



Boulder Parks & Recreation

spring | 2015



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



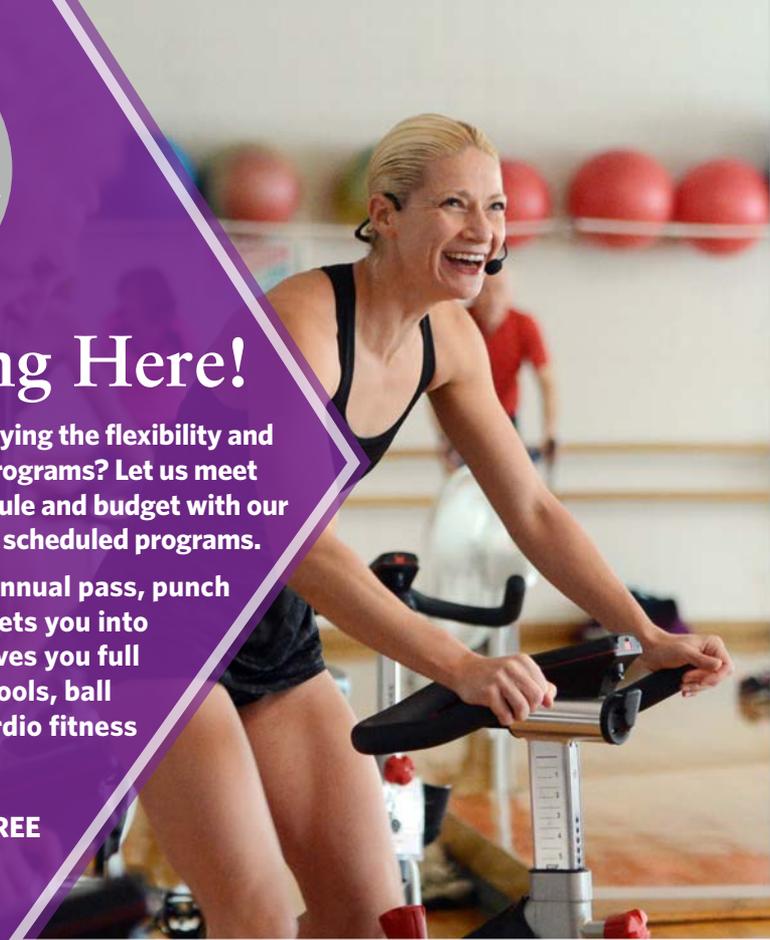
You Belong Here!

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.



BOULDER'S BEST FITNESS VALUE!

Drop-In Fitness Classes

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

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

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

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.

TABLE OF CONTENTS

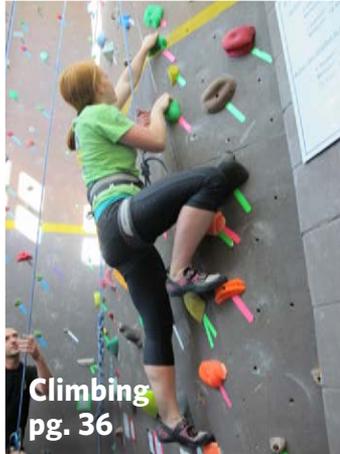
Park Planning Updates.	4
Boulder Through Your Eyes . .	5
North Boulder Park Feature . .	6-7
Civic Area & Gift Cards	8
In this Guide/News	9
Entry Fees & Passes.	10
Kids' Corner	10
Dance	11-15
EXPAND.	16-18
Golf.	19-20
Gymnastics	21-22
Fitness/Weight Training.	23-26
CPR & First Aid	24
Mind/Body - Pilates.	27-29
T'ai-Chi & T'ai-Chi Ch'uan . .	29
Mind/Body - Yoga.	30-31
Mind/Body - MELT®	31
Feldenkrais	31
Pottery.	32-33
Sports	34-36
Swimming/Aqua Fitness	37-40
Tennis	41-43
Valmont Bike Park.	44-45
Policies & Information	46
Staff Contact Information	47
Registration.	48
Logo Ligi & A Moment in Time	49
Sailing at the Rez.	50
Volunteerism at Work	51
Camps & Let's Move.	52
Boulder Community Day.	53
Boulder Fun Map	54-55
Health & Wellness Zone	back cover



Mind/Body pg. 27



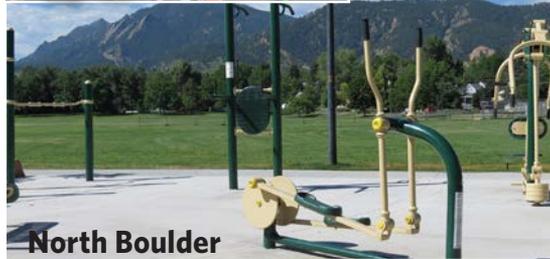
Weights pg. 26



Climbing pg. 36



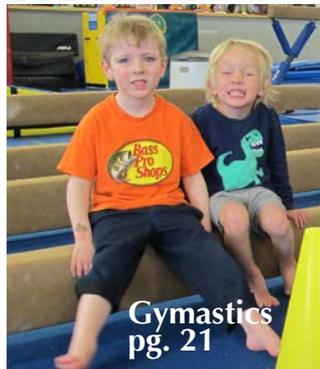
Fitness pg. 23



North Boulder Park pg. 6-7



Pottery pg. 32



Gymnastics pg. 21



Sports pg. 34



Dance pg. 11

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.



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".

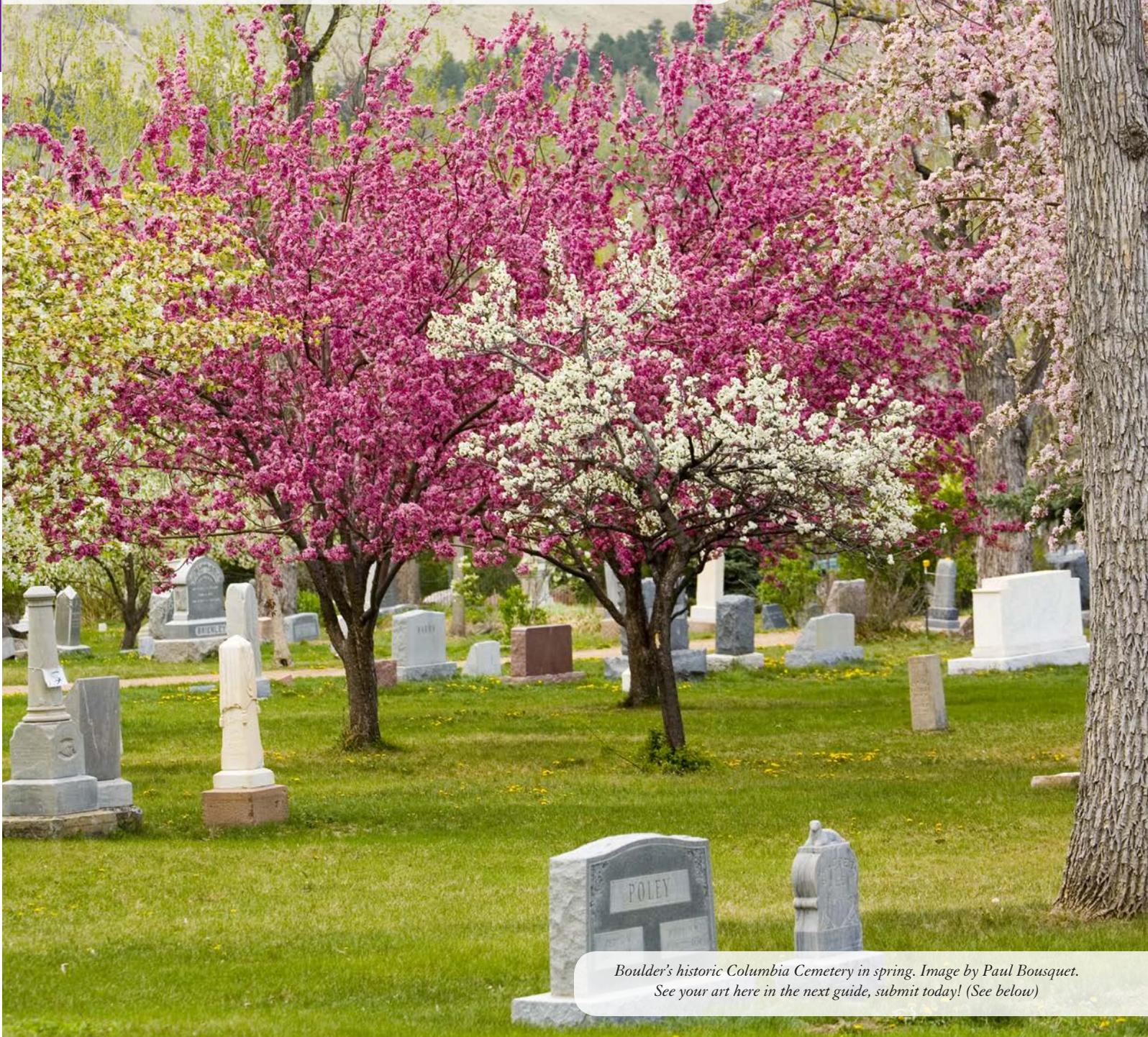


Visit the Newly Renovated Elks Park

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.

Boulder Through Your Eyes



*Boulder's historic Columbia Cemetery in spring. Image by Paul Bousquet.
See your art here in the next guide, submit today! (See below)*

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



Top 5 Things To Do:

1. PLAY BALL

- Two ball diamonds at the park

2. PICK-UP SPORTS FIELD

- Large turf area that's open on a first-come, first-served basis

3. HAVE A PICNIC

- Reserve the shelter with picnic tables, restrooms and grills. Call 303-413-7200.

4. WORKOUT

- Use the new teen-adult outdoor fitness equipment (see the attached sample workout developed by a personal trainer from North Boulder Recreation Center)

5. PING PONG OR HALF COURT BASKETBALL (NW CORNER OF PARK)

- Try out our new permanent, concrete ping pong table!

2

1

Did You Know?

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.

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

bouldercivicaarea.com

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



Get 2 free coffee drinks at OZO Coffee Co.

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

\$10 gift card for Boulder Cycle Sports



\$10 Farmers Buck for fresh fruits & vegetables.



\$10 gift card for Gateway Park Fun Center.



\$10 gift card for Flatirons Running Co.



\$10 gift card for Hapa Sushi



On The Cover:

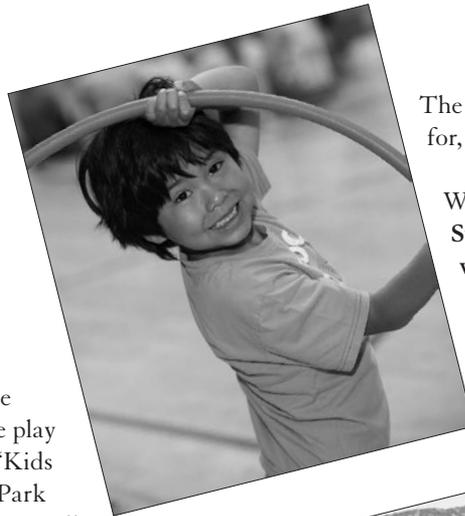
Year of the Child

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.



The aim of nature play is to create a greater appreciation for, and awareness of, the natural environment.

Want to learn more? Join us at the **Nature Play Symposium on June 10-11, with world-renowned writer, educator and thought-leader, Robin Moore**, a professor at North Carolina State University. Moore will be sharing his breadth of knowledge and insight into environmental, social and developmental benefits of nurturing contact with nature among young people. He will also discuss how Boulder can improve nature contact through the design of our play spaces.



Look for more details on this exciting event, upcoming nature play opportunities, Year of the Child activities and special events in the May guide.

Top 10 Nature Play Parks:
www.boulderparcs-rec.org
under "Featured Topics"

Parks & Recreation News

Recreation Center Closures:

March 21-29		South closed for annual maintenance
April 5	Easter	North open 8 a.m.-5 p.m., East & South closed
May 25	Memorial Day	North open 1:30-6:30 p.m., East & South closed

Program Highlights:

School Day Off Camps & Activities pgs. 8, 33, & 35
 Aqua Egg Hunt & Dunk, April 4 (pg. 40)
 Youth Health Fair, March 14 (pg. 25)
 Summer Camp Fair, March 14 (pg. 56 back cover)

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.



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.

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.



ENTRY FEES

ANNUAL PASS

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

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

MONTHLY BILLING -

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

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

FAMILY ANNUAL PASS

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

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

DAILY DROP-IN

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

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

40 PUNCH PASS

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

20 PUNCH PASS

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

10 PUNCH PASS

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

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

TWILIGHT PASS

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

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

ONE MONTH PASS

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

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

Laugh
Learn
Play
Share

Kids' Corner★

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

Ages 6 mos. to 9 years

Fees

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

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

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

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

HOURS

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



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

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

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
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Ballet Level 1

(Ages 13+) Very beginning ballet technique introducing the aesthetics and physicality of classical ballet utilized by dancers and athletes. Students will develop strength, muscle control, movement awareness 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.
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Ballet Level 1/2

(Ages 13+) Elementary level technique for students who have begun ballet training and have knowledge of alignment, terminology, and the fundamental forms of the basic barre and center exercises including elementary jumps. 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.
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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.
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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.
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Ballet Level 3

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

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

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

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

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

DANCE - ADULT/YOUTH

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 ceili social dancing in a fun, upbeat environment. Classes also include a proper warm-up with strengthening exercises and stretching. Ghillies, jazz shoes or ballet slippers recommended, but not required.

225627 4/20-5/18 M, 7:15-8:30pm South 5 \$58/\$73 Elizabeth



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

► 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

Spring Dance Concert

Saturday, April 18 • 1 p.m. & 7 p.m.
Sunday, April 19 • 1 p.m.

Niwot High School
8989 E. Niwot Road • 80503

Tickets sold at the door:
General Admission: \$10
Child/Senior: \$8



Featuring Kinesis Dance Company.

For more information call 720-515-6268.

DANCE - YOUTH



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

Pre-Hip Hop

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

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

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

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
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Pre-Tap & Ballet

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

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 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
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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
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Ballet 2

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

225604	4/20-5/18	M, 4:45-5:30pm	East	5	\$45/\$56	Vanessa
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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
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Hip Hop 1/2

(Ages 7-9)

225618	4/24-5/29	F, 4:45-5:30pm	East	6	\$53/\$80	Kevin
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Boys Hip Hop and Break Dance

(Ages 6-10)

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



Jazz 1/2

(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.

225634 4/20-5/18 M, 4-4:45pm East 5 \$45/\$56 Vanessa

Jazz 2/3

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

225639 4/20-5/18 M, 5:30-6:30pm East 5 \$45/\$56 Vanessa

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

225668 4/21-5/26 Tu, 5:15-6:15pm Iris 6 \$53/\$80 Nicole

Jazz & Tap Combo 1/2

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

(Ages 6-8)

225665 4/22-5/27 W, 4-5pm North 6 \$53/\$80 Mary

(Ages 9-12)

225665 4/22-5/27 W, 4-5pm North 6 \$53/\$80 Mary

Poms Dance Class

(Ages 5-6)

225674 4/23-5/28 Th, 4-4:45pm Iris 6 \$53/\$80 Jordan

(Ages 7-9)

225675 4/23-5/28 Th, 4:45-5:30pm Iris 6 \$53/\$80 Jordan

(Ages 10-13)

225676 4/23-5/28 Th, 5:30-6:30pm Iris 6 \$53/\$80 Jordan

Children's Hula

(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.

225626 4/22-5/27 W, 4:30-5:30pm Iris 6 \$53/\$80 La'ela'e

Irish Step

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

225629 4/20-5/18 M, 6:30-7:15pm South 5 \$45/\$56 Elizabeth

Ballet Theater

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!

225595 4/20-5/18 M, 6:30-8:30pm Iris 5 \$77/\$95 Elizabeth R.

Audition Preparation

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

225670 4/21-5/26 Tu, 6:30-7:30pm Iris 6 \$53/\$80 Nicole

► KINESIS DANCE COMPANY

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



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

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

Please contact Lori Goldman at 303-413-7256 or email at goldmanl@boulder.colorado.gov with any questions. Unless otherwise noted, programs are for all ability levels.

Scholarships

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

EXPAND Services

EXPAND is a service provider and able to bill outside agencies/funding for services. Contact Sherri Brown, 303-441-4933.

Group

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

1 on 1

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

Inclusion!

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

► 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.



226033	6/8-6/12	M-F, 9am-4pm	Scott Carpenter Park	5	\$225/\$275
226085	8/3-8/7	M-F, 9am-4pm	Scott Carpenter Park	5	\$225/\$275

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.

226089	6/15-7/30	M-Th, 9am-2pm	Scott Carpenter Park	28	\$478/\$597
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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.

225233	6/22-7/30	M-Th, 1:30-5pm	North	24	\$420/\$525	1 on 1
226332	6/22-7/30	M-Th, 1:30-5pm	North	24	\$420/\$525	Group

► 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.

Mystery Activity

(Ages 14+) Our interns will be planning exciting adventure, fitness, and craft activities. Contact Lori Goldman, 303-413-7256.

226088 4/6-5/11 M, 3-4pm East 6 \$30/\$37

Water Aerobics

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

224661 4/6-5/18 M, 4:30-5:30pm East 7 \$42/\$52

Walkin' & Rockin'

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

225884 4/14-5/19 Tu, 2:30-3:30pm East 6 \$30/\$37

Unified Soccer

(Ages 16+) Soccer time! We will be practicing and preparing for Special Olympics tournament. Contact Sherri Brown, 303-441-4933.

224670 4/14-5/19 Tu, 3:30-5pm East 6 \$50/\$60

Spring Basketball Pick-up League

(Ages 16+) NEW! 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.

NEW!

225883 4/14-5/19 Tu, 5-8pm East 6 \$30

Unified Softball League

(Ages 16+) 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 @ brownsh@bouldercolorado.gov with shirt size. New players please contact Sherri Brown, 303-441-4933.

224671 6/2-8/11 Tu, 5-9pm Mapleton 10 \$40/\$65 Group Only

Move and Groove

(Ages 16+) 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.

224676 4/1-5/20 W, 3:30-4:30pm East 9 \$45/\$55 Group Only

Weight Lifting

(Ages 16+) Pump up! Learn to use the fitness machines to increase muscle tone and strength. Contact Sherri Brown, 303-441-4933.

224665 4/2-5/28 Th, 2:30-3pm East 9 \$30/\$38 Group Only

Spinning

(Ages 16+) 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.

224666 4/2-5/28 Th, 3-4pm East 9 \$45/\$55

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.

225882 4/2-5/28 Th, 4-4:30pm East 9 \$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.

224659 4/2-5/28 Th, 4:30-5:30pm East 9 \$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.

224667 4/2-5/28 Th, 6-7pm East 9 \$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.

224664 4/10-5/15 F, 3-4:30pm CU 6 \$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.

224673 4/4-5/2 Sa, 10-11:30am South 5 \$35/\$45

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.

NEW!

225982 4/21-5/19 Tu, 4-5pm South 5 \$30/\$36



EXPAND

► 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
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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
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Swimming Fun

(Bring your towel and suit!)

225284	5/1	F, 5:30-8pm	East	1	\$13/\$16
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Scavenger Hunt

225285	5/15	F, 5:30-8pm	East	1	\$13/\$16
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Swimming Fun

(Bring your towel and suit!)

225286	5/29	F, 5:30-8pm	East	1	\$13/\$16
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ALL FRIDAY NIGHT FUN CLASSES (ABOVE)

Sign up for every Friday with one code and fee.

225295	\$60/\$72
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Saturday Edition at North!

(Ages 8-16) We will hang out on a Saturday in the gymnastics gym! We will jump on trampolines, swim through foam pits and work our way through obstacle courses. Contact Chelsea Cerny, 303-551-5329.

225287	4/25	Sa, 5-7pm	North	1	\$15/\$17
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NEW!

► 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
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► 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
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Board Games & Salad

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

225184	5/6	W, 4:30-6pm	East	1	\$15/\$19	1 on 1 & Group
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► 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	7	Free
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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.



EXPAND Duck Race® & Boulder Creek Festival®

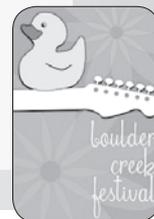
Duck Race: Monday, May 25 • 4 p.m. | Festival: Saturday-Monday, May 23-25

Adopt a Duck...Support Recreation for Individuals with Disabilities.

The EXPAND Duck Race® is a benefit for the City of Boulder Parks & Recreation Dept.'s EXPAND Program. EXPAND provides recreational opportunities for children, youth and adults with disabilities.

Adopt one or more ducks for a chance to win!

Race Day: Monday, May 25 • 4 p.m. at the Boulder Creek Festival®



For more information visit us online at
www.EXPANDduckrace.org



Flatirons Golf Course features an 18-hole golf course, practice facility, instruction programs, club repair, pro shop and more! Check us out this spring!

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) | Peak season (May 12 - Sept. 21) |
| \$46 per player (M-Th) | \$49 per player (M-Th) |
| \$49 per player (F-Su) | \$53 per player (F-Su) |

▶ FLATIRONS GOLF COURSE FEES

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

Practice Range / Club & Cart Rental

Practice Range

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

(discount cards available in pro shop)

Golf Club Sets

Clubs- 9 holes \$18 • 18 holes \$25

Electric Carts (Fee Per Rider)

• 9 holes \$10 • 18 holes \$15

Hand Carts

9 holes \$5 • 18 holes \$7

Shoulder Season Fees (March 16-May 10 & August 24-October 11)

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

Weekday Discount Player Fees (Monday-Thursday)

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

Weekend Standard Player Fees (Friday-Sunday)

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

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.

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

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

▶ 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.

Adults (age 17+)

\$40 for 30 minutes

\$59 for 45 minutes

Take three individual lessons and receive your fourth lesson for half price! \$140

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.



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.

▶ 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 FlatironsGolf.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.

GYMNASTICS



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

Important Information for ALL Classes:

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

► PRESCHOOL

Join our preschool program to explore a combination of basic movement and gymnastics events, including tumbling, balance beam, uneven bars, parallel bars, vaulting, pommel horse, rings, trampoline and the foam pit. Help your child build a strong foundation for other sports and life long skills. All skills and equipment are scaled down to accommodate children's size and ability. 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.

224275	M, 9-9:45am ★	224282	W, 10-10:45am ★
224276	M, 10-10:45am ★	224283	Th, 9-9:45am ★
224277	M, 11-11:45am ★	224284	Th, 10-10:45am ★
224278	Tu, 9-9:45am ★	224285	F, 9-9:45am ★
224279	Tu, 10-10:45am ★	224286	F, 10-10:45am ★
224280	Tu, 11-11:45am ★	224287	Sa, 9-9:45am
224281	W, 9-9:45am ★	224288	Sa, 10-10:45am

3 Year Olds

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

224289	M, 9-9:45am ★	224299	W, 2:45-3:30pm
224290	M, 10-10:45am ★	224300	Th, 9-9:45am ★
224291	M, 11-11:45am ★	224301	Th, 10-10:45am ★
224292	M, 2:45-3:30pm	224302	Th, 11-11:45am ★
224293	Tu, 9-9:45am ★	224303	Th, 2:45-3:30pm ★
224294	Tu, 10-10:45am ★	224304	F, 9-9:45am ★
224295	Tu, 11-11:45am ★	224305	F, 10-10:45am ★
224296	Tu, 2:45-3:30pm ★	224306	F, 2:45-3:30pm
224297	W, 9-9:45am ★	224307	Sa, 9-9:45am
224298	W, 10-10:45am ★	224308	Sa, 10-10:45am

4 Year Olds

Child must be 4 years old by first class.

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

5 Year Olds

Child must be 5 years old by first class.

224329	M, 9-9:45am ★	224338	W, 2:45-3:30pm
224330	M, 10-10:45am ★	224339	Th, 9-9:45am ★
		224340	Th, 10-10:45am ★
224331	M, 2:45-3:30pm	224341	Th, 11-11:45am ★
224332	Tu, 9-9:45am ★	224342	Th, 2:45-3:30pm ★
224333	Tu, 10-10:45am ★	224343	F, 9-9:45am ★
224334	Tu, 11-11:45am ★	224344	F, 10-10:45am ★
224335	Tu, 2:45-3:30pm ★	224345	F, 2:45-3:30pm
224336	W, 9-9:45am ★	224346	Sa, 9-9:45am
224337	W, 10-10:45am ★	224347	Sa, 10-10:45am

GYMNASTICS

▶ GYMNASTICS CLASSES AT SOUTH

NEW!

2-2½ Year Olds Intro to Gymnastics at South

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

224273	4/15-5/20	W, 9:30-10am	6 classes	\$45/\$60	South
224274	4/15-5/20	W, 10:15-10:45am	6 classes	\$45/\$60	South

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.

224363	4/15-5/20	W, 4-4:45pm	6 classes	\$41/\$54	South
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▶ 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

M/W	(2 days per/wk)	(16 classes)	\$190(R) / \$238(N)
Tu/Th	(2 days per/wk)	(16 classes)	\$190(R) / \$238(N)
M/ Tu/W/Th/F	(1 day per/wk)	(8 classes)	\$95(R) / \$119(N)
Sa	(1 day per/wk)	(7 classes)	\$83(R) / \$104(N)

Boys Ages 6-12

224348	Tu/Th, 3:45-5pm★
224349	M, 3:45-5pm
224350	W, 3:45-5pm
224351	F, 3:45-5pm
224352	F, 5:15-6:30pm
224353	Sa, 11am-12:15pm

Girls Ages 6-12

224354	M/W, 3:45-5pm
224355	Tu/Th, 3:45-5pm★
224356	M, 3:45-5pm
224357	Tu, 3:45-5pm★
224358	W, 3:45-5pm
224359	Th, 3:45-5pm★
224360	F, 3:45-5pm
224361	F, 5:15-6:30pm
224362	Sa, 11am-12:15pm

Employment Opportunity

Hiring Gymnastics Instructors

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

▶ “TWEEN” BEGINNER/ ADVANCED BEGINNER

(Ages 9-12) This is the perfect place for girls ages 9-12 to learn basic gymnastics in a supportive, non-competitive environment with your peers. Participants will use tumbling, balance beam, uneven bars, parallel bars, horizontal bar, vaulting, pommel horse, rings, trampoline, and foam pit to improve coordination, strength and self-confidence while emphasizing a fun approach to learning. Participant must be 9 years old by the first class. Enroll today! Some classes may be filled due to pre-registration of previous session participants.

Girls

224364	3/31-5/21	T/Th, 3:45-5pm★	North	16 classes	\$190/\$238
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▶ BOULDER FLYERS GYMNASTICS TEAM

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

Girls Pre-Team

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

Girls Beginning Team-Advanced Team

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

Boys Pre-Team

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

Boys Beginning Team- Advanced Team

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

▶ OPEN GYM

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

Drop-in	Sa, 1-3pm	North	\$8 payable at front desk
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▶ GYMNASTICS BIRTHDAY PARTIES

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

Ages 5-7, 8-10 & 11-13

Sundays only: 1-3 pm or 2:30-4:30 pm

Up to 8 children \$145(R) / \$181(N)

9-15 children \$203(R) / \$254(N)

To book a party call 303-413-7218.





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

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.

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.

225775 4/1-5/27 W, 5:30-6:30pm South 9 \$79/\$98 Lisa

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

Adult Kickbox

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

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

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
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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
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► 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
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KidsWatch Babysitting Class

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

225942	4/25	Sa, 9am-2pm	South	1	\$60/\$75	Jennifer
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► 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
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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
224644	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
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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!

226188	3/30-5/20	M/W, 9:30-10:30am★	North	16	\$140/\$175	Chris
226184	3/31-5/21	Tu/Th, 9:30-10:30am★	North	16	\$140/\$175	Chris
226186	4/7-5/21	Tu/Th, 10:45-11:45am	South	14	\$123/\$153	Sue

Women's Intermediate Weight Training

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

226187	4/6-5/20	M/W, 8:15-9:15am	East	14	\$123/\$153	Sue
226189	4/7-5/21	Tu/Th, 9:30-10:30am	South	14	\$123/\$153	Sue

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.

224643	4/2/15	Th, 5:30-7pm	East	1	\$15/\$20	Blake
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NEW!

▶ YOUTH WEIGHT TRAINING

Youth Weight Room Certification

(Ages 12-15) Meet with a trainer for three sessions and become certified to use the weight room under parent/adult supervision. Participants must complete the three sessions and pass a test administered by the trainer. **\$157.50**

Shape up for Sports-Sport Specific Training

(Ages 10+) Coaches, parents, clubs and groups can purchase customized sport specific strength training programs for their young athletes 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, pruetjtj@bouldercolorado.gov or 303-413-7280.



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.

Visit www.BoulderParks-Rec.org for more details.

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.



► 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 Pruet 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+) Personalized training with a certified professional.

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

Semi Private Training (Two Individuals)

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

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

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.

18 sessions with 3 month complimentary pass \$846

27 sessions with 6 month complimentary pass \$1269

36 sessions with a 9 month complimentary pass \$1692

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 Pruet 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 dietician 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

Carol 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 reformer is the ultimate full-body toning and strengthening workout.

► PILATES MAT PROGRAM INFORMATION

Registered Class Punchcard

Pilates Mat \$70 - 5 Punches

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

Registered Class Visitor's Fee

Pilates Mat \$17

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

226345	3/30-5/18	M, 11:10am-12:10pm	Iris	8	\$70/\$88	Shayna
226348	3/30-5/18	M, 5:30-6:30pm	Salberg	8	\$70/\$88	Roxolana
226360	4/3-5/22	F, 10:15-11:15am	Iris	8	\$70/\$88	Christine
226364	4/12-5/24	Su, 4:15-5:15pm	Salberg	7	\$61/\$77	Joan

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.

226344	3/30-5/18	M, 10-11am	Iris	8	\$70/\$88	Shayna
226993	4/3-5/22	F, 10:15-11:15am	Iris	8	\$70/\$88	Christine

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

▶ PRIVATE & SEMI-PRIVATE PILATES REFORMER LESSONS

Private & Semi-Private Pilates Reformer Lessons

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

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

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

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

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

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

▶ PILATES REFORMER & MULTI-APPARATUS PROGRAM INFORMATION

Pre-requisite policy

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

Make-up policy

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

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.

▶ PILATES REFORMER

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

Reformer - Intro/Orientation

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

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

MIND/BODY: PILATES/T'AI-CHI/T'AI-CHI CH'UAN

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
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▶ T'AI-CHI

(Age 14+) Learn energizing Qi Gong warm-up exercises, the 5 Element form and first circle as taught by Master Chungliang Al Huang. Inspirational music and guided stress reduction relaxation are included.

226347	3/30-5/18	M, 5:20-6:20pm	East Senior	8	\$70/\$88	Cynthia
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▶ ZUMBA® DROP-IN

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

▶ AYRE DROP-IN

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

▶ 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.



Capture your inner strength with yoga.



Learn to reach for your highest potential in a registered yoga course.

► YOGA PROGRAM INFORMATION

Registered Class Punchcard

Yoga program classes \$70 - 5 Punches

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

Registered Class Visitor's Fee

Yoga program classes \$17

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

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

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

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.

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

Beginner Yoga

(Age 14+) Learn the basics of stretching and correct alignment in detail in order to practice yoga safely. Newcomers, students returning for a refresher, and those wishing to refine a lifelong yoga routine 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.

225845	3/30-5/18	M, 6:30-8pm	East Senior	8	\$105/\$131	Erin
225846	3/31-5/19	Tu, 9:30-10:45am	South	8	\$88/\$109	Deborah
225847	4/1-5/20	W, 7:30-8:45am	South	8	\$88/\$109	Ravi
225848	4/2-5/21	Th, 9:15-10:45am★	North	8	\$105/\$131	Louann
226535	4/2-5/21	Th, 5:30-7pm	North	8	\$105/\$131	Shawna
225849	4/3-5/22	F, 9-10:30am★	East	8	\$105/\$131	Brian
225850	4/12-5/24	Su, 4:30-6pm	North	7	\$92/\$115	John

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.

225862	4/3-5/22	F, 1:30-2:45pm	North	8	\$88/\$109	Karen C.
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Gentle Continuing Yoga

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

225855	4/2-5/21	Th, 9:15-10:45am	South	8	\$105/\$131	Kathleen
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Continuing Yoga

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

225852	3/31-5/19	Tu, 3:15-4:45pm★	North	8	\$105/\$131	Louann
225853	4/1-5/20	W, 5:30-6:45pm	North	8	\$105/\$131	Andrea

MIND/BODY: YOGA/MELT®/FELDENKRAIS®

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.

226363 4/12-5/24 Su, 9:30-11am North 7 \$92/\$115 Beth

Iyengar Yoga

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

225863 4/4-5/23 Sa, 9-10:30am North 8 \$105/\$131 Karen D.

Power Yoga

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

225851 3/31-5/19 Tu, 6:45-8pm North 8 \$88/\$109 Maggie

Restorative/Gentle Yoga

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

226536 4/1-5/20 W, 10:30-11:45am★ North 8 \$88/\$109 Karen D.

226362 4/4-5/23 Sa, 10:40-11:55am Iris 8 \$88/\$109 Karen D.

Therapeutic Yoga

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

225859 3/31-5/19 Tu, 5:15-6:30pm★ North 8 \$88/\$109 Cassandra

225858 4/1-5/20 W, 4-5:15pm South 8 \$88/\$109 Lori

225860 4/3-5/22 F, 4-5:15pm North 8 \$88/\$109 Cassandra

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.

226594 4/3-5/22 F, 10-11am★ North 8 \$70/\$88 Ravi

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.

225861 4/7-5/19 Tu, 4:15-5:15pm East 7 \$61/\$77 Wendy

▶ MELT®



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

226365 4/12-5/24 Su, 12:30-1:45pm North 7 \$77/\$96 David

MELT Into Meditation

(Age 14+) MELT into Meditation. Many people have tried to meditate without much success. The mind and the body sometimes overwhelm us with an inability to focus. The MELT Method uses several techniques to quiet both the mind and the body, helping to ease us into meditation. The first half of the class will use MELT Length moves to rehydrate our connective tissue, calm our nervous system and increase the flow of the body's natural energy pathways. The second half of the class will involve two sitting meditation periods with a five minute walking meditation in between. Experience focus and the benefits of mindfulness. For a more thorough description of MELT, see the MELT class above.

226366 4/12-5/24 Su, 2-3:15pm North 7 \$77/\$96 David

▶ FELDENKRAIS®

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

226357 4/1-5/20 W, 6:30-7:45pm East Senior 8 \$88/\$109 Gil

226358 4/3-5/22 F, 12-1pm Iris 8 \$70/\$88 Gil

POTTERY



Pottery is highly enjoyable and has therapeutic benefits for all ages as it helps to maintain cognitive, emotional, social and physical well being.

Exciting news for the City of Boulder Parks and Recreation Pottery Lab!

NEW!
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.

Studio Arts Boulder assumed operations and management of the Pottery Lab beginning January 1, 2015. **Please note that registration for classes now takes place through Studio Arts Boulder at www.BoulderPotteryLab.org.**

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

(Ages 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
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Beginning Wheel-Throwing and Hand-Building

(Ages 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
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Intermediate to Advanced Wheel Throwing

(Ages 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
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► SATURDAY SPECIALS

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

Extrusion Exploration

(Ages 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
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Making Marks In Clay

(Ages 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
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Tool Making

(Ages 16+) Learn to make your own ribs, trimming tools, wire etc.

*	5/16-5/23	Sat, 9-11:30am	Pottery Lab	2	\$50	TBA
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Birthday Parties!

Reserve the date for your child's next birthday party at the Pottery Lab! Call 720-379-6033 today!

► YOUTH POTTERY

Child/Parent Pottery

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

*	4/2-5/21	Th, 11-12p.m.	Pottery Lab	8	\$117	Judi
*	4/2-5/21	Th, 1-2pm	Pottery Lab	8	\$117	Judi
*	4/4-5/23	Sa, 9-10am	Pottery Lab	8	\$117	Judi
*	4/4-5/23	Sa, 10:15-11:15am	Pottery Lab	8	\$117	Judi
*	4/4-5/23	Sa, 11:30am-12:30pm	Pottery Lab	8	\$117	Judi

Children's Pottery

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

*	3/30-5/18	M, 11-12pm	Pottery Lab	8	\$91	Rosemary
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(Ages 6-7) Children learn the basics of hand-building, including problem solving, to make tall or hollow pieces. Children will slip and paint their own work.

*	3/31-5/19	Tu, 3:45-4:45pm	Pottery Lab	8	\$91	Colleen
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(Ages 8-10) Students relax and discover the joy of clay as they develop hand-building techniques and carry out ideas using a craftsman-like approach.

*	4/1-5/20	W, 3:45-4:45pm	Pottery Lab	8	\$91	Jana
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Fun Fridays

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

*	4/3-5/22	F, 3:45-4:45pm	Pottery Lab	8	\$91	Jana
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Pre-Teen Pottery

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

*	4/2-5/21	Th, 4-5:15pm	Pottery Lab	8	\$91	Aaron
*	4/3-5/22	F, 4:15-5:30pm	Pottery Lab	8	\$91	Aaron

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
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*To register for a pottery class visit, www.BoulderPotteryLab.org

► SPRING BREAK CAMP

Pottery on the Wheel Camp

(Ages 8-12) Kid's with some clay experience can join the fun with a Kid's on the wheel camp. Hand-building and an introduction to wheel throwing skills will lead to confidence and problem solving skills in a creative and fun atmosphere.

*	3/23-3/27	M-F, 9am-12pm	Pottery Lab	5	\$160
*	3/23-3/27	M-F, 1-4pm	Pottery Lab	5	\$160



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

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 lohmanm@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
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(Ages 4-5)

224571	4/8-5/13	W, 5-5:45pm	Mapleton	6	\$55/\$69
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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

225686	4/29	W, 10:30am-12:30pm	Pleasant View Fields	1	\$15/\$19
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NFL Flag Football

(Ages 4-14) Boys and girls welcome for an 8 week flag football season. All teams are formed by school and grade with games played 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
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► 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
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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
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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

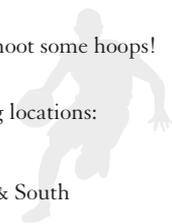
222460	3/19-4/30	Th, 4:15-6pm	East	7	\$88/\$110
222458	3/21-5/2	Sa, 10am-12pm	East	7	\$88/\$110

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



► 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

Hangin w/ BPR - Spring Break

Ages 5-6

222541	3/23	M, 8:30am-4:30pm	North	1	\$55/\$69
222542	3/24	Tu, 8:30am-4:30pm	North	1	\$55/\$69
222543	3/25	W, 8:30am-4:30pm	North	1	\$55/\$69
222544	3/26	Th, 8:30am-4:30pm	North	1	\$55/\$69
222545	3/27	F, 8:30am-4:30pm	North	1	\$55/\$69

Ages 7-8

222546	3/23	M, 8:30am-4:30pm	North	1	\$55/\$69
222547	3/24	Tu, 8:30am-4:30pm	North	1	\$55/\$69
222548	3/25	W, 8:30am-4:30pm	North	1	\$55/\$69
222549	3/26	Th, 8:30am-4:30pm	North	1	\$55/\$69
222550	3/27	F, 8:30am-4:30pm	North	1	\$55/\$69

Ages 9-11

222551	3/23	M, 8:30am-4:30pm	North	1	\$55/\$69
222552	3/24	Tu, 8:30am-4:30pm	North	1	\$55/\$69
222553	3/25	W, 8:30am-4:30pm	North	1	\$55/\$69
222554	3/26	Th, 8:30am-4:30pm	North	1	\$55/\$69
222555	3/27	F, 8:30am-4:30pm	North	1	\$55/\$69

Additional school break camps available, see pg. 33.

Spring Conference Day Camp

(Ages 5-11)

222537	4/17	F, 8:30am-5pm	East	1	\$55/\$69
222536	4/20	M, 8:30am-5pm	East	1	\$55/\$69

Spring Break Drama Camp - Dr. Seuss

(Ages 5-10) We use the technique of "playmaking," which lets the children use their imagination to adapt a familiar story or write their own script... so the children's plays are always ORIGINAL and UNIQUE! Each day consists of drama instruction, writing and reviewing of the script, creation of sets and costumes, rehearsal, and outdoor playtime. There is a lovely playground/park at the drama camp site that we use for lunch and for breaks. The week culminates in a free Friday afternoon performance!

*Register online at www.bdtAcademy.org or call 303-449-6000 x193

*	3/23-3/27	M-F, 8:30am-4:30pm	Salberg	5	\$210
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► NUGGETS PROFESSIONAL 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

► NUGGETS BASKETBALL

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



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

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

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

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 – jab series, ball screen series, shooting off screens, and motion cuts. Players will have the opportunity to work on skills along with playing 1 on 1, 2 on 2, and 5 on 5 game situations. Includes 1 ticket to a Denver Nuggets game.

Ages 5-7

*	4/6-4/27	M, 3:30-4:15pm	East	4	\$60
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Ages 8-14

*	4/6-4/27	M, 4:15-5:45pm	East	4	\$80
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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.

Spring Break Clinic

*	3/23-3/24	M-Tu, 9am-12pm	East	2	\$90
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Summer Skills Clinic

*	6/29-7/1	M-W, 1:30-4:30pm	South	3	\$145
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Denver Nuggets Shooting Clinic

(Ages 7-17) Back by popular demand The National Basketball Academy shooting coaches have designed this clinic to help improve the fundamentals of a players shot. This will include basic shot mechanics, foot work, and in game shooting situations. Each player will shoot over 1000 times during the clinic! Players will be divided based on age and ability.

*	4/11	Sa, 1-3pm	East	1	\$35
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Denver Nuggets Private Training

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

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

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

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

▶ 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

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

224594	4/15-5/20	W, 5-6:30pm★	East	6	\$116/\$145
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▶ ADULT INDOOR CLIMBING

Beginning Climbing-Adult

(Ages 16+) Want to try climbing but not sure where to start? Come to the East Boulder Community Center and learn the basics of climbing safely indoors.

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

224611	4/13-5/18	M, 6:30-8pm	East	6	\$119/\$148
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Intermediate Climbing-Adult

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

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

224612	4/15-5/20	W, 6:30-8pm	East	6	\$144/\$181
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▶ 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
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B League - Wednesday

224440	4/15-6/17	W, 6:30-10:30pm	South	8	\$550
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▶ 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
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Co-Ed 6's D1

225682	3/18-5/20	W, 7-10pm	East	8	\$425
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Co-Ed 6's D2

225683	3/18-5/20	W, 7-10pm	East	8	\$425
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Women's 6's Rec

225680	3/16-5/18	M, 7-10pm	East	8	\$425
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Women's 6's D1

225684	3/19-5/21	Th, 6-10pm	East	8	\$425
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Women's 6's D2

225685	3/19-5/21	Th, 6-10pm	East	8	\$425
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▶ 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 lohmanm@bouldercolorado.gov



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.**

224556	4/6	M, 5-9pm	North	\$180/\$225
	4/8	W, 5-9pm	North	
	4/11	Sa, 8am-5pm	North	
	4/12	Su, 8am-5pm	North	
	4/13	M, 5-9pm	North	
	4/15	W, 5-7pm	North	

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.

226454	5/11	M, 5-9pm	North	\$182/\$219
	5/13	W, 5-9pm	North	
	5/16	Sa, 8:30am-5pm	North	
	5/18	M, 5-9pm	North	
	5/20	W, 5-9pm	North	

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.



SWIMMING

▶ PRIVATE & *SEMI-PRIVATE SWIM LESSONS

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

Instructor Levels:

Level A - Instructor with 6+ years teaching experience

Level B - Instructor with less than 6 years teaching experience

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

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

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

▶ 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.

Visit www.BoulderAquatics.org for more details.

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

▶ SWIM LESSONS UNDER 3 YRS OLD

Jelly Monkey

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

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 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

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 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.

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

► GROUP SWIM LESSONS AGES 3-5

Preschool 1 - Puffer Fish

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

224484	3/30-4/27	M, 5:35-6:05pm	North	5	\$30/\$38
224488	3/31-4/28	Tu, 6:05-6:35pm	East	5	\$30/\$38
224485	4/1-4/29	W, 5:35-6:05pm	North	5	\$30/\$38
224504	4/2-4/30	Th, 6:05-6:35pm	East	5	\$30/\$38
224486	4/3-5/1	F, 9:45-10:15am★	North	5	\$30/\$38
224487	4/4-5/2	Sa, 9:50-10:20am★	East	5	\$30/\$38

Preschool 2 - Clown Fish

(Age 3-5) Students will build upon the basic skills learned in Preschool 1 and begin to learn independent aquatic locomotion skills. Preschool 2 emphasizes independence in the skills learned in the first level. Work towards floating without support.

224491	3/30-4/27	M, 5:35-6:05pm	North	5	\$30/\$38
224489	3/31-4/28	Tu, 6:05-6:35pm	East	5	\$30/\$38
224510	4/1-4/29	W, 5:35-6:05pm	North	5	\$30/\$38
224490	4/2-4/30	Th, 6:05-6:35pm	East	5	\$30/\$38
224492	4/3-5/1	F, 9:45-10:15am★	North	5	\$30/\$38
224517	4/4-5/2	Sa, 9:50-10:20am★	East	5	\$30/\$38

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.

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.

224518	3/30-4/27	M, 5:35-6:05pm	North	5	\$30/\$38
224519	3/31-4/28	Tu, 6:05-6:35pm	East	5	\$30/\$38
224523	4/1-4/29	W, 5:35-6:05pm	North	5	\$30/\$38
224520	4/2-4/30	Th, 6:05-6:35pm	East	5	\$30/\$38
224524	4/3-5/1	F, 9:45-10:15am★	North	5	\$30/\$38
224522	4/4-5/2	Sa, 9:50-10:20am★	East	5	\$30/\$38

► LEARN TO SWIM AGES 6-12

Level 1

Prerequisites: There are no prerequisites. Class Focus: Level 1 aims to help children enjoy and feel safe in the water. This introductory course focuses on water basics including breath control, front and back floats with support, kicking, forward arm motion, and water safety.

224527	3/30-4/27	M, 5-5:30pm	North	5	\$30/\$38
226436	3/30-4/27	M, 6:10-6:40pm	North	5	\$30/\$38
226435	3/30-4/28	Tu, 5:30-6:30pm	East	5	\$30/\$38
224530	4/1-4/29	W, 5-5:30pm	North	5	\$30/\$38
224528	4/2-4/30	Th, 6:05-6:35pm	East	5	\$30/\$38
224532	4/4-5/2	Sa, 10:25-10:55am★	East	5	\$30/\$38
224534	4/4-5/2	Sa, 11-11:30am★	East	5	\$30/\$38

Level 2

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

224529	3/30-4/27	M, 6:10-6:40pm	North	5	\$30/\$38
224541	3/31-4/28	Tu, 6:05-6:35pm	East	5	\$30/\$38
224543	4/1-4/29	W, 6:10-6:50pm	North	5	\$30/\$38
224544	4/4-5/2	Sa, 9:15-9:45am★	East	5	\$30/\$38
224545	4/4-5/2	Sa, 11-11:30am★	East	5	\$30/\$38

Level 3

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

224533	3/30-4/27	M, 6:10-6:40pm	North	5	\$30/\$38
224546	3/31-4/28	Tu, 6:40-7:10pm	East	5	\$30/\$38
224531	4/1-4/29	W, 6:10-6:40pm	North	5	\$30/\$38
226437	4/2-4/30	Th, 6:40-7:10pm	East	5	\$30/\$38
224547	4/4-5/2	Sa, 9:50-10:20am★	East	5	\$30/\$38

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.

224542	3/31-4/28	Tu, 6:40-7:10pm	East	5	\$30/\$38
224535	4/1-4/29	W, 6:10-6:40pm	North	5	\$30/\$38
224548	4/4-5/2	Sa, 11-11:30am★	East	5	\$30/\$38

Level 5

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

224538	3/30-4/27	M, 6:10-6:40pm	North	5	\$30/\$38
224536	3/31-4/28	Tu, 6:40-7:10pm	East	5	\$30/\$38
226982	4/1-4/29	W, 6:10-6:40pm	North	5	\$30/\$38

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 • 1-1:30pm (entire Leisure Pool)

Ages 11-12

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



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.

224482	4/4-5/2	Sa, 9:15-10am★	East	5	\$45/\$56
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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.

224483	4/4-5/2	Sa, 10-11am★	East	5	\$70/\$88
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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.

224687	4/3-4/29	M/W/F, 8-9am	East	12	\$48/\$60
224688	5/1-5/29	M/W/F, 8-9am	East	12	\$48/\$60

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.

224686	4/3-4/28	Tu/F, 9:30-10:30am	East	8	\$32/\$40
224689	5/1-5/29	Tu/F, 9:30-10:30am	East	9	\$36/\$45

DROP-IN AQUATIC FITNESS CLASSES

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

Aqua Zumba

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

T, 5:45-6:45 pm	North
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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.

M/W/F, 9-10am★	North
Tu/Th, 8-9am	North
M/W, 9:15-10:15am	East
F, 9-10am★	East

Hydro Dynamics

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

Tu/Th, 12:30-1:30pm	South
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Pre/Post-Natal Aquatic Fitness

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

M, 7-8pm	North
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Our tennis program provides a positive environment for learning, playing and having fun!

► TENNIS COURT LOCATIONS

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

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

Rec Center courts can be reserved for \$7/court for 1.5 hours.
To reserve all other courts, please call 303-441-4427.

*Enjoy our lights at EBCC and NBRC.

Light fees: \$1 per 30 minutes per court. Pay or purchase tokens at front desk. Must reserve court to purchase light tokens at EBCC.

Adult Tennis Punch Cards

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

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

Adult Open Tennis

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

Youth Tennis Punch Cards

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

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

Private Tennis Lessons

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

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

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

TENNIS

► GONZO TENNIS

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



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

Questions: Gonzo Garcia at gonzo@gonzotennis.com

Program info: 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+) Clinics will introduce all the basic tennis strokes to beginners and improve skills for intermediate players. Appropriate games will be used for different levels improving your stroke technique and consistency.

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

Beginner

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, 9-10:30am★	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, 9-10:30am★	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 – 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, 10-11am	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

► GONZO TENNIS 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.

► 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

SUNSHINE LAUGHTER FUN SMILES
FRIENDS MEMORIES EXERCISE

SUMMER CAMPS

DANCE • ART • DRAMA • GYMNASTICS
SPORTS • SAILING • TENNIS • BIKING
BASKETBALL • NATURE • SCIENCE
WATER SPORTS & MORE!

Don't miss out, sign up today!

www.BoulderParks-Rec.org

VALMONT BIKE PARK



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

▶ BIKING PROGRAMS AT VALMONT

Since 2004, Avid4 Adventure empowers kids to choose healthy, active lives through authentic outdoor adventures. Through school programs, summer camps and special events, Avid4 Adventure has served over 100,000 children in the Front Range and Bay Area, California with incredible staff, the best equipment, un-paralleled customer service, and a safety record that is superior to industry standards.

*Register online at www.Avid4.com

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.

Individual (3 hour classes)

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

Group (3 hour classes)

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

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

VALMONT BIKE PARK

VALMONT BIKE PARK

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

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

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

Picnic Reservations at VBP

Four picnic areas are available for rent at Valmont Bike Park:

The two uncovered picnic areas in The Glades area, and the Park Plaza, along with the two covered shelter areas in The Glades Shelter and the Park Plaza Area Shelter.

Reservation Fees: \$100-\$150 for up to 3 hours including set up and clean up time. For more information on rentals contact valmontbikepark@bouldercolorado.gov

Volunteer at VBP

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

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

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

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

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



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

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

Public Mountain Biking Clinics with Lee Likes Bikes

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

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

Details, dates and registration at www.leelikesbikes.com

POLICIES & INFORMATION

Recreation Center Closures

3/21-29	South closed for maintenance
4/5	North open 8am-5pm, East & South closed
5/25	North open 1:30-6:30pm East & South closed

Annual Pass Terms & Benefits

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

Lock Policy

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

Punch Pass Terms & Benefits

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

Class Visitor Pass

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

Class Size

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

Nothing Cancels a Program

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

Group Discount Program

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

Reduced Rate Program

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

In an Emergency- What's Our Plan?

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

Access for All

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

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

Children Under 12

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

Photographs and Model Release

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

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

Acknowledgment of Risk / Waiver of Liability

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

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

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

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

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

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

STAFF CONTACTS

Parks & Recreation Staff Phone Numbers

ACCESS & INCLUSION (EXPAND & YSI)

Lori Goldman, Supervisor303-413-7256

COMMUNITY OUTREACH

Internships Coordinator303-413-7200

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

Christy Munoz
Group Discount Program303-413-7259

AQUATICS

Julie Dettbarn, Pool Operations303-413-7468

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

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

Jason Stolz, Aquatics Supervisor303-441-3435

GYMNASTICS

Doug Felkley, Coordinator303-413-7265

Janice Smith, Coordinator303-413-7265

HEALTH & WELLNESS

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

Kathleen Murphy, Mind/Body303-413-7466

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

SPORTS

Program Information303-441-3410

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

Erynn Simone303-441-4137

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

RECREATION CENTERS

Tim Duda, Supervisor EBCC303-413-7463

Jayson Swigart, Supervisor NBRC 303-413-7263

Todd Calvin, Supervisor SBRC303-441-3449

FLATIRONS GOLF COURSE

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

BOULDER RESERVOIR

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

VALMONT CITY PARK

Skyler Beck, Manager303-413-7219

PARK OPERATIONS

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

YOUTH & FAMILIES

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

ADMINISTRATION

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

Jeff Dillon
Capital Investment Manager303-413-7200

Alison Rhodes
District Services Manager303-413-7249

Dean Rummel
Programs & Partnerships Manager..303-441-4427

Volunteer



Make a Difference in Your Community!

Volunteer opportunities:

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

More information: www.BoulderParks-Rec.org



Help Make Boulder, Colorado a great place to PLAY!

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

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

Financial Assistance for Recreation Facility & Programs



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

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

REGISTRATION

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

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

Important

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

Pass Refund Policy	Fee
Annual Pass	
• Cancellation Fee	\$25
Monthly Annual Pass	
• Payments stopped upon request, no prorated refunds	
Punch Cards & Twilight Pass	
• Cancellation Fee	\$15
<ol style="list-style-type: none"> 1. For pass and program withdrawals, customer will receive a refund of their prorated balance less a withdrawal fee. 2. In the event a patron or their dependent falls ill, becomes injured or does not possess necessary skills, inhibiting their ability to participate in or continue participation in a program or utilize a facility pass or punch card, a pro-rated refund may be given based upon the date of the refund request. Documentation (i.e. doctor's note) is requested for illnesses and injury claims. 3. In the event a patron requests a full refund due to level of service or other legitimate factors, they are asked to submit this request in writing citing their reason for a full refund. 4. If a refund is authorized, the appropriate amount will be refunded via the original form of payment. No exceptions. 5. For monthly billing option, see contract for refund policy. 	

Online Registration

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

- **Online registration begins at 8:30 am Tuesday, 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.



ONLINE REGISTRATION
www.BoulderParks-Rec.org

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



One Boulder. One World.

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.

Free!

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.intercambioweb.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.

intercambio
UNITING COMMUNITIES

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 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.



DROP-IN ADULT BASKETBALL

North

Mon./Wed./Fri.
11:30 a.m. - 1:30 p.m.

Wed. evenings
7 - 9 p.m.

GET IN THE GAME

East

Tue./Thu./Fri.
3:30 - 5 p.m.

South

Tue./Thu.
11:30 a.m. - 1:30 p.m.

Sun.
8 a.m. - 11 a.m.

See pg. 6 for daily entry fees & passes
www.BoulderParks-Rec.org



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

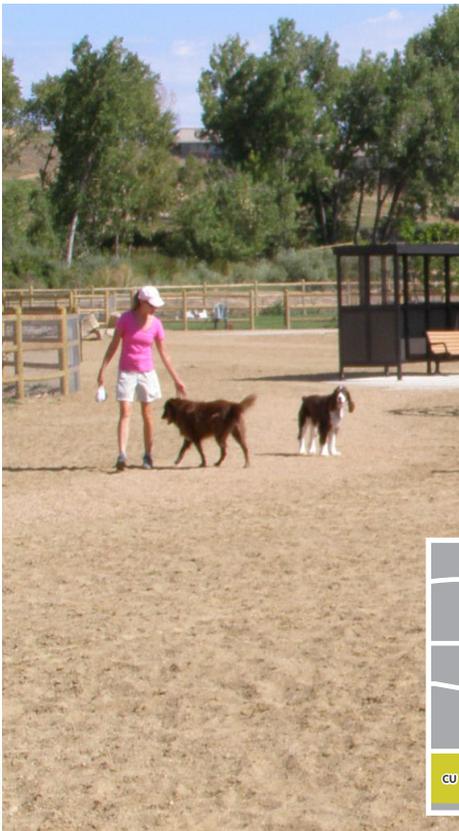
This class is for adults who have no previous sailing experience or those who need a refresher to get back on the water. The class covers all the fundamentals of sailing through a hands-on approach. Students learn basic boat handling, rigging, terminology and introduction to sailing theory.

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

Register online at www.communitysailing.org

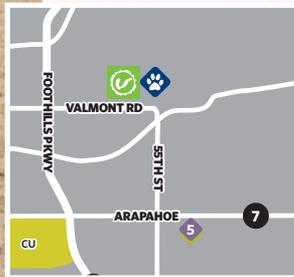


VOLUNTEERISM AT WORK



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>

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

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

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.



Boulder Community Day

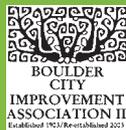
SAVE THE DATE!



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.

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

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

3 Spruce Pool, 2102 Spruce • 303-441-3426

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

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

6 Iris Center, 3198 Broadway • 303-413-7200

7 Salberg Center & Park, 19th & Elder



South Boulder Recreation Center

1360 Gillaspie • 303-441-3448

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

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

*Pool closes 30 minutes before center.

East Boulder Community Center

5660 Sioux Dr. • 303-441-4400

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

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

*Pool closes 30 minutes before center.



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

Did you know?



10 athletic fields at Stazio and Mapleton now have 70-foot base distances to reflect recent Amateur Softball Association rule changes.

This 5-foot increase for all adult slow pitch softball reflects suggested changes from the recently completed athletic field study. The upgrade will make play safer and more competitive for our leagues.

We are exploring further enhancements at all Stazio fields to make them accessible for 13-14 year-old Little League Baseball.

Read more about our athletic field study at www.BoulderParks-Rec.org



Healthy Parks = Healthy People

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



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

**Registration
begins
March 3**

Health & Wellness Zone

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

Free!

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.

More information: www.BoulderParks-Rec.org

Daily Camera Summer Camp Fair

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

Free!

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