

# Spring 2016

## City of Boulder EXPAND Volunteers



### Getting Started:

1. Find a class you are interested in and can commit to regularly.
2. Call the staff listed below the class.
3. Set up a time to attend an orientation and fill out an application.
4. Get ready for fun!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Swim Training</b> 4/17-5/22 3:00-4:00pm Jen-EBCC  <b>Youth Swim Lessons</b> 4/17-5/22 4:00-4:30pm Jen-EBCC	<b>Water Aerobics</b> 4/4-5/9 5:15-6:15 pm Jen- EBCC  <b>Teen Monday Fun Day</b> 4/18 9a-4p Chelsea-EBCC	<b>Table Tennis &amp; Board Games</b> 4/5-4/19 2:00-3:00 pm Jen-EBCC  <b>Walkin' &amp; Rockin'</b> 4/5-5/10 3:00-4:00 pm Sherri-EBCC  <b>Adult Unified Soccer</b> 4/5-5/10 4:00-5:00 pm Sherri-EBCC  <b>Adult Unified Basketball</b> 4/5-5/10 5-7 pm Sherri-EBCC  <b>Youth Unified Soccer</b> 4/5-5/10 4-5 pm Chelsea-South	<b>Move and Groove</b> 4/13-5/18 3:30-4:30 Jen-EBCC	<b>Weight Lifting</b> 4/7-5/19 2:30-3 pm Sherri - EBCC  <b>Spinning</b> 4/7-5/19 3-4 pm Sherri- EBCC  <b>Smile &amp; Stretch</b> 4/14-5/19 4:00-5:00pm Jen-EBCC  <b>Bingo &amp; Subs</b> 5/12 5:00-6:30pm Cory-EBCC	<b>Youth Strider Bike</b> 4/8 4/22 5/6 5/20 5:00-5:30pm Sherri-EBCC  <b>Friday Fun (Youth)</b> 4/8 -Swimming 4/22 - Science 5/6 - Swimming 5/20 - Bowling Chelsea-EBCC  <b>Adult Strider Bike</b> 4/15 4:30-6:00pm Sherri-EBCC  <b>Friday Night DANCE!</b> 4/15 6-8pm Cory - EBCC  <b>Teen Friday Fun Day</b> 4/15 9am-4pm Chelsea-EBCC	<b>Gymnastics Team Training</b> 3/5-5/7 3:15 - 4:30 pm Chelsea - NBRC  <b>Jump n' Gym</b> 3/5-5/7 4:30-5:30pm Chelsea- NBRC  <b>Track/Field</b> 4/16-5/14 10-11:30 am Sherri-South  <b>Airport Tour</b> 4/30 12:00-3:00pm Jen-EBCC

### Questions:

Please contact, Lori Goldman, EXPAND Recreation Supervisor.

### EXPAND Staff:

Cory	303-413-7269	LasherC@bouldercolorado.gov
Jen	303-413-7474	HeilveiJ@bouldercolorado.gov
Lori	303-413-7256	GoldmanL@bouldercolorado.gov
Sherri	303-441-4933	BrownSh@bouldercolorado.gov
Chelsea	303-441-3416	Cernyc@bouldercolorado.gov



Volunteers are an  
important part of  
our programs!

**What is EXPAND?** EXPAND (EXciting Programs, Adventures and New Dimensions) is a program of the Boulder Parks and Recreation Department that offers children, youth and adults with disabilities an opportunity to participate in recreation programs of their choice.

## Additional Volunteer Opportunities

**Inclusions:** Assist a child with a disability in a general recreation program. Most inclusions occur in swimming and gymnastics classes. Time and days vary depending on the season, so please let us know if this interests you! Contact Chelsea for gymnastics, 303-441-3416 or Jen for swimming, 303-413-7474

**Road Races:** The EXPAND department is the beneficiary of several local running events in Boulder. We are looking for volunteers to help at registration and aid stations. Contact Sherri @ 303-441-4933.

**Fundraising - Duck Race:** Help raise awareness of our programs and funds to ensure everyone, no matter their income level, is able to participate in programs. The Duck Race takes place Memorial Day Weekend and volunteers are needed to help at booths at the Boulder Creek Festival Saturday, Sunday and Monday. Contact Lori, 303-413-7256.

**Youth Services Initiative:** The YSI is a community-based after school and summer program for youth ages seven through eighteen living in Boulder's low-income housing sites. The mission of the YSI is to inspire youth from low income families to make healthy, caring and responsible choices by providing opportunities for recreation, life skill development and community building. Contact YSI Staff, Alexis Moreno, 303-413-7217.

### Programs meet at recreation centers:

EBCC (East Boulder Recreation Center) – 5660 Sioux Drive  
(55<sup>th</sup> & Baseline) – 303-441-4400

SBRC (South Boulder Recreation Center) – 1360 Gillaspie  
(Broadway & Table Mesa) – 303-441-3448

NBRC (North Boulder Recreation Center) – 3170 Broadway  
(Broadway & Iris) – 303-413-7260