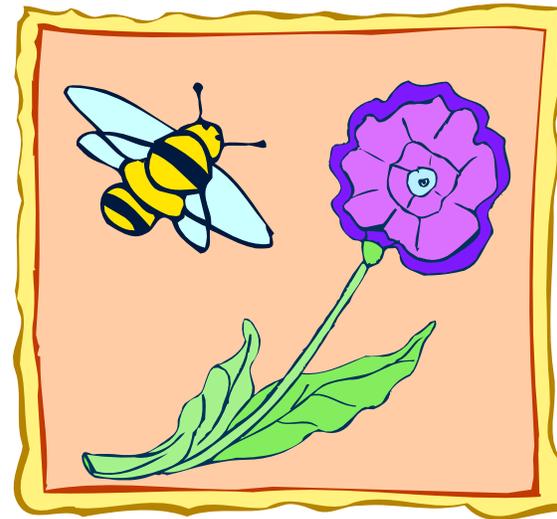


Spring 2014

Volunteer with EXPAND



Getting Started:

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Paralympic Track & Field April 5-Aug 30 1-3 pm Jen-Fairview	Walking April 7-May 12 3-4 pm Lori-EBCC Water Aerobics April 7-May 12 4:30-5:30 pm Jen-EBCC	Become a Chef! April 15-29 3-4:30 pm Sherri-EBCC Unified Softball League May 6-August 12 5-9 pm Sherri- Mapleton Soccer April 1-May 6 4-5:30 pm Sherri-Mapleton Quad Rugby April 6- May 13 10:30-1:30 pm Jen-EBCC	Adventures & Attitudes April 2- May 14 3:30-4:30 pm Chelsea-EBCC Out on the Town Outings & Getaways! Wacky Game Night May 7 4:30-6 pm Bowling at Fat Cats April 23 4:45-7 pm Cory-EBCC	Weight Lifting April 3-May 15 2:30-3 pm Sherri-EBCC Spinning April 3-May 15 3-4 pm Sherri-EBCC Smile & Stretch April 3-May 15 4:30-5:30 pm Jen-EBCC Special O Swimming April 3-May 15 6-7pm Jen-EBCC	Bowling April 4-May 16 3:30-5 pm Jen-CU/UMC Earth Day Hike April 18 4:30-6pm Chelsea-EBCC Friday Night DANCES! Dancing Like the Stars April 18 6-8pm Cory-EBCC	Track-N-Field April 5-May 3 10-11:30 am Sherri- SBCC Gymnastics Team Training Feb 15-May 10 4-5:15PM Lori-NBRC

EXPAND Staff:

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

Volunteers are an
important part of
our programs!

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

Additional Volunteer Opportunities

Inclusions: Assist a child with a disability in a general recreation program. Most inclusions occur in swimming and gymnastics classes. Time and days vary depending on the season, so please let us know if this interests you! Contact Lori, 303-413-7256 or Jen, 303-413-7474

Duck Race: The EXPAND Program hosts an annual Great Rubber Duck Race at the Boulder Creek Festival as a fundraiser for our program. The actual race occurs on Memorial Day in 2014. If you are interested in this event, please contact Cory, 303-413-7269.

Road Races: The EXPAND department is the beneficiary of several local running events in Boulder (Fast & Flurry-ous, Father's Day 4k, Distance Carnival, and Heart & Sole ½ Marathon). We are looking for volunteers to help at registration and aid stations. Contact Sherri @ 303-441-4933.

Paralympic Sports: Assist with one of the Quad Rugby and/or Track and Field program for people with physical disabilities. Volunteers will assist with equipment and practices. Contact Jen, 303-413-7474.

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



Programs meet at recreation centers:

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

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

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