



## 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>Silly Sundays</b> 10/12 11/9 12/14 9-11 am Lori -EBCC  <b>Cooking</b> 10/26 4-7 pm Sherri-EBCC	<b>Mystery Activity</b> 10/20-12/15 3-4 pm Lori-EBCC  <b>Water Aerobics</b> 9/8-12/15 4:30-5:30 pm Jen- EBCC  <b>School Day Off for Teens</b> 10/13 9am - 4pm Lori-TBD	<b>Flag Football</b> 9/9-9/30 5- 6:30 pm Chelsea- EBCC  <b>Gym Sports</b> 10/7 – 10/28 5-7 pm 5- 6:30 pm Chelsea- EBCC  <b>Floor Hockey</b> 11/4-11/25 5- 6:30 pm Chelsea- EBCC  <b>Basketball Practice</b> 12/2-12/16 5- 6:30 pm Chelsea- EBCC  <b>Quad Rugby</b> 9/2-12/16 10:30 am – 1:30 pm Jen- EBCC	<b>Moving and Grooving</b> 9/10-12/17 4-5 pm Jen -EBCC  <b>More than Notes and Noise</b> 10/22-12/3 6-7 pm Sherri-EBCC  <b>Holiday Crafting</b> 12/10-12/ 17 4:30-6 pm Cory - EBCC  <b>Out on the Town Outings &amp; Getaways!</b> 9/3, 10/27, 11/12, 12/3 4:30 – 7 pm Cory-EBCC  <b>Actors Wkshp</b> 9/10-11/5 4:30-6 pm Cory-EBCC	<b>Weight Lifting</b> 9/4-12/18 2:30-3 pm Chelsea - EBCC  <b>Spinning</b> 9/4-12/18 3-4 pm Chelsea- EBCC  <b>Unified Volleyball</b> 9/18-11/6 4-5:30 pm Chelsea – EBCC  <b>Smile &amp; Stretch</b> 9/18-12/18 4-5 pm Jen-EBCC  <b>Special Olympics Swim Training</b> 9/11-12/18 6-7 pm Jen-EBCC	<b>Bowling</b> 9/5-11/14 3:30-5 pm Jen- CU UMC  <b>Rock Climbing</b> 12/5-12/19 4-5:30 pm Lori - EBCC  <b>Friday Fun</b> 9/12 9/26 10/10 10/31 11/7 11/21 12/12 5:30-8 pm Chelsea- EBCC  <b>Friday Night DANCES!</b> 9/19 10/24 11/21 6-8pm Cory - EBCC	<b>Adaptive Mountain Bike Clinic</b> Sept 20 <sup>th</sup> Marshal Mesa 8-5PM or ½ day works  <b>Gymnastics Team Training</b> 10/4-12/13 3:15 – 4:30 pm Chelsea - NBRC

### Questions:

Please contact, Sherri Brown at 303-441-4933 or [brownsh@bouldercolorado.gov](mailto:brownsh@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	303-551-5329	<a href="mailto:Cernyc@bouldercolorado.gov">Cernyc@bouldercolorado.gov</a>

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 Chelsea for gymnastics, 303-551-5329 or Jen for swimming, 303-413-7474

**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 best Quad Rugby Team and/or Track and Field program 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