Boulder Parks & Recreation

fall 2016

Register Today (begins August 2)

School Day Off Camps | Fitness | Yoga
Gymnastics | Swimming | Tennis & More!

BoulderParks-Rec.org

It's time to welcome back the golds and rusts of autumn in Boulder! Explore the latest news, department project updates and learn more about free and fun events at Boulder Parks & Rec this fall.

Civic Area Fall Events

Boulder Creek Hometown Festival & EXPAND Duck Race
September 3-5 | Civic Area/Central Park
Join your neighbors in celebrating the last days of summer. Labor Day weekend is a time to head downtown to enjoy live performances, local vendors, the Hometown Fest 5K and more!

New this year, the annual EXPAND duck race will occur on Monday, September 5. At 4 p.m., flock to the creek's edge and cheer on a sea of yellow ducks as they race down for a chance to win a $1,000 cash. Sponsor a duck for only $5 online at expand-duck-race.myshopify.com, at any Recreation Center or at the event. Previously sponsored ducks will be entered in the race.

Volunteer Days at Valmont City Park

Join us for Valmont Volunteer Days Saturdays, September 3 and October 1, 9 a.m. to noon. Volunteers help us keep the park in top condition for all to enjoy! With roughly 50,000 visitors each year to the bike park, the more hands helping, the better. There is no need to register in advance, all are welcome, meet at the plaza by the bike park.

Boulder Recreation Centers Shutdowns and Pool Renovation

North Boulder Recreation Center will be closed for annual maintenance shutdown from August 22 to August 28. The center's pools will be closed through September 30 to install new play features and improve our pump room systems. Spruce Pool will remain open through Friday, September 30 to reduce the impact on swimmers. You can also head to South Boulder Recreation Center or East Boulder Community Center to check out the pools at our other facilities.

East Boulder Community Center will be closed for annual maintenance shutdown from August 13-21.

Dog Dayz & Outdoor Pools

Join us for a day of fun in the sun with our canine friends at Scott Carpenter Pool, September 19-October 2 (see back cover). Scott Carpenter Pool will close for the season on September 18 and Spruce Pool will close on September 30.

Cult Classics at Central Park

In partnership with Blue Federal Credit Union, the city is bringing some of your favorite flicks to Central Park at the FREE Cult Classic Movie Series. Pre-movie activities and entertainment are all part of the fun. Bring a blanket and join the outdoor movie scene. You know you want to quote-along!

October 7 • 6:30 – 9 p.m. | The Big Lebowski
When easygoing "the Dude" is mistaken for a millionaire with troubles of his own, it sends him spiraling into a complex Los Angeles underworld.

October 14 • 6:30 – 9 p.m. | Space Balls
In a distant galaxy, Princess Vespa is kidnapped by the evil Dark Helmet prompting a renegade space pilot and his half-man, half-dog partner to come to her aid.

October 21 • 6:30 – 9 p.m. | Beetlejuice
A recently deceased couple's efforts to haunt their old home fail to scare away the new tenants, but do succeed in attracting a rambunctious spirit instead.

Get Caught for All the Right Reasons

The Boulder Police Department has teamed up with Parks and Recreation to recognize Boulder's rising stars. Officers are issuing "stars" to young people caught in the act of being great community members, entitling them to a free day-pass to any of the city's recreation centers. Appropriate offenses include, but are not limited to, being neighborly, wearing a bicycle helmet, observing crosswalk rules and participating in a positive activity in the community.

Intercambio Family World Dance FREE

Get down and get fit with Logo Ligi, a West African Drum and Dance Performance Group that is sure to get you moving! All ages welcome. More info online at BoulderParks-Rec.org

Our Trees, EAB & #TreeOpp

Emerald Ash Borer (EAB) was discovered in Boulder about three years ago. This is a non-native insect threatens ash trees leaving them vulnerable to greatly diminished numbers within 10 years. There are an estimated 84,000 ash trees in Boulder (both public and private) representing nearly 14% of all our trees.

In anticipation of thousands of downed trees, the city is exploring sustainable and responsible ways to manage the resulting wood debris. In April, the city was awarded a $200,000 grant through the Knight Cities Challenge to launch the Tree Debris to Opportunity or #TreeOpp program. This 18-month initiative tackles the anticipated challenges of the invasive beetle in our city through an innovative approach that integrates environmental, social, creative and commercial interests.

The City of Boulder's Parks and Recreation Department, Bldg 61 Makerspace at the Boulder Main Library and Bridge House's Ready to Work program are partnering to turn EAB infested wood debris into crafts, furniture and functional products for purchase by area residents.

Starting this fall, we are excited to welcome the first Ready to Work crew into their woodworking apprenticeship and have them help transform the EAB wood debris. The program has already removed and milled its first batch of ash trees to be used in the training.

What can you do?

If there's an ash tree on your property, contact a local licensed and certified arborist to determine your tree's health and develop a plan for your tree. You can find a list of certified tree care professionals and information about EAB at BoulderForestry.org

Check out EABBoulder.org for public workshops, product sales and other ways to get involved.

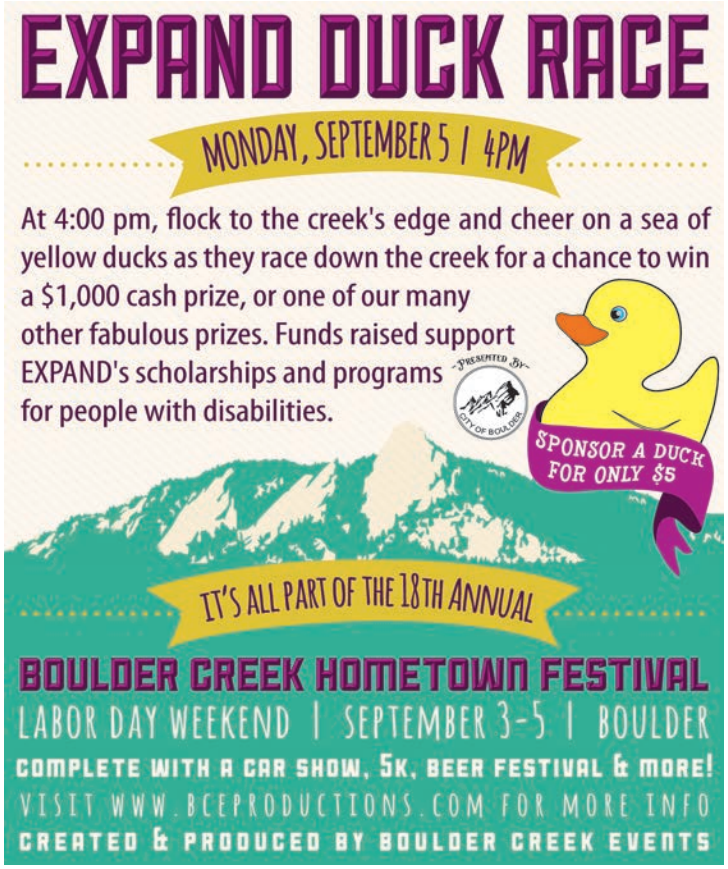


Table of Contents

What's Happening 2-3
Boulder Fun Map 4-5
Central Park - Civic Area . . 6-7
Annual Pass Perks 8
Entry Fees 9
Kids' Corner Childcare . . 9
Dance 10-12
EXPAND. 13-15
Golf. 16
Gymnastics 17-19
Fitness/Weight Training . . 20-23
CPR & First Aid 22
SilverSneakers®. 23
Mind/Body - Pilates/Yoga 24-27
Chi Kung/Feldenkrais . . . 27
T'ai-Chi Ch'uan. 27
Pottery 28
Sports 29-30
School Day Off Camps . . 30
Swimming/Aqua Fitness. . 31-35
Tennis 36-38
Valmont Bike Park. 39-40
Policies & Information . . 41
Staff Contact Information 42
Registration. 43
Then & Now. 44
Volunteerism 45
Community Connections . 46
Drop In Fitness 47
Dog Dayz . . . . . back cover

Stay Informed with FREE eNews!
Want to learn more about the latest classes, events, community meetings, weather or construction-related closures and more? Join our eNews list. It's easy, just visit us online at www.boulderparks-rec.org and subscribe to the list that interests you most and start enjoying up-to-date Parks & Rec news.

Follow us on Twitter & Like us on Facebook!
Get the latest news, special offers and information.

Follow us at: twitter.com/boulderparksrec
Like us at: facebook.com/boulderparksrec

Fun Family Activities

Free or inexpensive fun activities to do in Boulder!

- ## Boulder Creek Path
  The 5-mile Boulder Creek path is framed by a stunning canopy of trees guaranteed to put on a beautiful fall show! Grab a bike or two, or just walk and enjoy the fresh fall air around you.

- ## Sip and paint for free!
  Grab your paintbrushes, canvases, your favorite beverage and head over to the Bobolink Trail for a beautiful fall scene. With the trees changing, the creek flowing and the mountains in the background you are sure to be inspired!

- ## Visit Sunrise Amphitheater
  Check out the spectacular views at Sunrise Amphitheater on the summit of Flagstaff Mountain. This is a great spot to get away and to connect with Boulder's open space. Hike area trails year-round, but if you plan to take the access road to the amphitheater from Flagstaff Drive be sure to visit before midnight Oct. 31 as the road is closed from Nov. 1 to March 30 every year.

- ## Turn a page and fall for a good book
  When the days start to grow a little cooler, drop by one of Boulders three libraries, check out a book and find a nice spot in one of many parks to hang out and read.

- ## Visit Scott Carpenter Park
  Blast off into space on the popular rocket ship feature at Scott Carpenter Park. Did you know this park was renamed in 1962 to honor astronaut Scott Carpenter, a former Boulder resident!

- ## Play a game of shuffleboard
  When's the last time you played Shuffleboard? Stroll over to the Municipal Building off Broadway and ask to check out the shuffleboard equipment that's available Monday through Friday, 8 a.m. to 5 p.m. The outdoor courts are just a stroll away, on the south side of Boulder Creek.

Financial Assistance

Did you know we offer financial aid to assist community members who cannot otherwise participate due to financial limitations?

To find out more about our financial aid programs and how to qualify, please call 303-413-7200.

Recyclable. Printed on 30% post-consumer recycled paper.

Boulder Fun Map

North Boulder Recreation Center
3170 Broadway • 303-413-7260

- Lap/Leisure Pool*
- Classes/Gymnastics
- Fitness Equipment
- Basketball/Racquetball
- Sand Volleyball
- Tennis/Platform Tennis

Mon.-Thu. 6am-9:30pm
Fri. 6am-7:30pm
Sat. 6:30am-7pm
Sun. 7:30am-8pm

*Pool closes 30 minutes before center.

1. **Valmont Bike/Dog Park/Disc Golf,** Valmont & Airport Rd.
2. **Reservoir,** 5565 N. 51st. St. • 303-441-3461
3. **Foothills Community Park,** 800 Cherry Ave.
4. **Scott Carpenter Park,** 1505 30th St.
5. **Flatirons Golf Course,** 5706 Arapahoe • 303-442-7851
6. **Iris Center,** 3198 Broadway • 303-413-7200
7. **Salberg Center & Park,** 19th & Elder
8. **Central Park,** 1236 Canyon Blvd.

N **North Boulder Rec Center,** 3170 Broadway 303-413-7260

E **East Boulder Community Center & Park,** 5660 Sioux Dr. • 303-441-4400

S **South Boulder Rec Center & Harlow Platts Community Park,** 1360 Gillaspie 303-441-3448

South Boulder Recreation Center
1360 Gillaspie • 303-441-3448

- Lap Pool*
- Classes
- Fitness Equipment
- Basketball/Racquetball
- Sand Volleyball
- Tennis

Mon.-Thu. 6am-9:30pm
Fri. 6am-8:30pm
Sat./Sun. 8am-5pm

*Pool closes 30 minutes before center.

East Boulder Community Center
5660 Sioux Dr. • 303-441-4400

- Lap/Leisure Pool*
- Classes
- Fitness Equipment
- Basketball/Climbing Wall
- Sand Volleyball
- Tennis/Outdoor Handball
- Dog Park

Mon.-Fri. 5:30am-9:30pm
Sat. 7:30am-6pm
Sun. 8:30am-8pm

*Pool closes 30 minutes before center.

N 1 mi. 2 mi.

Visit us online for a complete interactive map of our parks
BoulderParksMap.org

Top 5 Things to do at Keewaydin Meadows Park

250 Manhattan Drive • Boulder, 80303

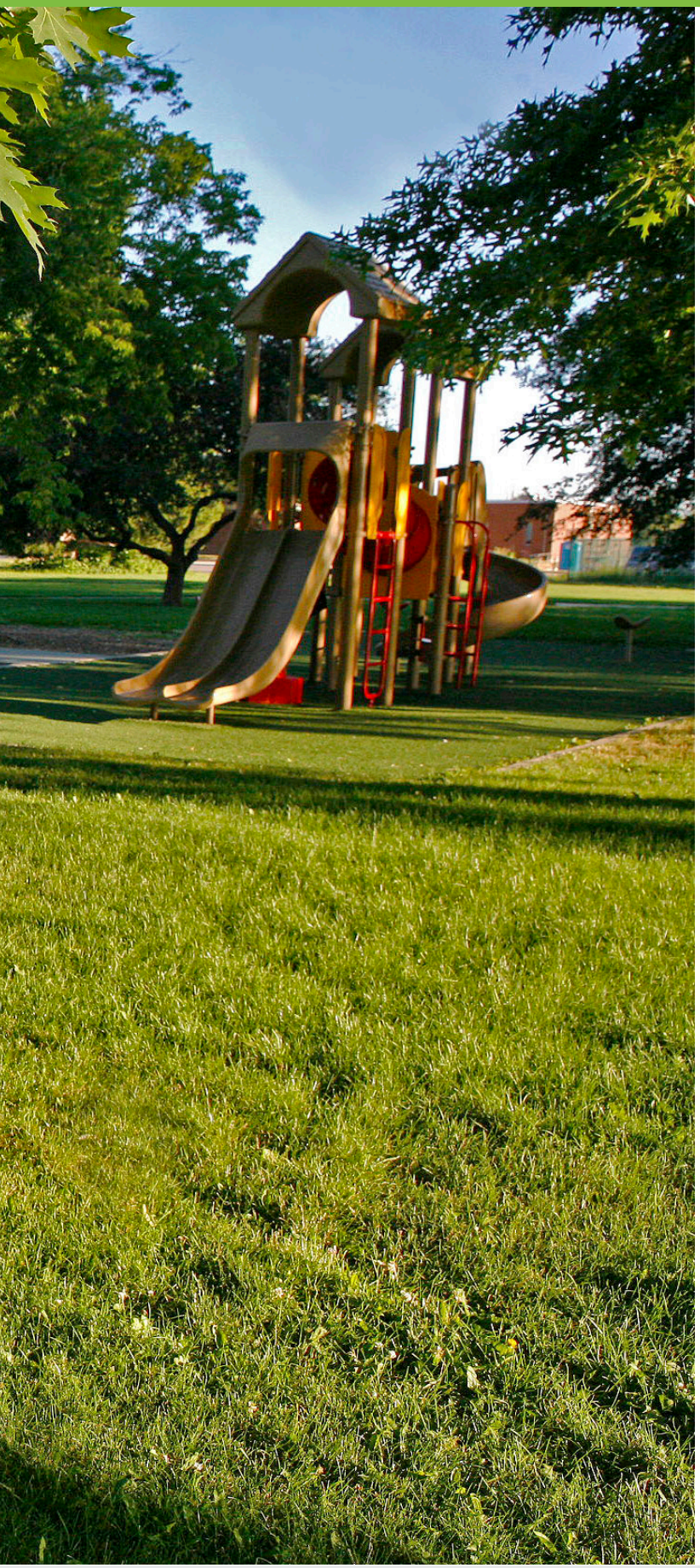
1. Game On
Enjoy the 55' X 70' multipurpose field and moveable soccer goals for a friendly game of pick-up football, soccer, Ultimate or just play catch with neighbors;

2. Picnic
The shelter and picnic tables next to the playground are a great place to relax for lunch or at the end of the day;

3. Walk Fido
Stroll the park on your way to East Boulder dog park (just a traffic-free ¼ mile east);

4. Workout
Walk, stretch, or do your plyometrics in the park (or on your way to the pool and gym at East Boulder Community Center);

5. Court Fitness
Grab your racket and bring a friend for a game of tennis on the courts behind nearby Manhattan School.



Did you know?

Keewaydin Meadows Park, located at 250 Manhattan Drive (between Baseline and South Boulder roads), is a beautiful neighborhood park with a rich history of community involvement. It also creates a neighborhood hub seamlessly linking East Boulder Community Park, Manhattan Middle School and miles of paved and natural surface paths and trails for fitness and transportation.

The Keewaydin Meadows neighborhood in south-east Boulder grew as the city expanded, becoming a popular choice for metro commuters seeking quick access to the Boulder-Denver Turnpike.

In June 1968, Boulder Rangers broke ground on the four-acre plot of land just south of Burbank Junior High School (now Manhattan Middle School) to establish Keewaydin Meadows Park. A year later and additional 1.5 acres were added to the park.

From the get-go, the park brought neighbors together. While the city graded the land, installed irrigation, seeded the plot and built a shelter, the budget was not sufficient to acquire any trees. Area residents responded by forming the Keewaydin Meadows Park Improvement Association (KMPIA) and raised enough funds to plant 240 trees and shrubs!

Today, the park's many mature trees provide abundant shade and great nature play opportunities. It is not uncommon to see children exploring the plants, watching rabbits or squirrels or observing insects along the park's natural and wooded borders.

The citizen group also helped name their new park. After researching the origin of the name "Keewaydin," a KMPIA member discovered ties to Henry Wadsworth Longfellow's Song of Hiawatha where it referred to a Native American name for "Home Wind" or "Great Northwest Wind." The group found the name fitting and recommended it to the Parks and Recreation Advisory Board for adoption.

When constructed, Keewaydin was the area's only outdoor recreation site. Today, it's the heart of an extensive network of recreation facilities, dog park, hiking trails, ball courts and school grounds, which create a rich and enticing environment for area residents.

Halloween Carnival

Friday, October 28

3-5 p.m.

Carnival Games • Crafts • Prizes
Snacks • Face Painting & More!

Wear your costume!

Ages 3-8 • $5 per child

South Boulder Recreation Center
1360 Gillaspie

Register online or call 303-413-7270
#247732

BoulderParks-Rec.org

Open House

at South Boulder Rec Center

September 7 • 4-8 p.m.

Come see what the South Boulder Rec Center has to offer - we have something for the whole family!

30-minute Sampler Classes - Dance, Yoga, Nia, and more!

Pickleball • Disc Golf • Sand Volleyball

Health Screenings • Silver Sneakers info • TRX demo

BoulderParks-Rec.org

Choose a $10 local reward card when you buy or renew an annual pass!

Please support these local businesses that support the City of Boulder's Parks & Recreation Department.

FLATIRONS RUNNING INC.

BOULDER CYCLE SPORT

OZO COFFEE CO.

hapa SUSHI GRILL & SAKE BAR

BOULDER COUNTY FARMERS MARKETS — EST 1987 —
$10 Farmers Bucks

GATEWAY PARK FUN CENTER

Entry Fees

ANNUAL PASS

	Res/Non-Res
Seniors (60+)	$369/$489
Adults (19-59)	$552/$689
Youth (3-18)	$274/$363

- 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+)	$62/$80	$32/$42
Adults (19-59)	$90/$110	$46/$57
Youth (3-18)	$48/$61	$25/$32

- 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/$1105

- Family members living at the same address.
- See Annual Pass benefits above.
- Monthly billing option available.

DAILY DROP-IN

Seniors (60+)	$5.75
Adults (19-59)	$7.50
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+)	$176/$191
Adults (19-59)	$235/$255
Youth (3-18)	$144/$159

20 PUNCH PASS

	Res/Non-Res
Seniors (60+)	$94/$106
Adults (19-59)	$125/$133
Youth (3-18)	$77/$85

10 PUNCH PASS

	Res/Non-Res
Seniors (60+)	$49/$52
Adults (19-59)	$66/$69
Youth (3-18)	$41/$46

- 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
$163/$203

- 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!

CHILDCARE **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
F/Sa: 8:30am-1:30 pm	Tu/Th: 2:30-6:30pm

Arts • Crafts • Reading • Dramatic Play • Outdoor Play • Friends • Fun!

Dance

Our classes nurture your child's interest in dance, while increasing coordination, concentration levels, cooperation, flexibility and learning skills.

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

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 Dance

Ballet Barre

(Ages 13+) For students with a knowledge of ballet basics.

245602	9/6-10/18	Tu, 9:45-10:45am	North	7	$63/$79
245603	10/25-12/13	Tu, 9:45-10:45am	North	7	$63/$79
245604	9/8-10/20	Th, 9:45-10:45am	East	7	$63/$79
245605	10/27-12/15	Th, 9:45-10:45am	East	7	$63/$79

Ballet Barre Plus

(Ages 13+) Barre, center and combinations.

245606	9/6-12/13	Tu, 10:45am-12:15pm	North	14	$147/$184
245763	9/8-12/15	Th, 10:45am-12:15pm	East	14	$147/$184

Ballet Level 1

(Ages 13+) Very beginning ballet technique.

245607	9/12-12/12	M, 7:30-9pm	North	13	$137/$171

Ballet Level 1/2

(Ages 13+) Elementary level technique.

247384	9/12-12/12	M, 6-7:30pm	North	13	$137/$171

Ballet Level 2 with Pointe

(Ages 13+) Intermediate level technique with Pointe.

245608	9/6-12/13	Tu, 7:30-9pm	North	14	$147/$184

Ballet Level 2

(Ages 13+) Intermediate level ballet technique.

245616	9/8-12/15	Th, 7:30-9pm	South	14	$147/$184

Ballet Level 2/3

(Ages 14+) Strong intermediate level ballet technique.

245609	9/6-12/13	Tu, 6-7:30pm	North	14	$147/$184
245617	9/10-12/17	Sa, 1-2:30pm	East	14	$147/$184

Ballet Level 3

(Ages 13+) Strong upper-intermediate level ballet technique.

245610	9/8-12/15	Th, 6-7:30pm	South	14	$147/$184

Pointe 2/3

(Ages 13+) Intermediate Pointe.

245611	9/10-12/17	Sa, 2:45-3:30pm	East	14	$110/$136

Bollywood Bhangra Dance

(Ages 13+) Simple, energetic, dance choreography set to the upbeat rhythms of Bhangra and Bollywood music.

247332	9/6-9/27	Tu, 6:30-7:30pm	East	4	$36/$45

Jazz Level 1

(Ages 13+) Jazz for adults improves coordination, balance and flexibility.

245695	9/8-10/20	Th, 6:30-7:30pm	Iris	7	$63/$79
245696	10/27-12/15	Th, 6:30-7:30pm	Iris	7	$63/$79

For inclusion opportunities for people with disabilities – see page 13

Very Adult Jazz
(Ages 18+) A low impact jazz class set to the level of the participants.

245693	9/9-10/21	F, 2:30-3:45pm	East	7	$63/$79
245694	10/28-12/16	F, 2:30-3:45pm	East	7	$63/$79

Tap Level 1
(Ages 13+) Tap shoes required.

245721	9/12-10/17	M, 6-7pm	Iris	6	$54/$68
245722	10/24-12/12	M, 6-7pm	Iris	7	$63/$79

Tap Level 1/2
(Ages 13+) For continuing through advanced beginning tappers.

245723	9/7-10/19	W, 6-7pm	North	7	$63/$79
245725	10/26-12/14	W, 6-7pm	North	7	$63/$79

Tap Level 3/4
(Ages 13+) A minimum of two to three years of experience required.

245724	9/12-10/17	M, 7-8pm	Iris	6	$54/$68
245726	10/24-12/12	M, 7-8pm	Iris	7	$63/$79

Hip Hop Level 1
(Ages 13+) A vigorous and exhilarating class.

245686	9/7-10/19	W, 7-8pm	East	7	$63/$79
245687	10/26-12/14	W, 7-8pm	East	7	$63/$79

Ballroom Basics and Swing Level 1
(Ages 13+) Social Dancing, Foxtrot, Waltz and Swing. No partner required.

245682	9/10-10/22	Sa, 3:15-4:15pm	Iris	7	$63/$79
245683	10/29-12/17	Sa, 3:15-4:15pm	Iris	7	$63/$79

Ballroom Basics and Swing Level 2
(Ages 13+) A continuation of Ballroom Basics 1.

245684	9/10-10/22	Sa, 4:30-5:30pm	Iris	7	$63/$79
245685	10/29-12/17	Sa, 4:30-5:30pm	Iris	7	$63/$79

Salsa Level 1
(Ages 13+) A focus on the fundamentals of Casino, the circular and flowing Cuban Style Salsa. No partner is required.

245707	9/7-10/19	W, 7-8pm	North	7	$63/$79
245708	10/26-12/14	W, 7-8pm	North	7	$63/$79

Salsa Level 2
(Ages 13+) 1 year of Salsa training required.

245709	9/7-10/19	W, 8-9pm	North	7	$63/$79
245710	10/26-12/14	W, 8-9pm	North	7	$63/$79

Samba Level 1
Move your body Rio de Janeiro Carnival style and get your cardio on!

245714	9/8-10/20	Th, 7:15-8:15pm	East	7	$63/$79
245716	10/27-12/15	Th, 7:15-8:15pm	East	7	$63/$79

Beginning Flamenco
Basic Flamenco technique and short choreographies for beginning students.

245717	9/6-10/18	Tu, 6:30-7:30pm	Iris	7	$63/$79
245718	10/25-12/13	Tu, 6:30-7:30pm	Iris	7	$63/$79

Intermediate/ Advanced Flamenco
More advanced footwork, Flamenco technique, style, posture and foot speed.

245719	9/6-10/18	Tu, 7:30-8:30pm	Iris	7	$63/$79
245720	10/25-12/13	Tu, 7:30-8:30pm	Iris	7	$63/$79

Belly Dance Level 1
(Ages 13+) Shimmy, hip drop and undulate your body to the exotic beats of Near East rhythms.

245713	9/8-10/20	Th, 6-7:15pm	East	7	$74/$92
245715	10/27-12/15	Th, 6-7:15pm	East	7	$74/$92

Hula Dance Level 1
(Ages 13+) Come learn basic hula steps, ancient and modern hula dances.

245688	9/7-10/19	W, 5:30-6:30pm	Iris	7	$63/$79
245689	10/26-12/14	W, 5:30-6:30pm	Iris	7	$63/$79

Hula Dance Level 2
(Ages 13+) A continuation of Level 1

245690	9/7-10/19	W, 6:30-7:30pm	Iris	7	$63/$79
245691	10/26-12/14	W, 6:30-7:30pm	Iris	7	$63/$79

PRESCHOOL DANCE

Parent-Tot
(Ages 18mos-4yrs) Creative movement, coordination, songs, and finger plays.

245727	9/8-10/20	Th, 9:30-10:15am	North	7	$63/$79
245728	10/27-12/15	Th, 9:30-10:15am	North	7	$63/$79

Little Feats Ballet
(Age 3) Play-based activities and working with props.

246307	9/12-12/12	M, 9-9:45am	North	13	$104/$130
245747	9/6-12/13	Tu, 9-9:45am	East	14	$112/$140
245745	9/7-12/14	W, 9:30-10:15am	South	14	$112/$140
245746	9/10-12/17	Sa, 9-9:45am	East	14	$112/$140

World Rhythms for Children
(Ages 3-5) Focusing on music from Africa, South America, Cuba and Brazil.

245752	9/8-12/15	Th, 4-4:45pm	South	14	$112/$140

Pre-Hip Hop
(Ages 3-5) A vigorous and exhilarating class.

***Concert Class**

245739	9/6-12/13	Tu, 9:45-10:30am	East	14	$112/$140

Creative Movement
(Ages 4-5)The magic of childhood imagination with movement and the underlying principles of dance.

245755	9/12-12/12	M, 10:30-11:15am	North	13	$104/$130

Dance

Pre-Ballet
(Ages 4-5) Increase coordination, concentration levels, cooperation, flexibility and ability to follow instructions.

Non-concert

245748	9/12-12/12	M, 9:45-10:30am	North	13	$104/$130

***Concert Classes**

245751	9/6-12/13	Tu, 10:30-11:15am	East	14	$112/$140
245749	9/8-12/15	Th, 10:15-11am	North	14	$112/$140
245750	9/10-12/17	Sa, 9:45-10:30am	East	14	$112/$140

Pre-Tap & Ballet
(Ages 4-5) An introduction to tap and ballet dance.

***Concert Classes**

245729	9/6-12/13	Tu, 9-9:45am	North	14	$112/$140
245730	9/8-12/15	Th, 9-9:45am	East	14	$112/$140

Youth Dance

Kinder Ballet
(Ages 5-6) Learn the basic elements of ballet in a creative and fun way.

***Concert Classes**

245756	9/12-12/12	M, 3:45-4:30pm	East	13	$104/$130
245757	9/10-12/17	Sa, 10:30-11:15am	East	14	$112/$140

Youth Ballet 1
Students will study the performance art of ballet.

***Concert Classes (Ages 6-8)**

245753	9/12-12/12	M, 4:30-5:30pm	East	13	$104/$130

Non-concert Class (Ages 6-8)

246306	9/12-12/12	M, 4:30-5:30pm	North	13	$104/$130

Non-concert Class (Ages 9-12)

245758	9/6-12/13	Tu, 4:30-5:30pm	North	14	$112/$140

Youth Ballet Level 2
(Ages 9-12) Intermediate level study.

***Concert Class**

245754	9/8-12/15	Th, 4:45-5:45pm	East	14	$112/$140

Jazz 1
(Ages 6-8) Special emphasis on music and rhythm.

***Concert Class**

245740	9/12-12/12	M, 5:30-6:30pm	East	13	$104/$130

Jazz 1/2
(Ages 9-12) Special emphasis on music and rhythm.

***Concert Class**

245741	9/12-12/12	M, 6:30-7:30pm	East	13	$104/$130

Jazz & Tap Combo 1/2
(Ages 6-8) Tap and jazz shoes required.

***Concert Class**

245732	9/8-12/15	Th, 4-5pm	North	14	$112/$140

Jazz & Tap Combo 2/3
(Ages 9-12) Tap and jazz shoes required.

***Concert Class**

245733	9/7-12/14	W, 5-6pm	North	14	$112/$140

Tap 1
(Ages 5-8) Tap skills in a fun and encouraging environment.

***Concert Class**

245734	9/8-12/15	Th, 5:30-6:15pm	Iris	14	$112/$140

Kinder Hip Hop
(Ages 5-6) A vigorous and exhilarating class.

***Concert Class**

245736	9/7-12/14	W, 4-4:45pm	East	14	$112/$140

Hip Hop 1/2

***Concert Class** (Ages 6-8)

245737	9/7-12/14	W, 4:45-5:45pm	East	14	$112/$140

***Concert Class** (Ages 9-12)

245738	9/7-12/14	W, 5:45-6:45pm	East	14	$112/$140

Youth Salsa Level 1
(Ages 9-12) A focus on the fundamentals of Casino, the circular and flowing Cuban Style Salsa.

245711	9/8-12/15	Th, 4:45-5:30pm	South	14	$112/$140

Youth Flamenco
(Ages 9-12) Basic Flamenco technique and short choreographies for beginning students.

245712	9/6-12/13	Tu, 5:30-6:30pm	Iris	14	$112/$140

Children's Hula
(Ages 6-12) Come learn basic hula steps, ancient and modern hula dances.

***Concert Class**

245692	9/7-12/14	W, 4:30-5:30pm	Iris	14	$112/$140

Intro to Musical Theatre
(Ages 6-11) Come explore the exciting world of musical theatre this fall! We'll learn the building blocks of Broadway-style dance, singing, and singing by working on well-known musical theatre songs . Each student will have opportunities for features as well as ensemble work, all in a welcoming, energetic, and fun environment. There will be a presentation of our finish pieces on the final day of class.

247432	9/8-12/15	Th, 4-5pm	Iris	15	$112/$140

Teen Acting
(Ages 11-18) Learn how to bring a character from page to stage with our new Teen Acting classes. Using monologues and scenes from popular plays, movies, and television shows, we'll develop necessary acting tools like characterization, physicality, vocal technique, and improv. Whether you're looking to try acting for the first time, or want to brush up your skills for an audition, this class will bring your performances to the next level. Open to aspiring actors of all abilities and experience.

247433	9/8-12/15	Th, 5:30-7pm	North	15	$140/$175

For inclusion opportunities for people with disabilities – see page 13

EXPAND

EXciting Programs Adventures & New Dimensions (EXPAND) 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 contact Lori Goldman at 303-413-7256 or email at goldmanl@bouldercolorado.gov with any questions. Unless otherwise noted, programs are for all ability levels.

Scholarships & Financial Aid

For more information contact Sherri Brown at 303-441-4933. To fill out forms online visit BoulderParks-Rec.org > Entry fees > Financial Aid

EXPAND 3rd Party Funding

EXPAND has the ability to invoice some outside agencies for programs. Contact Sherri Brown, 303-441-4933.

Group

Participants who are independent or require minimal verbal prompting with personal care, hygiene, dressing, eating, balance and typical social behavior. Typical staff to participant ratio is 1:4 for adults and 1:3 for youth programs.

1 on 1

Participants who need physical assistance and/or additional support due to behavioral needs. Contact EXPAND staff if "1 on 1" assistance is needed.

Inclusion!

Boulder Parks and Recreation is committed to supporting people of all abilities in recreation through both specialized and inclusive programs. We strive to exceed the requirements set forth in the Americans with Disabilities Act and to create a welcoming and supportive community. If you require an accommodation, please notify us at least two weeks in advance. For more information, contact Lori Goldman at 303-413-7256.

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, enhancing communication skills, and promoting community independence. Activities will address each individual's need as identified in their service plan.

Hula Dancing NEW

(Ages16+) La'e originally from Hawaii will teach us Hula and the stories behind the dance. Contact Cory Lasher, 303-413-7269.

245283	9/12-10/31	M, 3:30-4:30pm	East	8	$65/$76

Crafts & Creations

Our interns will be planning exciting Craft & Creations. Contact Cory Lasher 303-413-7269.

(Ages 14-21)

245233	11/28-12/12	M, 4-5pm	East Senior	3	$35/$44

(Ages 18+)

245232	11/7-11/21	M, 4-5pm	East Senior	3	$35/$44

Water Aerobics

(Ages 16+) Jump right in! The water is great! We will focus on cardio and strength training. This low-impact class is suitable for every fitness level. Contact Jen Heilveil, 303-413-7474.

245359	9/12-12/12	M, 5:15-6:15pm	East	14	$75/$94

EXPAND

Unified Youth Flag Football
(Ages 8-15 Join us as we learn the fundamentals of Flag Football while we practice for Special Olympics Flag Football tournaments. Each team will consist of Special Olympic athletes and peers from local schools. Fee includes tournament costs. Contact Chelsea Cerny, 303-441-3416.

245191	9/6-10/18	Tu, 4-5pm	South	7	$52/$63

Unified Youth Basketball Practice
(Ages 8-15) Join us this year as we get an early start to the fundamentals of basketball. We will focus on learning the rules of basketball, while focusing on hand -eye coordination and overall fitness. No class Nov 22. Contact Chelsea Cerny, 303-441-3416.

245192	10/25-12/13	Tu, 4-5pm	South	7	$52/$63

Walking & Rock'in
(Age 16+) Come Rock & Walk! We will walk for prizes, keep track of person's best walking days, walking distances, and fitness level while listening to music. Contact Sherri Brown, 303-441-4933.

245489	9/13-12/13	Tu, 4-5pm	East	14	$70/$84

Flag Football
(Ages16+) Let's play flag football! Contact Sherri Brown, 303-441-4933.

245487	9/13-10/11	Tu, 5-6:30pm	East	5	$25/$30

Gym Sports
(Ages 16+) Let's play those old gym games! Games will include: Dodgeball, Kickball, Whiffleball, Floor Hockey, etc. Contact Sherri Brown, 303-441-4933.

245486	10/18-11/22	Tu, 5-6:30pm	East	6	$30/$36

Basketball Practice
(Ages 16+) Get ready for basketball season. We'll practice skills, scrimmage and learn rules. Contact Sherri Brown, 303-441-4933.

245488	11/29-12/13	Tu, 5-6:30pm	East	3	$15/$18

Mooving and Grooving
(Ages 16+) Move n' Groove aerobics is a joyful and energetic blend of modern dance, chair aerobics, martial arts and yoga. We will work on flexibility, stress reduction and core strengthening with joy and self-expression. For more information, contact Jen Heilveil, 303-413-7474.

245360	9/7-12/14	W, 3-4pm	East	15	$75/$94

Teen Weight Lifting/Fitness Class NEW
(Ages 14-21) Fun lifting weights and exploring fitness trends.
Contact Sherri Brown, 303-441-4933.

245832	9/14-10/26	W, 4-5pm	East	7	$40/$50

More than Notes and Noise
(Ages 12+) Let's make music! A fun beginner music class exploring music and instruments. No experience necessary. Come be part of fun!
Contact Sherri Brown, 303-441-4933.

245485	11/2-12/7	W, 6-7pm	East Senior	6	$30/$37

Weight Lifting
(Ages 16+) Pump up! Learn to use the fitness machines and equipment to increase muscle tone and strength. Contact Sherri Brown, 303-441-4933.

245363	9/1-12/15	Th, 2:30-3pm	East	15	$32/$38

Spinning
(Ages 16+) Awesome exercise! Ride the stationary bike while socializing with friends. Improve your core strength and increase endurance level while having fun. Contact Sherri Brown, 303-441-4933.

245364	9/1-12/15	Th, 3-4pm	East	15	$65/$78

Unified Volleyball
(Ages 16+) Skills, drills, scrimmages and Special Olympic competitions. Contact Sherri Brown, 303-441-4933. Group Only

245484	9/29-11/10	Th, 4-5:30pm	East	7	$50/$62

Smile and Stretch
(Ages 16+) 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. Contact Jen Heilveil, 303-413-7474.

245833	9/1-12/15	Th, 4-5pm	East Senior	15	$75/$94

Strider Bike - Age 8-16
Learn to ride or have fun learning anew skills on a bike or racing with friends. Contact Sherri Brown, 303-441-4933.

245885	10/28 & 11/11	F, 5-5:30pm	East	2	$6/$8

Strider Bike - Age 16+
Come ride the strider bikes prior to the EXPAND dance. Bring a sack dinner to enjoy with peers before the dance from 5-6pm on October 28. Contact Sherri Brown, 303-441-4933.

245886	10/28 11/11	F, 4-6pm F, 4-5pm	East	2	$10/$12

Campout CO-OP
(Ages 18+) Meet people from around the metro area on this fun weekend trip. Campers must be independent with all hygiene skills and be independent with a 4:1 staff ratio. Please note that the campsite is not wheelchair accessible. Contact Chelsea Cerny at 303-441-3416. Group only

245189	10/7-10/9	Su/F/Sa, 1-12pm	Iris	3	$175/$218

Bowling Bash
(Ages 16+) Join us from some friendly bowling competition with other friends from and around Colorado! Fee includes one or two games, shoes, and lunch. Contact Jen Heilveil, 303-413-7474.

245362	10/29	Sa, 10am-2pm	East	1	$35/$44

Outdoor Climbing
(Ages 8+) Join us for outdoor rock climbing. We will be climbing in either Eldorado or Clear Creek canyon. We are partnering with the National Sports Center for the Disabled who are experts in helping people with a variety of abilities enjoy the wonderful sport of rock climbing. Contact Chelsea Cerny at 303-441-3416.

245859	10/15	Sa, 9am-1pm	East	1	$35/$42

Jump-N-Gym
(Ages 6-13) Come explore the gymnastics gym in a fun and supportive environment. We will utilize obstacle courses and short rotations to work on improving strength, coordination and balance. Contact Chelsea Cerny 303-441-3416. No class Nov. 26

245858	10/29-12/3	Sa, 4:30-5:30pm	North	6	$54/$64

For inclusion opportunities for people with disabilities – see page 13

Gymnastics Team Training

(Ages 8+) Work on strength, agility and coordination through gymnastics. We will focus on obtaining skills needed to compete in the Special Olympics meet in the spring. No class on Nov. 26. Contact Chelsea Cerny at 303-441-3416.

245284	10/29-12/10	Sa, 3:15-4:30pm	North	6	$54/$64

Fishing at St. Vrain Lake

(Ages 14-21) A day out at St Vrain lake where we will get the chance to learn the in's and out's of fishing from some of BPR's finest fishermen.

245860	9/11	Su, 9am-1pm	East	1	$30/$36

Special Olympics Swim Training

(Ages 8+) Stretching, Fitness, and Fun! Year around swim team is a great workout for all abilities! Participants must be able to swim 100 yd with or without a swim belt in the lap pool. Contact Jen Heilveil, 303-413-7474.

245365	9/18-11/6	Su, 3-4pm	East	8	$80/$100

Youth Swim Lessons

(Ages 6-12) Learn basic swimming skills with modifications. Note: staff ratio is approximately. 3:1. Contact Jen Heilveil, 303-413-7474.

245358	9/18-11/6	Su, 4-4:30pm	East	8	$80/$100

Friday Night Fun

(Ages 8-16) Come be a part of the excitement! Bring your sack dinner and let the fun begin. Contact Chelsea Cerny, 303-441-3416 or 303-551-5329.

Bingo Bonanza

245196	9/9	F, 5:30-8pm	East Senior	1	$14/$17

Swimming

245196	9/30	F, 5:30-8pm	East Senior	1	$14/$17

Science Night

245195	10/14	F, 5:30-8pm	East Senior	1	$14/$17

Swimming

245199	10/28	F, 5:30-8pm	East Senior	1	$14/$17

Swimming

245198	11/11	F, 5:30-8pm	East Senior	1	$14/$17

Talent Night

245201	12/2	F, 5:30-8pm	East Senior	1	$14/$17

Swimming

245200	12/16	F, 5:30-8pm	East Senior	1	$14/$17

Out on the Town, Community Choices

(Ages 16+) A great way to socialize with your friends.
Contact Cory Lasher at 303-413-7269. Group & 1 on 1 opportunities.

Casa Bonita (group only)

245239	9/14	W, 4:30-8:30pm	East	1	$30/$37

Halloween Night at the Rec

Play games, make crafts and eat scary food.

245240	10/19	W, 4:30-7pm	East Senior	1	$25/$31

Inside the Lines

Adult coloring books are the new craze and what a great way to unwind!

245241	11/16	W, 4:30-6pm	East Senior	1	$20/$25

Gingerbread House Making

245242	12/14	W, 4:30-6pm	East Senior	1	$20/$25

Friday Night Dances (new time)

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

Glitz & Glamour

245236	9/23	F, 6:30-8:30pm	East Senior	1	$8/$10

Monster Mash

245237	10/28	F, 6:30-8:30pm	East Senior	1	$8/$10

Beauty & the Geek

245238	11/18	F, 6:30-8:30pm	East Senior	1	$8/$10

Activities for Individuals with Physical Disabilities

Adaptive Mountain Bike Clinic

(Ages 16+) Get ready to hold on tight and try two types of bikes, Downhill and Off-road hand cycles (one-off's) provided by Crested Butte Adaptive Sports Center. Lunch, snacks, and beverages provided. Directions and trail info provided upon registration. You MUST call to RSVP 303-413-7270. Limited space available. For questions, call Jen Heilveil, 303-413-7474.

Downhill morning

245840	9/11	Su, 8am-12pm	TBA	1	Free

One-off morning

245835	9/11	Su, 8am-12pm	TBA	1	Free

Own bike morning

245838	9/11	Su, 8am-12pm	TBA	1	Free

Downhill afternoon

245836	9/11	Su, 1-5pm	TBA	1	Free

One-off's afternoon

245837	9/11	Su, 1-5pm	TBA	1	Free

Own bike afternoon

245839	9/11	Su, 1-5pm	TBA	1	Free

Quad Rugby

(Ages 16+) Contact, Jen, 303-413-7474 for specific dates.

245834	9/6-12/27	Tu, 10:30am-1:30pm	East	16	Free

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, 303-413-7269.

Flatirons Golf Course features an 18-hole golf course, practice facility, instruction programs, club repair, pro shop and more! Check us out this fall!

Flatirons Golf Amenities & Course Fees

Flatirons Golf Course takes great pride in providing great value in our reasonable daily rates. Our consistently excellent playing conditions, our classic layout and convenient location make Flatirons a wonderful place to play at any price. The perfect site for your tournament or outing. Food and drink service available through our concessionaire at Just Hit It Grill.

Let us help you plan your event! Brochure available at the golf course or at **flatironsgolf.com**

Amenities

- Scenic 18-hole golf course
- Driving range
- Handicap accessible golf cart
- Men's/women's leagues
- Junior golf programs
- Full service club repair & pro shop
- Computerized handicapping system
- Public play special events & tournaments
- Private & group instruction area
- Book your tee time online!

The Teaching Staff

Tim Stevens, PGA Director of Golf
Dan Knecht, PGA Head Golf Professional
David Talaba, PGA Member Professional
Vance Pollack- PGA Member, Assistant Professional
Jill McFadden, LPGA Member Professional
Rachel Cavalier, PGA Apprentice
Chris Melendez, PGA Apprentice

Tournaments and Outings

At Flatirons, we believe that it's your tournament or outing. We operate on a "menu of services" basis. While other facilities may require you to buy tournament administration, prizes and food service, we start with a basic golf package and let you customize it to the specific needs of your group. This golf event philosophy has been especially popular with charitable fund raising events and other organizations that have an interest in maximizing their charitable donations.

2016 Base Tournament Fees

Off-season (Jan. 1-May 8; Aug. 22-Dec. 31)
$47 per player (M-Th)
$50 per player (F-Su)

Peak season (May 12 - Sept. 21)
$50 per player (M-Th)
$54 per player (F-Su)

Practice Range / Club & Cart Rental

Practice Range

• small	$4 (40 balls)
• medium	$7.50 (75 balls)
• large	$10 (100 balls)

(discount cards available in pro shop)

Golf Club Sets
Clubs- 9 holes $18 • 18 holes $25

Electric Carts (Fee Per Rider)
9 holes $10 • 18 holes $15

Hand Carts
9 holes $5 • 18 holes $7

Shoulder Season Fees (August 22--October 16)

• **Junior** (age 18 and under) • **Senior** (age 60+)

Weekday Player Fees (Monday-Thursday)

	Regular	Junior	Senior
18 Holes	$31	$20	$27
9 Holes	$20	$12	$17

Weekend Player Fees (Friday-Sunday)

	Regular	Junior	Senior
18 Holes	$34	$22	$31
9 Holes	$21	$14	$19

Visit us online for regular season fees and off-season discount rates plus Twilight discounts.

Frequent Player Program

With this card players pay $5 for nine holes and $8 for eighteen holes, Monday-Friday. Weekend rates vary depending on season, for summer season May 9-August 21 fees are $10 for nine holes and $20 for eighteen holes.

Valid for one year from date of purchase. 15% discount when passes are purchased on same date (this discount is limited to immediate family members residing in the same household).

Adult	Junior	Senior
$585	$250	$475

For **current specials** and the most up to date information on Flatirons golf course, visit us online at **FlatironsGolf.com**

For inclusion opportunities for people with disabilities – see page 13

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:

- 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
- Check registration confirmation before first class

Preschool

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. Children attend independent of their parents.

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.

245942	8/29-12/12	M, 9-9:45am	North	14	$193/$242
245943	8/29-12/12	M, 10-10:45am	North	14	$193/$242
245944	8/29-12/12	M, 11-11:45am	North	14	$193/$242
245945	8/30-12/13	Tu, 9-9:45am	North	15	$207/$259
245946	8/30-12/13	Tu, 10-10:45am	North	15	$207/$259
245947	8/30-12/13	Tu, 11-11:45am	North	15	$207/$259
245948	8/31-12/14	W, 9-9:45am	North	15	$207/$259
245949	8/31-12/14	W, 10-10:45am	North	15	$207/$259
245950	9/1-12/15	Th, 9-9:45am	North	15	$207/$259
245951	9/1-12/15	Th, 10-10:45am	North	15	$207/$259
245952	9/2-12/16	F, 9-9:45am	North	14	$193/$242
245953	9/2-12/16	F, 10-10:45am	North	14	$193/$242
245954	9/17-12/17	Sa, 9-9:45am	North	14	$180/$224
245955	9/17-12/17	Sa, 10-10:45am	North	14	$180/$224

3 Year Olds

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

245956	8/29-12/12	M, 9-9:45am	North	14	$193/$242
245957	8/29-12/12	M, 10-10:45am	North	14	$193/$242
245958	8/29-12/12	M, 11-11:45am	North	14	$193/$242
245959	8/29-12/12	M, 2:45-3:30pm	North	14	$193/$242
245960	8/30-12/13	Tu, 9-9:45am	North	15	$207/$259
245961	8/30-12/13	Tu, 10-10:45am	North	15	$207/$259
245962	8/30-12/13	Tu, 11-11:45am	North	15	$207/$259
245963	8/30-12/13	Tu, 2:45-3:30pm	North	15	$207/$259
245964	8/31-12/14	W, 9-9:45am	North	15	$207/$259
245965	8/31-12/14	W, 10-10:45am	North	16	$207/$259
245966	8/31-12/14	W, 2:45-3:30pm	North	15	$207/$259
245967	9/1-12/15	Th, 9-9:45am	North	15	$207/$259
245968	9/1-12/15	Th, 10-10:45am	North	15	$207/$259
245969	9/1-12/15	Th, 11-11:45am	North	15	$207/$259
245970	9/1-12/15	Th, 2:45-3:30pm	North	15	$207/$259
245971	9/2-12/16	F, 9-9:45am	North	14	$193/$242
245972	9/2-12/16	F, 10-10:45am	North	14	$193/$242
245973	9/2-12/16	F, 2:45-3:30pm	North	14	$193/$242
245974	9/17-12/17	Sa, 9-9:45am	North	14	$180/$224
245975	9/17-12/17	Sa, 10-10:45am	North	14	$180/$224

Gymnastics

4 Year Olds

Child must be 4 years old by first class.

245976	8/29-12/12	M, 9-9:45am	North	14	$193/$242
245977	8/29-12/12	M, 10-10:45am	North	14	$193/$242
245978	8/29-12/12	M, 11-11:45am	North	14	$193/$242
245979	8/29-12/12	M, 2:45-3:30pm	North	14	$193/$242
245980	8/30-12/13	Tu, 9-9:45am	North	15	$207/$259
245981	8/30-12/13	Tu, 10-10:45am	North	15	$207/$259
245982	8/30-12/13	Tu, 11-11:45am	North	15	$207/$259
245983	8/30-12/13	Tu, 2:45-3:30pm	North	15	$207/$259
245995	8/31-12/14	W, 9-9:45am	North	15	$207/$259
245984	8/31-12/14	W, 10-10:45am	North	15	$207/$259
245985	8/31-12/14	W, 2:45-3:30pm	North	15	$207/$259
245986	9/1-12/15	Th, 9-9:45am	North	15	$207/$259
245987	9/1-12/15	Th, 10-10:45am	North	15	$207/$259
245988	9/1-12/15	Th, 11-11:45am	North	15	$207/$259
245989	9/1-12/15	Th, 2:45-3:30pm	North	15	$207/$259
245990	9/2-12/16	F, 9-9:45am	North	14	$193/$242
245991	9/2-12/16	F, 10-10:45am	North	14	$193/$242
245992	9/2-12/16	F, 2:45-3:30pm	North	14	$193/$242
245993	9/17-12/17	Sa, 9-9:45am	North	14	$180/$224
245994	9/17-12/17	Sa, 10-10:45am	North	14	$180/$224

5 Year Olds

Child must be 5 years old by first class.

245996	8/29-12/12	M, 9-9:45am	North	14	$193/$242
245997	8/29-12/12	M, 10-10:45am	North	14	$193/$242
245998	8/29-12/12	M, 2:45-3:30pm	North	14	$193/$242
246015	8/29-12/12	M, 3:45-4:30pm	North	14	$193/$242
245999	8/30-12/13	Tu, 9-9:45am	North	15	$207/$259
246000	8/30-12/13	Tu, 10-10:45am	North	15	$207/$259
246001	8/30-12/13	Tu, 11-11:45am	North	15	$207/$259
246002	8/30-12/13	Tu, 2:45-3:30pm	North	15	$207/$259
246003	8/31-12/14	W, 9-9:45am	North	15	$207/$242
246004	8/31-12/14	W, 10-10:45am	North	15	$207/$259
246005	8/31-12/14	W, 2:45-3:30pm	North	15	$207/$259
246016	8/31-12/14	W, 3:45-4:30pm	North	15	$207/$259
246006	9/1-12/15	Th, 9-9:45am	North	15	$207/$259
246007	9/1-12/15	Th, 10-10:45am	North	15	$207/$259
246008	9/1-12/15	Th, 11-11:45am	North	15	$207/$259
246009	9/1-12/15	Th, 2:45-3:30pm	North	15	$207/$259
246010	9/2-12/16	F, 9-9:45am	North	14	$193/$242
246011	9/2-12/16	F, 10-10:45am	North	14	$193/$242
246012	9/2-12/16	F, 2:45-3:30pm	North	14	$193/$242
246017	9/2-12/16	F, 3:45-4:30pm	North	14	$193/$242
246013	9/17-12/17	Sa, 9-9:45am	North	14	$180/$224
246014	9/17-12/17	Sa, 10-10:45am	North	14	$180/$224

Gymnastics at South

2-2½ Year Olds Intro to Gymnastics at South

Students, with their parent or caregiver, will learn the most basic tumbling, balancing, jumping, and motor skills. The class involves mostly structured activities, appropriate to the age level.

245938	9/7-10/12	W, 9:30-10am	South	6	$55/$69
245939	10/26-12/7	W, 9:30-10am	South	6	$55/$69

6-12 Year Old Girls Intro to Gymnastics at South

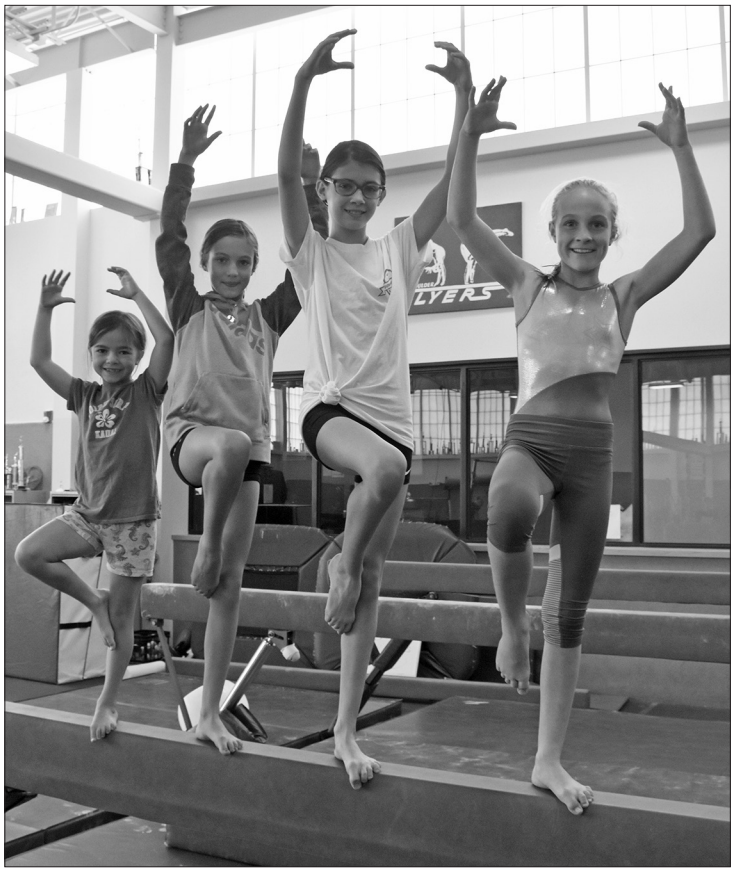
This is a class which provides an opportunity to learn basic tumbling skills, along with some balance beam and vaulting activities. No prior gymnastics experience is necessary.

246033	9/7-10/12	W, 4-4:45pm	South	6	$47/$59
246034	10/26-12/7	W, 4-4:45pm	South	6	$47/$59

"Tween" Gymnastics

(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.

246035	8/30-12/15	Tu/Th, 3:45-5pm	North	29	$390/$489



Gymnastics classes can provide your child with a number of physical benefits, regardless of the child's age or ability.

For inclusion opportunities for people with disabilities – see page 13

Developmental Skills

This is the perfect place for 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.

Boys (Ages 6-12)

246019	8/29-12/12	M, 3:45-5pm	North	14	$182/$228
246018	8/30-12/15	Tu/Th, 3:45-5pm	North	30	$390/$489
246020	8/31-12/14	W, 3:45-5pm	North	15	$195/$245
246021	9/2-12/16	F, 3:45-5pm	North	14	$182/$228
246022	9/2-12/16	F, 5:15-6:30pm	North	14	$182/$228
246023	9/17-12/17	Sa, 11am-12:15pm	North	14	$169/$212

Girls (Ages 6-12)

246024	8/29-12/14	M/W, 3:45-5pm	North	29	$377/$472
246026	8/29-12/12	M, 3:45-5pm	North	14	$182/$228
246025	8/30-12/15	Tu/Th, 3:45-5pm	North	30	$390/$489
246027	8/30-12/13	Tu, 3:45-5pm	North	15	$195/$245
246028	8/31-12/14	W, 3:45-5pm	North	15	$195/$245
246029	9/1-12/15	Th, 3:45-5pm	North	15	$195/$245
246030	9/2-12/16	F, 3:45-5pm	North	14	$182/$228
246031	9/2-12/16	F, 5:15-6:30pm	North	14	$182/$228
246032	9/17-12/17	Sa, 11am-12:15pm	North	14	$169/$212

Open Gym & Drop In

(Ages 6-18) Have you always wanted to use the gymnastics center? Well now you can! The number of participants is limited. All participants must have a current signed gymnastics open gym waiver. Parents can download and sign a waiver and send it with their children at BoulderParks-Rec.org. 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	$10 payable at front desk

(Ages 2-5) This is guided free play for you and your preschooler. Parents are required to be within arms reach of their child at all times. Ages are 2-5, no babies, even in carriers.

Drop-in	F, 11-11:45am	North	$10 payable at front desk

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.

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)

To book a party call 303-413-7218.

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.

Gymnastics will increase strength, flexibility, endurance and coordination.

Financial Assistance

Did you know we offer financial aid to assist community members who cannot otherwise participate due to financial limitations?

To find out more about our financial aid programs and how to qualify, please call 303-413-7200.

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 Kate Houlik at 303-413-7280.

Class Cancellation
Classes that do not meet the minimum registration three days prior to the start of class are subject to cancellation.

Resistance Training

If working out in a weight room is not for you, try this exercise class instead. Use free weights, resistance tubes, stability balls, and low impact movements to gain and maintain strength.

245044	9/7-10/26	M/W, 1:30-2:30pm	East	15	$144/$180	Ignacio
245045	10/31-12/21	M/W, 1:30-2:30pm	East	16	$154/$192	Ignacio

TRX® Routine Refresh

This class will incorporate TRX body weight training and weight training to add new variation to your routine, perfect to supplement your winter sports.

245046	9/9-10/28	F, 12-1pm	East	8	$77/$96	Blake
245047	11/4-12/23	F, 12-1pm	East	8	$77/$96	Blake

Bootcamp

Increase speed, agility, strength and stamina in this powerful, challenging workout. Meets outside, weather permitting. For all fitness levels.

245034	9/6-10/27	Tu/Th, 6:30-7:30am	South	16	$154/$192	Ignacio
245032	9/7-10/26	M/W, 7-8am	East	15	$144/$180	Ignacio
245033	10/31-12/21	M/W, 7-8am	East	16	$154/$192	Ignacio
245035	11/1-12/22	Tu/Th, 6:30-7:30am	South	15	$144/$180	Ignacio

Adult Kickbox

High intensity, low impact aerobics using boxing moves provides a fun total body workout to improve strength, aerobic fitness, coordination and balance. Equipment will be provided.

245038	9/7-10/26	M/W, 5:30-6:30pm	North	15	$144/$180	Ignacio
245039	10/31-12/21	M/W, 5:30-6:30pm	North	16	$154/$192	Ignacio

Classical Stretch/Essentrics

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.

245036	9/6-10/27	Tu/Th, 7:30-8:30am	East	16	$154/$192	Marti
245037	11/1-12/15	Tu/Th, 7:30-8:30am	East	13	$125/$156	Marti

Therapeutic Stretching

Use foam rollers, straps, ballet barre, beginner level Pilates exercises and yoga postures to increase your flexibility, soothe your muscles and improve your posture. Standard therapeutic strengthening exercises and fascia release techniques will be included.

245040	9/6-10/25	Tu, 10-11am	South	8	$77/$96	Dora
245042	9/7-10/26	W, 4:30-5:30pm	South	8	$77/$96	Lisa
245041	11/1-12/20	Tu, 10-11am	South	8	$77/$96	Dora
245043	11/2-12/21	W, 4:30-5:30pm	South	8	$77/$96	Lisa

Financial Assistance

Did you know we offer financial aid to assist community members who cannot otherwise participate due to financial limitations?

To find out more about our financial aid programs and how to qualify, please call 303-413-7200.

For inclusion opportunities for people with disabilities – see page 13

Full Body Swiss Ball Workout

Are you looking for new exercises that can be done at home, added to weight training routines, and used for injury prevention or rehabilitation? Core strengthening happens automatically with exercises on the unstable surface of a ball. When weights and Therabands are added, a challenging full body workout results! A licensed physical therapist will ensure that safety comes first while you are developing balance, muscle symmetry, proper alignment, and coordination during individualized progressions of difficulty. Gravity assisted therapeutic stretching over the ball and foam roller will help release muscle tension. All fitness levels are welcome.

Beginning

245162	9/12-10/24	M, 4-5pm	Salberg	7	$67/$84	Heidi
245164	10/31-12/12	M, 4-5pm	Salberg	7	$67/$84	Heidi

Intermediate - For individuals who have previous swiss ball experience.

245163	9/8-10/27	Th, 4-5pm	Salberg	8	$77/$96	Heidi
245165	11/3-12/15	Th, 4-5pm	Salberg	6	$58/$72	Heidi

Weight Training

Group Strength Training

Best Training Value! Participate in a small group strength training workout two days a week. You will learn how to use weight and cardio equipment safely and effectively in these one hour workouts. Class size is limited so that your trainer can focus on you. You will complete a full body weight training routine in each class. Returning, intermediate, and advanced students will continue to progress their workouts under the supervision of a trainer. Core training, stretching and circuit training may be incorporated into the routines.

245138	9/6-10/27	Tu/Th, 8:30-9:30am	South	16	$154/$192	Ignacio
245140	9/6-10/27	Tu/Th, 4:30-5:30pm	South	16	$154/$192	Chris
245142	9/6-10/27	Tu/Th, 5:30-6:30pm	South	16	$154/$192	Chris
245136	9/7-10/26	M/W, 9-10am	South	15	$144/$180	Ignacio
245137	10/31-12/21	M/W, 9-10am	South	16	$154/$192	Ignacio
245139	11/1-12/22	Tu/Th, 8:30-9:30am	South	15	$144/$180	Ignacio
245141	11/1-12/22	Tu/Th, 4:30-5:30pm	South	15	$144/$180	Chris
245143	11/1-12/22	Tu/Th, 5:30-6:30pm	South	15	$144/$180	Chris

Circuit TRX® Training

Circuit Weights using the TRX® for total body conditioning. You will complete a full body weight training routine in each class. Returning, intermediate, and advanced students will continue to progress their workouts under the supervision of a trainer. Core training, stretching and circuit training may be incorporated into the routines.

245132	9/6-10/27	Tu/Th, 10-11:15am	East	16	$192/$240	Marti
245134	9/9-10/28	M/F, 10-11:15am	East	15	$180/$225	Marti
245135	10/31-12/16	M/F, 10-11:15am	East	14	$168/$210	Marti
245133	11/1-12/15	Tu/Th, 10-11:15am	East	13	$156/$195	Marti

Women's Weight Training

A selection of weight training classes geared especially for women. Specifically designed for women to find inspiration in numbers with strength training classes that not only build muscle, but improve bone density, burn calories and boost metabolism. Come join the fun!

All Levels

245154	9/7-10/26	M/W, 8:30-9:30am	North	15	$144/$180	Chris
245156	9/7-10/26	M/W, 9:30-10:30am	North	15	$144/$180	Chris
245158	9/6-10/27	Tu/Th, 9:30-10:30am	North	16	$154/$192	Chris
245146	9/6-10/27	Tu/Th, 10:45-11:45am	South	16	$154/$192	Sue
245147	11/1-12/15	Tu/Th, 10:45-11:45am	South	13	$125/$156	Sue
245160	9/6-10/27	Tu/Th, 6-7pm	North	16	$154/$192	Ignacio
245155	10/31-12/21	M/W, 8:30-9:30am	North	16	$154/$192	Chris
245157	10/31-12/21	M/W, 9:30-10:30am	North	16	$154/$192	Chris
245159	11/1-12/22	Tu/Th, 9:30-10:30am	North	15	$144/$180	Chris
245161	11/1-12/22	Tu/Th, 6-7pm	North	15	$144/$180	Ignacio

Advanced

245148	9/6-10/27	Tu/Th, 9:30-10:30am	South	16	$154/$192	Sue
245144	9/7-10/26	M/W, 8:15-9:15am	East	15	$144/$180	Sue
245145	10/31-12/14	M/W, 8:15-9:15am	East	14	$134/$168	Sue
245149	11/1-12/15	Tu/Th, 9:30-10:30am	South	13	$125/$156	Sue

Women's Workout

Specifically designed for women to find inspiration in numbers with strength training classes that not only build muscle, but improve bone density, burn calories and boost metabolism.

245150	9/6-10/27	Tu/Th, 7:30-8:30am	South	16	$154/$192	Ignacio
245153	11/1-12/22	Tu/Th, 7:30-8:30am	South	15	$144/$180	Ignacio

Youth Fitness Training

(Ages 12-15) Learn how to use weight and cardio equipment safely and effectively. This program targets development in muscular strength and endurance essential for optimum performance in youth. This session is ideal for both competing and non-competing youth to learn how to implement a fitness training routine into their active lifestyle.

247235	9/7-10/12	M/W, 4:30-5:30pm	South	11	$106/$132	Jake
247236	10/31-12/7	M/W, 4:30-5:30pm	South	11	$106/$132	Jake

Youth Sport Specific Training

(Ages 10+) Upon request, our sport specific training program for youth targets development in specific skills and the essential components need for optimum performance in athletics. We offer this program to coaches and individual groups. Areas of focus can include:

- **Sport Movement:** Agility, quickness, multi-directional speed, reaction skills, coordination, acceleration and deceleration
- **Sport Strength:** Muscular strength, muscular endurance and explosive power
- **Sport Balance:** Stability, kinesthetic awareness, and transitional balance Mixed age groups will be divided by age and skill level. Hourly fees for training $11 per participant.

Contact Kate Houlik to schedule your training packages, Houlikk@bouldercolorado.gov or 303-413-7280.

Health & Wellness: Fitness & Weights

Personal Training & Nutrition

Have a certified trainer design your personal blueprint for success! Sessions address sport specific, weight loss, rehabilitation, and general fitness goals. To view our excellent training staff and request personal training visit BPRfitness.org, visit the front desk, or call 303-413-7280 to get started today!

Weight Room Orientations

(Ages 12+) Available for adults and youth. If you are new to the weight room you can schedule a complimentary weight room orientation with a certified personal trainer. Following participation in the orientation, youth will have access to the cardio/weight roomwith parent/adult supervision. Request this service by calling Kate Houlik, Health and Wellness Program Coordinator Fitness/Weights at 303-413-7280.

Private Training

(Ages 10+) Personalized training with a certified professional.

1 session $60 • 3 sessions $171 • 6 sessions $333 • 12 sessions $648

Semi Private Training (Two Individuals)

(Ages 10+) Customized training for you and a friend that share similar fitness goals. (Fee is for 2 individuals)

1 session $70 • 3 sessions $200 • 6 sessions $389 • 12 sessions $756

Youth Personal Training Package

(Ages 12-15) In this 3 session personal training package members will work with a certified professional to learn how to use all cardio equipment, strength equipment and free weights safety and properly and receive an individualized workout program. This package allows youth to use all equipment in the weight and cardio area with parent/adult supervision.

3 sessions $171

Personal Training with a Physical Therapist

A physical therapist is available for one-on-one personal training. If you are returning to the gym from an injury, need a home exercise plan, or have specific orthopedic concerns, a therapist can help you transition to working out on your own.

1 session $72 • 3 sessions $205 • 6 sessions $400

Transition Out of Physical Therapy

We allow physical therapists to accompany clients that are making transitions from a clinical setting to our facility up to 3 visits. Please contact the Kate Houlik, Health and Wellness Program Coordinator Fitness/Weights at 303-413-7280 in advance, to receive authorization. The client pays the daily facility admission fee. The therapist is our guest.

Nutrition Consultation

A dietitian can assess your nutritional status and make dietary recommendations. A dietitian can assist you in the management of diabetes, high blood pressure, elevated cholesterol and weight loss. Athletes receive nutritional counseling to support their performance goals.

1 session: $72 • 3 sessions $205 • 6 sessions $400

Nutrition/Personal Training Combo

Are you having trouble loosing stubborn weight? Do you find yourself falling short of you weight loss goals? A dietitian will analyze your diet and provide personalized exercise sessions.

2 consultations with a dietitian and 2 personal training sessions for $247

Health and Wellness Coaching

Whole person coaching with a certified health/Wellness/Lifestyle coach. Coaches help people balance their time, career, relationships, stress and provide support and tools to individuals seeking positive lifestyle changes.

1 session $60 • 3 sessions $171 • 6 sessions $333 • 12 sessions $648

**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 client cancels the session within 24 hours, or a client does not arrive for the lesson within 15 minutes of the start time they may be charged for that session. (All sessions expire one year from purchase date)*

Diabetes Prevention Program

The Live Well 4 Life Diabetes Prevention Program, hosted by City of Boulder, is a community delivered, evidence based, lifestyle change program with a proven success record. The program focuses on topics such as healthy eating, physical activity, weight loss and stress management. The program and materials are free of charge to those who qualify for the program.

*To find out if you qualify please contact
Wendy Smittick 303-355-3423 ext. 110 or wendy@caahealth.org

The next session will be held September 7 – January 4
at the East Boulder Senior Center every Wednesday, 12:30 p.m. to 1:45 p.m.
*no class 11/23, 12/28

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).

245184	10/9	Su, 9am-12pm	Iris	1	$45/$56	Jennifer
245186	11/13	Su, 9am-12pm	Iris	1	$45/$56	Jennifer

First Aid Certification

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

245185	10/9	Su, 12:30-3:30pm	Iris	1	$45/$56	Jennifer

Kid's Watch Babysitting Class

(Ages 10-18) This class is designed for babysitters 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.

245187	11/6	Su, 9am-2pm	Iris	1	$66/$83	Jennifer

For inclusion opportunities for people with disabilities – see page 13

SilverSneakers® Now Offered at all Recreation Centers

The popular Healthways SilverSneakers Fitness pass is now accepted at all three City of Boulder recreation facilities, including the North Boulder Recreation Center and South Boulder Recreation Center, in addition to the existing program at the East Boulder Community Center.

SilverSneakers® is the nation's leading exercise program for active older adults and has been part of the programming at the East Boulder Community Center and Senior Services since 2008.

To begin working out with your SilverSneakers membership:

• Check your eligibility online or visit one of Boulder's three recreation centers. Be sure to bring your insurance card! We can print a temporary card and order a new card for you if you qualify.

• Bring in your SilverSneakers card to the rec center of your choice. If it's your first time using this membership at the City of Boulder, you will need to fill out a short waiver before you work out.

That's it! You now have the following benefits:

• Unlimited access to the North Boulder Recreation Center, East Boulder Community Center and the South Boulder Recreation Center. Your SilverSneakers membership entitles you up to two towels per visit at no charge.

• Access to more than 100 drop-in fitness and mind/body classes. The opportunity to play your favorite sport - or try something new! We offer drop-in pickleball, adult basketball, senior basketball, volleyball, badminton and more.

Senior Drop-In Fitness Classes

Fit & Strong Beginning
Fit & Strong Intermediate
Guts & Butts
Line Dancing
Music & Movement
SilverSneakers CardioFit®
SilverSneakers Classic®
SilverSneakers Yoga®
Strength & Alignment
Warm Water Fitness (pg. 35)

Your membership also includes access to our entire schedule of classes at all three recreation centers. Classes include strength and cardio, Fitness, Yoga, Pilates, Aqua Fitness and more!

Drop-in schedules can be found online at **BPRfitness.org**

Mind/Body: Pilates

Pilates Mat is an excellent full-body toning and strengthening workout.

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+) Learn 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. One session of this registered course will help you feel more confident performing the exercises in the drop-in classes.

244831	9/11-12/18	Su, 4:15-5:15pm	Salberg	15	$144/$180	Joan
246310	9/12-12/12	M, 5:30-6:30pm	Salberg	14	$134/$168	Roxolana

Pilates Mat Drop-In

Drop-in to a Pilates Mat or Pilates Mat/Yoga class to stay in top condition for all your activities, whatever they are. Conveniently located at all three recreation centers, there is a class near you. It is recommended that you learn Pilates Mat exercises in a registered course or have Pilates Mat experience, prior to attending drop-in classes.

Visit BPRfitness.org for a complete schedule of Fitness and Mind/Body drop-in classes.

Pilates Mat Program Information

Registered Course Visitor's Fee & Punchcard

Pilates Mat	$17
Pilates Mat	$70 - 5 Punches

The registered Pilates Mat courses at Salberg may have space available for visitation. These are instructional courses, versus drop-in classes at the recreation centers which are geared toward practice of the exercises. **Give your receipt to your instructor for admission to class. Salberg visitor's fees may be paid at any recreation center and receipt given to instructor before admission to class.**

Courses May Be Cancelled

Beginning in 2016, we'll be increasing our adherence to minimum enrollment standards to enhance our efficient use of staff, space and funding. **Under-enrolled courses will be cancelled prior to the first class. Register today!**

Make-up policy

Students who miss a registered Pilates Mat class may attend any recreation center drop-in Fitness or Mind/Body class as a make-up. Make-ups are arranged through your instructor.

Financial Assistance

Did you know we offer financial aid to assist community members who cannot otherwise participate due to financial limitations?

To find out more about our financial aid programs and how to qualify, please call 303-413-7200.

For inclusion opportunities for people with disabilities – see page 13

Private & Semi-Private Pilates Reformer Lessons

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: $60/student
3 or More 1-Hour Private Pilates Reformer Lesson Fee: $55/lesson

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. Give 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 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 any recreation center drop-in Fitness or Mind/Body class as a make-up, or purchase a private reformer lesson for an additional fee of $40. Make-ups are arranged through your instructor and are limited to two per session.

Courses may be cancelled - Beginning in 2016, we'll be increasing our adherence to minimum enrollment standards to enhance our efficient use of staff, space and funding. **Under-enrolled courses will be cancelled prior to the first class. Register today!**

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.

Pilates: 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.

245008	9/6-10/25	Tu, 7:40-8:40pm	South	8	$127/$158	Bianca
246316	9/7-10/26	W, 5:30-6:30pm	Salberg	8	$127/$158	Arianna

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. Tower exercises may be included. 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 recent regular practice, or coordinator approval.

247786	9/6-10/25	Tu, 12-1pm	Salbert	8	$127/$158	Jane
245004	9/7-12/14	W, 8:40-9:40am	South	14	$222/$277	Sheri
247136	9/7-12/14	W, 6:40-7:40pm	South	14	$222/$277	Athena
244975	9/8-12/15	Th, 10:20-11:20am	Salberg	14	$222/$277	Christine
247134	9/8-12/15	Th, 6:40-7:40pm	Salberg	14	$222/$277	Athena
245010	9/9-12/16	F, 8:40-9:40am	South	15	$238/$297	Sheri
245001	9/12-12/12	M, 4:20-5:20pm	South	14	$222/$277	Sheri
245002	9/12-12/12	M, 5:30-6:30pm	South	14	$222/$277	Sheri
246311	9/12-12/12	M, 6:40-7:40pm	Salberg	14	$222/$277	Roxolana
245009	11/1-12/13	Tu, 7:40-8:40pm	South	7	$111/$139	Bianca
246317	11/2-12/14	W, 5:30-6:30pm	Salberg	6	$95/$119	Arianna

Reformer - Level 2 - Continuing

(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. Tower exercises may be included. **Pre-requisite:** Completion of at least one session of Level 1 classes with the City of Boulder Pilates program, or coordinator approval.

245003	9/6-12/13	Tu, 8:30-9:45am	Salberg	15	$297/$371	Sheri
245006	9/6-12/13	Tu, 5:20-6:20pm	South	15	$238/$297	Bianca
247135	9/7-12/14	W, 5:30-6:30pm	South	14	$222/$277	Athena
246318	9/7-12/14	W, 6:40-7:40pm	Salberg	14	$222/$277	Arianna
244974	9/8-12/15	Th, 9:15-10:15am	Salberg	14	$222/$277	Christine
244976	9/8-12/15	Th, 4:15-5:15pm	South	14	$222/$277	Ellen
247133	9/8-12/15	Th, 5:30-6:30pm	Salberg	14	$222/$277	Athena
246319	9/9-12/16	F, 9:45-11am	South	15	$297/$371	Sheri
244995	9/12-12/12	M, 8:40-9:40am	South	14	$222/$277	Sheri
247785	9/9-10/28	F, 12-1pm	Salberg	8	$127/$158	Jane

Mind/Body: Pilates/Yoga

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! Tower exercises may be included. **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.

245005	9/7-12/14	W, 9:45-11am	South	15	$297/$371	Sheri

Reformer/Tower/Chair - Level 1 - Beginner

(Age 16+) You will receive an introduction to exercises on the Pilates Tower and 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.

245007	9/6-12/13	Tu, 6:30-7:30pm	South	15	$238/$297	Bianca

Reformer/Tower/Chair - Level 2 -Continuing Beginner

(Age 16+) At this level, Pilates Reformer, Tower and Chair 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.

245000	9/12-12/12	M, 9:45-11am	South	14	$277/$347	Sheri

Yoga Program Information

Yoga participants should be able to sit comfortably on the floor, kneel, and then stand, lunge, and support some weight with the arms. For even gentler yoga classes and chair yoga classes consider attending a drop-in SilverSneakers® yoga class at East Boulder Community Center.

Yoga Fundamentals

(Age 14+) In this basics course, you will be guided through the fundamentals of a sound yoga practice. Discover, engage and embrace natural rhythms of Asana (Postures), Yoga Nidra (Deep Relaxation), Pranayama (Breathing) and Meditation. Find the deeper significance of the practice of yoga and learn the Yoga Philosophy underlying each tenet. Pushing limits of physical poses is exchanged for a balanced approach to yoga, exploring the connections and the inner dimensions of self and mind. Some prior yoga experience helpful but not necessary. You should be able to sit comfortably on the floor, stand, lunge and support some weight with your arms.

247083	9/7-12/14	W, 5:45-7:15pm	North	14	$202/$252	Louis
246982	9/9-12/16	F, 2-3:30pm	North	15	$216/$270	Karen C.

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

246314	9/7-12/14	W, 7:30-8:45am	South	15	$180/$225	Ravi
245183	9/8-12/15	Th, 9:15-10:45am	North	14	$202/$252	Louann
244828	9/12-12/12	M, 6:30-8pm	East Senior	14	$202/$252	Erin

Registered Course Visitor's Fee & Punchcard

Yoga program	$17
Yoga program	$70 - 5 Punches

Some courses 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-up policy

Students who miss a class may attend any recreation center drop-in Fitness or Mind/Body class as a make-up. Make-ups are arranged through your instructor.

Courses may be cancelled

We'll be increasing our adherence to minimum enrollment standards to enhance our efficient use of staff, space and funding. **Under-enrolled courses will be cancelled prior to the first class. Register today!**

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.

New to Yoga?

It is recommended that students who are new to Yoga complete a registered yoga course prior to attending our drop-in classes. Registered courses are instructional. Drop-in classes are focused on practice of all levels of yoga.

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.

247143	9/11-12/18	Su, 4:30-6pm	North	15	$216/$270	John

Gentle Continuing Yoga

(Age 14+) A gentle continuing yoga course for those students who wish to tone down their yoga practice. Both standing and floor postures will be practiced within the boundaries of the individual student's capabilities. Pre-requisite: Students should have intimate knowledge of yoga postures, yoga principles, and yoga breath, and be able to sit comfortably on the floor, kneel, and then stand, lunge, and support some weight with the arms.

245182	9/8-12/15	Th, 9:15-10:45am	South	14	$202/$252	Kathleen

Restorative/Gentle Yoga

(Age 14+) Give your body and spirit an opportunity to focus and rejuvenate. Practice breathing and floor postures supported by blankets, bolsters, blocks and straps. The restorative method of yoga creates greater flexibility, balance and inward connection. It reduces stress and increases clarity of mind. This type of yoga is gentle and very helpful for those who are recovering from illness.

246315	9/7-12/14	W, 10:30-11:45am	North	15	$180/$225	Karen D.
247142	9/17-12/17	Sa, 10:45am-12pm	Iris	14	$168/$210	Karen D.

For inclusion opportunities for people with disabilities – see page 13

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.

244977	9/6-12/13	Tu, 5:15-6:30pm	North	15	$180/$225	Cassandra
244979	9/7-12/14	W, 4-5:15pm	East Senior	15	$180/$225	Lori
244978	9/9-12/16	F, 4-5:15pm	North	15	$180/$225	Cassandra

YOGA WORKSHOPS

(Ages 12+)

36 Breaths to Calm & 20 Minutes to Peace Workshop

This workshop will teach you a simple meditative pranayama (breathing) practice that can take you from stress to calm in 36 breaths. In the first two classes, you will learn and practice the breathing methods, and in the last class, learn how to extend these practices into a 20-30 minute meditation practice. No experience necessary, just a desire to calm your nervous system, still your mind and give you a fresh outlook.

247084	9/15-9/29	Th, 7-8pm	East Senior	3	$60/$72	Brian

Yoga Basics Workshop: The Standing Postures

In this workshop, learn the basic structure of the most common standing poses. Mountain, Warrior 1, 2 & 3, triangle pose, extended angle, tree and Dancer pose. This class will be a good refresher for experienced yogis and will help those new to yoga to attend drop-in yoga classes with more confidence. There will be time to ask questions.

247085	11/3	Th, 7-8pm	East Senior	1	$20/$24	Brian

Yoga Basics Workshop: Seated Postures

In this workshop, focus on learning the basic structure of some common seated poses: seated folds, twists, and healthy back bends. This class will be a good refresher for experienced yogis and will help those new to yoga to attend drop-in yoga classes with more confidence. There will be time to ask questions.

247086	11/17	Th, 7-8pm	East Senior	1	$20/$24	Brian

Drop-In Mind/Body Classes

Drop-in schedules can be found online at BPRfitness.org

In addition to drop-in yoga and Pilates Mat classes try these:

- **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.
- **Ayre** (Age 14+) This class is a fusion of different dance styles and fitness moves set to fun and upbeat music. It was created by Juliet Seskind to give her students a fun, creative, satisfying dance workout.
- **Soul Sweat™** (Age 14+) SoulSweat™ is an exhilarating dance/fitness experience that enhances coordination, tones your body, increases your dynamic flow of energy, increases stamina, and gives you a whole new repertoire of moves for the dance floor. No dance experience required, just a willingness to move, break free, have fun and be challenged!

Iyengar Yoga - Beginner

(Age 14+) Instructors give clear demonstrations of the postures and emphasize detail, precision and alignment in the performance of postures (asana) and breath control (pranayama). Students are observed and, if necessary, adjusted to help them find their optimal alignment. Props, such as belts, blocks, and blankets, enable students to perform the asanas correctly, minimizing the risk of injury or strain, and making the postures accessible to both novices and regular practioners alike. Modifications to the classic yoga postures can be made for individual students.

246313	9/6-12/13	Tu, 6:45-8pm	North	15	$180/$225	Karen D.

Iyengar Yoga - Continuing

(Age 14+) Continue your study and practice of the Iyengar Yoga Method of Classical Hatha Yoga. Challenge yourself to stay longer and penetrate more deeply into the postures.

247139	9/17-12/17	Sa, 9-10:30am	North	14	$202/$252	Karen D.

Chi Kung

(Age 14+) Qigong (also spelled Chi Kung) is a form of yoga with roots in ancient China. This course, perfect for beginners and more advanced practitioners alike will combine breathing and visualization exercises with gentle movements that stretch muscles and tendons, and circulate qi (life force) through the meridians (channels of body awareness also used in acupuncture).

247682	9/12-10/24	M, 10:45-11:45am	North	7	$67/$84	Sweigh
247683	10/31-12/12	M, 10:45-11:45am	North	7	$67/$84	Sweigh
247140	9/17-12/17	Sa, 9:30-10:45am	North	14	$168/$210	Beth

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 benefits those who would like to move more efficiently during all physical activities.

244829	9/7-12/14	W, 6:30-7:45pm	East Senior	14	$168/$210	Gil Kelly
244830	9/9-12/16	F, 12-1pm	Iris	15	$144/$180	Gil Kelly

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 Prof. Cheng Man-ch'ing. The beginner level, the first third, will be taught in both courses.

246312	9/6-12/13	Tu, 6:45-7:45pm	North	15	$144/$180	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.

247141	9/17-12/17	Sa, 9:30-10:30am	Iris	14	$134/$168	Tom

Pottery

For all class dates, times and cost, please visit us at: **boulderpotterylab.org**

The Studio Arts Boulder Pottery Lab has provided excellent instruction in ceramic arts, first as part of and now in partnership with, the City of Boulder Parks and Recreation Department for over 60 years! We offer ceramics classes year round for students of all ages starting as young as 4. With 22 potter's wheels, full sized slab roller, 2 extruders, 3 gas cone 10 reduction kilns, 1 raku kiln, 5 electric kilns, 25 high fire glazes and an amazing, dedicated teaching and support staff – we are one of the premier ceramic teaching studios in the area. Come see for yourself at the Boulder Pottery Lab, housed in the historic Boulder Fire Station #2!

All classes are held at the Pottery Lab, 1010 Aurora.

Adult Pottery

Beginner - Intro to Hand-Building & Wheel-Throwing
For students that have never touched clay to those still learning the basics. Explore all aspects of creating with clay on and off the wheel. You'll become familiar with several different processes to make a variety of forms. Learn decoration and glazing techniques to finish your pieces.

Intermediate Pottery
For students with some experience and a desire to improve their skills. If you've had some practice in centering and throwing on the wheel, it's time to expand on your experiences. Continue to build wheel skills, with larger amounts of clay and more complicated shapes and forms. Decorate your work with more advanced glazing techniques.

Senior Pottery
All skill levels are welcome to participate in this class. The art of wheelthrowing, hand-building, decorating and basic sculpture are all explored. Meet new friends while learning a new hobby!

All-Levels
For all levels of students to learn and improve their skills. This popular class is designed for beginning to advanced students or those with individual needs or special projects. Includes both wheel-throwing and handbuilding.

All-Levels Independent Study
Time for self directed students to work independently! Instructors from the Pottery Lab and artists from the community will be in the studio doing their own work and will be available for questions, technical instruction and critique without formal demonstrations.

Youth Pottery

Child/Parent Classes
(Ages 4+) A perfect opportunity to make hand-built pottery with your child. Emphasis is on working on a project as a family.

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

(Ages 6-7) Learn the basics of hand-building and use problem solving to make tall or hollow pieces. Children will slip and paint their own work.

(Ages 8-10) Children can relax and discover the joy of clay as they explore hand-building techniques to explore their interests and ideas.

Fun Fridays
(Ages 6-8) Come explore clay and end the week with fun handbuilding projects that allow freedom and creativity.

Pre-Teen Pottery
(Ages 8-11) Students move downstairs to take advantage of new equipment including the slab roller, extruder, and wheel to broaden their learning experience. Students must have completed a hand-building class at the Pottery Lab before signing up for this class.

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

Registration and class dates, times and fees can be found online at BoulderPotteryLab.org or call 720-379-6033.

Come play in one of our many sports leagues this fall, we have something for everyone!

Adult Sports Leagues

Men's Basketball • Winter/Spring/Summer/Fall
Women's Basketball • Winter
Volleyball • Winter/Spring/Fall
Outdoor Sand Volleyball • Summer
Dodgeball • Fall/Winter
Indoor Kickball • Fall/Winter
Outdoor Kickball • Spring/Summer/Fall
Soccer • Spring/Fall
Softball • Spring/Summer/Fall

Registration and more info online at **BPRsports.org**

Women's Competitve Basketball

(Ages 18+) This is a competitive league designed for ladies with high school or college play ability. Sign-up as individuals. Contact Sherri, 303-441-4933 or brownsh@bouldercolorado.gov.

245490	9/12-12/12	M, 6:15-9pm	South	6	$50/$62

Now Hiring Adult Sports League Officials

Adult Soccer Officiating
Contact: Play the Whistle at kimpark@playthewhistle.com or Sports Diversified at marcwind1@gmail.com

Adult Softball & Basketball Officiating
Contact: PRO's Make the Call at prosmakethecall@msn.com

Adult Kickball & Volleyball Officiating
Contact: Connor Bulger at bulgerc@bouldercolorado.gov

Youth Indoor Rock Climbing

(Ages 5-12) Join our experienced climbing wall staff for age appropriate activities on our indoor rock wall. Information: Matt at 303-441-7477 or kamhim@bouldercolorado.gov

Introduction to Climbing

Session 1 (Ages 5-8)

245348	9/12-10/24	M, 4-5pm	East	6	$63/$79
245347	9/12-10/17	M, 5-6pm	East	6	$63/$79
245343	9/14-10/19	W, 4-5pm	East	6	$63/$79
245341	9/15-10/20	Th, 4-5pm	East	6	$63/$79
245340	9/15-10/20	Th, 5-6pm	East	6	$63/$79

Session 2 (Ages 5-8)

245429	11/7-12/12	M, 4-5pm	East	6	$63/$79
245356	11/7-12/12	M, 5-6pm	East	6	$63/$79
245352	11/9-12/14	W, 4-5pm	East	6	$63/$79
245350	11/10-12/22	Th, 4-5pm	East	6	$63/$79
245351	11/10-12/15	Th, 5-6pm	East	6	$63/$79

Session 1 (Ages 8-12)

245349	9/12-10/17	M, 6-7pm	East	6	$63/$79
245346	9/14-10/19	W, 5-6pm	East	6	$63/$79

Session 2 (Ages 8-12)

245355	11/7-12/12	M, 6-7pm	East	6	$63/$79
245353	11/9-12/14	W, 5-6pm	East	6	$63/$79

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. Information: Matt at 303-413-7477 or Kamhim@bouldercolorado.gov

Session 1 (Ages 6-12)

245339	9/14-10/19	W, 6-7:30pm	East	6	$95/$119
245432	9/15-10/20	Th, 6-7:30pm	East	6	$95/$119

Session 2 (Ages 6-12)

245345	11/9-12/21	W, 6-7:30pm	East	6	$95/$119
245354	11/10-12/15	Th, 6-7:30pm	East	6	$95/$119

Sports

School Day Off Camps

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 climbing, arts and crafts, and more! All camps provide safe, respectful, age-appropriate, supervised activities.

Don't miss out - Enrollment limited - sign up today! Information: Molly at 303-413-7441 or langerakm@bouldercolorado.gov.

BVSD Student Assesment Day

234447	9/19	M, 8:30am-5pm	East	$60/$76

Professional Development Day

245423	10/10	M, 8:30am-5pm	East	$60/$76

Veterans Day

234446	11/11	F, 8:30am-5pm	East	$60/$76

Thanksgiving Break Camp

245432	11/21	M, 8:30am-5pm	East	$60/$76
245433	11/22	Tu, 8:30am-5pm	East	$60/$76
245434	11/23	W, 8:30am-5pm	East	$60/$76

Winter Holiday Camp

245435	12/19	M, 8:30am-5pm	East	$60/$76
245436	12/20	Tu, 8:30am-5pm	East	$60/$76
245437	12/21	W, 8:30am-5pm	East	$60/$76
245438	12/27	Tu, 8:30am-5pm	East	$60/$76
245439	12/28	W, 8:30am-5pm	East	$60/$76
245440	12/29	Th, 8:30am-5pm	East	$60/$76

Youth Sports

NFL Flag Football

(Ages 4-14) National Flag Football is the nation's largest NFL affiliated flag football program and will once again be in Boulder. We provide your children the best flag football experience and you can feel confident that the kids are learning the fundamentals of football in a fun and safe way. We will be playing Sundays at Foothill's Community Park. The season starts Mid-September and will go until the first week of November. This program is open to boys and girls from age 4 to eighth grade.

For more information please see our website at Nationalflagfootball.com or call our office at 720-360-1600.

*	9/18-11/6	Su, 12-5pm	Foothills	8	$139.50

***Register online at Nationalflagfootball.com**

Youth Volleyball

Elementary School Volleyball Practice

(Ages 7-11) Designed for elementary school students looking to learn about the wonderful sport of volleyball and practice entry level skills. Practices will build fundamental skill building, team dynamics, and will strive to build confidence and love for the sport. For questions call 303-222-8039.

***Register online at Skyhawks.com/colorado**

*	9/11-10/16	Su, 12-1:30pm	South	$82

Middle School Volleyball Practice

(Ages 11-15) Designed for middle school students, who are looking to build fundamental skills or build upon existing skills in the sport of volleyball. Practices will focus on skill development, teamwork, and conditioning. Players will be sorted based on skill level during the second class.

*	9/11-10/16	Su, 1:30-3pm	South	$82

Supertots Sports - Preschool

SuperTots Sports Academy is a child physical development program that uses a variety of fun games to delight and engage kids in physical and mental learning through various sports. The curriculum is professionally designed to develop motor skills, promote physical fitness, create self-confidence and prepare young children for sports. It stresses a non-competitive environment and promotes fun above all else. For questions call 303-222-8039.

***Register online at Supertotsports.com/colorado**

Soccer Tots

Soccer-themed motor skill classes that are very easy for youngsters to get into. Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus, and introduce an element of light competition.

Cubs (Ages 3-4)

*	9/13-10/4	Tu, 4-4:45pm	East Mapleton	$49

Grizzlies (Ages 4-5)

*	9/13-10/4	Tu, 5-5:45pm	East Mapleton	$49

Baseball Tots (T-Ball)

Serves as a development program that uses a variety of fun games to engage kids while teaching the sport of baseball and developing fundamental skills. The goal is to build fitness, muscle coordination, baseball fundamentals and create a love of the game. For questions call 303-222-8039.

Batters (Ages 3-4)

*	9/14-10/5	W, 4-4:45pm	East Mapleton	$49

Homers (Ages 4-5)

*	9/14-10/5	W, 5-5:45pm	East Mapleton	$49

For inclusion opportunities for people with disabilities – see page 13

Swim lessons are a great way to help children build the confidence to feel safe 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. Make-ups are not given for missed classes.

Swim Lessons Information
We would like you to have a great swimming lesson experience. If you are unsure of the level you should register for, please contact Jackie Koehn and koehnj2@bouldercolorado.gov to schedule a free assessment.

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

Drop-In Aquatic Fitness Classes
Drop-in aquatic fitness classes are available, see page 34 for details or visit us online for a schedule at www.BoulderAquatics.org. All pass or drop-in fee information can be found on page 8-9 or online.

LIFEGUARD TRAINING CLASSES

(Age 15+) In cooperation with the American Red Cross, you will learn lifeguarding techniques, CPR for the professional, standard first aid, and AED.

247190	8/3-8/5	W/Th/F, 9am-5pm	Scott	3	$182/$219
246540	10/11-10/20 10/15	Tu/Th, 5-9pm Sa, 9am-5pm	North	5	$182/$219
247194	11/29-12/8 12/3	Tu/Th, 5-9pm Sa, 9am-5pm	North	5	$182/$219

Pre-requisite testing will be done by appointment. Contact Jackie Koehn at 303-413-7267 or koehnj2@bouldercolorado.gov.

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. *If the private lesson is cancelled within 24 hours, or a client does not arrive for the lesson within 15 minutes of the start time, client may be charged for the session.*

Instructor Levels:
Level A - Instructor with 5+ years teaching experience
Level B - Instructor with less than 5 years teaching experience

30 minute lesson	**Level A**	**Level B**
1 class	$40	$32
3 classes	$114	$90
6 classes	$216	$174
12 classes	$384	$288

60 minute lesson	**Level A**	**Level B**
1 class	$62	$47
3 classes	$174	$132
6 classes	$330	$252
12 classes	$588	$444

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

WANTED – Lifeguards & Swim Lesson Instructors

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

Swimming

Swim Lessons Under 3 Yrs Old

Jelly Monkey

(Ages 6-36 mos.)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.

246621	9/10-10/8	Sa, 11-11:30am	East	5	$30/$38
246617	9/13-10/11	Tu, 6:40-7:10pm	East	5	$30/$38
246618	9/15-10/13	Th, 5:30-6pm	East	5	$30/$38
246619	9/9-9/30	F, 9:45-10:15am	Spruce Pool	4	$24/$30
246620	9/9-9/30	F, 10:20-10:50am	Spruce Pool	4	$24/$30
246713	10/15-11/12	Sa, 11-11:30am	East	5	$30/$38
246707	10/17-11/14	M, 5:35-6:05pm	North	5	$30/$38
246708	10/18-11/15	Tu, 6:40-7:10pm	East	5	$30/$38
246709	10/19-11/16	W, 5:35-6:05pm	North	5	$30/$38
246710	10/20-11/17	Th, 5:30-6pm	East	5	$30/$38
246711	10/21-11/18	F, 9:45-10:15am	North	5	$30/$38
246712	10/21-11/18	F, 10:20-10:50am	North	5	$30/$38

Small Group Swim Lesson Ages 3-6

Small Group classes provide a more personalized interaction with instructors, running in a semi-private format of no more than (3) students per instructor and are 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.

Small Group Preschool Level 1

(Ages 3-6) 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.

246559	9/10-10/8	Sa, 9:15-9:45am	East	5	$60/$75
246575	9/10-10/8	Sa, 10:25-10:55am	East	5	$60/$75
246554	9/12-10/10	M, 5-5:30pm	East	5	$60/$75
246576	9/12-10/10	M, 6:10-6:40pm	East	5	$60/$75
246553	9/13-10/11	Tu, 5:30-6pm	East	5	$60/$75
246555	9/14-10/12	W, 5-5:30pm	East	5	$60/$75
246572	9/14-10/12	W, 5:35-6:05pm	East	5	$60/$75
246557	9/15-10/13	Th, 5:30-6pm	East	5	$60/$75
246558	9/15-10/13	Th, 6:40-7:10pm	East	5	$60/$75
246556	9/9-9/30	F, 10:20-10:50am	Spruce Pool	4	$48/$60
246657	10/15-11/12	Sa, 9:15-9:45am	East	5	$60/$75
246670	10/15-11/12	Sa, 10:25-10:55am	East	5	$60/$75
246652	10/17-11/14	M, 5-5:30pm	North	5	$60/$75
246671	10/17-11/14	M, 6:10-6:40pm	North	5	$60/$75
246651	10/18-11/15	Tu, 5:30-6pm	East	5	$60/$75
246653	10/19-11/16	W, 5-5:30pm	North	5	$60/$75
246737	10/19-11/16	W, 5:35-6:05pm	North	5	$60/$75
246655	10/20-11/17	Th, 5:30-6pm	East	5	$60/$75
246656	10/20-11/17	Th, 6:40-7:10pm	East	5	$60/$75
246654	10/21-11/18	F, 10:20-10:50am	North	5	$60/$75

Small Group Preschool Level 2

(Ages 3-6) 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.

246567	9/10-10/8	Sa, 9:15-9:45am	East	5	$60/$75
246568	9/10-10/8	Sa, 10:25-10:55am	East	5	$60/$75
246561	9/12-10/10	M, 5-5:30pm	East	5	$60/$75
246571	9/12-10/10	M, 6:10-6:40pm	East	5	$60/$75
246560	9/13-10/11	Tu, 5:30-6pm	East	5	$60/$75
246562	9/14-10/12	W, 5-5:30pm	East	5	$60/$75
246577	9/14-10/12	W, 5:35-6:05pm	East	5	$60/$75
246565	9/15-10/13	Th, 5:30-6pm	East	5	$60/$75
246566	9/15-10/13	Th, 6:40-7:10pm	East	5	$60/$75
246563	9/9-9/30	F, 10:20-10:50am	Spruce Pool	4	$48/$60
246663	10/15-11/12	Sa, 9:15-9:45am	East	5	$60/$75
246664	10/15-11/12	Sa, 10:25-10:55am	East	5	$60/$75
246659	10/17-11/14	M, 5-5:30pm	North	5	$60/$75
246644	10/17-11/14	M, 6:10-6:40pm	North	5	$60/$75
246658	10/18-11/15	Tu, 5:30-6pm	East	5	$60/$75
246660	10/19-11/16	W, 5-5:30pm	North	5	$60/$75
246672	10/19-11/16	W, 5:35-6:05pm	North	5	$60/$75
246662	10/20-11/17	Th, 5:30-6pm	East	5	$60/$75
246682	10/20-11/17	Th, 6:40-7:10pm	East	5	$60/$75
246661	10/21-11/18	F, 10:20-10:50am	North	5	$60/$75

Small Group classes provide a more personalized experience for children with only three students per instructor.

For inclusion opportunities for people with disabilities – see page 13

Small Group Preschool Level 3

(Ages 3-6) Students will be taught to perform the skills presented in Small Group 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.

246578	9/10-10/8	Sa, 9:15-9:45am	East	5	$60/$75
246586	9/10-10/8	Sa, 10:25-10:55am	East	5	$60/$75
246588	9/12-10/10	M, 5-5:30pm	East	5	$60/$75
246589	9/12-10/10	M, 6:10-6:40pm	East	5	$60/$75
246569	9/13-10/11	Tu, 5:30-6pm	East	5	$60/$75
246570	9/14-10/12	W, 5-5:30pm	East	5	$60/$75
246587	9/14-10/12	W, 5:35-6:05pm	East	5	$60/$75
246583	9/15-10/13	Th, 5:30-6pm	East	5	$60/$75
246573	9/15-10/13	Th, 6:40-7:10pm	East	5	$60/$75
246574	9/9-9/30	F, 10:20-10:50am	Spruce	4	$48/$60
246673	10/15-11/12	Sa, 9:15-9:45am	East	5	$60/$75
246680	10/15-11/12	Sa, 10:25-10:55am	East	5	$60/$75
246666	10/17-11/14	M, 5-5:30pm	North	5	$60/$75
246736	10/17-11/14	M, 6:10-6:40pm	North	5	$60/$75
246665	10/18-11/15	Tu, 5:30-6pm	East	5	$60/$75
247186	10/18-11/15	W, 5-5:30pm	North	5	$60/$75
246683	10/19-11/16	W, 5:35-6:05pm	North	5	$60/$75
246667	10/20-11/17	Th, 5:30-6pm	East	5	$60/$75
246668	10/20-11/17	Th, 6:40-7:10pm	East	5	$60/$75
246669	10/21-11/18	F, 10:20-10:50am	North	5	$60/$75

Group Swim Lessons Ages 3-5

Preschool 1 - Puffer Fish

(Ages 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.

246547	9/10-10/8	Sa, 9:50-10:20am	East	5	$30/$38
246545	9/12-10/10	M, 5:35-6:05pm	East	5	$30/$38
246548	9/13-10/11	Tu, 6:05-6:35pm	East	5	$30/$38
246564	9/15-10/13	Th, 6:05-6:35pm	East	5	$30/$38
246546	9/9-9/30	F, 9:45-10:15am	Spruce	4	$24/$30
246739	10/15-11/12	Sa, 9:50-10:20am	East	5	$30/$38
246642	10/17-11/14	M, 5:35-6:05pm	North	5	$30/$38
246647	10/18-11/15	Tu, 6:05-6:35pm	East	5	$30/$38
246643	10/20-11/17	Th, 6:05-6:35pm	East	5	$30/$38
246645	10/21-11/18	F, 9:45-10:15am	North	5	$30/$38

Preschool 2 - Clown Fish

(Ages 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.

246579	9/10-10/8	Sa, 9:50-10:20am	East	5	$30/$38
246551	9/12-10/10	M, 5:35-6:05pm	East	5	$30/$38
246549	9/13-10/11	Tu, 6:05-6:35pm	East	5	$30/$38
246550	9/15-10/13	Th, 6:05-6:35pm	East	5	$30/$38
246552	9/9-9/30	F, 9:45-10:15am	Spruce	4	$24/$30
246674	10/15-11/12	Sa, 9:50-10:20am	East	5	$30/$38
246650	10/17-11/14	M, 5:35-6:05pm	North	5	$30/$38
246648	10/18-11/15	Tu, 6:05-6:35pm	East	5	$30/$38
246649	10/20-11/17	Th, 6:05-6:35pm	East	5	$30/$38
246681	10/21-11/18	F, 9:45-10:15am	North	5	$30/$38

Preschool 3 - Angelfish

(Ages 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.

246584	9/10-10/8	Sa, 9:50-10:20am	East	5	$30/$38
246580	9/12-10/10	M, 5:35-6:05pm	East	5	$30/$38
246581	9/13-10/11	Tu, 6:05-6:35pm	East	5	$30/$38
246582	9/15-10/13	Th, 6:05-6:35pm	East	5	$30/$38
246585	9/9-9/30	F, 9:45-10:15am	Spruce	4	$24/$30
246679	10/15-11/12	Sa, 9:50-10:20am	East	5	$30/$38
246675	10/17-11/14	M, 5:35-6:05pm	North	5	$30/$38
246676	10/18-11/15	Tu, 6:05-6:35pm	East	5	$30/$38
246677	10/20-11/17	Th, 6:05-6:35pm	East	5	$30/$38
246678	10/21-11/18	F, 9:45-10:15am	North	5	$30/$38

Continuing swim lessons into the fall and winter is a great way to keep your kids comfortable in the water.

Swimming

Learn to Swim Ages 6-12

Level 1

(Ages 6-8) Prerequisites: There are no prerequisites. 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.

246598	9/10-10/8	Sa, 10:25-10:55am	East	5	$30/$38
246601	9/10-10/8	Sa, 11-11:30am	East	5	$30/$38
246590	9/12-10/10	M, 5-5:30pm	East	5	$30/$38
246591	9/13-10/11	Tu, 5:30-6pm	East	5	$30/$38
246595	9/14-10/12	W, 5-5:30pm	East	5	$30/$38
246592	9/14-10/12	W, 6:10-6:40pm	East	5	$30/$38
246593	9/15-10/13	Th, 6:05-6:35pm	East	5	$30/$38
246694	10/15-11/12	Sa, 10:25-10:55am	East	5	$30/$38
246687	10/15-11/12	Sa, 11-11:30am	East	5	$30/$38
246689	10/17-11/14	M, 5-5:30pm	North	5	$30/$38
246735	10/18-11/15	Tu, 5:30-6pm	East	5	$30/$38
246690	10/19-11/16	W, 5-5:30pm	North	5	$30/$38
246734	10/19-11/16	W, 6:10-6:40pm	North	5	$30/$38
246693	10/20-11/17	Th, 6:05-6:35pm	East	5	$30/$38

Level 2

(Ages 6-8) Prerequisites: Successful completion of Level 1 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.

246609	9/10-10/8	Sa, 9:15-9:45am	East	5	$30/$38
246610	9/10-10/8	Sa, 11-11:30am	East	5	$30/$38
246596	9/12-10/10	M, 6:10-6:40pm	East	5	$30/$38
246606	9/13-10/11	Tu, 6:05-6:35pm	East	5	$30/$38
246608	9/14-10/12	W, 5:35-6:05pm	East	5	$30/$38
246696	10/15-11/12	Sa, 9:15-9:45am	East	5	$30/$38
246695	10/15-11/12	Sa, 11-11:30am	East	5	$30/$38
246732	10/17-11/14	M, 5-5:30pm	North	5	$30/$38
246698	10/17-11/14	M, 6:10-6:40pm	North	5	$30/$38
246697	10/18-11/15	Tu, 6:05-6:35pm	East	5	$30/$38
246702	10/19-11/16	W, 5:35-6:05pm	North	5	$30/$38
246685	10/19-11/16	W, 6:10-6:40pm	North	5	$30/$38

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Financial Assistance

Did you know we offer financial aid to assist community members who cannot otherwise participate due to financial limitations?

To find out more about our financial aid programs and how to qualify, please call 303-413-7200.

Level 3

(Ages 7-13) Prerequisites: Successful completion of Level 2 or child must be able 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.

246613	9/10-10/8	Sa, 9:50-10:20am	East	5	$30/$38
246600	9/12-10/10	M, 5:35-6:05pm	East	5	$30/$38
246612	9/13-10/11	Tu, 6:40-7:10pm	East	5	$30/$38
246597	9/14-10/12	W, 6:10-6:40pm	East	5	$30/$38
246614	9/15-10/13	Th, 6:40-7:10pm	East	5	$30/$38
246700	10/15-11/12	Sa, 9:50-10:20am	East	5	$30/$38
247184	10/15-11/12	M, 5:35-6:05pm	North	5	$30/$38
246703	10/17-11/14	M, 6:10-6:40pm	North	5	$30/$38
246701	10/18-11/15	Tu, 6:40-7:10pm	East	5	$30/$38
246704	10/19-11/16	W, 5-5:30pm	North	5	$30/$38
246733	10/19-11/16	W, 6:10-6:40pm	North	5	$30/$38
247185	10/20-11/17	Th, 6:40-7:10pm	East	5	$30/$38

Level 4

(Ages 7-12) Prerequisites: Successful completion of Level 3 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 stokes 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.

246615	9/10-10/8	Sa, 11-11:30am	East	5	$30/$38
246607	9/13-10/11	Tu, 6:40-7:10pm	East	5	$30/$38
246602	9/14-10/12	W, 6:10-6:40pm	East	5	$30/$38
246705	10/15-11/12	Sa, 11-11:30am	East	5	$30/$38
246691	10/18-11/15	Tu, 6:40-7:10pm	East	5	$30/$38
246686	10/19-11/16	W, 6:10-6:40pm	North	5	$30/$38

Level 5

(Ages 7-12) Prerequisites: Successful completion of Level 4 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.

246604	9/13-10/11	Tu, 6:40-7:10pm	East	5	$30/$38
246605	9/14-10/12	W, 6:10-6:40pm	East	5	$30/$38
246688	10/18-11/15	Tu, 6:40-7:10pm	East	5	$30/$38
246692	10/19-11/16	W, 6:10-6:40pm	North	5	$30/$38

For inclusion opportunities for people with disabilities – see page 13

YOUTH STROKE CLINICS

(Ages 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.

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

drop-in	9/10-1/7	Sa, 11am-12pm	East

ADULT LESSONS

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.

246543	9/10-10/8	Sa, 9:15-10am	East	5	$45/$56
246640	10/15-11/12	Sa, 9:15-10am	East	5	$45/$56

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.

246544	9/10-10/8	Sa, 10-11am	East	5	$70/$88
246641	10/15-11/12	Sa, 10-11am	East	5	$70/$88

WARM WATER FITNESS 55+ (Drop-in)

Level 1

Improve your cardiovascular endurance, strength, balance, and flexibility through a variety of warm water exercises. This class is held in the shallow, warm water leisure pool at the East Boulder Community Center. No swimming ability is required.

Tu/Th,1-1:45pm	East	Chris Hedman

Level 2

This warm water class addresses movement in every joint and activates muscles that are often diminished due to lack of use. Exercises will build neural pathways to underutilized muscles and increase cardio conditioning. Class is held in the East Boulder Community Center warm water leisure pool.

M/W/F, 9-9:45am	East	Laura Olinger/Maryann Brunson

Level 3

Explore new movements and build cardio conditioning using more complex exercises than in previous fitness level classes. Class is held in the East Boulder Community Center warm water leisure pool.

M/W, 1-2pm	East	Laura Olinger/Ronda Frandsen

AQUATIC FITNESS (Drop-in & registered classes)

Aqua Fit (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! Silver Sneakers welcome.
Contact Jen Heilveil, 303-413-7474.

245843	9/2-9/30	M/W/F, 8-9am	East	11	$48/$60
245845	10/3-10/31	M/W/F, 8-9am	East	13	$52/$65
245846	11/2-11/30	M/W/F, 8-9am	East	13	$45/$56
245848	12/2-12/21	M/W/F, 8-9am	East	9	$45/$56

Twinges N' Hinges (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 (86-88°). If you require physical assistance in the water, a two-week notification is required. Silver Sneakers welcome.
Contact Jen Heilveil, 303-413-7474.

245841	9/2-9/30	Tu/F, 9:30-10:30am	East	9	$36/$45
245842	10/4-10/28	Tu/F, 9:30-10:30am	East	8	$32/$40
245847	11/1-11/29	Tu/F, 9:30-10:30am	East	9	$36/$45
245844	12/2-12/16	Tu/F, 9:30-10:30am	East	5	$20/$25

DROP-IN CLASSES

Additional aquatic fitness classes can be found on the drop-in fitness schedule online at www.BoulderAquatics.org. All pass or drop-in fee information can be found on page 9 or online.

Aqua Motion

Increase energy and improve body tone in an 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
Tu/Th, 8-9 am	North
M/W/F, 9:15-10:15am	East

Hydro Dynamics

A med-high intensity class where you get the same fitness benefits as land aerobics, including excellent cardiovascular conditioning, muscle toning and fat burning. The water environment provides great resistance but low-impact.

Tu/Th, 12:30-1:30pm	South

Pre/Post-Natal Aquatic Fitness

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

Tennis

Our tennis program provides a positive environment for learning, playing and having fun!

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
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 call 303-441-4427.

*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 East Boulder Community Center.

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 gonzo@gonzotennis.com
Program Info:
Erynn at 303-441-4137 or simonee@bouldercolorado.gov
For inclement weather and cancellation information: 303-441-3410

Private Tennis Lessons

Sign up for youth and adult private lessons to get focused attention and improve skills. To set up a private lesson email Gonzo at privates@gonzotennis.com.

Financial Assistance

Did you know we offer financial aid to assist community members who cannot otherwise participate due to financial limitations?

To find out more about our financial aid programs and how to qualify, please call 303-413-7200.

For inclusion opportunities for people with disabilities – see page 13

TENNIS - ADULT

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
$23	$66	$124

Adult Open Tennis

(Ages 16+) Use your punch card and just show up and play! A good workout in the middle of the day. Saturdays from 1-2:30pm at the East Boulder Community Center tennis courts.

drop-in	8/20-10/8	Sa, 1-2:30pm	East	punch card

Cardio Tennis

(Ages 16+) Get fit and have fun. The ultimate full body workout. All levels play together! Use your punchcard to participate.

drop-in	8/22-10/10	M, 8-9am	East	punch card

Adult Tennis Clinics

(Age 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 your stroke technique and consistency.

Beginner

246123	8/24-9/14	W, 5:30-7pm	North	4	$69/$86
246165	8/23-9/13	Tu, 5:30-7pm	East	4	$69/$86
246149	8/25-9/15	Th, 5:30-7pm	East	4	$69/$86
246166	9/27-10/18	Tu, 5:30-7pm	East	4	$69/$86
246164	9/28-10/19	W, 5:30-7pm	North	4	$69/$86
246150	9/29-10/20	Th, 5:30-7pm	East	4	$69/$86

Beginner with Gonzo

246124	8/24-9/14	W, 9-10:30am	East	4	$98/$122	Gonzo
246126	8/25-9/15	Th, 9-10:30am	North	4	$98/$122	Gonzo
246125	9/28-10/19	W, 9-10:30am	East	4	$98/$122	Gonzo
246127	9/29-10/20	Th, 9-10:30am	North	4	$98/$122	Gonzo

Intermediate

246128	8/22-9/12	M, 5:30-7pm	East	4	$69/$86
246139	8/24-9/14	W, 5:30-7pm	East	4	$69/$86
246129	9/26-10/17	M, 5:30-7pm	East	4	$69/$86
246140	9/28-10/19	W, 5:30-7pm	East	4	$69/$86

Intermediate with Gonzo

246131	8/23-9/13	Tu, 9-10:30am	North	4	$98/$122	Gonzo
246133	8/24-9/14	W, 10:30am-12pm	East	4	$98/$122	Gonzo
246135	8/25-9/15	Th, 10:30am-12pm	North	4	$98/$122	Gonzo
246132	9/27-10/18	Tu, 9-10:30am	North	4	$98/$122	Gonzo
246134	9/28-10/19	W, 10:30am-12pm	East	4	$98/$122	Gonzo
246136	9/29-10/20	Th, 10:30am-12pm	North	4	$98/$122	Gonzo

Tennis - Seniors

(Ages 60+) Seniors! Come have fun, stay young, burn calories, make new friends, and play the life long game of tennis.

246120	8/26-9/16	F, 9-10:30am	East	4	$69/$86
246121	9/30-10/21	F, 9-10:30am	East	4	$69/$86

TENNIS - JUNIORS

(Ages 10-15) Divided into different levels determined by age and ability. These game-based programs use specific exercises and fun games to help students understand the aspects of tennis. Must get approved by Gonzo to register for intermediate and advanced courses. www.gonzotennis.com. For inclement weather and cancellation information: 303-441-3410.

Beginner

246170	8/23-10/11	Tu, 4-5pm	East	8	$92/$115
246171	8/25-10/13	Th, 4-5pm	East	8	$92/$115
246172	8/27-10/15	Sa, 9-10am	North	8	$92/$115

Intermediate

246173	8/23-10/11	Tu, 5-6pm	East	8	$92/$115
246175	8/25-10/13	Th, 5-6pm	East	8	$92/$115
246176	8/27-10/15	Sa, 10-11am	North	8	$92/$115

Juniors Fall Mix & Match

A fun mix of activities: singles and doubles round robin tournements; meeting with other clubs; fun and innovative play; challenge matches; clinics.

246122	9/3-10/22	Sa, 3-5pm	Centennial MS	8	$143/$179

JUNIOR TRAINING WITH GONZO

- **10 & Under**
- **12 & Under**
- **14 & Under**
- **16 & Under**

Contact Gonzo for an evaluation prior to registration for the "training" classes at gonzo@gonzotennis.com.

Tennis

Our program helps build self confidence in a friendly non-intimidating envirionment.

Tennis - Youth

(Ages 3-9) The School of Tennis is a child physical development program that uses a variety of fun games to develop motor skills, enjoyment the game, 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 (Ages 3-4)

246082	8/22-10/10	M, 3:15-3:45pm	East	8	$69/$86
246083	8/23-10/11	Tu, 3:15-3:45pm	East	8	$69/$86
246084	8/24-10/12	W, 3:15-3:45pm	East	8	$69/$86
246103	8/24-10/12	W, 3:15-3:45pm	North	8	$69/$86
246085	8/25-10/13	Th, 3:15-3:45pm	East	8	$69/$86
246086	8/26-10/14	F, 3:15-3:45pm	East	8	$69/$86
246087	8/27-10/15	Sa, 9:45-10:15am	North	8	$69/$86
246088	8/28-10/16	Su, 9:45-10:15am	East	8	$69/$86

Mini Gonzos in the Gym (Ages 3-4)

247234	10/31-12/12	M, 3:15-3:45pm	East	7	$69/$86
246106	10/25-12/6	Tu, 2:45-3:15pm	North	7	$69/$86
246110	10/27-12/15	Th, 3:15-3:45pm	East	7	$69/$86
246113	10/29-12/10	Sa, 9:45-10:15am	North	7	$69/$86
246116	10/30-12/11	Su, 10:30-11am	East	7	$69/$86

Tiny Gonzos (Ages 5-6)

246089	8/22-10/10	M, 3:45-4:30pm	East	8	$78/$97
246090	8/23-10/11	Tu, 3:45-4:30pm	East	8	$78/$97
246091	8/24-10/12	W, 3:45-4:30pm	East	8	$78/$97
246104	8/24-10/12	W, 3:45-4:15pm	North	8	$78/$97
246092	8/25-10/13	Th, 3:45-4:30pm	East	8	$78/$97
246093	8/26-10/14	F, 3:45-4:30pm	East	8	$78/$97
246094	8/27-10/15	Sa, 10:15-11am	North	8	$78/$97
246095	8/28-10/16	Su, 10:15-11am	East	8	$78/$97

Tiny Gonzos in the Gym (Ages 5-6)

246108	10/24-12/5	M, 3:45-4:30pm	East	7	$78/$97
246107	10/25-12/6	Tu, 3:15-4pm	North	7	$78/$97
246111	10/27-12/15	Th, 3:45-4:30pm	East	7	$78/$97
246114	10/29-12/10	Sa, 10:15-11am	North	7	$78/$97
246117	10/30-12/11	Su, 11-11:45am	East	7	$78/$97

Mighty Gonzos (Ages 7-9)

246096	8/22-10/10	M, 4:30-5:30pm	East	8	$92/$115
246097	8/23-10/11	Tu, 4:30-5:30pm	East	8	$92/$115
246098	8/24-10/12	W, 4:30-5:30pm	East	8	$92/$115
246105	8/24-10/12	W, 4:30-5:30pm	North	8	$92/$115
246099	8/25-10/13	Th, 4:30-5:30pm	East	8	$92/$115
246100	8/26-10/14	F, 4:30-5:30pm	East	8	$92/$115
246101	8/27-10/15	Sa, 11am-12pm	North	8	$92/$115
246102	8/28-10/16	Su, 11am-12pm	East	8	$92/$115

Mighty Gonzos in the Gym (Ages 7-9)

246109	10/24-12/5	M, 4:30-5:30pm	East	7	$92/$115
246119	10/25-12/6	Tu, 4-5pm	North	7	$92/$115
246112	10/27-12/15	Th, 4:30-5:30pm	East	7	$92/$115
246115	10/29-12/10	Sa, 11:15am-12:15pm	North	7	$92/$115
246118	10/30-12/11	Su, 11:45am-12:45pm	East	7	$92/$115
246109	10/24-12/5	M, 4:30-5:30pm	East	7	$92/$115

Tennis Party 2016

FREE!

- Sponsored Games
- Skills/Drills
- Racquet Demos
- Serve Speed Radar Gun
- Prize games

Gonzo Tennis

City of Boulder Parks & Recreation

For details visit
www.GonzoTennis.com

For inclusion opportunities for people with disabilities – see page 13

Valmont Bike Park

Our program offers authentic outdoor adventure camps and clinics to explore Valmont Bike Park.

Biking Programs at Valmont Bike Park

Since 2004, Avid4 Adventure empowers kids to choose healthy, active lives through authentic outdoor adventures. Through school programs, summer camps and special events, Avid4 Adventure has served over 100,000 children in the Front Range and Bay Area, California 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 800-977-9873 or City of Boulder Parks & Recreation Department, www.BoulderParks-Rec.org.

Remaining Summer 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. ***Register online at Avid4.com**

- Participants will be divided into groups of 7 or less; must be able to ride 2-wheeler.
- Early Drop-Off at 8-9 a.m. and after care is available until 4:30 or 5:30 p.m. Extended care campers get extra riding time out in the park - choose from two pick-up times. See fees at avid4.com.
- Daily lunch option is available.
- Special Park Bikes and protective gear (required) can be rented for an additional fee.

All camps are held at Valmont Bike Park, 5275 Valmont Road.

*	8/1-8/5	M-F, 9am-3pm	5 days	$399
*	8/8-8/12	M-F, 9am-3pm	5 days	$399
*	8/15-8/19	M-F, 9am-3pm	5 days	$399

Valmont Bike and Skate Camp

At Valmont Bike & Skate Camp, campers will learn bike park free riding AND skateboarding every day. Biking and skateboarding are the perfect sports for getting your kids and teens outside and active.

*	8/1-8/5	M-F, 9am-3pm	5 days	$399
*	8/8-8/12	M-F, 9am-3pm	5 days	$399

*** Register online at Avid4.com**

After School Programs

Our After School Program offers kids the opportunity to ride different Valmont Bike Park trails and terrain throughout the 5-day program (1 day/wk). Participants will develop skills through increasingly challenging activities, exercises, and differing terrain, including pump-tracks, single-track, dirt jumps, dual slalom, and slope-style, while developing team building and individual leadership skills with their peers. Independence and basic bike maintenance skills like changing flats and solving gear problems are also included.

Session 1

*	8/22-9/19	M, 3:45-6:15pm	$195
*	8/23-9/20	Tu, 3:45-6:15pm	$195
*	8/24-9/21	W, 3:45-6:15pm	$195
*	8/25-9/22	Th, 3:45-6:15pm	$195
*	8/26-9/23	F, 3:45-6:15pm	$195

Session 2

*	9/26-10/24	M, 3:45-6:15pm	$195
*	9/27-10/25	Tu, 3:45-6:15pm	$195
*	9/28-10/26	W, 3:45-6:15pm	$195
*	9/29-10/27	Th, 3:45-6:15pm	$195
*	9/30-10/28	F, 3:45-6:15pm	$195

*** Register online at 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 special events, programs, rentals, general information or questions regarding Valmont Bike Park e-mail, valmontbikepark@bouldercolorado.gov.

Private & Semi-Private Clinics with Lee McCormack

(Age 18+) Working with a Lee Likes Bikes instructor 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

Photo provided by yannphotovideo.com

Whether you want to fly through the air, win races or just have more fun, Lee Likes Bikes instructors will help you meet your goals -- and stay safe.

Lee McCormack of www.leelikesbikes.com is widely considered one of the world's top bicycle skills instructors. His Lee Likes Bikes teaching method helps 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 more than 100,000 riders have more fun on their bikes.

Public Mountain Biking Clinics with Lee Likes Bikes

(Age 18+) Level 1 and Level 2 public classes are the 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 this 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 and riding up and down obstacles. 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.

- Public classes start at $75. Improve your riding in just a couple hours!
- Weekday afternoons and weekend mornings.

Details, dates and registration at www.leelikesbikes.com

Policies & Information

Recreation Center Closures

8/13-8/21	East Boulder Community Center closed for annual maintenance
8/22-8/28	North Boulder Rec Center closed for annual maintenance
8/22-9/30	North Boulder Rec Center pool closed for renovations
9/5	North Boulder Recreation Center open 8am-1:30pm; East and South closed
11/24	All recreation centers closed.
11/25	East and South open; North open with modified hours 8am-7:30pm

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, platform tennis, sauna, lockers, and fishing and swimming at Boulder Reservoir.
3) Complimentary towels at rec centers.
4) Racquets for indoor racquetball.
5) 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

Why Register Now?

Why wait – when you can lead the way? TODAY is the best day to register for the classes you want.

Why? Because under-enrolled classes get cancelled and might be dropped entirely to make space for more popular programs. Registering early is the best way to prevent your favorite class from cancellation (or even extinction!).

This year, we'll be increasing our adherence to minimum enrollment standards to enhance our efficient use of staff, space and funding.
Under-enrolled classes will be cancelled prior to the first session.

Thanks for registering today!

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.

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 Munoz at 303-413-7259 or visit **www.BoulderParks-Rec.org**

Financial Assistance

Did you know we offer financial aid to assist community members who cannot otherwise participate due to financial limitations?

To find out more about our financial aid programs and how to qualify, please 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 12

For your child's safety and well-being, the city of Boulder Parks and Recreation Department requests that children under 12 years of age not be left unsupervised at any recreation facility, or outdoor pool. 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

ACCESS & INCLUSION (EXPAND)
Lori Goldman, Supervisor 303-413-7256

COMMUNITY OUTREACH
Margo Josephs, Manager Community Partnerships & Outreach 303-413-7200

Mary Malley
Volunteer Coordinator 303-413-7245

Cassy Bohnet
Volunteer Coordinator 303-441-4404

AQUATICS
Jason Stolz, Aquatics Supervisor 303-441-3435

Jackie Koehn, Programs/Operations. 303-413-7267

Phil Henry, Aquatics Maintenance..303-413-7478

Pool Operations 303-413-7468

GYMNASTICS
Prudence Keenan, Coordinator.....303-413-7265

HEALTH & WELLNESS
Kate Houlik,
Fitness & Personal Training.....303-413-7280

Kathleen Murphy, Mind/Body 303-413-7466

Summer Kennedy, Supervisor.....303-413-7264

SPORTS
Program Information 303-441-3410

Erynn Simone, Supervisor 303-441-4137

Molly Langerak 303-413-7441

Matt Kamhi.....303-413-7477

RECREATION CENTERS
Tim Duda, Supervisor, EBCC 303-413-7463

Todd Calvin, Supervisor, SBRC.....303-441-3449

Megann Lohman, Supervisor, NBRC . .303-413-7263

FLATIRONS GOLF COURSE
Tim Stevens, Director of Golf 303-442-7851

BOULDER RESERVOIR
Stacy Cole, Reservoir Manager.....303-441-3461

VALMONT CITY PARK
Skyler Beck, Manager 303-413-7219

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

YOUTH SERVICES INITIATIVE
Alexis Moreno, Supervisor.....303-413-7217

ADMINISTRATION
Yvette Bowden
Director.....303-413-7200

Alison Rhodes
District Services Manager 303-413-7249

Dean Rummel
Programs & Partnerships Manager..303-441-4427

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: 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

Financial Assistance

Did you know we offer financial aid to assist community members who cannot otherwise participate due to financial limitations?

To find out more about our financial aid programs and how to qualify, please call 303-413-7200.

Registration

Transfer Policy	Fee
• Same day of registration	$0
• Before 2nd class meeting, if space is available	$5

Program Refund Policy	Fee
Courses	
• Before 2nd class	$15
• After 2nd class	No Refund
1 Meeting Programs	
• One week prior to start date	No Refund
2 Meeting Programs	
• Before 1st Meeting	$15
• After 1st Meeting	50%
• After 2nd Meeting	No Refund
Camps	
• Monday two weeks prior to start of camp	No Refund
• More than two weeks prior to start date	$15
Leagues	
• Before league registration deadline	$15
• After league registration deadline	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, August 2.**
- 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 **financial aid or to apply for financial aid,** 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
BoulderParks-Rec.org

- ▶ Go to 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!

Our Tall Green Neighbors

As you travel about Boulder, can you imagine our town, a 32-consecutive-year Arbor Day Foundation Tree City USA, without any trees?

In fact, this area was pretty much a treeless prairie when Boulder's first settlers arrived in the late 1850s. Perhaps even more shocking are the images of the treeless hills surrounding what is now Harlow Platts Park (in south Boulder) – taken a mere 50 years ago!

Today, Boulder is a lush oasis of tree-lined streets, parks and private properties. But how did we get from a barren, wind-swept plain to a Tree City USA in such a short interval?

Initially, development of the area's impressive network of irrigation ditches, the majority of them intact and delivering their precious commodity today, allowed early landowners to plant and sustain trees. Trees brought the practical benefits of shade, fruit, wind protection, lumber and fuel as well as aesthetic virtues.

Majestic White Oak in Central Park.

In 1890, the Boulder Land and Improvement Company planted over 200 silver maple and cottonwood trees on what is now Mapleton Hill to make the area more attractive. A newspaper editorial from the time read, "Trees will take away the barren look, and give an air of thrift and comfort."

Some of Boulder's earliest trees also were planted at Chautauqua, around Old Main, CU's first building, near schools and in cemeteries as well as around private homes.

Most of us feel a connection to trees. Perhaps they're even a part of why we live here. To enhance your love of trees – here are a few notable trees to check out on your next walk or bike ride.

Chautauqua Park. The park, established in 1898, is known for its variety of oaks due to the acidic soils there – there are seven oak species at the park, three of which are on the champion tree list (white, chestnut, pin). Many of these large Chautauqua trees were planted around 1903 and are visible within the park lawn area north of the cottages and dining hall.

Mapleton Hill. The tree-lined boulevard between 4th and 9th originally was planted in the 1890s and was designated an historic district in 1982 (due in part to the defining character of these original silver maples). Parks and Recreation's Forestry staff have added bigtooth and sugar maples as eventual replacement trees. Of special note is the state champion red maple at BVSD's Mapleton Elementary School. Visit this neighborhood in fall to see the magnificent shades of red, orange and yellow.

Central Park. One of the area's largest White Oaks is located just east of the RTD bus stop on Broadway near Canyon. It was likely planted in the in early 1920s and has survived many storms and even a fire.

University of Colorado Campus. One great cottonwood stands near the campus' first building, Old Main. Old Main was completed in April 1876, a few months before Colorado became a state. When the University of Colorado opened in 1877, the entire university was housed there, including classrooms for the 44 original students and the living quarters for the president, his family, and the custodian and his wife. The cottonwood nearby is reported to be the oldest tree on campus, having been purchased and planted as a group of seedlings in 1876.

All of our trees are noble and notable for their aesthetic, cooling and oxygenating presence in our community. You can learn more about caring for trees and recommended species to plant at: BoulderForestry.org.

Boulder Artists Build Community Around Library Gardens

Stroll out of the Boulder Public Library's Canyon Gallery at 1001 Arapahoe Avenue and walk into a world of wonder. Since 2005, the Eccentric Artist Gardens has bordered the walkway to the gallery. Take a few steps and within moments, you forget that you are next to one of Boulder's busiest roads and are transported to a peaceful place full of creativity and expression. You are in the Eccentric Artist Gardens.

These two flower beds sitting in front of the library, however, weren't always so welcoming. Following a 2002 drought accompanied by a cut in funding for the annual flower program, the beds were empty and covered with mulch for several years. That changed when an upcoming Garden Art Tour was scheduled in conjunction with an artist exhibit at the Canyon Gallery. An idea blossomed for Boulder artists, Elizabeth Black, Cha Cha Hertz and Rebecca DiDomenico, to adopt the flower beds and create awareness for the 2006 Garden Tour. The Eccentric Artist Gardens bloomed.

The Eccentric Artist Gardens members are a close-knit group of 15 active volunteers from the artist community lead and organized by Elizabeth and Cha Cha. Through generous donations of services, plants and materials from area businesses, the city and several Garden Art Tour properties, the Eccentric Artist Gardens were put together by volunteers from the artist community. For the past 11 years since then, the group has cared for and maintained the gardens.

Using flowers and plants as her canvas, Rebecca DiDomenico designed each garden to be both drought tolerant and a haven for pollinators by using butterfly and hummingbird attracting plants, succulents and xeric plant materials.

"Grouping plants in this way creates shape and form and adds vibrant color that enhances the beauty of the area," explains Rebecca DiDomenico.

The South Garden contains several rose bushes surrounded by a colorful array of yarrows, hollyhocks and allium flowers with a border of several varieties of sedum. The North Garden is filled with the delights of shasta daisies, different varieties of salvia, echinacea and sedum among other plant species. Interspersed among the plants are elements that catch the eye. You'll find a balancing rock sculpture and topiary tree in the North Garden. In the South Garden, take note of the Jupiter's beard and a sturdy Rose tree. Additionally, there is a permanent sculpture base installed to exhibit a revolving cast of sculptures created by local artists.

"It is so much fun working with a group that make art in Boulder," said Elizabeth Black. "While working in the gardens, we get a lot of thanks from the public and even the homeless will volunteer to join us."

Additionally, a secret garden was created by placing ornamental bugs, spiders and snakes that members found at yard sales into the garden. Treasures only children would be able to see from their point of view. The engraved bricks that line the gardens' path honor those who made this dream a reality.

"As artists, we generally work in solitude and it is empowering and fun to be able to come together as a group to give back and create beauty that is an inspiration to others," said Cha Cha Hertz."

The Eccentric Artists Gardens will be going through another transformation this fall with the beginning of Phase I construction of the new civic area. Looking to the future, the city anticipates creating new opportunities for community collaborations such as this to continue in the downtown corridor and throughout the entire city.

The Eccentric Artist Group has been a huge asset to our community and the city is very fortunate for their creative endeavors at the gardens. This wonderful and talented group of artists, volunteers, and passionate community members who have contributed to making Boulder such a special place to live deserve much thanks.

For more information about adoption programs and community engagement opportunities, please visit bprvolunteer.org.

The Benefits of an Inclusive Community

The City of Boulder believes everyone should have access to physical activity, recreation and opportunities for social interaction. Boulder Parks and Recreation, through the Exciting Programs Adventures and New Dimensions (EXPAND) program, works to create access by providing both specialized and inclusive opportunities for people with disabilities. These services provide participants the opportunity to build meaningful relationships with others and achieve a sense of belonging within their community.

One example is EXPAND's unified sports programs and leagues for both children and adults. In this program, people with and without disabilities play together on a team, competing in sports such as soccer, basketball and softball. This experience helps participants see each other simply as people instead of seeing people with differences. When we focus on our similarities, we often see how much we have to learn from and give to each other. The ideal is for these experiences to spill over to community interaction, like when you see a teammate at the grocery store or out on a hiking trail. Ultimately, embracing diversity helps us grow socially and emotionally both as individuals and as a community.

Belonging to a community requires more than simply living there. To truly feel like a member means feeling involved, connected and accepted. Because of this, individuals with disabilities can find themselves feeling alienated and disconnected. Being seen as different or challenging to be around, people with a disability frequently face barriers to participating in everyday activities as well as community, social events and programs.

For example, an individual who uses a wheelchair may be less likely to get invited to a friend's house because there are steps to the entrance. A person with a developmental disability may want to see the newest Captain America movie in the theater, but coworkers or acquaintances may not feel comfortable inviting him or her to join them. Simple obstacles such as these can make socializing and creating connections within the community difficult. Lack of opportunities, invitations or connections can inadvertently leave a person feeling isolated, lonely or unwanted. When this occurs, we all lose out. EXPAND exists to help bridge gaps and create connections. If you know someone with a disability who might appreciate a new opportunity to recreate, socialize, play a sport or more fully participate in the community – please encourage them to contact us. Likewise, we encourage you, or someone you might know, to contact us if you are interested in joining a league or inclusion program, volunteering to help with one of our programs or donating to EXPAND.

Helping others feel a part of a broader, caring community is not an obligation – it's an invitation to learn more about ourselves, to grow and have more fun and more friends – and to strengthen the fabric of our community.

We would love to have you be a part of our community, dedicated to increasing inclusion of people of all abilities. If you would like to be involved, please contact Lori Goldman, Recreation Supervisor of EXPAND at 303-413-7256 or GoldmanL@bouldercolorado.gov.

You Belong Here!

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

Your recreation center annual pass, 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!

Choose from over 100 different class times (schedules are available online to provide you with the latest information).

All drop-in classes are free with daily recreation center entry.
(use your pass or $7.50 fee).

BOULDER'S BEST FITNESS VALUE!

Drop-In Fitness Classes

Barre
HIIT - High Intensity Interval Training
Boulder Lift
Carve
Total Body Fitness
Fitness for Life
Hard Core
Bootcamp
RIP: Strong for Life
TRX®
Pure Step
Sports Conditioning
The Ride!
Barbell Circuit
SilverSneakers CardioFit®

Also enjoy Drop-in Basketball, Volleyball, Pickleball & Badminton

Aquatic Fitness Classes

Water Fitness Aqua Motion
Hydro Dynamics
Pre/Post-Natal Aquatic Fitness
Hy-Dro Drive Aquatic Sampler
Twinges N' Hinges
Aqua Fit

Drop-In Mind/Body Classes

Nia, Zumba®, Ayre & Soul Sweat™
Pilates Mat
Pilates/Yoga Combo
Restorative Yoga & Pranayama
Yin Yoga
Yoga
Yoga & Meditation
SilverSneakers Yoga®

Recreation Centers

Cardio & Weight Rooms (pg. 20-23)
Attain the strength, flexibility and cardio fitness you desire. Each center features the latest equipment for designing your ultimate workout.

Swimming (pg. 31-35)
Burn calories and enjoy the full-body benefits of aquatic fitness. Our centers feature a multi-lane, indoor lap pool and hot tub. North and east centers also feature leisure pools. Plus, in the summer, enjoy two outdoor pools and the Boulder Reservoir!

Passes (pg. 9)
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.

Fall Online Registration begins 8:30 a.m.
Tuesday, August 2 • BoulderParks-Rec.org

Dog Dayz

at Scott Carpenter Pool • 1505 30th St.

Monday, Sept. 19-Sunday, Oct. 2

BoulderDogDayz.org

Dogs of Any Size

Monday-Friday	12-2 p.m. & 5-7 p.m.
Sept. 24-25 & Oct. 1	11-2 p.m.

Small Dogs Only (under 50 lbs.)

Monday-Friday	11-12 p.m. & 4-5 p.m.
Sept. 24-5 & Oct. 1	10-11 a.m.

$5 per dog or an unlimited pass for $40 (up to two dogs) additional dogs $10 each.

Dog Expo & "Flying High" Contest
Sunday, Oct. 2 from 10-2:30 p.m.

"Flying high" dog competition from 12:30-2 p.m.

Join us for a day of fun in the sun with our canine friends (all dogs welcome). Various businesses and organizations will be on site with samples, prizes and information.

Seeking volunteers - Adult volunteers who are comfortable around dogs are needed to mingle and engage with our participants during the two week program. Contact Mary Malley at malleym@bouldercolorado.gov

blue
FEDERAL CREDIT UNION