

# Winter 2016



## City of Boulder EXPAND Volunteers

### 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
<b>Special Olympics Swim Training</b> 1/17-3/20 3-4pm Jen-EBCC  <b>Youth Swimming Lessons</b> 1/17-3/13 4-4:30pm Jen-EBCC	<b>Crafts &amp; Creations</b> 2/1-3/7 4-5pm Cory-EBCC  <b>Water Aerobics</b> 1/11-3/28 5:15-6:15 pm Jen- EBCC	<b>Unified Basketball League</b> 1/5-3/8 5- 8:30 pm Sherri- EBCC  <b>Unified Youth Basketball</b> 1/19-3/8 4-5pm Chelsea-SBCC  <b>Walkin' &amp; Rockin'</b> 1/12-3/8 4-5 pm Sherri-EBCC  <b>Vegas Night</b> 3/29 6-8pm Sherri-EBCC	<b>Move N Groove</b> 1/6-3/30 3:30-4:30 pm Jen -EBCC  <b>EXPAND's Got Talent</b> 1/20-3/9 4:30-5:30 pm Cory-EBCC  <b>Out on the Town</b> <i>Salad &amp; Bingo</i> 1/13 4:30-6om	<b>Weight Lifting</b> 1/20-3/9 2:30-3 pm Sherri - EBCC  <b>Spinning</b> 1/7-3/31 3-4 pm Sherri- EBCC  <b>Smile &amp; Stretch</b> 1/7-3/31 4-5pm Jen-EBCC	<b>Friday Fun (teen)</b> 1/15 1/29 2/12 2/26 3/11 5:30-8 pm Chelsea- EBCC  <b>Friday Night DANCES!</b> 1/29 2/12 3/18 6-8pm Cory – EBCC  <b>Strider Bike</b> 1/15-2/19 Youth-5-5:30pm 16+ -4-5pm	<b>Snowshoeing</b> 1/9 12-5pm Chelsea-RTD  <b>Gymnastics Team Training</b> 3/5-5/7 3:15- 4:30 pm Chelsea – NBRC  <b>Jump n' Gym</b> 3/5-5/7 4:30-5:30pm Chelsea-NBCC  <b>Mini Tri</b> 3/6 11-3pm Jen-EBCC

### Questions:

Please contact, Lori Goldman at 303-413-7256 or [goldmanl@bouldercolorado.gov](mailto:goldmanl@bouldercolorado.gov)

### EXPAND Staff:

Cory	303-413-7269	<a href="mailto:LasherC@bouldercolorado.gov">LasherC@bouldercolorado.gov</a>
Jen	303-413-7474	<a href="mailto:HeilveilJ@bouldercolorado.gov">HeilveilJ@bouldercolorado.gov</a>
Lori	303-413-7256	<a href="mailto:GoldmanL@bouldercolorado.gov">GoldmanL@bouldercolorado.gov</a>
Sherri	303-441-4933	<a href="mailto:BrownSh@bouldercolorado.gov">BrownSh@bouldercolorado.gov</a>
Chelsea	303-441-3416	<a href="mailto:CernyC@bouldercolorado.gov">CernyC@bouldercolorado.gov</a>

# Boulder Parks & Recreation/EXPAND

*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 recreation programs 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 Chelsea for gymnastics @ 303-441-3416 or Jen for swimming @ 303-413-7474.

### **Road Races**

We are looking for volunteers to help at registration and aid stations throughout the year. Contact Sherri @ 303-441-4933.

### **Paralympic Sports**

Assist with one of the best Quad Rugby Team programs for people with physical disabilities. 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 the 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. Contact YSI Staff @ 303-413-7217.



## **Programs meet at recreation centers:**



### **EBCC (East Boulder Recreation Center)**

5660 Sioux Drive  
(55<sup>th</sup> & 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