>
<td>F</td>
<td>10:15-11:15am</td>
<td>Iris</td>
<td>8</td>
<td>$70/$88</td>
<td>Christine</td>
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Visit us online for a schedule of drop-in Pilates and Yoga classes.
Discover the philosophy, focus and benefits of exercising on the Pilates Reformer, a non-impact system of tension springs, ropes, poles and mats. The reformer adds resistance to the Pilates Method exercises and can provide support to beginners, or challenges to more advanced students.

PILATES REFORMER & MULTI-APPARATUS PROGRAM INFORMATION

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

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

No class April 5th. Check with instructor for information about any dates when classes will not meet.

Are Registered Classes a Good Value?
Our registered classes cost $14.52(Resident)/$18.15(Non-resident) per class hour. Compare our prices to other clubs and studios.

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.

226346  3/30-5/18  M, 11:10am-12:10pm  Salberg  8  $116/$145  Jane
226593  4/4-5/23  Sa, 10-11am  Salberg  8  $116/$145  Shayna

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.

226991  3/30-5/18  M, 8:40-9:40am  South  8  $116/$145  Sheri
226334  3/30-5/18  M, 8:45-9:45am  Salberg  8  $116/$145  Tamara
226389  3/30-5/18  M, 5:30-6:30pm  South  8  $116/$145  Sheri
226335  3/31-5/19  Tu, 6:30-7:30pm  South  8  $116/$145  Bianca
226388  4/2-5/21  Th, 9:40-10:40am  Salberg  8  $116/$145  Christine
226336  4/2-5/21  Th, 5:30-6:30pm  Salberg  8  $116/$145  Tamara
226590  4/2-5/21  Th, 6:30-7:30pm  South  8  $116/$145  Ellen
226337  4/3-5/22  F, 9-10am  South  8  $116/$145  Sheri
226591  4/12-5/24  Su, 3-4pm  Salberg  7  $102/$127  Arianna

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.

226352  3/31-5/19  Tu, 5:20-6:20pm  South  8  $116/$145  Bianca
226992  4/1-5/20  W, 8:40-9:40am  South  8  $116/$145  Sheri
226387  4/2-5/21  Th, 8:30-9:30am  Salberg  8  $116/$145  Christine
226589  4/2-5/21  Th, 5:20-6:20pm  South  8  $116/$145  Ellen
226592  4/3-5/22  F, 10-11am  Salberg  8  $116/$145  Shayna

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

226350  3/31-5/19  Tu, 8:30-9:30am  Salberg  8  $116/$145  Sheri
226354  4/1-5/20  W, 9:45-11am  South  8  $145/$182  Sheri
226356  4/1-5/20  W, 5:30-6:30pm  Salberg  8  $116/$145  Arianna

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

226349 3/30-5/18 M, 6:40-7:40pm Salberg 8 $116/$145 Roxolana
226682 3/31-5/19 Tu, 11:30am-12:30pm Salberg 8 $116/$145 Shayna
226732 4/1-5/20 W, 10:30-11:30am Salberg 8 $116/$145 Shayna
226994 4/1-5/20 W, 6:40-7:40pm Salberg 8 $116/$145 Arianna
226733 4/2-5/21 Th, 11:30am-12:30pm South 8 $116/$145 Shayna

Reformer/Tower - Level 2 - Continuing Beginner
(Age 16+) At this level, all Pilates apparatus will be used to give you a complete Pilates workout. Pre-requisite: At least one session of Pilates Reformer/Tower/Chair at Level 1, or equivalent, advanced, experience and coordinator approval.

226338 3/30-5/18 M, 9:50-11:05am South 8 $145/$182 Sheri
226339 3/30-5/18 M, 12:15-1:15pm Salberg 8 $116/$145 Jane
226340 3/31-5/19 Tu, 9:40-10:55am Salberg 8 $145/$182 Sheri
226734 4/1-5/20 W, 11:45am-12:45pm Salberg 8 $116/$145 Shayna
226342 4/2-5/21 Th, 6:40-7:40pm Salberg 8 $116/$145 Tamara
226343 4/3-5/22 F, 10:10-11:10am South 8 $116/$145 Sheri
226735 4/3-5/22 F, 11:10am-12:10pm Salberg 8 $116/$145 Shayna

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.

226353 3/30-5/18 M, 5:15-6:15pm Iris 8 $70/$88 Tom
226359 4/2-5/21 Th, 5-6pm East Senior 8 $70/$88 Tom

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

226361 4/4-5/23 Sa, 9:30-10:30am Iris 8 $70/$88 Tom

T’AI-CHI
(Age 14+) This dance fusion fitness class gives you a cardiovascular workout while moving to salsa, merengue, samba, hip-hop, swing and Bollywood dance moves. All fitness levels welcome.

AYRE DROP-IN
(Age 14+) This class is a fusion of different dance styles and fitness moves set to fun and upbeat music.

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

CHI KUNG DROP-IN
This form of Taoist yoga which employs a combination of gentle muscle-tendon movement sequences to warm up, and sound and visualization to nourish and circulate qi (life force) through the meridians (channels of awareness also used in acupuncture). This internal form with slight movements is practiced either standing or sitting in a chair.
Beginner Yoga
(Age 14+) Learn the basics of stretching and correct alignment in detail in order to practice yoga safely. Newcomers, students returning for a refresher, and those wishing to refine a lifelong yoga routine find this pace suitable. Explore correct breathing - the cornerstone of all yoga levels, foundational standing, seated and supine poses, twists, and modifications for individual body types.

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.

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

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

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

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

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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.

Yoga & 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.

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.

Register Online at www.BoulderParks-Rec.org • Questions? Call 303-413-7270
Exciting news for the City of Boulder Parks and Recreation Pottery Lab!

The Parks and Recreation Department recently completed its master plan, which was accepted by City Council in January 2014. In order to focus departmental resources on the key themes identified in the master plan, the plan recommends that the department shift to a practice that facilitates the delivery of high quality programs with community partners.

We are pleased to announce that the City of Boulder Parks and Recreation Department has entered into an agreement with Studio Arts Boulder (SAB) to manage and operate the Pottery Lab, 1010 Aurora, including the provision of high-quality programming for the Boulder Community.


We look forward to this new partnership and support Studio Arts Boulder in their successful management of the Pottery Lab.

For more information about the Pottery Lab please visit us online at www.boulderparks-rec.org or www.BoulderPotteryLab.org.

ADULT POTTERY

All pottery classes are held at the City of Boulder 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.

*To register for pottery classes visit 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.

* 3/31-5/26 Tu, 6-8:30pm Pottery Lab  9 $230 Kathryn

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

* 3/31-5/26 Tu, 9-11:30am Pottery Lab  9 $230 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.

* 3/31-5/26 Tu, 9-11:30am Pottery Lab  9 $230 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. *No class 5/25.*

- 3/30-6/1 M, 7-9:30pm Pottery Lab 9 $230 Chris
- 4/1-5/27 W, 7-9:30pm Pottery Lab 9 $230 Aaron

**Introduction to Ceramics**  
(Age 16+) This class is designed for the student with little or no experience. Basic hand-building and basic wheel throwing will be explored. This is a great first class with an emphasis on learning the process.

- 3/30-5/29 M, 9-11:30am Pottery Lab 9 $230 TBA

**Beginning Wheel-Throwing and Hand-Building**  
(Age 16-Adult) Both beginning throwing on the wheel and hand-building techniques will be highlighted in this class for the beginning students.

- 4/2-5/28 Th, 9-11:30am Pottery Lab 9 $230 Margaret

**Intermediate to Advanced Wheel Throwing**  
(Age 16-Adult) Students with some experience will enjoy the emphasis on learning handles, lids, and throwing larger forms with ease.

- 4/2-5/28 Th, 6-8:30pm Pottery Lab 9 $230 Nancy

**SPECIAL SATURDAY SPECIALS**

Classes include 25lbs. of clay, glazes and firing.

**Extrusion Exploration**  
(Age 16+) This is an introduction to using both the small and large extruders to make functional and non-functional pieces. Enjoy the instant gratification as you complete a piece in a single work session.

- 4/4-4/18 Sat, 9-11:30am Pottery Lab 3 $75 TBA

**Making Marks In Clay**  
(Age 16+) Over 3 classes, students will be inspired by instructors to use a variety of tools, brushes and color to make surface marks on clay.

- 4/25-5/9 Sat, 9-11:30am Pottery Lab 3 $75 TBA

**Tool Making**  
(Age 16+) Learn to make your own ribs, trimming tools, wire etc.

- 5/16-5/23 Sat, 9-11:30am Pottery Lab 2 $50 TBA

**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.

- 3/30-5/18 M,11-12pm Pottery Lab 8 $91 Rosemary

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

- 4/1-5/20 W, 4-6pm Pottery Lab 8 $91 Aaron

**Birthday Parties!**  
Reserve the date for your child’s next birthday party at the Pottery Lab! Call 720-379-6033 today!
Mini - Sports
(Ages 3-5) The (Instructional) Mini-Sports programs consist of staff who help build participant's skills by administrating a full range of drills and games. While learning the sport, staff will stress the FUN of playing. All Mini-Sports programs are located at the East Mapleton Softball Fields (Mapleton and 30th). If weather is in question call the cancellation information line: 303-441-3410. Information: Megann at 303-413-7465 or lohmann@bouldercolorado.gov

Mini-T-Ball
(Ages 4-5)
224569 4/7-5/12 Tu, 4-4:45pm Mapleton 6 $55/$69
224570 4/7-5/12 Tu, 5-5:45pm Mapleton 6 $55/$69

Mini-Soccer
(Ages 3-4)
224572 4/8-5/13 W, 4-4:45pm Mapleton 6 $55/$69
(Ages 4-5)
224571 4/8-5/13 W, 5-5:45pm Mapleton 6 $55/$69

Homeschool P.E. Field Day
(Ages 5-14) Give your homeschooler a chance to be physically active, meet other home schooled children and play at our award winning Pleasant View Sports Complex. Join us for a Field Day! Play sports and games in the morning then bring a sack lunch to eat and socialize with other families. Information: Erynn at 303-441-4137 or simonee@bouldercolorado.gov

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

*For more information call 720-360-1600 or register online at www.NationalFlagFootball.com

You may also contact Matt Kamhi with City of Boulder Parks and Recreation at 303-413-7477 or kamhim@bouldercolorado.gov

* 4/12-6/14 Su, 12-5pm Casey M.S. 8 $137

Our school day off camps are a great way to provide kids with an action packed day of activities! See pg. 35 for details.

YOUTH VOLLEYBALL

Elementary School Volleyball Class
(Ages 7-11) Designed for elementary school students looking to learn about the wonderful sport of volleyball and practice entry level skills. Practices will build fundamental skills, team dynamics, and will strive to build confidence and love for the sport. No class March 29th or April 5th.
Information: Erynn at 303-441-4137 or simonee@bouldercolorado.gov

224408 3/15-5/17 Su, 12-1:30pm South 8 $83/$104

Middle School Practices and Skills Enhancement
(Ages 11-15) Designed for middle school students, who are looking to build fundamental skills or build upon existing skills in the sport of volleyball. Practices will focus on skill development, teamwork, and conditioning. Players will be sorted based on skill level during the second class. No class March 29th or April 5th.
Information: Erynn at 303-441-4137 or simonee@bouldercolorado.gov

224409 3/15-5/17 Su, 1:30-3pm South 8 $83/$104

High School Volleyball Practices and Skill Enhancement
(Ages 14-18) Keep your volleyball skills sharp and stay conditioned for other activities. Practices include skill development, conditioning, and scrimmages.
Information: Erynn at 303-441-4137 or simonee@bouldercolorado.gov

222460 3/19-4/30 Th, 4:15-6pm East 7 $88/$110
222458 3/21-5/2 Sa, 10am-12pm East 7 $88/$110

After School Basketball Pass - Only $25!
Grab your friends and head to the recreation center to shoot some hoops! Only $25 for the school year!
Valid for use Monday-Friday, 2:30-5pm at the following locations:

- Mondays | North & South
- Thursdays | North
- Tuesdays | North & East
- Fridays | North, East & South
- Wednesdays | South

34 For inclusion opportunities for people with disabilities – see page 16 ★ = childcare available
### SCHOOL BREAK CAMPS

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

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

<table>
<thead>
<tr>
<th>Camp Name</th>
<th>Ages</th>
<th>Dates</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hangin w/ BPR - Spring Break</td>
<td>Ages 5-6</td>
<td>222541-222545</td>
<td>North</td>
<td>$55/$69</td>
</tr>
<tr>
<td></td>
<td>Ages 7-8</td>
<td>222546-222550</td>
<td>North</td>
<td>$55/$69</td>
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<tr>
<td></td>
<td>Ages 9-11</td>
<td>222551-222555</td>
<td>North</td>
<td>$55/$69</td>
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*Register online at www.bdtAcademy.org or call 303-449-6000 x193

### ADDITIONAL SCHOOL BREAK CAMPS

Additional school break camps available, see pg. 33.

### NUGGETS BASKETBALL

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

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

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

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

### Denver Nugget Hoop Zone

(Ages 5-14) Let's improve or learn hoop skills! Learn from the best! The Nuggets classes are highlighted with professional instruction and a 10-1 Player to Coach Ratio. Each session will cover fundamental skill drilling, lesson drilling – jabs, series, ball screen series, shooting off screens, and motion cuts. Players will have the opportunity to work on skills along with playing 1 on 1, 2 on 2, and 5 on 5 game situations. Includes 1 ticket to a Denver Nuggets game.

<table>
<thead>
<tr>
<th>Ages 5-7</th>
<th>Dates</th>
<th>Location</th>
<th>Fee</th>
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<tbody>
<tr>
<td></td>
<td>4/6-4/27</td>
<td>East</td>
<td>$60</td>
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<table>
<thead>
<tr>
<th>Ages 8-14</th>
<th>Dates</th>
<th>Location</th>
<th>Fee</th>
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<tbody>
<tr>
<td></td>
<td>4/6-4/27</td>
<td>East</td>
<td>$80</td>
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</table>

### Denver Nuggets School Break Basketball Clinics

(Ages 7-16) The National Basketball Academy and the Denver Nuggets are proud to offer School Break clinics designed to improve the skill level of any youth basketball player! Our dedicated staff will teach your child how to improve their game while experiencing all the fun and excitement of being associated with an NBA team! Players will be divided based on age and ability. Includes 1 ticket to a Denver Nuggets game.

<table>
<thead>
<tr>
<th>Ages 8-14</th>
<th>Dates</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>4/11 Sa</td>
<td>East</td>
<td>$90</td>
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</tbody>
</table>

### Summer Skills Clinic

(Ages 7-16) Back by popular demand The National Basketball Academy and the Denver Nuggets are proud to offer Summer Skills Clinic designed to improve the fundamentals of a player’s shot. This will include basic shot mechanics, footwork, and game shooting situations. Each player will shoot over 1000 times during the clinic! Players will be divided based on age and ability.

<table>
<thead>
<tr>
<th>Ages 5-7</th>
<th>Dates</th>
<th>Location</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>6/29-7/1</td>
<td>South</td>
<td>$145</td>
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</tbody>
</table>

### Denver Nuggets Private Training

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

<table>
<thead>
<tr>
<th>Ages 7-17</th>
<th>Dates</th>
<th>Location</th>
<th>Fee</th>
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<tbody>
<tr>
<td></td>
<td>4/11 Sa</td>
<td>East</td>
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### DENVER NUGGETS PROFESIONAL BASKETBALL TRAINER

“...I graduated from Adrian College with a bachelor degree in Physical Education/Exercise Science. My coaching experience varies from small children up to elite high school students. I passed up opportunities to play professional basketball in Europe to further my coaching career. My passion is to build and teach great basketball habits.” - Coach Desmond Young

Register Online at www.BoulderParks-Rec.org • Questions? Call 303-413-7270

★ = childcare available
For inclusion opportunities for people with disabilities – see page 16

**SPORTS**

**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

**Introduction to Climbing**

(Ages 5-12) Perfect for kids that have little to no exposure to the sport of rock climbing. Confidence and strength will be a focal point while learning the basics of climbing.

Information: Matt at 303-413-7477 or kamhim@bouldercolorado.gov

| Ages 5-8       | 224599 4/13-5/18 M, 4-5pm | East 6 | $63/$79 |
|               | 224596 4/15-5/20 W, 4-5pm | East 6 | $63/$79 |
| Ages 8-12     | 224602 4/14-5/19 Tu, 4-5pm | East 6 | $63/$79 |
|               | 224597 4/16-5/21 Th, 4-5pm | East 6 | $63/$79 |

**Intermediate Climbing**

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

Information: Matt at 303-413-7477 or kamhim@bouldercolorado.gov

| Ages 6-12     | 224595 4/13-5/18 M, 5-6:30pm | East 6 | $95/$119 |
|               | 224604 4/14-5/19 Tu, 5-6:30pm | East 6 | $95/$119 |
|               | 224598 4/16-5/21 Th, 5-6:30pm | East 6 | $95/$119 |

**Advanced Climbing**

(Ages 9-12) Focus on more one on one instruction with an introduction to lead climbing, cleaning, and rappelling. Students will also learn to read advanced routes, and how to climb more efficiently through applied techniques. Must have approval from instructor prior to registration.

Information: Matt at 303-413-7477 or kamhim@bouldercolorado.gov

| Ages 9-12     | 224594 4/15-5/20 W, 5-6:30pm | East 6 | $116/$145 |

**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

| Ages 16+      | 224611 4/13-5/18 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.

Information: Matt at 303-413-7477 or kamhim@bouldercolorado.gov

| Ages 16+      | 224612 4/15-5/20 W, 6:30-8pm | East 6 | $144/$181 |

**ADULT BASKETBALL LEAGUES**

**Men’s Basketball**

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

Information: Matt at 303-413-7477 or kamhim@bouldercolorado.gov

| B League - Tuesday | 224439 4/14-6/16 Tu, 6-10pm | South 8 | $550 |
|                   | 224440 4/15-6/17 W, 6:30-10:30pm | South 8 | $550 |

**BASKETBALL LEAGUES**

(Ages 16+) Play volleyball year round! Indoor leagues winter, spring and fall and outdoor leagues in the summer. Divisions are explained on the city website at www.bprsports.org. Fees are team based with no additional player fees.

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

| Co-Ed 6’s Rec | 225681 3/16-5/18 M, 7-10pm | East 8 | $425 |
| Co-Ed 6’s D1  | 225682 3/18-5/20 W, 7-10pm | East 8 | $425 |
| Co-Ed 6’s D2  | 225683 3/18-5/20 W, 7-10pm | East 8 | $425 |
| Women’s 6’s Rec | 225680 3/16-5/18 M, 7-10pm | East 8 | $425 |
| Women’s 6’s D1 | 225684 3/19-5/21 Th, 6-10pm | East 8 | $425 |
| Women’s 6’s D2 | 225685 3/19-5/21 Th, 6-10pm | East 8 | $425 |

**ADULT VOLLEYBALL LEAGUES**

(Ages 16+) Play volleyball year round! Indoor leagues winter, spring and fall and outdoor leagues in the summer. Divisions are explained on the city website at www.bprsports.org. Fees are team based with no additional player fees.

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

| Co-Ed 6’s Rec | 225681 3/16-5/18 M, 7-10pm | East 8 | $425 |
| Co-Ed 6’s D1  | 225682 3/18-5/20 W, 7-10pm | East 8 | $425 |
| Co-Ed 6’s D2  | 225683 3/18-5/20 W, 7-10pm | East 8 | $425 |
| Women’s 6’s Rec | 225680 3/16-5/18 M, 7-10pm | East 8 | $425 |
| Women’s 6’s D1 | 225684 3/19-5/21 Th, 6-10pm | East 8 | $425 |
| Women’s 6’s D2 | 225685 3/19-5/21 Th, 6-10pm | East 8 | $425 |

**DROP-IN BASKETBALL, PICKLEBALL & VOLLEYBALL**

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

**Adult Sports Leagues - Spring/Summer/Fall/Winter**

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

See www.BPRsports.org for more details.

**NOW HIRING LEAGUE OFFICIALS!**

Contact Megann at 303-413-7465 or lohmannm@bouldercolorado.gov

★ = childcare available
Summer swim team is an excellent way for kids to stay healthy and active and learn valuable lifelong skills. (See pg. 38 for Barracudas)

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

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

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

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

Drop-In Aquatic Fitness Classes
Drop-in aquatic fitness classes are available, see page 36 for details or visit us online for a schedule at www.BoulderAquatics.org. All pass or drop-in fee information can be found on page 6 or online.

Aqua Egg Hunt & Dunk • April 4
(Ages 12 & under) Join us at the East Boulder Community Center for our inaugural Aqua Egg Hunt and Dunk where children will collect as many floating and sinking eggs as possible in the time allowed. See pg. 40 for details.

Water Safety Instructor Class (WSI)
(Ages 16-Adult) American Red Cross swim instructor certification. Must be able to swim all strokes proficiently and enjoy working with children. Participants must attend all class dates.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>224556</td>
<td>4/6</td>
<td>M, 5-9pm</td>
<td>North</td>
<td>$180/$225</td>
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<td>4/11</td>
<td>Sa, 8am-5pm</td>
<td>North</td>
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<td></td>
<td>4/12</td>
<td>Su, 8am-5pm</td>
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<td></td>
</tr>
<tr>
<td></td>
<td>4/13</td>
<td>M, 5-9pm</td>
<td>North</td>
<td></td>
</tr>
<tr>
<td></td>
<td>4/15</td>
<td>W, 5-7pm</td>
<td>North</td>
<td></td>
</tr>
</tbody>
</table>

Lifeguard Training Class
Through videos, group discussion and hands-on practice, you’ll learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. Successful completion results in a 2-year certification in Lifeguarding that includes first aid, professional-level CPR and AED in one certificate. Participants must attend all class dates. Prerequisites: Must be at least 15 years old and pass certain swimming requirements.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>226454</td>
<td>5/11</td>
<td>M, 5-9pm</td>
<td>North</td>
<td>$182/$219</td>
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<td>5/16</td>
<td>Sa, 8:30am-5pm</td>
<td>North</td>
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<td></td>
<td>5/18</td>
<td>M, 5-9pm</td>
<td>North</td>
<td></td>
</tr>
<tr>
<td></td>
<td>5/20</td>
<td>W, 5-9pm</td>
<td>North</td>
<td></td>
</tr>
</tbody>
</table>

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.

Register Online at www.BoulderParks-Rec.org • Questions? Call 303-413-7270 ★ = childcare available
Swimmers of all levels will benefit from private swim instruction! Sign up today by filling out the online form at www.BoulderAquatics.org. After filling out the form you will be contacted by an instructor in two to three weeks to set up the lessons. Once your lessons are scheduled you can go to any indoor recreation facility to pay for them. If the private lesson is cancelled within 24 hours, or a client does not arrive for the lesson within 15 minutes of the start time, client may be charged for the session.

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

<table>
<thead>
<tr>
<th>30 minute lesson</th>
<th>Master</th>
<th>Level A</th>
<th>Level B</th>
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<tr>
<td>1 class</td>
<td>$45</td>
<td>$40</td>
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<td>3 classes</td>
<td>$129</td>
<td>$114</td>
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</tr>
<tr>
<td>6 classes</td>
<td>$246</td>
<td>$216</td>
<td>$174</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>60 minute lesson</th>
<th>Master</th>
<th>Level A</th>
<th>Level B</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 class</td>
<td>$67</td>
<td>$62</td>
<td>$47</td>
</tr>
<tr>
<td>3 classes</td>
<td>$195</td>
<td>$174</td>
<td>$132</td>
</tr>
<tr>
<td>6 classes</td>
<td>$378</td>
<td>$330</td>
<td>$252</td>
</tr>
</tbody>
</table>

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

BARRACUDAS SWIM TEAM & CLINICS

Stroke Clinics
(Age 7-18) Clinics will help swimmers develop swimming skills during the off-season for better racing results next summer. Clinics are open to the public. Must be able to swim 25 yards without assistance. Clinics will focus on stroke form, endurance and technique. Weekly topics are as follows and will repeat each month. Pay at the front desk.

3/1-5/16 Sa, 11am-12pm East
1 clinic $14 • 3 clinics $36 • 6 clinics $66

Summer Swim Team
(Ages 5-18) There will be a team meeting on Sunday, May 3 at 6pm at the North Boulder Recreation Center. This meeting is to notify parents/participants of exact practice times, meet schedules and other information.


Pre-season practice for swim team
226441 5/18-5/29 M-F, 3:30-5:30pm South Included in team fee

Summer practice for swim team
same as pre-season 6/1-7/23 M-F, 7-9:30 am Spruce Pool $225/$275

Barracudas Pre-team
(Ages 5-9) Swimmers must be able to swim 25 yds continuously unassisted. Pre-team does not swim 5/21-6/3 and does not compete in meets. Pre-team season will end July 13.

226439 6/1-7/10 M-F, 9:30-10am Spruce Pool $100/$125

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.

224494 3/30-4/27 M, 5-5:30pm North 5 $60/$75
224493 3/31-4/28 Tu, 5:30-6pm East 5 $60/$75
224495 4/1-4/29 W, 5-5:30pm North 5 $60/$75
224497 4/2-4/30 Th, 5:30-6pm East 5 $60/$75
224498 4/2-4/30 Th, 6:40-7:10pm East 5 $60/$75
224496 4/3-5/1 F, 10:20-10:50am★ North 5 $60/$75
224499 4/4-5/2 Sa, 9:15-9:45am★ East 5 $60/$75
224515 4/4-5/2 Sa, 10:25-10:55am★ East 5 $60/$75
224514 4/4-5/2 Sa, 10:25-10:55am★ East 5 $60/$75

Small Group Preschool Level 2
(Ages 3-6 yrs.) Students will build upon the basic skills learned in Preschool 1 and begin to learn independent aquatic locomotion skills. Preschool 2 emphasizes independence in the skills learned in the first level.

224526 3/30-4/27 M, 5-5:30pm North 5 $60/$75
224509 3/31-4/28 Tu, 5:30-6pm East 5 $60/$75
224511 4/1-4/29 W, 5-5:30pm North 5 $60/$75
224521 4/2-4/30 Th, 5:30-6pm East 5 $60/$75
224513 4/2-4/30 Th, 6:40-7:10pm East 5 $60/$75
224514 4/3-5/1 F, 10:20-10:50am★ North 5 $60/$75
224516 4/4-5/2 Sa, 9:15-9:45am★ East 5 $60/$75
224525 4/4-5/2 Sa, 10:25-10:55am★ East 5 $60/$75

SMALL GROUP SWIM LESSONS UNDER 3 YRS OLD

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.

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.

224549 3/30-4/27 M, 5:35-6:05pm North 5 $30/$38
224550 3/31-4/28 Tu, 6:40-7:10pm East 5 $30/$38
224555 4/1-4/29 W, 5:35-6:05pm North 5 $30/$38
224551 4/2-4/30 Th, 5:30-6pm East 5 $30/$38
224552 4/3-5/1 F, 9:45-10:15am★ North 5 $30/$38
224553 4/3-5/1 F, 10:20-10:50am★ North 5 $30/$38
224554 4/4-5/2 Sa, 11-11:30am★ East 5 $30/$38
Small Group Preschool Level 3
(Ages 3-6 yrs.) 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.

Preschool 2 - Clown Fish
(Age 3-5) Students will build upon the basic skills learned 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.

Level 1
Prerequisites: Successful completion of Level 1 or child must be able to successfully perform front and back floats with support, Class Focus: Level 2 continues to build on basic water skills introduced in the 1st level class. Students will learn to perform front and back floats independently and be introduced to rhythmic breathing, front crawl and backstroke.

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.

Level 2
Prerequisites: Successful completion of Level 2 or child must be able to successfully perform front and back floats independently and be introduced to rhythmic breathing, front crawl and backstroke.

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.

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. Work towards floating without support.

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.
Swimming

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.

City of Boulder Inaugural Aqua Egg Hunt & Dunk
(Ages 12 & under) Join us for our inaugural Aquat Egg Hunt & Dunk where children will collect as many floating and sinking eggs as possible in the time allowed. Proper swim attire is required. Children 5 years and under must be accompanied by an adult within arms reach at all times. Each group will have a 30 minute time period to gather eggs. Use the codes below and register by March 28.

April 4
Saturday, 12-2pm • East Boulder Community Center $10 per child (includes one adult entry)

Age 6 & under
226786 • 12-12:30pm (limited to zero depth area)

Ages 7-8
226788 • 12:30-1pm (entire Leisure Pool)

Ages 9-10
226789 • 1:30pm (entire Leisure Pool)

Ages 11-12
226790 • 1:30-2pm (entire Leisure Pool)

AQUATIC FITNESS Drop-in & Registered Classes

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

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

DROP-IN AQUATIC FITNESS CLASSES

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

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

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

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

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.

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.

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

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

<table>
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<th>Private Lesson:</th>
<th>With Gonzo:</th>
<th>Staff Instructors:</th>
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</thead>
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<td>$50</td>
</tr>
<tr>
<td>3 classes</td>
<td>$210</td>
<td>$144</td>
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<tr>
<td>6 classes</td>
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<table>
<thead>
<tr>
<th>Group Semi-Private:</th>
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</thead>
<tbody>
<tr>
<td>2 people</td>
<td>$95</td>
</tr>
<tr>
<td>3 people</td>
<td>$116</td>
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</tbody>
</table>
Gonzo Tennis was founded in 2004 by Gonzalo Garcia with the idea of bringing quality tennis programs to the Boulder community. Since then, Gonzo Tennis has shared the courts with players from ages 3 to 75 through programs for kids and adults.

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

Questions: Gonzo Garcia at gonzo@gonzotennis.com

Program info: Dean at 303-441-4427 or 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.

- **225692** 4/3-4/24 F, 10:30am-12pm★ East 4 $63/$79
- **225706** 5/1-5/22 F, 10:30am-12pm★ East 4 $63/$79

**TENNIS – ADULTS**

(Age 16+)

- **Beginner**
  - **225708** 3/31-4/21 Tu, 5:30-7pm East 4 $63/$79
  - **225703** 4/1-4/22 W, 5:30-7pm North 4 $63/$79
  - **225689** 4/2-4/23 Th, 5:30-7pm East 4 $63/$79
  - **225707** 4/28-5/19 Tu, 5:30-7pm East 4 $63/$79
  - **225704** 4/29-5/20 W, 5:30-7pm North 4 $63/$79
  - **225690** 4/30-5/21 Th, 5:30-7pm East 4 $63/$79

- **Beginner with Gonzo**
  - **225693** 4/1-4/22 W, 9-10:30am East 4 $88/$110 Gonzo
  - **225694** 4/2-4/23 Th, 9-10:30am North 4 $88/$110 Gonzo
  - **225695** 4/29-5/20 W, 9-10:30am East 4 $88/$110 Gonzo
  - **225696** 4/30-5/21 Th, 9-10:30am North 4 $88/$110 Gonzo

- **Intermediate**
  - **225691** 3/30-4/20 M, 5:30-7pm East 4 $63/$79
  - **225697** 4/1-4/22 W, 5:30-7pm East 4 $63/$79
  - **225705** 4/27-5/18 M, 5:30-7pm East 4 $63/$79
  - **225710** 4/29-5/20 W, 5:30-7pm East 4 $63/$79

- **Intermediate with Gonzo**
  - **225709** 3/31-4/21 Tu, 9:10-10:30am★ North 4 $88/$110 Gonzo
  - **225699** 4/1-4/22 W, 10:30am-12pm East 4 $88/$110 Gonzo
  - **225701** 4/2-4/23 Th, 10:30am-12pm★ North 4 $88/$110 Gonzo
  - **225698** 4/28-5/19 Tu, 9:10-10:30am★ North 4 $88/$110 Gonzo
  - **225700** 4/29-5/20 W, 10:30am-12pm East 4 $88/$110 Gonzo
  - **225702** 4/30-5/21 Th, 10:30am-12pm★ North 4 $88/$110 Gonzo

**Adult Doubles Ladder**

(Ages 16+)

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

- **225711** 3/29-5/17 Su, 3-5pm Centennial M.S. 8 $130/$163

**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.

**Boulder SMASH**

(Ages 8-17)

Building your game while building a team. Be a part of a great team (with 20 state champions) representing the city of Boulder. Coached by Gonzo and his staff!

- **Spring Warm up**
  - Learn how to play a match while getting prepared for the summer competition. Participants will meet for 5 practices and 3 matches.
  - **225755** 3/29-5/17 Su, 1-3pm Centennial M.S. 8 $126/$158

- **Tennis Team - Summer Competition (USTA & CARA)**
  - During the summer competition season this is a two day per week commitment with one day of practice and one morning of match play. At the end of the seasons CARA and USTA both hold state tournaments for the participants.
    - **USTA**
      - **225757** 6/2-7/21 Tu, 1-3pm Centennial M.S. 8 $205/$256
    - **CARA**
      - **225756** 6/4-7/23 Th, 1-3pm Centennial M.S. 8 $168/$210
    - **Both USTA & CARA**
      - **225758** 6/2-7/23 Tu/Th, 1-3pm Centennial M.S. 16 $336/$420

More information at www.GonzoTennis.com
TENNIS

TENNIS – JUNIORS

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

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

Beginner

225713 3/31-5/19 Tu, 4-5pm East 8 $84/$105
225712 4/2-5/21 Th, 4-5pm East 8 $84/$105
225714 4/4-5/23 Sa, 9-10am North 8 $84/$105

Intermediate

225715 3/31-5/19 Tu, 5-6pm East 8 $84/$105
225716 4/2-5/21 Th, 5-6pm East 8 $84/$105
225717 4/4-5/23 Sa, 11am-12pm North 8 $84/$105

Advanced

225718 3/31-5/19 Tu, 6-7pm East 8 $84/$105
225719 4/2-5/21 Th, 6-7pm East 8 $84/$105
225720 4/4-5/23 Sa, 11am-12pm North 8 $84/$105

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)

225737 3/29-5/17 Su, 9:45-10:15am East 8 $63/$79
225731 3/30-5/18 M, 3:15-3:45pm East 8 $63/$79
225732 3/31-5/19 Tu, 3:15-3:45pm East 8 $63/$79
225733 4/1-5/20 W, 3:15-3:45pm East 8 $63/$79
225752 4/1-5/20 W, 3:15-3:45pm North 8 $63/$79
225734 4/2-5/21 Th, 3:15-3:45pm East 8 $63/$79
225735 4/3-5/22 F, 3:15-3:45pm East 8 $63/$79
225736 4/4-5/23 Sa, 9:45-10:15am North 8 $63/$79

Tiny Gonzos (Ages 5-6)

225744 3/29-5/17 Su, 10:15-11am East 8 $71/$89
225738 3/30-5/18 M, 3:45-4:30pm East 8 $71/$89
225739 3/31-5/19 Tu, 3:45-4:30pm East 8 $71/$89
225740 4/1-5/20 W, 3:45-4:30pm East 8 $71/$89
225753 4/1-5/20 W, 3:45-4:30pm North 8 $71/$89
225741 4/2-5/21 Th, 3:45-4:30pm East 8 $71/$89
225742 4/3-5/22 F, 3:45-4:30pm East 8 $71/$89
225743 4/4-5/23 Sa, 10:15-11am North 8 $71/$89

Mighty Gonzos (Ages 7-9)

225751 3/29-5/17 Su, 11am-12pm East 8 $84/$105
225745 3/30-5/18 M, 4:30-5:30pm East 8 $84/$105
225746 3/31-5/19 Tu, 4:30-5:30pm East 8 $84/$105
225747 4/1-5/20 W, 4:30-5:30pm East 8 $84/$105
225754 4/1-5/20 W, 4:30-5:30pm North 8 $84/$105
225748 4/2-5/21 Th, 4:30-5:30pm East 8 $84/$105
225749 4/3-5/22 F, 4:30-5:30pm East 8 $84/$105
225750 4/4-5/23 Sa, 11am-12pm North 8 $84/$105

GONZOTENNIS SUMMER CLINICS

(Ages 5-15) Tennis, tennis, tennis! A good combination of exercises, tennis games, other sports, and activities on the court to help students improve their game in a fun & safe environment.

Morning

225759 6/2-6/4 Tu/W/Th, 9am-12pm East 3 $104/$130
225760 6/9-6/11 Tu/W/Th, 9am-12pm East 3 $104/$130
225761 6/16-6/18 Tu/W/Th, 9am-12pm East 3 $104/$130
225762 6/23-6/25 Tu/W/Th, 9am-12pm East 3 $104/$130
225763 6/30-7/2 Tu/W/Th, 9am-12pm East 3 $104/$130
225764 7/7-7/9 Tu/W/Th, 9am-12pm East 3 $104/$130
225765 7/14-7/16 Tu/W/Th, 9am-12pm East 3 $104/$130
225766 7/21-7/23 Tu/W/Th, 9am-12pm East 3 $104/$130
225767 7/28-7/30 Tu/W/Th, 9am-12pm East 3 $104/$130
225768 8/4-8/6 Tu/W/Th, 9am-12pm East 3 $104/$130
225771 8/11-8/13 Tu/W/Th, 9am-12pm East 3 $104/$130

Afternoon

226482 6/2-6/4 Tu/W/Th, 3-6pm East 3 $104/$130
226483 6/9-6/11 Tu/W/Th, 3-6pm East 3 $104/$130
226484 6/16-6/18 Tu/W/Th, 3-6pm East 3 $104/$130
226485 6/23-6/25 Tu/W/Th, 3-6pm East 3 $104/$130

Aqua Egg Hunt & Dunk • April 4

(Ages 12 & under) Join us at the East Boulder Community Center for our inaugural Aqua Egg Hunt and Dunk where children will collect as many floating and sinking eggs as possible in the time allowed.

See pg. 40 for details.
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-parallelled customer service, and a safety record that is superior to industry standards.

*Register online at www.Avid4.com

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

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.

<table>
<thead>
<tr>
<th></th>
<th>Individual (3 hour classes)</th>
<th>Group (3 hour classes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Private Lesson</td>
<td>$150</td>
<td>2 people $200</td>
</tr>
<tr>
<td>3 Private Lessons</td>
<td>$420</td>
<td>3 people $250</td>
</tr>
<tr>
<td>6 Private Lessons</td>
<td>$780</td>
<td>4 people $300</td>
</tr>
</tbody>
</table>

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

- Participants will be divided into groups of 7 or less; must be able to ride 2-wheeler.
- Early Drop-Off at 8-9 a.m. and after care is available until 5:30 p.m.
- Daily lunch from Sprouts is also available.
- Special Park Bikes can be rented for $50 per week; Protective Gear (required) can also be rented for $15 per week.

* 5/25-5/29 M-F, 9am-3pm $395 per week
* 6/1-6/5 M-F, 9am-3pm $395 per week
* 6/8-6/12 M-F, 9am-3pm $395 per week
* 6/15-6/19 M-F, 9am-3pm $395 per week
* 6/22-6/26 M-F, 9am-3pm $395 per week
* 6/29-7/3 M-F, 9am-3pm $395 per week
* 7/6-7/10 M-F, 9am-3pm $395 per week
* 7/13-7/17 M-F, 9am-3pm $395 per week
* 7/20-7/24 M-F, 9am-3pm $395 per week
* 7/27-7/31 M-F, 9am-3pm $395 per week
* 8/3-8/7  M-F, 9am-3pm $395 per week
* 8/10-8/14 M-F, 9am-3pm $395 per week

* Register online at www.avid4.com

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-parallelled customer service, and a safety record that is superior to industry standards.

*Register online at www.Avid4.com

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

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

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

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

Picnic Reservations at VBP

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

Volunteer at VBP

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

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

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

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

Private & Semi-Private Clinics with Lee McCormack

(Age 18+) 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 $125.

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

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

Public Mountain Biking Clinics with Lee Likes Bikes

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

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

Details, dates and registration at www.leelikesbikes.com
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. (as available one week before class begins),

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 303-413-4933.

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.

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, 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.

For information call Christy Munoz at 303-413-7259 or visit [www.BoulderParks-Rec.org](http://www.BoulderParks-Rec.org)

## Policies & Information

### Annual Pass Terms & Benefits

1. First adult family member of the house hold (19-59) pays full price; additional family members pays 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.

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

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

Volunteer opportunities:

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


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.
### Transfer Policy

<table>
<thead>
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</tr>
</thead>
<tbody>
<tr>
<td>$0</td>
</tr>
<tr>
<td>$5</td>
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</table>

### Program Refund Policy

<table>
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<th>Course Type</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Courses</td>
<td>$15</td>
</tr>
<tr>
<td>After 1st Meeting</td>
<td>50%</td>
</tr>
<tr>
<td>After 2nd Meeting</td>
<td>No Refund</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Meeting Type</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>One week prior to start date</td>
<td>No Refund</td>
</tr>
<tr>
<td>After 1st Meeting</td>
<td>50%</td>
</tr>
<tr>
<td>After 2nd Meeting</td>
<td>No Refund</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Programs Type</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday two weeks prior to start of camp</td>
<td>No Refund</td>
</tr>
<tr>
<td>More than two weeks prior to start date</td>
<td>$15</td>
</tr>
</tbody>
</table>

### 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

<table>
<thead>
<tr>
<th>Pass Type</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual Pass</td>
<td>$25</td>
</tr>
<tr>
<td>Monthly Annual Pass</td>
<td>No prorated refunds</td>
</tr>
<tr>
<td>Punch Cards &amp; Twilight Pass</td>
<td>No prorated refunds</td>
</tr>
</tbody>
</table>

### 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, March 3.**
- 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.

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

Get down and get fit with Logo Ligi, a West African Drum and Dance Performance Group that is sure to have you dancing! All ages welcome.

Saturdays, 11 a.m.-12:30 p.m.
March 28 at East Boulder Community Center
April 25 at the Civic Area with BMoCA’s Dia Del Niño

More information at www.intercambiodance.org

Intercambio is a local non-profit whose mission is to build understanding, respect and friendship across cultures through education and intercultural opportunities. The organization offers volunteer-taught English classes for adult immigrants, workshops on life skills and citizenship, and cultural trainings and events for all community members.

In 2005, Intercambio and the City of Boulder’s Parks and Recreation Department announced a partnership to host an annual fitness event at one of the recreation centers. The success of a dance class, taught by Intercambio founders Lee Shainis and Shawn Camden, at the inaugural event, led to the development of a dance course curriculum that continues today. Lee and partners now teach free, weekly “World Party Dance Exercise” classes at Intercambio’s office and throughout the community.

In 2015, Intercambio and the department and Logo Ligi, a West African Drum and Dance Performance Group, received a Human Relations Commission grant to host Family World Dance and a collaborative pilot project has launched this year.

One Boulder. One World.

A Moment in Time:
North Boulder Park

Thirteen-acre North Boulder Park has a storied history.

It’s common knowledge that the park’s colorful past includes hosting the starting line for the first-ever Bolder Boulder 10K race. The park has seen the likes of Olympic legend and world champion cyclists flying around the park during epic crit stages of the Red Zinger and Coors Classic bicycle races. But do you know the story of a little girl named Emma?

Emma Walsh is the daughter of Joe Walsh, the famous guitarist and keyboardist in the rock band, The Eagles. Emma loved North Boulder Park and played there with her mom, Stefany, almost every day after they moved to Boulder from Nederland in the early 1970’s. Tragically, Emma died as the result of a car accident, just shy of her 3rd birthday. In May 1976, a memorial fountain in North Boulder Park was dedicated to her by her father.

Emma’s short life inspired Walsh’s track, “Song For Emma”, on his first “official” solo album, “So What”. While touring with singer Stevie Nicks in 1984, Walsh took Nicks to the park’s fountain. Nicks then immortalized the experience in her song, “Has Anyone Ever Written Anything For You”, on her 1985 album Rock A Little.

Our city’s parks are full of interesting history. Stay tuned for more stories in our next issue. In the meantime, make your own history in a park this spring.
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

Sailing at the Rez

Junior Race Team
(Ages 8-17) This class is designed for junior sailors looking to take their sailing skills to the next level. Race Team gives sailors the opportunity to learn and practice advanced skills in a competitive, team-focused environment. Our coaches prepare sailors for local and regional regattas.

5/7-5/28 Thu. 4-7 p.m. $200

Adult Beginner Sailing Class
This class is for adults who have no previous sailing experience or those who need a refresher to get back on the water. The class covers all the fundamentals of sailing through a hands-on approach. Students learn basic boat handling, rigging, terminology and introduction to sailing theory.

5/5-5/26 Tue. 5-8 p.m. $200

Register online at www.communitysailing.org
Volunteerism at Work

Valmont Dog Park

For years, a temporary, but popular neighborhood dog park existed on the northeast corner of Valmont Park. After extensive user input, the dog park was renovated and re-opened in 2012. However, the work to maintain this new, high-quality facility did not stop there. The Friends of Valmont Dog Park, a grassroots initiative to keep the dog park looking “opening-day” nice, took ownership of the park’s maintenance in 2014 in collaboration with park staff. Since then, an average of 20 hours a week is dedicated by volunteers to pull weeds, pick up dog poop, stock compostable dog poop bags and sweep walkways. This volunteer effort even initiated a successful “Pull 10” campaign in summer of 2014 to help combat weeds sprouting up in certain areas of the park. This level of volunteerism is what makes Valmont Dog Park one of the city’s premiere places to play with your canine friends.

www.BoulderParks-Rec.org > city parks > dog parks

Volunteer Extraordinaire

Mary Pesek McRoberts was named the 2015 Alber Lifetime Achievement Award recipient on Feb. 19 for her 20+ years of dedicated service to the Columbia Cemetery Conservation Corps. Over this period, Mary spent thousands of hours compiling documentation on Columbia Cemetery’s nearly 6,500 headstones.

Thanks to Mary and the city’s IT staff, people all over the world have access to her research’s legacy through an interactive web-site. As a result, renowned conservators have described Columbia Cemetery as one of the best documented cemeteries in the country.

Congratulations to Mary for receiving this prestigious community award and thank you for your enormous contribution to local history.

https://bouldercolorado.gov/parks-rec/columbia-cemetery
Boulder Community Day

Let’s Move’s 5 Tips for Healthy Kids:

• Try new fruits & veggies and fill half your plate.
• Cook more meals at home.
• Make healthy changes as a family & plan fun activities!
• Plant a garden.
• Drink lots of water.

Eat Healthy • Get Active • Take Action • Join Us

The City of Boulder joined First Lady Michelle Obama in the nation’s fight against childhood obesity in 2011. Over the past three decades, childhood obesity rates in America have tripled, and nearly one in every three children in America are overweight or obese. Even in healthy, active Colorado childhood obesity rates were 14.2% in 2009, an increase of 4.3% from 2007. The City of Boulder has embraced Let’s Move’s two key themes “Get Active” and “Eat Healthy” and is offering special community health events throughout the year.

For more information visit www.letsmove.gov

SCHOOL DAY OFF CAMPS

- Pottery Camp (pg. 33)
- Nuggets School Day Off Clinics (pg. 35)
- Spring Break Kidz Kamp (pg. 35)
- Spring Break Drama Camp (pg. 35)

Don’t miss out. Enrollment is limited - sign up today!

More info: Erynn Simone at 303-441-4137 or simonee@bouldercolorado.gov

For further details and to sign up for our email list visit www.BPRcamps.org

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Boulder Community Day

Kids to Parks Day
Fun for the whole family!
Enjoy a variety of FREE activities.

May 16 • 12-4 p.m.
Scott Carpenter Park, 1505 30th St.

Community Cleanup Day • 8:30-11:30 a.m./various locations
Help us clean up and beautify Boulder by removing trash and recyclables, pulling weeds from parks and greenways. Select from several cleanup sites and project leaders will provide direction and supplies when you arrive. More details: www.BoulderCommunityDay.org or call 303-413-7245.
Boulder Fun Map
Great ways to enjoy an “insiders” spring in Boulder –

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.

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.

Valmont Bike/Dog Park/Disc Golf,
Valmont & Airport Rd.

Reservoir, 5565 N. 51st. St. • 303-441-3461

Spruce Pool, 2102 Spruce • 303-441-3426

Scott Carpenter Pool,
1505 30th St. • 303-441-3427

Flatirons Golf Course,
5706 Arapahoe • 303-442-7851

Iris Center, 3198 Broadway • 303-413-7200

Salberg Center & Park, 19th & Elder

Visit us online for a complete interactive map of our parks
www.BoulderParksMap.org
8 Fun Things To Do This Spring:

- See 6,000 volunteer-planted daffodils bloom in Central Park - Thanks “1000” Friends!
- Stroll among the Pearl Street Mall tulips
- Enjoy a free Civic Area walking tour along Boulder Creek (during the Farmers’ Market)
- Watch a Little League game at North Boulder Park or Aurora 7 Park
- Try out the new zip line at Elks Park
- Take a nature walk at Coot Lake and look for sights and sounds of breeding birds such as the (impressively large!) American Bittern
- Try the exercise circuit around Veile Lake at Harlow Platts
- Bring your kids to “rock park” at Arapahoe Ridge Park playground

Each spring, you will see dandelions bloom in our parks. This is a sign that we no longer use synthetic chemicals that are typically applied to control weeds.

For more information on the environmental work that the City of Boulder’s Parks & Recreation Department is doing visit:

www.BoulderParks-Rec.org

Healthy Parks = Healthy People

Get outside and play! Boulder Parks are healthy places for you to enjoy!
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.

Healthy Parks

Each spring, you will see dandelions bloom in our parks. This is a sign that we no longer use synthetic chemicals that are typically applied to control weeds.

We mow regularly to keep weeds down. According to natural lawn care basics, we keep our grass three inches high in the parks and a bit shorter on our playing fields. The tall grass allows the roots to grow strong and access water deep in the ground. As a result, the taller grass naturally shades out some weed seeds from germinating. Even after being cut, dandelion flowers are persistent and sometimes grow back overnight.

Just remember, when you see a dandelion, it means the grass is healthy and safe for you and your family. It also means that we have to focus on restoring soil and turf processes, not just chemical products, to make grass healthy and strong. This may take time, but our community’s health is worth it.

For more information on the environmental work that the City of Boulder’s Parks & Recreation Department is doing visit: www.BoulderParks-Rec.org

For more information on the City’s Integrated Pest Management practices visit: www.BoulderColorado.gov/IPM

New: Youth & Family Health Fair

Saturday, March 14, 9 a.m. - 3:30 p.m.
North Boulder Recreation Center

Does your son or daughter enjoy rigorous physical activity or youth sports? Learn how to keep our youngest community members safe while engaging in physical activity by joining the department and Play with Heart for this new, informative and interactive Health Fair. Learn about ways to reduce concussion risk; water safety; teen driver safety; CPR and healthy eating. Primary prevention cardiac screening will be available for youth ages 12-19.

See pg. 25 for event details.


Daily Camera Summer Camp Fair

Saturday, March 14, 10 a.m. - 2 p.m.
East Boulder Community Center

Join the Daily Camera and American Camp Association for a free day of activities and interaction with more than 20 local summer camp providers. Register to win a City of Boulder Parks & Recreation Department Splash Pass and other great prizes.

More information: www.DailyCamera.com

www.BoulderParks-Rec.org