Boulder Parks & Recreation

summer 2016

Civic Area:

Big Plans & Events, pgs. 6 & 60

Register Today (begins May 3)

125+ Summer Camps | Arts | Cycling
Dance | Fitness | Gymnastics | Sports
Swimming | Tennis & More!

BoulderParks-Rec.org

Summer 2016

Here's what new, interesting and going on this summer:

Civic Area Summer Events

Boulder Community Day – May 21 (Sat.)

CLEAN-UP: Help beautify Boulder in the morning and celebrate National Kids to Parks Day in the afternoon. Park clean-ups take place at various parks and greenways.

PLAY: This year's Kids-to-Parks event will engage children young and old through interactive nature, science, history, art and adventure activities in Central Park. Fun explorations of Boulder Creek and the history surrounding Boulder's Civic Area are also planned. More information BoulderParks-Rec.org

Boulder Creek Festival & EXPAND Duck Race – May 28-30

Join the fun! Meet family and friends downtown this Memorial Day weekend and enjoy more local vendors, performers and food than ever before. Make getting there fun by biking, busing or walking.

Summer Sounds

7:30 p.m. – 9 p.m.
Three nights, three extraordinary multi-media performances by Grammy-nominated children's performers! Each pairs live music with captivating animation for a perfect family evening under the stars. Not to be missed! (More info pg. 61)

June 18
Secret Agent 23 Skidoo
Family Hip Hop with a Solid Gold Soul

July 23
Gustafer Yellowgold
Gustafer's Show is a multi-media performance of live music, colored-pencil animations and storytelling.

August 27
Jazzy Ash & the Leaping Lizards
Jazzy Ash's songs celebrate the magic of movement with upbeat, catchy music styles of New Orleans Jazz and Zydeco.

Boulder SummerFest

Saturday, July 30 • 11 a.m. – 2 p.m.
Connecting nature with health through learning, exploring and play! Join us for an afternoon of hands-on activities designed to be nature-inspired, educational, and fun for all ages! This free event is co-hosted by the Boulder Public Library. For more information: BoulderParks-Rec.org

Valmont Bike Park Turns 5!

Celebrate the 5th anniversary of Valmont Bike Park with a day of cycling fun and family-friendly festival presented by REI from 5-8 p.m. on June 11. The festival will be followed by an outdoor screening of E.T. the Extra Terrestrial. Other weekend events include a Dog Park Expo and Disc Golf tournament at Valmont City Park. More information can be found at valmontbikepark.com.

Strider Series – A new race series for kids ages 2-5 to ride in their first race at Valmont Bike Park. In partnership with Strider, races will be on Saturday mornings from 9-noon on July 9th, 16th and 23rd. More information can be found at valmontbikepark.com.

Star-Spangled Splash – July 4 (Mon.)

It's our nation's birthday – show up in Red, White and Blue – stomp, frolic, eat, play and make it a great day. Start with a 10K or 1-mile fun run followed by music, beer and more. Get your love for this country on at Boulder Reservoir.
More info at BoulderRez.org

Knollwood Tennis Courts To Re-Open

The flood-damaged Knollwood tennis courts at West Pearl are scheduled to re-open for play in late-May. Come check out Boulder's newest, wheelchair accessible tennis courts!

SilverSneakers at All Centers

SilverSneakers participants can now access all three Boulder Rec Centers! In addition to the variety of SilverSneaker programs available at the East Boulder Community Center, participants can now workout at North and South Boulder Recreation Centers.
For more information on all our SilverSneakers program offerings please visit bprfitness.org or see pg. 33.

YSI Art Exhibit

Come view great youth art at North Boulder Recreation Center May 2-May 31. Enjoy next generation artists expressing their culture, creativity and perspective of Boulder through this unique exhibit. All art created by participants in the department's Youth Services Initiative.

Opening reception May 2 at North Boulder Recreation Center from 4-6 p.m.

Civic Area Construction to Begin

Following a robust public process, a newly designed Civic Area will begin to take shape this summer as scheduled Phase I construction begins. Literally thousands of comments, ideas and recommendation have shaped the plans. Residents approved funding for the project as part of a Nov. 2014 ballot initiative. Phase I construction will focus on the area between Canyon and Arapahoe, west of Broadway to the Main Library. Central Park will remain open during construction.

For a thorough perspective on design plans, construction schedules and impacts, please visit: BoulderCivicArea.com

Library's Summer Reading Program for Youth

Looking for something FUN, HEALTHY and ENGAGING for your kids and teens to do this summer? Boulder Public Library is offering its annual Summer Reading Program from May 31 to June 30; and the theme this year is all about health and fitness! Parks and Recreation will be partnering to offer special programs such as foot golf, life-sized board games, gymnastics, and more!

The program kicks off on Saturday, June 4 at all library locations. https://boulderlibrary.org/summer-reading/

City Wins Knight Cities Challenge Grant

The Boulder Parks and Recreation Department in conjunction with the Bridge House submitted a proposal to convert wood from Emerald Ash-Borer impacted trees into useful products and new skill building opportunities. The pilot proposal calls for utilizing the City's newly opened Building 61 Makerspace to teach Bridge House Ready to Work crews how to transform wood from cut ash trees into items that can be sold or put to use in the community. Eventually, the Ready to Work crew will help teach woodworking skills to residents in the makerspace. Boulder was one of 37 projects selected from 4,500 applications. It is the first time Boulder has received this prestigious grant from the Knight Foundation aimed at supporting innovation and community sustainability.

Steve Whipple: A Life of Service

The Boulder Parks and Recreation Department lost a long-time staff member and recreation leader last fall when Steve Whipple passed away at age 64. Steve joined Parks and Recreation in 1975 and served in a number of capacities until retiring as a Recreation Administrator in December 2013. During his career, Steve managed virtually every recreation facility from outdoor pools to recreation centers. He also managed internship programs, oversaw the growth of dance, fitness and mind-body programs, facility renovations and energy efficiency enhancements, coordinated concerts in the parks and became an integral part of Boulder's active community.

He was also active in Colorado's Parks and Recreation Association and Recreation Facility Design and Management School, sharing his wealth of experience about pools, recreation programs and facilities with hundreds of recreation professionals.

Steve's passion for community recreation, his warmth and smile touched many people and lives on through the legacy of his work.

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Stay Informed with FREE eNews!

Want to learn more about the latest classes, events, community meetings, weather or construction-related closures and more? Join our eNews list. It's easy, just visit us online at www.boulderparks-rec.org and subscribe to the list that interests you most and start enjoying up-to-date Parks & Rec 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

Financial Assistance

Did you know we offer financial aid to assist community members who cannot otherwise participate due to financial limitations?

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

7 Fun Family Activities

- **Live Music**
  Check out local bands at Pearl Street's Bands on the Bricks Concert Series. Every Wed. from June 1st through August 3rd. Dancing is freely encouraged! A more detailed 2016 schedule will be announced May 4!
  Boulderdowntown.com/events/bands-on-the-bricks

- **Bike Play**
  Valmont Bike Park has something for everyone in the family – from a tot lot and mellow trail riding to extreme jumps and pump track. The park is free and open daily from dusk till dawn at 3160 Airport Rd. Enjoy the park's five-year anniversary celebration, June 11 and June 12.
  ValmontBikePark.org

- **Creek Fest**
  The ultimate summer kick-off event is the Boulder Creek Festival. With over 500 ride, food, arts, and crafts vendors and live entertainment you won't have time to be bored. The Creek Festival will be May 28th through May 30th. **BoulderCreekFestival.com**

- **Secret Park**
  Visit one of Boulder's beautiful "secret" parks – tucked away in a neighborhood. Visit **BoulderParks-Rec.org** to find a hidden gem – like Maxwell Lake, Arapahoe Ridge or Bear Creek parks.

- **Boating**
  Say, "Ahoy, matey," as you cast off on your rented stand up paddle board, small sail boat, kayak, canoe or pedal craft at the Boulder Reservoir. **BoulderRez.org**

- **Handball**
  Bring the family and a handball to East Boulder Community Park where you will find four outdoor handball courts. And have a ball playing this fast-paced sport. Be sure to hydrate, hydrate, hydrate!

- **Creek Path**
  Stroll, bike, run, or roll on the Boulder Creek path. The path runs 5.5 miles from the mouth of Boulder Canyon to the Stazio Ballfields. Stop and cool at a shady glade along the creek.

Recyclable. Printed on 30% post-consumer recycled paper.

Boulder Fun Map

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. **Foothills Community Park,** 800 Cherry Ave.
4. **Scott Carpenter Park,** 1505 30th St.
5. **Flatirons Golf Course,** 5706 Arapahoe • 303-442-7851
6. **Iris Center,** 3198 Broadway • 303-413-7200
7. **Salberg Center & Park,** 19th & Elder
8. **Central Park,** 1236 Canyon Blvd.

N **North Boulder Rec Center,** 3170 Broadway

E **East Boulder Community Center & Park,** 5660 Sioux Dr.

S **South Boulder Rec Center & Harlow Platts Community Park,** 1360 Gillaspie

South Boulder Recreation Center
1360 Gillaspie • 303-441-3448

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

Mon.-Thu. 6am-8:30pm
Fri. 6am-7pm
Sat./Sun. 8am-2pm

*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.

N 1 mi. 2 mi.

Visit us online for a complete interactive map of our parks
BoulderParksMap.org

Top 5 Things to do in the Civic Area

1. **Take a self-guided or department-led walking tour of the Civic Area.** Check online for the self-guide tour app. BoulderParks-Rec.org.

2. **Bring a picnic** and find your favorite spot to enjoy friends, people-watch, or meditate to the sound of flowing water. You can also buy tasty, local nibbles at the nearby Dushanbe Tea House (13th St.), Seeds Café (in Boulder Public Library) or the Boulder County Farmers' Market (along 13th St., every Wed. and Sat. through Oct.).

3. **Enjoy a special event this summer:**
   - Boulder Community Day (May 21);
   - Boulder Creek Festival (May 28 to 30);
   - Summer Sounds Family Concert Series (June 18, July 23 & August 27)
   - SummerFest (July 30)

4. **Juggling, acrobatics, re-unite your double-platinum air band**
   - use the turf, band shell and your imagination to conjure up some fun in the heart of Boulder.

5. **Watch the earth moving equipment** sculpt new contours and features as part of the voter-funded park renovation plan (always watch from a safe distance).

Did you know?

The Civic Area is located in the heart of Boulder between Canyon Boulevard and Arapahoe Avenue on the north and south and between 14th and 9th streets on the east and west. It is bisected by Boulder Creek and includes nearly a dozen public buildings.

Central Park used to be bordered on the north by Water Street and a parallel set of train tracks. The area was also home to several brothels and a shanty-shack village on the south side of Boulder Creek known as the "Jungle."

Concerned about flooding and wanting to enhance Boulder's desirability, the Boulder Improvement Society brought renowned landscape architect Frederick Law Olmsted from Boston to develop a plan for central Boulder. His 1910 plan, "The Improvement of Boulder," provided a blueprint for more than a century of Civic Area development.

Train service to central Boulder ended in 1957 and the four-lane Canyon Boulevard replaced Water Street in the mid-1960s.

The land for Central Park was purchased in various parcels between 1906 and 1933, though historic photos suggest the area currently known as Central Park may have been a functioning park since the 1890s. Over the years, the area has become a civic hub populated by many public buildings including Boulder's Municipal Building (1952); the Main Library (1961); and the Dushanbe Teahouse (a gift from sister city, Dushanbe, Tajikistan, constructed in 1997).

Coming this summer: Phase I construction of the new Civic Area will begin this summer, thanks to design input from thousands of residents, passage of the Community, Culture and Safety tax in 2014 and Master Plan acceptance by City Council last June.

The goal is to create a more vibrant and active park with new recreational amenities, community spaces, safety improvements and access. Detailed project information is available at boulder civicarea.com. Here are some highlights:

- A re-imagined landscape along Boulder Creek between the Library and Broadway that will draw more people and events to the park.
- A premier children's play area that emphasizes natural play elements and complements Boulder Creek.
- Safety enhancements including lighting, unobstructed views, clean and safe amenities and re-aligned bike and pedestrian pathways.
- Access improvements including an Arapahoe underpass, a new 11th Street spine creating better north-south connectivity, and more public art.

Exciting Events: See pages 60-63 for this summer's events at the Civic Area.

Saturday,
June 11 • 5-8 p.m.

5TH ANNIVERSARY PARTY @ VALMONT BIKE PARK

sponsored by REI

Celebrate Boulder's premiere bike facility and its 5 years of success!

Family Friendly Festival
Bike Activities (provided by various partners)
Movie in the Park - E.T.

Additional Events -
Dog Park Expo - June 11
Disc Golf Tournament - June 12

Valmont Strider Series

New this summer!

Ages 2-5

Saturday, July 9 & 16
9 a.m. to 12 p.m. • $10 per race

In partnership with Strider and Bicycle Village, this is a new race series for kids to enjoy their first race at Valmont Bike Park.

Registration is available online up until the day before. Loaner bikes will be provided by Bicycle Village if needed.

More info at bicyclevillage.com

More information online at **valmontbikepark.com**

REI

CITY OF BOULDER PARKS & RECREATION

CITY OF BOULDER PARKS & RECREATION

CHOOSE A $10 LOCAL REWARD CARD WHEN YOU BUY OR RENEW AN ANNUAL PASS!

Please support these local businesses that support the City of Boulder's Parks & Recreation Department.

FLATIRONS RUNNING INC.

BOULDER CYCLE SPORT

OZO COFFEE CO.

hapa SUSHI GRILL & SAKE BAR™

BOULDER COUNTY FARMERS MARKETS — EST 1987 —
$10 Farmers Bucks

GATEWAY PARK FUN CENTER

Entry Fees

ANNUAL PASS

	Res/Non-Res
Seniors (60+)	$369/$489
Adults (19-59)	$552/$689
Youth (3-18)	$274/$363

- 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+)	$62/$80	$32/$42
Adults (19-59)	$90/$110	$46/$57
Youth (3-18)	$48/$61	$25/$32

- 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/$1105

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

DAILY DROP-IN

Seniors (60+)	$5.75
Adults (19-59)	$7.50
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+)	$176/$191
Adults (19-59)	$235/$255
Youth (3-18)	$144/$159

20 PUNCH PASS

	Res/Non-Res
Seniors (60+)	$94/$106
Adults (19-59)	$125/$133
Youth (3-18)	$77/$85

10 PUNCH PASS

	Res/Non-Res
Seniors (60+)	$49/$52
Adults (19-59)	$66/$69
Youth (3-18)	$41/$46

- 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
$163/$203

- 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!

CHILDCARE **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

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

Summer Camps

Register online at BPRcamps.org

Spend an active week exploring the Children's Peace Garden, Mountain Flower Goat Dairy and swimming at the Rec Center in our award winning Goats & Gardens Camp.

Goats & Gardens Camp

(Ages 6-11) Spend an active week exploring the Children's Peace Garden, Mountain Flower Goat Dairy and swimming at the Rec Center! We'll investigate the secret world of insects, creating art from nature and exploring wondrous plants while making new friends. We'll grow and taste from the salsa garden and cook pizza using the power of the sun. At Mountain Flower Goat Dairy we'll spend time with the goats and llamas, learn how to care for goats, make cheeses and lotions with goat milk, bottle feed goat babies, and more. Each afternoon we'll wrap up the day in the swimming pool.

Info: Molly at 303-413-7441 or Langerakm@bouldercolorado.gov

236510	6/6-6/10	M-F, 8:30am-4:30pm	Iris	5	$290/$363
236511	6/13-6/17	M-F, 8:30am-4:30pm	Iris	5	$290/$363
236512	6/27-7/1	M-F, 8:30am-4:30pm	Iris	5	$290/$363
236513	7/11-7/15	M-F, 8:30am-4:30pm	Iris	5	$290/$363
236574	7/25-7/29	M-F, 8:30am-4:30pm	Iris	5	$290/$363
236575	8/1-8/5	M-F, 8:30am-4:30pm	Iris	5	$290/$363
236576	8/8-8/12	M-F, 8:30am-4:30pm	Iris	5	$290/$363

Bear Peak Adventure Camp

(Ages 6-11) Get reconnected with nature, let your imagination run wild, and experience outdoor activities such as canoeing, swimming, hiking, nature play, scavenger hunts, fishing and more. Educational opportunities include presentations by water conservation, fire safety, and sustainability professionals.

Info: Molly at 303-413-7441 or Langerakm@bouldercolorado.gov

236579	6/6-6/10	M-F, 8:30am-4:30pm	South	5	$250/$313
236580	6/20-6/24	M-F, 8:30am-4:30pm	South	5	$250/$313
236583	7/5-7/8	Tu-F, 8:30am-4:30pm	South	4	$200/$252
236584	7/18-7/22	M-F, 8:30am-4:30pm	South	5	$250/$313
236585	8/1-8/5	M-F, 8:30am-4:30pm	South	5	$250/$313

BLAST OFF! Science Camp

(Ages 6-11) Rockets with an EXPLOSION of science! Campers will spend the morning conducting some wacky science projects, along with making new friends during team building activities. The afternoons will be spent building and setting off ROCKETS along with swimming! Campers will be split up by age/ability, but special requests are welcomed.

Info: Molly at 303-413-7441 or Langerakm@bouldercolorado.gov

236581	6/13-6/17	M-F, 8:30am-4:30pm	South	5	$250/$313
236582	6/27-7/1	M-F, 8:30am-4:30pm	South	5	$250/$313
236588	7/11-7/15	M-F, 8:30am-4:30pm	South	5	$250/$313
236589	7/25-7/29	M-F, 8:30am-4:30pm	South	5	$250/$313
236590	8/8-8/12	M-F, 8:30am-4:30pm	South	5	$250/$313

My 1st Camp

(Ages 5-6) Looking for an introduction camp for your little ones this summer? If so My 1st Camp is the perfect camp for you. Campers will be exposed to group games, movin and groovin to music, arts and crafts and swimming. The second week of My 1st Camp will be offered at North Boulder Park located less than a mile away from our NBRC. Join us at for a fun time at the park, playing on the playground, group games on the grass and a walk to the NBRC to swim in the pool.

Info: Molly at 303-413-7441 or Langerakm@bouldercolorado.gov

236577	6/20-6/24	M-F, 9am-12pm	Iris	5	$168/$210
236578	7/25-7/29	M-F, 9am-12pm	North Boulder Park	5	$168/$210

Register online at BPRcamps.org

For inclusion opportunities for people with disabilities – see page 23

▶ DANCE CAMPS

Dancing Days

(Ages 4-5) Sample a variety of dance techniques including ballet, jazz, hip hop and creative movement in a fun environment. Campers will create crafts to help explore and investigate dance concepts. A small presentation will be held on the last day.

Info: Kinesis Dance at 720-515-6268.

237420	6/13-6/16	M-Th, 9am-12pm	East	4	$125/$156
237425	7/11-7/14	M-Th, 9am-12pm	North	4	$125/$156

Dance Camp

Sample a variety of dance techniques including hip hop, jazz, and creative movement in a fun environment. Campers will create crafts to help explore and investigate dance concepts. There will be a small presentation on the last day. Participants will be split into two groups according to age.

Info: Kinesis Dance at 720-515-6268.

(Ages 6-8)

237423	6/20-6/24	M-F, 9am-12pm	North	5	$155/$194

(Ages 9-12)

237424	6/20-6/24	M-F, 9am-12pm	North	5	$155/$194

Musical Theater Dance Camp

(Ages 6-12) Campers will explore the process of creating a scene in musical theater through singing, dancing and acting. There will be a small presentation on the last day.

Info: Kinesis Dance at 720-515-6268.

237428	7/11-7/15	M-F, 9am-1pm	Kinesis Dance	5	$175/$220

Intermediate Dance Camp

(Ages 10-18) This dance camp is for the young dancer who has at least 2 years of dance training. Classes will include Contemporay, Jazz, Hip Hop, Ballet and more.

Info: Kinesis Dance at 720-515-6268.

237422	6/6-6/10	M-F, 10am-3pm	Kinesis Dance	5	$300/$325

▶ GYMNASTICS

Summer Recreational Gymnastics Camp

(Ages 5-12) Join us for gymnastics summer camp. Bounce, tumble, swing, balance, play games, make friends, swim and more! Beginner through advanced gymnasts will have the opportunity to learn, challenge themselves, and have fun in our state of the art facility that includes three trampolines, two foam pits, a trapeze, rope swing, as well as the usual vault, bars, beam floor, pommel horse, parallel bars, high bar, and rings. This gymnastics camp offers a great introduction to the sport, and a great way to continue learning at all levels. Campers will be grouped by age and ability. If you've never tried gymnastics, or if you've been tumbling for years, this camp promises a great experience.

Info: Gymnastics at 303-413-7265.

237230	7/11-7/15	M-F, 9am-12pm	North	5	$189/$236

Sample a variety of dance techniques and creative movement in a fun environment.

▶ TENNIS CLINICS

Gonzo Tennis Summer Clinics

(Ages 5-15) 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.
Info: Gonzo at 720-480-0249 or gonzo@gonzotennis.com
Cancellation information: 303-441-3410, press 1 then 5.

Morning

237463	5/31-6/2	Tu/W/Th, 9am-12pm	East	3	$114/$143
237464	6/7-6/9	Tu/W/Th, 9am-12pm	East	3	$114/$143
237465	6/14-6/16	Tu/W/Th, 9am-12pm	East	3	$114/$143
237466	6/21-6/23	Tu/W/Th, 9am-12pm	East	3	$114/$143
237467	6/28-6/30	Tu/W/Th, 9am-12pm	East	3	$114/$143
237468	7/5-7/7	Tu/W/Th, 9am-12pm	East	3	$114/$143
237469	7/12-7/14	Tu/W/Th, 9am-12pm	East	3	$114/$143
237470	7/19-7/21	Tu/W/Th, 9am-12pm	East	3	$114/$143
237471	7/26-7/28	Tu/W/Th, 9am-12pm	East	3	$114/$143
237472	8/2-8/4	Tu/W/Th, 9am-12pm	East	3	$114/$143
237475	8/9-8/11	Tu/W/Th, 9am-12pm	East	3	$114/$143

Afternoon

237473	5/31-6/2	Tu/W/Th, 3-6pm	East	3	$114/$143
237474	6/7-6/9	Tu/W/Th, 3-6pm	East	3	$114/$143
237477	6/21-6/23	Tu/W/Th, 3-6pm	East	3	$114/$143

Summer Camps

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

Our summer camps give each camper a quality theater experience and maximize learning potential.

▶ DRAMA CAMP

BDT STAGE
BOULDER'S DINNER THEATRE

The BDT Academy offers drama camps in conjunction with the City of Boulder's Parks & Recreation Department. The camps are held at Salberg Park, corner of 19th St. and Elder Ave. Each week is different and uses the technique of "play making", 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 workshops, 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 breaks. The week culminates in a free Friday afternoon performance for family and friends!

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

Fairy Tale Fun

(Ages 5-12) Campers will share their favorite Fairy Tales and write and perform their very own plays based on their imagination.

*	5/30-6/3	M-F, 8:30am-4:30pm	Salberg	5	$210

Pretty Princesses

(Ages 5-12) In a make believe world of Princesses and Castles our young actors will write and perform their own plays while designing their own costumes and sets.

*	6/6-6/10	M-F, 8:30am-4:30pm	Salberg	5	$210

Riddles, Rhymes, and Reading

(Ages 5-12) What could be more fun than reading and sharing all those crazy Riddles and Rhymes? Campers will write and perform their own plays using original Riddles and Rhymes.

*	6/13-6/17	M-F, 8:30am-4:30pm	Salberg	5	$210

Dr. Seuss

(Ages 5-12) Reading and sharing all their favorite Dr. Seuss characters, campers will write and perform their own plays while designing their own costumes and sets.

*	6/20-6/24	M-F, 8:30am-4:30pm	Salberg	5	$210

Fairy Tales and Fantasy

(Ages 5-12) Moving from Fairy Tales into Fantasy, campers will expand on the magical theme of Fairy Tales and write and perform their own plays while designing their own costumes and sets.

*	6/27-7/1	M-F, 8:30am-4:30pm	Salberg	5	$210

Poems & Plays

(Ages 5-12) Poems and plays will come to life as campers create their own adaptations and perform them for family and friends.

*	7/5-7/8	Tu-F, 8:30am-4:30pm	Salberg	4	$168

Fancy Nancy

(Ages 5-12) Who could dream of a better way to spend a week than in a Fancy Nancy dream? Campers will write and perform their own plays while designing their own costumes and sets.

*	7/11-7/15	M-F, 8:30am-4:30pm	Salberg	5	$210

Christmas in July

(Ages 5-12) Campers will use their imagination to write a play based on a wonderful Christmas in July.

*	7/18-7/22	M-F, 8:30am-4:30pm	Salberg	5	$210

Rhymes, Reading, and Folk Tales

(Ages 5-12) Campers will use their imagination to write a play based on Folk tales and all the wonder of Rhymes and Reading.

*	7/25-7/29	M-F, 8:30am-4:30pm	Salberg	5	$210

Fairy Tales, Forests & Fanciful Fun

(Ages 5-12) Campers will use their imagination to write a play based on Fairy Tales that grow out of the wonder of the forest and all the fanciful fun you can have in nature.

*	8/1-8/5	M-F, 8:30am-4:30pm	Salberg	5	$210

Princesses, Plays and Posies

(Ages 5-12) All the young Princesses will come together to write their own play and enjoy the summer in full bloom, posies and all. They will learn acting secrets, design and make their own costumes and sets.

*	8/8-8/12	M-F, 8:30am-4:30pm	Salberg	5	$210

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

For inclusion opportunities for people with disabilities – see page 23

▶ KIDZ KAMP

Our Kidz Kamp at the East Boulder Community Center is the City of Boulder's traditional day camp. Each week is packed with diverse, engaging activities that are designed for fun, skill building and character development. Our 12 week long camp is sure to bring out the fun, joy and excitement of summer. Weeks will include a variety of sports, games, arts and crafts, swimming, canoeing, field trips to the Boulder Reservoir, Scott Carpenter Pool, color wars and much, much more.

Info: Molly at 303-413-7441 or Langerakm@bouldercolorado.gov

Ignite Summer

(Ages 5-11) Join us as we heat it up this summer City of Boulder style! Campers will kick off the summer with outdoor and indoor games, sports and a variety of activities for everyone to get to know each other. No camp May 30.

236498	5/31-6/3	Tu-F, 8am-5:30pm	East	4	$192/$240

Mad Scientist Laboratory

Wanna be a Scientist for a week? Discover how to make gooey GAK slime, learn how volcanoes erupt and much more! This week will definitely be chemically 'charged' with fun!

236499	6/6-6/10	M-F, 8am-5:30pm	East	5	$238/$298

Wizard Week

Do you have the magic in you? Pack your wands, robes and spell books for this week of Wizardry! Campers will spend the week playing quidditch, creating spells, and exploring the world of Wizards. Whether you're a fan of Hogwarts, Gandalf, or other types of wizards this week will have magical surprises in store!

236500	6/13-6/17	M-F, 8am-5:30pm	East	5	$238/$298

Color Wars

One of our most popular weeks at camp! Campers will team up with each other to earn points by competing in challenges and events throughout this action packed week! Typical team challenges include; tug of war, dodge ball, soccer, basketball, and other games. This is a great week for building teamwork, meeting and making new friends!

236501	6/20-6/24	M-F, 8am-5:30pm	East	5	$238/$298

The Great Outdoors

Who knew cardboard boxes have 534 different uses? This week campers will learn how to reduce, reuse and recycle to protect the beauty around us. Enjoy summer favorites like: sand volleyball, flag football, capture the flag, and other traditional camp games! Canoe, swim, fish and explore the nature that surrounds us!

236502	6/27-7/1	M-F, 8am-5:30pm	East	5	$238/$298

Party at the East Boulder Rec!

Let's get into the spirit and celebrate our independence day with festive crafts and games. From face painting, to friendly team games there will be something for all campers to enjoy! No camp July 4.

236503	7/5-7/8	Tu-F, 8am-5:30pm	East	4	$192/$240

Drip, Drip, SPLASH!

Get ready to make a splash during this crazy wet and wild week of summer camp! Campers will liven things up through various water activities such as water bucket relays, water balloon toss, water tag and that's just naming a few.

236504	7/11-7/15	M-F, 8am-5:30pm	East	5	$238/$298

Games Galore

Let's run, play and stay active all day. This week will be a jam packed week for campers with crazy sports, group games, obstacle courses, healthy snacking and we will end the week with a Field Day!

236505	7/18-7/22	M-F, 8am-5:30pm	East	5	$238/$298

Aloha Summer

Bring your leis, grass skirts, Hawaiian shirts, and coconuts for this Hawaiian themed week. Activities will include sand art, the Limbo, Hula hooping, enjoy island music and more!

236506	7/25-7/29	M-F, 8am-5:30pm	East	5	$238/$298

Colorado Adventures

Did you know that the word Colorado means 'color red?' Did you also know that the dome of the Colorado state capitol is plated with REAL 24K Gold? Come join us for a week celebrating this beautiful state we live in. Learn more about Colorado and the beauty within.

236507	8/1-8/5	M-F, 8am-5:30pm	East	5	$238/$298

Animal Planet

Get ready for lots of animal fun! We will create crafts of different animals, play games such as hungry hungry hippos, Elephant ball, Olli Oilli Octopus and plenty more. Campers will also have their weekly fishing extravaganza in our ponds outside the Community Center.

236508	8/8-8/12	M-F, 8am-5:30pm	East	5	$238/$298

Catch the Spirit

Get your spirit fingers ready! Meet and compete with fellow campers, create banners, cheers, mascots and promote camp pride! Learn what good sportsmanship is through a variety of competitive and non competitive games.

236509	8/15-8/17	M-W, 8am-5:30pm	North/South	3	$144/$180

Kidz Kamp with a Flip at NBRC

Kiz Kamp with a Flip is back and due to high demand is offered twice as many weeks this summer! Campers will experience a variety of activities including outdoor play, physical, social and creative activities, and time to cool off in our kid friendly pool. Part of the afternoon will be spent in our state of the art gymnastics facility for some recreational gymnastics lead by our certified instructors.

236636	6/6-6/10	M-F, 8:30am-4:30pm	North	5	$250/$313
236639	6/27-7/1	M-F, 8:30am-4:30pm	North	5	$250/$313
236640	7/18-7/22	M-F, 8:30am-4:30pm	North	5	$250/$313
236641	8/1-8/5	M-F, 8:30am-4:30pm	North	5	$250/$313

Summer Camps

***Register at CommunitySailing.org or call 303-757-7718**

▶ COMMUNITY SAILING CAMPS

Community Sailing of Colorado

Boulder Parks & Recreation Department and Community Sailing of Colorado, a non-profit organization dedicated to making sailing accessible, safe, and fun for kids in Colorado merge to provide quality Sailing programs this summer.

All camps are held at the Boulder Reservoir, 5565 N 51st St.
***Register at CommunitySailing.org or call 303-757-7718.**

Family Sail Night - Free

(Ages 5+) Enjoy a beautiful night on the water during one of our FREE Family Sail Nights at the Boulder Reservoir. Bring your family to meet our staff, learn more about our programs and take a sailboat ride. This is a great way to try sailing for the first time or reignite an old passion.
Clinics run the 2nd & 4th Tuesday in June, July & August from 4-7 pm.
*RSVP at CommunitySailing.org

Adaptive Sailing Clinics - Free

(Ages 8+) Specifically designed Access Dinghy sailboats enable participants with a wide range of abilities to sail on their own. Enjoy the adventure and fun of sailing while experiencing independence, increased self-esteem and personal growth in a unique, therapeutic recreation environment. Clinics run the 2nd & 4th Monday in June, July & August from 4-7 pm.
*RSVP at CommunitySailing.org

Little Puffs Camps

(Ages 5-7) Little Puff Camps will introduce kids to the water and boating safety. Fun, safety and close supervision will be the hallmarks of this camp. Week long camps will include sailing and other activities.

*	6/27-6/30	M-F, 9:30am-3:30pm	5	$405
*	7/5-7/8	Tu-F, 9:30am-3:30pm	4	$335
*	7/18-7/22	M-F, 9:30am-3:30pm	5	$405
*	8/8-8/12	M-F, 9:30am-3:30pm	5	$405

Learn to Sail Camps

(Ages 8-17) Experience the sport of sailing! Emphasis is on learning the basics, feeling comfortable on the water and HAVING FUN! The course will teach rigging, capsize recovery, safety, basic boat handling and terminology. Participants should bring a lunch, bathing suit, towel, change of clothes, hat, sunscreen, sunglasses and water shoes.

*	6/6-6/10	M-F, 9:30am-3:30pm	5	$445
*	6/13-6/17	M-F, 9:30am-3:30pm	5	$445
*	6/20-6/24	M-F, 9:30am-3:30pm	5	$445
*	6/27-6/30	M-Th, 9:30am-3:30pm	4	$365
*	7/5-7/8	Tu-F, 9:30am-3:30pm	4	$365
*	7/11-7/15	M-F, 9:30am-3:30pm	5	$445
*	7/18-7/22	M-F, 9:30am-3:30pm	5	$445
*	7/25-7/29	M-F, 9:30am-3:30pm	5	$445
*	8/1-8/3	M-W 9:30am-3:30pm	3	$285
*	8/8-8/12	M-F, 9:30am-3:30pm	5	$445

Intermediate Sailing Camps

(Ages 8-17) The next step in a sailor's progression, for those who graduated from our Learn To Sail Camp or that have previous sailing experience. Strengthen basic skills and become proficient sailing all points of sail. Practicing tacking, jibing, sail trim, boat handling, knot tying, review of weather recognition and capsize recovery.

*	6/6-6/10	M-F, 9:30am-3:30pm	5	$445
*	6/13-6/17	M-F, 9:30am-3:30pm	5	$445
*	6/20-6/24	M-F, 9:30am-3:30pm	5	$445
*	6/27-6/30	M-Th, 9:30am-3:30pm	4	$365
*	7/5-7/8	Tu-F, 9:30am-3:30pm	4	$365
*	7/11-7/15	M-F, 9:30am-3:30pm	5	$445
*	7/18-7/22	M-F, 9:30am-3:30pm	5	$445
*	7/25-7/29	M-F, 9:30am-3:30pm	5	$445
*	8/1-8/3	M-W 9:30am-3:30pm	3	$285
*	8/8-8/12	M-F, 9:30am-3:30pm	5	$445

Introduction to Advanced Sailing Camps

(Ages 8-12) For those who have mastered the basics of sailing, sailors will strengthen sailing skills and focus on boat handling, right of way, sailing in all conditions under control and skipper responsibilities. Great camp for sailors interested in sailing year round or joining the race team.

*	6/13-6/17	M-F, 9:30am-3:30pm	5	$445
*	6/27-6/30	M-Th, 9:30am-3:30pm	4	$365
*	7/25-7/29	M-F, 9:30am-3:30pm	5	$445
*	8/8-8/12	M-F, 9:30am-3:30pm	5	$445

Advanced Sailing Camps

(Ages 13-17) For those who have mastered the basics of sailing, in this class sailors will strengthen sailing skills and focus on boat handling, right of way, sailing in all conditions under control and skipper responsibilities. A great camp for sailors interested in sailing year round on the Junior Race Team.

*	6/20-6/24	M-F, 9:30am-3:30pm	5	$445
*	7/5-7/8	Tu-F, 9:30am-3:30pm	4	$365
*	7/18-7/22	M-F, 9:30am-3:30pm	5	$445
*	8/1-8/3	M-W 9:30am-3:30pm	3	$285

For inclusion opportunities for people with disabilities – see page 23

Experience the thrill of windsurfing at the beautiful Boulder Reservoir!

Stand Up Paddle Board & Windsurfing Camps

(Ages 8-17) Learn to harness the power of the wind through windsurfing! This is a great camp for those looking to experience the thrill of sailing hands-on. Refine your balance through Stand Up Paddle Boarding, master board-handling and basic windsurfing techniques through adventure games and challenges.

*	6/13-6/17	M-F, 9:30am-3:30pm	5	$445
*	6/20-6/24	M-F, 9:30am-3:30pm	5	$445
*	7/11-7/15	M-F, 9:30am-3:30pm	5	$445
*	7/25-7/29	M-F, 9:30am-3:30pm	5	$445
*	8/1-8/3	M-W, 9:30am-3:30pm	3	$285

Junior Race Team

(Ages 8-12) Once you've mastered the basics, it's time to test your skills on the race course. Race Team members should be proficient sailors driven to improve their skills. Practices will focus on advanced boat handling, tactics, rules, tuning, sportsmanship and teamwork. Be ready to travel to other lakes for competition! Practices will be held on Monday evenings. No practice August 4. All participants receive CSC Team pinnie.

*	6/3-8/14	M, 4-7pm	$325

High School Sailing

(Ages 13-17) For students in grades 8-12. Learn the finer points of sailing and racing a Flying Junior (FJ) with a team. Challenge yourself and refine skills of rigging and tuning, maneuvers, and skipper/crew communication. Sailing can help you get into the college of your choice. Colleges look for students who are academically qualified and demonstrate a passion for something else. Sailing can be that passion. All participants will receive a CSC Team pinnie.

*	6/8-8/10	W, 4-7pm	10	$325

Junior Sailing Instructor In Training Camp (JSIT)

(Ages 11-17) Prerequisites: Intermediate Camp or Higher. Get the proper training and instruction to learn how to be an effective and qualified JSIT. Learn the ins and outs of what it is like to be a Sailing Instructor. Mandatory for all JSIT's.

*	6/6-6/10	M-F, 9:30am-3:30pm	5	$445
*	7/11-7/15	M-F, 9:30am-3:30pm	5	$445

***Register at CommunitySailing.org or call 303-757-7718**

City of Boulder Water Sports Camp

(Ages 7-14) New this summer! Water Sports Camp will feature a full fleet of Stand Up Paddle Boards! This camp is for kids who want to enjoy all the recreation the Reservoir has to offer while making new friends. Water Sports Camp will allow kids to enjoy all sorts of supervised fun including; SUP, swimming, sailing, canoeing, fishing, slack-lining, kayaking, windsurfing, playing at the beach and more! Inclusion opportunities available, contact Lori Goldman at 303-413-7256 two weeks prior to camp date.

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

Register at BPRCamps.org or call 303-413-7270

236528	6/6-6/9	M-Th, 8:30am-4:30pm	4	$277/$346
236529	6/13-6/16	M-Th, 8:30am-4:30pm	4	$277/$346
236530	6/20-6/23	M-Th, 8:30am-4:30pm	4	$277/$346
236531	6/27-6/30	M-Th, 8:30am-4:30pm	4	$277/$346
236532	7/11-7/14	M-Th, 8:30am-4:30pm	4	$277/$346
236533	7/18-7/21	M-Th, 8:30am-4:30pm	4	$277/$346
236534	7/25-7/28	M-Th, 8:30am-4:30pm	4	$277/$346
236535	8/1-8/4	M-Th, 8:30am-4:30pm	4	$277/$346
236536	8/8-8/11	M-Th, 8:30am-4:30pm	4	$277/$346
236537	8/15-8/17	M-W, 8:30am-4:30pm	3	$208/$260

Summer Camps

▶ SKYHAWKS SPORTS *Register at skyhawks.com/colorado

Mini-Hawks (Soccer, Baseball & Basketball)

(Ages 4-6) This program was developed to give 4 to 6 year-olds a positive first step into athletics. Baseball, basketball and soccer are taught in a safe, structured environment filled with encouragement and fun. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace.

*	6/6-6/10	M-F, 9am-12pm	East	5	$145
*	6/20-6/24	M-F, 9am-12pm	Foothills Park	5	$145
*	7/5-7/8	Tu-F, 9am-12pm	South	4	$116
*	7/18-7/22	M-F, 9am-12pm	East	5	$145
*	8/1-8/5	M-F, 9am-12pm	East	5	$145

Soccer Camp

(Ages 6-12) Developed over 35 years ago, this is still the number one soccer camp for parents looking to introduce their children to the fundamentals of the world's most popular sport. Using our progressional curriculum, your young athlete will gain the technical skills and sport knowledge required for that next step into soccer.

*	6/6-6/10	M-F, 9am-12pm	East	5	$145

Lacrosse Camp

(Ages 7-12) Suit up and find out why lacrosse is one of the fastest-growing sports in the country. Athletes will learn all the fundamentals of stick handling, cradling, passing, and shooting in a fun, non-checking environment. This progressional, skill-building program is designed for the beginner to intermediate player.

*	6/20-6/24	M-F, 9am-12pm	Foothills Park	5	$145

Flag Football Camp

(Ages 6-12) The perfect introduction to "America's Game." Campers learn skills on both sides of the football including the core components of passing, catching, and defense - all presented in a fun, safe and positive enviorment. This is an excellent program for youth looking to join a league.

*	7/25-7/29	M-F, 9am-12pm	East	5	$145

Beginning Golf Camp

(Ages 5-8) Skyhawks golf focuses on building the confidence of young athletes through proper technique, and refining the essential skills of the game. Campers will learn the fundamentals of swinging, putting, and body positioning. Skyhawks uses the SNAG system of teaching
(Starting New At Golf - snaggolf.com). SNAG is specifically designed for the entry-level player; SNAG simplifies instruction so young players can make an easy and effective transisition onto the golf course. All equipment provided.

*	7/11-7/15	M-F, 9am-12pm	Foothills Park	5	$145

***Register at skyhawks.com/colorado or 303-222-8039**

▶ AVID 4 ADVENTURE BIKING CAMPS

Bike Skills Camp at Valmont Bike Park

(Grades 2-11) Valmont Bike Park Skills Camp offers youth 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 4:30 or 5:30 p.m. Extended care campers get extra riding time out in the park—choose from two pick-up times. See fees at avid4.com.
- Daily lunch option is available.
- Special Park Bikes and protective gear (required) can be rented for an additional fee.

Info: Avid4 Adventure, vbp@avid4.com or call 720-249-2412.
All camps are held weekly at Valmont Bike Park, 5275 Valmont Rd.

*	5/30-8/19	M-F, 9am-3pm	$399 per/wk

***Register at Avid4.com or call 720-249-2412**

Explore Valmont Bike Park in this awesome instruction-based summer program.

For inclusion opportunities for people with disabilities – see page 23

▶ ROCK CLIMBING & SLACK LINE CAMP

Rock Climbing & Slack Line Camp

(Ages 6-13) Designed to challenge both beginner and experienced climbers, the Boulder Rock Club's expert instructors will teach essential safety skills, climbing and slack line technique in a fun, supportive, and motivating environment. Each camp will accommodate individual needs while helping to develop teamwork and leadership skills. Curriculum is specific to each age and skill level to motivate and challenge each climber. Camp meets Monday and Tuesday at the East Boulder Rec Center, and Wednesday through Friday at the Boulder Rock Club.

Info: The Boulder Rock Club at 303-447-2804

*	6/6-6/10	M-F 9am-3pm	East/BRC	5	$375
*	6/13-6/17	M-F 9am-3pm	East/BRC	5	$375
*	7/18-7/22	M-F 9am-3pm	East/BRC	5	$375
*	8/1-8/5	M-F 9am-3pm	East/BRC	5	$375

***Register at BoulderRockClub.com**

▶ BOULDER YOUTH DISC GOLF

Boulder Youth Disc Golf

(Ages 11-14) Boulder Youth Disc Golf camp offers youth the opportunity to explore the emerging sport of disc golf. During the week participants learn skills in the basic and finer points of disc golf, use toys like gliders and boomerangs to further explore flight, and practice a routine for proper warm up and self care for throwing sports. The environment of disc golf is one of exploration, mutual support, enthusiasm and achievement. Participants will have a chance to learn and perfect their short-range, mid-range and long-range abilities, apply these on the course, and emerge as complete and competent players. Equipment will be provided.

Info: David Lowell at dlredness@yahoo.com or 303-641-2975.

*	6/6-6/10	M-F, 9am-1pm	Valmont	5	$180
*	6/20-6/24	M-F, 9am-1pm	Valmont	5	$180
*	7/11-7/16	M-F, 9am-1pm	Harlow	5	$180
*	7/25-7/29	M-F, 9am-1pm	Harlow	5	$180

*Register for Boulder Youth Disc Golf at discgolfcamps.com

June camps will be held at Valmont Disc Golf course at Valmont & Airport Rd. July camps will be held at Harlow Platts Park at 1360 Gillaspie Dr.

▶ USA ULTIMATE

Girls Only! Camp

Ultimate is a great sport for girls! We are pleased to offer a half-day, Girls Only! session alongside our full day camp. This session will run separately from the full day camp and is only open to girls. Girls Only! Campers can also participate in the afternoon co-ed camp by registering for the Full Day Camp above. We must have a minimum of 10 campers in order to run this camp. If we don't reach the minimum, then the Girls Only! Camp will be combined with the full day camp.

(Girls Ages 11-14)

*	6/20-6/24	M-Th, 9am-1pm	East	4	$175

USA Ultimate Day Camps

Learn to play one of the fastest growing field sports in America from the world leader- USA ULTIMATE! Ultimate is all about fun & inclusion—we play numerous games to develop disc fundamentals, athletic skills, teach rules of the game and always highlight teamwork and sportsmanship over winning-at-all costs. Camps are great for new and experienced players; you only need running shoes or soccer-style cleats. All camp participants receive a camp t-shirt and disc.

USA Ultimate Elementary Camp

(Ages 7-10)

*	6/13-6/17	M-Th, 9am-1pm	East	4	$175

USA Ultimate Middle School Camp

(Ages 11-14)

*	6/20-6/24	M-Th, 9am-4pm	East	4	$275

***Register for USA Ultimate at usaultimate.org/camps or call 303-588-7843**

Learn to play one of the fastest growing field sports with USA Ultimate.

Summer Camps

*Register at Play-well.org or call 720-515-7309

▶ PLAY-WELL TEKnologies

Art and Architecture, using LEGO®

Explore great works of art and architecture through LEGO®! Collaborate in small groups to build grand structures such as the Parthenon in Greece, the Notre Dame Cathedral in Paris, the tree houses of Papua New Guinea, and New York's Empire State Building. Follow in the footsteps of master artists with LEGO® interpretations of sculptures, mosaics, and stained glass. Teamwork and creativity take "high culture" to the next level!

(Ages 5-6)

*	6/20-6/24	M-F, 9am-12pm	Valmont	5	$178

(Ages 7-12)

*	6/20-6/24	M-F, 1-4pm	Valmont	5	$178

Minecraft Build Adventure Game, using LEGO®

Bring Minecraft to life using LEGO®! Resourcefulness, creativity, and cooperation come together in this unique building adventure game; roll the dice to mine for resources, and use these resources to build special items to help in our adventures! Build a Zoo, create a Medieval Castle, and design a Tree House Village! This LEGO® experience is an original game designed by Play-Well instructors inspired by the popular game, Minecraft.

(Ages 5-6)

*	7/11-7/15	M-F, 9am-12pm	Valmont	5	$178

(Ages 7-12)

*	7/11-7/15	M-F, 1-4pm	Valmont	5	$178

Robotics, using LEGO®

Build and program robots in this introductory Robotics class using the LEGO® WeDo system and LEGO® EV3 system. Learn basic programming skills, simple engineering concepts, and the names of robot components. Work in small groups to complete several projects using tilt and motion sensors. This is a great way to prepare young Robotics enthusiasts for our more advanced Robotics programs.

(Ages 7-8)

*	7/18-7/22	M-F, 9am-12pm	Valmont	5	$200

(Ages 9-13)

*	7/18-7/22	M-F, 1-4pm	Valmont	5	$200

Jedi Engineering, using LEGO®

The Force Awakens in this introductory engineering course for young Jedi! Explore engineering principles by designing and building projects such as LEGO® X-Wings, R2 Units, Energy Catapults, Defense Turrets, and Settlements from a galaxy far, far away. Create motorized and architectural projects with imagination and engineering to defeat the Empire!

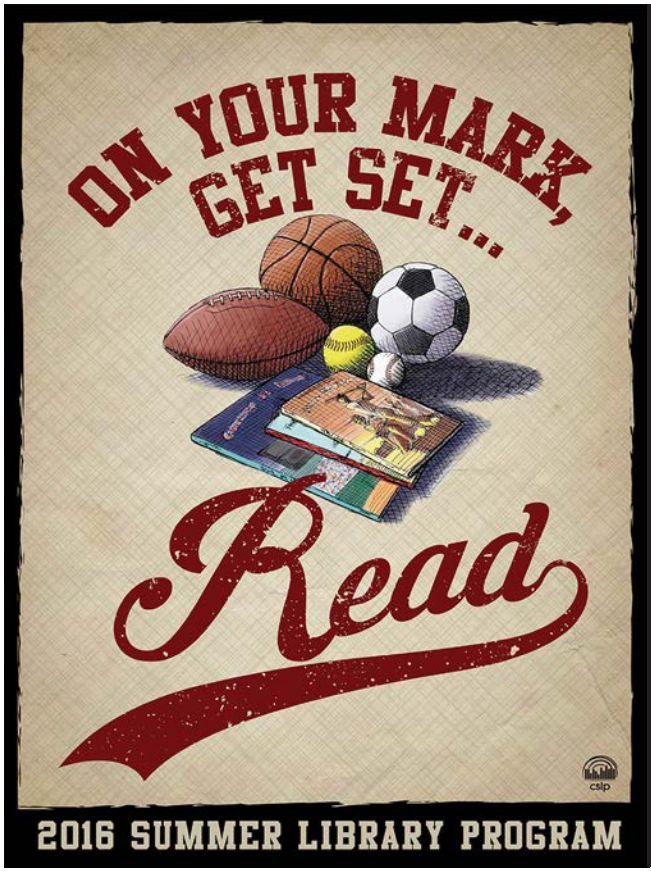
(Ages 5-6)

*	8/1-8/5	M-F, 9am-12pm	Valmont	5	$178

(Ages 7-12)

*	8/1-8/5	M-F, 1-4pm	Valmont	5	$178

***Register at Play-well.org or call 720-515-7309**
Camps are held at the Valmont Farm House, 3160 Airport Rd.



Summer Reading Program

Ages 0-18 • May 31-July 31

Get in the game with Boulder Public Library's annual Summer Reading Program! Keep kids excited about reading with fun activities and events.

Boulderlibrary.org
303-441-3100

BOULDER PUBLIC LIBRARY

BLF BOULDER LIBRARY FOUNDATION

For inclusion opportunities for people with disabilities – see page 23

Boulder Reservoir

Don't miss our 4th of July - Star Spangled Splash weekend event, fun for the whole family. See page 58.

Boulder Reservoir Summer Season Information

5565 N 51st. St. • Boulder, CO 80301
BoulderRez.org

General Info 303-441-3461

▶ FEES & HOURS

Memorial Day Weekend, May 28 through Labor Day, September 5.

Gate Hours

5:30 a.m. to 9 p.m. daily
Dogs and glass are not allowed in the park.

Daily Admission Fees

Youth (3-18)	$4
Adult (19-59)	$7
Senior (60+)	$5

Punch cards, Annual passes, and Splash Passes are valid for entry into the Reservoir.

Swim Beach Hours

Mon-Wed	11 a.m. - 6 p.m.
Thu	10 a.m. - 5:30 p.m.
Fri-Sun	10 a.m. - 6 p.m.

A lifeguard administered swim test is required for individuals under 13 years old to swim beyond the shallow water ropes. **For more information visit us online at BoulderRez.org**

• Open Water Swim
Guests may join us and use our 750 meter open water swim course. Laps must be started by 7:30 a.m. Water-safety is provided. Cost is $10 per person and includes gate admission.

June 1-August 17, Wed, 7 - 8 a.m.

Boat House Hours

Mon-Thu	10 a.m. - 6 p.m.
Fri-Sun	9 a.m. - 7 p.m.

• **Boat Rentals Available –** Stand up paddleboards (SUP), hydrobikes, kayaks, canoes, windsurfers, paddleboats, sunfish and hobies. Please call ahead for sailboat availability -we do not accept reservations. Rentals are charged by the hour, must have valid I.D. and be 16 yrs. and older.

More details and fees online at BoulderRez.org

Boating

All watercraft must have a 2016 Boulder Reservoir boat permit and pass inspection prior to launch. Watercraft may only launch from the South Shore after successfully completing inspection. Small craft permits (kayak, canoe, SUP, windsurfer, row boat) may be purchased at the front gate. Any boat with a motor or a sail must submit the online application and make an appointment to purchase a permit. All State of CO boating statutes apply. Please visit our website for more details.

• No Wake Times
Any type of craft is allowed on the water, however must remain wakeless during the following days/times:

Tue	5:30 a.m. - 12 p.m.
Wed	5:30 a.m. - 9 a.m.
Thu	5 p.m. - 9 p.m.

Picnic Site Rentals

Picnic site rentals are available for groups of 20-1,000 people. Please visit our website for further information including availability and pricing.

Special Events

The Reservoir is home to many special events. If you're interested in hosting a special event at the Reservoir, please visit us online for application requirements and our special event calendar at **BoulderRez.org.**

Dance

Our classes nurture your child's interest in dance, while increasing coordination, concentration levels, cooperation, flexibility and the ability to follow instructions.

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+) For students with a knowledge of ballet basics.

242475	6/14-7/26	Tu, 9-10am	Kinesis Dance	7	$63/$79
242474	6/16-7/28	Th, 9-10am	East	7	$63/$79

Ballet Barre Plus

(Ages 13+) Barre, center and combinations.

242478	6/14-7/26	Tu, 10-11:30am	Kinesis Dance	7	$74/$91

Ballet Level 1

(Ages 13+) Very beginning ballet technique.

242479	6/13-8/29	M, 7:30-9pm	North	10	$105/$132

Ballet Level 1/2

(Ages 13+) Elementary level technique.

242480	6/13-8/29	M, 6-7:30pm	North	10	$105/$132
242491	6/16-9/1	Th, 7:30-9pm	East	11	$116/$145

Ballet Level 2

(Ages 13+) Intermediate level ballet technique.

242481	6/14-8/30	Tu, 6-7:30pm	South	12	$126/$158

Ballet Level 2/3

(Ages 14+) Strong intermediate level ballet technique.

242490	6/13-8/29	M, 6:30-7:45pm	East	10	$105/$132
242492	6/16-9/1	Th, 6-7:30pm	East	11	$116/$145
242489	6/18-9/3	Sa, 1:30-3pm	East	10	$105/$132

Pointe 1 & 2

(Ages 13+) Beginning Pointe.

242486	6/14-8/30	Tu, 7:30-8:30pm	South	12	$108/$135

Pointe 2/3

(Ages 13+) Intermediate Pointe.

242483	6/18-9/3	Sa, 3:15-4pm	East	10	$90/$113

Beginning Modern Dance

(Ages 13+) Basic movement concepts of Modern Dance.

242533	6/17-7/29	F, 10-11:30am	Kinesis Dance	7	$74/$91

Intermediate/Advanced Modern Dance

(Ages 13+) Some experience in dance required.

242534	6/16-7/21	Th, 10-11:30am	Kinesis Dance	7	$74/$91

Jazz Level 1

(Ages 13+) Jazz for adults improves coordination, balance and flexibility.

242527	6/16-7/28	Th, 7-8pm	Iris	7	$63/$79

Very Adult Jazz

(Ages 18+) A low impact jazz class set to the level of the participants.

242525	8/5-8/26	F, 2:30-3:45pm	Kinesis Dance	4	$40/$50

For inclusion opportunities for people with disabilities – see page 23

Tap Level 1
(Ages 13+) Tap shoes required.

242546	6/15-7/27	W, 6-7pm	North	7	$63/$79

Tap Level 3/4
(Ages 13+) A minimum of two to three years of experience required.

242547	6/13-7/25	M, 7-8pm	Iris	6	$54/$68

Hip Hop Level 1
(Ages 13+) A vigorous and exhilarating class.

242515	6/15-7/27	W, 7-8pm	East	7	$63/$79

Ballroom Basics and Swing Level 1
(Ages 13+) Social Dancing, Foxtrot, Waltz and Swing. No partner required.

242511	6/18-7/30	Sa, 3:15-4:15pm	Iris	7	$63/$79
242512	8/6-8/27	Sa, 3:15-4:15pm	Iris	4	$40/$50

Ballroom Basics and Swing Level 2
(Ages 13+) A continuation of Ballroom Basics 1.

242513	6/18-7/30	Sa, 4:30-5:30pm	Iris	7	$63/$79
242514	8/6-8/27	Sa, 4:30-5:30pm	Iris	4	$40/$50

Salsa Level 1
(Ages 13+) A focus on the fundamentals of Casino, the circular and flowing Cuban Style Salsa. No partner is required.

242535	6/15-7/27	W, 7-8pm	North	7	$63/$79
242544	8/3-8/24	W, 7-8pm	Iris	4	$40/$50

Salsa Level 2
(Ages 13+) 1 year of Salsa training required.

242536	6/15-7/27	W, 8-9pm	North	7	$63/$79
242545	8/3-8/24	W, 8-9pm	Iris	4	$40/$50

Cardio Samba Level 1
Move your body Rio de Janeiro Carnival style and get your cardio on!

242540	6/16-7/28	Th, 7:15-8:15pm	North	7	$63/$79

Beginning Flamenco
Basic Flamenco technique and short choreographies for beginning students.

242541	6/14-7/26	Tu, 6:30-7:30pm	Iris	7	$63/$79

Belly Dance Level 1
(Ages 13+) Shimmy, hip drop and undulate your body to the exotic beats of Near East rhythms.

242539	6/16-7/28	Th, 6-7:15pm	North	7	$63/$79

Hula Dance Level 1
(Ages 13+) Come learn basic hula steps, ancient and modern hula dances.

242522	6/15-7/27	W, 5:30-6:30pm	Iris	7	$63/$91

Hula Dance Level 2
(Ages 13+) A continuation of Level 1

242523	6/15-7/27	W, 6:30-7:30pm	Iris	7	$63/$79

▶ PRESCHOOL DANCE

Little Feats Ballet
(Age 3) Play-based activities and working with props.

242494	6/13-7/25	M, 9-9:45am	Kinesis Dance	6	$48/$60
242497	6/21-8/2	Tu, 9-9:45am	East	6	$48/$60
242496	6/18-7/30	Sa, 9-9:45am	East	7	$56/$70

Pre-Hip Hop
(Ages 3-5) A vigorous and exhilarating class.

242520	6/21-7/26	Tu, 9:45-10:30am	East	6	$48/$60

Creative Movement
(Ages 4-5)The magic of childhood imagination with movement and the underlying principles of dance.

242506	6/13-7/25	M, 10:30-11:15am	Kinesis Dance	6	$48/$60

Pre-Ballet
(Ages 4-5) Increase coordination, concentration levels, cooperation, flexibility and ability to follow instructions.

242498	6/13-7/25	M, 9:45-10:30am	Kinesis Dance	6	$48/$60
242501	6/21-7/26	Tu, 10:30-11:15am	East	6	$48/$60
242500	6/18-7/30	Sa, 9:45-10:30am	East	7	$56/$70

Pre-Tap & Ballet
(Ages 4-5) An introduction to tap and ballet dance.

242548	6/23-7/28	Th, 10-10:45am	East	6	$48/$60

DANCE

▶ YOUTH DANCE

Kinder Ballet
(Ages 5-6) Learn the basic elements of ballet in a creative and fun way.

242507	6/13-7/25	M, 3:45-4:30pm	East	6	$48/$60
242508	6/18-7/30	Sa, 10:30-11:15am	East	7	$56/$70

Youth Ballet 1
Students will study the performance art of ballet.

(Ages 6-8)

242503	6/13-7/25	M, 4:30-5:30pm	East	6	$48/$60

(Ages 8-12)

242505	6/13-7/25	M, 4:30-6pm	North	6	$60/$75

Youth Ballet Level 2/3
(Ages 8-12) Intermediate level study.

242510	6/16-7/28	Th, 4:45-5:45pm	North	7	$56/$70

Jazz 1/2
Special emphasis on music and rhythm.

(Ages 6-8)

242528	6/13-7/25	M, 5:30-6:30pm	East	6	$48/$60

(Ages 9-12)

242529	6/16-7/28	Th, 4:45-5:45pm	Iris	7	$56/$70

Jazz & Tap Combo 1/2
(Ages 6-8) Tap shoes and jazz shoes or ballet slippers required.

242550	6/15-7/27	W, 4-5pm	North	7	$56/$70

Jazz & Tap Combo 2/3
(Ages 9-12) Jazz and tap shoes required.

242550	6/15-7/27	W, 4-5pm	North	7	$56/$70

Tap 1
(Ages 5-8) Tap skills in a fun and encouraging environment.

242549	6/16-7/28	Th, 4-4:45pm	Iris	7	$56/$70

Kinder Hip Hop
(Ages 5-6) A vigorous and exhilarating class.

242517	6/15-7/27	W, 4-4:45pm	East	7	$56/$70

Hip Hop 1/2
(Ages 6-8)

242518	6/15-7/27	W, 4:45-5:45pm	East	7	$56/$70

(Ages 7-10)

242521	6/16-7/28	Th, 5:45-6:45pm	Iris	7	$56/$70

(Ages 9-12)

242519	6/15-7/27	W, 5:45-6:45pm	East	7	$56/$70

Broadway Musical Mashup
(Ages 6-12) We will learn assorted songs, scenes, and dances from some of our favorite Broadway and Disney musicals, and put them together into a showcase like you've never seen before!

242531	6/14-7/26	Tu, 4-5:30pm	North	7	$100/$125

Triple Threat Teen Showcase
Together we will work on scenes, songs, and choreography from a Broadway musical, while developing the techniques that make a true 'triple threat'. We will present our finished pieces on the last day of class.

242532	6/14-7/26	Tu, 6-7:30pm	North	7	$100/$125

Children's Hula
(Ages 6-12) Come learn basic hula steps, ancient and modern hula dances.

242524	6/15-7/27	W, 4:30-5:30pm	Iris	7	$56/$70

▶ KINESIS DANCE COMPANY

Admission to Kinesis Dance Company is by audition only. Auditions will be held on Saturday, May 14. For more information contact your instructor or visit KinesisDance.com for details or call 720-515-6268.

SUMMER CAMPS

We offer a variety of dance camps for ages 4-18.
See page 11 for details or visit us at
BPRcamps.org

For inclusion opportunities for people with disabilities – see page 23

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@bouldercolorado.gov with any questions. Unless otherwise noted, programs are for all ability levels.

Scholarships & Financial Aid

For more information contact Sherri Brown at 303-441-4933. To fill out forms visit BoulderParks-Rec.org > Reduced Rate

EXPAND 3rd Party Funding

EXPAND has the ability to invoice some outside agencies for programs. 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. Typical staff to participant ratio is 1:4 for adults and 1:3 for youth programs.

1 on 1

Participants who need physical assistance and/or additional support due to behavioral needs. Contact EXPAND staff if "1 on 1" assistance is needed.

Inclusion!

Boulder Parks and Recreation is committed to supporting people of all abilities in recreation through both specialized and inclusive programs. We strive to exceed the requirements set forth in the Americans with Disabilities Act and to create a welcoming and supportive community. If you require an accommodation, please notify us at least two weeks in advance. For more information, contact Lori Goldman at 303-413-7256.

▶ 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, enhancing communication skills, and promoting community independence. Activities will address each individual's need as identified in their service plan.

Adventure Wildlife Hike

(Ages 14+) Come join us and OSMP staff on a fun hike at the Ute trail. This trail is accessible for all abilities. We will look for wildlife and have lunch. Contact: Jen Heilveil, 303-413-7474.

242591	7/11	M, 11am-3pm	East	1	$20/$25

Sun & Games!

(Age 14+) Let's enjoy the sun, hanging out with friends and playing outdoor games like bocce ball, corn hole, strider bike and frisbee. Note: Individuals will have the opportunity to play in the SO bocce ball tournament as well on July 18. Contact Sherri Brown, 303-441-4933. No class July 4.

239452	6/6-8/8	M, 4-5pm	East	9	$45/$55

Water Aerobics

(Ages 14+) Jump right in! The water is great! We will focus on cardio and strength training. This low-impact class is suitable for every fitness level. Contact Jen Heilveil, 303-413-7474. No class on July 4.

239434	6/6-8/8	M, 5:15-6:15pm	East	9	$45/$55

Adventure Wildflower Hike

(Ages 14+) Come join us and OSMP staff on a fun hike at the South Mesa Trail. This trail is accessible for all abilities. We will view some beautiful flowers and have lunch. Contact: Jen Heilveil, 303-413-7474.

242588	6/7	Tu, 11am-3pm	East	1	$20/$25

Kickball
(Ages 16+) Kickball at Mapleton Field #1. Let's bring back a great game and enjoy ice cream with friends. Contact Sherri Brown, 303-441-4933.

239443	8/16	Tu, 5-7pm	Mapleton	1	$5

Dogs & Dodgeball
(Ages 16+) An evening of playing dodgeball and eating hot dogs with friends. Contact Sherri Brown, 303-441-4933.

239445	8/23	Tu, 5-7pm	South	1	$10/$12

Special Olympics Swim Training
(Ages 8+) Lap swimmers - great way to stay fit throughout the year. Focusing on fitness level, swim strokes and water safety. Individuals must be able to swim 100 yd with or without a swim belt in the lap pool. Contact Jen Heilveil, 303-413-7474.

239440	6/8-8/10	W, 3-4pm	East	10	$80/$100

Weight Lifting
(Ages 16+)Pump up! Learn to use the fitness machines and equipment to increase muscle tone and strength. Great way to improve your overall fitness level. Contact Sherri Brown, 303-441-4933.

239438	6/9-8/11	Th, 2:30-3pm	East	10	$25/$30

Spinning
(Ages 14+) Awesome exercise! Ride the stationary bike while socializing with friends. Improve your core strength and increase endurance level while having fun. Contact Sherri Brown, 303-441-4933.

239439	6/9-8/11	Th, 3-4pm	East	10	$50/$60

Smile and Stretch
(Ages 14+) 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.

241882	6/9-8/11	Th, 4-5pm	East Senior	10	$80/$100

Golfers
(Ages 14+) Let's spend an evening at Flatirons Golf Course chasing a little white ball around. Group activity. Contact Sherri Brown, 303-441-4933.

243082	8/18	Th, 5-8:30pm	Flatirons Golf Course	1	$15/$23
243083	8/25	Th, 5-8:30pm	Flatirons Golf Course	1	$15/$23

Rez Fun
(Ages 16+) Let's play at the Boulder Rez! Activities could include paddle boards / canoes, paddle boats and maybe tubing. Bring a sack lunch, water, sunscreen and towel. Participates MUST be comfortable in the water. Contact Sherri Brown, 303-441-4933.

239446	7/22	F, 10am-1pm	Boulder Reservoir	1	$25/$30
239447	8/12	F, 10am-1pm	Boulder Reservoir	1	$25/$30

Come experience the fun of the outdoors at the Adventure Campout!

Adventure Campout
(Ages 18+) Enjoy being under the stars sleeping in tents! We will explore the outdoors through hikes, games and stories around a camp fire. Participants must be able to hike a mile and independent in their ADL's. Contact Chelsea Cerny 303-441-3416.

241832	8/5-8/7	F/Sa/Su, 3-12pm	Iris	3	$130/$155

Brainsong Liberation Concert
An interactive performing arts event for kids and families living with disabilities. For more information see brainsong.net.

*	7/23	Sa, 11am-3:30pm	East Senior	1	$5 per family

*To register, contact Lori Goldman at GoldL@bouldercolorado.gov

▶ FRIDAY NIGHT FUN - YOUTH
(Ages 8-16) Come be a part of the excitement! Bring your sack dinner and let the fun begin. Contact Chelsea Cerny, 303-441-3416 or 303-551-5329.

Swimming Fun (Bring your towel and suit!)

241982	6/10	F, 5:30-8pm	East Senior	1	$14/$17

Swimming Fun at Scott Carpenter Pool
(Bring your towel and suit!)

241983	7/8	F, 6:30-8:30pm	Scott Pool	1	$14/$17

Back to School Barbeque - Family Event
Join us for an evening at the Rez. This is an event for the WHOLE family. We will be providing burgers and hot dogs (veggie and GF options) and we invite you to bring your favorite side dish to share. We will have access to the beach for swimming so bring a suit and towel. Everyone attending needs to register. Please note, supervision will not be provided.

241985	8/19	F, 3-6pm	Boulder Reservoir	1	$10/$12

▶ 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.

Adventure Golf & Raceway/Dinner (group only)

242555	8/17	W, 4:30-7:30pm	East	1	$28/$35

Boondocks (group only)

Unlimited laser tag.

242553	6/24	F, 1-5pm	East	1	$35/$42

Bowling at Fat Cats & Pizza

242554	7/20	W, 4:30-7:30pm	East	1	$28/$35

▶ FRIDAY NIGHT DANCE

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

Peace, Love and Dance

242556	6/17	F, 6-8pm	East Senior	1	$8/$10

Red & White Dance

242557	7/15	F, 6-8pm	East Senior	1	$8/$10

Hawaiian Luau

242558	8/12	F, 6-8pm	East Senior	1	$8/$10

▶ ACTIVITIES FOR INDIVIDUALS WITH PHYSICAL DISABILITIES

Waterskiing

EXPAND BEYOND
SKIING IS BELIEVING

(Ages 16 +) This program is designed for individuals with physical and visual impairments. Learn or improve your skills with adapted water-ski equipment at the Boulder Reservoir. We will set-up a designated time slot with you prior to the program. Drop in reservations must be called in by 5 p.m. the Friday prior to the day you wish to ski.
Drop-in's are limited and on a first come, first served. Scholarships are available. Drop-in fee: $15. Contact Cory Lasher, 303-413-7269. No class July 5.

242559	6/21-8/16	Tu, 7:30-11am	Boulder Rez	8	$90

Quad Rugby

(Ages 16+) Join one of the best teams in the U.S.
This wheelchair sport is becoming very popular!
*Contact, Jen, 303-413-7474 for specific dates.

241932	6/11-8/6	Sa, 1:30-3:30pm	East	9	Free

Journeys through EXPAND

Provides fitness, adventure and leisure opportunities for adults who have suffered a Mild Traumatic Brain Injury (MTBI) and other similar neurological conditions. These services promote personal challenge, increase self-esteem and growth in a supportive and safe environment.
To make a donation or for information, call Cory Lasher at 303-413-7269.

Adaptive Sailing Clinics - Free

(Ages 8+) Specifically designed Access Dinghy sailboats enable participants with a wide range of abilities to sail on their own. Enjoy the adventure and fun of sailing while experiencing independence, increased self-esteem and personal growth in a unique, therapeutic recreation environment.

Clinics run the 2nd & 4th Monday in June, July & August from 4-7 pm.

***RSVP at CommunitySailing.org**

29TH ANNUAL
BOULDER CREEK FESTIVAL®
EXPAND DUCK RACE
MONDAY, MAY 30 | 4PM

Sponsor a duck for $5
or a Quack Pack (5) for $20

for your chance to win a prize and support recreation for individuals with disabilities.

Sponsor a duck at any City of Boulder Recreation Center, at the Boulder Creek Festival May 28-30 or online at
expand-duck-race.myshopify.com
(Need not be present to win).

The EXPAND Duck Race® is a benefit for the City of Boulder Parks & Recreation Dept.'s EXPAND Program. EXPAND has been providing recreational opportunities for children, youth and adults with disabilities since 1980.

Visit **EXPANDduckrace.org** for more information.

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 AMENITIES & COURSE FEES

- 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!

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. 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 **flatironsgolf.com**

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.

2016 Base Tournament Fees

Off-season (Jan. 1-May 8; Aug. 22-Dec. 31)
$47 per player (M-Th)
$50 per player (F-Su)

Peak season (May 12 - Sept. 21)
$50 per player (M-Th)
$54 per player (F-Su)

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

Regular Season Fees

(May 9-August 21)

Weekday Player Fees (Monday-Thursday)

	Regular	Junior	Senior
18 Holes	$34	$23	$29
9 Holes	$21	$13	$18

Weekend Player Fees (Friday-Sunday)

	Regular	Junior	Senior
18 Holes	$39	$25	$34
9 Holes	$23	$15	$20

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

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, for summer season May 9-August 21 fees are $10 for nine holes and $20 for eighteen holes.

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: **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.

▶ LESSONS

The Lesson Programs

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

The Teaching Staff

Tim Stevens - PGA Member, Head Professional
Dan Knecht - PGA Member, 1st Assistant Golf Professional
Jill McFadden - LPGA Member, 2nd Assistant Golf Professional
Vance Pollack – PGA Member Golf Professional
Chris Melendez – PGA Apprentice Golf Professional
Rachel Cavalier – Golf Professional

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 flatironsgolf.com.

Fun Fact:

Today, more than 50,000 rounds are played per year at Flatirons Golf Course. More than 1,000,000 rounds have been played since 1986 when the City of Boulder Parks and Recreation Department took over operations.

▶ JUNIOR GOLF PROGRAMS

NEW!

Try our newly designed Junior Program!

Chip Shots Program

(Age 4-7) Flatirons is pleased to offer the Chips Shots Program for Juniors. This program is designed to help parents learn a few things and help them teach their Juniors the game we love.

$69 per session

Par 3 Junior Program

(Age 8-12) Our PAR 3 Junior Program is for junior golfers with little to no experience. This program is designed to teach kids the basics of the grip and swing and provide the instruction and confidence to "Learn to play" the game of golf. It is designed for juniors new to the game who are not yet prepared for the golf course. We help teach the kids how to practice and in three days give them a basic idea of what golf has to offer. Concepts include, learning the grip, the swing and basics of how to play golf to help them move from the range to the golf course. We also introduce the format for the Drive, Chip and Putt competition.

$69 per session

Par 4 Junior Program

(Age 10-14) Our PAR 4 Junior Program is for junior golfers who are interested in furthering their skills in the game with a focus on playing the golf course. This "Play to Learn" approach ends with a round of 9 holes at Flatirons Golf Course with other juniors. Concepts in the Par 4 program are more consistent with becoming a golfer and learning to be a part of the golf community. Concepts included are, etiquette, scoring, proper care of the golf course and course management. The Par 4 program is designed for all juniors to further their commitment to success in golf. The program can be taken numerous times to achieve enjoyment and understanding of the game.

$69 per session

Par 5 Junior Program

(Age 10-16) A feeder program for high school golf which involves friendly competition and a structured program for juniors to play and learn throughout June and July.

• **7 Weeks of League Play** - 18 hole stroke play events will be on Monday mornings in June and July. Tee times will start at 11 a.m. and continue every ten minutes until all Juniors are on the course.

• **6 Fun Format 9 Hole Events** - Each week there will be an assigned format to the 9 hole round on Saturdays. This program is specifically designed for kids to have scores to show coaches in high school.

• **1 Lesson per week for June and July** - Clinics will be offered on Thursdays from 10-11 a.m. for eight weeks in June and July. Each clinic will be 1 hour and will emphasize different aspects of the golf swing and playing golf. Each clinic will be based on availability. Juniors need to pre-register for clinics they plan on attending. Clinic size will be limited to groups of up to 10 Juniors.

$179 Entire Program

Junior Membership

(Age 10-16) The Junior Membership is active one year from the date of purchase and gives juniors a chance to feel like they are part of Flatirons Golf Course and the Boulder golf community.

• Junior Members play for FREE after 11am ANYDAY
• Junior Members hit UNLIMITED range balls ANYDAY

$229 Annual Membership

More details at Flatironsgolf.com or contact Daniel Knecht at knechtd@bouldercolorado.gov for placement or questions.

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
- Check registration confirmation before first class

▶ 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. Children attend independent of their parents.

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.

Session 1 2½ Year Olds

242599	6/6-6/27	M, 10-10:45am	North	4	$55/$69
242600	6/6-6/27	M, 11-11:45am	North	4	$55/$69
242601	6/7-7/5	Tu, 9-9:45am	North	5	$69/$86
242602	6/7-7/5	Tu, 10-10:45am	North	5	$69/$86
242603	6/7-7/5	Tu, 11-11:45am	North	5	$69/$86
242604	6/8-7/6	W, 9-9:45am	North	5	$69/$86
242605	6/8-7/6	W, 10-10:45am	North	5	$69/$86
242606	6/9-7/7	Th, 9-9:45am	North	5	$69/$86
242607	6/9-7/7	Th, 10-10:45am	North	5	$69/$86
242608	6/10-7/8	F, 9-9:45am	North	5	$69/$86
242609	6/10-7/8	F, 10-10:45am	North	5	$69/$86
242610	6/11-7/9	Sa, 9-9:45am	North	4	$55/$69
242611	6/11-7/9	Sa, 10-10:45am	North	4	$55/$69

Session 2 2½ Year Olds

242771	7/18-8/8	M, 9-9:45am	North	4	$55/$69
242772	7/18-8/8	M, 10-10:45am	North	4	$55/$69
242773	7/18-8/8	M, 11-11:45am	North	4	$55/$69
242774	7/19-8/9	Tu, 9-9:45am	North	4	$55/$69
242775	7/19-8/9	Tu, 10-10:45am	North	4	$55/$69
242776	7/19-8/9	Tu, 11-11:45am	North	4	$55/$69
242777	7/20-8/10	W, 9-9:45am	North	4	$55/$69
242778	7/20-8/10	W, 10-10:45am	North	4	$55/$69
242779	7/21-8/11	Th, 9-9:45am	North	4	$55/$69
242780	7/21-8/11	Th, 10-10:45am	North	4	$55/$69
242781	7/22-8/12	F, 9-9:45am	North	4	$55/$69
242782	7/22-8/12	F, 10-10:45am	North	4	$55/$69
242783	7/23-8/13	Sa, 9-9:45am	North	4	$55/$69
242784	7/23-8/13	Sa, 10-10:45am	North	4	$55/$69

3 Year Olds

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

Session 1 3 Year Olds

242612	6/6-6/27	M, 9-9:45am	North	4	$55/$69
242613	6/6-6/27	M, 10-10:45am	North	4	$55/$69
242614	6/6-6/27	M, 11-11:45am	North	4	$55/$69
242615	6/6-6/27	M, 2:45-3:30pm	North	4	$55/$69
242616	6/7-7/5	Tu, 9-9:45am	North	5	$69/$86
242617	6/7-7/5	Tu, 10-10:45am	North	5	$69/$86
242618	6/7-7/5	Tu, 11-11:45am	North	5	$69/$86
242619	6/7-7/5	Tu, 2:45-3:30pm	North	5	$69/$86
242620	6/8-7/6	W, 9-9:45am	North	5	$69/$86
242621	6/8-7/6	W, 10-10:45am	North	5	$69/$86
242622	6/8-7/6	W, 2:45-3:30pm	North	5	$69/$86
242623	6/9-7/7	Th, 9-9:45am	North	5	$69/$86

For inclusion opportunities for people with disabilities – see page 23

242624	6/9-7/7	Th, 10-10:45am	North	5	$69/$86
242625	6/9-7/7	Th, 11-11:45am	North	5	$69/$86
242626	6/9-7/7	Th, 2:45-3:30pm	North	5	$69/$86
242627	6/10-7/8	F, 9-9:45am	North	5	$69/$86
242628	6/10-7/8	F, 10-10:45am	North	5	$69/$86
242629	6/10-7/8	F, 2:45-3:30pm	North	5	$69/$86
242630	6/11-7/9	Sa, 9-9:45am	North	4	$55/$69
242631	6/11-7/9	Sa, 10-10:45am	North	4	$55/$69

Session 2 3 Year Olds

242785	7/18-8/8	M, 9-9:45am	North	4	$55/$69
242786	7/18-8/8	M, 10-10:45am	North	4	$55/$69
242787	7/18-8/8	M, 11-11:45am	North	4	$55/$69
242788	7/18-8/8	M, 2:45-3:30pm	North	4	$55/$69
242789	7/19-8/9	Tu, 9-9:45am	North	4	$55/$69
242790	7/19-8/9	Tu, 10-10:45am	North	4	$55/$69
242791	7/19-8/9	Tu, 11-11:45am	North	4	$55/$69
242792	7/19-8/9	Tu, 2:45-3:30pm	North	4	$55/$69
242793	7/20-8/10	W, 9-9:45am	North	4	$55/$69
242794	7/20-8/10	W, 10-10:45am	North	4	$55/$69
242795	7/20-8/10	W, 2:45-3:30pm	North	4	$55/$69
242796	7/21-8/11	Th, 9-9:45am	North	4	$55/$69
242797	7/21-8/11	Th, 10-10:45am	North	4	$55/$69
242798	7/21-8/11	Th, 11-11:45am	North	4	$55/$69
242799	7/21-8/11	Th, 2:45-3:30pm	North	4	$55/$69
242800	7/22-8/12	F, 9-9:45am	North	4	$55/$69
242801	7/22-8/12	F, 10-10:45am	North	4	$55/$69
242802	7/22-8/12	F, 2:45-3:30pm	North	4	$55/$69
242803	7/23-8/13	Sa, 9-9:45am	North	4	$55/$69
242804	7/23-8/13	Sa, 10-10:45am	North	4	$55/$69

Gymnastics provides social interaction with peers and children learn to listen and follow direction all while having fun.

4 Year Olds

Child must be 4 years old by first class.

Session 1 4 Year Olds

242632	6/6-6/27	M, 9-9:45am	North	4	$55/$69
242633	6/6-6/27	M, 10-10:45am	North	4	$55/$69
242634	6/6-6/27	M, 11-11:45am	North	4	$55/$69
242635	6/6-6/27	M, 2:45-3:30pm	North	4	$55/$69
242636	6/7-7/5	Tu, 9-9:45am	North	5	$69/$86
242637	6/7-7/5	Tu, 10-10:45am	North	5	$69/$86
242638	6/7-7/5	Tu, 11-11:45am	North	5	$69/$86
242639	6/7-7/5	Tu, 2:45-3:30pm	North	5	$69/$86
242651	6/8-7/6	W, 9-9:45am	North	5	$69/$86
242640	6/8-7/6	W, 10-10:45am	North	5	$69/$86
242641	6/8-7/6	W, 2:45-3:30pm	North	5	$69/$86
242642	6/9-7/7	Th, 9-9:45am	North	5	$69/$86
242643	6/9-7/7	Th, 10-10:45am	North	5	$69/$86
242644	6/9-7/7	Th, 11-11:45am	North	5	$69/$86
242645	6/9-7/7	Th, 2:45-3:30pm	North	5	$69/$86
242646	6/10-7/8	F, 9-9:45am	North	5	$69/$86
242647	6/10-7/8	F, 10-10:45am	North	5	$69/$86
242648	6/10-7/8	F, 2:45-3:30pm	North	5	$69/$86
242649	6/11-7/9	Sa, 9-9:45am	North	4	$55/$69
242650	6/11-7/9	Sa, 10-10:45am	North	4	$55/$69

Session 2 4 Year Olds

242805	7/18-8/8	M, 9-9:45am	North	4	$55/$69
242806	7/18-8/8	M, 10-10:45am	North	4	$55/$69
242807	7/18-8/8	M, 11-11:45am	North	4	$55/$69
242808	7/18-8/8	M, 2:45-3:30pm	North	4	$55/$69
242809	7/19-8/9	Tu, 9-9:45am	North	4	$55/$69
242810	7/19-8/9	Tu, 10-10:45am	North	4	$55/$69
242811	7/19-8/9	Tu, 11-11:45am	North	4	$55/$69
242812	7/19-8/9	Tu, 2:45-3:30pm	North	4	$55/$69
242813	7/20-8/10	W, 9-9:45am	North	4	$55/$69
242814	7/20-8/10	W, 10-10:45am	North	4	$55/$69
242815	7/20-8/10	W, 2:45-3:30pm	North	4	$55/$69
242816	7/21-8/11	Th, 9-9:45am	North	4	$55/$69
242817	7/21-8/11	Th, 10-10:45am	North	4	$55/$69
242818	7/21-8/11	Th, 11-11:45am	North	4	$55/$69
242819	7/21-8/11	Th, 2:45-3:30pm	North	4	$55/$69
242820	7/22-8/12	F, 9-9:45am	North	4	$55/$69
242821	7/22-8/12	F, 10-10:45am	North	4	$55/$69
242822	7/22-8/12	F, 2:45-3:30pm	North	4	$55/$69
242823	7/23-8/13	Sa, 9-9:45am	North	4	$55/$69
242824	7/23-8/13	Sa, 10-10:45am	North	4	$55/$69

Financial Assistance

Did you know we offer financial aid to assist community members who cannot otherwise participate due to financial limitations?

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

GYMNASTICS

5 Year Olds

Child must be 5 years old by first class.

Session 1 5 Year Olds

242652	6/6-6/27	M, 9-9:45am	North	4	$55/$69
242653	6/6-6/27	M, 10-10:45am	North	4	$55/$69
243357	6/6-6/27	M, 11-11:45am	North	4	$55/$69
242654	6/6-6/27	M, 2:45-3:30pm	North	4	$55/$69
242671	6/6-6/27	M, 3:45-4:30pm	North	4	$55/$69
242655	6/7-7/5	Tu, 9-9:45am	North	5	$69/$86
242656	6/7-7/5	Tu, 10-10:45am	North	5	$69/$86
242657	6/7-7/5	Tu, 11-11:45am	North	5	$69/$86
242658	6/7-7/5	Tu, 2:45-3:30pm	North	5	$69/$86
242659	6/8-7/6	W, 9-9:45am	North	5	$69/$86
242660	6/8-7/6	W, 10-10:45am	North	5	$69/$86
242661	6/8-7/6	W, 2:45-3:30pm	North	5	$69/$86
242672	6/8-7/6	W, 3:45-4:30pm	North	5	$69/$86
242662	6/9-7/7	Th, 9-9:45am	North	5	$69/$86
242663	6/9-7/7	Th, 10-10:45am	North	5	$69/$86
242664	6/9-7/7	Th, 11-11:45am	North	5	$69/$86
242665	6/9-7/7	Th, 2:45-3:30pm	North	5	$69/$86
242666	6/10-7/8	F, 9-9:45am	North	5	$69/$86
242667	6/10-7/8	F, 10-10:45am	North	5	$69/$86
242668	6/10-7/8	F, 2:45-3:30pm	North	5	$69/$86
242673	6/10-7/8	F, 3:45-4:30pm	North	5	$69/$86
242669	6/11-7/9	Sa, 9-9:45am	North	4	$55/$69
242670	6/11-7/9	Sa, 10-10:45am	North	4	$55/$69

Session 2 5 Year Olds

242825	7/18-8/8	M, 9-9:45am	North	4	$55/$69
242826	7/18-8/8	M, 10-10:45am	North	4	$55/$69
243358	7/18-8/8	M, 11-11:45am	North	4	$55/$69
242827	7/18-8/8	M, 2:45-3:30pm	North	4	$55/$69
242844	7/18-8/8	M, 3:45-4:30pm	North	4	$55/$69
242828	7/19-8/9	Tu, 9-9:45am	North	4	$55/$69
242829	7/19-8/9	Tu, 10-10:45am	North	4	$55/$69
242830	7/19-8/9	Tu, 11-11:45am	North	4	$55/$69
242831	7/19-8/9	Tu, 2:45-3:30pm	North	4	$55/$69
242832	7/20-8/10	W, 9-9:45am	North	4	$55/$69
242833	7/20-8/10	W, 10-10:45am	North	4	$55/$69
242834	7/20-8/10	W, 2:45-3:30pm	North	4	$55/$69
242845	7/20-8/10	W, 3:45-4:30pm	North	4	$55/$69
242835	7/21-8/11	Th, 9-9:45am	North	4	$55/$69
242836	7/21-8/11	Th, 10-10:45am	North	4	$55/$69
242837	7/21-8/11	Th, 11-11:45am	North	4	$55/$69
242838	7/21-8/11	Th, 2:45-3:30pm	North	4	$55/$69
242839	7/22-8/12	F, 9-9:45am	North	4	$55/$69
242840	7/22-8/12	F, 10-10:45am	North	4	$55/$69
242841	7/22-8/12	F, 2:45-3:30pm	North	4	$55/$69
242846	7/22-8/12	F, 3:45-4:30pm	North	4	$55/$69
242842	7/23-8/13	Sa, 9-9:45am	North	4	$55/$69
242843	7/23-8/13	Sa, 10-10:45am	North	4	$55/$69

Kids love to explore all the gymnastics center has to offer including tumbling, balance beam, uneven bars, parallel bars, vaulting, pommel horse, rings, trampoline and the foam pit.

▶ GYMNASTICS CLASSES AT SOUTH

2-2½ Year Olds Intro to Gymnastics at South

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

Session 1

242594	6/10-7/8	F, 9:30-10:15am	South	5	$69/$86

Session 2

242595	7/22-8/12	F, 9:30-10:15am	South	4	$55/$69

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.

Session 1

242689	6/10-7/8	F, 10:30-11:15am	South	5	$39/$49

Session 2

242690	7/22-8/12	F, 10:30-11:15am	South	4	$32/$40

▶ "TWEEN" GYMNASTICS

(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.

Girls Session 1

242691	6/7-7/7	Tu/Th, 3:45-5pm	North	10	$130/$163

Girls Session 2

242757	7/19-8/11	Tu/Th, 3:45-5pm	North	8	$104/$130

For inclusion opportunities for people with disabilities – see page 23

▶ BEGINNER GYMNASTICS

This is the perfect place for children 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.

Boys (Ages 6-12)

Session 1

242675	6/6-6/27	M, 3:45-5pm	North	4	$52/$65
242674	6/7-7/7	Tu/Th, 3:45-5pm	North	10	$130/$163
242676	6/8-7/6	W, 3:45-5pm	North	5	$65/$81
242677	6/10-7/8	F, 3:45-5pm	North	5	$65/$81
242679	6/11-7/9	Sa, 11am-12:15pm	North	4	$52/$65

Session 2

242766	7/18-8/8	M, 3:45-5pm	North	4	$52/$65
242769	7/19-8/11	Tu/Th, 3:45-5pm	North	8	$104/$130
242767	7/20-8/10	W, 3:45-5pm	North	4	$52/$65
242768	7/22-8/12	F, 3:45-5pm	North	4	$52/$65
242770	7/23-8/13	Sa, 11am-12:15pm	North	4	$52/$65

Girls (Ages 6-12)

Session 1

242680	6/6-7/6	M/W, 3:45-5pm	North	9	$117/$146
242682	6/6-6/27	M, 3:45-5pm	North	4	$52/$65
242681	6/7-7/7	Tu/Th, 3:45-5pm	North	10	$130/$163
242683	6/7-7/5	Tu, 3:45-5pm	North	5	$65/$81
242684	6/8-7/6	W, 3:45-5pm	North	5	$65/$81
242685	6/9-7/7	Th, 3:45-5pm	North	5	$65/$81
242686	6/10-7/8	F, 3:45-5pm	North	5	$65/$81
242688	6/11-7/9	Sa, 11am-12:15pm	North	4	$52/$65

Session 2

242758	7/18-8/10	M/W, 3:45-5pm	North	8	$104/$130
242760	7/18-8/8	M, 3:45-5pm	North	4	$52/$65
242759	7/19-8/11	Tu/Th, 3:45-5pm	North	8	$104/$130
242761	7/19-8/9	Tu, 3:45-5pm	North	4	$52/$65
242762	7/20-8/10	W, 3:45-5pm	North	4	$52/$65
242763	7/21-8/11	Th, 3:45-5pm	North	4	$52/$65
242764	7/22-8/12	F, 3:45-5pm	North	4	$52/$65
242765	7/23-8/13	Sa, 11am-12:15pm	North	4	$52/$65

▶ 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.

▶ 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 / DROP IN TIMES

(Ages 6-18) Have you always wanted to use the gymnastics center? Well now you can! The number of participants is limited. All participants must have a current signed gymnastics open gym waiver. Parents can download and sign a waiver and send it with their children at BoulderParks-Rec.org. 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	$10 payable at front desk

(Ages 2-5) This is guided free play for you and your pre-[illegible] required to be within arms reach of [illegible] Ages are 2-5, no babies, even [illegible]

Not available during summer session but will be back for fall session.

D[illegible]	F, 11-11:45am	North	$10 payable at front desk

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 Kate Houlik at 303-413-7280.

Bootcamp

Increase speed, agility, strength and stamina in this powerful, challenging workout. Meets outside, weather permitting.

242384	6/6-7/13	M/W, 7-8am	East	11	$106/$132	Ignacio
242385	7/18-8/24	M/W, 7-8am	East	10	$96/$120	Ignacio
242382	6/7-7/14	Tu/Th, 6:30-7:30am	South	12	$115/$144	Ignacio
242383	7/19-8/25	Tu/Th, 6:30-7:30am	South	12	$115/$144	Ignacio

Resistance Training

If working out in a weight room is not for you, try this exercise class instead. Use free weights, resistance tubes, stability balls, and low impact movements to gain and maintain strength.

242389	6/6-7/13	M/W, 1:30-2:30pm	East	11	$106/$132	Ignacio
242388	6/10-7/15	F, 11:30am-12:30pm	East	6	$58/$72	Blake
242390	7/18-8/24	M/W, 1:30-2:30pm	East	10	$96/$120	Ignacio
242391	7/22-8/26	F, 11:30am-12:30pm	East	5	$48/$60	Blake

Adult Kickbox

High intensity aerobics using powerful boxing moves provides a total body workout to improve strength, aerobic fitness, coordination and balance. Equipment will be provided.

242282	6/6-7/13	M/W, 5:30-6:30pm	North	11	$106/$132	Ignacio
242283	7/18-8/17	M/W, 5:30-6:30pm	North	10	$96/$120	Ignacio

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.

242386	6/7-6/30	Tu/Th, 7:30-8:30am	East	8	$77/$96	Marti

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. Standard therapeutic strengthening exercises and fascia release techniques will be included.

242232	6/8-8/24	W, 4:30-5:30pm	South	12	$115/$144	Lisa
242233	6/7-8/23	Tu, 10-11am	South	12	$115/$144	Dora

Full Body Swiss Ball Workout

Are you looking for new exercises that can be done at home, added to weight training routines, and used for injury prevention or rehabilitation? Core strengthening happens automatically with exercises on the unstable surface of a ball. When weights and Therabands are added, a challenging full body workout results! A licensed physical therapist will ensure that safety comes first while you are developing balance, muscle symmetry, proper alignment, and coordination during individualized progressions of difficulty. Gravity assisted therapeutic stretching over the ball and foam roller will help release muscle tension. All fitness levels are welcome.

Beginning

242394	6/6-8/15	M, 4-5pm	North	10	$96/$120	Heidi

Intermediate - For individuals who have previous swiss ball experience.

242392	6/9-8/18	Th, 4-5pm	North	11	$106/$132	Heidi

For inclusion opportunities for people with disabilities – see page 23

▶ WEIGHT TRAINING

Group Strength Training

Best Training Value! Learn how to effectively and safely use weight and cardio equipment. 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.

242433	6/6-7/13	M/W, 9-10am	South	11	$106/$132	Ignacio
242437	6/7-7/14	Tu/Th, 8:30-9:30am	South	12	$115/$144	Ignacio
242432	6/7-6/30	Tu/Th, 10-11:15am	East	8	$77/$96	Marti
242441	6/7-8/25	Tu/Th, 4:30-5:30pm	South	22	$211/$264	Chris
242440	6/7-8/25	Tu/Th, 5:30-6:30pm	South	22	$211/$264	Chris
242434	7/18-8/24	M/W, 9-10am	South	12	$115/$144	Ignacio
242438	7/19-8/25	Tu/Th, 8:30-9:30am	South	12	$115/$144	Ignacio

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.

242442	6/7-8/25	Tu/Th, 7:30-8:30am	South	12	$115/$144	Ignacio
242471	6/6-8/17	M/W, 9:30-10:30am	North	21	$202/$252	Chris
242465	6/7-8/18	Tu/Th, 9:30-10:30am	North	22	$211/$264	Chris
242466	6/7-7/14	Tu/Th, 10:45-11:45am	South	12	$115/$144	Sue
242463	6/7-7/14	Tu/Th, 6-7pm	North	12	$115/$144	Ignacio
243682	7/19-8/25	Tu/Th, 7:30-8:30am	South	12	$115/$144	Ignacio
242469	7/19-8/25	Tu/Th, 10:45-11:45am	South	12	$115/$144	Sue
242464	7/19-8/25	Tu/Th, 6-7pm	North	10	$96/$120	Ignacio

*Intermediate class for women who have previous experience in weight room.

*242467	6/6-7/13	M/W, 8:15-9:15am	East	12	$115/$144	Sue
*242468	6/7-7/14	Tu/Th, 9:30-10:30am	South	12	$115/$144	Sue
*242470	7/18-8/24	M/W, 8:15-9:15am	East	10	$115/$144	Sue
*242472	7/19-8/25	Tu/Th, 9:30-10:30am	South	12	$115/$144	Sue

Drop-In Fitness Classes

Get fit while enjoying the flexibility and variety of daily, drop-in programs. We have over a hundred drop-in class times to choose from including Fitness, Yoga, Pilates, SilverSneakers®, Nia and more!

Checkout all the great classes we offer to build strength and conditioning for the upcoming summer!

Drop-in schedules can be found online at **BPRfitness.org**

SilverSneakers Now Offered at all Recreation Centers

The popular Healthways SilverSneakers Fitness pass is now accepted at all three City of Boulder recreation facilities.

SilverSneakers is the nation's leading exercise program for active older adults and the Parks and Recreation Department and Boulder Senior Services are pleased to partner with the SilverSneakers program to provide high-quality recreational opportunities for healthy aging in active and multi-generational environments.

To enroll and verify eligibility in the program visit any recreation center. **All drop-in classes are FREE with your daily center entry fee, annual pass, Silver Sneakers membership, or punchcard.**

"As a fitness instructor I have seen my class participants embrace the elements of the SilverSneakers motto; Fitness, Fun and Friends. It's been a joy to work with people who are eager for fitness and are sincere in their pursuit toward improving their health and well being. SilverSneakers has been a huge benefit for our seniors, I am absolutely thrilled that we are now offering SilverSneakers at all three of our recreation centers."

– Chris Hedman
SilverSneakers Instructor

▶ PERSONAL TRAINING

Have a certified trainer design your personal fitness plan for success! Sessions address sport specific, weight loss, rehabilitation, and general fitness goals. To view our excellent training staff and request personal training visit BPRfitness.org, visit the front desk, or call Kate Houlik 303-413-7280 to get started! 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 client cancels the session within 24 hours, or a client does not arrive for the lesson within 15 minutes of the start time they may be charged for that session.
(All sessions expire one year from purchase date.)

Weight Room Orientations

If you are new to the weight room you can schedule a complimentary weight room orientation with a certified personal trainer. Request this service by calling Kate Houlik, Health and Wellness Program Coordinator Fitness/ Weights at 303-413-7280.

Private Training

(Ages 10+) Personalized training with a certified professional.

1 session $60 • 3 sessions $171 • 6 sessions $333 • 12 sessions $648

Semi Private Training (Two Individuals)

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

1 session $70 • 3 sessions $198 • 6 sessions $390 • 12 sessions $756

Personal Training with a Physical Therapist

A physical therapist is available for one-on-one personal training. If you are returning to the gym from an injury, need a home exercise plan, or have specific orthopedic concerns, a therapist can help you transition to working out on your own.

1 session $72 • 3 sessions $204 • 6 sessions $396

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. Please contact the Kate Houlik, Health and Wellness Program Coordinator Fitness/ Weights at 303-413-7280 in advance, to receive authorization. The client pays the daily facility admission fee. The therapist is our guest.

Consultation with a Dietitian

A dietitian can assess your nutritional status and make dietary recommendations. A dietitian can assist you in the management of diabetes, high blood pressure, elevated cholesterol and weight loss. Athletes receive nutritional counseling to support their performance goals.

1 session: $72 • 3 sessions $204 6 sessions $396

Metabolic Maximizer

Unlock your body's ability to burn more calories, build muscle and increase your metabolism through a combination of resistance training and eating "clean". Registered Dietitian and Personal Trainer, Terry McArthur, will inspire and coach you with two sessions of personalized training and two sessions of nutrition consultations, launching you with a rejuvenating workout and a lifestyle diet to keep you energized.

4 sessions: $247 (2 consultations with a dietitian and 2 personal training)

▶ HEALTH AND WELLNESS COACHES

NEW!

What is a Health and Wellness coach? There is more to wellness than exercise and a healthy diet. Health and wellness coaches are an essential part of wellness programs using a whole person approach to help people balance their time, career, relationships, stress and provide support and tools to individuals seeking positive lifestyle changes.

Health and Wellness Coaching

1 session $60 • 3 sessions $171 • 6 sessions $333 • 12 sessions $648

▶ YOUTH WEIGHT TRAINING

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 coached by certified trainers in the recreation facilities. 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. Mixed age groups will be divided by age and skill level. Hourly fees for training $11 per child

Contact Kate Houlik to schedule your training packages, Houlikk@bouldercolorado.gov or 303-413-7280.

▶ 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).

242332	6/12	Su, 9am-12pm	Iris	1	$45/$56	Jennifer

First Aid Certification

Heartsmart First Aid topics focus on adult emergencies including bleeding, shock, head, neck and back injuries, stroke, diabetic emergencies and more.

242334	6/12	Su, 12:30-3:30pm	Iris	1	$45/$56	Jennifer

For inclusion opportunities for people with disabilities – see page 23

Pilates Mat is the ultimate full-body toning and strengthening workout.

▶ PILATES MAT PROGRAM INFORMATION

Registered Course Visitor's Fee

Pilates Mat $17

Some courses 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 given to instructor before admission to class.**

Registered Course 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.**

Courses May Be Cancelled

Beginning in 2016, we'll be increasing our adherence to minimum enrollment standards to enhance our efficient use of staff, space and funding. **Under-enrolled courses will be cancelled prior to the first class. Register today!**

Make-up policy

Students who miss a registered Pilates Mat class may attend any recreation center drop-in Fitness or Mind/Body class as a make-up. Make-ups are arranged through your instructor.

▶ 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

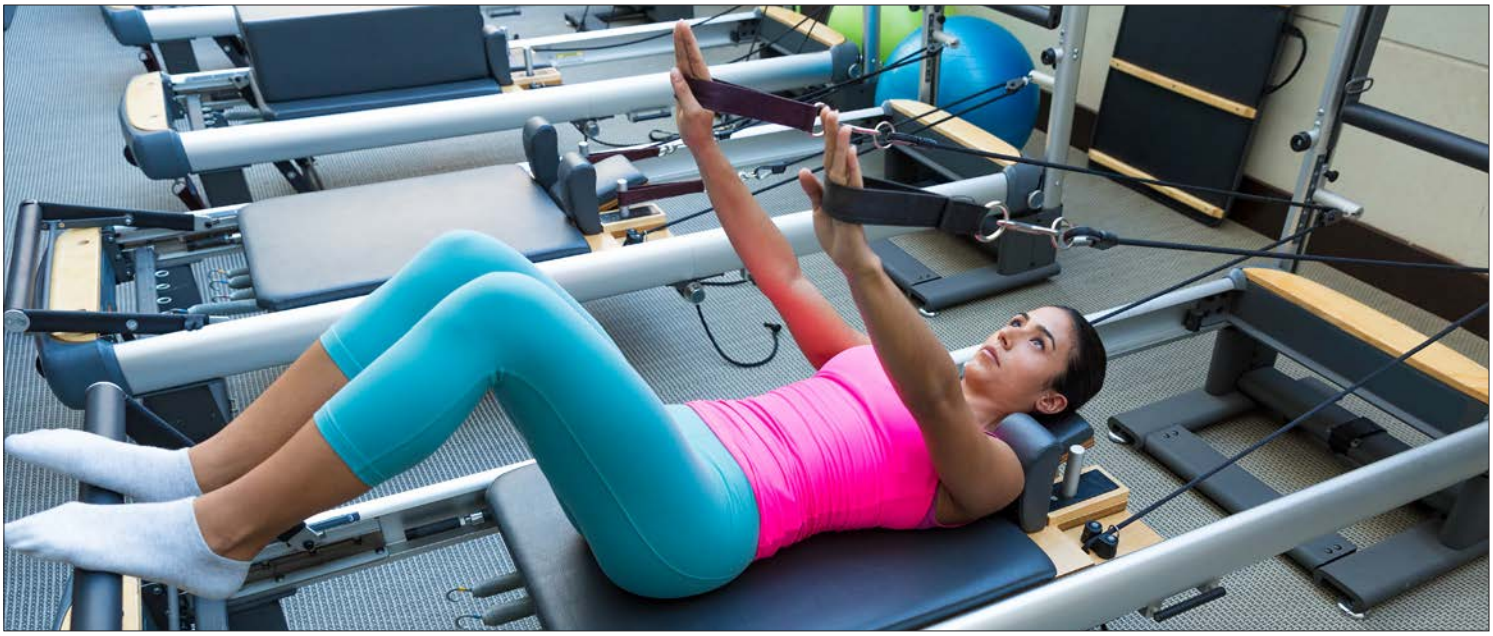
(Age 14+) Practice classic Pilates Method principles such as control, coordination and breath by learning the beginning sequence of Pilates mat exercises including 'hundreds,' 'rolling like a ball,' 'saw,' and 'mermaid stretch.' Props such as Pilates circles, Therabands and Theraballs are used to enhance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

243635	6/6-8/15	M, 5:30-6:30pm	Salberg	11	$96/$120	Roxolana
243602	6/12-8/14	Su, 4:15-5:15pm	Salberg	10	$96/$120	Joan

▶ PILATES MAT DROP-IN

Drop-in to a Pilates Mat or Pilates Mat/Yoga class to stay in top condition for your spring activities, whatever they are. Conveniently located at all three recreation centers, there is a class near you. It is recommended that you learn Pilates Mat exercises in a registered course or have Pilates Mat experience, prior to attending drop-in classes.

Visit BPRfitness.org for a complete schedule of Fitness and Mind/Body drop-in 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: $60/student
3 or More 1-Hour Private Pilates Reformer Lesson Fee: $55/lesson

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. Give 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 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 this summer.

Make-up policy

Students who miss a Pilates Reformer or Multi-Apparatus class may attend any recreation center drop-in Fitness or Mind/Body class as a make-up, or purchase a private reformer lesson for an additional fee of $40. Make-ups are arranged through your instructor and are limited to two per session.

Courses may be canceled - Beginning in 2016, we'll be increasing our adherence to minimum enrollment standards to enhance our efficient use of staff, space and funding. **Under-enrolled courses will be cancelled prior to the first class. Register today!**

▶ 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.

This summer would be a good time to introduce yourself to this effective body-shaping exercise system that has stood the test of time. It is also a good time to transition from the therapeutic use of the reformer in your physical therapy setting to exercising on a regular basis and maintaining the effects of your completed physical therapy. (In some cases, a doctor's permission may be required.)

Take five private or semi-private reformer lessons this summer and be ready to join a registered course in the fall. Private reformer lessons will introduce you to the apparatus and teach you the basic Level 1 exercises. Proper and safe use of the equipment is emphasized.

See if Pilates Reformer is the right workout for you!

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. Tower exercises may be included. 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 recent regular practice, or coordinator approval.

243634	6/6-8/15	M, 5:30-6:30pm	South	10	$158/$198	Sheri
243932	6/6-8/15	M, 6:40-7:40pm	Salberg	10	$158/$198	Roxy
243590	6/8-8/17	W, 8:40-9:40am	South	11	$174/$218	Sheri
243598	6/10-8/19	F, 8:40-9:40am	South	11	$174/$218	Sheri

Reformer - Level 2 - Continuing

(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. Tower exercises may be included. **Pre-requisite:** Completion of at least one session of Level 1 classes with the City of Boulder Pilates program, or coordinator approval.

243583	6/6-8/15	M, 8:40-9:40am	South	10	$158/$198	Sheri
243633	6/6-8/15	M, 4:20-5:20pm	South	10	$158/$198	Sheri
243632	6/7-8/16	Tu, 8:15-9:15am	South	11	$174/$218	Sheri
243585	6/7-8/16	Tu, 5:20-6:20pm	South	11	$174/$218	Bianca
243595	6/9-8/18	Th, 4:20-5:20pm	South	11	$174/$218	Ellen
243600	6/10-8/19	F, 9:45-10:45am	South	11	$174/$218	Sheri

photo courtesy of Peak Pilates

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! Tower exercises may be included. **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.

243591	6/8-8/17	W, 9:45-11am	South	11	$218/$272	Sheri

Reformer/Tower/Chair - Level 1 - Beginner

(Age 16+) You will receive an introduction to exercises on the Pilates Tower and 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.

243586	6/7-8/16	Tu, 6:30-7:30pm	South	11	$174/$218	Bianca

Reformer/Tower/Chair - Level 2 -Continuing Beginner

(Age 16+) At this level, Pilates Reformer, Tower and Chair 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.

243584	6/6-8/15	M, 9:45-11am	South	10	$198/$248	Sheri

We invite everyone to join our drop-in classes offered daily at our three recreation centers.

▶ YOGA PROGRAM INFORMATION

Registered Course Visitor's Fee

Yoga program $17

Some courses 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.*

Registered Course Punchcard

Yoga program $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.

Make-up policy

Students who miss a class may attend any recreation center drop-in Fitness or Mind/Body class as a make-up. Make-ups are arranged through your instructor.

Courses may be canceled -Beginning in 2016, we'll be increasing our adherence to minimum enrollment standards to enhance our efficient use of staff, space and funding. **Under-enrolled courses will be cancelled prior to the first class. Register today!**

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 complete a registered yoga course prior to attending our drop-in classes. Registered courses are instructional. Drop-in classes are focused on practice of all levels of yoga.

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 consider attending a drop-in SilverSneakers® yoga class at East Boulder Community Center.

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 will 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.

240133	6/6-8/8	M, 6:30-8pm	East Senior	9	$130/$162	Erin
243589	6/8-8/10	W, 7:30-8:45am	South	10	$120/$150	Ravi
243596	6/9-8/11	Th, 9:15-10:45am	North	10	$144/$180	Louann
243599	6/10-8/12	F, 9-10:30am	East	10	$144/$180	Brian

SilverSneakers® Yoga Drop-In

YogaStretch will move your whole body through a complete series of seated and standing poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. **Tu/Th, 10:30-11:15am at East**

Healthways SilverSneakers® Fitness is included as a benfit for members of select Medicare health care plans. SilverSneakers is a registered trademark of Healthways, Inc. Call 303-441-4150.

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.

243603	6/12-8/21	Su, 4:30-6pm	North	11	$158/$198	John

For inclusion opportunities for people with disabilities – see page 23

Gentle Continuing Yoga

(Age 14+) A gentle continuing yoga course for those students who wish to tone down their 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.

243597	6/9-8/11	Th, 9:15-10:45am	South	10	$144/$180	Kathleen

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 gentle and very helpful for those who are recovering from illness.

243592	6/8-8/17	W, 10:30-11:45am	North	11	$132/$165	Karen D.
243594	6/8-8/17	W, 5:30-6:45pm	North	11	$132/$165	Beth
240183	6/11-8/20	Sa, 10:35-11:50am	North	11	$132/$165	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.

240134	6/7-7/26	Tu, 5:15-6:30pm	North	8	$96/$120	Cassandra
243593	6/8-8/10	W, 4-5:15pm	East Senior	9	$108/$135	Lori
240135	6/10-7/29	F, 4-5:15pm	North	8	$96/$120	Cassandra

Iyengar Yoga - Beginner

(Age 14+) Learn the fundamentals of Iyengar yoga. Instructors give clear demonstrations of the postures and emphasize detail, precision and alignment in the performance of postures (asana) and breath control (pranayama). Students are observed and, if necessary, adjusted to help them find their optimal alignment. Props, such as belts, blocks, and blankets, enable students to perform the asanas correctly, minimizing the risk of injury or strain, and making the postures accessible to both novices and regular practioners alike. Modifications to the classic yoga postures can be made for individual students.

240136	6/7-8/16	Tu, 6:45-8pm	North	11	$132/$165	Karen D.

SilverSneakers® Now Offered at all Recreation Centers

The popular Healthways SilverSneakers Fitness pass is now accepted at all three City of Boulder recreation facilities.

SilverSneakers is the nation's leading exercise program for active older adults and the Parks and Recreation Department and Boulder Senior Services are pleased to partner with the SilverSneakers program to provide high-quality recreational opportunities for healthy aging in active and multi-generational environments.

To enroll and verify eligibility in the program visit any recreation center.
All drop-in classes are FREE with your daily center entry fee, annual pass, Silver Sneakers membership, or punchcard.

SilverSneakers® Yoga
Tu/Th, 10:30-11:15am
East

SilverSneakers® Music & Movement
Tu/Th, 8:30-9:15am
East

Iyengar Yoga - Continuing

(Age 14+) Continue your study and practice of the Iyengar Yoga Method of Classical Hatha Yoga. Challenge yourself to stay longer and penetrate more deeply into the postures.

240182	6/11-8/20	Sa, 9-10:30am	North	11	$158/$198	Karen D.

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. 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.

243601	6/12-8/21	Su, 9:30-11am	North	11	$158/$198	Beth

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 benefits those who would like to move more efficiently during all physical activities.

240184	6/8-8/10	W, 6:30-7:45pm	East Senior	10	$120/$150	Gil
240185	6/10-8/19	F, 12-1pm	North	11	$106/$132	Gil

Feldenkrais® & Effortless Walking and Hiking

(Age 14+) Improve your ability to walk with more ease and less stiffness and pain. Using the "movement improvement" focus of The Feldenkrais Method, you will learn how to limit your discomfort as you walk and hike. Studies have shown you can add years to your lifespan and lower your risk of Type 2 Diabetes just by walking 20-25 minutes every day. Join this 5-week workshop to learn how to walk with more ease, and experience the health benefits that walking provides. Classes will include indoor sessions at the recreation center and outdoor sessions near Viele Lake.

244315	6/4-7/9	Sa, 12-1pm	South	5	$72/$90	Gil

Drop-In Mind/Body Classes

Drop-in schedules can be found online at BPRfitness.org

In addition to drop-in yoga and Pilates Mat classes try these:

- Nia - (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.
- Ayre - (Age 14+) This class is a fusion of different dance styles and fitness moves set to fun and upbeat music. It was created by Juliet Seskind to give her students a fun, creative, satisfying dance workout.
- SilverSneakers® Music & Movement - Move to energetic music and get a great workout while having fun. Old tunes you'll recognize and Latin flavored music to get your juices flowing. Just bring a smile, no experience required. Class can be done standing, or seated in a chair, all levels welcome!

Pottery

"Art is a way not a thing. " Inoue Manji, Japanese Living National Treasure

The Studio Arts Boulder Pottery Lab has provided excellent instruction in ceramic arts, first as part of and now in partnership with, the City of Boulder Parks and Recreation Department for over 60 years! We offer ceramics classes year round for students of all ages starting as young as 4. With 22 potter's wheels, full sized slab roller, 2 extruders, 3 gas cone 10 reduction kilns, 1 raku kiln, 5 electric kilns, 25 high fire glazes and an amazing, dedicated teaching and support staff – we are one of the premier ceramic teaching studios in the area. Come see for yourself at the Boulder Pottery Lab, housed in the historic Boulder Fire Station #2!

All classes are held at the Pottery Lab, 1010 Aurora.

For more information and to register for Pottery Lab classes, workshops and events, please visit: boulderpotterylab.org.

▶ ADULT POTTERY

Beginner - Intro to Hand-Building & Wheel-throwing

For students that have never touched clay to those still learning the basics. Explore all aspects of creating with clay on and off the wheel. You'll become familiar with several different processes to make a variety of forms. Learn decoration and glazing techniques to finish your pieces.

Intermediate Pottery

For students with some experience and a desire to improve their skills. If you've had some practice in centering and throwing on the wheel, it's time to expand on your experiences. Continue to build wheel skills, with larger amounts of clay and more complicated shapes and forms. Decorate your work with more advanced glazing techniques.

Senior Pottery

All skill levels are welcome to participate in this class. The art of wheel-throwing, hand-building, decorating and basic sculpture are all explored. Meet new friends while learning a new hobby!

All-Levels

For all levels of students to learn and improve their skills. Designed for students from beginning to advanced and those who have individual needs or special projects. Includes both wheel-throwing and hand-building.

Intermediate/Advanced Independent Study

Time for self directed students to work independently! Instructors from the Pottery Lab and artists from the community will be in the studio doing their own work and will be available for questions, technical instruction and critique without formal demonstrations. Prerequisite: Two, regular adult classes at the Pottery Lab.

▶ YOUTH POTTERY

Summer Camps

The Pottery Lab holds week long camps all summer long for three different age groups: 6-8 yrs, 9-12yrs and 12-16yrs. Join us for Clay Camp, Pottery on the Wheel Camp, Jewelry Camp and Printmaking Camp. See our website for dates, times and registration!

Child/Parent Classes

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

Pre-Teen Pottery

(Ages 8-11) Students move downstairs to take advantage of new equipment including the slab roller, extruder, and wheel to broaden their learning experience. Prerequistie: Hand-building class at the Pottery Lab.

Teen Pottery

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

Registration and class dates, times and fees can be found online at BoulderPotteryLab.org • Questions? Call 720-379-6033

Adult Sports Leagues

SOFTBALL ▪ KICKBALL ▪ SOCCER ▪ VOLLEYBALL
DODGEBALL ▪ BASKETBALL

Men's Basketball ▪ Winter/Spring/Summer/Fall

Women's Basketball ▪ Winter

Volleyball ▪ Winter/Spring/Fall

Outdoor Sand Volleyball ▪ Summer

Dodgeball ▪ Fall/Winter

Indoor Kickball ▪ Fall/Winter

Outdoor Kickball ▪ Spring/Summer/Fall

Soccer ▪ Spring/Fall

Softball ▪ Spring/Summer/Fall

Now Hiring Adult Sports League Officials

Adult Soccer Officiating
Contact: Play the Whistle at kimpark@playthewhistle.com
or Sports Diversified at marcwind1@gmail.com

Adult Softball & Basketball Officiating
Contact: PRO's Make the Call at prosmakethecall@msn.com

Adult Kickball & Volleyball Officiating
Contact: Connor Bulger at bulgerc@bouldercolorado.gov

Swimming

Swim lessons are a great way to help children build the confidence to feel safe in and around the water.

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 34 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 8-9 or online.

▶ Lifeguard Training Classes

Lifeguard Training

243135	5/31 & 6/2	Tu & Th, 9am-5pm	Scott Carpenter Pool	$182/$219

Pre-requisite testing will be done by appointment. Contact Jackie Koehn at 303-413-7267 or koehnj2@bouldercolorado.gov.

▶ 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 5+ years teaching experience
Level B - Instructor with less than 5 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
12 classes	$444	$384	$288

60 minute lesson	**Master**	**Level A**	**Level B**
1 class	$67	$62	$47
3 classes	$195	$174	$132
6 classes	$378	$330	$252
12 classes	$708	$588	$444

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

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

For inclusion opportunities for people with disabilities – see page 23

▶ SWIM LESSONS UNDER 3 YRS OLD

Jelly Monkey

(Ages 6-36 mos.)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.

243323	6/4-7/30	Sa, 10:05-10:35am	East	8	$48/$60
243317	6/6-6/17	M/W/F, 9:35-10:05am	Spruce	6	$36/$45
243320	6/6-6/29	M/W, 6:10-6:40pm	North	8	$48/$60
243318	6/7-6/30	Tu/Th, 10:40-11:10am	East	8	$48/$60
243321	6/7-8/2	Tu, 6:40-7:10pm	East	8	$48/$60
243322	6/9-8/4	Th, 5:30-6pm	East	8	$48/$60
243324	6/9-8/4	Th, 6:40-7:10pm	East	8	$48/$60
243313	6/20-7/1	M/W/F, 9:35-10:05am	Spruce	6	$36/$45
243314	7/11-7/22	M/W/F, 9:35-10:05am	Spruce	6	$36/$45
243316	7/11-8/3	M/W, 6:10-6:40pm	North	8	$48/$60
243319	7/12-8/4	Tu/Th, 10:40-11:10am	East	8	$48/$60
243315	7/25-8/5	M/W/F, 9:35-10:05am	Spruce	6	$36/$45

▶ SMALL GROUP SWIM LESSONS AGES 3-6

Small Group classes 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. Instructors will focus on a personal lesson plan for each child and skills will vary by individual swimming ability.

Small Group Preschool Level 1

(Ages 3-6) 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.

243166	6/4-7/30	Sa, 10:05-10:35am	East	8	$96/$120
243172	6/4-7/30	Sa, 10:40-11:10am	East	8	$96/$120
243177	6/6-6/17	M/W/F, 9-9:30am	Spruce	6	$72/$90
243173	6/6-6/17	M/W/F, 10:10-10:40am	Spruce	6	$72/$90
243244	6/6-6/29	M/W, 5-5:30pm	North	8	$96/$120
243237	6/6-6/29	M/W, 6:10-6:40pm	North	8	$96/$120
243148	6/7-6/30	Tu/Th, 9:30-10am	East	8	$96/$120
243154	6/7-6/30	Tu/Th, 10:05-10:35am	East	8	$96/$120
243153	6/7-8/2	Tu, 5:30-6pm	East	8	$96/$120
243162	6/7-8/2	Tu, 6:05-6:35pm	East	8	$96/$120
243165	6/9-8/4	Th, 5:30-6pm	East	8	$96/$120
243166	6/11-8/6	Sa, 10:05-10:35am	East	8	$96/$120
243202	6/20-7/1	M/W/F, 9-9:30am	Spruce	6	$72/$90
243159	6/20-7/1	M/W/F, 10:10-10:40am	Spruce	6	$72/$90
243160	7/11-7/22	M/W/F, 9-9:30am	Spruce	6	$72/$90
243163	7/11-7/22	M/W/F, 10:10-10:40am	Spruce	6	$72/$90
243238	7/11-8/3	M/W, 5-5:30pm	North	8	$96/$120
243239	7/11-8/3	M/W, 6:10-6:40pm	North	8	$96/$120
243147	7/12-8/4	Tu/Th, 9:30-10am	East	8	$96/$120
243152	7/12-8/4	Tu/Th, 10:05-10:35am	East	8	$96/$120
243161	7/25-8/5	M/W/F, 9-9:30am	Spruce	6	$72/$90
243203	7/25-8/5	M/W/F, 10:10-10:40am	Spruce	6	$72/$90

Small Group Preschool Level 2

(Ages 3-6) 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.

243179	6/4-7/30	Sa, 10:05-10:35am	East	8	$96/$120
243180	6/4-7/30	Sa, 10:40-11:10am	East	8	$96/$120
243242	6/6-6/17	M/W/F, 9-9:30am	Spruce	6	$72/$90
243167	6/6-6/17	M/W/F, 10:10-10:40am	Spruce	6	$72/$90
243243	6/6-6/29	M/W, 5-5:30pm	North	8	$96/$120
243246	6/6-6/29	M/W, 6:10-6:40pm	North	8	$96/$120
243226	6/7-6/30	Tu/Th, 9:30-10am	East	8	$96/$120
243188	6/7-6/30	Tu/Th, 10:05-10:35am	East	8	$96/$120
243245	6/7-8/2	Tu, 5:30-6pm	East	8	$72/$120
243186	6/7-8/2	Tu, 6:05-6:35pm	East	8	$96/$120
243178	6/9-8/4	Th, 5:30-6pm	East	8	$96/$120
243196	6/20-7/1	M/W/F, 9-9:30am	Spruce	6	$72/$90
243199	6/20-7/1	M/W/F, 10:10-10:40am	Spruce	6	$72/$90
243197	7/11-7/22	M/W/F, 9-9:30am	Spruce	6	$72/$90
243200	7/11-7/22	M/W/F, 10:10-10:40am	Spruce	6	$72/$90
243236	7/11-8/3	M/W, 5-5:30pm	North	8	$96/$120
243240	7/11-8/3	M/W, 6:10-6:40pm	North	8	$96/$120
243213	7/12-8/4	Tu/Th, 9:30-10am	East	8	$96/$120
243181	7/12-8/4	Tu/Th, 10:05-10:35am	East	8	$96/$120
243198	7/25-8/5	M/W/F, 9-9:30am	Spruce	6	$72/$90
243201	7/25-8/5	M/W/F, 10:10-10:40am	Spruce	6	$72/$90

Swim lessons can begin a lifelong progression of aquatic activity and safety for your child.

Small Group Preschool Level 3

(Ages 3-6) Students will be taught to perform the skills presented in Small Group 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.

243187	6/4-7/30	Sa, 10:05-10:35am	East	8	$96/$120
243184	6/4-7/30	Sa, 10:40-11:10am	East	8	$96/$120
243206	6/6-6/17	M/W/F, 9-9:30am	Spruce	6	$72/$90
243182	6/6-6/17	M/W/F, 10:10-10:40am	Spruce	6	$72/$90
243214	6/6-6/29	M/W, 5-5:30pm	North	8	$96/$120
243231	6/6-6/29	M/W, 6:10-6:40pm	North	8	$96/$120
243216	6/7-6/30	Tu/Th, 9:30-10am	East	8	$96/$120
243229	6/7-6/30	Tu/Th, 10:05-10:35am	East	8	$96/$120
243211	6/7-8/2	Tu, 5:30-6pm	East	8	$96/$120
243185	6/7-8/2	Tu, 6:05-6:35pm	East	8	$96/$120
243183	6/9-8/4	Th, 5:30-6pm	East	8	$96/$120
243220	6/20-7/1	M/W/F, 9-9:30am	Spruce	6	$72/$90
243217	6/20-7/1	M/W/F, 10:10-10:40am	Spruce	6	$72/$90
243221	7/11-7/22	M/W/F, 9-9:30am	Spruce	6	$72/$90
243235	7/11-7/22	M/W/F, 10:10-10:40am	Spruce	6	$72/$90
243230	7/11-8/3	M/W, 5-5:30pm	North	8	$96/$120
243241	7/11-8/3	M/W, 6:10-6:40pm	North	8	$96/$120
243190	7/12-8/4	Tu/Th, 9:30-10am	East	8	$96/$120
243191	7/12-8/4	Tu/Th, 10:05-10:35am	East	8	$96/$120
243223	7/25-8/5	M/W/F, 9-9:30am	Spruce	6	$72/$90
243219	7/25-8/5	M/W/F, 10:10-10:40am	Spruce	6	$72/$90

▶ GROUP SWIM LESSONS AGES 3-5

Preschool 1 - Puffer Fish

(Ages 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.

243212	6/4-7/30	Sa, 9:30-10am	East	8	$48/$60
243137	6/6-6/17	M/W/F, 9:35-10:05am	Spruce	6	$36/$45
243136	6/6-6/17	M/W/F, 10:45-11:15am	Spruce	6	$36/$45
243174	6/6-6/29	M/W, 5:35-6:05pm	North	8	$48/$60
243175	6/6-6/29	M/W, 6:45-7:15pm	North	8	$48/$60
243143	6/7-6/30	Tu/Th, 10:40-11:10am	East	8	$48/$60
243209	6/9-8/4	Th, 6:05-6:35pm	East	8	$48/$60
243168	6/20-7/1	M/W/F, 9:35-10:05am	Spruce	6	$36/$45
243138	6/20-7/1	M/W/F, 10:45-11:15am	Spruce	6	$36/$45
243169	7/11-7/22	M/W/F, 9:35-10:05am	Spruce	6	$36/$45
243139	7/11-7/22	M/W/F, 10:45-11:15am	Spruce	6	$36/$45
243171	7/11-8/3	M/W, 5:35-6:05pm	North	8	$48/$60
243176	7/11-8/3	M/W, 6:45-7:15pm	North	8	$48/$60
243140	7/12-8/4	Tu/Th, 10:40-11:10am	East	8	$48/$60
243170	7/25-8/5	M/W/F, 9:35-10:05am	Spruce	6	$36/$45
243146	7/25-8/5	M/W/F, 10:45-11:15am	Spruce	6	$36/$45

Preschool 2 - Clown Fish

(Ages 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.

243234	6/4-7/30	Sa, 9:30-10am	East	8	$48/$60
243145	6/6-6/17	M/W/F, 9:35-10:05am	Spruce	6	$36/$45
243142	6/6-6/17	M/W/F, 10:45-11:15am	Spruce	6	$36/$45
243158	6/6-6/29	M/W, 5:35-6:05pm	North	8	$48/$60
243157	6/6-6/29	M/W, 6:45-7:15pm	North	8	$48/$60
243144	6/7-6/30	Tu/Th, 10:40-11:10am	East	8	$48/$60
243215	6/9-8/4	Th, 6:05-6:35pm	East	8	$48/$60
243205	6/20-7/1	M/W/F, 9:35-10:05am	Spruce	6	$36/$45
243149	6/20-7/1	M/W/F, 10:45-11:15am	Spruce	6	$36/$45
243189	7/11-7/22	M/W/F, 9:35-10:05am	Spruce	6	$36/$45
243150	7/11-7/22	M/W/F, 10:45-11:15am	Spruce	6	$36/$45
243164	7/11-8/3	M/W, 5:35-6:05pm	North	8	$48/$60
243155	7/11-8/3	M/W, 6:45-7:15pm	North	8	$48/$60
243141	7/12-8/4	Tu/Th, 10:40-11:10am	East	8	$48/$60
243156	7/25-8/5	M/W/F, 9:35-10:05am	Spruce	6	$36/$45
243151	7/25-8/5	M/W/F, 10:45-11:15am	Spruce	6	$36/$45

For inclusion opportunities for people with disabilities – see page 23

Preschool 3 - Angelfish

(Ages 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.

243233	6/4-7/30	Sa, 9:30-10am	East	8	$48/$60
243222	6/6-6/17	M/W/F, 9:35-10:05am	Spruce	6	$36/$45
243192	6/6-6/17	M/W/F, 10:45-11:15am	Spruce	6	$36/$45
243225	6/6-6/29	M/W, 5:35-6:05pm	North	8	$48/$60
243208	6/6-6/29	M/W, 6:45-7:15pm	North	8	$48/$60
243224	6/7-6/30	Tu/Th, 10:40-11:10am	East	8	$48/$60
243232	6/9-8/4	Th, 6:05-6:35pm	East	8	$48/$60
243193	6/20-7/1	M/W/F, 9:35-10:05am	Spruce	6	$36/$45
243210	6/20-7/1	M/W/F, 10:45-11:15am	Spruce	6	$36/$45
243194	7/11-7/22	M/W/F, 9:35-10:05am	Spruce	6	$36/$45
243218	7/11-7/22	M/W/F, 10:45-11:15am	Spruce	6	$36/$45
243207	7/11-8/3	M/W, 5:35-6:05pm	North	8	$48/$60
243228	7/11-8/3	M/W, 6:45-7:15pm	North	8	$48/$60
243204	7/12-8/4	Tu/Th, 10:40-11:10am	East	8	$48/$60
243195	7/25-8/5	M/W/F, 9:35-10:05am	Spruce	6	$36/$45
243227	7/25-8/5	M/W/F, 10:45-11:15am	Spruce	6	$36/$45

▶ LEARN TO SWIM AGES 6-12

Level 1

(Ages 6-8) 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.

243258	6/4-7/30	Sa, 10:05-10:35am	East	8	$48/$60
243247	6/6-6/17	M/W/F, 9:35-10:05am	Spruce	6	$36/$45
243252	6/6-6/29	M/W, 5-5:30pm	North	8	$48/$60
243253	6/6-6/29	M/W, 6:10-6:40pm	North	8	$48/$60
243251	6/7-6/30	Tu/Th, 9:30-10am	East	8	$48/$60
243260	6/7-8/2	Tu, 5:30-6pm	East	8	$48/$60
243262	6/9-8/4	Th, 6:05-6:35pm	East	8	$48/$60
243248	6/20-7/1	M/W/F, 9:35-10:05am	Spruce	6	$36/$45
243249	7/11-7/22	M/W/F, 9:35-10:05am	Spruce	6	$36/$45
243256	7/11-8/3	M/W, 5-5:30pm	North	8	$48/$60
243254	7/11-8/3	M/W, 6:10-6:40pm	North	8	$48/$60
243250	7/12-8/4	Tu/Th, 9:30-10am	East	8	$48/$60
243255	7/25-8/5	M/W/F, 9:35-10:05am	Spruce	6	$36/$45

Level 2

(Ages 6-8) 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.

243286	6/4-7/23	Sa, 9:30-10am	East	8	$48/$60
243275	6/4-7/23	Sa, 10:40-11:10am	East	8	$48/$60
243297	6/6-6/17	M/W/F, 9-9:30am	Spruce	6	$36/$45
243263	6/6-6/17	M/W/F, 10:10-10:40am	Spruce	6	$36/$45
243280	6/6-6/29	M/W, 5-5:30pm	North	8	$48/$60
243283	6/6-6/29	M/W, 6:45-7:15pm	North	8	$48/$60
243261	6/7-6/30	Tu/Th, 10:05-10:35am	East	8	$48/$60
243276	6/7-7/26	Tu, 6:40-7:10pm	East	8	$48/$60
243274	6/9-7/28	Th, 6:40-7:10pm	East	8	$48/$60
243299	6/20-7/1	M/W/F, 9-9:30am	Spruce	6	$36/$45
243266	6/20-7/1	M/W/F, 10:10-10:40am	Spruce	6	$36/$45
243296	7/11-7/22	M/W/F, 9-9:30am	Spruce	6	$36/$45
243271	7/11-7/22	M/W/F, 10:10-10:40am	Spruce	6	$36/$45
243282	7/11-8/3	M/W, 5-5:30pm	North	8	$48/$60
243285	7/11-8/3	M/W, 6:45-7:15pm	North	8	$48/$60
243257	7/12-8/4	Tu/Th, 10:05-10:35am	East	8	$48/$60
243303	7/25-8/5	M/W/F, 9-9:30am	Spruce	6	$36/$45
243267	7/25-8/5	M/W/F, 10:10-10:40am	Spruce	6	$36/$45

Swimming provides a fun and challenging way to help children stay fit.

Level 3

(Ages 7-13) Prerequisites: Successful completion of Level 2 or child must be able 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.

243289	6/4-7/30	Sa, 9:30-10am	East	8	$48/$60
243265	6/6-6/17	M/W/F, 9-9:30am	Spruce	6	$36/$45
243259	6/6-6/17	M/W/F, 10:45-11:15am	Spruce	6	$36/$45
243279	6/6-6/29	M/W, 5:35-6:05pm	North	8	$48/$60
243269	6/7-6/30	Tu/Th, 10:40-11:10am	East	8	$48/$60
243301	6/7-8/2	Tu, 6:40-7:10pm	East	8	$48/$60
243288	6/9-8/4	Th, 6:40-7:10pm	East	8	$48/$60
243291	6/20-7/1	M/W/F, 9-9:30am	Spruce	6	$36/$45
243264	6/20-7/1	M/W/F, 10:45-11:15am	Spruce	6	$36/$45
243292	7/11-7/22	M/W/F, 9-9:30am	Spruce	6	$36/$45
243272	7/11-7/22	M/W/F, 10:45-11:15am	Spruce	6	$36/$45
243270	7/11-8/3	M/W, 5:35-6:05pm	North	8	$48/$60
243268	7/12-8/4	Tu/Th, 10:40-11:10am	East	8	$48/$60
243294	7/25-8/5	M/W/F, 9-9:30am	Spruce	6	$36/$45
243273	7/25-8/5	M/W/F, 10:45-11:15am	Spruce	6	$36/$45

Level 4

(Ages 7-12) 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 stokes 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.

243307	6/4-7/30	Sa, 10:40-11:10am	East	8	$48/$60
243298	6/6-6/17	M/W/F, 10:10-10:40am	Spruce	6	$36/$45
243290	6/6-6/29	M/W, 5:35-6:05pm	North	8	$48/$60
243300	6/7-6/30	Tu/Th, 9:30-10am	East	8	$48/$60
243302	6/7-8/2	Tu, 6:40-7:10pm	East	8	$48/$60
243305	6/9-8/4	Th, 6:40-7:10pm	East	8	$48/$60
243277	6/20-7/1	M/W/F, 10:10-10:40am	Spruce	6	$36/$45
243278	7/11-7/22	M/W/F, 10:10-10:40am	Spruce	6	$36/$45
243295	7/11-8/3	M/W, 5:35-6:05pm	North	8	$48/$60
243281	7/12-8/4	Tu/Th, 9:30-10am	East	8	$48/$60
243284	7/25-8/5	M/W/F, 10:10-10:40am	Spruce	6	$36/$45

Level 5

(Ages 7-12) 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.

243304	6/6-6/17	M/W/F, 10:45-11:15am	Spruce	6	$36/$45
243312	6/6-6/29	M/W, 6:45-7:15pm	North	8	$48/$60
243306	6/7-6/30	Tu/Th, 10:05-10:35am	East	8	$48/$60
243310	6/7-8/2	Tu, 6:05-6:35pm	East	8	$48/$60
243287	6/20-7/1	M/W/F, 10:45-11:15am	Spruce	6	$36/$45
243308	7/11-7/22	M/W/F, 10:45-11:15am	Spruce	6	$36/$45
243311	7/11-8/3	M/W, 6:45-7:15pm	North	8	$48/$60
243293	7/12-8/4	Tu/Th, 10:05-10:35am	East	8	$48/$60
243309	7/25-8/5	M/W/F, 10:45-11:15am	Spruce	6	$36/$45

For inclusion opportunities for people with disabilities – see page 23

Swim team is a great way to start the day and keep kids active and healthy!

▶ BARRACUDAS SWIM TEAM & CLINICS

Stroke Clinics

(Ages 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.

1 clinic $14 • 3 clinics $36 • 6 clinics $66

drop-in	3/5-5/14	Sa, 11am-12pm	East
drop-in	3/3-5/12	Th, 5:30-6:30pm	North

Summer Swim Team

(Ages 5-18) We are a team that swims May to July in the Boulder Valley Summer Swim League (BVSSL). The goal of the Barracudas is to find the right balance of fun and competition for each swimmer, understanding that everyone will find this balance with their own unique mix. The Boulder Barracudas is a great way to have fun, make friends and be active all summer long. There will be a parent meeting on Sunday, May 15, 4-5 pm at the North Boulder Recreation Center to inform parents of the information needed in the upcoming season. Visit **BoulderAquatics.org** for more details.

Pre-season practice for swim team

238034	5/16-5/27	M-F, 4-6pm	South	Included in team fee

Summer practice for swim team

238034	5/31-7/22	M-F, 7:15-9:45am	Spruce	$225/$275
		or M/W, 6-7pm	Spruce	

Barracudas Pre-team

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

238032	5/31-7/8	M/W/F, 9:45-10:15am	Spruce	$100/$125

▶ AQUATIC FITNESS Drop-in & Registered Classes

Aqua Fit (Leisure)

(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.

241943	6/1-6/29	M/W/F, 8-9am	East	13	$52/$65	Andrea W.
241945	7/1-7/29	M/W/F, 8-9am	East	11	$44/$55	Andrea W.
241946	8/1-8/12	M/W/F, 8-9am	East	6	$24/$30	Andrea W.

Twinges N' Hinges (Leisure)

(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 (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.

241941	6/2-6/30	Tu/Th, 8:30-9:15am	East	9	$36/$45	Jen
241942	7/5-7/28	Tu/Th, 8:30-9:15am	East	8	$32/$40	Jen
241944	8/2-8/11	Tu/Th, 8:30-9:15am	East	4	$16/$20	Jen

▶ 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 9 or online.

Aqua Motion

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
M/W/F, 9:15-10:15am	East

Hydro Dynamics

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

Tu/Th, 12:30-1:30pm	South
Th, 6-7pm	Spruce

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

Tennis

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 (under construction, will reopen in 2016)
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.

▶ 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:
Erynn at 303-441-4137 or simonee@bouldercolorado.gov
For inclement weather and cancellation information: 303-441-3410

Private Tennis Lessons

Sign up for youth and adult private lessons to get focused attention and improve skills. To set up a private lesson email Gonzo at privates@gonzotennis.com.

Financial Assistance

Did you know we offer financial aid to assist community members who cannot otherwise participate due to financial limitations?

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

For inclusion opportunities for people with disabilities – see page 23

▶ TENNIS - ADULT

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
$23	$66	$124

Cardio Tennis

(Ages 16+) Get fit and have fun. The ultimate full body workout. All levels play together! Use your punchcard to participate.

drop-in	5/30-7/25	M, 12-1pm	North	punch card
drop-in	6/4-8/6	Sa, 7:45-8:45am	East	punch card

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.

Adult Tennis

(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.

Beginner

242912	5/31-6/21	Tu, 6-7:30pm	East	4	$69/$85
242923	6/2-6/23	Th, 6-7:30pm	East	4	$69/$85
242910	6/6-6/29	M/W, 8-9:30am	East	8	$139/$174
242925	6/9-6/30	Th, 6-7:30pm	East	4	$69/$85
242913	7/5-7/26	Tu, 6-7:30pm	East	4	$69/$85
242911	7/11-8/3	M/W, 8-9:30am	East	8	$139/$174

Beginner with Gonzo

242920	6/6-6/27	M, 9-10:30am	Centennial M.S.	4	$97/$120	Gonzo
242922	7/4-7/25	M, 9-10:30am	Centennial M.S.	4	$97/$120	Gonzo

Intermediate

242914	6/6-6/29	M/W, 9:30-11am	East	8	$139/$174
242916	6/6-6/27	M, 6-7:30pm	East	4	$69/$85
242918	6/6-6/27	M, 6-7:30pm	East	4	$69/$85
242919	7/6-7/27	W, 6-7:30pm	East	4	$69/$85
242915	7/11-8/3	M/W, 9:30-11am	East	8	$139/$174
242917	6/7-6/28	W, 6-7:30pm	East	4	$69/$85

Intermediate with Gonzo

242921	6/6-6/27	M, 10:30am-12pm	Centennial M.S.	4	$97/$120	Gonzo
242924	7/11-8/1	M, 10:30am-12pm	Centennial M.S.	4	$97/$120	Gonzo

Tennis - Seniors

(Ages 60+) Seniors! Come have fun, stay young, burn calories, make new friends, and play the life long game of tennis.

242907	6/3-6/24	F, 9:30-11am	East	4	$69/$86
242908	7/8-7/29	F, 9:30-11am	East	4	$69/$86

▶ 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

242926	6/4-6/25	Sa, 9-10am	East	4	$46/$58
242927	7/5-7/26	Tu, 4-5pm	East	4	$46/$58
242928	7/7-7/28	Th, 4-5pm	East	4	$46/$58
242932	7/9-7/30	Sa, 9-10am	East	4	$46/$58

Intermediate

242929	6/4-6/25	Sa, 10-11am	East	4	$46/$58
242930	7/5-7/26	Tu, 5-6pm	East	4	$46/$58
242931	7/7-7/28	Th, 5-6pm	East	4	$46/$58
242935	7/9-7/30	Sa, 10-11am	East	4	$46/$58

▶ JUNIOR TRAINING WITH GONZO

- **10 & Under**
- **12 & Under**
- **14 & Under**
- **16 & Under**

Contact Gonzo for an evaluation prior to registration for the "training" classes at gonzo@gonzotennis.com.

Tennis

Our program helps build self confidence in a friendly non-intimidating envirionment.

▶ 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, enjoyment the game, and helping to create self confidence in a safe and friendly environment. It's all about Tennis! www.gonzotennis.com For inclement weather and cancellation information: 303-441-3410.

Mini Gonzos (Ages 3-4)

242938	5/29-6/19	Su, 9-9:30am	East	4	$35/$44
242944	6/4-6/25	Sa, 9-9:30am	East	4	$35/$44
242959	7/3-7/24	Su, 9-9:30am	East	4	$35/$44
242939	7/4-7/25	M, 3:45-4:15pm	East	4	$35/$44
242940	7/5-7/26	Tu, 3:45-4:15pm	East	4	$35/$44
242941	7/6-7/27	W, 3:45-4:15pm	East	4	$35/$44
242942	7/7-7/28	Th, 3:45-4:15pm	East	4	$35/$44
242965	7/9-7/30	Sa, 9-9:30am	East	4	$35/$44

Tiny Gonzos (Ages 5-6)

242951	6/4-6/25	Sa, 9:30-10:15am	East	4	$40/$49
242966	7/3-7/24	Su, 9:30-10:15am	East	4	$40/$49
242947	7/5-7/26	Tu, 4:15-5pm	East	4	$40/$49
242948	7/6-7/27	W, 4:15-5pm	East	4	$40/$49
242949	7/7-7/28	Th, 4:15-5pm	East	4	$40/$49
242946	7/11-8/1	M, 4:15-5pm	East	4	$40/$49
242972	7/16-8/6	Sa, 9:30-10:15am	East	4	$40/$49

Mighty Gonzos (Ages 7-9)

242952	5/29-6/19	Su, 10:15-11:15am	East	4	$46/$58
242958	6/4-6/25	Sa, 10:15-11:15am	East	4	$46/$58
242973	7/3-7/24	Su, 10:15-11:15am	East	4	$46/$58
242954	7/5-7/26	Tu, 5-6pm	East	4	$46/$58
242955	7/6-7/27	W, 5-6pm	East	4	$46/$58
242956	7/7-7/28	Th, 5-6pm	East	4	$46/$58
242979	7/9-7/30	Sa, 10:15-11:15am	East	4	$46/$58
242953	7/11-8/1	M, 5-6pm	East	4	$46/$58

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.

237463	5/31-6/2	Tu/W/Th, 9am-12pm	East	3	$114/$143
237464	6/7-6/9	Tu/W/Th, 9am-12pm	East	3	$114/$143
237465	6/14-6/16	Tu/W/Th, 9am-12pm	East	3	$114/$143
237466	6/21-6/23	Tu/W/Th, 9am-12pm	East	3	$114/$143
237467	6/28-6/30	Tu/W/Th, 9am-12pm	East	3	$114/$143
237468	7/5-7/7	Tu/W/Th, 9am-12pm	East	3	$114/$143
237469	7/12-7/14	Tu/W/Th, 9am-12pm	East	3	$114/$143
237470	7/19-7/21	Tu/W/Th, 9am-12pm	East	3	$114/$143
237471	7/26-7/28	Tu/W/Th, 9am-12pm	East	3	$114/$143
237472	8/2-8/4	Tu/W/Th, 9am-12pm	East	3	$114/$143
237475	8/9-8/11	Tu/W/Th, 9am-12pm	East	3	$114/$143
237473	5/31-6/2	Tu/W/Th, 3-6pm	East	3	$114/$143
237474	6/7-6/9	Tu/W/Th, 3-6pm	East	3	$114/$143
237476	6/14-6/16	Tu/W/Th, 3-6pm	East	3	$114/$143
237477	6/21-6/23	Tu/W/Th, 3-6pm	East	3	$114/$143

Boulder SMASH

Tennis Team - Summer Competition (USTA & CARA)

(Ages 8-17) 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 season CARA and USTA both hold state tournaments for the participants.

USTA

237408	5/31-7/31	Tu, 1-3pm	Centennial M.S.	8	$254/$317

CARA

237407	6/2-7/31	Th, 1-3pm	Centennial M.S.	8	$200/$250

Both USTA & CARA

237409	6/2-7/31	Tu/Th, 1-3pm	Centennial M.S.	16	$370/$463

More information at GonzoTennis.com

For inclusion opportunities for people with disabilities – see page 23

Valmont Bike Park

Our program offers authentic outdoor adventure camps and clinics to explore Valmont Bike Park.

▶ 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)		Group (3 hour classes)	
1 Private Lesson	$150	2 people	$200
3 Private Lessons	$420	3 people	$250
6 Private Lessons	$780	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 4:30 or 5:30 p.m. Extended care campers get extra riding time out in the park—choose from two pick-up times. See fees at avid4.com.
- Daily lunch option is available.
- Special Park Bikes and protective gear (required) can be rented for an additional fee.

All camps are held at Valmont Bike Park, 5275 Valmont Road.

*	5/30-6/3	M-F, 9am-3pm	5 days	$399
*	6/6-6/10	M-F, 9am-3pm	5 days	$399
*	6/13-6/17	M-F, 9am-3pm	5 days	$399
*	6/20-6/24	M-F, 9am-3pm	5 days	$399
*	6/27-7/1	M-F, 9am-3pm	5 days	$399
*	7/4-7/8	M-F, 9am-3pm	5 days	$399
*	7/11-7/15	M-F, 9am-3pm	5 days	$399
*	7/18-7/22	M-F, 9am-3pm	5 days	$399
*	7/25-7/29	M-F, 9am-3pm	5 days	$399
*	8/1-8/5	M-F, 9am-3pm	5 days	$399
*	8/8-8/12	M-F, 9am-3pm	5 days	$399
*	8/15-8/19	M-F, 9am-3pm	5 days	$399

*** Register online at Avid4.com**

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 the 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 $175.

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+) Level 1 and Level 2 public classes are the 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.

- Public classes start at $75. Improve your riding in just a couple hours!
- Weekday afternoons and weekend mornings.

Details, dates and registration at www.leelikesbikes.com

We welcome your feedback, visit us online at **BPRlistens.org**

Policies & Information

Recreation Center Closures

5/30 North open 1:30-6:30pm
East & South closed for Memorial Day.

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

Why Register Now?

Why wait – when you can lead the way? TODAY is the best day to register for the classes you want.

Why? Because under-enrolled classes get cancelled and might be dropped entirely to make space for more popular programs.
Registering early is the best way to prevent your favorite class from cancellation (or even extinction!).

Beginning in 2016, we'll be increasing our adherence to minimum enrollment standards to enhance our efficient use of staff, space and funding. **Under-enrolled classes will be cancelled prior to the first session.**

Thanks for registering today!

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.

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**

Financial Assistance

Did you know we offer financial aid to assist community members who cannot otherwise participate due to financial limitations?

To find out more about our financial aid programs and how to qualify, please 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)
Lori Goldman, Supervisor 303-413-7256

COMMUNITY OUTREACH
Margo Josephs, Manager Community Partnerships & Outreach 303-413-7200

Mary Malley
Volunteer Coordinator 303-413-7245

Cassy Bohnet
Volunteer Coordinator 303-441-4404

AQUATICS
Jason Stolz, Aquatics Supervisor 303-441-3435

Jackie Koehn, Programs/Operations . 303-413-7267

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

Pool Operations 303-413-7468

GYMNASTICS
Doug Felkley, Coordinator 303-413-7265

Prudence Keenan, Coordinator.....303-413-7265

HEALTH & WELLNESS
Kate Houlik,
Fitness & Personal Training 303-413-7280

Kathleen Murphy, Mind/Body 303-413-7466

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

SPORTS
Program Information 303-441-3410

Erynn Simone, Supervisor 303-441-4137

Molly Langerak 303-413-7441

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

RECREATION CENTERS
Tim Duda, Supervisor, EBCC 303-413-7463

Todd Calvin, Supervisor, SBRC.....303-441-3449

Megann Lohman, Supervisor, NBRC . .303-413-7263

FLATIRONS GOLF COURSE
Director of Golf 303-442-7851

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

VALMONT CITY PARK
Skyler Beck, Manager 303-413-7219

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

YOUTH SERVICES INITIATIVE
Alexis Moreno, Supervisor.....303-413-7217

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

Alison Rhodes
District Services Manager 303-413-7249

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: 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

Did you know we offer financial aid to assist community members who cannot otherwise participate due to financial limitations?

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

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

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, May 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
BoulderParks-Rec.org

- ▶ Go to 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!

Thunderbird & Admiral Burke Park

A towering, grey ship anchor sits at the intersection of Mohawk and Pawnee drives just south of Baseline Road. Donated to the City of Boulder by the Department of the Navy in 2001, the 26,000 pound anchor stands as a memorial to Boulder-native Admiral Arleigh A. Burke.

Born on October 19, 1901, Arleigh Burke was the first of five children born to Oscar Burke and Clara Mokler. Oscar's father, August, a Swedish immigrant and early Colorado pioneer, changed his name from Björkgren to Burke (a popular Irish surname) to sound more "American."

Arleigh attended Baseline District and State Preparatory High School in Boulder. He was unable to graduate when Boulder schools were closed during the 1918 influenza epidemic. Fortunately, he earned an appointment to the US Naval Academy, where he graduated in 1923 and on the same day married Roberta "Bobbie" Gorsuch. He spent the next four years assigned to the USS Arizona (which was later attacked in Pearl Harbor). From 1929 to 1937, he studied and researched explosives, ordinance design, fire control and ballistics and earned a Masters in Chemical Engineering from the University of Michigan.

By late 1942, then Lt. Cmdr. Burke was assigned to the South Pacific where his destroyer squadrons engaged in dozens of successful battles against Japanese land and sea forces. In 1944, he was assigned Chief of Staff to a swift carrier fleet which would play a pivotal role in the Pacific leading up to Japan's surrender. Burke was awarded virtually every naval decoration including the Navy Cross, Silver Star and Presidential Unit Citation.

Burke was promoted to Rear Admiral in 1950 and in June of 1955, President Eisenhower selected him (over 92 more senior admirals) as Chief Naval Officer (CNO), the nation's top-ranking naval officer. Burke held the position for a record three terms.

Burke Elementary School (currently Horizon K-8 Charter School), was named in his honor when it opened in 1959.

During his CNO years, Admiral Burke became a key architect of the country's Cold War nuclear deterrence strategy. He also played a role in the career of Boulder's other famous naval hero, Cmdr. Scott Carpenter.

In 1959, just as Carpenter was about to ship out on the carrier USS Hornet, he received mysterious Pentagon orders to report for a special testing program. Desiring his air intelligence skills, the ship's commanding officer refused to allow him to go. The official requesting Carpenter report for testing, contacted CNO Burke at home to explain the situation. Admiral Burke got the carrier's commander on the phone and reportedly used a bit of sailor's language to demand Carpenter's release. That was how Carpenter's service in the Project Mercury space program began!

Photo courtesy of Carnegie Branch Library for Local History, Daily Camera Collection

Boulder-native, Admiral Arleigh Burke, passed away 20 years ago. Thunderbird Park was renamed in his honor in 1997.

Hundreds of pages have been written detailing the admiral's illustrious 42-year naval career. Admiral Burke passed away in Bethesda, MD on January 1, 1996 at age 94. He was remembered by then President, Bill Clinton, who said: " . . . (he) gave nothing less than everything he had for his cherished Navy and beloved country."

Within weeks of his passing, a group of Boulder residents petitioned Parks and Recreation to change the name of Thunderbird Park to Admiral Arleigh A. Burke Park. Thunderbird Park was deeded to the city in the late 1950's as part of the Fraiser Meadows subdivision and developed in 1970.

The department received much input about the park renaming. Retired Supreme Court Justice (and CU football hero) Byron White (who served under Burke during WWII), sent a letter of support. Though not everyone in the community supported honoring a military leader, the Parks and Recreation Advisory Board renamed the park in his honor in 1997. The large gray naval anchor arrived in October 2001 as part of a grand dedication ceremony.

Volunteer Passion Creates New "Possible"

The air is cool, the sun warm and the water glassy on this summer morning at the Boulder Reservoir. A group of about 20 to 25 people hover on the boat dock making preparations to launch the first of several water skiers. First up is Jim Chrisman who has been coming here almost every summer on Tuesday for the past 11-years. Jim has had MS for 32 years and started using a wheelchair in 1999. Several volunteers help secure him to a specially-designed sit ski – and within minutes he's skimming across the water at 30 miles per hour – a smile you can see from shore appears on his face and stays the entire ride. It's clear this experience transports him far from his daily existence. For 15 minutes, he's ecstatic in the wind and spray.

For safety, he is followed by a jet skier who will swoop in to assist if he flips or let's go of the towline.

Jim is part of EXPAND's adaptive water ski program. 2016 will mark the 33rd year of this innovative and exciting program, which gives individuals with physical disabilities (amputees, spinal cord injury, visual impairment, muscular sclerosis and traumatic brain injury) the opportunity to enjoy the open water and experience the thrill of water-skiing.

Launched in the early 1980s by Jim Ziegler , the program's current success is largely due to a passionate and committed volunteer group, led by BJ Sample and Rodger Stewart.

Before moving to Boulder in 1997, BJ spent much of his time in Portland, ME enjoying water activities. Shortly after settling in Boulder, BJ learned of the Boulder Reservoir and was drawn to the Adaptive Water-ski program. He was immediately hooked and has been a volunteer for 18 years. He is now the Dock Boss. He's responsible for keeping everyone safe, managing up to 25 volunteers and numerous participants both on the dock and in the water.

Because he loves to connect people of all abilities with the water, BJ takes time from his career as an asset manager for Mercy Loan Fund to help EXPAND. "I just love the water and working with a variety of abilities," he said. Cory Lasher, EXPAND program coordinator, stated, "BJ is my better half and I don't know what I would do without him. He helps me with training, he knows the participants and he knows how to adapt to their specific needs."

Rodger Stewart has been a boat driver for the program since 2009. The following year, Rodger joined the board and quickly became president of the EXPAND Beyond Foundation, a 501(c)(3) nonprofit providing financial support for the water-ski program. "Rodger goes above and beyond, making sure we have whatever equipment we need and recruiting new participants by sharing the program with organizations that serve people with disabilities," Lasher explained. He's also a tireless fundraiser, volunteer recruiter, trainer, and program promoter.

Jim Chrisman (center) has been a participant of the water ski program every summer for the past eleven years.

It's through the passion of committed volunteers, including BJ and Rodger that EXPAND is able to broaden what's possible for area residents like Jim. "I am amazed at the dedication of the volunteers that give so freely of their time to allow me to have this opportunity" Jim said.

This program would not be possible without dedicated support. To learn more about EXPAND's Adaptive Water-ski program and how to help, visit: **Expandbeyondinc.com**

Summer Concerts in the Parks

Each summer Boulder Parks and Recreation Department partners with the Boulder Concert Band (BCB) to provide music in the parks. The BCB provides our community with outstanding performances of traditional and modern concert literature that enriches the cultural experience of the audience. Bring a picnic dinner and enjoy the parks with your family! (Please no glass or alcohol.)

Mondays 7-8 p.m.

Boulder Concert Band Schedule

June 20	Scott Carpenter Park
June 27	Salberg Park
July 11	Chautauqua Lawn
July 18	Civic Area - Labyrinth
July 25	North Boulder Park
August 1	Viele Lake (Harlow Platts Park)

Free!

Visit us online at BoulderParks-Rec.org

4th of July Music & Fun

Boulder Reservoir
10 a.m. to 4 p.m.

Star Spangled Splash
4th of July

Celebrate your 4th of July Weekend at the Boulder Reservoir!

The Boulder Reservoir celebrates 4th of July Weekend with fun for the whole family featuring food, beverage, music, and children's activities.

Wheel and Whisk Food Truck

Beer Garden
(no private alcohol allowed at the Reservoir on July 4th weekend)

5k & 10k Run/Walk (on July 4th)
For more info visit BBSC Endurance Sports at www.bbscrun.com

Hydrobikes/Boats/Paddleboards

For entry fees and more visit:
www.BoulderRez.org

Healthy Parks = Healthy People

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

Each summer, 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:

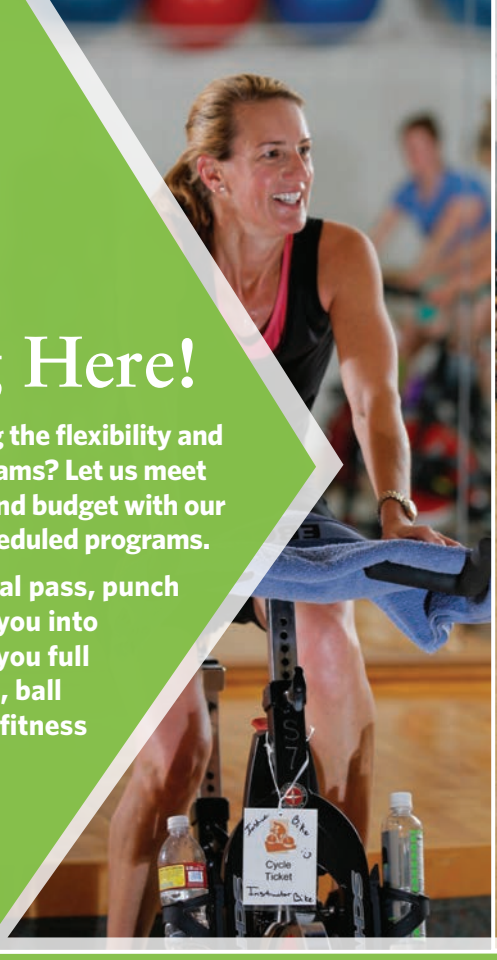
BoulderParks-Rec.org

You Belong Here!

Want to get fit while enjoying the flexibility and variety of daily drop-in programs? Let us meet your fitness level, 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!

Choose from over 100 different class times (schedules are available online to provide you with the latest information).



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

BOULDER'S BEST FITNESS VALUE!

Drop-In Fitness Classes

Barre
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!
Barbell Circuit
SilverSneakers CardioFit

Enjoy Drop-in Basketball, Volleyball, Pickleball & Badminton

Visit **BPRfitness.org** for class descriptions and current drop-in schedules.

Aquatic Fitness Classes

Aqua Zumba®
Water Fitness Aqua Motion
Hydro Dynamics
Aqua Core
Hy-Dro Drive Aquatic Sampler
Twinges N' Hinges
Aqua Fit

Mind/Body Classes

Nia, Zumba® & Ayre
Pilates Mat
Pilates/Yoga Combo
Restorative Yoga & Pranayama
Yin Yoga
Yoga
Yoga & Meditation
Chi Kung
Kundalini Yoga
Parent/Tot Yoga
Elementary School Aged Yoga

Recreation Centers

Cardio & Weight Rooms (pg. 32-34)
Attain the strength, flexibility and cardio fitness you desire. Each center features the latest equipment for designing your ultimate workout.

Swimming (pg. 42-47)
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 leisure pools. Plus, in the summer, enjoy two outdoor pools and the Boulder Reservoir!

Passes (pg. 9)
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.

Boulder SummerFest

Educational Activities for all ages!

Saturday, July 30 • 11 a.m. - 2 p.m.

Civic Area - Main Boulder Public Library Lawn

Magic by Erica Sodos

Music & Movement with D.J. Drake

1777 Broadway
(west of Municipal Bldg.)

Connecting nature with health through learning, exploring and play!

Ice Cream

For more information visit
Boulderlibrary.org/summerfest
or call 303-413-7222

Presented by the Boulder Public Library and Boulder Parks & Recreation

Boulder Library Foundation · City of Boulder · Camera — Your Paper. Your News.

Civic Area Tours & Nature Play

June - August

Civic Area Walking Tours

June – August • Tuesdays at 10 a.m.

Past, Present, and Future Journey through Boulder's Civic Area, with a Park Ambassador as your guide. Learn stories from the past, beginning with the history of the plain's Indians and the first settlers that arrived in Boulder, to what the Civic Area is today and what is in store for the future.

Your walking tour begins at the Boulder Bandshell. Walks last for approximately 45- 60 minutes.

Calling all Explorers!

June – August • Mondays & Wednesdays from 9 a.m. – 11 a.m.

Nature play promotes daily contact with our natural environment and outdoor space. The aim of nature play is to create a greater appreciation for, and awareness of, the natural environment.

Come celebrate Summer and bring out the adventurer that is hibernating inside every child. You supply the supervision, we supply the fun!

Meet in the labyrinth area, just west of Boulder Main Library, on the south side of the creek. Pre-registration not required.

For more information call 720-376-1049 or visit bouldercolorado.gov/parks-rec/nature-play

Summer Sounds Family Concert Series

Celebrate the Sounds of Summer at the Boulder Bandshell
Three Nights, Three-Nationally Renowned Performers

Enjoy a family night out in the park! • Dessert vendors will be on site at 7 p.m.

June 18 • 8:30-9:30 p.m.

SECRET AGENT 23 SKIDOO

Family Hip Hop with a Solid Gold Soul

This performance will feature "Kid Hop", local hip-hop dancers and Light Show. This is truly the only music that will satisfy both a three year old and a 13 year old, and still get the thumbs up from a 30 year old rap aficionado.

July 23 • 8:30-9:30 p.m.

GUSTAFER YELLOWGOLD

Gustafer's Show is a multi-media performance of live music, colored-pencil animations and storytelling.

Gustafer Yellowgold has become an international phenomenon, acclaimed by *The New York Times*, which described Gustafer as "A cross between 'Yellow Submarine' and Dr. Seuss."

August 27 • 8:30-9:30 p.m.

JAZZY ASH & THE LEAPING LIZARDS

Jazzy Ash's songs celebrate the magic of movement with upbeat, catchy music styles of New Orleans Jazz and Zydeco.

NPR's *All Things Considered* calls Jazzy Ash "one of the most talked about children's music artist this year".

Presented by the Boulder Public Library and Boulder Parks & Recreation Department. Sponsored in part by the Boulder Library Foundation.

Boulder Community Day
Saturday, May 21

Volunteer, Learn & Explore!

Volunteer
9 a.m. – 11 a.m.

Join fellow community members for the 14th annual Community Clean-Up Day and help keep Boulder Clean and Green. This one-day, annual volunteer event rallies hundreds of volunteers across the city. Participants help with park beautification, tree plantings, creek cleanups, trail restorations, graffiti removal and more. Community Clean-Up Day includes over a dozen cleanup sites in the City of Boulder.

Sign up to volunteer online at BoulderCommunityDay.org or call 303-413-7245

Learn and Explore
11 a.m. – 2 p.m.

Children of all ages will have a great time celebrating National Kids to Parks Day. National Kids to Parks Day was organized and launched by the National Park Trust and encourages kids and their families to get outdoors and visit America's parks. Join Parks and Recreation as we encourage children young and old to explore the Civic Area and discover science, history, nature and adventure together.

Enjoy free activities provided by:
Children's Museum of Denver • Play-Well TEKnologies
Mountain Flower Goat Dairy • The Wild Animal Sanctuary
Feet on the Earth • Front Range Anglers

Activities will take place on the lawn in front of the Main Boulder Public Library, 1001 Arapahoe Ave.

For more information on Kids to Parks Day visit BoulderCommunityDay.org or call 303-413-7222

City of Boulder Parks & Recreation

Camera
YOUR PAPER. YOUR NEWS.

PRESENTED BY

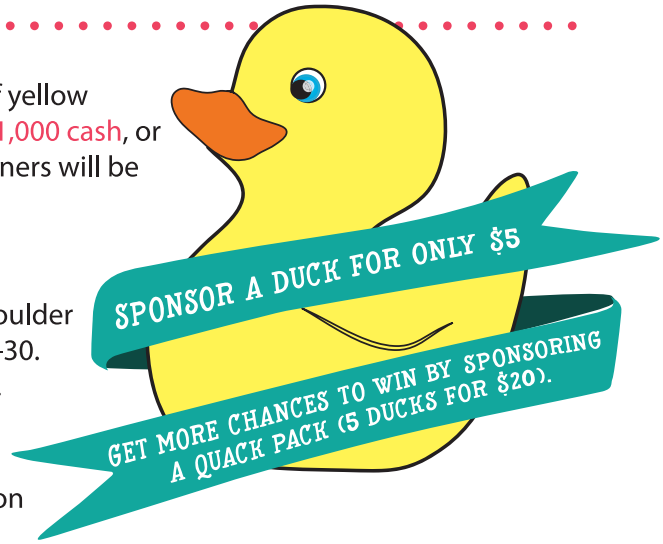
CITY OF BOULDER

29TH ANNUAL

BOULDER CREEK FESTIVAL®

EXPAND DUCK RACE

MONDAY, MAY 30 | 4 PM



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, or one of our many other fabulous prizes. All lucky duck winners will be notified within 5 business days.

Ducks may be sponsored online at http://expand-duck-race.myshopify.com/, at any City of Boulder Recreation Center or at the Boulder Creek Festival May 28-30. Your Sponsorship goes to support EXPAND programming.

EXPAND (EXciting Programs Adventures and New Dimensions) a program of the Boulder Parks and Recreation Department was established in 1980. It is a nationally recognized program, serving hundreds of children, youth and adults with disabilities in community recreation. Funds raised support EXPAND's scholarship program and support programs for youth and teens with disabilities.

BOULDER CREEK EVENTS IS PROUD TO PRODUCE THE 29TH ANNUAL BOULDER CREEK FESTIVAL®

Summer Online Registration begins 8:30 a.m.
Tuesday, May 3 ▪ BoulderParks-Rec.org

Splash Pass

Unlimited entry during the summer season to two outdoor pools & the Boulder Reservoir

Pass Fees

Adult	$139(R) / $174(N)
Youth	$88(R) / $110(N)
Senior	$99(R) / $109(N)
Family	$289(R) / $326(N)

Daily Entry Fees

Adult	$7
Youth	$4
Senior	$5

Valid at the following locations:	Opening Dates:
▪ **Scott Carpenter Pool** 1505 30th St., 303-441-3427	May 30
▪ **Spruce Pool** 2102 Spruce, 303-441-3426	May 28
▪ **Boulder Reservoir** 5565 N. 51st St., 303-441-3461	May 30

Family Night Fun

Family Nights at Scott Carpenter Pool ▪ Meet your neighbor!

Fridays, 6:30-8 p.m.

- June 24 Inner Tube Water Polo
- July 29 Large Inflatable
- Aug. 26 Family Olympics

Visit BoulderAquatics.com for details.