



Boulder Parks & Recreation

summer | 2015



Register Today

Dance ■ Gymnastics ■ Fitness
Sports ■ Swimming ■ Tennis
Camps ■ Mind/Body & More!
- Begins May 5

10 Fun Things
to do this summer pg. 4

Featured Park
@ Boulder Reservoir pg. 6-7

SUMMER 2015 EVENTS

Welcome to our summer schedule of events and project updates. Here's what is happening at Boulder Parks & Rec this summer!

Boulder Community Day

Clean-up Day: Help beautify Boulder, choose from ten parks and greenways to help plant flowers, pull weeds and more. Organize a group of friends or join solo, 8:30 a.m. to noon (free ice cream after!).

Kids to Parks Day: Bring the family to play, learn, swim and enjoy live music. Event includes free pool access, story time, guided nature play, fun activities, music with Jeff & Paige, ultimate Frisbee® and more! For complete event schedule, see www.BoulderPark-Rec.org



When:
Saturday, May 16
8:30 a.m. to 4 p.m.

Where:
Scott Carpenter Park,
1505 30th St., Boulder

Boulder Creek Festival: Memorial Day Weekend, Friday, May 22 – Monday, May 25

Join the fun and explore the city's famous Boulder Creek Festival®. This year's festival includes 500 vendors, the EXPAND duck race® (Mon., May 25) and a variety of local, live performances, interactive activities, entertainment and food. The 28th annual festival will be more "Boulder" than ever, offering VIP parking for bicyclists, better waste handling and promotion of local businesses and bands we love. Sponsor some



ducks for a chance to win great prizes and support EXPAND's recreation programs for people with disabilities! More info online: EXPANDduckrace.org

Summer Festival – June 6

Join us for an afternoon of fun, hands-on nature-inspired and educational activities for all ages! Event also features a magic show and musical performances by several guests including Boulder's own, Jeff & Paige. Co-sponsored by the Boulder Public Library. www.boulderparks-rec.org

When: Saturday, June 6
1 to 4 p.m.

Where: Boulder Main Library Lawn
1000 Canyon Blvd, Boulder



Nature Play Community Workshop – June 10

Join renowned nature play scholars, Drs. Robin Moore and Louise Chawla for a lively presentation and discussion on the importance of nature and outdoor play in our increasingly urbanized world.

When: Wednesday, June 10
5 to 8:30 p.m.

Where: Boulder Museum of Contemporary Art (BMoCA)
1750 13th St, Boulder



Star-Spangled Splash – July 4

Live music, cold beer, great food, ice cream, 5K run, fun beach and water activities for the whole family. Play all day at the Rez!

See BoulderRez.org for the latest pricing and activity schedule.

When:
Saturday, July 4
8 a.m. to 4 p.m.

Where:
Boulder Reservoir,
5565 N. 51st St.,
Boulder



Department News & Initiatives

Aquatics Feasibility Plan & Athletic Field Study

We're wrapping up two comprehensive community needs assessments for both Boulder's athletic fields and aquatics facilities. The study's are evaluating current and projected facility and athletic field needs and potential resources and partnerships. They will also guide the department's future capital investment strategy for these desirable community amenities.



Valmont City Park Concept Plan

The Parks and Recreation Advisory Board (PRAB) accepted a revised concept plan for Valmont City Park in February. Based on extensive community input and data gathering, this plan will guide future park development (as capital funding allows).



Civic Area Park Site Plan

With help from the community, city staff are currently refining the plans to transform Boulder's Civic Area. Construction is projected to begin in 2016 and will be funded by an estimated \$8.7 million in Community, Culture and Safety tax funding approved by voters in 2014. Another \$5 million is allocated to improve the Boulder Creek Path, reduce seasonal flooding of the Arapahoe underpass and improve area street lighting. To learn more about this project, please visit: www.BoulderCivicArea.com



Evert Pierson Kids' Fishing Pond

This spring, the department began restoration and enhancement of the flood-damaged Evert Pierson Kids' Fishing Pond. The project includes repair or replacement of damaged docks and bridges, improving water quality and fish habitat, enhancing accessibility, and adding educational and interpretive signs.

A generous \$5,000 gift from the nonprofit, Boulder Flycasters, was received in April to help support this flood-restoration project.



FUN, FREE (OR ALMOST FREE) FAMILY ACTIVITIES



1. **Set yourself free of the land!** Rent stand up paddle boards or a sailboat at the Boulder Reservoir and see the world from a whole new perspective.
2. **Expand your horizons** and take a journey through summer reading. Check out a book from the Boulder Public Library and read by the Boulder Creek or in your favorite park.
3. **Enjoy some friendly competition** - hold an outdoor ping pong match at North Boulder Park.
4. **Become an angler** for a day and have fun with catch and release fishing at the East Boulder Community Center pond.
5. **Cool off and people watch** at the Splash Pad on Pearl Street Mall.
6. **Take in a breathtaking sunset** at the top of Lover's Hill Park – but first, you'll have to find it (hint: Mesa Dr.).
7. **Enjoy the fresh air,** wildlife viewing and nature-inspired art walk along the 1.2 mile Coot Lake trail.
8. **Play a round of disc golf** at Harlow Platt's Community Park (9 holes) or at Valmont City Park (18 holes).
9. **Bring your favorite art supplies and get inspired** by the native plants and serenity you'll find at the Andrews Arboretum.
10. **Go play in nature:** locate your nearest park or trailhead and let nature be your muse, your playground, your guide.

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GREAT WAYS TO ENJOY
SUMMER IN BOULDER —

North Boulder Recreation Center
3170 Broadway • 303-413-7260

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

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

*Pool closes 30 minutes before center.

- 1** Valmont Bike/Dog Park/Disc Golf, Valmont & Airport Rd.
- 2** Reservoir, 5565 N. 51st. St. • 303-441-3461
- 3** Spruce Pool, 2102 Spruce • 303-441-3426
- 4** Scott Carpenter Pool, 1505 30th St. • 303-441-3427
- 5** Flatirons Golf Course, 5706 Arapahoe • 303-442-7851
- 6** Iris Center, 3198 Broadway • 303-413-7200
- 7** Salberg Center & Park, 19th & Elder

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.

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.



Visit us online for a complete interactive map of our parks
www.BoulderColorado.gov/maps

BOULDER RESERVOIR



Did You Know?

The Boulder reservoir is Boulder's 700-acre outdoor recreation mecca and a water storage facility for the City of Boulder. Construction began in 1954 and was completed in February 1955. The reservoir was filled with water from the Colorado-Big Thompson Project (via what is now the Boulder Feeder Canal). A few months later, 75 tons of sand were delivered to create a beach along the reservoir's southeast shore.

Originally built for water storage, the reservoir quickly became the region's most popular destination for boating, swimming and fishing. During the first 4th of July celebration held at the reservoir in 1955, more than 1,400 cars paid the 25 cent admission to picnic, swim and enjoy the festivities.

Eventually, the beach was moved, to protect wildlife habitat and more facilities were built for recreation. Today, the reservoir includes picnic sites, boat moorings and rentals, a snack bar, a seasonally-guarded beach, restrooms, showers, sand volleyball courts, horseshoe pits, and a boat ramp. It hosts dozens of swimming, running, cycling and multisport events each year.

The reservoir and its surrounding environment provide habitat for a variety of fish and wildlife including bass, catfish, walleye, osprey, raptors, herons, owls, rabbits, snakes and prairie dogs.



Top 5 Things To Do:

1. **BRING A PICNIC AND WATER TOYS AND ENJOY A SUNNY DAY AT THE BEACH.**
2. **SWIM, SUNBATHE, BUILD SAND SCULPTURES AND FAIRY COTTAGES.**
3. **RENT A PADDLEBOARD, PADDLEBOAT (YOU PEDAL IT!), CANOE, KAYAK OR SAILBOAT AND TAKE TO THE WATER.**
4. **PLAY VOLLEYBALL, HORSESHOES, FRISBEE®, FLY A KITE, PLAY SOCCER.**
5. **GO FOR A RUN OR WALK. SEE IF YOU CAN MAKE IT ALL THE WAY AROUND (ABOUT 5 MILES).**





Summer at Valmont

MOVIES • DOG EXPO • DISC GOLF



Movie Nights

- June 12 • Unbroken
- July 10 • Ferris Bueller's Day Off
- Aug 14 • E.T. the Extra-Terrestrial

Spend a cool summer evening riding at Valmont Bike Park and then stay for a movie at dusk!

Sponsored by Gebhardt BMW
Presented by Boulder Outdoor Cinema



Dog Park Expo

June 13 • 10 a.m.-12 p.m.

Explore local vendors and fun activities, including a caricature artist who will sketch you and your dog for free!

Sponsored by PC's Pantry

Valmont Disc Golf Open

June 14 • 9 a.m.

Enjoy two rounds, lunch and a complimentary disc.

\$25 registration fee / \$35 day of tournament
Register online at ValmontBikePark.org

More details online at www.ValmontBikePark.org

Presented by Library & Arts and Parks & Recreation Departments

SUMMER FESTIVAL

Fun activities for the whole family!
Saturday, June 6 • 1-4 p.m. **FREE!**

Magic • Stilt Walking • Music
Face Painting • Nature Play & More!

Activities will take place on the lawn at the Main Boulder Public Library, with performances at the Canyon Theater, 1001 Arapahoe Ave.

For more details visit us online at
www.BoulderParks-Rec.org



4th of July
Music & Fun

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



Live Entertainment

Beer Garden

(no private alcohol allowed at the Reservoir on July 4)

5K ☆ 1 Mile Run/Walk

Sand Volleyball Tournament

Family Activities



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



On The Cover:

Kids love Valmont Bike Park!

Explore the park's many riding options that range from mild to wild terrain. Or explore our Avid4

Adventure summer camps and park-based programs.

Avid4 Adventure provides exceptional, private and small group riding and skill-building programs facilitated by expert, kid friendly staff. Valmont's summer programs help empower youth by learning techniques that are necessary for kids to ride safely and enjoy the city's trail and park system.



Check out Avid4 Adventure's summer camps on page 12 and summer programs on page 52 for more details. Valmont Bike Park is available for individual use as well. Bike park entry is always free and the park is open daily dawn to dusk (located at Valmont & Airport Rds. in Boulder).

Summer Fun at Valmont

Movie Nights!

Join us for one or more of our free outdoor movie nights at Valmont featuring *Unbroken*, June 12, *Ferris Bueller's Day Off*, July 10, and *E.T. the Extra-Terrestrial*, August 14.

Ride and Win

Kids ages 5-16 who ride their bikes (on roads or trails, anywhere, not just at Valmont) for 1,000 minutes between June 1-August 14 will get free gifts and are eligible to win great prizes. Pick up a Riding Log today at any Boulder recreation center or Valmont Bike Park. Submit your completed log by August 14th to participate.

Family Nights at Scott Carpenter Pool

Friday Night Fun - 6:30-8:30 p.m.

Join us on the last Friday of each month during our outdoor pool season for fun family events.

June 26 • Inner tube water polo

July 31 • Large inflatable

August 7 • Family sports night

September 11 • End of season hula party

\$10 per family of 4, \$2 each additional family member
Please sign up at any of our three recreation facilities.

www.BoulderAquatics.org

Recreation Center Holiday & Maintenance Closures

- 5/25 North Boulder Rec. Center open 1:30-6:30pm; Scott Carpenter Pool open 1-5pm; East Boulder Community Center & South Boulder Rec. Center closed
- 7/4 East Boulder Community Center open 8am-1:30pm; Scott Carpenter Pool open 1-5pm; North Boulder Rec. Center & South Boulder Rec. Center closed
- 8/15-8/23 North Boulder Rec. Center closed - annual maintenance
- 8/29-9/7 East Boulder Community Center closed - annual maintenance

Healthy Spaces

For the health of the community, all City of Boulder parks, facilities and public spaces are now smoke-free.



On Feb. 11 City Council approved a ban on smoking in most city-owned public spaces.

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 boulderparks-rec.org and subscribe to the list that interests you most and start enjoying up-to-date Parks and Recreation news.

Follow us on Twitter & Like us on Facebook!

Get the latest news, special offers and information.

Follow us at: twitter.com/boulderparksrec

Like us at: facebook.com/boulderparksrec



Access for All

The City of Boulder Parks and Recreation Department is committed to supporting people with disabilities in recreation. We welcome children, youth and adults with disabilities interested in participating in general recreation programs alongside their peers without disabilities. "Inclusion" is a great way to make new friends and explore new programs. Support will be provided as needed. Please contact Sherri Brown at 303-441-4933, brownsh@bouldercolorado.gov for more information.

Financial Assistance for Recreation Facility & Programs

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

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



ENTRY FEES

ANNUAL PASS

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

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

MONTHLY BILLING -

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

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

FAMILY ANNUAL PASS

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

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

DAILY DROP-IN

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

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

40 PUNCH PASS

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

20 PUNCH PASS

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

10 PUNCH PASS

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

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

TWILIGHT PASS

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

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

ONE MONTH PASS

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

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

Laugh
Learn
Play
Share

Kids' Corner★

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

Ages 6 mos. to 9 years

Fees

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

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

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

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

HOURS

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



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

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

SUMMER CAMPS



Choose from hundreds of camp offerings and give your child the playtime they need while encouraging creativity and social engagement.

Art Camp Drawing, Painting, Printmaking

(Ages 6-8) Join Dakko and Jana on the path to creativity and imagination where Art is self expression. Design and create with a variety of art materials. Practice skills and develop your style. Break time at Beach Park.

*	6/29-7/2	M-Th, 9am-12pm	Pottery Lab	4	\$125
*	7/13-7/17	M-Th, 9am-12pm	Pottery Lab	5	\$135
*	8/3-8/7	M-Th, 9am-12pm	Pottery Lab	5	\$135

Art Camp

(Ages 9-12) Join Dakko and Jana on the path to creativity and imagination where Art is self expression. Design and create with a variety of art materials. Practice skills and develop your style. Break time at Beach Park.

*	6/29-7/2	M-Th, 1-4pm	Pottery Lab	4	\$125
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Clay Camp

In this fun-filled week, students will work in clay, using slab, pinch and coil construction. Pieces will be decorated with slips, glazed and fired.

Ages 6-8

*	6/8-6/12	M-F, 9am-12pm	Pottery Lab	5	\$140
*	6/15-6/19	M-F, 9am-12pm	Pottery Lab	5	\$140
*	6/22-6/26	M-F, 9am-12pm	Pottery Lab	5	\$140
*	7/6-7/10	M-F, 9am-12pm	Pottery Lab	5	\$140
*	7/20-7/24	M-F, 9am-12pm	Pottery Lab	5	\$140
*	7/27-7/31	M-F, 9am-12pm	Pottery Lab	5	\$140

Working in clay students will have an opportunity to improve their techniques in clay, find their creativity, decorate with a variety of slips and have their pieces glazed and fired.

Ages 9-12

*	6/15-6/19	M-F, 1-4pm	Pottery Lab	5	\$140
*	6/22-6/26	M-F, 1-4pm	Pottery Lab	5	\$140
*	7/6-7/10	M-F, 1-4pm	Pottery Lab	5	\$140
*	7/13-7/17	M-F, 1-4pm	Pottery Lab	5	\$140
*	8/3-8/7	M-F, 1-4pm	Pottery Lab	5	\$140

Jewelry Camp

(Ages 8-12) From bead making to precious metal clay campers will discover the joy of designing and making their own jewelry.

*	7/20-7/24	M-F, 1-4pm	Pottery Lab	5	\$150
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Pottery on the Wheel Camp

Hand-building and an introduction to wheel throwing skills will lead to confidence and problem solving skills in a creative and fun atmosphere.

Ages 8-12

*	8/10-8/14	M-F, 9am-12pm	Pottery Lab	5	\$150
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Teens move into a world of new experiences through hand-building and wheel throwing, learning problem solving skills and building confidence in a creative and fun atmosphere.

Ages 12-16

*	8/10-8/14	M-F, 1-4pm	Pottery Lab	5	\$150
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*To register visit us online at www.boulderpotterylab.org



At Clay Camp children will learn the art and craft of clay while having fun and exploring their creativity!

SUMMER 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 5:30 p.m.
- Daily lunch from Sprouts is also available.
- Special Park Bikes and protective gear (required) can be rented for an additional fee.

Information: Avid4 Adventure, vbp@avid4.com or call 720-249-2412.

	5/25-8/14	M-F, 9am-3pm	\$395 per week
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 **To register visit us online at www.avid4.com.
Camps run weekly all summer.**

BLAST OFF! Science Camp

(Ages 6-11) Rockets with an EXPLOSION of science! 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, and swimming! Campers will be split up by age/ability, but special requests are welcomed.

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

224581	6/1-6/5	M-F, 9am-4pm	North	5	\$208/\$260
224586	7/6-7/10	M-F, 9am-4pm	North	5	\$208/\$260
224590	8/3-8/7	M-F, 9am-4pm	North	5	\$208/\$260
224445	6/15-6/19	M-F, 9am-4pm	South	5	\$208/\$260
224447	7/13-7/17	M-F, 9am-4pm	South	5	\$208/\$260

To register visit us online at www.BoulderParks-Rec.org

Bear Peak Adventure Camp

(Ages 6-11) Get reconnected with nature, let your imagination run, and experience all that South Boulder has to offer. Children will participate in many 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. Register early, as this camp will fill fast!

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

224441	6/8-6/12	M-F, 9am-4pm	South	5	\$208/\$260
224443	6/22-6/26	M-F, 9am-4pm	South	5	\$208/\$260
224448	7/20-7/24	M-F, 9am-4pm	South	5	\$208/\$260
224454	7/27-7/31	M-F, 9am-4pm	South	5	\$208/\$260

To register visit us online at www.BoulderParks-Rec.org

Rock Climbing & Slack Line Camp

(Ages 6-13) Join The Boulder Rock Club for a fun indoor rock climbing and slackline experience. The Boulder Rock Club's expert instructors will teach essential safety skills, climbing and slackline technique in a fun, supportive, and motivating environment. Camps are designed to challenge both beginner and experienced climbers. 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 Community Center, and Wednesday-Friday at The Boulder Rock Club.

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

*	6/8-6/12	M-F 9am-3pm	East/BRC	5	\$375
*	6/22-6/26	M-F 9am-3pm	East/BRC	5	\$375
*	7/6-7/10	M-F 9am-3pm	East/BRC	5	\$375
*	7/20-7/24	M-F 9am-3pm	East/BRC	5	\$375
*	8/3-8/7	M-F 9am-3pm	East/BRC	5	\$375

*To register call the Boulder Rock Club at 303-447-2804.

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! In the Children's Peace Garden 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 walk goats on leashes and feed goats, make cheeses and lotions with goat milk, bottle feed goat babies, and explore livestock management and nutrient cycling. Each afternoon we'll wrap up the day with a cooling dip in the swimming pool.

Information: Megann at 303-413-7465 or lohmanm@bouldercolorado.gov

224577	6/15-6/19	M-F, 9am-4pm	North	5	\$275/\$344
224578	6/22-6/26	M-F, 9am-4pm	North	5	\$275/\$344
224579	7/6-7/10	M-F, 9am-4pm	North	5	\$275/\$344
224580	7/20-7/24	M-F, 9am-4pm	North	5	\$275/\$344

To register visit us online at www.BoulderParks-Rec.org



Our popular Goats & Gardens Camp allows kids to learn about gardening and livestock management.

SUMMER CAMPS



Each week of drama camp is different and uses the technique of play making, which encourages children to use their creativity and imagination.

Drama Camps

(Ages 5-12) Boulder's Dinner Theatre 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 instruction, writing and reviewing of the script, creation of sets and costumes, rehearsal, and outdoor playtime. There is a lovely playground/park at the drama camp site that we use for lunch and breaks. The week culminates in a free Friday afternoon performance!

Information: Erynn at 303-441-4137 or simonee@bouldercolorado.gov

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

Fairy Tale Fun

Campers will share their favorite Fairy Tales and write and perform their very own plays based on their imagination.

* 6/8-6/12 M-F, 8:30am-4:30pm Salberg 5 \$210

Pretty Princess

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.

* 6/15-6/19 M-F, 8:30am-4:30pm Salberg 5 \$210

Riddles, Rhymes, and Reading

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.

* 6/22-6/26 M-F, 8:30am-4:30pm Salberg 5 \$210

Dr. Seuss

Reading and sharing all their favorite Dr. Seuss characters, campers will write and perform their own plays while designing their own costumes and sets.

* 6/29-7/3 M-F, 8:30am-4:30pm Salberg 5 \$210

Fairy Tales and Fantasy

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.

* 7/6-7/10 M-F, 8:30am-4:30pm Salberg 5 \$210

Fancy Nancy

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.

* 7/13-7/17 M-F, 8:30am-4:30pm Salberg 5 \$210

Christmas in July

Campers will use their imagination to write a play based on a wonderful Christmas in July.

* 7/20-7/24 M-F, 8:30am-4:30pm Salberg 5 \$210

Rhymes, Reading, and Folk Tales

Campers will use their imagination to write a play based on Folk tales and all the wonder of Rhymes and Reading.

* 7/27-7/31 M-F, 8:30am-4:30pm Salberg 5 \$210

Fairy Tales, Forests & Fanciful Fun

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.

* 8/3-8/7 M-F, 8:30am-4:30pm Salberg 5 \$210

Princesses, Plays and Posies

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.

* 8/10-8/14 M-F, 8:30am-4:30pm Salberg 5 \$210

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

SUMMER FESTIVAL



Fun activities for the whole family!

Saturday, June 6 • 1-4 p.m.

MAGIC • STILT WALKING • MUSIC
FACE PAINTING • NATURE PLAY & MORE!

See pg. 8 for details
or visit us online at www.BoulderParks-Rec.org

SUMMER CAMPS



Sample a variety of dance techniques in our popular dance camps!

How do I know my child is ready for camp?

Is your four or five year old ready for day camp? These camps are filled with activities for the active child! However, it may be too much for some kids, still. Gauge your child's readiness with these factors:

- Does your child go all day without a nap?
- Can your child dress and undress him/herself?
- Can your child apply sunscreen?
- Is your child accustomed to an active environment involving other children?

My 1st Camp

(Ages 4-6) Looking for a summer camp tailored to your little one's learning and developmental needs? Camps are planned around a physical development curriculum that works on developing children's social and motor skills. My 1st Camp participants will be exposed to sports, tumbling, some movin' & groovin' to music, arts and craft projects, and swimming.

Information: Megann at 303-413-7465 or lohmann@bouldercolorado.gov

224574	6/8-6/12	M-F, 9:45am-1pm	North	5	\$160/\$200
224576	7/27-7/31	M-F, 9:45am-1pm	North	5	\$160/\$200

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.

Information: Kinesis Dance at 720-515-6268.

225841	6/15-6/18	M-Th, 9am-12pm	East	4	\$125/\$156
225842	7/13-7/16	M-Th, 9am-12pm	North	4	\$125/\$156

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.

225843	7/6-7/10	M-F, 9am-1pm	Kinesis Dance	5	\$175/\$220
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Dance Camp

(Ages 6-12) 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.

Information: Kinesis Dance at 720-515-6268.

226946	6/22-6/26	M-F, 9am-12pm	North	5	\$150/\$188
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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. Information: 303-413-7265

224561	7/6-7/10	M-F, 9am-12pm	North	5	\$184/\$230
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Kids will have a blast in our gymnastics camp as they spend the day bouncing, tumbling playing games and more!

SUMMER CAMPS

Kidz Kamp

(Ages 5-11) Looking for a camp that offers a variety of outdoor play, physical, social and creative activities? Each camp week is packed with diverse, engaging activities designed for fun, skill and character development. Choose from 12 week-long camps dedicated to the fun, joy and excitement of summer. Each camp will include a variety of sports, games, arts and crafts, swimming, canoeing, field trips to the Boulder Reservoir or Scott Carpenter Pool, scavenger hunts and more! Enrollment is limited to ensure the best experience for all participants.

Each camp runs from 8:30 a.m. to 5:30 p.m. M-F at the East Boulder Community Center. Select your camps, bring your swimsuit, sunscreen and lunch - and have some fun. Campers will be divided by age and ability most of the day.

Information: Erynn at 303-441-4137 or simonee@bouldercolorado.gov

Oh, The Places You'll Go

Kick off your first week of summer at day camp with new friends, team building challenges, and creative projects to remind you of the amazing summer you are about to have.

224426 6/1-6/5 M-F, 8:30am-5:30pm East 5 \$220/\$275

Campout!

Fishing, canoeing, marshmallow art, and tie dye, It's a campout out, day camp style!

224427 6/8-6/12 M-F, 8:30am-5:30pm East 5 \$220/\$275

Under the Big Top

This week will be filled with crazy carnival games, mini clown school, magic, and laughs. Practice juggling, learn a new card trick, and get your face painted.

224557 6/15-6/19 M-F, 8:30am-5:30pm East 5 \$220/\$275

It's a Jungle Out There

Our imaginations will take us deep into the jungle, we will practice climbing on our indoor rock wall, hunt for insects, make a tropical treat, and cool off in our lazy river each afternoon.

224429 6/22-6/26 M-F, 8:30am-5:30pm East 5 \$220/\$275

Shipwrecked

Scavenge for pirate treasure, capture a mermaid, and investigate the mysteries of the deep sea through games, challenges and camp crafts.

224430 6/29-7/3 M-F, 8:30am-5:30pm East 5 \$220/\$275

Down and Dirty

Join us for a week of messy muddy mayhem, we will play in the mud, craft with clay, and enjoy everything that is 'dirty'.

224431 7/6-7/10 M-F, 8:30am-5:30pm East 5 \$220/\$275

Mission Impossible

Blast off for a week of team missions, space science, and out of this world experiments and projects.

224432 7/13-7/17 M-F, 8:30am-5:30pm East 5 \$220/\$275

Wild Colorado

Mountains, rivers, and bears, Oh My! Let's have fun playing and exploring in all that Colorado has to offer.

224433 7/20-7/24 M-F, 8:30am-5:30pm East 5 \$220/\$275

Fantasy, Fables, and Folklore

Play giants, wizards, and elves, build an elf home, help paint a fantasy mural, this week we plan to get lost in the magic.

224434 7/27-7/31 M-F, 8:30am-5:30pm East 5 \$220/\$275

Get a Move On

Lets run, play, and stay active all day! This week will be jam packed with sports, crazy group games, and healthy snacking projects.

224435 8/3-8/7 M-F, 8:30am-5:30pm East 5 \$220/\$275

Where the Wild Things Are

Get your creative juices flowing, and join us as we jump into your favorite fictional stories. This week we will create our own comics, act out our own stories, and make up our own games to play, just remember your imagination.

224436 8/10-8/14 M-F, 8:30am-5:30pm East 5 \$220/\$275

Mystery Madness

Anything goes and you never know what your going to get, follow clues, solve a mystery, search, explore and discover all the fun to be had on our last days of summer vacation.

224438 8/17-8/19 M/Tu/W, 8:30am-5:30pm East 3 \$131/\$165

Kidz Kamp at NBRC

(Ages 6-11) Looking for a camp that offers a variety of outdoor play, physical, social and creative activities? Know someone who'd like a week (or more) of sports, games, swimming, and hands-on camp crafts? This camp is packed with diverse, engaging activities designed for fun, skill and character development. Campers will be divided by age and ability most of the day. Field trip to Mountain Dairy Goat Farm.

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

224585 6/29-7/3 M-F, 9am-4pm North 5 \$199/\$249

Kidz Kamp with a Flip at NBRC

(Ages 6-11) Kidz Kamp is now at NBRC and this time with a flip! In the morning campers will experience a variety of outdoor play, physical, social and creative activities. In the afternoon campers will get to experience our 'state of the art' gymnastics facility led by fantastic instructors! Also, there will be swim time in the afternoons at our kid-friendly NBRC pool. This camp really has it all! Campers will be split up by age/ability, but special requests are welcomed.

Information: 303-413-7265 or Megann at 303-413-7465 or lohmanm@bouldercolorado.gov

224588 7/20-7/24 M-F, 9am-4pm North 5 \$208/\$260

SUMMER CAMPS

Skyhawks Sports

Skyhawks provides fun, safe and positive programs that emphasize critical lessons in sports and life, such as teamwork, respect and sportsmanship. Our programs are designed to give young athletes a positive pathway into sports while fostering a lifelong love for an active, healthy lifestyle. Skyhawks staff are patient, knowledgeable and from your local community. We use a progression curriculum refined over 35 years along with a variety of skill-building games and activities to give each athlete a complete understanding and overview of the sport. Proud to be Colorado owned and operated. All participants receive a t-shirt, merit award and sport-specific ball (unless otherwise noted).

Information: Dean at 303-441-4427 or rummeld@bouldercolorado.gov

*Register online at www.skyhawks.com or call 800.804.3509

Mini-Hawks (Soccer, Baseball & Basketball)

(Ages 4-6) This program was developed to give youth 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.

*	6/8-6/12	M-F, 9am-12pm	East	5	\$145
*	6/22-6/26	M-F, 9am-12pm	Foothills Park	5	\$145
*	7/6-7/10	M-F, 9am-12pm	South	5	\$145
*	7/20-7/24	M-F, 9am-12pm	East	5	\$145
*	8/3-8/7	M-F, 9am-12pm	East	5	\$145

Soccer Camp

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

*	6/8-6/12	M-F, 9am-12pm	East	5	\$145
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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 progression, skill-building program is designed for the beginner to intermediate player.

*	6/22-6/26	M-F, 9am-12pm	Foothills Park	5	\$145
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Flag Football Camp

(Ages 6-12) Skyhawks Flag Football camp is the perfect introduction to "America's Game." Athletes learn skills on both sides of the football including the core components of passing, catching, and defense – all presented in a fun and positive environment. The week ends with the Skyhawks Sports Bowl!

*	7/27-7/31	M-F, 9am-12pm	East	5	\$145
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Beginning Golf Camp

(Ages 5-8) Your young athlete will learn the fundamentals of swinging, putting, and body positioning. Skyhawks has adopted the SNAG (Starting New At Golf) system to its curriculum. SNAG is specifically designed for the entry-level player; SNAG simplifies instruction so that young players can make an easy and effective transition onto the golf course. All equipment provided.

*	7/13-7/17	M-F, 9am-12pm	Foothills Park	5	\$145
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*Register online at www.skyhawks.com or call 800.804.3509

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. Information: Gonzo at 720-480-0249 or gonzo@gonzotennis.com
Cancellation information: 303-441-3410, press 1 then 5.

Morning

225759	6/2-6/4	Tu/W/Th, 9am-12pm	East	3	\$104/\$130
225760	6/9-6/11	Tu/W/Th, 9am-12pm	East	3	\$104/\$130
225761	6/16-6/18	Tu/W/Th, 9am-12pm	East	3	\$104/\$130
225762	6/23-6/25	Tu/W/Th, 9am-12pm	East	3	\$104/\$130
225763	6/30-7/2	Tu/W/Th, 9am-12pm	East	3	\$104/\$130
225764	7/7-7/9	Tu/W/Th, 9am-12pm	East	3	\$104/\$130
225765	7/14-7/16	Tu/W/Th, 9am-12pm	East	3	\$104/\$130
225766	7/21-7/23	Tu/W/Th, 9am-12pm	East	3	\$104/\$130
225767	7/28-7/30	Tu/W/Th, 9am-12pm	East	3	\$104/\$130
225768	8/4-8/6	Tu/W/Th, 9am-12pm	East	3	\$104/\$130
225771	8/11-8/13	Tu/W/Th, 9am-12pm	East	3	\$104/\$130

Afternoon

226482	6/2-6/4	Tu/W/Th, 3-6pm	East	3	\$104/\$130
226483	6/9-6/11	Tu/W/Th, 3-6pm	East	3	\$104/\$130
226484	6/16-6/18	Tu/W/Th, 3-6pm	East	3	\$104/\$130
226485	6/23-6/25	Tu/W/Th, 3-6pm	East	3	\$104/\$130

Grand Slam Tennis with a Splash Camp

(Ages 6-11) Tennis, swimming, and sports! Days will focus on tennis, but will include many other fun activities such as: swimming, soccer, dodgeball, crafts, etc. We end each camp with our Davis Cup Competition, which includes fun, team building games. Campers will be split up by age/ability, but special requests are welcomed.

Information: Megann at 303-413-7465 or lohmann@bouldercolorado.gov

224583	6/15-6/19	M-F, 9am-4pm	North	5	\$199/\$249
224584	6/22-6/26	M-F, 9am-4pm	North	5	\$199/\$249
224559	7/6-7/10	M-F, 9am-4pm	South	5	\$199/\$249
224587	7/13-7/17	M-F, 9am-4pm	North	5	\$199/\$249
224589	7/27-7/31	M-F, 9am-4pm	North	5	\$199/\$249
224451	6/1-6/5	M-F, 9am-4pm	South	5	\$199/\$249
224558	6/29-7/3	M-F, 9am-4pm	South	5	\$199/\$249
224560	8/3-8/7	M-F, 9am-4pm	South	5	\$199/\$249
224592	8/10-8/14	M-F, 9am-4pm	North	5	\$199/\$249

Grand Slam Tennis with a Flip Camp

(Ages 6-11) Looking for a camp that is different than the rest? In the morning, our campers will get to experience tennis through fun games and skill building activities. In the afternoon, campers will get to experience our 'state of the art' gymnastics facility led by fantastic instructors! Also, there will be swim time in the afternoons at our kid-friendly NBRC pool. This camp really has it all! Campers will be split up by age/ability, but special requests are welcomed.

Information: Megann at 303-413-7465 or lohmann@bouldercolorado.gov or Prudence at 303-413-7265 or prudence@bouldercolorado.gov

224582		M-F, 9am-4pm	North	5	\$208/\$260
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FULL

SUMMER CAMPS



photo credit: CBMT creative, courtesy of USA Ultimate

Our Ultimate Camps are all about fun & inclusion—we play numerous games to develop disc fundamental skills, teach the rules of the game, and always highlight teamwork and sportsmanship!

USA Ultimate Day Camps

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

Questions: Will Deaver at 719-219-8340 x114 or will@hq.usultimate.org or Erynn with Boulder Parks & Recreation at 303-441-4137 or simonee@bouldercolorado.gov

All camps are held at East Boulder Community Center Turf Fields - 5660 Sioux Dr. – Boulder

*To register please visit: www.usultimate.org/camps

USA Ultimate Elementary Camp

(Ages 7-10)

*	6/15-6/18	M-Th, 9am-1pm	East	4	\$160
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USA Ultimate Middle School Camp

(Ages 11-14)

*	6/22-6/25	M-Th, 9am-4pm	East	4	\$260
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Girls Only! Camp

(Ages 11-14) 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 so sign up now!

*	6/22-6/25	M-Th, 9am-1pm	East	4	\$160
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*To register please visit: www.usultimate.org/camps

Denver Nuggets

The Nuggets Summer Basketball Camp is for boys and girls of all skill levels. Skill development stations include ball handling, passing, shooting, defense, and rebounding. Camp contests include hot shot, free throws, X-out, lay-ups, and knock out. Along with station work, campers will also play in 3 on 3 and 5 on 5 games. Players will be divided based on age and ability.

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

For questions please contact Derek Griffin, National Basketball Academy, 720-454-3439 or dgriffin@TheBasketballAcademy.com

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

Ages 7-10

*	8/10-8/14	M-F, 8:30-11:30am	South	5	\$215
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Ages 11-14

*	8/10-8/14	M-F, 1:30-4:30pm	South	5	\$215
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*To register for the Denver Nuggets programs and clinics please visit: www.TNBAbasketball.com/Nuggets

Denver Nuggets Summer Skills Clinic

(Ages 7-16) The National Basketball Academy and the Denver Nuggets are proud to offer clinics designed to improve the skill level of any youth basketball player! Our dedicated staff will teach your child how to improve their game while experiencing all the fun and excitement of being associated with a NBA team! Players will be divided based on age and ability. Participants will receive: 1 ticket to a Denver Nuggets Game.

*	6/29-7/1	M-W, 1:30-4:30pm	South	3	\$145
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*To register for the Denver Nuggets programs and clinics please visit: www.TNBAbasketball.com/Nuggets



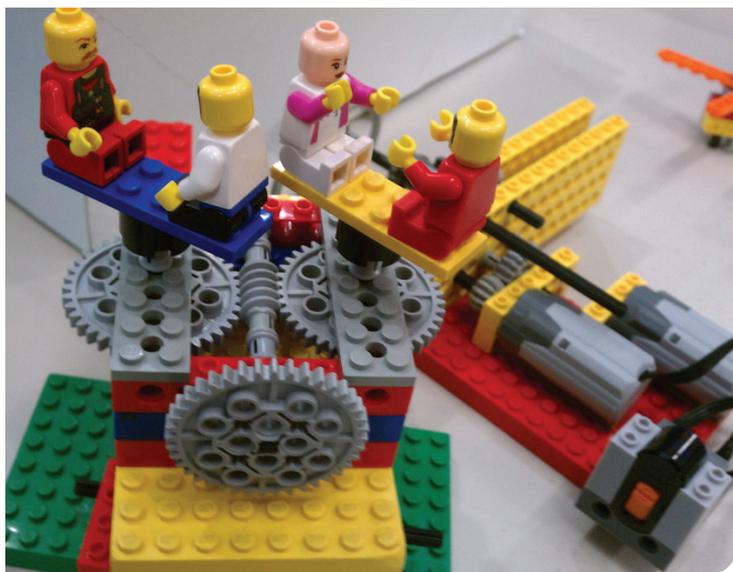
MOVIE NIGHTS AT VALMONT

Spend a cool summer evening riding at Valmont Bike Park and then stay for a movie at dusk!

(See pg. 8 or visit us online at www.Valmontbikepark.org)

Sponsored by Gebhardt BMW

SUMMER CAMPS



Kids dive into our classes and exercise their innate gift for building and they come away understanding fundamental principles of engineering.

Play-Well TEKnologies

(Ages 5-12) Play-Well TEKnologies provides project-based programs designed to teach principals and methods of engineering to Kindergarten through 6th graders utilizing LEGO products. Using over 100,000 pieces of LEGO for each camp, we strive to build students' problem solving skills, foster a greater appreciation of how things work, and encourage the qualities of inquisitiveness, self-reliance, and self-confidence.

Information: Dean at 303-441-4427 or rummeld@ouldercolorado.gov

*Register online at www.Play-well.org. Camps are held at the Iris Center, 3198 Broadway, Boulder.

Minecraft Build Adventure Game Using LEGO®

(Ages 5-6) 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!

*	6/8-6/12	M-F, 8:30-11:30am	Iris	5	\$178
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Minecraft Build Survival Game Using LEGO®

(Ages 7-12) This ultimate LEGO® Minecraft experience designed by Play-Well, using gameplay elements and characters inspired by the popular Minecraft video game. No prior experience with Minecraft or LEGO® necessary.

*	6/8-6/12	M-F, 12:30-3:30pm	Iris	5	\$178
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Construction Vehicles and Machines using LEGO®

(Ages 5-6) Dig into engineering with big trucks, construction vehicles, and super machines. Explore the engineering terms, concepts, and vocabulary behind large-scale building machines.

*	6/22-6/26	M-F, 8:30-11:30am	Iris	5	\$178
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Engineering Challenge using LEGO®

(Ages 7-12) Create a massive machine in the style of a Rube-Goldberg invention. Learn how to build a variety of motorized devices in this advanced engineering camp.

*	6/22-6/26	M-F, 12:30-3:30pm	Iris	5	\$178
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Ninjaneering using LEGO®

(Ages 5-6) Learn the way of Spinjitzu, build the Fire Temple, race Skull Trucks, and encounter the mighty Dragon! Imagine and build unique and fun LEGO® projects with the guidance of an instructor.

*	6/29-7/3	M-F, 8:30-11:30am	Iris	5	\$178
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Ninjaneering Master Engineering using LEGO®

(Ages 7-12) In this advanced LEGO® camp, Ninjaneering masters will learn real world concepts in physics, engineering, and architecture while exploring the fantasy world of Ninjago.

*	6/29-7/3	M-F, 12:30-3:30pm	Iris	5	\$178
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Jr. Robotics using LEGO® WeDo

(Ages 7-8) Build and program robots in this introductory Robotics class.

*	7/20-7/24	M-F, 8:30-11:30am	Iris	5	\$190
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Robotics using LEGO® EV3

(Ages 9-13) Build and program robots using the LEGO® EV3 Mindstorms system! Learn about mechanical and software design, loops, conditional statements, problem solving, and teamwork skills.

*	7/20-7/24	M-F, 12:30-3:30pm	Iris	5	\$190
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All-Girls Pre-Engineering using LEGO®

(Ages 5-6) Taught by women engineers and scientists, this course will provide a supportive environment for girls to build engineer-designed projects.

*	8/3-8/7	M-F, 8:30-11:30am	Iris	5	\$178
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All Girls Engineering FUNDamentals using LEGO®

(Ages 7-12) Girls will apply real-world concepts in physics, engineering, and architecture through engineer-designed projects.

*	8/3-8/7	M-F, 12:30-3:30pm	Iris	5	\$178
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Pre-Engineering: MineCraft, Build using LEGO®

(Ages 5-6) Create your favorite Minecraft objects with the guidance of an experienced Play-Well instructor.

*	8/10-8/14	M-F, 8:30-11:30am	Iris	5	\$178
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Engineering FUNDamentals: MineCraft, using LEGO®

(Ages 7-12) Build a motorized walking Creeper, a terrifying Ghast, and more! No prior experience with Minecraft or LEGO® necessary.

*	8/10-8/14	M-F, 12:30-3:30pm	Iris	5	\$178
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*To register and for more detailed descriptions visit www.Play-well.org.

BOULDER RESERVOIR



Don't miss our 4th of July - Star Spangled Splash event, fun for the whole family. See page 8.

Boulder Reservoir Summer Season Information

5565 N 51st. St. • Boulder, CO 80301

www.boulderrez.org

General Info 303-441-3461

Boat House 303-441-3468

► FEES & HOURS

Memorial Day Weekend, May 23 through Labor Day, September 7.

Gate Hours

5:30am to 9pm daily

Dogs and glass are not allowed in the park.

Daily Admission Fees

Youth (3-18) \$3.75

Adult (19-59) \$6.25

Senior (60+) \$4.25

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

Swim Beach Hours

Mon-Wed 11am-6pm

Thu 10am-5:30pm

Fri-Sun 10am-6pm

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 www.BoulderRez.org**

• Open Water Swim

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

June 3-August 19, Wed, 7-8am

Boat House Hours

Mon-Thu 10am-7pm

Fri-Sun 8am-7pm

• Boat Rentals Available

Stand up paddleboards (SUP), hydrobikes, kayaks, canoes, windsurfers, paddleboats, sunfish and hobbies. Please call ahead for sailboat availability. **More details and fees online at www.BoulderRez.org**

Boating

All watercraft must have a 2015 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 5:30am-12pm

Wed 5:30am-9am

Thu 5pm-9pm

Picnic Site Rentals

Picnic site rentals are available for groups of 30-1,000 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 www.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+) A traditional ballet barre and gentle stretching. For students with a knowledge of ballet basics.

227787	6/9-6/30	Tu, 9-10am	KDS*	4	\$40/\$50	Sylvia
227788	6/11-7/2	Th, 9-10am	East	4	\$40/\$50	Sylvia
227797	7/7-7/28	Tu, 9-10am	KDS*	4	\$40/\$50	Sylvia
227799	7/9-7/30	Th, 9-10am	East	4	\$40/\$50	Sylvia
227798	8/4-8/25	Tu, 9-10am★	North	3	\$30/\$38	Sylvia
227800	8/6-8/27	Th, 9-10am	East	4	\$40/\$50	Sylvia

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Ballet Barre Plus

(Ages 13+) A traditional ballet class with barre, center and combinations across the floor. For students with knowledge of ballet basics and an interest in fine tuning technique.

227789	6/9-6/30	Tu, 10-11:30am	KDS*	4	\$46/\$58	Sylvia
227801	7/7-7/28	Tu, 10-11:30am	KDS*	4	\$46/\$58	Sylvia
227802	8/4-8/25	Tu, 10-11:30am★	North	3	\$35/\$44	Sylvia

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Ballet Level 1

(Ages 13+) Very beginning ballet technique introducing the aesthetics and physicality of classical ballet utilized by dancers and athletes. Students will develop strength, muscle control, movement awareness and attention to detail as they learn the basic, fundamental barre and center exercises, placement, and elementary dance steps. This class will continue to progress from where we ended the fall session, however new students are welcome!

227790	6/9-6/30	Tu, 7:30-9pm	North	4	\$46/\$58	Elizabeth R.
227803	7/7-7/28	Tu, 7:30-9pm	North	4	\$46/\$58	Elizabeth R.
227804	8/4-8/25	Tu, 7:30-9pm	North	3	\$36/\$45	Elizabeth R.

Ballet Level 1

(Ages 13+)

227819	6/11-7/2	Th, 7-8:15pm	North	4	\$46/\$58	Vanessa
227820	7/9-7/30	Th, 7-8:15pm	North	4	\$46/\$58	Vanessa

Ballet Level 1/2

(Ages 13+) Elementary level technique for students who have begun ballet training and have knowledge of alignment, terminology, and the fundamental forms of the basic barre and center exercises including elementary jumps. A year of previous ballet instruction is recommended. This class will continue to progress from where we ended the spring session, however new students are welcome!

227791	8/6-8/27	Th, 7:30-9pm	South	4	\$46/\$58	Elizabeth R.
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SUMMER FESTIVAL



Fun activities for the whole family!
Saturday, June 6 • 1-4 p.m.

See pg. 8 for details
or visit us online at www.BoulderParks-Rec.org

Ballet Level 2

(Ages 13+) For students ready to progress and solidify their ballet technique with careful practice of barre and center exercises, including epaulement, more complicated jumps, turns, and broader dance movements. At least 2 years of previous instruction recommended. This class will continue to progress from where we ended the spring session, however new students are welcome!

227792	6/9-6/30	Tu, 5:30-7pm	North	4	\$46/\$58	Elizabeth R.
227805	7/7-7/28	Tu, 5:30-7pm	North	4	\$46/\$58	Elizabeth R.
227806	8/4-8/25	Tu, 5:30-7pm	North	3	\$36/\$45	Elizabeth R.
228204	6/10-7/1	W, 11-12pm★	North	4	\$46/\$58	Elizabeth R.
228205	7/8-7/29	W, 11-12pm★	North	4	\$46/\$58	Elizabeth R.
228206	8/5-8/26	W, 11-12pm★	North	3	\$36/\$45	Elizabeth R.

Ballet Level 2/3

(Ages 13+) Intermediate level ballet technique for students with 3 to 4 years of solid training. Class will include increased complexity, tempo and use of epaulement and demi-pointe in barre and center exercises, petit and grand allegro and turns, while building strength, stamina, fluidity and a plomb in quality of movement. Performance opportunity possible. This class will continue to progress from where we ended the spring session, however new students are welcome!

227793	6/11-7/2	Th, 5:30-7pm	South	4	\$46/\$58	Elizabeth R.
227807	7/9-7/30	Th, 5:30-7pm	South	4	\$46/\$58	Elizabeth R.
227808	8/6-8/27	Th, 5:30-7pm	South	4	\$46/\$58	Elizabeth R.
227809	6/13-7/4	Sa, 12-2pm	East	4	\$46/\$58	Elizabeth R.
227810	7/11-8/1	Sa, 12-2pm	East	4	\$46/\$58	Elizabeth R.
227811	8/8-8/22	Sa, 12-2pm	East	3	\$36/\$45	Elizabeth R.

Pointe 1/2

(Ages 13+) This class is for students in Adult Ballet 1 or 2 who have the instructor's permission to take class. This class will continue to progress from where we ended the Spring session, however new students are welcome!

227815	6/9-6/30	Tu, 7-7:30pm	North	4	\$24/\$30	Elizabeth R.
227816	7/7-7/28	Tu, 7-7:30pm	North	4	\$24/\$30	Elizabeth R.
227817	8/4-8/25	Tu, 7-7:30pm	North	3	\$24/\$30	Elizabeth R.

Pointe 2/3

(Ages 13+) This class is for students in Adult Ballet 2 or 3 who have the instructor's permission to take class. This class will continue to progress from where we ended the spring session, however new students are welcome!

227812	6/13-7/4	Sa, 2-2:45pm	East	4	\$24/\$30	Elizabeth R.
227813	7/11-8/1	Sa, 2-2:45pm	East	4	\$24/\$30	Elizabeth R.
227814	8/8-8/22	Sa, 2-2:45pm	East	3	\$18/\$23	Elizabeth R.

Pointe 3

(Ages 13+) This class is for students in Adult Ballet 2 or 3 who have the instructor's permission to take class. This class will continue to progress from where we ended the spring session, however new students are welcome!

227818	8/6-8/27	Th, 7-7:30pm	East	4	\$24/\$30	Elizabeth R.
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Beginning Modern Dance

(Ages 13+) Have fun dancing while learning the basic movement concepts of Beginning Modern Dance with modern dancer/choreographer Cindy Brandle. Enjoy a centering, breath-focused warm-up which includes stretching, yoga postures, and abdominal strengthening work. During class students will move through space with lush, full and athletic phrase work. Open to anyone with little or no dance experience with the philosophy that anyone can dance!

227915	6/12-7/3	F, 10-11:30am	Iris	4	\$46/\$58	Cindy B.
227917	7/10-7/31	F, 10-11:30am	Iris	4	\$46/\$58	Cindy B.

Intermediate/Advanced Modern Dance

(Ages 13+) Cindy Brandle, Artistic Director of the Cindy Brandle Dance Compay, leads Intermediate/Advanced Modern Dance classes. Cindy's classes combine eastern and western philosophies with vigorous, detailed movement inspired by the idea that motion comes from the inside out. Using clear descriptions and thoughtful imagery, Cindy guides students through a balanced warm-up and into lively combinations that are fun and exciting to dance. If you like flying through space and developing body awareness, this is the class for you. Some experience in dance required.

227916	6/11-7/2	Th, 10-11:30am	KDS*	4	\$46/\$58	Cindy B.
227918	7/9-7/30	Th, 10-11:30am	KDS*	4	\$46/\$58	Cindy B.

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Jazz Level 1

(Ages 13+) Come enjoy a high energy introduction to a variety of jazz techniques. Gain coordination, flexibility, strength and rhythm.

227892	6/8-6/29	M, 6:30-7:30pm	East	4	\$40/\$50	Mary
227893	7/6-7/27	M, 6:30-7:30pm	East	4	\$40/\$50	Mary

Very Adult Jazz

(Ages 18+) A low impact jazz class designed for adults young at heart who have some dance experience. Dance to a variety of music and styles ranging from lyrical to street jazz. Improve overall fitness, strength and flexibility. Technique level will be set to the level of the participants.

Class is structured with a gentle warm up, emphasizing on building strength and enhancing flexibility, followed by exciting and fun jazz routines which will leave you feeling exhilarated.

227891	6/12-7/3	F, 2:30-3:45pm	East	4	\$46/\$58	Judy
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Tap Level 1

(Ages 13+) 0-1 yrs experience. Great class for teens in musical theatre productions and adults who have always wanted to learn tap. An introduction to both rhythm and musical theatre styles of tap. Gain rhythm, balance and improve overall fitness. Tap shoes required; students can talk to instructor about shoes at first class.

227872	6/10-7/1	W, 6-7pm	KDS*	4	\$40/\$50	Kathy
227874	7/8-7/29	W, 6-7pm	KDS*	4	\$40/\$50	Kathy

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DANCE

Tap Level 2/3

(Ages 13+) Intermediate tap for teens and adults with 2 or more years of experience. Students will learn intermediate steps and work on speed, clarity and improve rhythm and articulation.

227873	6/10-7/1	W, 7-8pm	KDS*	4	\$40/\$50	Kathy
227875	7/8-7/29	W, 7-8pm	KDS*	4	\$40/\$50	Kathy

Hip Hop Level 1

(Ages 13+) Hip Hop is an internationally popular dance form that promotes physical fitness while having fun! Learn the foundation of many Hip Hop styles in this vigorous and exhilarating class.

227852	7/8-7/29	W, 6:30-7:30pm	East	4	\$40/\$50	Kevin
227853	8/5-8/26	W, 6:30-7:30pm	East	4	\$40/\$50	Kevin

Ballroom Basics and Swing Level 1

(Ages 13+) Come experience the joy and elegance of Social Dancing, Foxtrot, Waltz and Swing will be taught in this introductory class. No partner required.

227850	6/6-6/27	Sa, 3:15-4:15pm	Iris	4	\$40/\$50	Judy
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Ballroom Basics and Swing Level 2

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

227851	6/6-6/27	Sa, 4:30-5:30pm	Iris	4	\$40/\$50	Judy
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Salsa Level 1

(Ages 13+) Join us in learning this popular social dance! This fun and exciting class will focus on the fundamentals of Casino, the circular and flowing Cuban Style Salsa. No partner is required. Vamos a bailar Todos! Judy Kreith, MA dance education, has traveled to Cuba numerous times to study Salsa.

227885	6/10-7/1	W, 7-8pm	North	4	\$40/\$50	Judy
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Salsa Level 2

(Ages 13+) 1 year of Salsa training required

227886	6/10-7/1	W, 8-9pm	North	4	\$40/\$50	Judy
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Belly Dance Level 1

(Ages 13+) Learn the enchanting art of Belly Dance from a multi award-winning dancer! Shimmy, hip drop and undulate your body to the exotic beats of Near East rhythms. Learn the basic movements and isolations while toning and exercising your body in this high-energy class. Each class features a full body warm up, technique and drills, and exciting dance combinations. Yoga attire, bare feet or jazz shoes, hip scarves and finger cymbals available or bring your own! Embrace the beauty of world cultures, and find yourself in dance!

227889	6/25-7/30	Th, 6-7pm	East	6	\$60/\$75	Georgia
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Bellydance Choreography

This class will contain short warm up and strength and technique exercises. We will focus on learning belly dance choreographies including belledi, drum solo, and folkloric Middle Eastern dances. All levels welcome, some belly dance knowledge helpful but not necessary. Yoga or dance attire required, bring zills and veils if you have them, or we have some for class use.

227890	6/25-7/30	Th, 7-8pm	East	6	\$60/\$75	Georgia
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Hula Dance Level 1

(Ages 13+) Come learn basic hula steps, ancient and modern hula dances. Hula is a holistic form of dance, which incorporates physical, spiritual, musical, cultural, historic and linguistic elements. The 'healing' function of hula has often been emphasized by health-care professionals. La'ela'e has participated in all of the major hula competitions in Hawai'i.

227866	6/10-7/1	W, 5:30-6:30pm	Iris	4	\$40/\$50	La'ela'e
227870	7/8-7/29	W, 5:30-6:30pm	Iris	4	\$40/\$50	La'ela'e

Hula Dance Level 2

(Ages 13+) A continuation of Level 1

227867	6/10-7/1	W, 6:30-7:30pm	Iris	4	\$40/\$50	La'ela'e
227871	7/8-7/29	W, 6:30-7:30pm	Iris	4	\$40/\$50	La'ela'e

Irish Step Dance

(Ages 13+) Kick up your heels to lively Irish reels and jigs and get a great cardio workout at the same time! Irish dancing is rooted in tradition yet continues to evolve today, making it a unique and exciting dance form. Improve your physical dexterity, rhythm and posture while learning the basics of traditional solo step dancing and ceili social dancing in a fun, upbeat environment. Classes also include a proper warm-up with strengthening exercises and stretching. Ghillies, jazz shoes or ballet slippers recommended, but not required.

227862	6/8-6/29	M, 7:15-8:30pm	South	4	\$40/\$50	Elizabeth V.
227864	7/6-7/27	M, 7:15-8:30pm	South	4	\$40/\$50	Elizabeth V.



Don't miss our summer camp options on pg. 14 – camps fill quickly!

► PRESCHOOL DANCE

Class Cancellation Policy

Classes will be cancelled one week prior to start of session if the class does not meet the minimum registration requirement.

Creative Movement

(Ages 2.5 - 5) This fun-filled class blends the magic of childhood imagination with movement and the underlying principles of dance. With imaginations fully engaged, preschoolers use props as an introduction to dance elements and movement fundamentals. Children work on body control, listening skills, balance and coordination.

(Ages 2.5-3)

227830	6/10-7/1	W, 9-9:45am	South	4	\$36/\$45	
227834	7/8-7/29	W, 9-9:45am	South	4	\$36/\$45	

(Ages 3-5)

227844	6/8-6/29	M, 4-4:45pm	North	4	\$36/\$45	Julie
227845	7/6-7/27	M, 4-4:45pm	North	4	\$36/\$45	Julie

World Rhythms for Children

(Ages 3-5) This is a creative dance movement class that will incorporate children's music from around the world, focusing on music from Africa, South America, Cuba and Brazil.

227827	6/11-7/2	Th, 4-4:45pm	South	4	\$36/\$45	Judy
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Pre-Ballet

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

227823	6/8-6/29	M, 9:45-10:30am	KDS*	4	\$36/\$45	Cindy
227841	7/6-7/27	M, 9:45-10:30am	KDS*	4	\$36/\$45	Cindy
227826	6/10-7/1	W, 9:45-10:30am	South	4	\$36/\$45	Cindy
227835	7/8-7/29	W, 9:45-10:30am	South	4	\$36/\$45	Cindy

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Pre-Jazz & Ballet

(Ages 4-5) Jazz dance for children is a joyful, high energy dance form. This course combines ballet technique with jazz influences. These introductory classes provide students knowledge of dance class format, and a special emphasis on music and rhythm.

227897	6/9-6/30	Tu, 10-10:45am	East	4	\$36/\$45	Vanessa
227907	7/7-7/28	Tu, 10-10:45am	East	4	\$36/\$45	Vanessa

Pre-Tap & Ballet

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

227877	6/8-6/29	M, 3:45-4:30pm★	East	4	\$36/\$45	Kathy
227882	7/6-7/27	M, 3:45-4:30pm★	East	4	\$36/\$45	Kathy
227876	6/11-7/2	Th, 10-10:45am	East	4	\$36/\$45	Sylvia
227881	7/9-7/30	Th, 10-10:45am	East	4	\$36/\$45	Sylvia

Pre-Hip Hop

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

227857	6/9-6/30	Tu, 10:45-11:30am	East	4	\$36/\$45	Vanessa
227861	7/7-7/28	Tu, 10:45-11:30am	East	4	\$36/\$45	Vanessa

► YOUTH DANCE

Class Cancellation Policy

Classes will be cancelled one week prior to start of session if the class does not meet the minimum registration requirement.

Kinder Ballet

(Ages 5-6) The kindergarten dancer will love this joyful and high energy class. The basic elements of ballet will be taught in a creative and fun way.

227832	6/11-7/2	Th, 3:15-4pm★	North	4	\$36/\$45	Vanessa
227846	7/9-7/30	Th, 3:15-4pm★	North	4	\$36/\$45	Vanessa

Ballet 1/2

(Ages 6-8) Students will study the performance art of ballet, from barre to center techniques including movement across the floor and short choreographies. Dancers will jump and turn while learning classroom etiquette, terminology, body alignment, and musicality. ballet attire is required. For girls, pink tights, black leotard, & ballet slippers, long hair must wear a bun. Comfortable black shorts or pants, white t-shirt, and ballet shoes for boys.

227828	6/9-6/30	Tu, 4-4:45pm★	North	4	\$36/\$45	Vanessa
227848	7/7-7/28	Tu, 4-4:45pm★	North	4	\$36/\$45	Vanessa

Youth Ballet Level 1/2

(Ages 9-12) Students will study the performance art of ballet, from barre to center techniques including movement across the floor and short choreographies. Dancers will jump and turn while learning classroom etiquette, terminology, body alignment, and musicality. ballet attire is required. For girls, pink tights, black leotard, & ballet slippers, long hair must wear a bun. Comfortable black shorts or pants, white Tshirt, and ballet shoes for boys.

227849	6/25-7/30	Th, 4:30-5:45pm	East	6	\$60/\$75	Georgia
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Little Feats Ballet

(Age 3) This class explores creative movement concepts, which are the building blocks of later dance techniques, combined with an introduction to beginning ballet technique. Dancers improve their fine and gross motor skills through play-based activities and working with props.

227821	6/8-6/29	M, 9-9:45am	KDS*	4	\$36/\$45	Cindy
227836	7/6-7/27	M, 9-9:45am	KDS*	4	\$36/\$45	Cindy
227839	6/9-6/30	Tu, 9-9:45am	East	4	\$36/\$45	Vanessa
227840	7/7-7/28	Tu, 9-9:45am	East	4	\$36/\$45	Vanessa

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DANCE

Kinder Jazz

(Ages 5-6) Jazz dance for children is a joyful, high energy dance form. These introductory classes provide students knowledge of dance class format, and a special emphasis on music and rhythm.

227896	6/8-6/29	M, 4:45-5:30pm	North	4	\$36/\$45	Julie
227906	7/6-7/27	M, 4:45-5:30pm	North	4	\$36/\$45	Julie

Jazz 1

(Ages 6-8) Jazz dance for children is a joyful, high energy dance form. These introductory classes provide students knowledge of dance class format, and a special emphasis on music and rhythm.

227894	6/10-7/1	W, 4-5pm	North	4	\$36/\$45	Julie
227902	7/8-7/29	W, 4-5pm	North	4	\$36/\$45	Julie

(Ages 9-12)

227895	6/8-6/29	M, 5:30-6:30pm	North	4	\$36/\$45	Vanessa
227903	7/6-7/27	M, 5:30-6:30pm	North	4	\$36/\$45	Vanessa

Jazz 2/3

(Ages 7-9) One year of previous training required.

227900	6/11-7/2	Th, 4:45-5:45pm★	North	4	\$36/\$45	Vanessa
227908	7/9-7/30	Th, 4:45-5:45pm★	North	4	\$36/\$45	Vanessa

(Ages 9-13) One year of previous training required.

227909	6/11-7/2	Th, 5:45-6:45pm	North	4	\$36/\$45	Vanessa
227910	7/9-7/30	Th, 5:45-6:45pm	North	4	\$36/\$45	Vanessa

Lyrical Jazz Dance

(Ages 8-12) Lyrical Jazz dance combines the techniques of both jazz and ballet dance to create dynamic movements. These introductory classes provide students knowledge of dance class format, and a special emphasis on music and rhythm.

227911	6/8-6/29	M, 5:30-6:30pm★	East	4	\$36/\$45	Vanessa
227912	7/6-7/27	M, 5:30-6:30pm★	East	4	\$36/\$45	Vanessa

Teen Jazz

(Ages 13+) Jazz dance for teens is a joyful, high energy dance form. These introductory classes provide students knowledge of dance class format, and a special emphasis on music and rhythm.

227904	6/8-6/29	M, 6:30-7:30pm	North	4	\$36/\$45	Julie
227905	7/6-7/27	M, 6:30-7:30pm	North	4	\$36/\$45	Julie

Jazz & Tap Combo 1/2

(Ages 8-12) For students who have taken Jazz & Tap 1 or other dance classes. Learn the FUNDamentals of jazz & tap. Jazz & tap shoes required.

227880	6/10-7/1	W, 4:30-5:30pm★	East	4	\$36/\$45	Kathy
227884	7/6-7/27	M, 4:30-5:30pm★	East	4	\$36/\$45	Kathy

Kinder Tap

(Ages 5-7) Students will tap to wide variety of music in the development of listening and tap skills in a fun and encouraging environment. Practice of tap builds strength, concentration, balance and coordination for this age group.

227878	6/10-7/1	W, 5-5:45pm	KDS*	4	\$36/\$45	Kathy
227883	7/8-7/29	W, 5-5:45pm	KDS*	4	\$36/\$45	Kathy

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Hip Hop

(Ages 5-7)

227854	7/8-7/29	W, 4-4:45pm★	East	4	\$36/\$45	Kevin
227860	8/7-8/28	F, 4-4:45pm	East	4	\$36/\$45	Kevin

Boys Hip Hop and Break Dance

(Ages 6-10)

227856	7/8-7/29	W, 5:45-6:30pm★	East	4	\$36/\$45	Kevin
227858	8/5-8/26	W, 5:45-6:30pm★	East	4	\$36/\$45	Kevin

Hip Hop 1/2

(Ages 8-11)

227855	7/8-7/29	W, 5-5:45pm★	East	4	\$36/\$45	Kevin
227859	8/5-8/26	W, 5-5:45pm★	East	4	\$36/\$45	Kevin

Poms Dance Class

(Ages 5-6)

227898	7/9-7/30	Th, 4-4:45pm★	Iris	4	\$36/\$45	Jordan
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(Ages 7-9)

227899	7/9-7/30	Th, 4:45-5:30pm★	Iris	4	\$36/\$45	Jordan
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(Ages 10-13)

227901	7/9-7/30	Th, 5:30-6:30pm★	Iris	4	\$36/\$45	Jordan
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Children's Hula

(Ages 4-10) Come learn basic hula steps, ancient and modern hula dances. Hula is a holistic form of dance, which incorporates physical, spiritual, musical, cultural, historic and linguistic elements. The 'healing' function of hula has often been emphasized by health-care professionals. La'ela'e has participated in all of the major hula competitions in Hawai'i.

227868	6/10-7/1	W, 4:30-5:30pm	Iris	4	\$36/\$45	La'ela'e
227869	7/8-7/29	W, 4:30-5:30pm	Iris	4	\$36/\$45	La'ela'e

Youth Irish Step Dance

(Ages 6-12) Kick up your heels to lively Irish reels and jigs and get a great cardio workout at the same time! Irish dancing is rooted in tradition yet continues to evolve today, making it a unique and exciting dance form. Improve your physical dexterity, rhythm and posture while learning the basics of traditional solo step dancing and ceili social dancing in a fun, upbeat environment. Classes also include a proper warm-up with strengthening exercises and stretching. Ghillies, jazz shoes or ballet slippers recommended, but not required.

227863	6/8-6/29	M, 6:30-7:15pm	South	4	\$36/\$45	Elizabeth V.
227865	7/6-7/27	M, 6:30-7:15pm	South	4	\$36/\$45	Elizabeth V.

► KINESIS DANCE COMPANY

Kinesis Dance Company Auditions

Admission to Kinesis Dance Company is by audition only. Auditions will be held May 16. Visit www.KinesisDance.com for details.

Questions: Kinesis Dance Company, 720-515-6268
kinesisdance@outlook.com, www.KinesisDance.com



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

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

EXPAND Services

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

Group

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

1 on 1

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

Inclusion!

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

► Inclusion

For inclusion opportunities, see our Summer Camp Guide and browse this guide for opportunities to participate in leisure and recreational activities. Contact Sherri Brown at 303-441-4933 for details.

► COMMUNITY INVOLVEMENT CLASSES

Benefits to participants may include improving social skills, enhancing self-esteem, improving fine and gross motor skills, improving overall health and well being, physical ability, enhancing communication skills, and promoting community independence. Activities will address each individual's need as identified in their service plan.

Bocce Ball

(Ages 8+) A super fun yard game. Special Olympics Competition in July. Contact Sherri Brown, 303-441-4933.

227706	6/8-8/10	M, 3-4pm	East	10	\$50/\$60
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Water Aerobics

(Ages 16+) 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.

227696	6/8-8/24	M, 4:30-5:30pm	East	12	\$90/\$112
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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.

227705	8/18	Tu, 5-7pm	Mapleton	1	\$5
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EXPAND

Dogs & Dodgeball

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

227707	8/25	Tu, 5-7pm	South	1	\$10/\$12
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Canoeing & Kayaking

(Ages 16+) Join us for an evening of canoeing and kayaking at Bear Creek Lake with NSCD. Beginners are welcome! Contact Jen Heilveil, 303-413-7474.

228038	6/23	Tu, 1:30-4:30pm	East	1	\$20/\$25
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Unified Softball League

(Ages 16+) Unified Softball League starts June 2. Sherri will set-up teams in May and each team will play weekly games between 5-8pm. Please email Sherri @ brownsh@boulder.colorado.gov with shirt size. New players please contact Sherri Brown, 303-441-4933.

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

(Ages 16+) Move n' Groove aerobics is a joyful and energetic blend of modern dance, chair aerobics, martial arts and yoga. We will work on flexibility, stress reduction and core strengthening with joy and self-expression. For more information, contact Jen Heilveil, 303-413-7474.

227697	6/10-8/26	W, 2-3pm	East	12	\$55/\$68
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Special Olympics Swim Training

(Ages 8+) Stretching, Fitness, and Fun! Year around swim team is a great workout for all abilities! Participants must be able to swim 100 yd with or without a swim belt in the lap pool. Contact Jen Heilveil, 303-413-7474.

227702	6/10-8/26	W, 4-5pm	East	12	\$80/\$100
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Weight Lifting

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

227700	6/4-8/27	Th, 2:30-3pm	East	13	\$45/\$54
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Spinning

(Ages 16+) 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.

227701	6/4-8/27	Th, 3-4pm	East	13	\$65/\$78
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Smile and Stretch

(Ages 16+) 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.

227691	6/11-8/13	Th, 4-5pm	East Senior	10	\$55/\$68
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Bowling

(Ages 8+) Strike! Bowl with friends or meet new people. Bowling at CU/UMC! Fee includes one or two games and shoes. Contact Jen Heilveil, 303-413-7474.

227699	6/26	F, 3-4:30pm	CU UMC	1	\$10/\$12
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228982	7/17	F, 3-4:30pm	CU UMC	1	\$10/\$12
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228983	8/14	F, 3-4:30pm	CU UMC	1	\$10/\$12
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Learn to Sail

(Ages 8+) Specifically designed Access Dinghies enable participants with a range of abilities to sail on their own. Participants will enjoy the adventure and fun of sailing while experiencing independence, increased self-esteem and personal growth in a unique, therapeutic and recreational environment. Basic sailing instruction will be taught by Community Sailing. This program is open to people with developmental and physical disabilities. Participants will need to fill-out information on their ability levels prior to the clinic. Must be able to swim in a lake. For more information, contact Jen Heilveil, 303-413-7474.

Note: Bring a sack dinner & water.

227693	8/20-8/27	Th, 5-8pm	Reservoir	2	\$25
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A Day of Sailing

(Ages 16+) This course will introduce the sport of sailing. Participants MUST be comfortable in the water. Contact Sherri Brown, 303-441-4933.

227711	7/10	F, 2-5pm	Reservoir	1	\$20/\$25
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227712	7/31	F, 2-5pm	Reservoir	1	\$20/\$25
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Tubing / Rez Fun

(Ages 16+) Does being dragged around the Boulder Reservoir on an inner tube sound like a good time to you or playing with paddle boards / canoes, etc. Participants MUST be comfortable in the water. Contact Sherri Brown, 303-441-4933.

227708	7/24	F, 10am-1pm	Reservoir	1	\$30/\$35
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227709	8/7	F, 10am-1pm	Reservoir	1	\$30/\$35
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► FRIDAY NIGHT FUN

(Ages 8-16) Come be a part of the excitement. The group will play sports, games, make crafts; and socialize with peers. Bring your snack dinner and let the fun begin. Contact Chelsea Cerny, 303-551-5329.

Swimming Fun (Bring your towel and suit!)

228048	6/26	F, 5:30-8pm	East	1	\$13/\$16
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Gateway Park Fun Center

Spend an evening playing mini golf, arcade games and riding go-karts.

228049	7/10	F, 4-7pm	East	1	\$35/\$42
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Swimming Fun (Bring your towel and suit!)

228050	7/31	F, 5:30-8pm	East	1	\$13/\$16
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Fun at the Rez

Spend the evening at the beautiful Boulder Reservoir beach.

228051	8/14	F, 4-7pm	East	1	\$20/\$25
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Swimming Fun (Bring your towel and suit!)

228052	8/28	F, 5:30-8pm	East	1	\$13/\$16
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ALL FRIDAY NIGHT FUN CLASSES (ABOVE)

Sign up for every Friday with one code and fee.

228061	\$88/\$106
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Lock-In

Bring your sunscreen, swimsuit and sleeping bags! We will spend the afternoon at the Rez and the night at EBCC.
Contact Chelsea Cerny, 303-441-3416.

228040 7/18-7/19 Sa/Su, 2pm-10am East 2 \$65/\$72

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 ADLs. Contact Chelsea Cerny, 303-441-3416.

228047 8/21-8/23 F/Sa/Su, 3-12pm Iris 3 \$130/\$155

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.

Boondocks

Unlimited laser tag, miniature golf, go-carts, bowling and more!

227659 6/5 F, 1-5pm East 1 \$35/\$42 Group only

Picnic & Games at North Boulder Park

A great way to socialize with your friends. We will play a variety of silly games that will keep you laughing. Lunch will be provided.

227660 7/10 F, 12-4pm East 1 \$20/\$25 1 on 1 & Group

Color Me Mine/Snack

Enjoy healthy snacks while painting an 8 oz. cup at ceramic studio, Color Me Mine.

227661 8/26 W, 4-6pm East 1 \$22/\$28 Group only



FRIDAY NIGHT DANCES

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

Silly Shoes Dance

227656 6/19 F, 6-8pm East Senior 1 \$8/\$10

Red White & Blue Dance

227657 7/24 F, 6-8pm East Senior 1 \$8/\$10

Hawaiian Luau

227658 8/21 F, 6-8pm East Senior 1 \$8/\$10

ACTIVITIES FOR INDIVIDUALS WITH PHYSICAL DISABILITIES

Quad Rugby

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



228087 6/6-8/15 Sa, 10:30am-1pm East 6 Free

Adaptive Waterski

Designed for individuals with physical and visual impairments. Learn or improve your skills with adapted water-ski equipment at the Boulder Reservoir.

Limit is two times around the lake. We will set up designated ski times prior to the program. Drop-in reservations must be called in the Friday prior to the day you wish to ski. Drop-in's are limited. Drop-in fee \$15. Contact Cory Lasher, 303-413-7269. Scholarships available.

EXPAND BEYOND
SKIING IS BELIEVING

227662 6/16-8/4 Tu, 7:30-11am Boulder 8 \$90

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.



28TH Boulder Creek FESTIVAL
EST. 1987

EXPAND Duck Race® & Boulder Creek Festival®

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

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

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

Sponsor one or more ducks for a chance to win the Grand Prize of \$1000 plus other prizes.

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

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





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

Flatirons Golf Course Amenities & Services

- Scenic 18-hole golf course
- Driving range
- Handicap accessible golf cart
- Men's/women's leagues
- Junior golf programs
- Full service club repair & pro shop
- Computerized handicapping system
- Public play special events & tournaments
- Private & group instruction area
- Book your tee time online!

The perfect site for your tournament or outing. Food and drink service available through our concessionaire at Just Hit It Grill, let us help you plan your event! Brochure available at the golf course or at www.flatironsgolf.com

The Teaching Staff

- Doug Cook** - PGA Member, Director of Golf
Tim Stevens - PGA Member, Head Professional
Dan Knecht - PGA Member, Assistant Professional
Jill McFadden - LPGA Class A, Assistant Professional
Vance Pollack - PGA Member, Assistant Professional

Tournaments and Outings

At Flatirons, we believe that it's your tournament or outing. We operate on a "menu of services" basis. While other facilities may require you to buy tournament administration, prizes and food service, we start with a basic golf package and let you customize it to the specific needs of your group. This golf event philosophy has been especially popular with charitable fund raising events and other organizations that have an interest in maximizing their charitable donations.

2015 Base Tournament Fees

- | | |
|---|--|
| Off-season (Jan. 1-May 11; Sept. 22-Dec. 31) | Peak season (May 12 - Sept. 21) |
| \$45 per player (M-Th) | \$48 per player (M-Th) |
| \$48 per player (F-Su) | \$53 per player (F-Su) |

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

▶ FLATIRONS GOLF COURSE FEES

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

Practice Range / Club & Cart Rental

Practice Range

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

(discount cards available in pro shop)

Golf Club Sets

Clubs- 9 holes \$18 • 18 holes \$25

Electric Carts (Fee Per Rider)

• 9 holes \$10 • 18 holes \$15

Hand Carts

9 holes \$5 • 18 holes \$7

Regular Season Fees (May 11-August 23)

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

Weekday Discount Player Fees (Monday-Thursday)

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

Weekend Standard Player Fees (Friday-Sunday)

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

Frequent Player Program

With this card players pay \$5 for nine holes and \$8 for eighteen holes, Monday-Friday. Weekend rates May 16-August 23 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 (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

▶ 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.

▶ JUNIOR GOLF PROGRAM

Friday Morning Junior Golf Program

(Ages 8-12) Basic to advanced swing skills instruction is provided in a group clinic setting and limited individual instruction also provided by our PGA Member Professional staff instructors and over 20 trained volunteers.

Program Dates: June 12, 19, 26 and July 10, 17, 24.

An informational brochure, including a detailed schedule and entry forms will be available at Flatirons Golf Course after April 15. Visit us online at Flatirons-Golf.com to download the brochure or call 303-442-7851 to have one mailed.

For juniors interested in more intensive golf swing instruction, Flatirons Golf Course offers Private Junior Golf Lessons at a discount for junior golf program participants. Sign up for these Junior Golf Lessons in the golf shop.

Flatirons Junior League & Instructional Clinics

(Ages 10-16) The junior league consists of seven weeks of 18 hole play and a Junior Club Championship. Events will be on Monday mornings in June and July with tee times starting at 11am.

Clinics will be offered on Tuesday or Wednesday afternoons from 1-2pm for eight weeks in June and July. Each clinic will be 1 hour long and will emphasize different aspects of the golf swing and playing golf. Clinic size will be limited to 10 participants.

Registration forms are available online at FlatironsGolf.com

Chip Shots Program

(Ages 4-7) For boys and girls too young for the Friday Junior Program, Flatirons is pleased to offer the Chips Shots Program.

For more information or for registration forms visit www.FlatironsGolf.com or call the Pro Shop at 303-442-7851.

▶ LESSONS

The Lesson Programs

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

PGA - Get Golf Ready

If you have ever thought about taking up the game, either again or for the first time, you can make golf your sport for a lifetime through this PGA Play Golf America program. This program teaches you in six short lessons what you'll need to know to step onto a golf course and play with confidence. The Get Golf Ready program is available to groups of 3-7 people.

\$99 for 5 one hour lessons

For graduates of Get Golf Ready, ask about Get Golf Ready 2!

To schedule a group for the Get Golf Ready Program call the Pro Shop at 303-442-7851 or sign up online at www.flatironsgolf.com.



Our Friday Morning Summer Junior Golf Program is a great opportunity for kids to meet other kids their own age while having fun on the course and developing their golf skills.

GYMNASTICS



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

Important Information for ALL Classes:

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

► PRESCHOOL

Join our preschool program to explore a combination of basic movement and gymnastics events, including tumbling, balance beam, uneven bars, parallel bars, vaulting, pommel horse, rings, trampoline and the foam pit. Help your child build a strong foundation for other sports and life long skills. All skills and equipment are scaled down to accommodate children's size and ability. Enroll today! Some classes may be filled due to pre-registration of previous session participants.

June 1-August 14 (No classes July 4 & July 6-10)

Fees

M/Tu/W/Th/F	(1 day per/wk)	(10 classes)	\$124(R) / \$155(N)
Sat	(1 day per/wk)	(9 classes)	\$112(R) / \$140(N)

2½ Year Olds

Introduce your child to gymnastics in our structured 2½ year old class that is also perfect for 3 year olds who are having trouble separating from parents. Child must be accompanied by parent or other responsible adult. No babies or other unregistered children allowed in the gym. Twins must have two adults or attend separate classes. Participant must be at least 30 months old by first class.

226839	M, 9-9:45am ★	226846	W, 10-10:45am ★
226840	M, 10-10:45am ★	226847	Th, 9-9:45am ★
226841	M, 11-11:45am ★	226848	Th, 10-10:45am ★
226842	Tu, 9-9:45am ★	226849	F, 9-9:45am ★
226843	Tu, 10-10:45am ★	226850	F, 10-10:45am ★
226844	Tu, 11-11:45am ★	226851	Sa, 9-9:45am
226845	W, 9-9:45am ★	226852	Sa, 10-10:45am

3 Year Olds

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

226853	M, 9-9:45am ★	226863	W, 2:45-3:30pm
226854	M, 10-10:45am ★	226864	Th, 9-9:45am ★
226855	M, 11-11:45am ★	226865	Th, 10-10:45am ★
226856	M, 2:45-3:30pm	226866	Th, 11-11:45am ★
226857	Tu, 9-9:45am ★	226867	Th, 2:45-3:30pm ★
226858	Tu, 10-10:45am ★	226868	F, 9-9:45am ★
226859	Tu, 11-11:45am ★	226869	F, 10-10:45am ★
226860	Tu, 2:45-3:30pm ★	226870	F, 2:45-3:30pm
226861	W, 9-9:45am ★	226871	Sa, 9-9:45am
226862	W, 10-10:45am ★	226872	Sa, 10-10:45am

4 Year Olds

Child must be 4 years old by first class.

226873	M, 9-9:45am ★	226883	W, 2:45-3:30pm
226874	M, 10-10:45am ★	226884	Th, 9-9:45am ★
226875	M, 11-11:45am ★	226885	Th, 10-10:45am ★
226876	M, 2:45-3:30pm	226886	Th, 11-11:45am ★
226877	Tu, 9-9:45am ★	226887	Th, 2:45-3:30pm ★
226878	Tu, 10-10:45am ★	226888	F, 9-9:45am ★
226879	Tu, 11-11:45am ★	226889	F, 10-10:45am ★
226880	Tu, 2:45-3:30pm ★	226890	F, 2:45-3:30pm
226881	W, 9-9:45am ★	226891	Sa, 9-9:45am
226882	W, 10-10:45am ★	226892	Sa, 10-10:45am

5 Year Olds

Child must be 5 years old by first class.

226893	M, 9-9:45am ★	226902	W, 2:45-3:30pm
226894	M, 10-10:45am ★	226903	Th, 9-9:45am ★
		226904	Th, 10-10:45am ★
226895	M, 2:45-3:30pm	226905	Th, 11-11:45am ★
226896	Tu, 9-9:45am ★	226906	Th, 2:45-3:30pm ★
226897	Tu, 10-10:45am ★	226907	F, 9-9:45am ★
226898	Tu, 11-11:45am ★	226908	F, 10-10:45am ★
226899	Tu, 2:45-3:30pm ★	226909	F, 2:45-3:30pm
226900	W, 9-9:45am ★	226910	Sa, 9-9:45am
226901	W, 10-10:45am ★	226911	Sa, 10-10:45am

► GYMNASTICS CLASSES AT EAST

NEW!

2-2½ Year Olds Intro to Gymnastics at East

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.

228433	6/4-7/2	Th, 10:15-10:45am	5 classes	\$38/\$50	East
228434	7/16-8/13	Th, 10:15-10:45am	5 classes	\$38/\$50	East

6-12 Year Old Girls Intro to Gymnastics at East

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.

228435	6/4-7/2	Th, 11-11:45pm	5 classes	\$34/\$45	East
228436	7/16-8/13	Th, 11-11:45pm	5 classes	\$34/\$45	East

► BEGINNER / ADVANCED BEGINNER

This is the perfect place for your children ages 6-12 to learn basic gymnastics in a supportive, non-competitive environment. While these classes are a great continuation of our preschool program, no prior experience is necessary. Children will use tumbling, balance beam, uneven bars, parallel bars, horizontal bar, vaulting, pommel horse, rings, trampoline, and foam pit to improve coordination, strength and self-confidence while emphasizing a fun approach to learning. Participant must be 6 years old by the first class. Enroll today! Some classes may be filled due to pre-registration of previous session participants.

Fees				
M/W	(2 days per/wk)	(20 classes)	\$238(R) / \$297(N)	
Tu/Th	(2 days per/wk)	(20 classes)	\$238(R) / \$297(N)	
M/ Tu/W/Th/F	(1 day per/wk)	(10 classes)	\$119(R) / \$149(N)	
Sa	(1 day per/wk)	(9 classes)	\$107(R) / \$134(N)	

June 1-August 14 (No classes July 4 & July 6-10)

Boys Ages 6-12

226912	Tu/Th, 3:45-5pm★
226913	M, 3:45-5pm
226914	W, 3:45-5pm
226915	F, 3:45-5pm
226917	Sa, 11am-12:15pm

Girls Ages 6-12

226918	M/W, 3:45-5pm
226919	Tu/Th, 3:45-5pm★
226920	M, 3:45-5pm
226921	Tu, 3:45-5pm★
226922	W, 3:45-5pm
226923	Th, 3:45-5pm★
226924	F, 3:45-5pm
226926	Sa, 11am-12:15pm

Employment Opportunity

Hiring Gymnastics Instructors

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

► “TWEEN” BEGINNER/ ADVANCED BEGINNER

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

Girls

226929	6/2-8/13	T/Th, 3:45-5pm★	North	20 classes	\$238/\$297
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► BOULDER FLYERS GYMNASTICS TEAM

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

Girls Pre-Team

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

Girls Beginning Team-Advanced Team

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

Boys Pre-Team

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

Boys Beginning Team- Advanced Team

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

► OPEN GYM

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

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

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

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

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

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

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

To book a party call 303-413-7218.





Enjoy fitness classes at three great centers, choose from over a 100 drop in class times.

Visitor fees for Registered Classes:

A visitors' fee option (\$17 per visit, or \$70 for 5 visits) is available for most classes if they are not full. Pay your visitor's fee at the front desk and bring the receipt to the instructor. For questions about any fitness class, please call Summer Kennedy at 303-413-7264.

Therapeutic Stretching

Use foam rollers, straps, ballet barre, beginner level Pilates exercises and yoga postures to increase your flexibility, soothe your muscles and improve your posture. Learn standard therapeutic strengthening exercises that you can perform on your own at home. The class is taught by a certified Pilates and yoga instructor. All levels welcome.

227365	6/3-8/26	W, 5:30-6:30pm	South	13	\$114/\$142	Lisa
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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.

227376	6/9-8/6	Tu/Th, 8-9am	East	16	\$140/\$175	Marti
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Adult Kickbox

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

227395	6/1-7/8	M/W, 5:30-6:30pm	North	12	\$105/\$131	Ignacio
227783	7/13-8/26	M/W, 5:30-6:30pm	North	12	\$105/\$131	Ignacio

Bootcamp

This high-intensity workout will kick start your day. Increase your speed, agility, strength and stamina in this fun, powerful, challenging workout. Meets outside, weather permitting.

227392	6/1-7/8	M/W, 7-8am	East	12	\$105/\$153	Ignacio
227785	7/13-8/26	M/W, 7-8am	East	14	\$123/\$153	Ignacio
227391	6/2-7/9	Tu/Th, 6:30-7:30am	South	12	\$105/\$131	Ignacio
227786	7/14-8/27	Tu/Th, 6:30-7:30am	South	14	\$123/\$153	Ignacio

Resistance Training

Maintaining muscle strength is especially important as we get older, but who says you can't have fun while working out? You will use free weights, resistance tubes, stability balls and low impact movements to gain and maintain strength.

227386	6/1-7/8	M/W, 1:30-2:30pm	East	12	\$105/\$131	Ignacio
227784	7/13-8/26	M/W, 1:30-2:30pm	East	14	\$123/\$153	Ignacio
227385	6/5-8/21	F, 11:30am-12:30pm★	East	11	\$96/\$120	Melissa

Swiss Ball

Swiss Balls are one of today's top fitness tools- and for good reason! Incorporating low impact aerobics with core strengthening, coordination, balance as well as postural awareness makes for a full body workout. Taught by a licensed Physical Therapist, the exercises are tailored for each participant to ensure safe body mechanics and proper alignment.

227782	6/4-8/13	Th, 4-5pm	Iris	11	\$96/\$120	Heidi
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HEALTH & WELLNESS: FITNESS & WEIGHTS

▶ WEIGHT TRAINING

Basic Training

Couples welcome! Learn the skills necessary to successfully perform the fundamental strength training exercises to prevent injury and create an optimally efficient and effective weight training program that supports your lifestyle. This is the perfect class for anyone new to strength training, young or seasoned, whether you're looking to improve athletic performance or you're health conscious and want to maintain functionality as you age.

NEW!

227468 6/3-7/8 W, 5:30-6:30pm North 6 \$53/\$66 Andrew

Group Strength Training

Best Training Value! Participate in a small group strength training workout two days a week. You will learn how to effectively and safely use weight and cardio equipment in these one hour workouts. Class size is limited so that your trainer can focus on you. You will complete a full body weight training routine in each class. Returning, intermediate, and advanced students will continue to progress their workouts under the supervision of a trainer. Core training, stretching and circuit training may be incorporated into the routines.

227460	6/1-8/26	M/W, 9-10am	South	26	\$228/\$284	Ignacio
227473	6/2-8/27	Tu/Th, 7:45-8:45am	East	26	\$228/\$284	Jessica
227464	6/2-8/27	Tu/Th, 8:30-9:30am	South	26	\$228/\$284	Ignacio
227458	6/9-8/6	Tu/Th, 10-11:15am	East	18	\$197/\$246	Marti
227470	6/2-8/27	Tu/Th, 4:30-5:30pm	South	26	\$228/\$284	Chris
227469	6/2-8/27	Tu/Th, 5:30-6:30pm	South	26	\$228/\$284	Chris

Women's Workout

Specifically designed for women to find inspiration in numbers with strength training classes that not only build muscle, but improve bone density, burn calories and boost metabolism.

227465	6/2-8/27	Tu/Th, 7:30-8:30am	South	26	\$228/\$284	Ignacio
227476	6/2-8/27	Tu/Th, 6-7pm	North	24	\$210/\$263	Ignacio

Women's Weight Training

All ability levels are welcome! Use free weights and machines to improve strength and muscle tone. Great for posture and extra calorie burning as well!

227482	6/1-8/26	M/W, 9:30-10:30am★	North	24	\$210/\$263	Chris
227478	6/2-8/27	Tu/Th, 9:30-10:30am★	North	24	\$210/\$263	Chris
227480	6/2-8/27	Tu/Th, 10:45-11:45am	South	26	\$228/\$284	Sue

Women's Intermediate Weight Training

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

227481	6/1-8/26	M/W, 8:15-9:15am	East	26	\$228/\$284	Sue
227483	6/2-8/27	Tu/Th, 9:30-10:30am	South	26	\$228/\$284	Sue

Lifting for Strength Gains

Has your weight training routine plateaued? Take your weight lifting regime to a new level! Become stronger by learning how to work each muscle group to its full potential.

NEW!

227475 6/2-7/7 Tu, 5-6pm East 6 \$53/\$66 Jeff



Our Women's Weight Training classes not only build muscle, but improve bone density, burn calories and boost metabolism.

▶ YOUTH WEIGHT TRAINING

Youth Weight Room Certification

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

Shape up for Sports-Sport Specific Training

(Ages 10+) Coaches, parents, clubs and groups can purchase customized sport specific strength training programs for their young athletes 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 \$10 per child

Contact Jeff Pruett, Weight Room Operations Coordinator to schedule your training packages, J@bouldercolorado.gov or 303-413-7280.



Kickstart your summer workout routine with a personal training session, we have over a dozen certified trainers and dietitians to choose from!

► PERSONAL TRAINING

Have a certified trainer design your personal blueprint for success! One hour sessions address sport specific, weight loss, rehabilitation and general fitness goals. To check out our excellent training staff and request personal training visit www.boulderparks-rec.org, visit the front desk or call 303-413-7280 to get started today! If a client cancels more than 24 hours prior to the lesson, he or she will have the opportunity to reschedule the personal training session and will not be charged. However, if the personal training session is cancelled within 24 hours, or a client does not arrive for the lesson within 15 minutes of the start time, client may be charged for the session. (All sessions expire one year from purchase date)

Weight Room Orientations

Do you feel intimidated in a weight room or not sure how our machines work? Want to learn how to set up a machine to use it? Our training staff will walk you through the weight room to give you a better understanding of how to adjust and properly position yourself on our machines. The orientation will not provide an exercise plan for you. If you are interested in obtaining a personalized work out plan, schedule a training session by contacting Jeff Pruett at 303-413-7280 or email at J@bouldercolorado.gov, or visit the personal training page on www.boulderparks-rec.org

Private Training

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

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

Semi Private Training (Two Individuals)

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

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

Personal Training Plus Facility Use Pass

Do you want the whole package? Personal Training plus gives you just that! Choose the number of sessions you want to meet with a personal trainer and receive a complimentary 3, 6, or 9 month pass to enjoy all the recreation facilities.

18 sessions with 3 month complimentary pass \$846

27 sessions with 6 month complimentary pass \$1269

36 sessions with a 9 month complimentary pass \$1692

Personal Training with a Physical Therapist

Staff therapists are available for one-on-one personal training. If you are returning to the gym from physical therapy, have chronic aches and pains, or need a home exercise plan, a staff therapist can help you in your transition to working out on your own.

1 session \$60 • 3 sessions \$171 • 6 sessions \$324

Consultation with a Dietitian

A dietitian will assess your current nutritional status and make dietary recommendations. A dietitian can assist in the management of diabetes, high blood pressure, and elevated cholesterol. A dietitian can also assist athletes with their sports performance goals.

1 session: \$60 • 3 sessions \$171

Request these services online at BoulderParks-Rec.org, visit the front desk or call 303-413-7280 to get started today!

Transition Out of Physical Therapy

We allow physical therapists to accompany clients that are making transitions from a clinical setting to our facility up to 3 visits. The therapist must contact the Weight Room Coordinator, Jeff Pruett 303-413-7280 in advance, to receive authorization. The client pays the daily facility admission fee. The therapist is our guest.

Kick Start to Weight Loss

Are you having trouble losing stubborn weight? Do you find yourself falling short of your weight loss goals? Try our new Kick Start to Weight Loss package. A dietitian will analyze your diet as well as lead you through personal training sessions. Learn tips to help continue your weight loss journey through this unique package and start losing those stubborn pounds today!

A consultation with a dietitian and 3 Personal training sessions for \$217.50

► 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).

227371	6/13	Sa, 9am-12pm	South	1	\$41/\$61	Jennifer
227368	6/19	F, 9am-12pm	South	1	\$41/\$61	Jennifer

First Aid Certification

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

227541	6/13	Sa, 12:30-5pm	South	1	\$41/\$61	Jennifer
227372	6/19	F, 12:30-5pm	South	1	\$41/\$61	Jennifer



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

► PILATES MAT PROGRAM INFORMATION

Registered Class Punchcard

Pilates Mat \$70 - 5 Punches

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

Registered Class Visitor's Fee

Pilates Mat \$17

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

Courses may be canceled if under-enrolled.

No class July 4th.

Check with the instructor for information about any dates when classes will not meet.

Make-up policy

Make-ups are approved and arranged through your instructor. Limit of two per session.

Are Registered Classes a Good Value?

Are Registered Classes a Good Value? Our registered mat classes cost \$8.75 (Resident) / \$10.94 (Non-resident) per class hour. Compare our prices to other clubs and studios.

► PILATES MAT

This system of exercising, developed by physical therapy pioneer, Joseph Pilates, is a non-impact system that stabilizes and aligns the body. While focused on strengthening and balancing the core muscle groups, the Pilates Method develops greater flexibility, strength, concentration, coordination and control, and increases awareness of functional body mechanics, all with the intention of building a better you.

Mat - Beginner

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

228035	6/1-8/10	M, 10:45-11:45am★	North	11	\$96/\$120	Shayna
228036	6/1-8/10	M, 5:30-6:30pm	Salberg	11	\$96/\$120	Roxolana
228037	6/7-8/9	Su, 4:15-5:15pm	Salberg	10	\$88/\$109	Joan

► PILATES MAT DROP-IN

Will you be golfing, cycling, running, hiking, kayaking or participating in team sports this summer? Drop-in to a Pilates Mat or Pilates Mat/Yoga class to stay in top condition for your summer activities, whatever they are. Conveniently located at all three recreation centers, there is a class near you.

Visit our website for times and locations of all 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: \$55/student

1-Hour Semi-Private Pilates Reformer Lesson Fee: \$35/student
Must register two or more students together at the same time.

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

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

▶ PILATES REFORMER & MULTI-APPARATUS PROGRAM INFORMATION

Pre-requisite policy

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

Make-up policy

Students who miss a Pilates Reformer or Multi-Apparatus class may attend a registered Pilates Mat class as a make-up at no charge, or attend the scheduled Reformer make-up class for a Registered Visitors Fee of \$17, or purchase a private reformer lesson for an additional fee of \$40. Make-ups are arranged through your instructor.

No class July 4th. Check with instructor for information about any dates when classes will not meet.

Courses may be canceled if under-enrolled.

Are Registered Classes a Good Value?

Our registered classes cost \$14.52(Resident)/\$18.15(Non-resident) per class hour. Compare our prices to other clubs and studios.

▶ PILATES REFORMER

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

Reformer - Intro/Orientation

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

228077	6/2-7/21	Tu, 12-1pm	South	8	\$116/\$145	Shayna
229333	6/10-7/29	W, 5-6pm	South	8	\$116/\$145	Shayna

Reformer - Level 1 - Beginner

(Age 16+) Exercises at this level, on this unique apparatus, best suit students who are familiar with the Pilates Reformer and who have either taken private lessons or completed the Introduction/Orientation Reformer class through the City of Boulder Pilates Program. Use of the reformer will quickly strengthen, stretch and reshape your body. **Pre-requisite:** Five private or semi-private Pilates reformer lessons, or completion of the 8-week Intro/Orientation Reformer course through the City of Boulder Pilates program, or coordinator approval.

228074	6/1-8/10	M, 8:40-9:40am	South	11	\$160/\$200	Sheri
228062	6/1-8/10	M, 5:30-6:30pm	South	11	\$160/\$200	Sheri
228071	6/1-8/10	M, 6:40-7:40pm	Salberg	11	\$160/\$200	Roxolana
228065	6/2-8/11	Tu, 6:30-7:30pm	South	11	\$160/\$200	Bianca
228079	6/3-8/12	W, 12-1pm	South	11	\$160/\$200	Shayna
228078	6/4-8/13	Th, 5:30-6:30pm	Salberg	11	\$160/\$200	Beryl
228066	6/4-8/13	Th, 6:30-7:30pm	South	11	\$160/\$200	Ellen
228063	6/5-8/14	F, 9-10am	South	11	\$160/\$200	Sheri
228064	6/7-8/9	Su, 3-4pm	Salberg	10	\$145/\$182	Arianna

Reformer - Level 2 - Continuing Beginner

(Age 16+) Review Level 1 Pilates Reformer exercises such as 'footwork,' 'hundreds,' 'frog,' 'tree front,' and 'elephant,' and incorporate and practice more challenging Pilates Reformer exercises - 'short spine massage,' 'knee stretches,' and 'teaser,' for example. **Pre-requisite:** Completion of at least one session of Level 1 classes with the City of Boulder Pilates program, or coordinator approval.

228073	6/1-8/10	M, 9:45-11am	South	11	\$200/\$250	Sheri
228069	6/2-8/11	Tu, 8:30-9:30am	South	11	\$160/\$200	Sheri
228068	6/2-8/11	Tu, 5:20-6:20pm	South	11	\$160/\$200	Bianca
228145	6/3-8/12	W, 8:40-9:40am	South	11	\$160/\$200	Sheri
228075	6/3-8/12	W, 6:40-7:40pm	Salberg	11	\$160/\$200	Arianna
228082	6/4-8/13	Th, 12-1pm	South	11	\$160/\$200	Shayna
228067	6/4-8/13	Th, 5:20-6:20pm	South	11	\$160/\$200	Ellen
228072	6/5-8/14	F, 10:10-11:10am	South	11	\$160/\$200	Sheri

Reformer - Level 3 - Intermediate

(Age 16+) This class will review Level 1 and 2 Pilates Reformer exercises and incorporate and practice Level 3 Pilates Reformer exercises. This is an advanced Pilates Reformer class. Students with strong Pilates Reformer experience will enjoy the workout! **Pre-requisite:** At least one session of Level 2 classes with the City of Boulder Pilates program, or coordinator approval. Must be able to consistently perform Level 2 Pilates Reformer exercises in a safe and controlled manner, and be able to confidently perform and flow through all Level 2 Reformer exercises with coordination and precision.

228070	6/3-8/12	W, 9:45-11am	South	11	\$200/\$250	Sheri
228080	6/3-8/12	W, 5:30-6:30pm	Salberg	11	\$160/\$200	Arianna



Energize your yoga practice with Power Yoga.

▶ YOGA PROGRAM INFORMATION

Registered Class Punchcard

Yoga program classes \$70 - 5 Punches

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

Registered Class Visitor's Fee

Yoga program classes \$17

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

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

No class July 4th. Check with instructor for information about any dates when classes will not meet.

Courses may be canceled if under-enrolled.

Yoga Mats & Eyebags - It is recommended that students bring their own mat. Please bring your own eyebag if you choose to use one during relaxation.

Recommendation: It is recommended that students who are new to Yoga attend a registered yoga course prior to attending our drop-in classes.

Are Registered Classes a Good Value?

Our registered classes cost \$8.75(Resident)/\$10.94(Non-resident) per class hour. Compare our prices to other clubs and studios.

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

Beginner Yoga

(Age 14+) Learn the basics of stretching and correct alignment in detail in order to practice yoga safely. Newcomers, students returning for a refresher, and those wishing to refine a lifelong yoga routine find this pace suitable. Explore correct breathing - the cornerstone of all yoga levels, foundational standing, seated and supine poses, twists, and modifications for individual body types.

227919	6/1-8/10	M, 6:30-8pm	East Senior 11	\$144/\$180	Erin
227922	6/4-8/13	Th, 9:30-11am★	North 11	\$144/\$180	Louann
227920	6/7-8/9	Su, 4:30-6pm	North 10	\$131/\$164	John

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.

228089	6/4-8/13	Th, 9:15-10:30am	South 10	\$109/\$137	Lisa
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Iyengar Yoga

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

229332	6/6-8/8	Sa, 8:30-10am	North 9	\$118/\$148	Karen D.
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Chi Kung

(Age 14+) Qigong (also spelled Chi Kung) is a form of yoga with roots in ancient China. Its many benefits include physical health and vitality, emotional wellbeing, mental clarity, and the unfolding of our deepest potential. A regular qigong practice may, over time, reduce chronic pain, resolve anxiety/depression, and support rejuvenating sleep cycles. This course, perfect for beginners and more advanced practitioners alike, will introduce the joyful and powerful practice of qigong by exploring the ten stages of qi cultivation. Each class will combine breathing and visualization exercises with gentle movements that stretch muscles and tendons, and circulate qi (life force) through the meridians (channels of body awareness also used in acupuncture). By the end of the course, you will have learned ten life-affirming and health-enhancing qigong practices.

227932 6/7-8/9 Su, 9:30-11am North 10 \$131/\$164 Beth

Power Yoga

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

Beginner

227926 6/2-8/11 Tu, 6:45-8pm North 11 \$120/\$150 Maggie

Intermediate

228125 6/3-8/12 W, 5:30-6:45pm North 11 \$120/\$150 Maggie

Restorative/Gentle Yoga

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

227928 6/3-8/12 W, 10:30-11:45am★ North 11 \$120/\$150 Karen D.

227927 6/6-8/8 Sa, 10-11:15am North 9 \$98/\$123 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.

227930 6/2-8/11 Tu, 5:15-6:30pm★ North 11 \$120/\$150 Cassandra

227931 6/3-8/12 W, 4-5:15pm South 11 \$120/\$150 Lori

227929 6/5-8/14 F, 4-5:15pm North 11 \$120/\$150 Cassandra

MELT®



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

227411 6/7-7/19 Su, 1:15-2:30pm North 6 \$66/\$82 David

FELDENKRAIS®

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

227933 6/3-8/12 W, 6:30-7:45pm East Senior 11 \$120/\$150 Gil

227410 6/5-8/14 F, 1:30-2:30pm North 11 \$96/\$120 Gil

ZUMBA® DROP-IN

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

AYRE DROP-IN

(Age 14+) This class is a fusion of different dance styles and fitness moves set to fun and upbeat music. It was created by Juliet Seskind to give her students a fun, creative, satisfying dance workout.

NIA DROP-IN

(Age 14+) Combining carefully selected movements and concepts from Yoga, Martial Arts, Jazz, Modern Dance and other movement forms, Nia classes offer total body cardiovascular conditioning and cross-training for any sport or activity. All Nia movements are adaptable and can be personalized for any level of fitness and agility. Everyone is welcome.



Drop-in for some fun in Juliet's Ayre class!



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

► ADULT POTTERY

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

- Students need to provide their own tools.
- For safety reasons, do not wear open toed shoes.
- Bring a towel to class.
- Adult courses include up to 50 lbs. of clay, glazes, firing, and instruction.
- Street Parking is available, be aware that some parking is restricted to 2 hours from 9 a.m to 5 p.m. Monday-Friday.

*Register online for pottery classes at www.BoulderPotteryLab.org

Adult Beginner

(Age 16+) Experience the fun and satisfaction of working with clay. Basic hand-building, beginning wheel-throwing and glazing are introduced.

*	6/9-8/4	Tu, 6-8:30pm	Pottery Lab	9	\$230	Kathryn
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Adult Intermediate

(Age 16+) This class for intermediate students includes wheel-throwing, hand-building, glazing and firing. Class is combined with Senior Pottery.

*	6/9-8/4	Tu, 9-11:30am	Pottery Lab	9	\$230	Nancy
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Senior Pottery

(Age 60+) All skill levels are welcome to participate in this class in which the art of wheel-throwing, hand-building, decorating and basic sculpture and firing are explored. Meet new friends while learning a new hobby.

*	6/9-8/4	Tu, 9-11:30am	Pottery Lab	9	\$230	Nancy
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All Levels

(Age 16+) This popular class is designed for the beginning/advanced student with individual needs or special projects. Includes both wheel-throwing and hand-building.

*	6/8-8/3	M, 7-9:30pm	Pottery Lab	9	\$230	Chris
*	6/10-8/5	W, 7-9:30pm	Pottery Lab	9	\$230	Aaron

Please Pass the Salt!

(Age 16+) This is an introduction to the world of salt firing. Combining workshop style teaching with studio time will give students an opportunity to learn how to create pieces for a salt firing. Class requires a commitment to the loading and firing dates and the ability to work independently. Students must meet pre-requisite qualifications.

Information: Nancy Utterback 720-379-6033.

A firing fee of \$75 is payable to the instructor on the first night of class.

Loading & firing will be August 1 & 2.

*	6/11-7/23	Th, 6-8:30pm	Pottery Lab/ Firing Site	9	\$230	Nancy
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Beginning Wheel-Throwing and Hand-Building

(Age 16+) Both beginning throwing on the wheel and hand-building techniques will be highlighted in this class for the beginning students.

*	6/11-8/6	Th, 9-11:30am	Pottery Lab	9	\$230	Margaret
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*Register online for pottery classes at www.BoulderPotteryLab.org

Birthday Parties!

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

POTTERY

► SUMMER WORKSHOPS

Wood Firing with Jim Cooper

(Ages 16+) For students with some experience, Jim Cooper, potter and master kiln builder, will share his expert knowledge of wood firing at a workshop on June 13th-14th. Participants will join Jim in firing the anagama and bourry box kilns at 63rd and the diagonal over the weekend of July 18th-19th. Students can use the open lab hours at the Pottery Lab from June 15-July 11th but must be able to work independently and must meet pre-requisite requirements before registering. A \$100 firing fee is payable to the instructor on June 13th. Space is limited! Information: Nancy Utterback 720-379-6033.

*	6/13-6/14	Workshop days	Pottery Lab	\$230	Nancy
	7/18-7/19	Firing	63rd & diagonal		

Glaze Basics

Learn some basic tips and tricks for dipping, pouring, painting and overlaps to experience successful glazing.

*	6/20-6/27	Sa, 9-11:30am	Pottery Lab	2	\$50	TBA
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Colored Clay

Join us for a fun filled 2 week class using colored clay to make functional and non-functionals hand-built pieces. Open to all levels.

*	7/11-7/18	Sa, 9-11:30 am	Pottery Lab	2	\$50	TBA
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*Register online for pottery classes at www.BoulderPotteryLab.org



At Clay Camp children will learn the art and craft of clay while having fun and exploring their creativity! (See pg. 11)

Spring Pottery SALE

at the **Boulder Pottery Lab**

1010 Aurora Ave
Boulder CO 80302

June 6th & 7th

Saturday and Sunday, 10 - 5



► YOUTH POTTERY

Child/Parent Pottery

(Ages 4+) Here is a perfect opportunity to make hand-built pottery with your child. Emphasis is on working on a project as a family unit. No class July 4.

*	6/13-8/8	Sa, 9-10am	Pottery Lab	8	\$117	Judi
*	6/13-8/8	Sa, 10:15-11:15am	Pottery Lab	8	\$117	Judi
*	6/13-8/8	Sa, 11:30am-12:30pm	Pottery Lab	8	\$117	Judi

Pre-Teen Pottery

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

*	6/11-7/30	Th, 1:45-3pm	Pottery Lab	8	\$117	Aaron
*	6/12-7/31	F, 1:45-3pm	Pottery Lab	8	\$117	TBA

Teen Pottery

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

*	6/10-7/29	W, 1:45-3:45pm	Pottery Lab	8	\$117	Aaron
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*Register online for pottery classes at www.BoulderPotteryLab.org



Whether you are an advanced climber or a beginner, our indoor climbing wall provides a safe and non-intimidating space to train.

▶ YOUTH MINI-SPORTS

Mini - Sports

(Ages 3-5) The (instructional) Mini-Sports programs consist of staff who help build participant's skills by administering a full range of drills and games. While learning the sport, staff will stress the FUN of playing. All Mini-Sports programs are located at the East Mapleton Softball Fields (Mapleton and 30th). If weather is in question call the cancellation information line: 303-441-3410. No class 6/30 or 7/1.

Information: Megann 303-413-7465 or lohmanm@bouldercolorado.gov

Mini-T-Ball

(Ages 4-5)

227982	6/9-7/21	Tu, 4-4:45pm	Mapleton	6	\$55/\$69
227984	6/9-7/21	Tu, 5-5:45pm	Mapleton	6	\$55/\$69

Mini-Soccer

(Ages 3-4)

227983	6/10-7/22	W, 4-4:45pm	Mapleton	6	\$55/\$69
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(Ages 4-5)

227985	6/10-7/22	W, 5-5:45pm	Mapleton	6	\$55/\$69
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Adult Sports Leagues - Spring/Summer/Fall/Winter

Basketball, Volleyball, Softball, Soccer, Kickball and Dodgeball leagues for all levels.

See www.BPRsports.org for more details.

NOW HIRING LEAGUE OFFICIALS!

Contact Megann at 303-413-7465 or lohmanm@bouldercolorado.gov

▶ ADULT INDOOR CLIMBING

Beginning Climbing-Adult

(Ages 16+) Want to try climbing but not sure where to start? Come to the East Boulder Community Center and learn the basics of climbing safely indoors. Information: Matt at 303-413-7477 or kamhim@bouldercolorado.gov

227686	6/1-7/6	M, 5:30-7pm	East	6	\$119/\$148
227684	6/3-7/8	W, 5:30-7pm	East	6	\$119/\$148

Intermediate Climbing-Adult

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

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

227685	6/1-7/6	M, 7-8:30pm	East	6	\$144/\$181
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▶ ADULT BASKETBALL LEAGUES

Men's Basketball

(Ages 16+) Our competitive and recreational basketball leagues typically consist of players who have previous competitive experience and players that are out for overall fun. We feature regulation courts, two officials, glass backboards and electronic scoreboards in our 8 game seasons. Fees are team based with no additional player fees. Information: Matt at 303-413-7477 or kamhim@bouldercolorado.gov.

A (Competitive) League - Tuesday

227682	6/30-8/25	Tu, 7-10pm	North	8	\$550
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B (Recreational) League - Thursday

229384	7/2-9/3	Th, 7-10pm	North	8	\$550
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▶ DROP-IN BASKETBALL, PICKLEBALL & VOLLEYBALL

Visit us online for the most up to date drop-in schedules at www.BoulderParks-Rec.org



Don't miss our Star Spangled Splash - 4th of July event and sand volleyball tournament at the Boulder Reservoir.

▶ ADULT SAND VOLLEYBALL LEAGUES

(Ages 16+) Play volleyball year round! Indoor leagues winter, spring and fall and outdoor leagues in the summer. Divisions are explained online at www.bprsports.org. Fees are team based with no additional player fees. Information: Erynn at 303-441-4137 or simonee@bouldercolorado.gov

Adult Sand Co-ed 4's

228032	6/3-7/22	W, 6-8pm	South	8	\$158
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Adult Sand Co-ed 6's

228033	6/4-7/23	Th, 6-8pm	South	8	\$263
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▶ NUGGETS PROFESSIONAL BASKETBALL TRAINER

Denver Nuggets Private Training

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

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

*Register online at www.TNBAbasketball.com/Nuggets

For questions please contact Derek Griffin at 720-454-3439 or dgriffin@TheBasketballAcademy.com

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:

www.BoulderParks-Rec.org



Outdoor Pool Dates:
 Scott Carpenter Pool • May 18 - Sept. 13
 Spruce Pool • May 23 - Sept. 13
 Dog Dayz at Scott Carpenter Pool • Sept. 14-27

Enjoy a free day at Scott Carpenter Pool in celebration of Kids to Parks Day on Saturday, May 16 from 12-4 p.m.

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 47 for details or visit us online for a schedule at www.BoulderAquatics.org. All pass or drop-in fee information can be found on page 6 or online.

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 info, contact Jason Stolz at stolz@bouldercolorado.gov



Lifeguard Training Class

Through videos, group discussion and hands-on practice, you'll learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. Successful completion results in a 2-year certification in Lifeguarding that includes first aid, professional-level CPR and AED in one certificate. **Participants must attend all class dates. Prerequisites:** Must be at least 15 years old and pass certain swimming requirements.

229183	6/1	M, 5-9pm	North	\$182/\$219
	6/3	W, 8:30am-4:30pm	North	
	6/4	Th, 8:30am-4:30pm	North	
	6/5	F, 8:30am-12:30pm	North	

Family Nights at Scott Carpenter Pool

Friday Night Fun - 6:30-8:30 p.m.

Join us on the last Friday of each month during our outdoor pool season for fun family events.

June 26 • Inner tube water polo
 July 31 • Large inflatable
 August 7 • Family sports night
 September 11 • End of season hula party

\$10 per family of 4, \$2 each additional family member
 Please sign up at any of our three recreation facilities.

www.BoulderAquatics.org

SWIMMING

► PRIVATE & *SEMI-PRIVATE SWIM LESSONS

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

Instructor Levels:

Level A - Instructor with 6+ years teaching experience

Level B - Instructor with less than 6 years teaching experience

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

► BARRACUDAS SWIM TEAM & CLINICS

Stroke Clinics

(Age 7-18) Clinics will help swimmers develop swimming skills during the off-season for better racing results next summer. Clinics are open to the public. Must be able to swim 25 yards without assistance. Clinics will focus on stroke form, endurance and technique. Weekly topics are as follows and will repeat each month. Pay at the front desk.

5/1-5/16	Sa, 11am-12pm	East
6/1-7/17	W, 7-8pm	Spruce

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

Summer Swim Team

(Ages 5-18) There will be a team meeting on Sunday, May 3 at 6pm at the North Boulder Recreation Center. This meeting is to notify parents/participants of exact practice times, meet schedules and other information.

Visit www.BoulderAquatics.org for more details.

Pre-season practice for swim team

226441	5/18-5/29	M-F, 4-6pm	South	Included in team fee
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Summer practice for swim team

same as pre-season	6/1-7/23	M-F, 7-9:30am	Spruce	\$225/\$275
		M/W, 6-7pm	Spruce	

Barracudas Pre-team

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

226439	6/1-7/10	M-F, 9:30-10am	Spruce	\$100/\$125
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No lessons week of June 28-July 4

► SWIM LESSONS UNDER 3 YRS OLD

Jelly Monkey

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

227216	6/1-6/12	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
227219	6/1-6/24	M/W, 6:10-6:40pm	North	8	\$48/\$60
227217	6/2-6/25	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
227220	6/2-7/28	Tu, 6:40-7:10pm	East	8	\$48/\$60
227221	6/4-7/30	Th, 5:30-6pm	East	8	\$48/\$60
227223	6/4-7/30	Th, 6:40-7:10pm	East	8	\$48/\$60
227222	6/6-8/1	Sa, 10:05-10:35am★	East	8	\$48/\$60
227212	6/15-6/26	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
227213	7/6-7/17	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
227215	7/6-7/29	M/W, 6:10-6:40pm	North	8	\$48/\$60
227218	7/7-7/30	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
227214	7/20-7/31	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45



Financial Assistance for Recreation Facility & Programs



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

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

► SMALL GROUP SWIM LESSONS AGES 3-6

Small Group Lessons provide a more personalized interaction with instructors, running in a semi-private format of no more than (3) students per instructor and are great for children new to the swim lesson setting.

Small Group Preschool Level 1

(Ages 3-6 yrs.) This is the class to take if your preschooler has not yet taken swimming lessons. This course will focus on introductory skills to help build his/her foundation in swimming while gaining confidence in the class structure. Students will be taught basic water safety skills and basic arm and leg movements to help develop comfort in the water. In addition, students will learn to enter and exit the water independently and float with support.

227075	6/1-6/12	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
227071	6/1-6/12	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
227149	6/1-6/24	M/W, 5-5:30pm	North	8	\$96/\$120
227142	6/1-6/24	M/W, 6:10-6:40pm	North	8	\$96/\$120
227047	6/2-6/25	Tu/Th, 9:30-10am	East	8	\$96/\$120
227949	6/2-6/25	Tu/Th, 10:05-10:35am	East	8	\$96/\$120
227052	6/2-7/28	Tu, 5:30-6pm	East	8	\$96/\$120
227060	6/2-7/28	Tu, 6:05-6:35pm	East	8	\$96/\$120
227063	6/4-7/30	Th, 5:30-6pm	East	8	\$96/\$120
227064	6/6-8/1	Sa, 10:05-10:35am★	East	8	\$96/\$120
227070	6/6-8/1	Sa, 10:40-11:10am★	East	8	\$96/\$120
227103	6/15-6/26	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
227057	6/15-6/26	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
227058	7/6-7/17	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
227061	7/6-7/17	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
227143	7/6-7/29	M/W, 5-5:30pm	North	8	\$96/\$120
227144	7/6-7/29	M/W, 6:10-6:40pm	North	8	\$96/\$120
227046	7/7-7/30	Tu/Th, 9:30-10am	East	8	\$96/\$120
227051	7/7-7/30	Tu/Th, 10:05-10:35am	East	8	\$96/\$120
227059	7/20-7/31	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
227104	7/20-7/31	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90

Small Group Preschool Level 2

(Ages 3-6 yrs.) Students will build upon the basic skills learned in Preschool 1 and begin to learn independent aquatic locomotion skills. Preschool 2 emphasizes independence in the skills learned in the first level.

227147	6/1-6/12	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
227065	6/1-6/12	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
227148	6/1-6/24	M/W, 5-5:30pm	North	8	\$96/\$120
227151	6/1-6/24	M/W, 6:10-6:40pm	North	8	\$96/\$120
227127	6/2-6/25	Tu/Th, 9:30-10am	East	8	\$96/\$120
227089	6/2-6/25	Tu/Th, 10:05-10:35am	East	8	\$96/\$120
227150	6/2-7/28	Tu, 5:30-6pm	East	8	\$96/\$120
227087	6/2-7/28	Tu, 6:05-6:35pm	East	8	\$96/\$120
227078	6/4-7/30	Th, 5:30-6pm	East	8	\$96/\$120
227079	6/6-8/1	Sa, 10:05-10:35am★	East	8	\$96/\$120
227080	6/6-8/1	Sa, 10:40-11:10am★	East	8	\$96/\$120
227097	6/15-6/26	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
227100	6/15-6/26	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90

227098	7/6-7/17	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
227101	7/6-7/17	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
227141	7/6-7/29	M/W, 5-5:30pm	North	8	\$96/\$120
227145	7/6-7/29	M/W, 6:10-6:40pm	North	8	\$96/\$120
227114	7/7-7/30	Tu/Th, 9:30-10am	East	8	\$96/\$120
227082	7/7-7/30	Tu/Th, 10:05-10:35am	East	8	\$96/\$120
227099	7/20-7/31	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
227102	7/20-7/31	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90

Small Group Preschool Level 3

(Ages 3-6 yrs.) 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.

227107	6/1-6/12	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
227083	6/1-6/12	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
227115	6/1-6/24	M/W, 5-5:30pm	North	8	\$96/\$120
227132	6/1-6/24	M/W, 6:10-6:40pm	North	8	\$96/\$120
227117	6/2-6/25	Tu/Th, 9:30-10am	East	8	\$96/\$120
227130	6/2-6/25	Tu/Th, 10:05-10:35am	East	8	\$96/\$120
227112	6/2-7/28	Tu, 5:30-6pm	East	8	\$96/\$120
227086	6/2-7/28	Tu, 6:05-6:35pm	East	8	\$96/\$120
227084	6/4-7/30	Th, 5:30-6pm	East	8	\$96/\$120
227088	6/6-8/1	Sa, 10:05-10:35am★	East	8	\$96/\$120
227085	6/6-8/1	Sa, 10:40-11:10am★	East	8	\$96/\$120
227121	6/15-6/26	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
227118	6/15-6/26	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
227122	7/6-7/17	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
227140	7/6-7/17	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
227131	7/6-7/29	M/W, 5-5:30pm	North	8	\$96/\$120
227146	7/6-7/29	M/W, 6:10-6:40pm	North	8	\$96/\$120
227091	7/7-7/30	Tu/Th, 9:30-10am	East	8	\$96/\$120
227092	7/7-7/30	Tu/Th, 10:05-10:35am	East	8	\$96/\$120
227124	7/20-7/31	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
227120	7/20-7/31	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90

5 tips for Summer Water Safety

Anyone watching children who are in, on or around water must understand that drowning happens quickly and suddenly. Any source of water is a potential drowning hazard, especially for young children and weak swimmers (*American Red Cross*). **To promote fun experiences at pools and natural bodies of water, follow these five safety tips:**

1. Have young children and inexperienced swimmers wear U.S. Coast Guard approved life jackets (but do not rely on life jackets alone).
2. Actively supervise kids when near water-even if lifeguards are present.
3. Always stay within arm's reach of young children.
4. Avoid distractions when supervising children around water.
5. Always swim with a buddy, do not allow any child to swim alone.

SWIMMING

No lessons week of June 28-July 4

► GROUP SWIM LESSONS AGES 3-5

Preschool 1 - Puffer Fish

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

227036	6/1-6/12	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
227035	6/1-6/12	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
227072	6/1-6/24	M/W, 5:35-6:05pm	North	8	\$48/\$60
227073	6/1-6/24	M/W, 6:45-7:15pm	North	8	\$48/\$60
227042	6/2-6/25	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
227110	6/4-7/30	Th, 6:05-6:35pm	East	8	\$48/\$60
227113	6/6-8/1	Sa, 9:30-10am★	East	8	\$48/\$60
227066	6/15-6/26	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
227037	6/15-6/26	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
227067	7/6-7/17	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
227038	7/6-7/17	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
227069	7/6-7/29	M/W, 5:35-6:05pm	North	8	\$48/\$60
227074	7/6-7/29	M/W, 6:45-7:15pm	North	8	\$48/\$60
227039	7/7-7/30	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
227068	7/20-7/31	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
227045	7/20-7/31	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45

Preschool 2 - Clown Fish

(Age 3-5) Students will build upon the basic skills learned in Preschool 1 and begin to learn independent aquatic locomotion skills. Preschool 2 emphasizes independence in the skills learned in the first level.

227044	6/1-6/12	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
227041	6/1-6/12	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
227056	6/1-6/24	M/W, 5:35-6:05pm	North	8	\$48/\$60
227055	6/1-6/24	M/W, 6:45-7:15pm	North	8	\$48/\$60
227043	6/2-6/25	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
227116	6/4-7/30	Th, 6:05-6:35pm	East	8	\$48/\$60
227138	6/6-8/1	Sa, 9:30-10am★	East	8	\$48/\$60
227106	6/15-6/26	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
227048	6/15-6/26	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
227090	7/6-7/17	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
227049	7/6-7/17	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
227062	7/6-7/29	M/W, 5:35-6:05pm	North	8	\$48/\$60
227053	7/6-7/29	M/W, 6:45-7:15pm	North	8	\$48/\$60
227040	7/7-7/30	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
227054	7/20-7/31	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
227050	7/20-7/31	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45



Swimming is a valuable lifesaving skill which enables children to explore further water sports.

Preschool 3 - Angelfish

(Age 3-5) Students will be taught to perform the skills presented in Preschool 1 and 2 independently to reach greater distances and develop good coordination. The use of combined simultaneous arm and leg actions will continue to help the student build a foundation for proper stroke development and confidence in the water.

227123	6/1-6/12	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
227093	6/1-6/12	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
227126	6/1-6/24	M/W, 5:35-6:05pm	North	8	\$48/\$60
227109	6/1-6/24	M/W, 6:45-7:15pm	North	8	\$48/\$60
227125	6/2-6/25	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
227135	6/4-7/30	Th, 6:05-6:35pm	East	8	\$48/\$60
227137	6/6-8/1	Sa, 9:30-10am★	East	8	\$48/\$60
227094	6/15-6/26	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
227111	6/15-6/26	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
227095	7/6-7/17	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
227119	7/6-7/17	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
227108	7/6-7/29	M/W, 5:35-6:05pm	North	8	\$48/\$60
227129	7/6-7/29	M/W, 6:45-7:15pm	North	8	\$48/\$60
227105	7/7-7/30	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
227096	7/20-7/31	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
227128	7/20-7/31	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45

No lessons week of June 28-July 4

► LEARN TO SWIM AGES 6-12

Level 1

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

227154	6/1-6/12	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
227159	6/1-6/24	M/W, 5-5:30pm	North	8	\$48/\$60
227946	6/1-6/24	M/W, 6:10-6:40pm	North	8	\$48/\$60
227158	6/2-6/25	Tu/Th, 9:30-10am	East	8	\$48/\$60
227165	6/2-7/28	Tu, 5:30-6pm	East	8	\$48/\$60
227167	6/4-7/30	Th, 6:05-6:35pm	East	8	\$48/\$60
227163	6/6-8/1	Sa, 10:05-10:35am★	East	8	\$48/\$60
227155	6/15-6/26	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
227156	7/6-7/17	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
227161	7/6-7/29	M/W, 5-5:30pm	North	8	\$48/\$60
227947	7/6-7/29	M/W, 6:10-6:40pm	North	8	\$48/\$60
227157	7/7-7/30	Tu/Th, 9:30-10am	East	8	\$48/\$60
227160	7/20-7/31	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45

Level 2

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

227941	6/1-6/12	M/W/F, 9-9:30am	Spruce	6	\$36/\$45
227168	6/1-6/12	M/W/F, 10:10-10:40am	Spruce	6	\$36/\$45
227184	6/1-6/24	M/W, 5-5:30pm	North	8	\$48/\$60
227187	6/1-6/24	M/W, 6:45-7:15pm	North	8	\$48/\$60
227166	6/2-6/25	Tu/Th, 10:05-10:35am	East	8	\$48/\$60
227944	6/2-7/21	Tu, 6:40-7:10pm	East	8	\$48/\$60
227179	6/4-7/23	Th, 6:40-7:10pm	East	8	\$48/\$60
227945	6/6-7/25	Sa, 9:30-10am★	East	8	\$48/\$60
227180	6/6-7/25	Sa, 10:40-11:10am★	East	8	\$48/\$60
227942	6/15-6/26	M/W/F, 9-9:30am	Spruce	6	\$36/\$45
227171	6/15-6/26	M/W/F, 10:10-10:40am	Spruce	6	\$36/\$45
227199	7/6-7/17	M/W/F, 9-9:30am	Spruce	6	\$36/\$45
227176	7/6-7/17	M/W/F, 10:10-10:40am	Spruce	6	\$36/\$45
227186	7/6-7/29	M/W, 5-5:30pm	North	8	\$48/\$60
227189	7/6-7/29	M/W, 6:45-7:15pm	North	8	\$48/\$60
227162	7/7-7/30	Tu/Th, 10:05-10:35am	East	8	\$48/\$60
227943	7/20-7/31	M/W/F, 9-9:30am	Spruce	6	\$36/\$45
227172	7/20-7/31	M/W/F, 10:10-10:40am	Spruce	6	\$36/\$45

Level 3

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

227170	6/1-6/12	M/W/F, 9-9:30am	Spruce	6	\$36/\$45
227164	6/1-6/12	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
227183	6/1-6/24	M/W, 5:35-6:05pm	North	8	\$48/\$60
227174	6/2-6/25	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
227202	6/2-7/28	Tu, 6:40-7:10pm	East	8	\$48/\$60
227191	6/4-7/30	Th, 6:40-7:10pm	East	8	\$48/\$60
227192	6/6-8/1	Sa, 9:30-10am★	East	9	\$48/\$60
227194	6/15-6/26	M/W/F, 9-9:30am	Spruce	6	\$36/\$45
227169	6/15-6/26	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
227195	7/6-7/17	M/W/F, 9-9:30am	Spruce	6	\$36/\$45
227177	7/6-7/17	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
227175	7/6-7/29	M/W, 5:35-6:05pm	North	8	\$48/\$60
227173	7/7-7/30	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
227197	7/20-7/31	M/W/F, 9-9:30am	Spruce	6	\$36/\$45
227178	7/20-7/31	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45

Birthday Parties!



Call today and reserve the date for your child's next birthday party!

Swimming
 East • 303-413-7209
 North • 303-413-7218
 South • 303-441-3449

Gymnastics
 North • 303-413-7218

Pottery
 Pottery Lab • 720-379-6033

Valmont Bike Park
 Reserve a shelter - 303-413-7219 or
 becks@bouldercolorado.gov

www.BoulderParks-Rec.org



SWIMMING

No lessons week of June 28-July 4

Level 4

Prerequisites: Successful completion of Level 3 or child must be able to successfully perform 15 yards of front crawl and backstroke with rhythmic breathing, 15 yards of elementary backstroke and one minute of treading water. Class Focus: Level 4 will continue to refine basic strokes and will also introduce breaststroke and butterfly. Students will increase endurance by swimming longer distances and will be introduced to the basics of wall turns.

227200	6/1-6/12	M/W/F, 10:10-10:40am	Spruce Pool	6	\$36/\$45
227193	6/1-6/24	M/W, 5:35-6:05pm	North	8	\$48/\$60
227201	6/2-6/25	Tu/Th, 9:30-10am	East	8	\$48/\$60
227203	6/2-7/28	Tu, 6:40-7:10pm	East	8	\$48/\$60
227948	6/4-7/30	Th, 6:40-7:10pm	East	8	\$48/\$60
227206	6/6-8/1	Sa, 10:40-11:10am★	East	8	\$48/\$60
227181	6/15-6/26	M/W/F, 10:10-10:40am	Spruce Pool	6	\$36/\$45
227182	7/6-7/17	M/W/F, 10:10-10:40am	Spruce Pool	6	\$36/\$45
227198	7/6-7/29	M/W, 5:35-6:05pm	North	8	\$48/\$60
227185	7/7-7/30	Tu/Th, 9:30-10am	East	8	\$48/\$60
227188	7/20-7/31	M/W/F, 10:10-10:40am	Spruce Pool	6	\$36/\$45

Level 5

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

227204	6/1-6/12	M/W/F, 10:45-11:15am	Spruce Pool	6	\$36/\$45
227211	6/1-6/24	M/W, 6:45-7:15pm	North	8	\$48/\$60
227205	6/2-6/25	Tu/Th, 10:05-10:35am	East	8	\$48/\$60
227209	6/2-7/28	Tu, 6:05-6:35pm	East	8	\$48/\$60
227190	6/15-6/26	M/W/F, 10:45-11:15am	Spruce Pool	6	\$36/\$45
227207	7/6-7/17	M/W/F, 10:45-11:15am	Spruce Pool	6	\$36/\$45
227210	7/6-7/29	M/W, 6:45-7:15pm	North	8	\$48/\$60
227196	7/7-7/30	Tu/Th, 10:05-10:35am	East	8	\$48/\$60
227208	7/20-7/31	M/W/F, 10:45-11:15am	Spruce Pool	6	\$36/\$45

► AQUATIC FITNESS Drop-in & Registered Classes

Aquatic Fitness (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.

227770	6/1-6/29	M/W/F, 8-9am	East	13	\$52/\$65
227772	7/1-8/3	M/W/F, 8-9am	East	14	\$56/\$70
227775	8/3-8/28	M/W/F, 8-9am	East	12	\$48/\$60

Warm Water Fitness (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.

227762	6/10-6/26	W/F, 9:45-10:45am	East	6	\$24/\$30
227763	7/1-7/31	W/F, 9:45-10:45am	East	10	\$40/\$50
227764	8/5-8/28	W/F, 9:45-10:45am	East	8	\$32/\$40

► DROP-IN AQUATIC FITNESS CLASSES

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

Aqua Zumba

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

T, 5:45-6:45 pm North

Water Fitness Aqua Motion

Get fit, increase energy and improve body tone in an adjustable intensity class using water resistance for minimal stress on the body and joints. Individual attention to needs and goals will be given. Intervals are used regularly in this class.

M/W/F, 9-10am★ North

M/W/F, 9-10am★ East

Hydro Dynamics

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

Tu/Th, 12:30-1:30pm South

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



Our tennis program provides a positive environment for learning, playing and having fun!

► TENNIS COURT LOCATIONS

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

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

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

*Enjoy our lights at EBCC and NBRC.

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

Adult Tennis Punch Cards

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

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

Adult Open Tennis

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

Youth Tennis Punch Cards

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

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

Private Tennis Lessons

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

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

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

► GONZO TENNIS



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

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

Questions: Gonzo Garcia at gonzo@gonzotennis.com

Program info: Dean at 303-441-4427 or rummeld@bouldercolorado.gov

Weather line and cancellation info: 303-441-3410, press 1 then 5.

► TENNIS – SENIORS

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

227582	6/5-6/26	F, 9:30-11am	East	4	\$63/\$79
227583	7/10-7/31	F, 9:30-11am	East	4	\$63/\$79

► TENNIS – ADULTS

(Age 16+) Clinics will introduce all the basic tennis strokes to beginners and improve skills for intermediate players. Appropriate games will be used for different levels improving your stroke technique and consistency.

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

Beginner 2.5-3.0

227584	6/1-6/24	M/W, 8-9:30am	East	8	\$126/\$158
227586	6/2-6/23	Tu, 6-7:30pm	East	4	\$63/\$79
227597	6/4-6/25	Th, 6-7:30pm	East	4	\$63/\$79
227585	7/6-7/29	M/W, 8-9:30am	East	8	\$126/\$158
227587	7/7-7/28	Tu, 6-7:30pm	East	4	\$63/\$79
227599	7/9-7/30	Th, 6-7:30pm	East	4	\$63/\$79

Beginner with Gonzo

227594	6/1-6/22	M, 9-10:30am	Centennial M.S.	4	\$88/\$110	Gonzo
227596	7/6-7/27	M, 9-10:30am	Centennial M.S.	4	\$88/\$110	Gonzo

Intermediate

227588	6/1-6/24	M/W, 9:30-11am	East	8	\$126/\$158
227590	6/1-6/22	M, 6-7:30pm	East	4	\$63/\$79
227591	6/3-6/24	W, 6-7:30pm	East	4	\$63/\$79
227589	7/6-7/29	M/W, 9:30-11am	East	8	\$126/\$158
227592	7/6-7/27	M, 6-7:30pm	East	4	\$63/\$79
227593	7/8-7/29	W, 6-7:30pm	East	4	\$63/\$79

Intermediate with Gonzo

227595	6/1-6/22	M, 10:30am-12pm	Centennial M.S.	4	\$88/\$110	Gonzo
227598	7/6-7/27	M, 10:30am-12pm	Centennial M.S.	4	\$88/\$110	Gonzo

► TENNIS – PERFORMANCE TRAINING

- Jr. Training with Gonzo 10 & Under
- Jr. Training with Gonzo 12 & Under
- High Performance Program - 16 & Under

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

Boulder SMASH



Tennis Team - Summer Competition (USTA & CARA)

During the summer competition season this is a two day per week commitment with one day of practice and one morning of match play. At the end of the seasons CARA and USTA both hold state tournaments for the participants.

USTA

227577	6/2-7/21	Tu, 1-3pm	Centennial M.S.	8	\$205/\$256
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CARA

227576	6/4-7/23	Th, 1-3pm	Centennial M.S.	8	\$168/\$210
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Both USTA & CARA

227578	6/2-7/23	Tu/Th, 1-3pm	Centennial M.S.	16	\$336/\$420
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More information at www.GonzoTennis.com

SUNSHINE LAUGHTER FUN SMILES
FRIENDS MEMORIES EXERCISE

SUMMER CAMPS

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

Don't miss out, sign up today!
www.BoulderParks-Rec.org

► 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

227600	6/6-6/27	Sa, 9-10am	East	4	\$42/\$53
227607	7/7-7/28	Tu, 4-5pm	East	4	\$42/\$53
227608	7/9-7/30	Th, 4-5pm	East	4	\$42/\$53
227606	7/11-8/1	Sa, 9-10am	East	4	\$42/\$53

Intermediate

227603	6/6-6/27	Sa, 10-11am	East	4	\$42/\$53
227610	7/7-7/28	Tu, 5-6pm	East	4	\$42/\$53
227611	7/9-7/30	Th, 5-6pm	East	4	\$42/\$53
227609	7/11-8/1	Sa, 10-11am	East	4	\$42/\$53

► TENNIS - YOUTH

(Ages 3-9) The School of Tennis is a child physical development program that uses a variety of fun games to develop motor skills while enjoying the game of tennis and helping to create self confidence in a safe and friendly environment. It's all about Tennis!
For inclement weather and cancellation information: 303-441-3410.

Mini Gonzos (Ages 3-4)

227612	5/31-6/21	Su, 9-9:30am	East	4	\$32/\$40
227618	6/6-6/27	Sa, 9-9:30am	East	4	\$32/\$40
227633	7/5-7/26	Su, 9-9:30am	East	4	\$32/\$40
227634	7/6-7/27	M, 3:45-4:15pm	East	4	\$32/\$40
227635	7/7-7/28	Tu, 3:45-4:15pm	East	4	\$32/\$40
227636	7/8-7/29	W, 3:45-4:15pm	East	4	\$32/\$40
227637	7/9-7/30	Th, 3:45-4:15pm	East	4	\$32/\$40
227638	7/10-7/31	F, 3:45-4:15pm	East	4	\$32/\$40
227639	7/11-8/1	Sa, 9-9:30am	East	4	\$32/\$40

Tiny Gonzos (Ages 5-6)

227619	5/31-6/21	Su, 9:30-10:15am	East	4	\$36/\$45
227625	6/6-6/27	Sa, 9:30-10:15am	East	4	\$36/\$45
227640	7/5-7/26	Su, 9:30-10:15am	East	4	\$36/\$45
227641	7/6-7/27	M, 4:15-5pm	East	4	\$36/\$45
227642	7/7-7/28	Tu, 4:15-5pm	East	4	\$36/\$45
227643	7/8-7/29	W, 4:15-5pm	East	4	\$36/\$45
227644	7/9-7/30	Th, 4:15-5pm	East	4	\$36/\$45
227645	7/10-7/31	F, 4:15-5pm	East	4	\$36/\$45
227646	7/11-8/1	Sa, 9:30-10:15am	East	4	\$36/\$45

Mighty Gonzos (Ages 7-9)

227626	5/31-6/21	Su, 10:15-11:15am	East	4	\$42/\$53
227632	6/6-6/27	Sa, 10:15-11:15am	East	4	\$42/\$53
227647	7/5-7/26	Su, 10:15-11:15am	East	4	\$42/\$53
227648	7/6-7/27	M, 5-6pm	East	4	\$42/\$53
227650	7/8-7/29	W, 5-6pm	East	4	\$42/\$53
227651	7/9-7/30	Th, 5-6pm	East	4	\$42/\$53
227652	7/10-7/31	F, 5-6pm	East	4	\$42/\$53
227653	7/11-8/1	Sa, 10:15-11:15am	East	4	\$42/\$53
227649	7/14-8/4	Tu, 5-6pm	East	4	\$42/\$53

► GONZO TENNIS SUMMER CLINICS

(Ages 5-15) Tennis, tennis, tennis! A good combination of exercises, tennis games, other sports, and activities on the court to help students improve their game in a fun & safe environment.

Morning

225759	6/2-6/4	Tu/W/Th, 9am-12pm	East	3	\$104/\$130
225760	6/9-6/11	Tu/W/Th, 9am-12pm	East	3	\$104/\$130
225761	6/16-6/18	Tu/W/Th, 9am-12pm	East	3	\$104/\$130
225762	6/23-6/25	Tu/W/Th, 9am-12pm	East	3	\$104/\$130
225763	6/30-7/2	Tu/W/Th, 9am-12pm	East	3	\$104/\$130
225764	7/7-7/9	Tu/W/Th, 9am-12pm	East	3	\$104/\$130
225765	7/14-7/16	Tu/W/Th, 9am-12pm	East	3	\$104/\$130
225766	7/21-7/23	Tu/W/Th, 9am-12pm	East	3	\$104/\$130
225767	7/28-7/30	Tu/W/Th, 9am-12pm	East	3	\$104/\$130
225768	8/4-8/6	Tu/W/Th, 9am-12pm	East	3	\$104/\$130
225771	8/11-8/13	Tu/W/Th, 9am-12pm	East	3	\$104/\$130

Afternoon

226482	6/2-6/4	Tu/W/Th, 3-6pm	East	3	\$104/\$130
226483	6/9-6/11	Tu/W/Th, 3-6pm	East	3	\$104/\$130
226484	6/16-6/18	Tu/W/Th, 3-6pm	East	3	\$104/\$130
226485	6/23-6/25	Tu/W/Th, 3-6pm	East	3	\$104/\$130



VALMONT BIKE PARK



Our program offers authentic outdoor adventure camps 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)

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

Group (3 hour classes)

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

Skills Camp

(Grades 2-11) 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 5:30 p.m.
- Daily lunch from Sprouts is also available.
- Special Park Bikes and protective gear (required) can be rented for an additional fee.

Information: Avid4 Adventure, vbp@avid4.com or call 720-249-2412.

*	5/25-5/29	M-F, 9am-3pm	\$395 per week
*	6/1-6/5	M-F, 9am-3pm	\$395 per week
*	6/8-6/12	M-F, 9am-3pm	\$395 per week
*	6/15-6/19	M-F, 9am-3pm	\$395 per week
*	6/22-6/26	M-F, 9am-3pm	\$395 per week
*	6/29-7/3	M-F, 9am-3pm	\$395 per week
*	7/6-7/10	M-F, 9am-3pm	\$395 per week
*	7/13-7/17	M-F, 9am-3pm	\$395 per week
*	7/20-7/24	M-F, 9am-3pm	\$395 per week
*	7/27-7/31	M-F, 9am-3pm	\$395 per week
*	8/3-8/7	M-F, 9am-3pm	\$395 per week
*	8/10-8/14	M-F, 9am-3pm	\$395 per week

* Register online at www.avid4.com

VALMONT BIKE PARK

VALMONT BIKE PARK

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

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

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

Picnic Reservations at VBP

Four picnic areas are available for rent at Valmont Bike Park: The two uncovered picnic areas in The Glades area, and the Park Plaza, along with the two covered shelter areas in The Glades Shelter and the Park Plaza Area Shelter. Reservation Fees: \$100-\$150 for up to 3 hours including set up and clean up time. For more information on rentals contact valmontbikepark@bouldercolorado.gov

Volunteer at VBP

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

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

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

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

Private & Semi-Private Clinics with Lee McCormack

(Age 18+) Working with a Lee Likes Bikes instructor by yourself or with a small group is the ultimate way to become a safer, more confident, faster and more capable rider. Whether you want to fly through the air, win races or just have more fun, Lee’s teaching method will give you a safe, solid foundation and help you reach your cycling goals. Lee’s private sessions are favorites among beginners and pros alike. Focus on your specific needs: body position, braking, cornering, riding up and down obstacles, pumping terrain, dropping, jumping, technical trail riding and more. Valmont Bike Park is the greatest place on earth to do this!

“I think Lee is an awesome instructor with great patience. He explained things in a way that made me feel very comfortable and I enjoyed the whole experience so much, I can’t wait to do it again!”

- Minimum one rider per session. Maximum six riders per session.
- Private classes start at \$175.

To learn more and to register, go to www.leelikesbikes.com or email lee@leelikesbikes.com



Photo provided by yannphotovideo.com

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

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

Public Mountain Biking Clinics with Lee Likes Bikes

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

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

Details, dates and registration at www.leelikesbikes.com

POLICIES & INFORMATION

Recreation Center Holiday & Maintenance Closures

5/25 • North Boulder Rec. Center open 1:30-6:30pm; Scott Carpenter Pool open 1-5pm; East Boulder Community Center & South Boulder Rec. Center closed

7/4 • East Boulder Community Center open 8am-1:30pm; Scott Carpenter Pool open 1-5pm; North Boulder Rec. Center & South Boulder Rec. Center closed

8/15-8/23 • North Boulder Rec. Center closed - annual maintenance

8/29-9/7 • East Boulder Community Center closed - annual maintenance

Annual Pass Terms & Benefits

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

Lock Policy

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

Punch Pass Terms & Benefits

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

Class Visitor Pass

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

\$70 for 5 classes

Class Size

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

Nothing Cancels a Program

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

Group Discount Program

Discounted rates are available for businesses and organizations with five or more employees; and for Boulder Chamber of Commerce members!

For information call Christy Munoz at 303-413-7259 or visit www.BoulderParks-Rec.org

Reduced Rate Program

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

In an Emergency - What's Our Plan?

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

Access for All

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

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

Children Under 12

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

Photographs and Model Release

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

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

Acknowledgment of Risk / Waiver of Liability

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

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

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

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

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

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

STAFF CONTACTS

Parks & Recreation Staff Phone Numbers

ACCESS & INCLUSION (EXPAND & YSI)

Lori Goldman, Supervisor303-413-7256

COMMUNITY OUTREACH

Internships Coordinator303-413-7200

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

Christy Munoz
Group Discount Program303-413-7259

AQUATICS

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

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

Jason Stolz, Aquatics Supervisor303-441-3435

GYMNASTICS

Doug Felkley, Coordinator303-413-7265

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

HEALTH & WELLNESS

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

Kathleen Murphy, Mind/Body303-413-7466

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

SPORTS

Program Information303-441-3410

Megann Lohman303-413-7465

Erynn Simone303-441-4137

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

RECREATION CENTERS

Tim Duda, Supervisor EBCC303-413-7463

Jayson Swigart, Supervisor NBRC 303-413-7263

Todd Calvin, Supervisor SBRC303-441-3449

FLATIRONS GOLF COURSE

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

BOULDER RESERVOIR

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

VALMONT CITY PARK

Skyler Beck, Manager303-413-7219

PARK OPERATIONS

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

YOUTH & FAMILIES

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

ADMINISTRATION

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

Jeff Dillon
Capital Investment Manager303-413-7200

Alison Rhodes
District Services Manager303-413-7249

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

Volunteer



Make a Difference in Your Community!

Volunteer opportunities:

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

More information: www.BoulderParks-Rec.org



Help Make Boulder, Colorado a great place to PLAY!

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

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

Financial Assistance for Recreation Facility & Programs



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

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

REGISTRATION

Transfer Policy

Fee

- Same day of registration
- Before 2nd class meeting, if space is available

\$0
\$5

Program Refund Policy

Fee

Courses

- Before 2nd class
- After 2nd class

\$15
No Refund

1 Meeting Programs

- One week prior to start date

No Refund

2 Meeting Programs

- Before 1st Meeting
- After 1st Meeting
- After 2nd Meeting

\$15
50%
No Refund

Camps

- Monday two weeks prior to start of camp
- More than two weeks prior to start date

No Refund
\$15

Leagues

- Before league registration deadline
- After league registration deadline

\$15
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 5.**
- For registrations in which you have a **discount or questions**, please call the registration help line at 303-413-7270, Monday-Friday, 9am-5pm.
- For registrations that qualify for **reduced rate or to apply for reduced rate**, please call 303-413-7200, Monday-Friday, 8am-5pm.

For immediate registration confirmation and for popular classes, we recommend online registration. Kiosks are available at all facilities.



ONLINE REGISTRATION
www.BoulderParks-Rec.org

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

Concerts in the Parks

The Boulder Parks & Recreation Department partners with the Boulder Concert Band to provide music in the parks. The Boulder Concert Band is composed of volunteer musicians from Boulder and surrounding communities. Celebrating more than three decades, the BCB has a glorious tradition.

Bring a picnic dinner and enjoy music in our parks with your family! (Please no glass in parks.)



Boulder Summer Concert Band Schedule

June 22	Main Boulder Public Library Lawn
June 29	Scott Carpenter Park
July 6	Chautauqua Lawn
July 13	Salberg Park
July 20	North Boulder Park
July 27	Viele Lake

MONDAYS
7-8 P.M.



Visit us online at www.BoulderParks-Rec.org

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



Get 2 free coffee drinks at OZO Coffee Co.

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

\$10 gift card for Boulder Cycle Sports



\$10 Farmers Buck for fresh fruits & vegetables.



\$10 gift card for Gateway Park Fun Center.



\$10 gift card for Flatirons Running Co.



\$10 gift card for Hapa Sushi



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

Thank you Colt Lanaghen for sharing your exquisite “mosaic owl” with us!

Colt (8 years old at the time) was inspired to create this piece of art after seeing a large owl in a tree near the East Boulder Community Center. He was taking an early morning walk along the Bobolink Trail when he saw the owl and watched it fly away.

A student at the Mackintosh Academy, Colt was learning about mosaic art at the time and applied a mosaic approach to his rendering of the owl.

In addition to getting his artwork published, Colt received a youth 10-punch pass and \$20 worth of gift cards to local merchants.

Congratulations Colt!

Send Us Your Art!

Send us your art, photography or poetry inspired by the people, sights and scenes found in Boulder’s parks, recreation facilities, or sports fields. We encourage all ages to participate.

How to submit:

Send your digital artwork, images or poetic writing compositions to:
parks-rec@bouldercolorado.gov

Please include your name, contact information and a brief description of your work (or inspiration).

Submission rules can be found online at boulderparks-rec.org.





*Photo provided by Carnegie Branch Library for Local History/
Boulder Historical Society Collection*

TEXADO OR CHAUTAUQUA

On July 4, 1898, more than 4,000 people gathered for the opening of Boulder's first park. Boulder voters, intent on luring a contingent of Texas school teachers to town each summer, approved \$20,000 for the purchase of the 75-acre, Bachelder Ranch. Initially called, Texado Park by city council, the park was more commonly referred to simply as Chautauqua. A Chautauqua brought entertainment and culture to a community, with speakers, teachers, musicians, entertainers, preachers and "specialists of the day."

In the late 1890s, the Texas Board of Education and Regents of the University of Texas decided to establish a summer school for teachers in a cool climate. The regents believed the best way to obtain a favorable location for the teachers' summer program was to partner with a railroad, combine the school with a Chautauqua, and entice a Colorado town to provide a site. Offering land, facilities and utilities, Boulder was selected. The Bachelder site was identified for its spectacular mountain setting and healthy environment.

The Chautauqua Movement began in 1874 as a modest educational experiment in out-of-school, vacation learning on the shore of Lake Chautauqua in western New York. This effort to provide professional development for Sunday school teachers, rapidly evolved into an annual summer retreat featuring academic and religious lectures, music, art, performance and physical education.

By the 1880s, the Chautauqua concept had grown to include a forum for discussion of public issues, international relations, literature and science. As word spread, this concept gave rise to both "Daughter Chautauquas" (like Boulder) and traveling or circuit Chautauquas. Hence, the proliferation of the concept

of summer gatherings for the purpose of academic, religious, and cultural enrichment became known as the "Chautauqua Movement." At its height in the 1920s, there were thought to be as many as 10,000 Chautauquas engaging more than 45 million Americans. Former US President Theodore Roosevelt once said, Chautauqua is "the most American thing in America."

Today, Boulder Parks & Recreation is proud to continue its partnership with the Colorado Chautauqua Association to ensure the vibrancy of the space for generations to come.

Born of a confluence of ideas spanning Texas, New York and Colorado, Boulder's first park is now one of the few original Chautauquas still in operation and one of just twenty-five National Historic Landmarks in Colorado.





Thank you Randy and the many individuals, businesses, and organizations who donate their time to keeping the Boulder Creek corridor clean.

To get involved in one of our many adoption programs, visit us online at www.BoulderParks-Rec.org > Volunteer All ages are welcome!

Upcoming volunteer events:

- **Community Cleanup Day**
May 16 • 8:30 a.m. to noon
11 locations, ice cream social to follow.
- **EXPAND Duck Race**
May 23 -25 • various times
Contact Lori Goldman at goldmanl@bouldercolorado.gov or 303-413-7256
- **Valmont City Park Volunteer Days**
9 a.m. to noon (No need to RSVP)

Join us the 1st Saturday of the month, May - October. (Sun. July 5th replaces Saturday July 4th) Meet at the Bike Park.

Other Boulder Parks Volunteer Days:

Help remove trash and weeds and perform light maintenance.

Drop in the 3rd and 4th Saturdays of June, July and August. 9 a.m. to 12 p.m.

- East Boulder Community Center Dog Park
June 20 - Meet at Dog Park
- Central Park & Civic Area
June 27 - Meet at the bandshell
- Harlow Platts Park
July 18 - Meet at the hockey rink
- Elmers Two Mile Park
July 25 - Meet at park shelter
- Central Park & Civic Area
August 15 - Meet at the bandshell

Large groups please RSVP at 303-413-7245. All ages welcome! (Supervision is required for ages 13 and younger).

VOLUNTEER PARTNERSHIPS: Creating Community through Environmental Action

In the wake of the 2013 flood, debris of all kinds continues to appear in our creeks and waterways. Much of it is deposited by run-off or blown in by Boulder’s powerful winds.

This fall, Randy Hicks, owner of Rocky Mountain Anglers (RMA), took action, coordinating a cleanup event along Boulder Creek. Randy’s infectious enthusiasm and bountiful energy encouraged friends, family, business associates and environment groups to partner with Boulder Parks and Recreation to clean up a 5 ½ mile section of Boulder Creek from Eben G. Fine Park to Pearl Parkway. More than 125 community members joined this volunteer event!

From this effort, a group of environmental stewards formed the Boulder Creek Adoption Program. Now, on any given day, adoption members can be seen cleaning up sections of the creek.



YOUTH SERVICES INITIATIVE

For more than 10 years, Boulder Parks and Recreation's Youth Service Initiative (YSI) has been changing lives and building community among Boulder's economically less fortunate. Each year, YSI serves about 150 young people whose circumstance would otherwise prevent them from experiencing many of the recreational and educational activities and options their peers enjoy. YSI also enables underserved community members to get exposed to art, good nutrition, the benefits of academic achievement and higher education, a healthy culture and support system.

During the school year, afternoons include a structured, supportive environment for recreation activities, both at housing sites and recreational facilities. For example, every year a group of dedicated YSI youth packs the lunch bags that BOLDER Boulder runners receive after the world famous race. In exchange, every YSI member that wants to run the BOLDER Boulder gets a free entry to the event.

YSI also broadens our local youth's horizons through access to recreational programs including spring break ski trips, horseback riding, waterskiing and cultural and sporting events. Besides creating community and bonds and civic-minded young people (who rapidly become contributing adults), YSI empowers Boulder's youth to grow and pursue an engaging career path.

Consider Alma...

Alma began participating in YSI's programs when she was 12 years old. Throughout her time at YSI, she just beamed enthusiasm and creativity. She loved creating art and helping produce YSI's annual art exhibit. Throughout high school, Alma continued participating in the after-school and summer YSI programs, eventually earning an Outstanding Youth Volunteer Award from YOAB (Youth Opportunities Advisory Board) for her volunteer efforts and work with younger YSI participants. She then became a Youth Mentor. In this new role, Alma learned how to teach and encourage younger participants to engage in the program. Alma recently graduated from Fairview High School, and is now taking classes at Front Range Community College while working two part time jobs, one with YSI.

Alma is a living example of how YSI nurtures real community connections and changes lives.

By offering opportunities for community health to a population in need, we become both teachers and learners, givers and recipients and as the late social change advocate, Daniel Berrigan, once said, "conscience ceases to be a spectator sport." Boulder Parks and Recreation and the YSI team know this to be true!



Alma is a living example of how YSI nurtures real community connections and changes lives.

If you would like to contribute to or volunteer with YSI, please contact Alexis Moreno at: MorenoA@Bouldercolorado.gov or 303-413-7217

Boulder Community Day

Saturday, May 16



Community Clean up Day
8:30-11:30 a.m. various locations

Help us clean up and beautify Boulder by removing trash and recyclables, pulling weeds from parks and greenways.

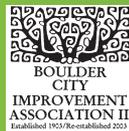
Select from several cleanup sites and project leaders will provide direction and supplies when you arrive.

More details:
www.BoulderCommunityDay.org
or call 303-413-7245.



Kids to Parks Day
Fun for the whole family! Enjoy a variety of **FREE** activities in the park and at Scott Carpenter Pool.

May 16 • 12-4 p.m.
Scott Carpenter Park, 1505 30th St.



28TH ANNUAL **FESTIVAL**[®]
Boulder Creek

EST. 1987

EXPAND Duck Race
Monday, May 25 • 4 p.m.

@ the 9th St. bridge



Come by walk, bus or bike - new VIP bike racks!

More local food, vendors & music than ever!

Support EXPAND! Photo booth, mural project & Duck Race



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 or at the Boulder Creek Festival May 23-25.

(Need not be present to win).

The EXPAND Duck Race[®] benefits the City of Boulder Parks & Recreation Department's EXPAND Program. EXPAND has been providing recreational opportunities for children, youth and adults with disabilities since 1980.

Visit EXPANDduckrace.org for more information



Produced by **BOULDER CREEK EVENTS**



**Summer Registration
begins May 5th**

Splash Pass

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

Pass Fees

Adult \$132(R) / \$165(N)
Youth \$88(R) / \$110(N)
Senior \$90(R) / \$112.50(N)
Family \$264(R) / \$330(N)

Daily Entry Fees

Adult \$6.25
Youth \$3.75
Senior \$4.25

Valid at the following locations: Opening Dates:

- **Scott Carpenter Pool** May 18-Sept. 13
1505 30th St., 303-441-3427
- **Spruce Pool** May 23-Sept. 13
2102 Spruce, 303-441-3426
- **Boulder Reservoir** May 23-Sept. 7
5565 N. 51st St., 303-441-3461



Family Nights at Scott Carpenter Pool • Fridays, 6:30-8:30 p.m.

- June 26 Inner Tube Water Polo
- July 31 Large Inflatable
- Aug. 7 Family Sports Night
- Sept. 11 End of Season Hula Party

Visit www.BoulderAquatics.com for details.

