

VOLUNTEER with EXPAND

Getting Started

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

Monday

Water Aerobics
June 3-Aug 12
5:30pm-6:30pm
Jen - EBCC

Become a Chef!
June 10-July 15
4-5:30
Sherri- EBCC

Tuesday

Become a Chef!
June 11-July 16
2:45-4:30
Sherri- EBCC

Kayaking and Canoeing with NSCD
6/11 & 7/16
4:30-8
Lori-EBCC

Water Skiing
June 18-Aug 6
7:30-11am
Cory-Reservoir

Kickball
Aug 13
5-7pm
Sherri-Mapleton

Dogs & Dodgeball
Aug 20
5-7pm
Sherri-South

Unified Softball
May 14- Aug. 13
5:00-9:00pm
(1 hour commitment required)

Winter Park Adventure Day
Aug 13
8am-5pm
Lori-EBCC

Wednesday

Bocce Ball
June 5- August 7
3-4
Sherri- EBCC

S.O. Swim Training
June 5-Aug 14
4pm -5pm
Jen - EBCC

Thursday

Weight Lifting
June 6-Aug 15
2:30-3pm
Sherri - EBCC

Spinning
June 6-Aug 15
3-4pm
Sherri - EBCC

Golf Lessons
June 13-July 18
3-4pm

Smile & Stretch
June 6- Aug 8
4:15pm-5:15pm
Jen-EBCC

Friday

Bowling
June 21-Aug 23
4-5pm
Jen - CU/UMC

Tubing
June 21
July 26
Aug 16
10-1pm
Sherri- Reservoir

Friday Night Dances
5-8pm
Harlem Shuffle
(June 14)
The Oldies
(July 19)
Hawaiian Luau
(Aug 23)

Saturday

Quad Rugby
June 9-Aug 1
1:30-4:30pm
Jen-EBCC

Mini-Tri
Aug 3
7am-1pm
Jen- EBCC

Sunday

Wheelchair racing
Now-Oct
3-5pm
Jen-Fairview

Out on the Towns (Cory)
June 26- **Adventure Golf & Raceway/Dinner**
5-8pm @ EBCC

July 24- **Pizza & Bingo**
5-6:30pm @ EBCC

Aug 7- **Paddle at the Rez**
5-8pm @ Rez

EXPAND Staff

Cory	3/413-7269	LasherC@bouldercolorado.gov
Jen	3/413-7474	HeilveilJ@bouldercolorado.gov
Lori	3/413 -7256	GoldmanL@bouldercolorado.gov
Sherri	3/441-4933	BrownSh@bouldercolorado.gov
Colleen	3/413-7216	Fitzgeraldc@bouldercolorado.gov

Questions?

Please contact
Colleen, 303-413-7216
fitzgeraldc@bouldercolorado.gov



Information about our program!

What is EXPAND? EXPAND (EXciting Programs, Adventures and New Dimensions) is a program of the Boulder Parks and Recreation Department that offers children, youth and adults with disabilities an opportunity to participate in a recreation program of their choice. Volunteers are necessary to assure the success and fun of all of our programs. Most of the programs listed serve people with developmental disabilities. Programs for people with physical disabilities are available through EXPAND's Blazesports program.

Additional Volunteer Opportunities

Inclusions: Assist a child with a disability in a general recreation program. Most inclusions occur in swimming and gymnastics classes. Time and days vary depending on the season, so please let us know if this interests you!

Duck Race: The EXPAND Program hosts an annual Great Rubber Duck Race at the Boulder Creek Festival as a fundraiser for our program. The actual race occurs on Memorial Day (May 27). Help us sell tickets, count and sort ducks, do computer entry, etc. If you are interested, please contact Colleen Fitzgerald, 303-413-7216.

Youth Services Initiative: The YSI program is a community-based after-school program designed to provide economically disadvantaged youth with the opportunities, skills, knowledge and resources necessary to make informed, positive choices related to personal, educational, and lifestyle pursuits. The program runs Monday – Friday from 3 – 6pm. Contact Colleen @ 303-413-7216.

Programs meet at recreation centers:

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

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

NBRC (North Boulder Recreation Center) – 3170 Broadway
(Broadway & Iris) 303-413-7360