

Journeys through EXPAND

Providing Affordable Fitness, Leisure and Cultural Arts Programs for
Adults with Mild Traumatic Brain Injury and other similar Neurological Conditions.

Spring/Summer Programs—2013 Registration Starts Friday, March 8, 2013

How to Register for classes.

1. Phone in at 303-413-7270 (credit card & course code required) or
2. Walk in at East or North Centers: Mon-Fri, 8:30-5:30 p.m., South Center: Mon-Fri, 9 a.m.—1 p.m. Addresses are the following: East—5660 Sioux Drive, North—3170 Broadway, South—1360 Gillaspie, or
3. Call Cory at 303-413-7269 and arrange another way to make your payment.



Parks & Recreation

Please note. If you cannot pay the full price for class, we do have a sliding fee scale. Please call Cory at 303-413-7269 to inquire.

Watercolor—Monday

The beauty of working with watercolors lies in its spontaneous process and its transparent quality. Students will learn color in progression from light to dark and color blending, allowing the colors to spread, mix or blend. Instructions will focus on individual expressions and ability. Instructor, Barbara Cox -Bixby

Apr 15-May 13 (5 classes)

Time: 1:30-3:30 p.m.

Fee: \$35

Course Code: 194882

Location: North Boulder Recreation Center—Bison Room.

Aquatic Fitness & Ai Chi—

Tues—This class will be a combination of 30 minutes of water fitness and 30 minutes of Ai Chi. Aquatic Fitness will include water jogging, aerobics, strength training, and flexibility training. Ai Chi uses a combination of deep breathing, and slow, broad movements of the arms, legs and torso in flowing continual patterns.

March 12-April 23 (6 classes)

Time: 2-3 p.m.

No class March 26

Course Code: 184841

Location: EBCC

Therapeutic Yoga—Weds

This class will focus on gentle, safe yoga postures to balance the mind, muscles and physiology. It will be taught by a licensed physical therapist and Kripalu Yoga instructor, Lori Batcheller.

June 12-July 31 (8 classes)

Time: 1:30-3 p.m.

Fee: \$50

Course Code: 194885

Location: North Boulder Recreation Center—Yoga Room

Stained Glass—Thursday

This class is held in a small studio in Jamestown. In order to complete a project, all classes must be attended. Transportation in a city vehicle is provided. Additional costs may occur. *All pieces must be completed by the last day of class.* Instructor, Alex Meeker.

April 4—May 23 (8 classes)

Time: 9-12:30 p.m.

Fee: \$100

Course Code: 194884

Location: Iris Center Parking Lot

Golf 4 Fun—Thursday

Learn the fundamentals of golf through 5 one hour lessons taught by a golf professional. Adaptive golf cart provided if needed.

June 13—July 18 (5 classes)

NO CLASS July 4

Time: 3-4 p.m.

Fee: \$45

Course Code: 194886

Location: Flatirons Golf Course

Pottery—Friday

Throwing on the potter's wheel involves learning how to wedge, center the clay, and perform shaping techniques to produce basic forms. Students will learn hand building, basic glazing and be introduced to the firing process. Instructor, Nancy Utterback

Apr 5—May 24 (8 classes)

Time: 2-4:30 p.m.

Fee: \$85

Course Code: 194883

Location: Pottery Lab, 1010 Aurora, Boulder

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Denver Art Museum—Monday

Enjoy Georgia O’Keeffe’s art and thinking as well as many other popular artists.

April 8

Time: 1-4:30 p.m.

Fee: \$10

Course Code: 194889

Location: Meet at the East Boulder Community Center, 5660 Sioux Drive

Cup Cake and a Movie —Tuesday

Enjoy an afternoon matinee and visit Cory’s favorite cupcake place “Once Upon a Cupcake” in Westminster—they have gluten free options! The movie we will view will be a latest hit and time may vary.

May 14

Time: 1-5 p.m.—time may change slightly.

Fee: \$10

Course Code: 194932

Location: Meet at the East Boulder Community Center, 5660 Sioux Drive.

Want to learn more about EXPAND’s Adaptive Water-ski program that starts in June? Call Cory at 303-413-7269.



Please Note! All classes are on a first come, first serve basis and have size limits. Therefore, it is important to register early. If we do not get enough individuals to register for a class we will cancel the class and provide you a full refund. *We understand that not everyone can pay the full amount of a class. If this is your case, please call Cory at 303-413-7269 and ask how you can get an additional reduced rate. The most important thing to us is your participation. We will make sure it is affordable for you!*

The staff will call you prior to each class you register for to remind you of what to bring and what to expect.

It is highly recommended to attend all classes in order to either complete a project or to get the maximum benefit from the class. We hope to see you soon!



