

Boulder Parks & Recreation RECREATION **Guide**

winter 2014

dance 8

gymnastics 16

fitness 18

mind/body 21

school days off 45

Celebrating
30 years of team
gymnastics!

See pg. 16-17



**Register Online Today -
Begins December 3
Pg. 44 for details**

GET FIT WHERE YOU LIVE

Enjoy fitness at three great centers



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Stay Informed with FREE eNews!

Let us keep you informed of the latest classes, events, community meetings, weather or construction-related closures and more by joining 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 the most up-to-date source of 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

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FREE Coffee, Run, Cycle or Fun?



Get 2 free coffee drinks at OZO Coffee Co.

Choose a **FREE, local reward card** when you buy or renew an annual pass!



Get a \$10 gift card for Full Cycle.



Get a \$10 gift card for Hapa Sushi



Get a \$10 gift card for Gateway Park Fun Center.

Please support these local businesses that support your Boulder Parks & Recreation Department.



New Year's Fitness Jam



WEDNESDAY, JANUARY 1, 2014

Join us for our Annual New Year's Day Fitness/Nia Jam at East Boulder Community Center. Start the new year with this low-impact, high-energy workout. Beginners welcome!

A great opportunity to introduce friends & family to the Boulder Recreation Centers! Membership specials will be available at the Jam! *Use your punch pass, annual pass or daily entry fee to enjoy the workouts. Kids' Corner is available 8:30am-1:30pm.*

9-10 a.m. Hard Core Fitness★
10-11:30 a.m. Wild Nia Jam★
12 p.m. Drop-in Yoga★

East Boulder Community Center • 5660 Sioux Dr.

complete details at www.BoulderParks-Rec.org

Flood Recovery Update

For the latest flood recovery updates visit, www.BoulderParks-Rec.org, then go to the "Flood Recovery, Closures, and How to Help" link. For citywide information, visit www.BoulderFloodInfo.net.

95% of our parks and facilities are now open. We've done a lot (and many volunteers have helped!) to reopen our parks and facilities since the September flood.

Here's what we still need to do:

Recreation:

- Replace the North Boulder Recreation Center (NBRC) gymnasium floor due to extensive damage by mud and water.
- Monitor the condition of and determine next steps for the South Boulder Recreation Center gym floor, which sustained water damage. We will continue to monitor its condition to determine next steps.
- Complete gymnastics center equipment and facility restoration. While the NBRC gymnastic facility is open and operating on its normal schedule, we still have some equipment and flooring to replace.

Look for progress reports on these and other flood-related projects in early 2014.

Parks, Paths & Trees:

- Parks/facilities that remain closed due to flood damage:
 - Elks Park
 - The Knollwood Tennis Courts
 - The Evert Pierson Kids' Fishing Pond (estimated to be repaired by early 2015)
- Partial park closures are still in effect at several parks due to safety or ongoing restoration efforts. Please respect these fenced off closures.
- Our forestry and parks staff have completed tree assessments along all bike paths and creeks, but caution that additional safety issues may arise.
- Tree awareness: Though we've assessed immediate tree damages, hidden structural weaknesses may develop over time. Heavy flooding can soften soil and wash it away from roots, reducing stability. Roots exposed to the air, submerged in water or smothered by deposited mud or soil may also die, making a tree unstable.

Facility status and closures may change. Please check the websites listed above for the latest flood-related information and closures.



Thanks to our community for your support!

Thank you so much to the nearly 800 volunteers that have assisted the department in flood recovery.

As of printing, volunteers have contributed more than 2,000 hours of labor this fall, restoring and helping reopen the following parks and facilities:

- Eben G. Fine Park
- Wonderland Lake Park
- Scott Carpenter Park
- North Boulder Park
- Columbia Cemetery
- Civic/Municipal Area
- Coot Lake and Tom Watson Park
- Boulder Reservoir north and south shores
- Large portions of the Boulder Creek Path
- North Boulder Rec Center tennis courts

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
Sat: 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!

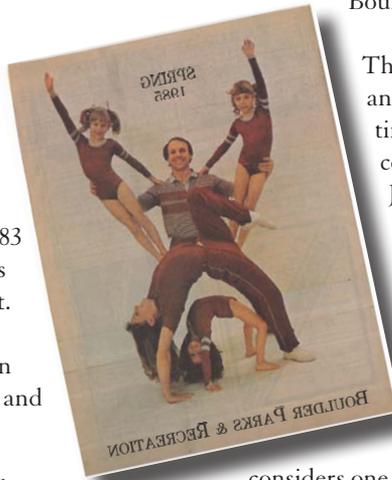
On the cover: *A sample of Flyers gymnastics team members.*

Flyers gymnastics team celebrates 30 years with the City of Boulder!

It's been 30 years since high level gymnastics was introduced to the City of Boulder Parks and Recreation Department through a partnership with Ron and Gina Crescentini, and department staff, Paul Swaboda and Al Quiller.

The Flyers gymnastics team came to the city in 1983 as one of the early public-private business ventures explored by the Parks and Recreation Department. Now, in conjunction with the 12,000 square foot gymnastics center in the North Boulder Recreation Center, it is one of the city's most highly respected and sought after recreation programs.

Over its 30-year history, the program has launched more than 100,000 Boulder youth on successful life journeys. There have been four Olympians including Debbie Willcox and Tom Schlesinger; four Air Force Academy graduates; two perfect ACT score students; medical professionals; performers and more. Program supervisor Ron Crescentini states, "Our gymnastics staff agrees. The remarkable success of our kids, both in the gym and beyond, is obviously the result of many factors, gymnastics significant among them. There is a growing body of scientific evidence that suggests a well-designed and age-appropriate gymnastics program provides the right blend of movement and discipline to help young minds develop and reach



their potential. In 30 years of experience, the results in Boulder support this research."

There have been many devoted people who've coached and instructed in the gymnastics program giving their time, hearts and love. Alongside these passionate contributors has been a core team, including Ron, Doug, Janice and Prudence, who've provided an average of 25 years of service to the community.

When you arrive at the gymnastics center you're first struck by its size and the quality of its equipment and next by the sheer number of trophies that line its walls and window sills. These are the truest testimony to the success of the kids, coaches, staff and administrators. Though the gymnastics staff

considers one of their greatest achievements not the trophies but the confidence and self-esteem they instill in each team member and program participant.

Many have come through this program; some stay longer than others, but most importantly, all their time here is meaningful and in the end contributes to their success in sport and life.

To get more information about the gymnastics program and the classes we offer, please see pages (16-17) or visit our website at www.BoulderParks-Rec.org.

2014 Recreation News



Recreation Closures:

12/24	Christmas Eve	All centers open until 1:30pm
12/25	Christmas Day	All centers closed; Flatirons Golf Course open til 2pm
12/31	New Year's Eve	All centers open until 4pm
1/1	New Year's Day	East open 8am-4pm North & South Closed; Flatirons Golf Course open
1/20	Martin Luther King Day	- All Open
2/17	President's Day	- All Open

Program Highlights/Events:

December 6	Holiday Dance Concert (pg. 11)
January 1	New Year's Fitness Jam (pg. 23)
January 4-5	Adult Dance Days (pg. 10)
January 8-12	Cyclo-Cross National Championships (pg.41)
January 14	Denver Nuggets Basketball Challenge (pg. 30)
February 1	Father & Daughter Dance (pg. 45)
January-March	School Day Off Camps (pg. 45)

Join Parks and Recreation on Facebook!

Now you can get the latest scoop, news and deals from Parks and Recreation on Facebook. This is a great way to stay informed on everything rec centers, parks, pools, Pottery Lab, Valmont Bike Park, Boulder Reservoir, Flatirons Golf Course and more. **Like us at:** www.facebook.com/boulderparksrec

Capital Improvement Bond Projects

The City of Boulder's 2011 Capital Improvement Bond (CIB) was voted for by City of Boulder residents in November 2011. The CIB allows the city to implement a list of projects that address significant deficiencies and high priority infrastructure improvements like roadway reconstruction, park facility upgrades, critical software updates, police equipment needs and more. All CIB projects are scheduled to be completed by 2014. **More information:** www.bouldercolorado.gov/bondprojects.



Access for All

The 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. Supports will be provided as needed. Please contact Sherri Brown at 303-441-4933, brownsh@Bouldercolorado.gov if you would like more information.



Recyclable. Inside pages printed on 30% post-consumer recycled paper.

DANCE



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

Discount - Adult Dance

Students enrolled in more than one dance class per session will be given a 10% discount on the lesser of the two fees. You must register in person or by phone.

Class Cancellation Policy

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



► ADULT BALLET/JAZZ

Ballet Barre

(Ages 18+) Include a ballet workout in your day with traditional ballet barre and gentle stretching. For students with knowledge of ballet basics.

207246	1/7-4/8	Tu, 9-10am★	North	13	\$111/\$139	Sylvia
207248	1/9-4/10	Th, 9-10am	East	13	\$111/\$139	Sylvia

Ballet Level 1

(Ages 13+) Very beginning ballet technique in which students learn the aesthetics and physicality of classical ballet utilized by dancers and athletes, as they develop strength, movement awareness and muscle control in learning the fundamental barre and center exercises, placement and elementary dance steps.

207249	1/7-4/8	Tu, 7:30-9pm	North	13	\$137/\$171	Elizabeth R.
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Ballet Level 1/2

(Ages 13+) Continuing elementary level technique for students who have begun ballet training and who have knowledge of and experience with placement and the fundamental barre and center exercises including jumps.

207250	1/9-4/10	Th, 7:30-9pm	South	13	\$137/\$171	Elizabeth R.
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Ballet Level 2

(Ages 13+) A technique class for the beginning of intermediate level work. We will solidify and expand the barre and center exercises learning epaulement and increasing stability and stamina in jumps, turns and dance steps. Two years of previous training is recommended.

207251	1/7-4/8	Tu, 6-7:30pm	North	13	\$137/\$171	Elizabeth R.
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Ballet Level 2/3

(Ages 16+) Intermediate ballet technique for students with 3 to 4 years of solid training. Will include increasing complexity and tempo of exercises using epaulement; building strength, stamina, fluidity, and aplomb in barre and center combinations, petit and grand allegro, and turns. Performance opportunity possible.

207253	1/9-4/10	Th, 6-7:30pm	South	13	\$137/\$171	Elizabeth R.
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Ballet Level 3

(Ages 13+) Strong intermediate level ballet technique in barre and center exercises, jumps, beats and turns to develop strength, flexibility, precision, attention to detail, artistic line and ballon. Performing opportunity possible.

207252	1/11-4/12	Sa, 1-2:30pm	East	13	\$137/\$171	Elizabeth R.
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Pointe 1/2

(Ages 13+) Upper elementary level pointe technique practiced carefully and correctly to develop proper placement, stability, strength and the intricacies of pointe work.

207255	1/11-4/12	Sa, 2:30-3pm	East	13	\$65/\$82	Elizabeth R.
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Ballet Barre Plus

(Ages 18+) Include a ballet workout in your day with traditional ballet barre and gentle stretching. For students with knowledge of ballet basics. This class includes a center routine to be performed at the Spring 2014 Dance Concert. This class is for continuing students only.

207247	1/7-4/8	Tu, 10-11:30am★	North	13	\$137/\$171	Sylvia
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Tap Level 1

(Ages 13+) 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, can talk to instructor about shoes at first class. 0-1 yrs experience.

207338	1/7-4/8	Tu, 6:30-7:30pm	Iris	13	\$111/\$139	Jill
207340	1/10-4/11	F, 1:30-2:30pm	East	13	\$111/\$139	Craig

Tap Level 2/3

(Age 13+) Intermediate tap for teens and adults with 2 or more years of training. Students will learn intermediate steps and work on speed, clarity and improve rhythm and articulation. Complete dances will be learned and students can choose to perform in winter and/or spring concerts.

207339	1/9-4/10	Th, 7-8pm	North	13	\$111/\$139	Mary
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Jazz Level 1

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

207280	1/7-2/18	Tu, 7:30-8:30pm	Iris	7	\$60/\$75	Jill
207281	2/25-4/8	Tu, 7:30-8:30pm	Iris	6	\$51/\$64	Jill

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.

207282	1/10-4/11	F, 2:30-3:45pm	East	13	\$137/\$171	Judy
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Gain coordination, flexibility, strength and rhythm in a Jazz class!

Adult Dance Days

Saturday, January 4th & Sunday, January 5th

Have you ever wanted to try a dance class without the commitment? Don't know which fun and exciting class to choose from? Now is the time to begin that new exercise routine! Put something fun and challenging in your life with a dance class! Come to the Recreation Centers to try a no-obligation, free adult dance class. Dance shoes and dance attire are NOT required. See our Winter Recreation Guide pages 8-10 for more detail on each class. For more information, call 303-413-7477.

East Boulder Community Center

• Saturday, January 4th

9 - 9:45 am	Modern Level 1	Cindy
10 - 10:45 am	Irish Step	Elizabeth
11 - 11:45 am	Jazz Level 1	Jill
12 - 12:45 pm	Beginning Belly Dance	Shireen
1 - 1:45 pm	Hula	La'ela'e
2 - 2:45 pm	Ballet Level 1	Elizabeth
3 - 3:45 pm	Salsa	Judy
4 - 4:45 pm	Tap Level 1	Jill
5 - 5:45 pm	Ballroom Basics & Swing	Judy

North Boulder Recreation Center

• Sunday, January 5th

9 - 9:45 am	Jazz Level 1	Jil
10 - 10:45 am	Tap Level 1	Jill
11 - 11:45 am	Hula	La'ela'e
12 - 12:45 pm	Salsa	Judy
1 - 1:45 pm	Modern Level 1	Cindy
2 - 2:45 pm	Ballet 1	Elizabeth
3 - 3:45 pm	Irish Step	Elizabeth
4 - 4:45 pm	Ballroom Basics & Swing	Judy

► BALLROOM DANCE

Ballroom Basics Level 1

(Ages 16+) Come experience the joy and elegance of Social Dancing. Foxtrot, Waltz and Swing will be taught in this introductory class. Partner not required.

207264	1/11-2/22	Sa, 3:15-4:15pm	East	7	\$60/\$75	Judy
207265	3/1-4/12	Sa, 3:15-4:15pm	East	6	\$51/\$64	Judy

Ballroom Basics Level 2

(Ages 16+) A continuation of Ballroom Basics Level 1.

207266	1/11-2/22	Sa, 4:30-5:30pm	East	7	\$60/\$75	Judy
207267	3/1-4/12	Sa, 4:30-5:30pm	East	6	\$51/\$64	Judy

DANCE

► MODERN DANCE

Modern Dance Stretch and Warm-up

Enjoy a centering, breath-focused warm-up, extensive stretching, yoga postures, and abdominal strengthening work. All while applying basic modern dance warm up concepts and set to flowing music. A great way to start your Friday morning!

207335 1/10-4/11 F, 9-10am★ North 13 \$111/\$139 Cindy

Beginning Modern Dance

Have fun dancing while learning the basic movement concepts of Beginning Modern dance. 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!

207332 1/8-4/9 W, 7:30-8:30pm East 13 \$111/\$139 Cindy

207334 1/10-4/11 F, 10-11am★ North 13 \$111/\$139 Cindy

Intermediate/Advanced Modern Dance

Cindy Brandle, Artistic Director of the Cindy Brandle Dance Company, 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. Experience in modern dance required.

207333 1/9-4/10 Th, 10-11:30am★ North 13 \$137/\$171 Cindy

► CULTURAL DANCE

Beginning Hula Dance

(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 Hawaii.

207274 1/10-2/21 F, 5:30-6:30pm Iris 7 \$60/\$75 La'ela'e

207275 2/28-4/11 F, 5:30-6:30pm Iris 6 \$51/\$64 La'ela'e

Salsa 1

(Age 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.

207347 1/8-2/19 W, 7-8pm North 7 \$60/\$75 Judy

207349 2/26-4/9 W, 7-8pm North 6 \$51/\$64 Judy

Salsa 2

(Age 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. (One year of training recommended.)

207350 1/8-2/19 W, 8-9pm North 7 \$60/\$75 Judy

207351 2/26-4/9 W, 8-9pm North 6 \$51/\$64 Judy

Irish Step

(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.

207278 1/6-2/17 M, 7:30-8:45pm North 7 \$60/\$75 Elizabeth B.

207279 2/24-4/7 M, 7:30-8:45pm North 6 \$51/\$64 Elizabeth B.

Holiday Dance Concert

Enjoy this great holiday tradition with family and friends! Featuring Expressions Dance Company.

Friday, December 6 at 7:00p.m.
Niwot High School



Tickets (at the door):
General Admission \$10/Children & Seniors \$8

Discounted tickets available online at:
www.tututix.com

More info at www.BoulderParks-Rec.org or 303-413-7473

► PRESCHOOL DANCE (Non-Concert)

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

Parent-Tot

(Ages 18mos-3yrs) Creative movement, coordination exercises, songs, and finger plays will be used to improve motor skills and rhythm. One adult participant (moms, dads, grandparents or caregivers) to each child.

207336	1/6-2/17	M, 9-9:45am★	North	7	\$60/\$75	Vanessa
207337	2/24-4/7	M, 9-9:45am★	North	6	\$51/\$64	Vanessa

Little Feats Ballet

(Age 3) This dance class is designed for little dancing feet. Introducing the concept of body movements, rhythm and special awareness all taught in a fun, energetic and creative format. Props, music and visual aids elicit movement that builds coordination, strength and self confidence.

207257	1/6-4/7	M, 10:45-11:30am★	North	13	\$98/\$123	Vanessa
207258	1/8-4/9	W, 9-9:45am★	North	13	\$98/\$123	Cindy
207260	1/10-4/11	F, 3:15-4pm	South	13	\$98/\$123	Vanessa
207259	1/11-4/12	Sa, 9:30-10:15am	North	13	\$98/\$123	Judy
181260	1/12-4/13	Sa, 9:30-10:15am	North	13	\$98/\$123	Judy

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.

207262	1/9-4/10	Th, 4-4:45pm	South	13	\$98/\$123	Judy
207263	1/11-4/12	Sa, 10:30-11:15am	North	13	\$98/\$123	Judy

Drumming and Movement

(Age 3-5) Have fun while learning to drum and dance! Utilizing children's lullabies and nursery rhymes, students will learn basic concepts of drumming, while incorporating creative dance movement.

207268	1/8-4/9	W, 9:45-10:30am★	North	13	\$98/\$123	Cindy
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Pre-Ballet Level 1

(Ages 4-5) This class continues to explore 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.

207261	1/8-4/9	W, 10:30-11:15am★	North	13	\$98/\$123	Cindy
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Pre-Tap and Ballet 1

(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.

207343	1/9-4/10	Th, 10:15-11am	East	13	\$98/\$123	Sylvia
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"Dancing with the feet is one thing, but dancing with the heart is another."

- Anonymous

► YOUTH DANCE (Non-Concert)

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

Jazz 1

Jazz dance for children is a joyful, high energy dance form. Our classes provide students with knowledge of dance class format, technique, and a special emphasis on music and rhythm. Traditional dance movement vocabulary is used to ensure that the building blocks are in place for smooth progression.

(Ages 6-8)

209383	1/6-4/7	M, 4-4:45pm	South	13	\$98/\$123	Kathy
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(Ages 9-12)

207344	1/7-4/8	Tu, 4-5pm★	Iris	13	\$98/\$123	Vanessa
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Beginning Hula Dance for Children

(Ages 5-12) 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 Hawaii.

207276	1/10-2/21	F, 4:30-5:30pm	Iris	7	\$45/\$57	La'ela'e
207277	2/28-4/11	F, 4:30-5:30pm	Iris	6	\$52/\$66	La'ela'e



photo provided by AliveStudios.Com

Dance lessons can help spark creativity in young children and help them develop an appreciation for the arts.

DANCE

► YOUTH DANCE (Concert)

Concert classes are for continuing students only.

Concert Fee

Please note that all concert participants must pay a one-time concert fee by January 20, to help defray production costs such as facility rental, lighting, etc. Please make this payment at the registration office. Required one-time concert fee to be paid by all participants.

207238 \$35

Pre-Ballet Level 2

(Ages 4-5)

207232 1/6-4/7 M, 10-10:45am★ North 13 \$128/\$153 Vanessa

207235 1/6-4/7 M, 3-3:45pm North 13 \$128/\$153 Vanessa

Pre-Ballet and Tap Level 2

(Ages 4-5)

207233 1/7-4/8 Tu, 11:30-12:15pm★ North 13 \$128/\$153 Sylvia

Kinder Ballet

(Ages 5-6)

207234 1/10-4/11 F, 4-4:45pm South 13 \$128/\$153 Vanessa

Kinder Hip Hop

(Ages 5-6)

207239 1/9-4/10 Th, 4-4:45pm★ North 13 \$128/\$153 Sarah

Ballet Level 1/2

(Ages 6-8)

207237 1/10-4/11 F, 4:45-5:30pm South 13 \$128/\$153 Vanessa

Ballet Level 1/2

(Ages 9-12)

207236 1/10-4/11 F, 5:30-6:30pm South 13 \$128/\$153 Vanessa

Jazz Level 2/3

(Ages 6-9) One year or 4 sessions of previous training required.

207242 1/6-4/7 M, 4-5pm North 13 \$128/\$153 Vanessa

Jazz Level 2/3

(Ages 10-13)

207244 1/9-4/10 Th, 5-6pm South 13 \$128/\$153 Judy

Jazz Level 3/4

(Ages 9-12) Two - three years of previous training required.

207243 1/8-4/9 W, 4-5pm★ East 13 \$128/\$153 Vanessa

Jazz Level 4/5

(Ages 11-15) Three - four years previous training required.

207245 1/7-4/8 Tu, 5-6:15pm★ Iris 13 \$128/\$153 Vanessa

Jazz & Tap 2

(Ages 5-7) For students who have taken Jazz & Tap 1 or other dance classes. Learn the FUNdamentals of jazz & tap along with a dance for the Spring Concerts. Jazz & tap shoes required.

207345 1/10-4/11 F, 4-5pm North 13 \$128/\$153 Mary

Jazz & Tap 2

(Ages 8-12)

207346 1/10-4/11 F, 5-6pm North 13 \$128/\$153 Mary

Hip Hop Level 1/2

(Ages 10-13) A fun energetic form of dance. Gain rhythm and learn basic movements while having a great time.

207241 1/9-4/10 Th, 5:45-6:45pm North 13 \$128/\$153 Sarah

Hip Hop Level 1/2

(Ages 7-10)

207240 1/9-4/10 Th, 4:45-5:45pm★ North 13 \$128/\$153 Sarah

► EXPRESSIONS DANCE COMPANY

Expressions Dance Company is a unique, audition-based, dance company for youth, offering high-quality



training and extensive performance experience in many styles of dance. The goal is to develop dancers who possess technical proficiency, a joy of performing and an awareness of the artistic self.

Admission to Expressions is by AUDITION ONLY. For more information, please contact Cynthia Burdine at 303-413-7473 or visit us online at www.BoulderParks-Rec.org.

Company Tap

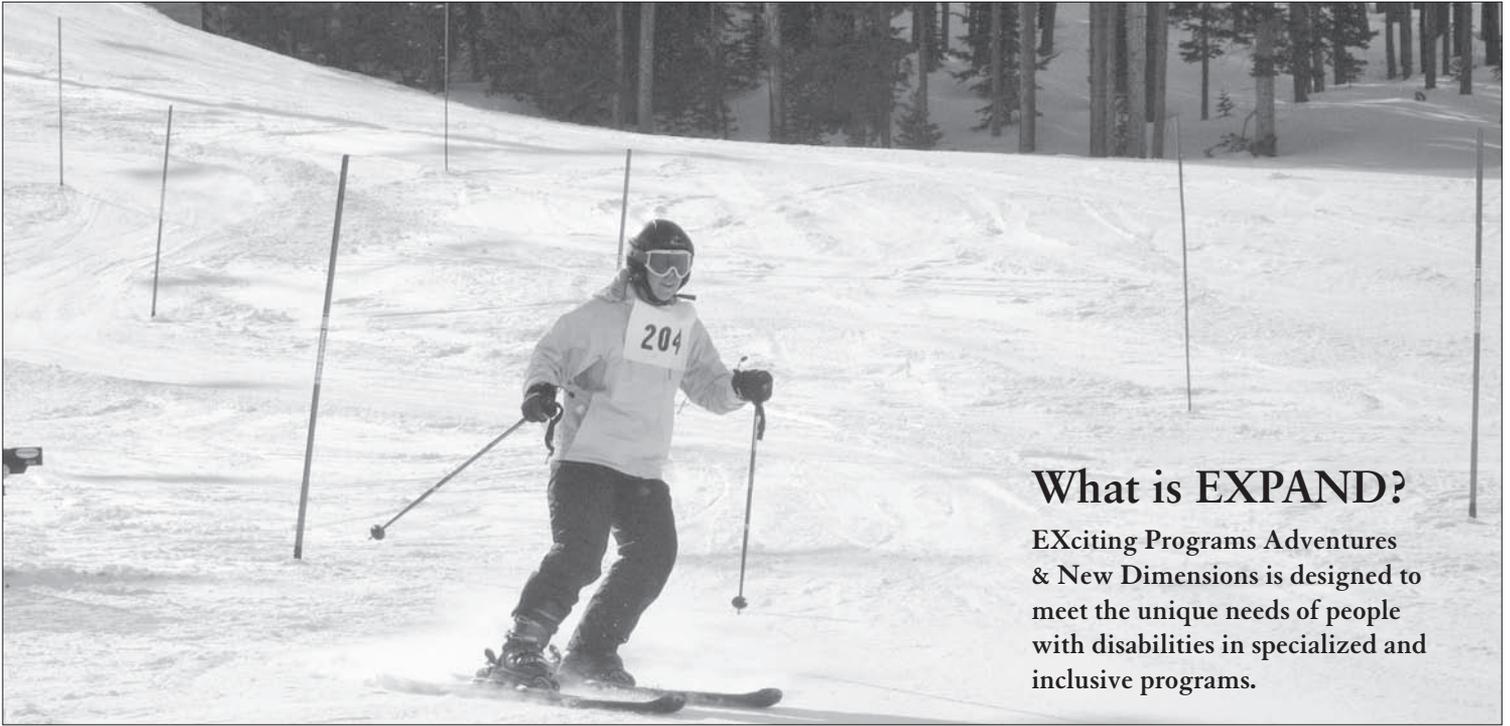
207270 1/6-4/7 M, 5-6pm South 13 \$130 Kathy

Company Tap Powell and Evans

207271 1/6-4/7 M, 7-8pm South 13 \$130 Kathy

Stretch and Strengthen Levels Powell and Evans

207272 1/6-4/7 M, 6-7pm South 13 \$130 Kathy



What is EXPAND?

EXciting Programs Adventures & New Dimensions 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 call Sherri Brown at 303-441-4933 or brownsh@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.

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.

► 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.

Eldora Skiing Lessons

(Ages 6+) Learn how to ski/snowboard or improve your skills with half day lessons! Fee includes transportation, equipment, membership, lift ticket & an Ignite instructor. Paperwork must be completed online after registering. Contact Lori Goldman, 303-413-7256. *Reduced Rate is not applicable for this program. For scholarship information, please contact coordinator.

209285	1/19-2/23	Su, 8:30am-1:30pm	East	6	\$435/\$459	Alpine/Snowboard
209286	1/19-2/23	Su, 8:30am-1:30pm	East	6	\$285/\$308	Nordic/Snowshoe

EXPAND Ski Team

(Ages 12+) Enjoy skiing at Eldora while preparing for Special Olympics Competition. You must be an independent skier/snowboarder. If you have a season's pass to Eldora, please contact Lori for price. Contact Lori Goldman, 303-413-7256. Scholarships available.

209282	1/5-1/26	Su, 8am-3pm	East	4	\$220/\$275
209283	2/2-2/23	Su, 8am-3pm	East	4	\$220/\$275
209284	1/5-2/23	Su, 8am-3pm	East	8	\$440/\$550

Snowshoe Day!

(Ages 14+) Improve fitness, balance and coordination (beginner trails). Please notify Lori if equipment will be needed.. Bring your own lunch. Contact Lori Goldman, 303-413-7256.

209287	3/16	Su, 8:30am-1:30pm	East	1	\$25/\$31
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EXPAND

The Wonderful World of Walking

(Ages 14+) Walking is great low-impact exercise. Depending on the weather, we will be inside or out. We will play walking games and make it fun! Contact Lori Goldman, 303-413-7256.

209293	1/6-3/17	M, 3-4pm	East	11	\$35/\$40
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Youth Swim Lessons

(Ages 4-12) Encourage swimmers to explore the water through games, songs, and instruction. Modifications will be explored to meet the individual needs of each swimmer. Contact Jen Heilveil, 303-413-7474. **For more swimming classes, see pages 33-37 for swim inclusion opportunities.** Contact Jen Heilveil, 303-413-7474 for support.

206799	1/6-3/17	M, 4-4:30pm	East	11	\$110/\$138
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Water Aerobics

(Ages 15+) Jump right in! The water is great! We will focus on cardio and strength training in the leisure pool. This low-impact class is suitable for every fitness level. Contact Jen Heilveil, 303-413-7474.

206800	1/6-3/17	M, 4:30-5:30pm	East	11	\$66/\$82
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Become a Chef!

(Ages 16+) Come get inspired about cooking! Learn how to cook delicious dinners with healthy eating coach Mary. Each class, we will get together with friends and learn how to make a great meal. Bring a container to take your prepared meal home and enjoy it for dinner. Contact Sherri, 303-441-4933.

Materials fee: Please pay instructor \$70 for supplies on first day of class.

206795	1/20-2/24	M, 4-5:30pm	East Senior	6	\$30
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206793	1/21-2/25	Tu, 3-4:30pm	East Senior	6	\$30
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Unified Basketball

(Age 16+) Unified Basketball League - teams will be determined by December and each team will play weekly games between 5-9pm. Please e-mail Sherri with t-shirt size at brownsh@bouldercolorado.gov. New players contact Sherri, 303-441-4933.

206802	1/7-3/18	Tu, 5-8:30pm	East	11	\$40
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Youth Basketball

(Ages 8-15) Players interested in playing b-ball, contact Sherri, 303-441-4933.

Sports Award Night

Celebrate EXPAND'S Special Olympics Athletes with dessert, dancing, and awards. All individuals attending need to register. The banquet will be held at the East Boulder Community Center. Contact Sherri Brown, 303-441-4933.

206797	3/18	Tu, 6-8pm	East Senior	1	\$8 per person
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Leisure Sampler

Explore your interests and barriers to recreation through games and activities. Contact Lori Goldman, 303-413-7256.

209333	1/22-2/12	W, 3:15-4:30pm	East	4	\$20/\$25
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Jewelry Making & More

(Age 16+) Learn the basics of jewelry making plus other crafts and walk away with your own creations! Bring your own beads, we will supply some beads as well. Contact Cory Lasher, 303-413-7269.

206787	1/22-2/12	W, 4:30-6pm	East Senior	4	\$40/\$50 Group Only
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Mystery Activity

(Ages 16+) Our interns will be planning exciting adventures. Contact Sherri, 303-441-4933.

209982	2/26	W, 4-5:30pm	East Senior	1	\$15/\$20
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209983	3/5	W, 4-5:30pm	East Senior	1	\$15/\$20
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Performance Dance

(Ages 16+) Be a star! We will learn a dance routine and perform for the public at Niwot High School on Saturday, April 12. Dress Rehearsal April 10. NO CLASS ON MARCH 27th. Contact Cory, 303-413-7269.

206785	2/6-4/10	Th, 3-3:45pm	East	9	\$70/\$87 Group Only
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Weight Lifting

(Ages 16+) Learn to use the fitness machines to increase muscle tone and increase strength. Great way to learn proper lifting skills and increase your overall fitness level. Contact Sherri Brown, 303-441-4933.

206804	1/2-3/20	Th, 2:30-3pm	East	12	\$40/\$50
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Improve your cardio while having fun with friends in a spin class!

Spinning

(Ages 16+) Awesome Exercise. Ride the stationary bike while socializing with friends. Bike riding will help improve your core strength and increase your endurance level while having fun! Contact Sherri Brown, 303-441-4933.

206805	1/2-1/30	Th, 3-4pm	East	5	\$25/\$30
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206817	2/6-3/20	Th, 3-4pm	East	7	\$35/\$40
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Stretch & Smile

(Ages 15+) 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. For more information contact Jen Heilveil, 303-413-7474.

208084	1/9-3/20	Th, 4:30-5:30pm	East Senior	11	\$88/\$110
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Special Olympics Swim Training

(Ages 8+) For lap swimmers who want to complete in Special Olympics in May. Swimmers must be comfortable in the lap pool with or without assistance. Contact Jen Heilveil, 303-413-7474.

206806 1/9-3/20 Th, 6-7pm East 11 \$100/\$125

Bowling

(Ages 8+) Strikes and Spares! Bowl with new and old friends at CU UMC Bowling alley. Participants will be placed on lanes according to age. Fee includes two or more games and shoes. Contact Jen Heilveil, 303-413-7474.

206803 1/10-3/21 F, 3:30-5pm CU 11 \$165/\$205

Gymnastics Team Training

(Age 8+) Prepare for Special Olympics Competition. Participants will be grouped by age and ability. Gymnastics improves coordination, balance and self-esteem. Contact Lori Goldman. 303-413-7256. **No class 3/1, 3/22 & 3/29.**

206807 2/15-5/10 Sa, 4-5:15pm North 11 \$125/\$156

► FRIDAY NIGHT DANCES

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

Winter Beach Party

206782 1/24 F, 6-8pm East Senior 1 \$8/\$10

Sweet Heart Dance

206783 2/14 F, 6-8pm East Senior 1 \$8/\$10

St. Patrick's Day Dance

206784 3/14 F, 6-8pm East Senior 1 \$8/\$10

► OUT ON THE TOWN, COMMUNITY CHOICES

(Ages 16+) Register for 1on1 or group codes - please. Contact Cory Lasher, 303-413-7269. Please check out our winter activities and use the proper codes.

Flatiron's Mall & Dinner

Enjoy an evening at the Mall. Bring Spending money and dinner is on us!

206790 1/15 W, 4-7pm East 1 \$20/\$25 group only

Pizza & Bingo

Bring your good fortune and appetite for an afternoon of snacking and gaming.

206788 2/19 W, 4:30-6pm East Senior 1 \$15/\$19 1on1

206789 2/19 W, 4:30-6pm East Senior 1 \$15/\$19 Group

Dine & Dance at the Grizzly Rose

One hour Country Dance Lesson. Date may change by 1 week.

206791 3/12 W, 4:30-8:30pm East 1 \$20/\$25 group only



The East Boulder Community Center has weight room equipment that is easily accessible, low to the ground and adapts to each individual.

► ACTIVITIES FOR INDIVIDUALS WITH PHYSICAL DISABILITIES

Visual Impairment Sport Abilities Program

Sport opportunities allow people who are blind and visually impaired to develop independence through recreation. Come join us for this collaborative sport program with the staff of the United States Association of Blind Athletes (USABA). We will offer goal ball, running, swimming, biking, body awareness, and judo. Participants will receive healthy snacks and incentives for participating. Transportation pick up points will be provided.

For more information, contact Jen Heilveil, 303-413-7474 or heilveilj@bouldercolorado.gov



Paralympic Sports Club

The city of Boulder EXPAND's core objective is to support the growth of community-based Paralympic sport programs that accommodate people with physical disabilities. Activities include Triathlon Training, Wheelchair Rugby, Track and Field, Kayaking, Handcycling and Waterskiing.



Quad Rugby

(Ages 18+) Join one of the best teams in the U.S. This wheelchair sport is becoming very popular! If you need a rugby chair, contact Jen Heilveil, 303-413-7474. This program is for people with physical disabilities.

1/7-3/18 Tu, 10:30am-1:30pm East

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.



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:

- All classes held at the North Center
- 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

Jan 6-Mar 21 (No classes Jan. 20, Feb. 8 & 17)

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.

Fees			
Mon	(1 day per/wk)	(9 classes)	\$112(R) / \$140(N)
Tu/W/Th/F	(1 day per/wk)	(11 classes)	\$137(R) / \$171(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.

206982	M, 9-9:45am ★	206989	W, 10-10:45am ★
206983	M, 10-10:45am ★	206990	Th, 9-9:45am ★
206984	M, 11-11:45am ★	206991	Th, 10-10:45am ★
206985	Tu, 9-9:45am ★	206992	F, 9-9:45am ★
206986	Tu, 10-10:45am ★	206993	F, 10-10:45am ★
206987	Tu, 11-11:45am ★	206994	Sa, 9-9:45am
206988	W, 9-9:45am ★	206995	Sa, 10-10:45am

3 Year Olds

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

206996	M, 9-9:45am ★	207006	W, 2:45-3:30pm
206997	M, 10-10:45am ★	207007	Th, 9-9:45am ★
206998	M, 11-11:45am ★	207008	Th, 10-10:45am ★
206999	M, 2:45-3:30pm	207009	Th, 11-11:45am ★
207000	Tu, 9-9:45am ★	207010	Th, 2:45-3:30pm ★
207001	Tu, 10-10:45am ★	207011	F, 9-9:45am ★
207002	Tu, 11-11:45am ★	207012	F, 10-10:45am ★
207003	Tu, 2:45-3:30pm ★	207013	F, 2:45-3:30pm
207004	W, 9-9:45am ★	207014	Sa, 9-9:45am
207005	W, 10-10:45am ★	207015	Sa, 10-10:45am

4 Year Olds

Child must be 4 years old by first class.

207016	M, 9-9:45am ★	207026	W, 2:45-3:30pm
207017	M, 10-10:45am ★	207027	Th, 9-9:45am ★
207018	M, 11-11:45am ★	207028	Th, 10-10:45am ★
207019	M, 2:45-3:30pm	207029	Th, 11-11:45am ★
207020	Tu, 9-9:45am ★	207030	Th, 2:45-3:30pm ★
207021	Tu, 10-10:45am ★	207031	F, 9-9:45am ★
207022	Tu, 11-11:45am ★	207032	F, 10-10:45am ★
207023	Tu, 2:45-3:30pm ★	207033	F, 2:45-3:30pm
207024	W, 9-9:45am ★	207034	Sa, 9-9:45am
207025	W, 10-10:45am ★	207035	Sa, 10-10:45am

5 Year Olds

Child must be 5 years old by first class.

207036	M, 9-9:45am ★	207045	W, 2:45-3:30pm
207037	M, 10-10:45am ★	207046	Th, 9-9:45am ★
		207047	Th, 10-10:45am ★
207038	M, 2:45-3:30pm	207048	Th, 11-11:45am ★
207039	Tu, 9-9:45am ★	207049	Th, 2:45-3:30pm ★
207040	Tu, 10-10:45am ★	207050	F, 9-9:45am ★
207041	Tu, 11-11:45am ★	207051	F, 10-10:45am ★
207042	Tu, 2:45-3:30pm ★	207052	F, 2:45-3:30pm
207043	W, 9-9:45am ★	207053	Sa, 9-9:45am
207044	W, 10-10:45am ★	207054	Sa, 10-10:45am

GYMNASTICS

▶ BEGINNER / ADVANCED BEGINNER

Jan 6-Mar 21 (No classes Jan. 20, Feb. 8 & 17)

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			
Mon	(1 day per/wk)	(9 classes)	\$107(R) / \$134(N)
Tu/Th	(2 days per/wk)	(22 classes)	\$249(R) / \$311(N)
Tu/W/Th/F	(1 day per/wk)	(11 classes)	\$131(R) / \$163(N)
Sat	(1 day per/wk)	(9 classes)	\$107(R) / \$134(N)

Boys Ages 6-12

207055	Tu/Th, 3:45-5pm★
207056	M, 3:45-5pm
207057	W, 3:45-5pm
207058	F, 3:45-5pm
207059	F, 5:15-6:30pm
207060	Sa, 11 am-12:15pm

Girls Ages 6-12

207061	Tu/Th, 3:45-5pm★
207062	M, 3:45-5pm
207063	Tu, 3:45-5pm★
207064	W, 3:45-5pm
207065	Th, 3:45-5pm★
207066	F, 3:45-5pm
207067	F, 5:15-6:30pm
207068	Sa, 11 am-12:15pm



Gymnastics provides the perfect environment for children to have fun, meet new friends, and learn independence.

▶ “TWEEN” BEGINNER/ ADVANCED BEGINNER

(Ages 9-12) This is the perfect place for kids 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

207070	1/7-3/20	T/Th, 3:45-5pm★	North	22 classes	\$249/\$311
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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. **To book a party call 303-413-7218.**

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)



HEALTH & WELLNESS: FITNESS & WEIGHTS



You belong here! Start your New Year's routine with Boulder Parks & Recreation.

► NUTRITION

Healthy Cooking the Mediterranean Way

Interested in healthier meals and a healthy weight? The Mediterranean Diet offers a solid, easy to follow blueprint. In this hands on class, you will learn a common sense eating approach and make delightful delicious meals. Mary Collette Rogers has been educating and exciting home cooks for over 20 years, sharing tips, tricks and systems for fast, easy meal making.

207782 1/21-2/18 Tu, 5:30-8pm East Senior 5 \$150/\$190 Mary

The Small Change Diet

Join this empowering class taught by a registered dietitian who will teach ten steps to a thinner healthier you using the Small Change Diet book by Keri Gans, MS,RD. You will learn how to make achievable changes in your diet to meet your nutrition and weight loss goals. Books are included.

208382 1/15-3/19 W, 12-1pm★ North 10 \$85/\$106 Martha

Building A Healthy Body from the Inside Out

Whether your goal is to manage your weight, sugar or cholesterol or to increase your energy, vitality and stamina, this class is for you! Learn to create a health enhancing diet plan by understanding your body's nutritional requirements. We will discuss what macronutrients (carbohydrates, proteins and fats) are needed in which ratios for weight maintenance and weight loss, how to read a food label, which fats are healthy and which aren't, what cholesterol is, and how to eat a balanced, low-sugar diet.

207832 2/4-3/11 Tu, 6-7pm East Senior 6 \$51/\$63 Erin

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

► FITNESS

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.

Classic Stretch and Strengthen

This dynamic weight free program strengthens muscles creating a long and 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.



210332 1/7-3/20 Tu/Th, 8:50-9:50am East 22 \$187/\$234 Marti

Adult Kickbox

Jab, cross, upper-cut, hook! High intensity aerobics using powerful boxing moves. Equipment provided.

208032 1/6-3/19 M/W, 5-6pm South 22 \$187/\$234 Ignacio

208034 1/6-3/19 M/W, 7-8pm North 22 \$187/\$234 Ignacio

Bootcamp

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

208036 1/6-3/19 M/W, 7-8am East 22 \$187/\$234 Ignacio

208037 1/7-3/20 Tu/Th, 6:30-7:30am South 22 \$187/\$234 Ignacio

208038 1/11-3/22 Sa, 8-9am North 11 \$94/\$117 Ignacio

50 Plus Resistance

(Adult 50+) Men and women fifty years of age and older will benefit from using free weights, resistance bands and exercises to increase strength and bone density.

207934 1/6-3/19 M/W, 1:30-2:30pm East 22 \$187/\$134 Ignacio

207932 1/10-3/21 F, 11:30am-12:30pm East 11 \$94/\$117 Melissa

"I needed a change in my exercise routine and motivation. I wasn't sure what I wanted to do, after looking for a class, I decided to give the noon Sports Conditioning class at SBRC a try. I am so glad I did! Not only did I find the motivation I was looking for, but also met a group of enthusiastic people who get together to have fun, connect, encourage each other and most importantly, are living proof that it's possible to reach your health goals at any age. I could feel the instructors' commitment to welcome people, get them involved, and to create a great community of fit people. As a bonus, I lost more than 15 lbs., ran my first half marathon and included exercise as part of my daily routine, not because I have to but because I want to. Gracias amigos!"

– Marinela

Sports Conditioning

M/W/F at 12pm at the South Recreation Center

Visit us online for additional drop-in classes at www.BoulderParks-Rec.org.

Intro to Swiss Ball

Swiss balls are one of today's top fitness tools - and for good reason! Using a Swiss ball will improve the strength of the abs and the lower back. A licensed physical therapist will teach you exercises that promote core strength while improving flexibility, balance, postural alignment and coordination.

208082 1/6-3/17 M, 4-5pm Salberg 11 \$94/\$117 Heidi

Swiss Ball with Props

Ready for the next level? Our physical therapist will help you continue to explore Swiss Ball exercises to further improve your core strength and conditioning, flexibility, alignment, balance and coordination.

Pre-Requisite: One previous session with the instructor or with instructor's permission.

208132 1/9-3/20 Th, 4-5pm Salberg 11 \$94/\$117 Heidi

▶ YOUTH FITNESS

Shape up for Sports

(Ages 10-14) The American College of Sports Medicine recommends that youth engage in at least six to eight weeks of pre-season conditioning prior to participating in sports. Certified trainers will conduct conditioning exercises to build endurance, agility, power, speed and strength to prepare youth for sport and reduce the risk of injury. Both competing and non-competing youth are welcome. Youth will be divided by age and skill level.

208282 1/16-3/20 Th, 4-5pm South 10 \$85/\$106 Jeff

▶ TRAINER SPOTLIGHT



Matt Miller has a long history in post-therapy training and rehabilitation. As a certified therapeutic recreation specialist, Matt wrote programs and set goals for clients newly discharged from therapy or who had chronic disabilities. Matt can apply these techniques to clients with more conventional goals whether continuing with rehab from an injury or looking to make improvements in specific areas. Come utilize the experience Matt has to help reach your goals.

▶ 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, no refund will be issued under any circumstance. (All sessions expire one year from purchase date).

Private Sessions

(Ages 12+) 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 15+) 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

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



Cancer Fit - Personal Training

Come workout with a Cancer Fit specialist at your Boulder Recreation Centers! For those of you who are undergoing cancer treatment, or have been diagnosed with cancer in the past, this is an exceptional opportunity for you.

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

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!

HEALTH & WELLNESS: FITNESS & WEIGHTS

▶ WEIGHT TRAINING

F.I.T. Workout

Functional Interval Training- This class has it all, strength, cardio, core and more! Get your heart pumping, and your body fit, with this fun and energizing workout.

208339	1/7-3/20	Tu/Th, 7:30-8:30am	South	22	\$187/\$234	Ignacio
208338	1/7-3/20	Tu/Th, 8:30-9:30am	South	22	\$187/\$234	Ignacio
208334	1/6-3/19	M/W, 9-10am	South	22	\$187/\$234	Ignacio

Circuit Training

Strong Men and Women Stay Young! Train smart, keep your heart rate up, and body toned, in this demanding one hour workout. Weight training, cardiovascular, and core activities are completed in timed intervals.

208336	1/6-3/21	M/F, 10-11:15am	East	22	\$234/\$286	Marti
208332	1/7-3/20	Tu/Th, 10-11:15am	East	22	\$234/\$286	Marti

Women's Workout

Guaranteed FUN and hard work! Your trainer will motivate and guide you through a new workout each week using weights, cardio, and core training.

208383	1/7-3/20	Tu/Th, 6-7pm	North	22	\$187/\$234	Ignacio
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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!

208432	1/6-3/19	M/W, 9:30-10:30am★	North	22	\$187/\$234	Chris
208385	1/7-3/20	Tu/Th, 9:30-10:30am★	North	22	\$187/\$234	Chris
208387	1/7-3/20	Tu/Th, 10:45-11:45am	South	22	\$187/\$234	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.

208388	1/6-3/19	M/W, 8:15-9:15am	East	22	\$187/\$234	Sue
208390	1/7-3/20	Tu/Th, 9:30-10:30am	South	22	\$187/\$234	Sue
208395	1/7-3/20	Tu/Th, 6-7pm	East	22	\$187/\$234	Belen

Lift For Life

Increase strength to achieve optimal performance in any daily activity or sport!

208343	1/7-3/20	Tu/Th, 4:30-5:30pm	South	22	\$187/\$234	Chris
208342	1/7-3/20	Tu/Th, 5:30-6:30pm	South	22	\$187/\$234	Chris
208346	1/11-3/22	Sa, 9-10am	South	11	\$94/\$117	Jessica

Community Health Lecture

A Boulder Community Hospital medical expert will present a lecture related to disease prevention. These presentations are given at no charge to educate community members on how to reduce their health risks, manage diseases and discuss treatment methods.

*	2/4	Tu, 7-8pm	East Senior Ctr.	Free
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*For the specific topic and to register call 303-441-0580.



Regular sessions with a personal trainer enhance your motivation to continue with a workout regimen and increases the efficiency of your exercise program.

▶ 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).



207882	1/18	Sa, 9am-12:30pm	South	1	\$40/\$50	Jennifer
207885	2/22	Sa, 9am-12:30pm	South	1	\$40/\$50	Jennifer

First Aid Certification

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

207883	1/18	Sa, 1:15-4:30pm	South	1	\$40/\$50	Jennifer
202835	2/22	Sa, 1:25-4:30pm	South	1	\$40/\$50	Jennifer

Kidswatch Babysitting Class

This Heartsmart class is designed for babysitters ages 10-18 and covers parent interaction, how to set up clients, specifics of child development, an overview of infant/child CPR (not for certification), choking protocols and basic first aid. A Kidswatch and Pediatric First Aid book is included.

207884	3/8	Sa, 9am-2pm	South	1	\$60/\$75	Jennifer
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Build abdominal and back strength with Pilates.

► 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.

Make-up policy

Make-ups are approved and arranged through your instructor.

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

Are Registered Classes a Good Value?

Our registered classes cost \$8.50(Resident)/\$10.63(Non-resident) per class. 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. Effectively reshape your body with Pilates!

208900	1/5-3/16	Su, 4:15-5:15pm	Salberg	11	\$94/\$117	Diane
208904	1/6-3/17	M, 8:45-9:45am★	Iris	11	\$94/\$117	Christine
208903	1/6-3/17	M, 5:30-6:30pm	Salberg	11	\$94/\$117	Jane
210382	1/9-3/20	Th, 4-5pm	South	11	\$94/\$117	Bianca
208902	1/10-3/21	F, 8:45-9:45am★	Iris	11	\$94/\$117	Christine

Mat - Intermediate

(Age 14+) This course is designed for students who are ready for the next step in their Pilates exercise routine. More emphasis is placed on learning and flowing through Level 2 mat exercises such as 'rollover,' 'corkscrew II,' 'shoulder bridge,' 'spine twist' and 'teaser II.' Advanced exercises such as 'jack knife' and 'boomerang' are introduced. **Pre-requisites:** Ability to perform and flow through all beginner mat exercises, in sequence, with adherence to Pilates principles, and regular practice of Pilates mat exercises.

208905	1/6-3/17	M, 9:55-10:55am★	Iris	11	\$94/\$117	Christine
208906	1/10-3/21	F, 9:55-10:55am★	Iris	11	\$94/\$117	Christine

Mat - Advanced

(Age 14+) Learn and practice Pilates Method advanced mat exercises and transitions, utilizing all Pilates Method principles. Challenge yourself! **Pre-requisites:** Ability to perform and flow through all intermediate mat exercises, in sequence, with adherence to Pilates principles, and regular practice of Pilates mat exercises.

208907	1/6-3/17	M, 5:30-6:30pm★	East Senior	11	\$94/\$117	Janique
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MIND/BODY: PILATES

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 Pilates Mat class as a make-up, or purchase a private reformer lesson for an additional fee of \$40. Make-ups are arranged through your instructor.

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

Are Registered Classes a Good Value?

Our registered classes cost \$13.80(Resident)/\$17.30(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.

208935	1/7-2/25	Tu, 6:30-7:30pm	South	8	\$110/\$138	Bianca
208936	1/9-2/27	Th, 7:35-8:35pm	South	8	\$110/\$138	Bianca
208955	1/11-3/1	Sa, 9:20-10:20am	Salberg	8	\$110/\$138	Desiree
208956	1/11-3/1	Sa, 11:50am-12:50pm	Salberg	8	\$110/\$138	Desiree

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.

208901	1/5-3/16	Su, 3-4pm	Salberg	11	\$152/\$190	Diane
208909	1/6-3/17	M, 8:40-9:40am	South	11	\$152/\$190	Sheri
209582	1/7-3/18	Tu, 9:40-10:40am	Salberg	11	\$152/\$190	Sheri
208937	1/7-3/18	Tu, 5:20-6:20pm	South	11	\$152/\$190	Bianca
208910	1/8-3/19	W, 9-10am	Salberg	11	\$152/\$190	Christine
208938	1/9-3/20	Th, 5:20-6:20pm	South	11	\$152/\$190	Bianca
208958	1/9-3/20	Th, 5:30-6:30pm	Salberg	11	\$152/\$190	Tamara

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.

208939	1/7-3/18	Tu, 7:35-8:35pm	South	11	\$152/\$190	Bianca
208943	1/8-3/19	W, 8:40-9:40am	South	11	\$152/\$190	Sheri
208946	1/8-3/19	W, 5:30-6:30pm	Salberg	11	\$152/\$190	Jane
208940	1/9-3/20	Th, 6:30-7:30pm	South	11	\$152/\$190	Bianca
208941	1/9-3/20	Th, 6:40-7:45pm	Salberg	11	\$152/\$190	Tamara
208942	1/10-3/21	F, 11am-12:15pm	South	11	\$190/\$237	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.

208934	1/7-3/18	Tu, 8:30-9:30am	Salberg	11	\$152/\$190	Sheri
208944	1/8-3/19	W, 9:45-11am	South	11	\$190/\$237	Sheri
208950	1/10-3/21	F, 8:40-9:40am	Salberg	11	\$152/\$190	Emily

Reformer - Pilates Fit

(Age 16+) A fast-paced, advanced level class utilizing classical Pilates reformer exercises along with cardio intervals. Sure to burn off those excess holiday calories! **Pre-requisite:** Must be familiar with and able to perform the advanced level reformer exercises and possess a good cardio baseline.

208953	1/8-3/19	W, 12:35-1:35pm	Salberg	11	\$190/\$237	Desiree
208954	1/11-3/22	Sa, 10:30-11:45am	Salberg	11	\$190/\$237	Desiree

Visit us online for drop-in Pilates and Yoga classes.

Reformer - Jumpboard - Level 1 - Beginner

(Age 16+) The Jumpboard is a padded plate that replaces the foot bar on the reformer. It is a fun and entertaining way to incorporate cardiovascular exercise into Pilates. The Jumpboard provides an excellent and non-weight bearing method to increase heart rate and burn some serious calories. The class is lead with different movement combinations that not only challenge you physically, but really make you think. The mind and body work together, as in a typical Pilates session, but the tempo is much quicker and your coordination is put to the test. A Jumpboard Pilates class will ensure not only an increased heart rate, but also full body strengthening of the abdominals, legs, arms, and gluteus. The Jumpboard workout is much easier on the joints than running. There is no jarring of the knee joints while jumping on the Jumpboard because you are suspended horizontally with spring resistance rather than gravity. Optional variations include using 3-5 lbs hand weights to incorporate the upper body. Jumpboard is fun and you may forget you are even working out! **Pre-requisite:** Previous Pilates Mat and/or Pilates Reformer experience necessary.

209534 1/8-3/19 Sa, 11:30am-12:30pm Salberg 11 \$190/\$237 Desiree

Reformer/Tower/Chair - Level 1 - Beginner

(Age 16+) You will receive an introduction to exercises on the Pilates Tower and Pilates Chair, and experience the benefits of a well-rounded practice of Level 1 Reformer exercises. Pilates Method principles will be emphasized as you work your muscles to the core. **Pre-requisite:** At least one session each of Level 1 - Beginner Reformer and Beginner Mat classes with the City of Boulder Pilates program or equivalent experience and coordinator approval.

208933 1/6-3/17 M, 6:40-7:40pm Salberg 11 \$152/\$190 Jane

Reformer/Tower/Chair - Level 2 - Continuing Beginner

(Age 16+) At this level, all Pilates apparatus will be used to give you a complete Pilates workout. **Pre-requisite:** At least one session of Pilates Reformer/Tower/Chair at Level 1, or equivalent, advanced, experience and coordinator approval.

208932 1/6-3/17 M, 9:45-11am South 11 \$190/\$237 Sheri

208947 1/8-3/19 W, 6:40-7:40pm Salberg 11 \$152/\$190 Jane

208982 1/10-3/21 F, 7:30-8:30am Salberg 11 \$152/\$190 Emily

▶ WORKSHOP

Pilates for Skiers

(Age 14+) Could you use some additional conditioning to improve your winter skiing activities this year? This workshop will focus specifically on conditioning for all types of skiers. Participants will use all Pilates apparatus and props to fine-tune their bodies for optimal use while "on the boards."

208957 1/11-3/22 Sa, 1-2:15pm Salberg 11 \$190/\$237 Desiree

Visit us online for drop-in Nia, Ayre, Zumba® and Dance Fusion.

▶ NIA

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

▶ ZUMBA®

(Age 14+) Zumba® classes feature zesty Latin music, like salsa, merengue, cumbia and reggaeton. Experience exhilarating, easy-to-follow moves and the invigorating atmosphere as you dance your way to fitness. It's a blast!

▶ AYRE

(Age 14+) This class is a fusion of different dance styles and fitness moves set to fun and upbeat music.

▶ DANCE FUSION

(Age 14+) Channel your inner dance self! Workout with t'ai chi-like moves and free-dancing. This class has great energy, is low-impact aerobic and just plain fun. Moves are simply choreographed at three levels of exertion. There is an emphasis on students being present in their bodies, letting loose and dancing their own way.

Start the New Year with a Wild Nia Jam!

Join us for our Annual New Year's Day Nia Jam at East Boulder Community Center. Start the new year with this low-impact, high-energy workout. Beginners welcome!

Wear your wildest animal print, lightweight workout shoes or go barefoot, and bring a water bottle.

Start with a "Hard Core" Drop-in Fitness class at 9 a.m. Ring in the New Year with your favorite City of Boulder Nia instructors and fellow patrons. We will move and groove in the gymnasium at 10 a.m. Cool down with drop-in yoga at noon.

A great opportunity to introduce friends & family to the Boulder Recreation Centers!

Membership specials will be available at the Jam. See you there, Boulder! Kids Corner is available 8:30am-1:30pm

Wednesday, January 1, 2014

9-10 a.m. Hard Core Fitness★

10-11:30 a.m. Wild Nia Jam★

12 p.m. Drop-in Yoga★

East Boulder Community Center

MIND/BODY: YOGA



Quietly focus, relax and concentrate...

▶ 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.

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

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 \$8.50(Resident)/\$10.63(Non-resident) per class hour. Compare our prices to other clubs and studios.

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 slowly refine a lifelong yoga routine find this gentle pace suitable. Explore correct breathing - the cornerstone of all yoga levels, foundational standing, seated and supine poses, twists, and modifications for individual body types.

*208899	1/5-3/16	Su, 4:30-6pm	North	11	\$140/\$175	John
*208885	1/6-3/17	M, 6:30-8pm	East Senior	11	\$140/\$175	Erin
*208886	1/7-3/18	Tu, 9:15-10:45am	South	11	\$140/\$175	Kathleen
*208890	1/8-3/19	W, 7:30-8:45am	North	11	\$117/\$146	Ravi
*208893	1/8-3/19	W, 5:30-7pm	South	11	\$140/\$175	Andrea
*208894	1/9-3/20	Th, 9:15-10:45am★	North	11	\$140/\$175	Louann
*208898	1/10-3/21	F, 9-10:30am	East	11	\$140/\$175	Brian

***Seniors** - Beginning classes are suitable for seniors who are able to sit comfortably on the floor, kneel, and then stand, lunge, and support some weight with the arms. *Therapeutic and Restorative/Gentle Yoga, T'ai-Chi Ch'uan and Feldenkrais classes are also suitable for seniors.*

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.

208911	1/7-3/18	Tu, 1:15-2:45pm	North	11	\$140/\$175	Louann
208895	1/8-3/19	W, 5:45-7:15pm	North	11	\$140/\$175	Matt
208896	1/9-3/20	Th, 9:15-10:45am	South	11	\$140/\$175	Kathleen
209532	1/9-3/20	Th, 5:30-7pm	North	11	\$140/\$175	Shawna
209932	1/9-3/20	Th, 5:45-7pm	East Senior	10	\$128/\$160	Pamela
208897	1/10-3/21	F, 8:50-10:20am	North	11	\$140/\$175	De

Restorative/Gentle Yoga

(Age 14+) Give your body and spirit an opportunity to heal and rejuvenate. Practice breathing and floor asanas supported by blankets, bolsters, blocks and straps. This restorative method, in the Iyengar style, 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.

208891	1/8-3/19	W, 10:30-11:45am★	North	11	\$117/\$146	Karen
208884	1/11-3/22	Sa, 10:40-11:55am	Iris	11	\$117/\$146	Karen

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.

208547	1/7-3/18	Tu, 5:15-6:30pm★	North	11	\$117/\$146	Cassandra
208892	1/8-3/19	W, 4-5:15pm	South	11	\$117/\$146	Lori
208548	1/10-3/21	F, 4-5:15pm	North	11	\$117/\$146	Cassandra

Yin Yoga

(Age 14+) Through a series of long-held postures, with little muscular effort, Yin Yoga focuses on gently stretching and healing connective tissues such as the ligaments, bones and even the joints of the body, specifically the connective tissues of the hips, lower spine and pelvis, rather than on muscular engagement. Yin Yoga has the same goals and objectives as all other types of yoga; however, it directs the benefits and stimulation deeper than the superficial or muscular tissues. Yin Yoga is a perfect complement to the dynamic and muscular styles of yoga that emphasize internal heat and the lengthening and contracting of muscles. All levels are welcome.

Visit us online for drop-in Yin Yoga
and Heartbeatyoga classes.

Women's Yoga

(Age 14+) Share time and energy with other female practitioners of yoga as you immerse yourself in simple routines designed for the present moment in all passages of life: teen, pre/post natal, mid-life and senior years. This class specifically addresses women's bodies with an emphasis on breath, strengthening skeletal health, and restoring energy and inner beauty.

208945	1/8-3/19	W, 10:20-11:50am	East	11	\$140/\$175	Alicia
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Elementary School Yoga

(Age 6-11) Children enjoy yoga too! Through simple movements, gain strength and flexibility, develop good coordination and posture, and learn how to relax and focus. Students learn basic postures designed to strengthen the body, stretch the muscles and relax the mind. No experience necessary.

208888	1/14-3/4	Tu, 3:35-4:20pm	East	8	\$68/\$85	Wendy
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Middle School Yoga

(Age 11-15) Practicing yoga develops strength, flexibility, and balance for all body types. It enhances athletic, music, and dance skills and complements the arts and sciences. Teens improve body confidence, learn how to avoid injury, increase concentration and reduce stress while enculturating a life-long tool for healthy, heartfelt living.

208889	1/14-3/4	Tu, 4:25-5:25pm	East	8	\$68/\$85	Wendy
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► INSTRUCTOR SPOTLIGHT

Louann Harlow, Master of Science in Physical Education, University of Colorado, began the practice of yoga in 1972 and has taught yoga for 30 years. Her teaching excellence is enriched by training with the world's leading yoga adepts, principally in Ashtanga and Viniyoga. During eighteen years as Mind/Body Coordinator, Louann pioneered both adult and children's programs in Nia and yogadance. With kind humor and integrative skill, she lays breath-based, technical alignment groundwork, investigating what works for each individual body and temperament - and leads students into the full presence of their own experience. Heartbeatyoga is Louann's unique creation resulting from a lifetime of dedication in helping people of all ages and capacities move at their own pace while enjoying cognitive, physical and communal benefits.



► HEARTBEATYOGA - DROP IN CLASS

(Age 14+) Like the beat of the heart, Heartbeatyoga offers stillness and action. Class begins with passages (inspirational concepts or mythic story); noble silence; diaphragmatic breathing; and slow stretches. Kinesthetic clarity and steady posture are learned through gaze, core strength, and anatomical blueprints. Warming up the body with flowing yoga builds stability and fluidity. Easy, choreographed yoga dance sequences - instructor led or student composed - develop stamina and inspire limitless originality.

Letting loose into the enjoyment of one's own movement style, vocal pattern, or exertion level with freeform dance energizes our creativity and offers healthy insights. Personalized movement engages with the support and fresh awareness of the collective and larger dance through playful, lightly guided, interrelational cardio movement, gesture and mime; percussion circle; or celebrations of seasons and cycles from birth to eldering.

Vibrational therapies and sonic pranayamas of Heartbeatyoga help free restricted tissues and issues. Bells, nature sounds; live musicians; and world music genres in a rockin' playlist uplift and enlighten the Heartbeat experience. Sound merges into deep silence and calm with class ending in savasana and meditation.

Family Heartbeatyoga One-Day Workshop - February 8th

(Age 5+) Every body can move, dance, play, relax, breathe and laugh in this special winter workshop! All children under the age of 10 must be accompanied by an adult. **Join Louann on Saturday, February 8, from 4-5 pm at the North Boulder Recreation Center. Registration code: 208882**

Fees:

1 adult, 1 child \$14 • 2nd child \$5

Family (2 adults and 2 or more children) \$25

Iyengar Yoga, Breath and Meditation

(Age 14+) If you have practiced yoga for a while and want to delve more deeply into its meditative aspects, this course is for you. This course will follow the systematic teaching method of the world renowned Indian yoga master, B.K.S. Iyengar. Learn how to practice asana 'postures' and pranayama 'breath expansion' in ways that build concentration and prepare your body and mind for meditation. There will be ample opportunity for discussing any practice related questions.

208908 1/6-3/17 M, 5:45-7:15pm North 11 \$140/\$175 John

Yoga and Meditation

(Age 14+) Quiet your mental chatter so that your luscious sensory experience fills you with joy. After out meditation class, you can expect to be less troubled by anxious thoughts, and to see a bluer sky, hear sweeter morning birdcalls, and feel a softer breeze on your skin. Meditation is a recipe for unwinding the stressors that constrain your bliss-mind-body. You will learn several methods of meditation so you can find one that uniquely suits you, and that you can practice at home. No previous experience with meditation, or with yoga, required. Ravi Dykema, Yogiraj, has taught mediation for forty years in both India and the USA. He was Adjunct Professor of Yoga at the Naropa University from 1990-2005. And he is the author of *Yoga for Fitness and Wellness* (Wadsworth, 2006, 2011), a textbook on yoga history, philosophy and practice that includes a chapter on mediation (which will comprise handouts for the class).

209183 1/10-3/21 F, 7:30-8:45am North 11 \$140/\$175 Ravi

Iyengar Yoga

(Age 14+) Classes will focus on the systematic teaching method of the Iyengar Yoga Method of Classical Hatha Yoga as defined by the world renowned Indian yoga master, B.K.S. Iyengar. 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.

208883 1/11-3/22 Sa, 9-10:30am North 11 \$140/\$175 Karen

▶ WORKSHOPS

Yoga for a Healthy Back

(Age 14+) Relieve tension and ease strain in your back through a series of yoga poses that stabilize the lower back and improve the alignment and range of motion of the pelvis. Learn how to adjust your posture and use props to help you be more comfortable when sitting, standing bending and lying down.

208951 1/19-1/19 Su, 2-4pm North 1 \$50/\$63 John

Yoga for the Neck and Shoulders

(Age 14+) Learn how to address neck and upper back pain and stiffness using simple yoga postures as therapeutic tools. We will explore techniques for restoring health to the upper spine and surrounding tissues. Each student will emerge from the session with practices to address his or her own specific symptoms.

208952 1/26-1/26 Su, 2-4pm North 1 \$50/\$63 John

Family Heartbeatyoga One-Day Workshop - February 8th

(Age 5+) Every body can move, dance, play, relax, breathe and laugh in this special winter workshop! All children under the age of 10 must be accompanied by an adult.

(See instructor spotlight for Heartbeatyoga on pg. 25)

▶ 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.

208545 1/8-3/19 W, 6:30-7:45pm East Senior 11 \$117/\$146 Gil

208546 1/10-3/21 F, 12-1pm★ Iris 11 \$94/\$117 Gil

▶ 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 eleven-week 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" outlined in the book "The Healing Promise Of Qi" by Roger Jahnke, OMD. ("Qi" is our human life-force energy.) Each week you will learn a simple yet potent practice, combining gentle movements with breathing and visualization, that corresponds to one of these ten stages. By the end of the course, you will have learned ten life-affirming and health-enhancing qigong practices, which you can continue to work with, either on your own or in future classes.

208832 1/5-3/16 Su, 10-11:30am North 11 \$140/\$175 Beth

▶ T'AI-CHI CH'UAN

T'ai-Chi Ch'uan - Beginner

(Age 14+) This ancient exercise in which standing postures are practiced in a slow moving, relaxed manner cultivates tranquility and mental control and hence appreciation for each moment in time. Doing this gentle martial art increases energy and circulation, improves balance, strengthens the spine and internal organs, and promotes general life-long health. This is an introduction to the short form Yang style of t'ai-chi ch'uan as taught by Professor Cheng Man-ch'ing. The beginner level, the first third, will be taught in both courses.

208542 1/7-3/18 Tu, 6:45-7:45pm North 11 \$94/\$117 Tom

208543 1/9-3/20 Th, 5-6pm East Senior 10 \$85/\$106 Tom

T'ai-Chi Ch'uan - Continuing

(Age 14+) This course is a continuation of the short form Yang style of t'ai-chi ch'uan as taught by Prof. Cheng Man-ch'ing. The first third will be reviewed, corrections will be made, and new choreography will be introduced.

208544 1/11-3/22 Sa, 9:30-10:30am Iris 11 \$94/\$117 Tom

Visit us online for drop-in Chi Kung classes.



Being the community's premier ceramic arts facility has allowed us to attract an exceptional teaching staff. Come see for yourself – enroll in a class today!

▶ ART

Drawing and Watercolor Basic 1

(Age 16+) Combine a fun learning adventure using two medias at the same time. Students will learn various pencil and watercolor techniques, and build self confidence and develop the ability to see, to draw and to paint.

207432 1/13-2/24 M, 7-9pm East Senior 6 \$125/\$157 Barbara

▶ ADULT POTTERY

All pottery classes are held at the
City of Boulder Pottery Lab, 1010 Aurora, Boulder.

- 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.

Adult Beginner

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

207434 1/7-3/4 Tu, 6-8:30pm Pottery Lab 9 \$213/\$266 Aaron

Tableware

(Age 16+) Students will concentrate on making tableware to celebrate the daily ritual of preparing, serving and sharing great food.

209732 1/9-3/6 Th, 6-8:30pm Pottery Lab 9 \$213/\$266 Nancy

Adult Intermediate

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

207435 1/7-3/4 Tu, 9-11:30am Pottery Lab 9 \$213/\$266 Nancy

Senior Pottery

(Ages 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.

207456 1/7-3/4 Tu, 9-11:30am Pottery Lab 9 \$213/\$266 Nancy

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.

207436 1/6-3/10 M, 7-9:30pm Pottery Lab 9 \$213/\$266 Chris

207437 1/8-3/5 W, 7-9:30pm Pottery Lab 9 \$213/\$266 Aaron

207438 1/11-3/8 Sa, 9-11:30am Pottery Lab 9 \$213/\$266 Don

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.

207439 1/9-3/6 Th, 9-11:30am Pottery Lab 9 \$213/\$266 Margaret

See Printing on Clay Workshop on next page...

Birthday Parties!

Reserve the date for your child's next birthday party at the Pottery Lab! Call 303-441-3446 today!

POTTERY

► WORKSHOP

PRINTING ON CLAY

This two day hands on workshop will give participants an overview of the printing on clay process. Join us for a fun and exciting exploration of several printing techniques including mono prints, photo transfer, copper plate and block printing.

Saturday & Sunday, March 22-23

10 am to 4 pm

Fee \$150

For more information or to register call,
303-441-3446.

► YOUTH POTTERY

Child/Parent Pottery

(Ages 4+) Here is a perfect opportunity to learn the art of hand-building pottery with your child. Emphasis is on working on a project as a family unit.

207440	1/9-2/27	Th, 11am-12pm	Pottery Lab	8	\$107/\$134	Aaron
207441	1/9-2/27	Th, 1-2pm	Pottery Lab	8	\$107/\$134	Judi
207442	1/11-3/1	Sa, 9-10am	Pottery Lab	8	\$107/\$134	Judi
207443	1/11-3/1	Sa, 10:15-11:15am	Pottery Lab	8	\$107/\$134	Judi
207444	1/11-3/1	Sa, 11:30am-12:30pm	Pottery Lab	8	\$107/\$134	Judi

Childrens Pottery

(Ages 4-5) Children play with clay and turn it into enjoyable or useful objects. Group experience and individual attention are part of this class. Forming and painting are emphasized.

207445	1/6-2/24	M, 10-10:45am	Pottery Lab	8	\$81/\$101	Colleen
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(Ages 6-7) Learn the basics of hand-building, including problem solving, to make tall or hollow pieces. Children will paint and glaze their own work.

207448	1/6-2/24	M, 3:45-4:45pm	Pottery Lab	8	\$81/\$101	Jana
207449	1/7-2/25	Tu, 3:45-4:45pm	Pottery Lab	8	\$81/\$101	Colleen

(Ages 8-10) Students relax and discover the joy of clay as they develop hand-building techniques and carry out ideas using a craftsman-like approach.

207452	1/08-2/26	W, 3:45-4:45pm	Pottery Lab	8	\$81/\$101	Jana
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Fun Fridays

(Ages 6-8) After working hard all week, come explore with clay and have fun with hand-building projects that will allow freedom and creativity.

207454	1/10-2/28	F, 3:45-4:45pm	Pottery Lab	8	\$81/\$101	Jana
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Pre-Teen Pottery

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

207455	1/9-2/27	Th, 4-5:15pm	Pottery Lab	8	\$107/\$134	Aaron
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Teen Pottery

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

207457	1/8-2/26	W, 4-6pm	Pottery Lab	8	\$107/\$134	Aaron
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► SPRING BREAK CAMP

Pottery on the Wheel Camp

(Ages 8-12) Kid's with some clay experience can join the fun with a Kid's 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.

209782	3/24-3/28	M-F, 9am-12pm	Pottery Lab	5	\$150/\$188	Aaron
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See additional School Day Off Camps on page 31 & 39 or visit us online at www.BPRcamps.org



Our youth pottery classes are a great way for your child to relax and discover the joy of working with clay.

Chess Wizards

Let your child be part of an exciting and successful chess academy. Chess Wizards is offering specially designed classes that cater to all levels of chess ability. Each child is challenged by fun games and lessons from real Wizard teachers. Classes are based around the Wizards original, fun, and high-energy curriculum. Each participant will receive a custom Chess Wizards tournament chess set for home use. *No class on January, 20.*

Information: Lenore at 303-441-3416 or knox1@bouldercolorado.gov

Grades K-4th

*	1/13-2/24	M, 4-5pm	South	6	\$90
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Grades 5th-8th

*	1/13-2/24	M, 5:15-6:15pm	South	6	\$90
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*Register online at www.chesswizards.com or by phone at 866-949-4386.





*School Day Off
Camps are a great way
to keep the kids active
during school breaks!
See pg. 31*

► PRE SCHOOL SPORTS

Sports Sampler

(Ages 3-5) A chance for future athletes to explore any of the following sports: basketball, t-ball, soccer, tennis, floor hockey, and other gym games.

Information: Lenore at 303-441-3416 or knoxl@bouldercolorado.gov

(Ages 3-4)

208682	2/11-3/18	Tu, 9:45-10:30am★	North	6	\$48/\$60
210184	2/13-3/20	Th, 3:30-4:15pm	East	6	\$48/\$60

(Ages 4-5)

208683	2/6-3/13	Th, 5-5:45pm	South	6	\$48/\$60
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Gym Jam

(Ages 9mos - 4yrs) Burn off some energy. The gym will be filled each week with different equipment. We provide the fun and you provide the supervision. Information: Sherri at 303-441-4933 or brownsh@bouldercolorado.gov.

210283	1/6-2/24	M, 9:30-11:30am	South	8	\$25 for all 8 or
206820	1/10-2/28	F, 9:30-11:30am	South	8	\$5 drop-in

► YOUTH VOLLEYBALL

Elementary School Volleyball Class

(Ages 7-11) Designed for elementary school students looking to build skills in the sport of volleyball. Practices stress fundamental skills, team strategies, and teamwork to build confidence in participants. No class Jan 19 and Feb 16. Information: Megann at 303-413-7465 or Lohmanm@bouldercolorado.gov

206744	1/5-3/9	Su, 12-1:30pm	South	8	\$99/\$124
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Middle School Volleyball Class

(Ages 11-15) Designed for beginning middle school students, who are looking to build skills in the sport of volleyball. Practices stress fundamental skills, team strategies and teamwork to build confidence in participants. No class Jan 19 and Feb 16.

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

206745	1/5-3/9	Su, 1:30-3pm	South	8	\$99/\$124
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High School Volleyball Clinics

(Ages 13-18) Work on your volleyball skills in the off season without the time commitment of a full length course. Clinics will focus on technique, skill building, conditioning and repetitions. Information: Megann at 303-413-7465 or Lohmanm@bouldercolorado.gov



206748	1/11	Sa, 10am-12:45pm	East	1	\$20/\$25
209482	1/25	Sa, 10am-12:45pm	East	1	\$20/\$25
209483	2/8	Sa, 10am-12:45pm	East	1	\$20/\$25

High Performance High School Volleyball & Conditioning

(Ages 13-18) Keep your skills sharp during the winter and stay conditioned. Each practice consists of two hours on the court with one of our top coaches followed with an additional hour with a City of Boulder certified personal trainer. Court time will include skill development, and enhancement. Training sessions will focus on physical fitness and conditioning for the athlete. Participants must have previous playing experience; this is not a beginner class.

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



206747	1/7-2/25	Tu, 4-7pm	South	8	\$245/\$299
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High School Volleyball Practices & Skill Enhancement

(Ages 13-18) Keep your volleyball skills sharp and stay conditioned for other activities. Practices to include skill development, conditioning and scrimmages. No class Feb 17th and March 22nd.

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

209484	2/3-3/17	M, 7-9pm	TBD	6	\$88/\$110
206746	3/15-4/26	Sa, 10am-12pm	East	6	\$88/\$110

**Don't miss our School Day Off Camps
on pages 28, 30, 31 & 39.**



► NUGGETS BASKETBALL

Boulder Parks & Recreation partners with the National Basketball Academy and Denver Nuggets to provide quality basketball programs for rookies through all-stars.

To register for the Denver Nuggets programs and clinics please visit: www.TheBasketballAcademy.com > Denver Nuggets

For questions please contact Andy Stainbrook, National Basketball Academy, 303-345-7731 or astainbrook@TheBasketballAcademy.com

You may also contact Lenore Knox with City of Boulder Parks and Recreation at 303-441-3416 or knoxl@bouldercolorado.gov

Denver Nuggets Hoop Zone

Let's improve or learn Hoop skills! Learn from the best! The Nuggets classes are highlighted with professional instruction and a 10-1 Player to Coach Ratio. Each session will cover fundamental skill drilling, Lesson Drilling – Jab Series, Ball Screen Series, Shooting off Screens, and Motion Cuts. Players will have the opportunity to work on skills along with playing 1 on 1, 2 on 2 and 5 on 5 game situations. No Class February 17th.

Ages 5-7	1/27 - 3/3	M, 3:30-4:15pm★	East	6	\$85
Ages 8-10	1/27 - 3/3	M, 4:15 to 5:45pm★	East	6	\$113
Ages 11-14	1/30 - 3/6	Th, 4:15 to 5:45pm	East	6	\$113

Denver Nuggets School Break Basketball Clinics

The National Basketball Academy and the Denver Nuggets are proud to offer School Break 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 an NBA team! Players will be divided based on age and ability. Everyone will receive: 1 ticket to a Denver Nuggets Game.

Winter Break Clinic

Ages 7-16	12/26-28	Th-Sa, 1:30-4:30pm	East	3	\$115
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President's Day Clinic

Ages 7-16	2/7	M, 1:30-4:30pm	South	1	\$45
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Spring Break Clinic

Ages 7-16	3/24-3/25	M-T, 9am-12pm	East	2	\$90
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To register for the Denver Nuggets programs and clinics please visit: www.TheBasketballAcademy.com > Denver Nuggets

Denver Nuggets Basketball Skills Challenge

Boys & Girls (Ages 7 to 14)

Test your skills in dribbling, passing and shooting! Awards for 1st, 2nd and 3rd place at each level of competition and the top boy and girl in each age group from each local will advance to sectionals and then state championship. Finalists compete for the state championship before a Denver Nuggets basketball game, which includes game tickets for parents and finalist. For more information: Derrick Tripp at 303-441-4137 or trippd@bouldercolorado.gov



FREE EVENT!

Tuesday, January 14 • 4-4:45 p.m.

East Boulder Community Center, 5660 Sioux Dr.

Register at the event.

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 it be 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.

To register for the Denver Nuggets programs and clinics please visit: www.TheBasketballAcademy.com > Denver Nuggets

For questions please contact Andy Stainbrook, National Basketball Academy, 303-345-7731 or astainbrook@TheBasketballAcademy.com



Kids are sure to improve or learn the fundamentals of the game in a Denver Nuggets clinic.



Photo by Alivestudios.com

▶ HOME SCHOOL PROGRAMS

Youth Indoor Rock Climbing

(Ages 6-12) Join our experienced climbing wall staff for age and level appropriate activities on our indoor rock wall.

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

Introduction to Climbing

(Ages 6-12) Perfect for kids that have had little to no exposure to the sport of rock climbing. Confidence and strength will be a focal point while learning the basics of climbing. No class Feb. 17.

206742	2/3-3/17	M, 4-5pm★	East	6	\$55/\$69
206739	2/5-3/12	W, 4-5pm★	East	6	\$55/\$69
206740	2/6-3/13	Th, 4-5pm	East	6	\$55/\$69

Intermediate Climbing

(Ages 6-12) Review the basics from the Introduction to Climbing class while learning more techniques and skills of knot tying, belaying, route climbing, bouldering, and etiquette. No class Feb. 17.

206738	2/3-3/17	M, 5-6:30pm★	East	6	\$85/\$107
206741	2/6-3/13	Th, 5-6:30pm	East	6	\$85/\$107

Advanced Climbing

(Ages 9-12) Focus on more one on one instruction and higher level climbing techniques with reading routes, climb efficiently, project problems, and conditioning. Must have approval from instructor prior to registration.

206737	2/5-3/12	W, 5-6:30pm★	East	6	\$100/\$125
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Home School P.E.

(Ages 6-16) Expand your child's physical education experience with any of the following: canoeing, soccer, basketball, rock wall, gym games, floor hockey, swimming. We focus on helping children develop strong muscles, teamwork, cardiovascular endurance, flexibility, and friendships.

Information: Derrick at 303-441-4137 or trippd@bouldercolorado.gov

(Ages 6-11)

206733	1/16-3/6	Th, 2-3pm	East	8	\$60/\$75
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(Ages 12-16)

206734	1/16-3/6	Th, 2-3pm	East	8	\$60/\$75
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▶ SCHOOL DAY OFF CAMPS

School Day Off Kidz Kamps

(Ages 5-11) Want to turn a challenging school day off into a fun-filled, energetic day of exciting and diverse activities for your child? Enroll them in our school day off camps where they can enjoy games, sports, swimming, indoor rock wall games, arts and crafts, and more! All camps provide safe, respectful, age-appropriate, supervised activities for only \$55/day (resident). A hit for boys and girls 5-11 years old.

Don't miss out - Enrollment limited - sign up today!

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

Winter Holiday Camp

205432	12/30	M, 8:30am-5pm	East	1	\$55/\$69
205433	1/2	Th, 8:30am-5pm	East	1	\$55/\$69
205434	1/3	F, 8:30am-5pm	East	1	\$55/\$69
205435	1/6	M, 8:30am-5pm	East	1	\$55/\$69

School Day Off Camps

Martin Luther King Day Camp

206749	1/20	M, 8:30am-5pm	East	1	\$55/\$69
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Teacher Prep Day Camp

206751	2/14	F, 8:30am-5pm	East	1	\$55/\$69
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President's Day Camp

206750	2/17	M, 8:30am-5pm	East	1	\$55/\$69
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Spring Conference Day Camp

208491	4/18	F, 8:30am-5pm	East	1	\$55/\$69
206752	4/21	M, 8:30am-5pm	East	1	\$55/\$69

Hanging w/ BPR - Spring Break Camp

Information: Lenore at 303-441-3416 or knoxl@bouldercolorado.gov

(Ages 4-5)

207582	3/24	M, 8:30am-4:30pm	North	1	\$55/\$69
207583	3/25	Tu, 8:30am-4:30pm	North	1	\$55/\$69
207584	3/26	W, 8:30am-4:30pm	North	1	\$55/\$69
207585	3/27	Th, 8:30am-4:30pm	North	1	\$55/\$69
207586	3/28	F, 8:30am-4:30pm	North	1	\$55/\$69

(Ages 6-7)

207587	3/24	M, 8:30am-4:30pm	North	1	\$55/\$69
207588	3/25	Tu, 8:30am-4:30pm	North	1	\$55/\$69
207589	3/26	W, 8:30am-4:30pm	North	1	\$55/\$69
207590	3/27	Th, 8:30am-4:30pm	North	1	\$55/\$69
207591	3/28	F, 8:30am-4:30pm	North	1	\$55/\$69

(Ages 8-11)

207592	3/24	M, 8:30am-4:30pm	North	1	\$55/\$69
207593	3/25	Tu, 8:30am-4:30pm	North	1	\$55/\$69
207594	3/26	W, 8:30am-4:30pm	North	1	\$55/\$69
207595	3/27	Th, 8:30am-4:30pm	North	1	\$55/\$69
207596	3/28	F, 8:30am-4:30pm	North	1	\$55/\$69

► VOLLEYBALL

(Ages 16+) Get out of the snow and enjoy indoor volleyball leagues during the winter. The season will consist of 8 games. Divisions/free agent forum information is explained on the city website (www.bprsports.org). Fees are per team. Free agent night: Monday, January 6 from 7-8:30pm at the East Boulder Community Center.

Information: Lenore at 303-441-3416 or knoxl@bouldercolorado.gov

Women's 6's D2

208484	1/13-3/3	M, 7-10pm	East	8	\$405 per team
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208489	1/13-3/3	Th, 6-10pm	East	8	\$405 per team
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Co-Ed 6's Rec

208485	1/14-3/4	M, 7-10pm	East	8	\$405 per team
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Co-Ed 6's D1

208486	1/15-3/5	W, 7-10pm	East	8	\$405 per team
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Co-Ed 6's D2

207487	1/15-3/5	W, 7-10pm	East	8	\$405 per team
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Women's 6's D1

208488	1/16-3/6	Th, 6-10pm	East	8	\$405 per team
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Senior Volleyball

(Age 50+) The City of Boulder Parks & Recreation Department sponsors volleyball teams that play in the Colorado Senior Volleyball Association. Teams must also register with the Colorado Senior Volleyball Association (CSVA). Information: Lenore at 303-441-3416 or knoxl@bouldercolorado.gov

209292	1/8-3/19	W, 1-3pm	East	10	\$405 per team
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► BASKETBALL

Men's Basketball League

(Ages 16+) Our basketball leagues are classified by Divisions. A (comp) leagues usually contain a mixture of college experienced players and high school experienced players, and B (rec) leagues usually contain a mixture of high school experienced players and guys who just like to play. We feature regulation courts, glass backboards, and electronic scoreboards in our 8 game seasons. Fees are team based with no additional player costs. Information: Derrick at 303-441-4137 or trippd@bouldercolorado.gov

Basketball B League - Winter

202884	1/7-2/25	T, 6-10pm	South	8	\$500 per team
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Basketball A League - Winter

202885	1/22-3/12	W, 6-10pm	South	8	\$500 per team
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Women's Basketball League

(Ages 18+) Designed for ladies with high school or college play ability. Sign-up as individuals.

Information: Sherri at 303-441-4933 or brownsh@bouldercolorado.gov.

206818	1/6-3/18	M, 6:15-9:15pm	South	12	\$50/\$62
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► DODGEBALL

Coed Dodgeball

(Age 16+) Execute the 5 D's of dodgeball: dodge, duck, dip, dive and dodge! 6 week season will include 2 matches per night with a tournament for the last meeting. Fun for all. Teams start play with 3 men and 3 women on the floor. Information: Megann at 303-413-7465 or lohmanm@bouldercolorado.gov.

206732	1/9-2/13	Th, 6-8:40pm	South	6	\$315 per team
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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

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!

Apply online at www.bouldercolorado.gov



Learning to swim increases confidence and safety in and around the water.

Important!

Registration for swim classes close one week prior to the first class meeting. Classes with low enrollment will be cancelled one week before their start date. NOTE: Make ups are not given for missed classes.

Swim Lessons Information

Jackie Koehn, 303-413-7267 or KoehnJ2@bouldercolorado.gov

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

Aquatic Training Classes

Want to train to be a lifeguard or swim instructor? Classes will be available in spring 2014. Visit www.BoulderAquatics.org for classes offered.

Lifeguards/Swim Instructors Needed!

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 more information contact Julie Dettbarn at dettbarnj@bouldercolorado.gov

Barracudas Swim Clinics

Swimmers, ready to move on to something more challenging? Try our Barracudas swim clinics.

See pg. 37

► 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.

Instructor Levels: Level A - Instructor with 6+ years teaching experience
Level B - Instructor with less than 6 years teaching experience

	Master	Level A	Level B
30 minute lesson			
1 class	\$45	\$40	\$32
3 classes	\$129	\$114	\$90
6 classes	\$246	\$216	\$174
60 minute lesson			
1 class	\$67	\$62	\$47
3 classes	\$195	\$174	\$132
6 classes	\$378	\$330	\$252

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

► INSTRUCTOR SPOTLIGHT

Master Instructor - Curt Colby

I love teaching and coaching swimming to people of all ages and abilities. I started competitive swimming at age 9 and teaching swimming at age 15. I swam at Princeton and have been ranked nationally. I am currently the Boulder High School swim coach, a master's swim coach, Elk's Club swim coach and have run lesson programs for over 20 years. With my experience and knowledge I can patiently and quickly have you swimming or swimming at a higher level. Sign up for a private lesson today!



SWIMMING

► PARENT/CHILD CLASSES

Jelly Monkey

(Ages 6 months-36 months) Prerequisites: Child must be at least 6 months old and no older than 36 months. 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.

206893	1/11-2/8	Sa, 11-11:30am★	East	5	\$30/\$38
206888	1/13-2/10	M, 5:35-6:05pm	North	5	\$30/\$38
206889	1/14-2/11	Tu, 6:40-7:10pm	East	5	\$30/\$38
206894	1/15-2/12	W, 5:35-6:05pm	North	5	\$30/\$38
206890	1/16-2/13	Th, 5:30-6pm	East	5	\$30/\$38
206891	1/17-2/14	F, 9:45-10:15am★	North	5	\$30/\$38
206892	1/17-2/14	F, 10:20-10:50am★	North	5	\$30/\$38
206967	2/15-3/15	Sa, 11-11:30am★	East	5	\$30/\$38
206961	2/17-3/17	M, 5:35-6:05pm	North	5	\$30/\$38
206962	2/18-3/18	Tu, 6:40-7:10pm	East	5	\$30/\$38
206963	2/19-3/19	W, 5:35-6:05pm	North	5	\$30/\$38
206964	2/20-3/20	Th, 5:30-6pm	East	5	\$30/\$38
206965	2/21-3/21	F, 9:45-10:15am★	North	5	\$30/\$38
206966	2/21-3/21	F, 10:20-10:50am★	North	5	\$30/\$38

► SPECIALIZED LESSONS

Prerequisites: There are no prerequisites for specialized classes; children may only enroll in class specific to their age. **Class Focus:** Specialized classes provide a more personalized interaction with instructors, running in a semi-private format of no more than three students per instructor. Great for children new to the swim lesson setting. Instructors will focus on a personal lesson plan for each child and skills will vary by individual swimming ability.

Specialized Lessons - Age 3

206837	1/11-2/8	Sa, 9:15-9:45am★	East	5	\$60/\$75
206852	1/11-2/8	Sa, 10:25-10:55am★	East	5	\$60/\$75
206832	1/13-2/10	M, 5-5:30pm	North	5	\$60/\$75
206853	1/13-2/10	M, 6:10-6:40pm	North	5	\$60/\$75
206831	1/14-2/11	Tu, 5:30-6pm	East	5	\$60/\$75
206833	1/15-2/12	W, 5-5:30pm	North	5	\$60/\$75
206835	1/16-2/13	Th, 5:30-6pm	East	5	\$60/\$75
206836	1/16-2/13	Th, 6:40-7:10pm	East	5	\$60/\$75
206834	1/17-2/14	F, 10:20-10:50am★	North	5	\$60/\$75
206913	2/15-3/15	Sa, 9:15-9:45am★	East	5	\$60/\$75
206927	2/15-3/15	Sa, 10:25-10:55am★	East	5	\$60/\$75
206908	2/17-3/17	M, 5-5:30pm	North	5	\$60/\$75
206928	2/17-3/17	M, 6:10-6:40pm	North	5	\$60/\$75
206907	2/18-3/18	Tu, 5:30-6pm	East	5	\$60/\$75
206909	2/19-3/19	W, 5-5:30pm	North	5	\$60/\$75
206911	2/20-3/20	Th, 5:30-6pm	East	5	\$60/\$75
206912	2/20-3/20	Th, 6:40-7:10pm	East	5	\$60/\$75
206910	2/21-3/21	F, 10:20-10:50am★	North	5	\$60/\$75

Specialized Lessons - Age 4

206845	1/11-2/8	Sa, 9:15-9:45am★	East	5	\$60/\$75
206846	1/11-2/8	Sa, 10:25-10:55am★	East	5	\$60/\$75
206839	1/13-2/10	M, 5-5:30pm	North	5	\$60/\$75
206849	1/13-2/10	M, 6:10-6:40pm	North	5	\$60/\$75
206838	1/14-2/11	Tu, 5:30-6pm	East	5	\$60/\$75
206840	1/15-2/12	W, 5-5:30pm	North	5	\$60/\$75
206854	1/15-2/12	W, 5:35-6:05pm	North	5	\$60/\$75
206843	1/16-2/13	Th, 5:30-6pm	East	5	\$60/\$75
206844	1/16-2/13	Th, 6:40-7:10pm	East	5	\$60/\$75
206841	1/17-2/14	F, 10:20-10:50am★	North	5	\$60/\$75
206919	2/15-3/15	Sa, 9:15-9:45am★	East	5	\$60/\$75
206920	2/15-3/15	Sa, 10:25-10:55am★	East	5	\$60/\$75
206915	2/17-3/17	M, 5-5:30pm	North	5	\$60/\$75
206899	2/17-3/17	M, 6:10-6:40pm	North	5	\$60/\$75
206914	2/18-3/18	Tu, 5:30-6pm	East	5	\$60/\$75
206916	2/19-3/19	W, 5-5:30pm	North	5	\$60/\$75
206929	2/19-3/19	W, 5:35-6:05pm	North	5	\$60/\$75
209784	2/20-3/20	Th, 5:30-6pm★	East	5	\$60/\$75
206918	2/20-3/20	Th, 6:40-7:10pm	East	5	\$60/\$75
206917	2/21-3/21	F, 10:20-10:50am★	North	5	\$60/\$75

Specialized Lessons - Age 5

206855	1/11-2/8	Sa, 9:15-9:45am★	East	5	\$60/\$75
206863	1/11-2/8	Sa, 10:25-10:55am★	East	5	\$60/\$75
206864	1/13-2/10	M, 5-5:30pm	North	5	\$60/\$75
206847	1/14-2/11	Tu, 5:30-6pm	East	5	\$60/\$75
206848	1/15-2/12	W, 5-5:30pm★	North	5	\$60/\$75
206860	1/16-2/13	Th, 5:30-6pm★	East	5	\$60/\$75
206850	1/16-2/13	Th, 6:40-7:10pm★	East	5	\$60/\$75
206851	1/17-2/14	F, 10:20-10:50am	North	5	\$60/\$75
206930	2/15-3/15	Sa, 9:15-9:45am	East	5	\$60/\$75
206937	2/15-3/15	Sa, 10:25-10:55am	East	5	\$60/\$75
206922	2/17-3/17	M, 5-5:30pm	North	5	\$60/\$75
206921	2/18-3/18	Tu, 5:30-6pm	East	5	\$60/\$75
206923	2/19-3/19	W, 5-5:30pm	North	5	\$60/\$75
206924	2/20-3/20	Th, 5:30-6pm	East	5	\$60/\$75
206925	2/20-3/20	Th, 6:40-7:10pm	East	5	\$60/\$75
206926	2/21-3/21	F, 10:20-10:50am★	North	5	\$60/\$75

Specialized Lessons - Age 6

206876	1/14-2/11	Tu, 6:40-7:10pm	East	5	\$60/\$75
206878	1/15-2/12	W, 5:35-6:05pm	North	5	\$60/\$75
206879	1/16-2/13	Th, 6:40-7:10pm	East	5	\$60/\$75
206959	2/18-3/18	Tu, 6:40-7:10pm	East	5	\$60/\$75
206960	2/19-3/19	W, 5:35-6:05pm	North	5	\$60/\$75
206940	2/20-3/20	Th, 6:40-7:10pm	East	5	\$60/\$75



Swim lessons are a great way to introduce your child to the water.

► PRE SCHOOL GROUP LESSONS

Pre School 1

(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.

206825	1/11-2/8	Sa, 9:50-10:20am★	East	5	\$30/\$38
206823	1/13-2/10	M, 5:35-6:05pm	North	5	\$30/\$38
206826	1/14-2/11	Tu, 6:05-6:35pm	East	5	\$30/\$38
206842	1/16-2/13	Th, 6:05-6:35pm	East	5	\$30/\$38
206824	1/17-2/14	F, 9:45-10:15am★	North	5	\$30/\$38
206901	2/15-3/15	Sa, 9:50-10:20am★	East	5	\$30/\$38
206897	2/17-3/17	M, 5:35-6:05pm	North	5	\$30/\$38
206902	2/18-3/18	Tu, 6:05-6:35pm	East	5	\$30/\$38
206898	2/20-3/20	Th, 6:05-6:35pm	East	5	\$30/\$38
206900	2/21-3/21	F, 9:45-10:15am★	North	5	\$30/\$38

Pre School 2

(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.

206856	1/11-2/8	Sa, 9:50-10:20am★	East	5	\$30/\$38
206829	1/13-2/10	M, 5:35-6:05pm	North	5	\$30/\$38
206827	1/14-2/11	Tu, 6:05-6:35pm	East	5	\$30/\$38
206828	1/16-2/13	Th, 6:05-6:35pm	East	5	\$30/\$38
206830	1/17-2/14	F, 9:45-10:15am★	North	5	\$30/\$38
206931	2/15-3/15	Sa, 9:50-10:20am★	East	5	\$30/\$38
206905	2/17-3/17	M, 5:35-6:05pm	North	5	\$30/\$38
206903	2/18-3/18	Tu, 6:05-6:35pm	East	5	\$30/\$38
206904	2/20-3/20	Th, 6:05-6:35pm	East	5	\$30/\$38
206906	2/21-3/21	F, 9:45-10:15am★	North	5	\$30/\$38

Pre School 3

(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.

206861	1/11-2/8	Sa, 9:50-10:20am★	East	5	\$30/\$38
206857	1/13-2/10	M, 5:35-6:05pm	North	5	\$30/\$38
206858	1/14-2/11	Tu, 6:05-6:35pm	East	5	\$30/\$38
206859	1/16-2/13	Th, 6:05-6:35pm	East	5	\$30/\$38
206862	1/17-2/14	F, 9:45-10:15am★	North	5	\$30/\$38
206936	2/15-3/15	Sa, 9:50-10:20am★	East	5	\$30/\$38
206932	2/17-3/17	M, 5:35-6:05pm	North	5	\$30/\$38
206933	2/18-3/18	Tu, 6:05-6:35pm	East	5	\$30/\$38
206934	2/20-3/20	Th, 6:05-6:35pm	East	5	\$30/\$38
206935	2/21-3/21	F, 9:45-10:15am★	North	5	\$30/\$38

► GROUP LESSONS AGES 6-13

Level 1 Sea Turtle

(Ages 6-8) **Prerequisites:** There are no prerequisites for Sea Turtle Classes. **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.

206871	1/11-2/8	Sa, 10:25-10:55am★	East	5	\$30/\$38
206873	1/11-2/8	Sa, 11-11:30am★	East	5	\$30/\$38
206865	1/13-2/10	M, 5-5:30pm	North	5	\$30/\$38
206869	1/15-2/12	W, 5-5:30pm	North	5	\$30/\$38
206866	1/15-2/12	W, 6:10-6:40pm	North	5	\$30/\$38
206867	1/16-2/13	Th, 6:05-6:35pm	East	5	\$30/\$38
206947	2/15-3/15	Sa, 10:25-10:55am★	East	5	\$30/\$38
206948	2/15-3/15	Sa, 11-11:30am★	East	5	\$30/\$38
206941	2/17-3/17	M, 5-5:30pm	North	5	\$30/\$38
206942	2/19-3/19	W, 5-5:30pm	North	5	\$30/\$38
206943	2/19-3/19	W, 6:10-6:40pm	North	5	\$30/\$38
206946	2/20-3/20	Th, 6:05-6:35pm	East	5	\$30/\$38



Early swim lessons set a positive foundation towards a lifetime of participation and enjoyment!

SWIMMING



Birthday Parties!

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

Swimming
 East • 303-441-4400
 North • 303-413-7218
 South • 303-441-3449

Climbing Wall
 East • 303-441-4400

Gymnastics
 North • 303-413-7218

Pottery
 Pottery Lab • 303-441-3446

Level 2 Rays

(Ages 6-8) Prerequisites: Successful completion of level 1 Sea Turtle Class 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.

206883	1/11-2/8	Sa, 9:15-9:45am★	East	5	\$30/\$38
206884	1/11-2/8	Sa, 11-11:30am★	East	5	\$30/\$38
206868	1/13-2/10	M, 6:10-6:40pm	North	5	\$30/\$38
206880	1/14-2/11	Tu, 6:05-6:35pm	East	5	\$30/\$38
206882	1/15-2/12	W, 5:35-6:05pm	North	5	\$30/\$38
206950	2/15-3/15	Sa, 9:15-9:45am★	East	5	\$30/\$38
206949	2/15-3/15	Sa, 11-11:30am★	East	5	\$30/\$38
206952	2/17-3/17	M, 6:10-6:40pm	North	5	\$30/\$38
206951	2/18-3/18	Tu, 6:05-6:35pm	East	5	\$30/\$38
206953	2/19-3/19	W, 5:35-6:05pm	North	5	\$30/\$38

Level 3 Swordfish

(Ages 7-13) Prerequisites: Successful completion of level 2 Rays Class 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.

206886	1/11-2/8	Sa, 9:50-10:20am★	East	5	\$30/\$38
206872	1/13-2/10	M, 6:10-6:40pm	North	5	\$30/\$38
206885	1/14-2/11	Tu, 6:40-7:10pm	East	5	\$30/\$38

206870	1/15-2/12	W, 6:10-6:40pm	North	5	\$30/\$38
206954	2/15-3/15	Sa, 9:50-10:20am★	East	5	\$30/\$38
206956	2/17-3/17	M, 6:10-6:40pm	North	5	\$30/\$38
206955	2/18-3/18	Tu, 6:40-7:10pm	East	5	\$30/\$38
206957	2/19-3/19	W, 6:10-6:40pm	North	5	\$30/\$38

Level 4 Porpoise

(Ages 7-13) Prerequisites: Successful completion of Level 3 Swordfish class 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.

206887	1/11-2/8	Sa, 11-11:30am★	East	5	\$30/\$38
206881	1/14-2/11	Tu, 5:30-6pm	East	5	\$30/\$38
206874	1/15-2/12	W, 6:10-6:40pm	North	5	\$30/\$38
206958	2/15-3/15	Sa, 11-11:30am★	East	5	\$30/\$38
206944	2/18-3/18	Tu, 5:30-6pm	East	5	\$30/\$38
206938	2/19-3/19	W, 6:10-6:40pm	North	5	\$30/\$38

Level 5 Shark

(Ages 7-13) Prerequisites: Successful completion of level 4 Porpoise class 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.

206875	1/14-2/11	Tu, 6:40-7:10pm	East	5	\$30/\$38
206877	1/15-2/12	W, 6:10-6:40pm	North	5	\$30/\$38
206939	2/18-3/18	Tu, 6:40-7:10pm	East	5	\$30/\$38
206945	2/19-3/19	W, 6:10-6:40pm	North	5	\$30/\$38



Private lessons are a great way to give your child focused, one-on-one attention..



Explore the amazing benefits of swimming!

▶ AQUATIC FITNESS 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! Instructor: Martin Petrofes. Contact Jen Heilveil, 303-413-7474.

208238	1/6-1/31	M/W/F, 8-9am	East	12	\$72/\$90
208240	2/3-3/3	M/W/F, 8-9am	East	13	\$78/\$97
208241	3/3-3/28	M/W/F, 8-9am	East	12	\$72/\$90

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 pool (86-88). If you require physical assistance in the water, a two-week notification is required. Contact Jen Heilveil, 303-413-7474.

208232	1/7-2/7	Tu/F, 9:30-10:30am	East	9	\$54/\$67
208233	2/4-2/28	Tu/F, 9:30-10:30am	East	8	\$48/\$60
208234	3/4-3/28	Tu/F, 9:30-10:30am	East	8	\$48/\$60

▶ BOULDER BARRACUDAS SWIM 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. (No clinic 3/22-29 & 4/19)

1/8-5/10	Tu, 6:45-7:45pm	North
1/8-5/10	Sa, 11am-12pm★	East

1st Saturday/Tuesday	Butterfly/IM
2nd Saturday/Tuesday	Backstroke
3rd Saturday/Tuesday	Breaststroke
4th Saturday/Tuesday	Freestyle/Starts and Turns

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

*Barracudas parent meeting will be held for those participants interested in summer swim team, Sunday, May 4, 6pm at the North Boulder Rec Center.

▶ ADULT LESSONS

Lap Swim 101

(Age 16+) Learn goal setting, workout planning, stroke techniques, lane etiquette, optional equipment and training techniques. Participants must be able to swim the length of the pool. Be prepared to swim at each class meeting.

206822	1/11-2/8	Sa, 10-11am★	East	5	\$70/\$88
206896	2/15-3/15	Sa, 10-11am★	East	5	\$70/\$88

Adult Group Lessons

(Age 16+) It is never too late to explore the benefits of swimming! This class assists adults of varied swimming abilities to feel comfortable and confident in the water while building life-long skills.

206821	1/11-2/8	Sa, 9:15-10am★	East	5	\$45/\$56
206895	2/15-3/15	Sa, 9:15-10am★	East	5	\$45/\$56

▶ DROP-IN AQUATIC FITNESS CLASSES

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

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/Th, 5:45-6:45 pm	North
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Water Fitness for All

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

M/W/F, 9-10am★	North
M/W/F, 9:15-10:15am	East
Tu/Th, 8-9am	North

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
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Pre-Natal

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
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Indoor fun with Gonzo Tennis!

► 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 (Closed due to flood)
 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 contact Derrick Tripp,
 303-441-4137.

*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

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 www.GonzoTennis.com

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

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

► CLINICS IN THE GYM - ADULTS

(Ages 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 stroke technique and consistency.

Beginner (2.5-3.0)

207634	1/4-1/25	Sa, 3-4pm	South	4	\$68/\$85	Gonzo
207635	2/8-3/1	Sa, 3-4pm	North	4	\$68/\$85	Gonzo
209184	1/8-1/29	W, 10-11:30am	East	4	\$102/\$128	Gonzo
209185	2/5-2/26	W, 10-11:30am	East	4	\$102/\$128	Gonzo
209188	1/9-1/30	Th, 10-11:30am	East	4	\$102/\$128	Gonzo
209189	2/6-2/27	Th, 10-11:30am	East	4	\$102/\$128	Gonzo

Intermediate (3.0-3.5)

207632	1/4-1/25	Sa, 4-5pm	South	4	\$68/\$85	Gonzo
207633	2/8-3/1	Sa, 4-5pm	North	4	\$68/\$85	Gonzo
209186	1/8-1/29	W, 11:30am-1pm	East	4	\$102/\$128	Gonzo
209187	2/5-2/26	W, 11:30am-1pm	East	4	\$102/\$128	Gonzo
209190	1/9-1/30	Th, 11:30am-1pm	East	4	\$102/\$128	Gonzo
209191	2/6-2/27	Th, 11:30am-1pm	East	4	\$102/\$128	Gonzo

► TENNIS IN THE GYM – JUNIORS

(Ages 11-15) Divided into different levels determined by age and ability. These game-based programs use specific exercises and fun games to help the students understand the aspects of the game. Must get approved by Gonzo to register for intermediate and advanced courses.

Beginner

207682	2/5-3/19	W, 3:30-4:30pm	North	7	\$70/\$88
207684	2/2-3/16	Su, 2-3pm	North	7	\$70/\$88

Intermediate/Advanced

207683	2/5-3/19	W, 4:30-5:30pm	North	7	\$70/\$88
207685	2/2-3/16	Su, 3-4pm	North	7	\$70/\$88

► TENNIS IN THE GYM - YOUTH

(Ages 3-10) The School of Tennis is a child physical development program that uses a variety of fun games to develop motor skills enjoying the game of tennis and helping to create self confidence in a safe and friendly environment. It's all about Tennis! www.gonzotennis.com For inclement weather and cancellation information: 303-441-3410.

Mini Gonzos in the Gym (Ages 3-4)

207732	1/6-2/24	M, 3:15-3:45pm★	East	8	\$60/\$75
207733	2/4-3/18	Tu, 2:45-3:15pm★	North	7	\$53/\$66
207734	1/8-2/26	W, 3:15-3:45pm★	East	8	\$60/\$75
207735	1/9-2/27	Th, 3:15-3:45pm	East	8	\$60/\$75
207736	2/1-3/15	Sa, 9:45-10:15am	North	7	\$53/\$66
207737	1/12-3/2	Su, 10:30-11am	East	8	\$60/\$75

Tiny Gonzos in the Gym (Ages 5-7)

207738	1/6-2/24	M, 3:45-4:30pm★	East	8	\$68/\$85
207739	2/4-3/18	Tu, 3:15-4pm★	North	7	\$60/\$75
207740	1/8-2/26	W, 3:45-4:30pm★	East	8	\$68/\$85
207741	1/9-2/27	Th, 3:45-4:30pm	East	8	\$68/\$85
207742	2/1-3/15	Sa, 10:15-11am	North	7	\$60/\$75
207743	1/12-3/2	Su, 11-11:45am	East	8	\$68/\$85

Mighty Gonzos in the Gym (Ages 8-10)

207744	1/6-2/24	M, 4:30-5:30pm★	East	8	\$80/\$100
207745	2/4-3/18	Tu, 4-5pm★	North	7	\$70/\$88
207746	1/8-2/26	W, 4:30-5:30pm★	East	8	\$80/\$100
207747	1/9-2/27	Th, 4:30-5:30pm	East	8	\$80/\$100
207748	2/1-3/15	Sa, 11am-12pm	North	7	\$70/\$88
207749	1/12-3/2	Su, 11:45am-12:45pm	East	8	\$80/\$100

► SCHOOL DAY OFF CAMPS WITH GONZO

(Ages 5-15) Looking for an opportunity for your child to stay active and engaged during holiday breaks? Come improve your tennis skills and have a blast with our Gonzo Tennis staff! Our tennis camps use fun games to teach children skills necessary to enjoy tennis for years to come! Indoors or outdoors, depending on the weather.

Holiday Camp with Gonzo (Ages 5-10)

207982	12/26-12/26	Th, 9am-12pm	East	1	\$40/\$50
207983	12/27-12/27	F, 10am-1pm	East	1	\$40/\$50

Spring Break Tennis Camp (Ages 5-10)

207984	3/24-3/28	M-F, 1:30-4:30pm	East	5	\$165/\$207
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Spring Break Tennis Camp (Ages 11-15)

207985	3/24-3/28	M-F, 1:30-4:30pm	East	5	\$165/\$207
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avid4adventure

Avid4 Adventure

Avid4 Adventure offers kids & teens the opportunity to explore this world-renowned facility in an instruction-based program.

► BIKING PROGRAMS AT VALMONT

Since 2004, Avid4 Adventure has inspired life-long active outdoor lifestyles and environmental stewardship through experiences that provide personal development and memorable family adventures. Through school programs, summer camps, family programs, and special events, Avid4 Adventure has served over 100,000 children in the Front Range 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 720-249-2412 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.

- No more than 5 people per private class.
- 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) Fun and safety-focused Valmont Bike Park Skills Camp offers kids & teens the opportunity to explore this world-renowned facility in an instruction-based program. During the week participants learn skills through increasingly challenging activities, exercises, and differing terrain, while also developing as a team. Kids will have a chance to experience the Pump Tracks, Dirt Jumps, Slope Style, Single Track, X-Country, and more.

- Participants will be divided into groups of 7 or less; must be able to ride 2-wheeler.
- Early Drop-Off at 8am and After Care until 5:30pm available.
- Daily lunch from sprouts is also available.
- Special Park Bikes can be rented for \$50 per week; Protective Gear (required) can also be rented for \$15 per week.

*	5/26-5/30	M-F, 8:45am-2:30pm	\$395 per week
*	6/2-6/6	M-F, 8:45am-2:30pm	\$395 per week
*	6/9-6/13	M-F, 8:45am-2:30pm	\$395 per week
*	6/16-6/20	M-F, 8:45am-2:30pm	\$395 per week
*	6/23-6/27	M-F, 8:45am-2:30pm	\$395 per week
*	6/30-7/3	M-F, 8:45am-2:30pm	\$316 per week
*	7/7-7/11	M-F, 8:45am-2:30pm	\$395 per week
*	7/14-7/18	M-F, 8:45am-2:30pm	\$395 per week
*	7/21-7/25	M-F, 8:45am-2:30pm	\$395 per week
*	7/28-8/1	M-F, 8:45am-2:30pm	\$395 per week
*	8/4-8/8	M-F, 8:45am-2:30pm	\$395 per week
*	8/11-8/15	M-F, 8:45am-2:30pm	\$395 per week

* Register online at www.avid4.com



VALMONT BIKE PARK

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

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

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

Picnic Reservations at VBP

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

Volunteer at VBP

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

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

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

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



Photo provided by yamphotovideo.com

Lee McCormack of www.leelikesbikes.com is widely considered one of the world's top bicycle skills instructors. He uses his sequential teaching curriculum to help 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 tens of thousands of riders have more fun on their bikes.

Essential Mountain Biking Skills

(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 Lee's 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, riding up and down obstacles and pumping terrain. 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.

- Maximum six riders per session. Minimum four riders per session.
- Weekday afternoons and weekend mornings.
- Details, dates and registration at www.leelikesbikes.com

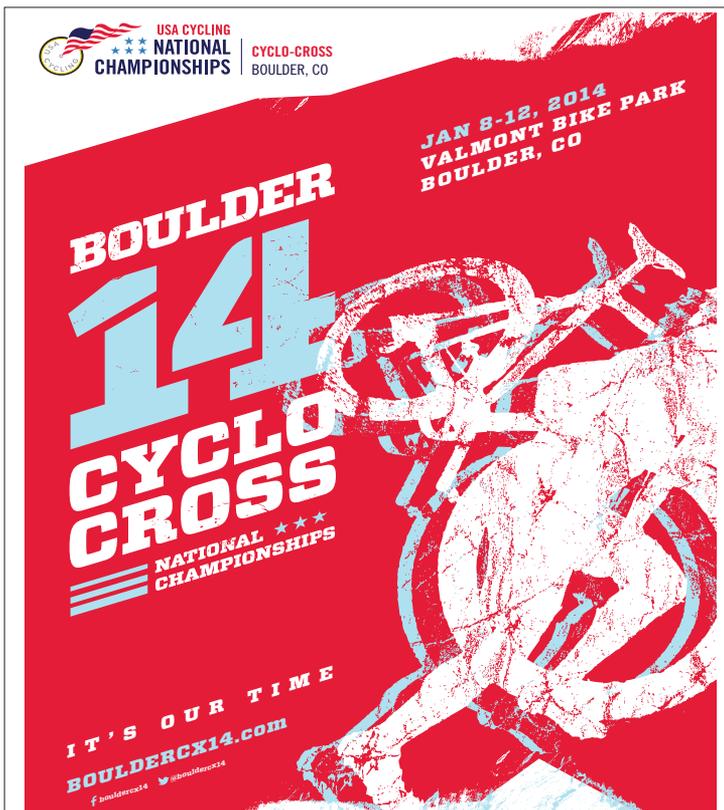
Private & Semi-Private Clinics with Lee McCormack

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

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

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

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



POLICIES & INFORMATION

Recreation Center Closures

12/24	Christmas Eve	All open until 1:30pm
12/25	Christmas Day	All closed
12/31	New Year's Eve	All open until 4pm
1/1	New Year's Day	East open 8am-4pm North & South Closed
1/20	MLK Day	All open
2/17	President's Day	All open

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 and platform tennis courts, sauna, lockers, fishing and swimming at Boulder Reservoir.
- 3) Complimentary towels at rec centers.
- 4) Racquets for indoor racquetball.
- 5) Discounts at participating merchants. (pg. 4)
- 6) 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, 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 10

For your child's safety and well-being, the city of Boulder Parks and Recreation Department requests that children under 10 years of age not be left un-supervised at any recreation facility, outdoor pool, sports field or park. 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

email addresses are last name first initial of first name@bouldercolorado.gov. e.g. Michael Smith is smithm@bouldercolorado.gov

Jeff Dillon
Acting Director.....303-413-7200

Alice Guthrie
Recreation Superintendent.....303-413-7211

Jeff Dillon
Parks & Planning Superintendent..303-413-7215

**ACCESS & INCLUSION
(EXPAND & YSI)**
Staff303-441-4933

COMMUNITY OUTREACH
Internships Coordinator303-413-7200

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

Christy Munoz
Group Discount Program303-413-7259

FLATIRONS GOLF COURSE
Doug Cook, Director of Golf.....303-442-7851

RECREATION CENTERS
Tim Duda, Supervisor EBCC303-413-7463
Alison Rhodes, Supervisor NBRC.303-413-7249
Todd Calvin, Supervisor SBRC303-441-3449

BOULDER RESERVOIR
Stacy Cole, Reservoir Manager303-441-3461

AQUATICS
Phil Henry, Aquatics Maintenance..303-413-7478
Julie Dettbarn, Pool Operations303-413-7468
Jackie Koehn, Swim lessons.....303-413-7267

RECREATION PROGRAMS
Teri Olander, Administrator303-441-3429

DANCE
Cynthia Burdine, Coordinator303-413-7473

GYMNASTICS
Ron Crescentini, Supervisor303-413-7265

HEALTH & WELLNESS
Summer Kennedy, Fitness303-413-7264
Weights.....303-413-7280
Kathleen Murphy, Mind/Body303-413-7466

POTTERY LAB
Nancy Utterback, Coordinator.....303-441-3446

SPORTS
Dean Rummel, Supervisor.....303-441-4427
Program Information303-441-3410
Derrick Tripp303-441-4137
Lenore Knox.....303-441-3416
Meghann Lohman.....303-441-7465

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

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

Parks & Recreation Advisory Board

The Parks and Recreation Advisory Board (PRAB) consists of seven members appointed by City Council, each to five-year terms. The Board offers advice and consultation to City Council and city departments on the acquisition, construction and maintenance of city park property and coordinates policy on the development and use of recreational facilities. The Board also approves expenditures from the Permanent Park and Recreation Fund. PRAB agendas, meeting minutes and audio files are available at www.BoulderParks-Rec.org.

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, December 3.**
- For registrations in which you have a **discount or questions**, please call the registration help line at 303-413-7270, Monday-Friday, 9am-5pm.
- For registrations that qualify for **reduced rate or to apply for reduced rate**, please call 303-413-7200, Monday-Friday, 8am-5pm.

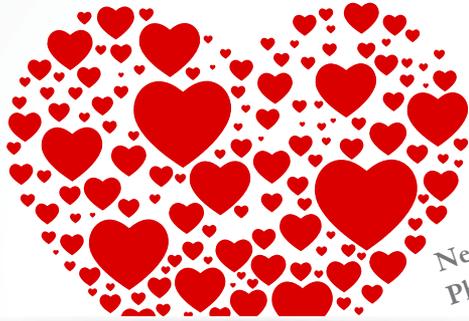
For immediate registration confirmation and for popular classes, we recommend online registration. Kiosks are available at all facilities.



ONLINE REGISTRATION
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!

Father & Daughter Valentine Dance



New this year!
Photo Booth

A special time full of sweet memories awaits participants along with dancing, light refreshments, gift bag with flower, photo booth and a DJ.

Saturday, February 1 • 6-8 pm

Registration code: 210082 (Ages 1-9)

\$35 per father/daughter (\$20 per add'l daughter)

North Boulder Recreation Center, 3170 Broadway

Register online today, space is limited!
www.Boulderparks-rec.org

Birthday Parties!



Swimming

East • 303-441-4400
North • 303-413-7218
South • 303-441-3449

Gymnastics

North • 303-413-7218

Pottery

Pottery Lab • 303-441-3446

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

www.BoulderParks-Rec.org



SCHOOL DAY OFF CAMPS



- Pottery Camp (pg. 28)
- Nuggets School Day Off Clinics (pg.30)
- Winter Break Camp (pg. 31)
- School Day Off Kidz Kamps (pg. 31)
- Gonzo Tennis Camps (pg. 39)
- Spring Break Camp (pg. 31)

Sign up for our email list at www.BPRcamps.org

Don't miss out - Enrollment is limited - Sign up today!

More info:

Dean 303-441-4427 or Rummeld@bouldercolorado.gov

complete details at www.BPRcamps.org

You Belong Here!

Discover fun, new ways to stay fit and active.



PERSONAL TRAINING +
(Page 19) Get fit fast. Let our certified personal trainers and nutritionists guide you quickly and effectively to your personal weight and fitness goals.



A FRIENDLY, WELCOMING ENVIRONMENT FOR ALL ABILITIES, AGES, AND INTERESTS



BOULDER'S BEST FITNESS VALUE.

PASSES (Page 6)
Guide yourself to feeling and looking your best. Gain access to the latest strengthening, weight and cardio equipment; drop-in classes, pools, and more. No contracts or initiation fees – start today.

DROP-IN CLASSES
(Schedules online at BoulderParks-Rec.org)
Stay active your way and on your schedule. Choose from dozens of drop-in group fitness, mind/body and sports play opportunities each day. All drop-ins are included free with each facility entry.



SPORTS LEAGUES (Page 32)
Play your way to fitness! Choose from softball, soccer, basketball, kickball, dodgeball or volleyball. Join more than 15,000 adults who play in our seasonal sports leagues.

DROP-IN OPTIONS

Want to get fit while enjoying the flexibility and variety of daily, drop-in programs? Let us meet your fitness mood, schedule and budget with our conveniently located and scheduled programs.

No advance registration is necessary. Your recreation center annual or punch pass or daily entry fee gets you into any drop-in class and gives you full access to the facility's pools, ball courts, weight room, cardio fitness equipment - and more!

Check out our schedule online!

GET FIT, HAVE FUN AND ENJOY!

All drop-in classes are FREE with daily center entry (use your pass or \$7 daily fee)

Drop-In Classes Include:

Boulder Lift
Cardio Chisel
Carve
Core and Total Body Fitness
Fitness for Life
Hard Core
Metabolic Resistance Training
Pure Step
Sport Conditioning
The Ride!

Mind/Body

Ayre
Nia
Dance Fusion
Pilates Mat
Pilates/Yoga Combo
Pre/Post Natal Yoga
Restorative Yoga & Prana
Yin Yoga
Yoga
Zumba®

Aquatic Fitness

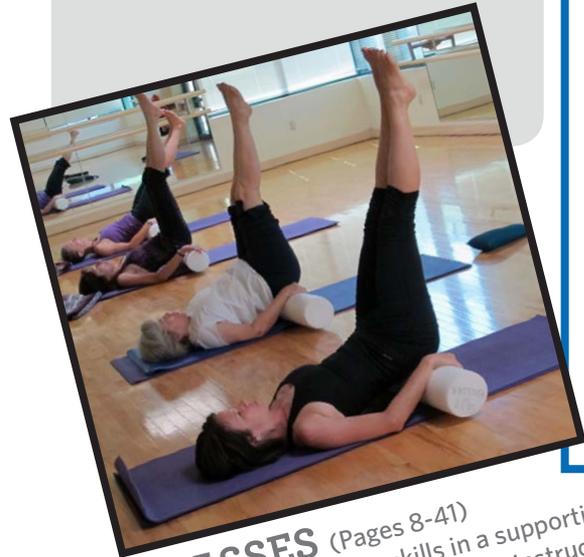
Aqua Zumba®
Hydro Dynamics
Pre/Post Natal Aqua Fit
Water Fitness for All

Also enjoy drop-in **Basketball, Volleyball, Pickleball & Badminton**, (schedules online).

We update our schedules monthly so that you can get the latest information about classes, cancellations, and instructor changes. Choose from over 100 different class times!

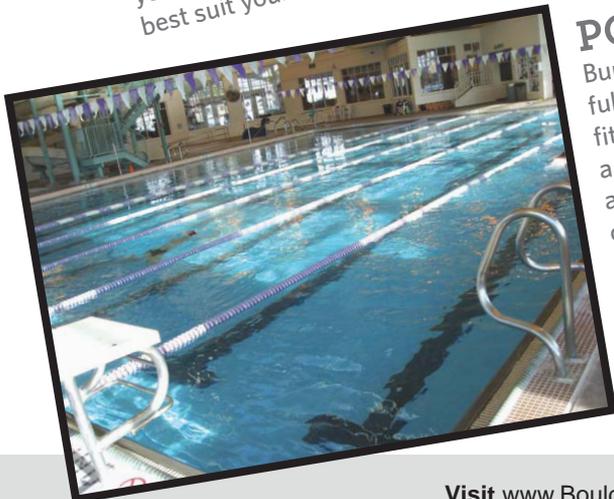
We look forward to seeing you soon!

Visit us online at www.BoulderParks-Rec.org for a schedule today!



CLASSES (Pages 8-41)
Learn and master new skills in a supportive, social environment. Leading area instructors offer 600+ diverse, multi-week classes for youth and adults. Choose the programs that best suit your interests and schedules.

CARDIO & WEIGHT ROOMS
(Pages 18-20) Attain the strength, flexibility and cardio fitness you desire. Each center features the latest equipment for designing your ultimate workout.



POOLS (Pages 33-37)
Burn calories and enjoy the full-body benefits of aquatic fitness. Each center features a multi-lane, indoor lap pool and hot tub. North and East centers also feature fun leisure pools that kids love! Plus enjoy two outdoor pools in the summer!



Registration
begins
December 3

Online Registration Begins 8:30 a.m. on Tuesday, December 3



Dance
pg. 8



Sports
pg.32



Yoga
pg. 24



Fitness/Weight Training
pg. 18

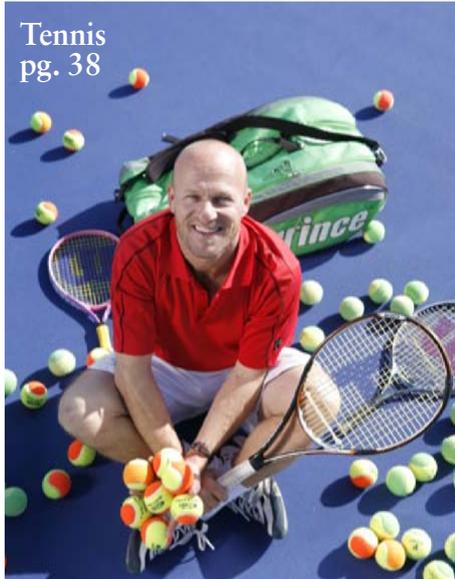
Love your workout. Start here!



Pilates
pg. 21



Drop-In Fitness
pg.46



Tennis
pg. 38