



**Boulder Parks
& Recreation**



FALL FITNESS SALE



September 12 - October 16, 2016

SAVE MONEY GET FIT HAVE FUN!

**WIN ONE
YEAR FREE**

See pg. 2

PRSR STD
US POSTAGE
PAID
DENVER, CO
PERMIT 5377



5660 Sioux Dr.
Boulder, CO 80303



FANTASTIC FALL OFFERS



Fall into Fitness

Get unlimited workouts thru 2016 - for \$99!*

Get unlimited fitness and recreation center use through 2016 for as little as \$1/day!

The sooner you join, the more you SAVE and the better you feel. Make us your cool weather, cross-training, weight reducing, core conditioning, lap swimming, multi-functioning workout facility - at this once a year introductory rate for new patrons.

*DETAILS: Save more than \$100 - to feel and look your best this fall. Good for unlimited access to all three city of Boulder Recreation Centers - including daily drop-in classes (see list on pg. 5), weight and cardio conditioning equipment, swimming, ball courts, hot tubs, saunas (and more).

New customers only. This offer available to new customers only (your last COB Rec Center pass purchase must have been at least two years from date of purchase). Benefits begin at time of purchase and continue through December 31st, 2016! Offer cannot be combined with any other discounts, coupons or offers including group or chamber discounts and reduced rate pricing.

Existing pass holders see offer:

Stretch Your Fitness Dollars.

Stretch Your Fitness Dollars

Get 10% More Workouts FREE when you buy or renew a pass today!**

Enjoy 10% more punches (entries) FREE when you buy or renew any 10-, 20- or 40-punch recreation center pass through October 5, 2016.

You already know what a great deal our fitness and recreation centers offer - now get an even better deal - with 10% more FREE punches.

You can use these passes to access any of Boulder's three rec centers. Enjoy a drop-in spin, Nia, Zumba, yoga, or core conditioning class. Play basketball or volleyball. Swim, lift weights or relax in a hot tub or sauna. You can even use your pass at the Boulder Reservoir or seasonal outdoor pools - because all punches are good for 2 years from purchase! So buy now and stretch your workout dollars - so you can stay fit for less!

** DETAILS: This offer available to new AND existing customers! Receive 10% more free punches with your purchase of any regular price punch pass. Punches expire two years from date of purchase. Additional punches have no cash refund value. Offer cannot be combined with any other discounts, coupons or offers

WIN One Year Free! Enter our Fall Fitness Giveaway*

Prizes include:

- 1 - Full year Annual Recreation Center Pass
- 1 - 20-Punch Pass (20-entry pass)
- 1 - Duffel bag (with \$50 worth of gift cards)

*No purchase necessary. One entry per person only. Entries must be received by 8 p.m., Oct. 5, 2016. Need not be present to win. Winners will be notified by e-mail the week of Oct. 24, 2016.

Visit BoulderParks-Rec.org for entry details and official rules.

Enter to win at any City of Boulder Recreation Center.

GET FIT 4 FALL & WINTER

1 Week Super Sale Sept. 28 - Oct. 5 ONLY



BACK BY POPULAR DEMAND:

Annual Pass Super Deal

SALE Resident: \$495* (regularly \$552)

SALE Non-resident \$625* (regularly \$689)

Break it down - this is less than \$1.55 a day for residents and less than \$1.75 a day for non-residents. Where else can you get access to so many pools, so much fitness equipment, so many diverse, daily fitness classes AND 3 convenient locations for less than two bucks a day?

Get your annual pass now - at our lowest rate of the year!

*Sorry, no monthly billing available at these rates; credit cards will be accepted. Good for 1-year purchase per person (sorry, no multi-year purchases). Offer cannot be combined with other discounts, coupons, or offers including group or chamber discounts and reduced fee pricing.

Family Pass SUPER Special

SALE Resident: \$799* (regularly \$885)

SALE Non-resident \$999* (regularly \$1105)

Get unlimited fitness for less than 75¢ per person, per day. Get a Family Annual Pass now and start sharing the joy of fitness, swimming, sports and more with the whole family! One affordable rate provides unlimited access to 3 rec centers, 2 seasonal outdoor pools and the Boulder Reservoir for all family members living at the same address. At the regular rate, this is a great deal at less than \$19 per person, per month - for resident families of 4 or more. On sale it works out to less than \$17 per person, per month! That's less than 75¢ per person, per day!

Get your family pass now - at our lowest rate of the year!

*Sorry, no monthly billing available at these rates; credit cards will be accepted. Good for 1-year purchase per person (sorry, no multi-year purchases). Offer cannot be combined with other discounts, coupons, or offers including group or chamber discounts and reduced fee pricing.

FREE Fitness Open Houses

Special
Savings*

Tour two of Boulder's best kept fitness secrets - and workout for FREE!

TRX Demo • Health Screenings • Pickleball • Bootcamp • Yoga Barre Fusion • Nia • Synchronized Swim Demo • Dance Classes

*Get a jump on the SALE here - All advertised sale rates available!

Wed., Sept. 7 from 4-8 p.m.

South Boulder
Recreation Center
1360 Gillaspie
Boulder, 80305

First 35 attendees will receive their choice of a free Dog Dayz entry pass OR bag of Pearl St. tulip bulbs (while supplies last).

Want to give us a try before you buy? Here's your opportunity!



Wed., Oct. 5 from 4-8 p.m.

East Boulder
Community Center
5660 Sioux Dr.
Boulder, 80303

Sample classes, swim or try the latest weight room and cardio equipment.



First 50 attendees will receive a pumpkin (while supplies last).

BoulderParks-Rec.org

Fall Volunteer Opportunities

Valmont Bike Park

Saturday, September 3 and October 1

Adult volunteers are needed to maintain park.



Dog Dayz of Summer

Monday, September 19 to Sunday, October 2

2 hour weekday and weekend shifts available for dog friendly adults.

National Public Lands Day

Saturday, September 24 • 9 a.m. - 12 p.m.

Help us keep Boulder's public lands beautiful and celebrate National Public Lands Day by volunteering at one of these sites.

- Columbia Cemetery
- Boulder Creek Clean-up with Rocky Mountain Anglers

Learn more and sign up at BPRvolunteer.org

Contact Bohnetc@bouldercolorado.gov for questions.

South Boulder Creek & Bobolink Trail Updates

Do you enjoy visiting the South Boulder Creek and Bobolink Trails? Want to learn more about the on-going restoration project along South Boulder Creek and what we're doing to enhance your experience? Visit the Open Space and Mountain Parks booth at the East Boulder Community Center Open House, Oct. 5 from 4:30-6:30 p.m.

Ready, Set, Dig!

The City is planning to launch the first phase of construction on the Boulder Civic Area project, funded through the Community, Culture and Safety initiative passed by voters in 2014. Construction on the park will begin after Labor Day, information about the groundbreaking celebration will be available soon.

For more information about the project, temporary impacts to visiting the park and surrounding buildings, or to visualize the enhancements visit bouldercolorado.gov/civic-area.

NEW registration system coming in November: Time to get ACTIVE®!



This November, Boulder Parks and Recreation will begin using a new system to manage our program registrations, memberships, customer accounts and other transactions. As our customers, we hope you'll enjoy the many improvements offered by the new, **Active.net** system. Given our old system has been in use since the mid-1990's, we think you'll appreciate the improved online registration experience, account management and user interface provided by this upgrade. You may already be familiar with Active - as they're the leading event registration system used by many running, cycling and other participatory sports events nationwide.

We are currently working with Active to make this transition as smooth and beneficial as possible for all of our users, by transferring all transaction records and account information to the new system. Our aim is to provide you with an even better customer experience whenever you register for a league, camp or program, renew your membership pass or conduct other transactions with the department. We anticipate making the transition to the new system by mid-November. Look for more about this change in our up-coming emails and in the Winter Boulder Parks and Recreation Guide.

Visit us online or pick up a Rec Guide today for more info on these great fall classes!

FALL DROP-IN CLASSES NEW

LoHi Bootcamp

Get the Bootcamp Intensity without the Impact! Burn the maximum amount of calories during and after this workout and build strength, endurance, aerobic capacity and balance while minimizing any stress of the joints. All fitness levels welcome!

M/W, 8-9 am South



RIP Barbell

This weights class is for all fitness levels. Fun and innovative routines use light to moderate weight with high repetitions. Burn tons of calories with this total body workout! Get STRONG for LIFE!

Tu/Th, 5:30-6:15 pm North

Sports Conditioning with TRX®

This class features multiple training tools including the TRX® Suspension Trainer and your own body weight combined with high intensity cardio intervals to give you a total body workout that will improve your cardio, build muscular endurance and promote weight loss. All fitness levels welcome!

Tu/Th, 7-8 pm East

FALL CLASSES *(requires registration)* NEW

TRX® Routine Refresh

This class will incorporate TRX® body weight training and weight training to add new variation to your routine, perfect to supplement your winter sports.

245046	9/9-10/28	F, 12-1pm	East	\$77/\$96	Blake
245047	11/4-12/23	F, 12-1pm	East	\$77/\$96	Blake

Circuit TRX® Training

Circuit Weights using the TRX® for total body conditioning. 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.

245132	9/6-10/27	Tu/Th, 10-11:15am	East	\$192/\$240	Marti
245134	9/9-10/28	M/F, 10-11:15am	East	\$180/\$225	Marti
245135	10/31-12/16	M/F, 10-11:15am	East	\$168/\$210	Marti
245133	11/1-12/15	Tu/Th, 10-11:15am	East	\$156/\$195	Marti

Register online at BoulderParks-Rec.org

East Community Center

5660 Sioux Dr. 303-441-4400



Fitness

Fit & Strong Intermediate	M/W/F	8:30-9:30 am
Boulder Lift	M/W	9-10 am
The Ride!	M/W	8:50-9:50 am
Fit & Strong Beginning	M/W	9:45-10:45 am
Silversneakers® Classic	M/W	11-11:45 am
Hard Core	M	5-6 pm
Hiit (With TRX) NEW	M/W	6-7 pm
Carve	Tu/Th	6:30-7:30 am
Guts And Butts	Tu/Th	7:30-8:15 am
Boulder Lift	Tu/Th	8:30-9:30 am
The Ride!	Tu/Th	8:50-9:50 am*
Strength & Alignment	Tu/Th	9:30-10:25 am
The Ride!	Tu/Th	5:30-6:30 pm*
Sports Cond. NEW	Tu/Th	7-8 pm*
Barre Fusion NEW	Tu	6:30-7:30 pm
Carve	W/F	5-6 pm
Ab Lab	Tu/Th	4:30-5:15 pm*
30/30 Spin & Weights	F	8:50-9:50 am
Fit & Strong Beginning	F	9:45-10:40 am
Silversneakers® Classic	F	11:45-12:30 pm
Carve	Sa	8-9 am
Carve	Sa	9-10 am
The Ride!	Sa	9-10 am
Aqua Fit	M/W/F	8-9 am
55+ Warm Water (Lvl 2)	M/W/F	9-9:45 am
Water Fit Aqua Motion	M/W/F	9:15-10:15 am
55+ Warm Water (Lvl 3)	M/W	1-2 pm
Hydro Drive Fitness	M/W	6:15-7:15 pm
Twinges and Hinges	Tu/Th	8:30-9:15 am
55+ Warm Water (Lvl 1)	Tu/Th	1-1:45 pm

Mind/Body

Yin Yoga	M	12-1 pm
SilverSneakers® Yoga	Tu	10:30-11:15 am
Yoga	Tu	12-1 pm
Yoga and Meditation	Tu	5:30-6:45 pm
Zumba	Tu	5:35-6:25 pm
Nia	W	10:30-11:30 am
Pilates/Yoga Combo	W	12-1 pm
SilverSneakers® Yoga	Th	10:30-11:15 am
Nia	Th	12-1 pm
Yoga	Th	5:30-6:30 pm
Nia	F	10:45-11:45 am
Yoga	F	12-1 pm
Yoga	Sa	9-10 am
Nia	Sa	10:30-11:30 am
Yoga and Meditation	Su	9:15-10:30 am
Nia	Su	10:30-11:30 am
Yoga	Su	11:45 am-12:45 pm

Volleyball

Senior	M/F	1:30-3:30 pm
Co-Ed	F	7-9 pm

Pickleball

All Ages	M	11-1 pm
All Ages	F	11:30-1:15 pm
All Ages	Su	4-7 pm

FALL DROP-IN CLASSES

Visit us online for monthly schedule updates.

All drop-in classes are **FREE** with daily center entry (use your pass or \$7.50 daily fee).

Note: Schedule is effective Sept. 1 except classes with * which begin Oct. 1.



North Recreation Center

3170 Broadway 303-413-7260



Fitness

Total Body Fitness	M/F	7:15-8:15 am
Fitness for Life	M/W/F	7:30-8:30 am
Fitness for Life	M/W/F	10:30-11:30 am
CARVE	M/W	12-1 pm
HIIT	M/W	5:30-6:15 pm*
MRT (Metabolic Resistance Training)	Tu/Th	7:30-8:30 am
Pure Step	Tu/Th	12-1 pm
RIP Barbell NEW	Tu/Th	5:30-6:15 pm*
Barre Fusion	W	7:15-8:15 am
SilverSneakers® CardioFit	W/F	1:15-2:15 pm
Hard Core	F	12-1 pm
Barbell Circuit	Sa	8:30-9:30 am
Water Fit Aqua Motion	M/W/F	9-10 am
Pre/Post Natal Aqua Fit	M	7-8 pm
Water Fit Aqua Motion	Th	6-7 pm

Mind/Body

Yoga	M-Th	12-1 pm
Yoga	M	5:30-6:30 pm
Yoga	T	8-9 am
Yoga	W	9-10 am
Yoga	Sa	11:30-12:30 pm
Yoga	Su	9-10 am
Yoga	Su	10:15-11:15 am
Restorative Yoga and Pranayama	M	4-5:15 pm
Restorative Yoga and Pranayama	Th	5:30-6:45 pm
Yoga and Meditation	F	8:45-10 am
Yoga and Meditation	F	12-1:15 pm
Yin Yoga	T	10:15-11:15 am
Yoga - Elementary Age 5-11 - Parents welcome	F	3:45-4:30 pm
Ayre	M	8:20-9:20 am
Ayre	W	9-10 am
Ayre	F	10:45-11:45 am
Ayre	Sa	10:15-11:15 am
Nia	M	9:30-10:30 am
Nia	Tu	9-10 am
Nia	Th	10:30-11:30 am
Nia	Su	12-1 pm
Soul Sweat™	Th	9:15-10:15 am
Pilates Mat Fundamentals	M	9-10 am
Pilates Mat	Th	4:15-5:15 pm
Pilates Mat	F	10:15-11:15 am

Volleyball

19+ Coed	Su	8 am-12 pm
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Basketball

19+	M/W/F	11:30-1:30 pm
19+	W	7-9 pm

Pickleball

All Ages	M/W/F	8:30-10:30 am
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South Recreation Center

1360 Gillaspie 303-441-3448



Fitness

LoHi Bootcamp NEW	M/W	8-9 am
Sports Conditioning	M/W/F	12-1 pm
Total Body Fitness	Tu/Th	8:50-9:50 am
SilverSneakers® CardioFit	Tu/Th	10:15-11:15 am
Barre Fusion NEW	W	10:30-11:30 am
Barre Fusion	Sa	10-11am
Hydro Dynamics	Tu/Th	12:30-1:30pm

Mind/Body

Nia	M	9-10 am
Yoga	M	12-1 pm
Yoga & Meditation	W	7:15-8:30 pm
Yin Yoga & Meditation	Th	12-1:15 pm
Nia	Sa	8:10-9:10 am
Nia	Su	12-1 pm

Volleyball

19+ Womens	Sa	9:30-12 pm
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Basketball

19+	Tu/Th	11am-1:30 pm
All Ages	Sa	1-5 pm
19+	Su	8-11 am
All Ages	M/W/F	3:30-5 pm

Pickleball

19+	Tu/Th	1:30-3:30 pm
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Badminton

19+	F	5:45-7:45 pm
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KIDS FITNESS & FUN



School Day Off Camps

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

Don't miss out - Enrollment is limited - sign up today!
Information: Molly at 303-413-7441 or langrakm@bouldercolorado.gov.

BVSD - Student Assessment Day

234447 9/19 M, 8:30am-5pm East \$60 res./\$76 non-res.

BVSD - Teacher Professional Development Day

245423 10/10 M, 8:30am-5pm East \$60 res./\$76 non-res.

Veterans Day

234446 11/11 W, 8:30am-5pm East \$60 res./\$76 non-res.

Thanksgiving Break Camp

245432 11/21 M, 8:30am-5pm East \$60 res./\$76 non-res.

245433 11/22 Tu, 8:30am-5pm East \$60 res./\$76 non-res.

245434 11/23 W, 8:30am-5pm East \$60 res./\$76 non-res.

Winter Break Camp

245435 12/21 M, 8:30am-5pm East \$60 res./\$76 non-res.

245436 12/22 Tu, 8:30am-5pm East \$60 res./\$76 non-res.

245437 12/23 W, 8:30am-5pm East \$60 res./\$76 non-res.

245438 12/28 M, 8:30am-5pm East \$60 res./\$76 non-res.

245439 12/29 Tu, 8:45am-5pm East \$60 res./\$76 non-res.

245440 12/30 W, 8:45am-5pm East \$60 res./\$76 non-res.

Visit us online or pick up a Rec Guide today for more info on these great fall classes for kids!

Preschool Swimming

(Age 3-5) Classes build confidence and comfort around water while developing the fundamentals of swimming. Students learn basic water safety skills, arm and leg movements and breathing techniques. Students also learn to enter and exit the water independently and float with support.



SuperTots Sports Academy

(Ages 3-5) Program using a variety of fun games to delight and engage kids in physical and mental learning through sports. Designed to develop motor skills, promote physical fitness, create self-confidence and prepare young children for sports in a non-competitive fun environment. Register online at Supertotssports.com/colorado.

Youth Indoor Rock Climbing

(Ages 5-12) Join our experienced climbing wall staff for age appropriate activities on our indoor rock wall at the East Boulder Community Center. Beginner and intermediate classes available.



Gonzo Tennis

(Ages 3-9) This program uses a variety of fun games to develop motor skills and enable enjoyment of playing tennis. It helps build confidence in a safe and friendly environment while making tennis fun!

Youth Volleyball

(Ages 7-15) Classes offered for elementary through middle school aged players. Whether your looking to build fundamental skills or preparing for school try outs we have a class that will build confidence and skills.

Youth Personal Training Package

(Ages 12-15) In this 3 session personal training package members will work with a certified professional to learn how to use all cardio equipment, strength equipment and free weights safety and properly and receive an individualized workout program. This package allows youth to use all equipment in the weight and cardio area with parent/adult supervision. (3 sessions \$171)

Youth Fitness Training

(Ages 12-15) Learn how to use weight and cardio equipment safely and effectively. This program targets development in muscular strength and endurance essential for optimum performance in youth. This session is ideal for both competing and non-competing youth to learn how to implement a fitness training routine into their active lifestyle.

Register online at www.BoulderParks-Rec.org

EXPAND DUCK RACE

MONDAY, SEPTEMBER 5 | 4PM

At 4:00 pm, flock to the creek's edge and cheer on a sea of yellow ducks as they race down the creek for a chance to win a \$1,000 cash prize, or one of our many other fabulous prizes. Funds raised support EXPAND's scholarships and programs for people with disabilities.



IT'S ALL PART OF THE 18TH ANNUAL

BOULDER CREEK HOMETOWN FESTIVAL
LABOR DAY WEEKEND | SEPTEMBER 3-5 | BOULDER
COMPLETE WITH A CAR SHOW, SK, BEER FESTIVAL & MORE!
VISIT WWW.BCEPRODUCTIONS.COM FOR MORE INFO
CREATED & PRODUCED BY BOULDER CREEK EVENTS

Healthy Bee • Bee Healthy



POLLINATOR
APPRECIATION
MONTH

Bee Boulder Festival

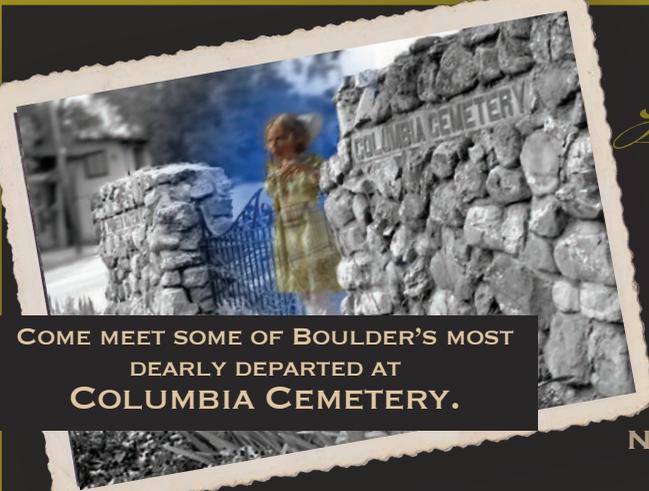
Celebrating our Pollinators!

Saturday, September 24, 2016

10 a.m. – 2 p.m. • Civic Area – Central Park

Bring the whole family for a fun-packed day of hands on activities, entertainment and fun. Learn about the beauty and importance of pollinators to our community and how we can all support and protect them.

BeeBoulder.org



COME MEET SOME OF BOULDER'S MOST
DEARLY DEPARTED AT
COLUMBIA CEMETERY.

Historic Boulder
PRESERVATION IN ACTION



HOURS:

NOON TO 5:00PM

MEET THE SPIRITS

SUNDAY, OCTOBER 16, 2016

-RAIN DATE: OCTOBER 23, 2016-

ADVANCE TICKETS: AT HISTORICBOULDER.ORG

DAY OF TICKETS: ENTRANCE AT 9TH & PLEASANT ST. AND 9TH & COLLEGE AVE

ADDITIONAL ACTIVITIES: CHILDREN'S SCAVENGER HUNT- TEA LEAF
READINGS - GRAVE MARKER RESTORATION DEMONSTRATION - MASONIC
BURIAL RE-ENACTMENT - PRESENTATIONS ON HISTORIC SHED RENOVATION

www.historicboulder.org

HALLOWEEN CARNIVAL

FRIDAY, OCTOBER 28

3-5 p.m.

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

Wear your costume!

Ages 3-8 • \$5 per child

South Boulder Recreation Center
1360 Gillaspie

Register online or call 303-413-7270 | Reg. code: #247732

BoulderParks-Rec.org



BOULDER PARKS & RECREATION

DOG DAYZ @ SCOTT CARPENTER POOL

BoulderDogDayz.org

Annual Dog Swim

Scott Carpenter Pool, 1505 30th St.

Monday, Sept. 19 - Sunday, Oct. 2

Dogs of Any Size

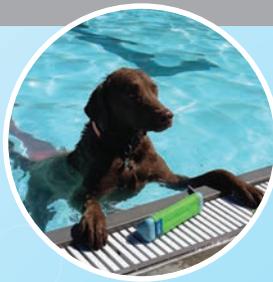
Monday-Friday, 12-2 p.m. & 5-7 p.m.
Sept. 24-25 & Oct. 1, 11-2 p.m.

Small Dogs Only (under 50 lbs.)

Monday-Friday, 11-12 p.m. & 4-5 p.m.
Sept. 24-25 & Oct. 1, 10-11 a.m.

Daily entry: \$5 per dog

Unlimited pass: \$40 for up to 2 dogs
(Additional dogs \$10 each)



Dog Expo!

Sunday, Oct. 2 from 10-2:30 p.m.

Join us for a day of fun in the sun with our canine friends (all dogs welcome). The pool will be open for the dogs to swim and various organizations will be on hand with samples, prizes, and information.

"Flying High" dog competition • 12:30-2 p.m.



Volunteers Needed

2-hour weekday and weekend shifts are available. If you love dogs, volunteer for the most dog friendly event of the season! Adult volunteers will welcome participants and keep guardians and their furry friends happy and safe.

Learn more at BPRvolunteer.org or contact Bohnetc@bouldercolorado.gov for questions.



Cult Classics at Central Park

Friday movie nights in October

The Big Lebowski Oct. 7th

Spaceballs Oct. 14th

Beetlejuice Oct. 21st

Entertainment at 6:30, Movies at 7:30

Central Park - 13th and Arapahoe, Boulder

Beergarten - Live Music - Food Trucks

Bring your blankets and chairs to enjoy a FREE movie in the park.

For more information please call 303-413-7222 or visit BoulderCultClassics.com



Presented by |

