



Boulder Parks & Recreation

spring 2016

**Camp
Guide
Inside**

Register Today

Dance • Gymnastics • Fitness
Sports • Swimming • Tennis
Mind/Body & More!

Registration begins March 1
BoulderParks-Rec.org

What's Happening

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Featured Park

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Spring 2016

Learn more about Boulder Parks & Recreation's (BPR) 2015 accomplishments and 2016 priorities in our latest progress report that is now available online at: BoulderParks-Rec.org

Arbor Day Celebration

BPR is launching its spring season with planting trees at Crestview Park in honor of the national Arbor Day Celebration. The City of Boulder Forestry Division will work with a group of Boulder Valley School District's (BVSD) 4th graders to educate about trees living in the urban forest, its challenges, and sustainable practices.



Emerald Ash Borer (EAB) Update

This invasive pest is projected to impact most of Boulder's 6,000 ash trees. A citywide team is currently working on a strategic response plan called the "Urban Forestry Master Plan" that aims to ensure a diverse and resilient urban canopy for years to come. Local efforts include a partnership with one of CU Boulder's Advertisement Campaign courses that will develop and suggest strategies to best market and communicate EAB messages to the community. BPR also entered into the national Knight Cities Challenge and was selected as a grant finalist among more than



4,000 applicants to explore tree debris repurposing opportunities.

To stay up to date about EAB happenings, visit: EABBoulder.org.

Annual Volunteer Appreciation Dinner

BPR celebrated its annual Volunteer Appreciation Dinner in honor of more than 11,000 volunteer hours including 8,000 hours of youth participation recorded in 2015. Want to get involved? Visit: bprvolunteer.org



Knollwood Tennis Courts to Reopen

BPR's Knollwood Tennis Courts located at 266 Spruce St. are scheduled to reopen this spring. The courts were closed due to severe 2013 flood damage. BPR is currently coordinating volunteer opportunities for plantings around the courts.

More Boulder tennis news: BPR's partner, Gonzo Tennis, was presented the United States Tennis Association's 2015 Clyde Rogers Award in January for its outstanding contribution to recreational tennis.

To learn more about BPR's tennis offerings, visit: bouldercolorado.gov/parks-rec/tennis



Boulder Community Roots Day

Volunteer, learn, and explore! Join us at our Boulder Community Roots Day on Saturday, May 21. Support the 14th annual Community Clean-Up Day in the morning and celebrate National Kids to Parks Day in the afternoon.

Community Clean-Up Day: 9 a.m. to 11 a.m. including multiple clean-up sites throughout Boulder. To register and see a full list of volunteer opportunities with BPR, visit bprvolunteer.org.

National Kids to Parks Day: 11 a.m. to 2 p.m. including science, history, nature and adventure in the Civic Area.



2016-2017 Park Renovations

BPR's planning team is preparing for several neighborhood park renovations across the city. Community feedback will be sought in 2016 with construction anticipated to begin this year. Selected park projects include Arapahoe Ridge Park (aka "Rock Park") in East Boulder, Tantra Park in South Boulder, and Christensen and Howard Heuston Parks located in northeast Boulder,

both important locations for the city's Greenway Improvement project that is planning to improve multi-use path connections across Boulder.

To learn more about Boulder's parks, visit: boulderparknews.org.



Parks and Recreation Advisory Board (PRAB) Update

BPR's advisory board has determined its 2016 priorities including contributing to Boulder's quality of life by providing vibrant, sustainable public spaces, developing community partnerships, evaluating commercial use opportunities, emphasizing community building efforts, developing the "Urban Forestry Master Plan" and anticipating and accommodating changes in population density.

For more details on these priorities and board member information visit: boulderparks-rec/advisory-board.

Join the Aquatics Team and Become a Lifeguard!

Learn how to lifeguard and be eligible for immediate employment opportunities at all city pools and swim beaches. Get your lifeguard certification over a weekend (participants must be at least 15 years old by last day of training; classes scheduled December through March, see pg. 30). Current training and employment opportunities include lifeguards, swim instructors, and deck supervisors.



For more information please email Jason Stolz, Aquatics Supervisor, at stolzj@bouldercolorado.gov

Meet a Neighbor

This year, BPR is exploring how our Boulder community members are interacting with, meeting, and experiencing our recreational facilities and parks throughout the city.

In this spring guide issue, meet Pat:

"I grew up always running. I ran a lot all throughout law school. Then my children, Quinn, Cole and Delaney, were born and I was spending a lot of time with them, so I just stopped working out. I realized that I was feeling lousy, so I got an annual pass at the rec center about twelve years ago. I lost a lot of weight, started to feel better and now I have to be here every day, at least once, to do my cardio. I need to do this to relieve stress in my life and to feel good. Once I'm done with my hour here at the South Boulder Recreation Center, I'm a new person."



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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



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.

- HAVE A FAMILY PICNIC** at one of Boulder's "secret spots:" Lovers Lane. Walk up 22nd St. until it crosses Bluff, then go up the steps and enjoy a quiet city spot with great views.
- BEFORE YOUR PICNIC, STOP AT THE BOULDER FARMERS' MARKET** to get some fresh local goodness! BFM 2016 season opens Saturday, April 2.
- HEAD OVER TO CHAUTAUQUA FOR A FAMILY DATE NIGHT.** Go for a hike, dinner at the dining hall, and a fun family show at the auditorium.
- VISIT VIELE LAKE IN SOUTH BOULDER** (see page 6) and explore the new amenities at Harlow Platts Community Park.
- GET CREATIVE AND LET YOUR INNER ARTIST COME OUT.** Visit any of our scenic parks or one of Boulder's paint or pottery studios and let your favorite form of expression take shape – from doodling to choreography or painting to poetry.
- DID YOU KNOW THAT APPROXIMATELY 15,000 TULIPS ARE IN BLOOM ON PEARL STREET DURING SPRING?** Go check it out.
- GRAB A BLOCK OF ICE, PACK A TOWEL AND HEAD OVER TO TANTRA PARK IN SOUTH BOULDER FOR SOME GOOD OLD-FASHIONED FAMILY ICE BLOCKING.** Not sure what it is? YouTube® or Google® ice blocking.

SEND US YOUR ART!

Send us your art, photography or poetry inspired by the people, sights and scenes found in Boulder's parks, recreation facilities, or sports fields. We encourage all ages to participate.

How to submit:

Send your digital artwork, images or poetic writing compositions to: parks-rec@bouldercolorado.gov

Please include your name, contact information and a brief description of your work (or inspiration).

Submission rules can be found online at Boulderparks-rec.org.



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
E East Boulder Community Center & Park, 5660 Sioux Dr.
S South Boulder Rec Center & Harlow Platts Community Park, 1360 Gillaspie

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-8pm
 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.



TOP 5 THINGS TO DO AT HARLOW PLATTS COMMUNITY PARK

1360 Gillaspie Drive • Boulder, 80305

1. TRY OUT DISC GOLF.

All you need is a disc and some time. Enjoy the views, trek the terrain and have a few laughs trying to hit the elusive baskets on this fun, 9-hole course. Tip: avoid windy days.

2. WALK THE ¾ MILE PATH AROUND VIELE LAKE WITH A LOVED ONE. Serene, majestic and shady in the summer, you'll quickly lose track of how many times you've been around.

3. SPRING SNOW?

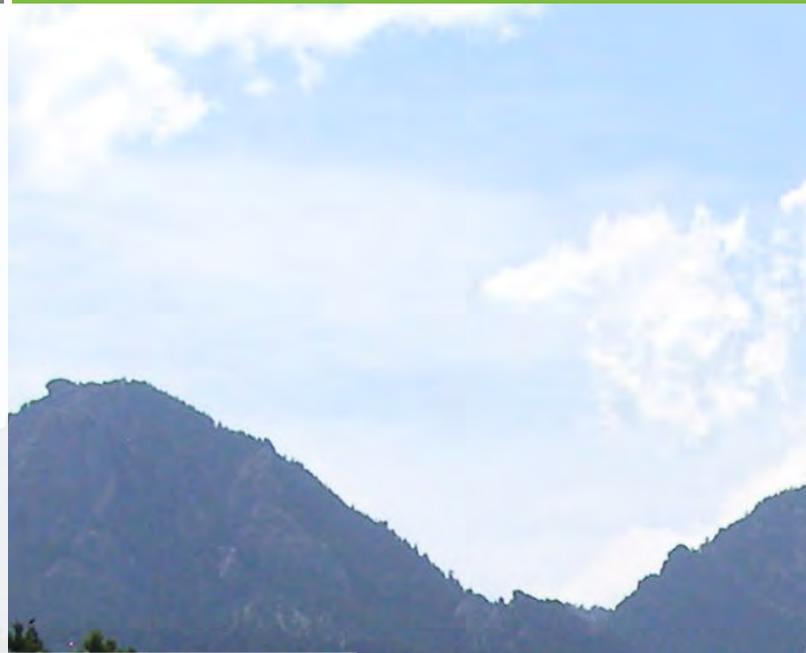
Grab your sled and head for the hill off Knox Drive (near Southern Hills Middle School) for the public sledding area.

4. GET YOUR GAME ON.

Soccer, football, volleyball, tennis, lacrosse, basketball, street hockey or a friendly game of catch – you can do it all here!

5. LAUNCH YOUR KAYAK

OR CANOE and take a mini voyage on Viele Lake (life vests recommended; sorry no motorized watercraft). Then lay out a picnic spread or use one of the charcoal grills for a perfect afternoon.



DID YOU KNOW?

Harlow Platts Community Park is a 50-acre oasis located about a mile south of Table Mesa Dr. Besides boasting some of the most spectacular views of the Flatirons, this park with its many sports amenities, small lake and nearby South Boulder Recreation Center, offers endless possibilities for relaxation, fitness and fun.

Developed in phases between 1963 and 1968, the park honors Harlow C. Platts*, one of Boulder's early businessmen, for his 30-plus years of service on the city's Planning and Parks Commission and Zoning Board.

Viele Lake, dug as a source for irrigation water, was formerly called Ballinger Hollow Reservoir. The lake was later renamed for the pioneering family whose farmland once covered the park and much of the surrounding area.

Many of the park's first trees were donated and planted by members of the Harlow Platts Park Improvement Assoc., a group of more than 200 Table Mesa area residents keen on supplementing city funds to accelerate the park's development.

In the 1960's, Platts was the city's largest park. Over the years, the Jaycees, Rotary and Kiwanis civic organizations each supported the park through projects and donations, such as the 1980 teaming up with Perrier mineral water to add a 15-station exercise parcourse. Later that decade, the park hosted several years of the Jose Cuervo® Beach Volleyball Tournaments.

In 2015, Boulder Parks and Recreation updated the park removing the lakeside warming hut and adding two, new multi-use shelters and a restroom.

Park amenities include:

- Playground (shade covered as of 2016)
- Multi-sport field
- Basketball, tennis and sand volleyball courts
- 9-hole disc golf course
- Exercise station parcourse (equipment replaced in 2014)
- Picnic tables, charcoal grills and two new shelters
- Public restrooms – (year round with closures during cold weather)
- Fishing and non-motorized boating
- Leashed dogs permitted
- South Boulder Recreation Center
- Bike racks, parking lot, RTD bus and bike access routes

The path around Viele Lake is about 0.7 miles.

* Please see Then & Now, pg. 44 for more information on Harlow Platts.

2016 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	11 PAYMENTS
	Res/Non	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!

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

★ Look for the star for classes offered during childcare hours.

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



Our classes nurture your child's interest in dance, while increasing coordination, concentration levels, cooperation, flexibility and the ability to follow instructions.

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.

Ballet Barre

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

236335	4/19-5/24	Tu, 9-10am	North	6	\$54/\$68	Sylvia
236337	4/21-5/26	Th, 9-10am	East	6	\$54/\$68	Sylvia

Ballet Barre Plus

(Ages 13+) Barre, center and combinations.

236339	4/19-5/24	Tu, 10-11:30am	North	6	\$63/\$79	Sylvia
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Ballet Level 1

(Ages 13+) Very beginning ballet technique.

236340	4/18-5/23	M, 7:30-9pm	North	6	\$63/\$79	Elizabeth R.
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Ballet Level 1/2

(Ages 13+) Elementary level technique.

236341	4/19-5/24	Tu, 7:30-9pm	North	6	\$63/\$79	Elizabeth R.
236349	4/21-5/26	Th, 7:30-9pm	South	6	\$63/\$79	Elizabeth R.

Ballet Level 2

(Ages 13+) Intermediate level ballet technique.

236342	4/19-5/24	Tu, 6-7:30pm	North	6	\$63/\$79	Elizabeth R.
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Ballet Level 2/3

(Ages 14+) Strong intermediate level ballet technique.

236351	4/18-5/23	M, 6:30-7:45pm	East	6	\$63/\$79	Vanessa
236350	4/23-5/28	Sa, 1:30-3pm	East	6	\$63/\$79	Elizabeth R.

Ballet Level 3

(Ages 14+) Strong upper-intermediate level ballet technique.

236343	4/21-5/26	Th, 6-7:30pm	South	6	\$63/\$79	Elizabeth R.
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Pointe 1

(Ages 13+) Beginning Pointe.

236347	4/18-5/23	M, 6:30-7:30pm	North	6	\$54/\$68	Elizabeth R.
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Pointe 2/3

(Ages 13+) Intermediate Pointe.

236344	4/23-5/28	Sa, 3:15-4pm	East	6	\$54/\$68	Elizabeth R.
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Beginning Modern Dance

(Ages 13+) Basic movement concepts of Modern Dance.

236447	4/22-5/27	F, 10-11:30am	North	6	\$63/\$79	Cindy B.
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Intermediate/Advanced Modern Dance

(Ages 13+) Some experience in dance required.

236449	4/21-5/26	Th, 10-11:30am	North	6	\$63/\$79	Cindy B.
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Jazz Level 1

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

236439	4/18-5/23	M, 8-9pm	Iris	6	\$54/\$68	Mary
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DANCE

Jazz Level 1 Plus Fitness

(Ages 13+)

236438 4/21-5/26 Th, 6:30-7:30pm Iris 6 \$54/\$68 Julie

Very Adult Jazz

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

236436 4/22-5/27 F, 2:30-3:45pm East 6 \$63/\$79 Judy

Tap Level 1

(Ages 13+) Tap shoes required.

236455 4/20-5/25 W, 6-7pm North 6 \$54/\$68 Mary

Tap Level 3/4

(Ages 13+) A minimum of two to three years of experience required.

236457 4/18-5/23 M, 7-8pm Iris 6 \$54/\$68 Mary

Hip Hop Level 1

(Ages 13+) A vigorous and exhilarating class.

236372 4/20-5/25 W, 7-8pm East 6 \$54/\$68 Aundrea

Ballroom Basics and Swing Level 1

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

236368 4/23-5/28 Sa, 3:15-4:15pm Iris 6 \$54/\$68 Judy

Ballroom Basics and Swing Level 2

(Ages 13+) A continuation of Ballroom Basics 1.

236370 4/23-5/28 Sa, 4:30-5:30pm Iris 6 \$54/\$68 Judy

Salsa Level 1

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

236465 4/20-5/25 W, 7-8pm North 6 \$54/\$68 Judy

Salsa Level 2

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

236467 4/20-5/25 W, 8-9pm North 6 \$54/\$68 Judy

Samba Level 1

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

236472 4/21-5/26 Th, 7:15-8:15pm East 6 \$54/\$68 Georgia

Beginning Flamenco

Basic Flamenco technique and short choreographies for beginning students.

236475 4/19-5/24 Tu, 6:30-7:30pm Iris 6 \$54/\$68 Salli

Intermediate/Advanced Flamenco

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

236477 4/19-5/24 Tu, 7:30-8:30pm Iris 6 \$54/\$68 Salli

Belly Dance Level 1

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

236471 4/21-5/26 Th, 6-7:15pm East 6 \$63/\$79 Georgia

Bollywood Bhangra Dance

Simple, energetic, dance choreography set to the upbeat rhythms of Bhangra and Bollywood music.

236479 4/19-5/24 Tu, 6:30-7:30pm East 6 \$54/\$68 Smita

Hula Dance Level 1

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

236432 4/20-5/25 W, 5:30-6:30pm Iris 6 \$54/\$68 La'ela'e

Hula Dance Level 2

(Ages 13+) A continuation of Level 1

236433 4/20-5/25 W, 6:30-7:30pm Iris 6 \$54/\$68 La'ela'e

Irish Step Dance

(Ages 13+) Ghillies, jazz shoes or ballet slippers recommended, not required.

236435 4/20-5/25 W, 7:30-8:45pm Iris 6 \$63/\$79 Elizabeth V.



Spring Dance Concert

Saturday, April 16 • 1 p.m. & 7 p.m.
Sunday, April 17 • 1 p.m.

Niwot High School
 8989 E. Niwot Road • 80503

Tickets sold at the door:
 General Admission: \$15



Featuring Kinesis Dance Company.

For more information call 720-515-6268.

Creative Movement

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

236364	4/18-5/23	M, 10:30-11:15am	North	6	\$48/\$60	Cindy
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Pre-Ballet

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

236356	4/18-5/23	M, 9:45-10:30am	North	6	\$48/\$60	Cindy
236359	4/19-5/24	Tu, 10:30-11:15am	East	6	\$48/\$60	Vanessa
236358	4/23-5/28	Sa, 9:45-10:30am	East	6	\$48/\$60	Vanessa

Pre-Tap & Ballet

(Ages 4-5) An introduction to tap and ballet dance.

236459	4/19-5/24	Tu, 11:30am-12:15pm	North	6	\$48/\$60	Sylvia
236460	4/21-5/26	Th, 10-10:45am	East	6	\$48/\$60	Sylvia

► SPRING BREAK CAMP

Musical Theater & Dance Spring Break Camp

(Ages 5-11) Campers will explore the process of creating a scene in musical theater through singing, dancing and acting. Campers will also take classes in Jazz and Hip Hop dance. What a fun way for children to explore something new over Spring break.

238182	3/21-3/25	M-F, 9am-1pm	*Kinesis	\$175/\$220
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*Kinesis Dance Studio, 5603 Arapahoe Ave. Unit 6, Boulder, 80303

► PRESCHOOL DANCE

Bilingual Parent-Tot

(Ages 18mos-4yrs) A class of singing and dancing in Spanish and English for parents and children.

Una clase de canto y baile en Español e Ingles para padres e hijos.

236453	4/22-5/27	F, 9-9:45am	North	6	\$54/\$68	Judy
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Little Feats Ballet

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

236352	4/18-5/23	M, 9-9:45am	North	6	\$48/\$60	Cindy
236355	4/19-5/24	Tu, 9-9:45am	East	6	\$48/\$60	Vanessa
236353	4/20-5/25	W, 9:30-10:15am	South	6	\$48/\$60	Kirsten
236354	4/23-5/28	Sa, 9-9:45am	East	6	\$48/\$60	Vanessa

World Rhythms for Children

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

236360	4/21-5/26	Th, 4-4:45pm	South	6	\$48/\$60	Judy
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Pre-Hip Hop

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

236377	4/19-5/24	Tu, 9:45-10:30am	East	6	\$48/\$60	Vanessa
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Dance gives children the self-confidence and freedom to simply be themselves.

DANCE

▶ YOUTH DANCE

Kinder Ballet & Tap Combo

(Ages 5-6) The basic elements of ballet and tap. Tap shoes required.

236367 4/21-5/26 Th, 4-4:45pm Kinesis 6 \$48/\$60 Vanessa

Kinder Ballet

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

236365 4/18-5/23 M, 3:45-4:30pm East 6 \$48/\$60 Vanessa

236366 4/23-5/28 Sa, 10:30-11:15am East 6 \$48/\$60 Vanessa

Youth Ballet 1

Students will study the performance art of ballet.

(Ages 6-8)

236361 4/18-5/23 M, 4:30-5:30pm East 6 \$48/\$60 Vanessa

(Ages 8-12)

236363 4/23-5/28 Sa, 12-1pm East 6 \$48/\$60 Elizabeth

Youth Ballet Level 2/3

(Ages 9-13) Intermediate level study.

236362 4/21-5/26 Th, 4:45-5:45pm East 6 \$48/\$60 Georgia

Jazz 1

Special emphasis on music and rhythm.

(Ages 6-8)

236442 4/21-5/26 Th, 4-4:45pm Iris 6 \$48/\$60 Julie

(Ages 9-12)

236443 4/20-5/25 W, 4-5pm North 6 \$48/\$60 Judy

Jazz 2/3

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

236444 4/18-5/23 M, 5:30-6:30pm East 6 \$48/\$60 Vanessa

Jazz & Tap Combo 1/2

(Ages 6-8) Tap shoes and jazz shoes or ballet slippers required.

236462 4/21-5/26 Th, 4-5pm North 6 \$48/\$60 Mary

Jazz & Tap Combo 2/3

(Ages 9-12) Jazz and tap shoes required.

236463 4/20-5/25 W, 5-6pm North 6 \$48/\$60 Mary

Tap 1

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

236461 4/21-5/26 Th, 4:45-5:30pm Iris 6 \$48/\$60 Julie

Teen Tap

(Ages 11-15) This is a mixed level class for beginners through intermediate levels, tap shoes required.

236464 4/21-5/26 Th, 5-6pm North 6 \$48/\$60 Mary

Kinder Hip Hop

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

236374 4/20-5/25 W, 4-4:45pm East 6 \$48/\$60 Aundrea

Hip Hop

(Ages 6-8)

236375 4/20-5/25 W, 4:45-5:45pm East 6 \$48/\$60 Aundrea

(Ages 7-10)

236378 4/21-5/26 Th, 5:30-6:15pm Iris 6 \$48/\$60 Julie

(Ages 9-12)

236376 4/20-5/25 W, 5:45-6:45pm East 6 \$48/\$60 Aundrea

Broadway Musical Mashup

(Ages 6-12) We will learn assorted songs, scenes, and dances from some of our favorite Broadway and Disney musicals, and put them together into a showcase like you've never seen before!

236445 4/19-5/24 Tu, 4-5:30pm North 6 \$54/\$68 Theatre@ Altitude

Triple Threat Teen Showcase

Together we will work on scenes, songs, and choreography from a Broadway musical, while developing the techniques that make a true 'triple threat'. We will present our finished pieces on the last day of class.

236446 4/21-5/26 Th, 6-7:30pm North 6 \$54/\$68 Theatre@ Altitude

Youth Salsa Level 1

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

236469 4/21-5/26 Th, 4:45-5:30pm South 6 \$48/\$60 Judy

Youth Flamenco

(Ages 9-12) Basic Flamenco technique and short choreographies for beginners.

236470 4/19-5/24 Tu, 5:30-6:30pm Iris 6 \$48/\$60 Salli

Children's Hula

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

236434 4/20-5/25 W, 4:30-5:30pm Iris 6 \$48/\$60 La'ela'e

▶ KINESIS DANCE COMPANY

Admission to Kinesis Dance Company is by audition only. Auditions will be held on Saturday, May 14. For more information contact your instructor or visit www.KinesisDance.com for details or call 720-515-6268.



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.

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.

1 on 1

Participants who need physical assistance and/or additional support due to behavioral needs should register for classes using the "1 on 1" class code. If no "1 on 1" code is available and you need assistance, call the contact person listed to get approval or guidance.

Inclusion!

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.

Camp Amico

(Ages 10-17) Come experience fun and friendship at EXPAND's new summer camp. We will partner youth with and without disabilities to create an inclusive and cooperative environment. We will utilize swimming, games, crafts and field trips to work on social skills, get some exercise and celebrate our differences. Scholarships are available. **Campers must be registered by May 4th.** Contact Sherri Brown, 303-704-9823.

236660	6/13-6/17	M-F, 9:30am-4:30pm	Iris	1 week	\$225/\$275
237883	6/20-6/24	M-F, 9:30am-4:30pm	Iris	1 week	\$225/\$275
237884	6/27-7/1	M-F, 9:30am-4:30pm	Iris	1 week	\$225/\$275
237885	7/11-7/15	M-F, 9:30am-4:30pm	Iris	1 week	\$225/\$275
237886	7/18-7/22	M-F, 9:30am-4:30pm	Iris	1 week	\$225/\$275
237887	7/25-7/29	M-F, 9:30am-4:30pm	Iris	1 week	\$225/\$275

Register for the above 6 sessions of camp with one code: (no camp week of July 4)

237888	6/13-7/29	M-F, 9:30am-4:30pm	Iris	6 weeks	\$1350/\$1620
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Outdoor Adventure Camp

(Ages 6-11) (Children with Mental Health Diagnosis/Behavioral Issues/Emotional Difficulties) Through a variety of fun and challenging outdoor adventures and recreational field trips, kids improve problem solving skills and develop greater self-awareness. Contact Chelsea Cerny, 303-441-3416. Campers must be pre-approved by Chelsea before registering. No camp July 4.

236586	6/13-7/28	M-Th, 9am-2pm	Athletics	7 weeks	\$500/\$625
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EXPAND

► COMMUNITY INVOLVEMENT CLASSES

Benefits to participants may include improving social skills, enhancing self-esteem, improving fine and gross motor skills, improving overall health and well being, physical ability, enhancing communication skills, and promoting community independence. Activities will address each individual's need as identified in their service plan.

Water Aerobics

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

236380	4/4-5/9	M, 5:15-6:15pm	East	6	\$36/\$45
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Unified Youth Soccer

(Age 10-16) Join us as we practice for the Special Olympics Soccer tournament. Each team will consist of athletes with and without disabilities. Fee includes tournament cost. Contact Chelsea Cerny 303-441-3416

236541	4/5-5/10	Tu, 4-5pm	South	6	\$45/\$54
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Table Tennis and Board Games

We will learn to play table tennis and fun board games. Contact Jen Heilveil, 303-413-7474.

236379	4/5-4/19	Tu, 2-3pm	East Senior	3	\$15/\$18
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Walking & Rock'in

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

236662	4/5-5/10	Tu, 3-4pm	East	6	\$30/\$36
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Soccer

(Ages 17+) Soccer time! We will be practicing and preparing for the Special Olympic tournament. Contact Sherri Brown, 303-441-4933

236664	4/5-5/10	Tu, 4-5pm	East	6	\$40/\$48
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Unified Spring Basketball League

(Age 16+) NEW! Spring Unified Basketball Pick-up League. Individuals must have played in the middle or upper leagues in the winter. Contact Sherri, 303-441-4933.

236663	4/5-5/10	Tu, 5-7pm	East	6	\$30/\$36
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Unified Softball League

(Ages 16+) Unified Softball League starts June 7. Sherri will setup teams in May and each team will play weekly games between 5-8pm. New players please contact Sherri Brown, 303-441-4933 or brownsh@boulder.colorado.gov

236390	6/7-8/9	Tu, 5-9pm	Mapleton	11	\$40
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Move and Groove

(Ages 16+) Move n' Groove aerobics is a joyful and energetic blend of modern fitness routines. We will work on flexibility, stress reduction and core strengthening. Contact Jen Heilveil, 303-413-7474

236395	4/13-5/18	W, 3:30-4:30pm	East	6	\$36/\$45
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Weight Lifting

(Ages 16+) Pump up! Learn to use the fitness machines and fitness equipment to increase muscle tone and strength. Great way to improve your overall fitness level. Contact Sherri Brown, 303-441-4933.

236384	4/7-5/19	Th, 2:30-3pm	East	7	\$20/\$25
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Spinning

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

236399	4/7-5/19	Th, 3-4pm	East	7	\$35/\$37
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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.

236556	4/14-5/19	Th, 4-5pm	East Senior	6	\$42/\$52
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Outdoor Climbing with NSCD

(Ages 8+) Join us for a Saturday of rock climbing in Clear Creek. We will be 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

236732	5/14	Sa, 9am-1pm	East	1	\$35/\$42
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Track -N-Field

(Ages 8+) Let's start running! We will be preparing for S.O. meet in May. Contact Sherri Brown, 303-441-4933.

236392	4/16-5/14	Sa, 10-11:30am	South	5	\$40/\$48
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Special Olympics Swim Training

(Ages 8+) Swim Team! For lap swimmers who want to complete in Special Olympics this Spring. Contact Jen Heilveil, 303-413-7474.

236386	4/17-5/22	Su, 3-4pm	East	6	\$48/\$60
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Youth Swim Lessons with Water Safety

(Ages 4-12) Encourage swimmers to explore the water through games, songs, and instruction. Modifications will be explored to meet the individuals needs of each swimmer. Contact Jen Heilveil, 303-413-7474.

236388	4/17-5/22	Su, 4-4:30pm	East	6	\$60/\$75
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Strider Bike

(Ages 8-16) Learn to ride or have fun learning new skills on a bike or racing with friends. Contact Sherri Brown, 303-441-4933.

237889	4/8,4/22, 5/6, 5/20	F, 5-5:30	East	4	\$8/\$10
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NEW!

► TEEN ON THE TOWN

(Ages 10-17) No school - Come explore 'Teen On The Town' events. We will use both of these days to do a variety of activities at the recreation center and in the community. Contact Chelsea Cerny - 303-441-3416.

Friday Fun Day

236743	4/15	F, 9am-4pm	North	1	\$70/\$87
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Monday Fun Day

236744	4/18	M, 9am-4pm	North	1	\$70/\$87
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► FRIDAY NIGHT FUN - YOUTH

(Ages 8-16) Come be a part of the excitement! The group will swim once a month and alternate between other fun games and crafts for the other Friday. Bring your sack dinner and let the fun begin. Contact Chelsea Cerny, 303-441-3416 or 303-551-5329.

Swimming Fun (Bring your towel and suit!)

236542	4/8	F, 5:30-8pm	East Senior	1	\$14/\$17
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Science Night

Our friends from PISEC will be back to help us out with some hands on science.

236543	4/22	F, 5:30-8pm	East Senior	1	\$14/\$17
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Swimming Fun

(Bring your towel and suit!)

236544	5/6	F, 5:30-8pm	East Senior	1	\$14/\$17
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Bowling

236545	5/20	F, 5:30-8pm	East Senior	1	\$27/\$32
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ALL FRIDAY NIGHT FUN CLASSES (ABOVE)

Sign up for every Friday with one code and fee.

236555	\$67/\$80
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► 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.

Longmont Theatre Company (Group Only)

NY Daily News states, "Sylvia is one of the most involving beautiful, funny, touching, profound plays I have ever seen."

236691	4/3	Su, 1-4:30pm	East	1	\$30/\$37
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Vance Brand Municipal Airport Tour

Witness a fleet of several aircraft and colorful sky divers while taking in the beautiful Mountains of North Colorado. We will visit the mechanic shop and hanger. Bring a sack lunch. Contact, Jen Heilveil at 303-413-7474.

236692	4/30	Sa, 12-3pm	East	1	\$15/\$19
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Bingo & Subs

A Great way to socialize with your friends.

236693	5/12	Th, 5-6:30pm	East Senior	1	\$15/\$19
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Strider Bike

(Ages 16+) Come ride the Strider bikes prior to the EXPAND dance. Bring a sack dinner to enjoy with peers before the dance from 5:30-6pm. Contact Sherri Brown, 303-441-4933.

237889	4/15	F, 4:30-6pm	East	1	\$7/\$9
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► FRIDAY NIGHT DANCE

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

Grease Lightening Dance

236690	4/15	F, 6-8pm	East Senior	1	\$8/\$10
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► ACTIVITIES FOR INDIVIDUALS WITH PHYSICAL DISABILITIES

Quad Rugby

(Ages 16+) Join one of the best teams in the U.S. This wheelchair sport is becoming very popular! *Contact, Jen, 303-413-7474 for specific dates.



Drop-in	3/1-5/24*	Tu, 10:30am-1:30pm	East	12	Free
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Journeys through EXPAND

Provides fitness, adventure and leisure opportunities for adults who have suffered a Mild Traumatic Brain Injury (MTBI) and other similar neurological conditions. These services promote personal challenge, increase self-esteem and growth in a supportive and safe environment. To make a donation or for information, call Cory Lasher at 303-413-7269.



EXPAND Duck Race

Monday, May 30 • 4 p.m.

@ the 9th St. bridge

**Sponsor a duck for \$5
or a Quack Pack (5) for \$20**

for your chance to win a prize and support recreation for individuals with disabilities.

Sponsor a duck at any City of Boulder Recreation Center beginning April 4th or at the Boulder Creek Festival May 28-30. (Need not be present to win).

The EXPAND Duck Race® is a benefit for the City of Boulder Parks & Recreation Dept.'s EXPAND Program. EXPAND has been providing recreational opportunities for children, youth and adults with disabilities since 1981.

Visit EXPANDduckrace.org for more information.





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

▶ FLATIRONS GOLF AMENITIES & COURSE FEES

- 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!

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

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)	Peak season (May 12 - Sept. 21)
\$45 per player (M-Th)	\$48 per player (M-Th)
\$48 per player (F-Su)	\$53 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

Off-Season Discount Fees

(October through March 13, 2016)

Weekday & Weekend Player Fees

	Regular	Junior	Senior
18 Holes	\$29	\$18	\$25
9 Holes	\$19	\$11	\$16

Shoulder Season Fees

(March 14-May 8 & August 22-October 16)

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

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

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. 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). Visit us online for detailed fees, www.flatironsgolf.com.

Adult	Junior	Senior
\$585	\$250	\$475

For **current specials** and the most up to date information on Flatirons golf course, please visit our website at:
FlatironsGolf.com

▶ PRIVATE INSTRUCTION

Individual Private Instruction

The most effective way for the beginner, intermediate or advanced player to make improvements, build practice skills and develop a rapport with a PGA affiliated golf instructor.

The lesson area, located in its own area to enhance privacy and prevent distractions, includes a sand bunker and practice green.

Private Instruction is offered seven days a week and scheduling is very flexible, call the Pro Shop at 303-442-7851 for booking.

Adults (age 17+)

\$40 for 30 minutes

\$59 for 45 minutes

Take three individual lessons and receive your fourth lesson for half price! \$140

Juniors (up to age 16)

\$15 for 15 minutes

Multi-Person Private Instruction

Designed for those who wish to share the experience of learning the game of golf. It is essential that participants are of a similar skill set when taking these lessons, i.e. beginner is grouped with other beginners. Instruction available upon request, call the golf shop to schedule a time, 303-442-7851.

▶ LESSONS

The Lesson Programs

Carefully designed to be an efficient and effective way to improve golf skills and enjoyment of the game.

The Teaching Staff

Tim Stevens - PGA Member, Head Professional

Dan Knecht - PGA Member, 1st Assistant Golf Professional

Jill McFadden - LPGA Member, 2nd Assistant Golf Professional

Vance Pollack - PGA Member Golf Professional

Chris Melendez - PGA Apprentice Golf Professional

PGA - Get Golf Ready

If you have ever thought about taking up the game, either again or for the first time, you can make golf your sport for a lifetime through this PGA Play Golf America program. This program teaches you in six short lessons what you'll need to know to step onto a golf course and play with confidence. The Get Golf Ready program is available to groups of 3-7 people.

\$99 • 5 one hour lessons

For graduates of Get Golf Ready, ask about Get Golf Ready 2

To schedule a group for the Get Golf Ready Program call the Pro Shop at 303-442-7851 or sign up online at flatirongolf.com.

Fun Fact:

Today, more than 50,000 rounds are played per year at Flatirons Golf Course. More than 1,000,000 rounds have been played since 1986 when the City of Boulder Parks and Recreation Department took over operations.

▶ JUNIOR GOLF PROGRAMS

NEW!

Try our newly designed Junior Program!

Chip Shots Program

(Age 4-7) Flatirons is pleased to offer the Chips Shots Program for Juniors. This program is designed to help parents learn a few things and help them teach their Juniors the game we love.

\$69 per session

Par 3 Junior Program

(Age 8-12) Our PAR 3 Junior Program is for junior golfers with little to no experience. This program is designed to teach kids the basics of the grip and swing and provide the instruction and confidence to "Learn to play" the game of golf. It is designed for juniors new to the game who are not yet prepared for the golf course. We help teach the kids how to practice and in three days give them a basic idea of what golf has to offer. Concepts include, learning the grip, the swing and basics of how to play golf to help them move from the range to the golf course. We also introduce the format for the Drive, Chip and Putt competition.

\$69 per session

Par 4 Junior Program

(Age 10-14) Our PAR 4 Junior Program is for junior golfers who are interested in furthering their skills in the game with a focus on playing the golf course. This "Play to Learn" approach ends with a round of 9 holes at Flatirons Golf Course with other juniors. Concepts in the Par 4 program are more consistent with becoming a golfer and learning to be a part of the golf community. Concepts included are, etiquette, scoring, proper care of the golf course and course management. The Par 4 program is designed for all juniors to further their commitment to success in golf. The program can be taken numerous times to achieve enjoyment and understanding of the game.

\$69 per session

Par 5 Junior Program

(Age 10-16) A feeder program for high school golf which involves friendly competition and a structured program for juniors to play and learn throughout June and July.

- **7 Weeks of League Play** - 18 hole stroke play events will be on Monday mornings in June and July. Tee times will start at 11 a.m. and continue every ten minutes until all Juniors are on the course.

- **6 Fun Format 9 Hole Events** - Each week there will be an assigned format to the 9 hole round on Saturdays. This program is specifically designed for kids to have scores to show coaches in high school.

- **1 Lesson per week for June and July** - Clinics will be offered on Thursdays from 10-11 a.m. for eight weeks in June and July. Each clinic will be 1 hour and will emphasize different aspects of the golf swing and playing golf. Each clinic will be based on availability. Juniors need to pre-register for clinics they plan on attending. Clinic size will be limited to groups of up to 10 Juniors.

\$179 Entire Program

Junior Membership

(Age 10-16) The Junior Membership is active one year from the date of purchase and gives juniors a chance to feel like they are part of Flatirons Golf Course and the Boulder golf community.

- Junior Members play for FREE after 11am ANYDAY
- Junior Members hit UNLIMITED range balls ANYDAY

\$229 Annual Membership

More details at Flatirongolf.com or contact Daniel Knecht at knechtd@boulder.colorado.gov for placement or questions.

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. Enroll today! Some classes may be filled due to pre-registration of previous session participants.

Monday-Friday classes run March 28 to May 27 at North

Saturday classes run April 5 to May 21 at North

Class Fees

Sa	(1 day per/wk)	(8 classes)	\$110(R)/\$138(N)
Mon-Fri	(1 day per/wk)	(9 classes)	\$124(R)/\$155(N)

2½ Year Olds

Introduce your child to gymnastics in our structured 2½ year old class that is also perfect for 3 year olds who are having trouble separating from parents. Child must be accompanied by parent or other responsible adult. No babies or other unregistered children allowed in the gym. Twins must have two adults or attend separate classes. Participant must be at least 30 months old by first class.

237132	M, 9-9:45am ★	237139	W, 10-10:45am ★
237133	M, 10-10:45am ★	237140	Th, 9-9:45am ★
237134	M, 11-11:45am ★	237141	Th, 10-10:45am ★
237135	Tu, 9-9:45am ★	237142	F, 9-9:45am ★
237136	Tu, 10-10:45am ★	237143	F, 10-10:45am ★
237137	Tu, 11-11:45am ★	237144	Sa, 9-9:45am
237138	W, 9-9:45am ★	237145	Sa, 10-10:45am

3 Year Olds

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

237150	M, 9-9:45am ★	237160	W, 2:45-3:30pm
237151	M, 10-10:45am ★	237161	Th, 9-9:45am ★
237152	M, 11-11:45am ★	237162	Th, 10-10:45am ★
237153	M, 2:45-3:30pm	237163	Th, 11-11:45am ★
237154	Tu, 9-9:45am ★	237164	Th, 2:45-3:30pm ★
237155	Tu, 10-10:45am ★	237165	F, 9-9:45am ★
237156	Tu, 11-11:45am ★	237166	F, 10-10:45am ★
237157	Tu, 2:45-3:30pm ★	237167	F, 2:45-3:30pm
237158	W, 9-9:45am ★	237168	Sa, 9-9:45am
237159	W, 10-10:45am ★	237169	Sa, 10-10:45am

4 Year Olds

Child must be 4 years old by first class.

237170	M, 9-9:45am ★	237180	W, 2:45-3:30pm
237171	M, 10-10:45am ★	237181	Th, 9-9:45am ★
237172	M, 11-11:45am ★	237182	Th, 10-10:45am ★
237173	M, 2:45-3:30pm	237183	Th, 11-11:45am ★
237174	Tu, 9-9:45am ★	237184	Th, 2:45-3:30pm ★
237175	Tu, 10-10:45am ★	237185	F, 9-9:45am ★
237176	Tu, 11-11:45am ★	237186	F, 10-10:45am ★
237177	Tu, 2:45-3:30pm ★	237187	F, 2:45-3:30pm
237178	W, 9-9:45am ★	237188	Sa, 9-9:45am
237179	W, 10-10:45am ★	237189	Sa, 10-10:45am

5 Year Olds

Child must be 5 years old by first class.

New after school classes on M/W/F from 3:45-4:30pm.

237190	M, 9-9:45am ★	237210	W, 3:45-4:30pm
237191	M, 10-10:45am ★	237200	Th, 9-9:45am ★
237192	M, 2:45-3:30pm	237201	Th, 10-10:45am ★
237209	M, 3:45-4:30pm	237202	Th, 11-11:45am ★
237193	Tu, 9-9:45am ★	237203	Th, 2:45-3:30pm ★
237194	Tu, 10-10:45am ★	237204	F, 9-9:45am ★
237195	Tu, 11-11:45am ★	237205	F, 10-10:45am ★
237196	Tu, 2:45-3:30pm ★	237206	F, 2:45-3:30pm
237197	W, 9-9:45am ★	237211	F, 3:45-4:30pm
237198	W, 10-10:45am ★	237207	Sa, 9-9:45am
237199	W, 2:45-3:30pm	237208	Sa, 10-10:45am

NEW!

GYMNASTICS

► GYMNASTICS CLASSES AT SOUTH

2-2½ Year Olds Intro to Gymnastics at South

This is a new class in a new location. 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.

237146	4/6-4/27	W, 9:30-10:15am	South	4	\$55/\$69
237148	4/6-4/27	W, 10:30-11:15am	South	4	\$55/\$69
237147	5/4-5/25	W, 9:30-10:15am	South	4	\$55/\$69
237149	5/4-5/25	W, 10:30-11:15am	South	4	\$55/\$69

6-12 Year Old Girls Intro to Gymnastics at South

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

237227	4/6-4/27	W, 4-4:45pm	South	4	\$32/\$40
237228	5/4-5/25	W, 4-4:45pm	South	4	\$32/\$40

► BEGINNER / ADVANCED BEGINNER

This is the perfect place for children 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)

237213	3/28-5/23	M, 3:45-5pm	North	9	\$117/\$146
237212	3/29-5/26	Tu/Th, 3:45-5pm	North	18	\$234/\$292
237214	3/30-5/25	W, 3:45-5pm	North	9	\$117/\$146
237215	4/1-5/27	F, 3:45-5pm	North	9	\$117/\$146
237216	4/1-5/27	F, 5:15-6:30pm	North	9	\$117/\$146
237217	4/2-5/21	Sa, 11am-12:15pm	North	8	\$104/\$130

Girls (Ages 6-12)

237218	3/28-5/25	M/W, 3:45-5pm	North	18	\$234/\$292
237220	3/28-5/23	M, 3:45-5pm	North	9	\$117/\$146
237219	3/29-5/26	Tu/Th, 3:45-5pm	North	18	\$234/\$292
237221	3/29-5/24	Tu, 3:45-5pm	North	9	\$117/\$146
237222	3/30-5/25	W, 3:45-5pm	North	9	\$117/\$146
237223	3/31-5/26	Th, 3:45-5pm	North	9	\$117/\$146
237224	4/1-5/27	F, 3:45-5pm	North	9	\$117/\$146
237225	4/1-5/27	F, 5:15-6:30pm	North	9	\$117/\$146
237226	4/2-5/21	Sa, 11am-12:15pm	North	8	\$104/\$130

Employment Opportunity

Hiring Gymnastics Instructors

Apply online at: www.bouldercolorado.gov/jobs
> Departments/ Parks & Recreation

► “TWEEN” BEGINNER/ ADVANCED BEGINNER

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

Girls

237229	3/29-5/26	Tu/Th, 3:45-5pm	North	18	\$234/\$292
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► BOULDER FLYERS GYMNASTICS TEAM

Team classes are for intermediate to advanced gymnasts by INVITATION ONLY. Fees are due by the 15th of the month prior to the month for which the fees will be applied. If the fees have not been paid by the 1st of the month, a \$15 late fee will be charged and the gymnast will not be allowed to participate until fees are paid.

Girls Pre-Team

(Age 6+) Pre-team girls will continue developing basic skills in USAG Levels 1-2. Pre-team will prepare you for future competitive team involvement.

Girls Beginning Team-Advanced Team

(Age 6+) Team members will compete in USAG Levels 3-10.

Boys Pre-Team

(Age 6+) Pre-team boys will continue developing basic skills in USAG Levels 1-3. Pre-team will prepare you for future competitive team involvement.

Boys Beginning Team- Advanced Team

(Age 6+) Team members will compete in USAG Levels 4-10.

► OPEN GYM DROP IN TIMES

NEW!

(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
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(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
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► GYMNASTICS BIRTHDAY PARTIES

Send your invites, order your cake and let us provide a great space for your child's next celebration. One hour of organized gymnastics activities and one hour in the party room.

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.



HEALTH & WELLNESS: FITNESS & WEIGHTS



Spring is the perfect time to get in shape for summer activities. Choose from a variety of class times that fit your schedule.

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.

Bootcamp

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

236948	4/4-5/25	M/W, 7-8am	East	16	\$154/\$192	Ignacio
236946	4/5-5/26	Tu/Th, 6:30-7:30am	South	16	\$154/\$192	Ignacio

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.

236951	4/4-5/25	M/W, 1:30-2:30pm	East	16	\$154/\$192	Ignacio
236950	4/8-5/27	F, 11:30am-12:30pm★	East	8	\$77/\$96	TBA

Adult Kickbox

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

236944	4/4-5/25	M/W, 5:30-6:30pm	North	16	\$154/\$192	Ignacio
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Classical Stretch/Essentrics

This dynamic weight free program strengthens muscles creating a long 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.

236942	4/5-5/26	Tu/Th, 7:30-8:30am	East	16	\$154/\$192	Marti
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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.

236933	4/5-5/24	Tu, 10-11am	South	8	\$77/\$96	Dora
236932	4/6-5/25	W, 5:30-6:30pm	South	8	\$77/\$96	Lisa

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.

236940	4/11-5/23	M, 4-5pm	Salberg	7	\$67/\$84	Heidi
236938	4/14-5/26	Th, 4-5pm	Salberg	7	\$67/\$84	Heidi

Running Form Clinic

Running injury free and efficiently can be achieved by running with correct form. Methods for correcting stride mechanics and foot strike will be taught. You will practice drills and specific exercises to enhance mobility, range of motion, strength and symmetry. The information is individually tailored to each runner's ability so both beginners and experienced runners can get what they need.

236882	4/16	Sa, 11:30am-1pm	North	1	\$14/\$18	Art
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HEALTH & WELLNESS: FITNESS & WEIGHTS

Rules of the Road Skills for Running Better 5k, 10k & Half-Marathons

How much mileage is enough? Both beginners and experienced runners will benefit from incorporating the following skills taught in this clinic.

- Form and Focus • Pacing According to Your Ability
- Phases of Speed • The Surge Technique
- Mental Power & Control • Competitive Fire
- Calm Under Pressure • Making it Play
- Properly timed rest to avoid burnout and injuries

236883 5/7 Sa, 11:30am-1pm North 1 \$14/\$18 Art

▶ WEIGHT TRAINING

Group Strength Training

Best Training Value! Learn how to effectively and safely use weight and cardio equipment. 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.

236956	4/4-5/25	M/W, 9-10am	South	16	\$154/\$192	Ignacio
236958	4/4-5/27	M/F, 10-11:15am	East	16	\$192/\$240	Marti
236968	4/4-5/25	M/W, 10:45-11:45am	South	16	\$154/\$192	Kate
236960	4/5-5/26	Tu/Th, 8:30-9:30am	South	16	\$154/\$192	Ignacio
236954	4/5-5/26	Tu/Th, 10-11:15am	East	16	\$192/\$240	Marti
236964	4/5-5/26	Tu/Th, 4:30-5:30pm	South	16	\$154/\$192	Chris
236963	4/5-5/26	Tu/Th, 5:30-6:30pm	South	16	\$154/\$192	Chris

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.

236965	4/5-5/26	Tu/Th, 7:30-8:30am	South	16	\$154/\$192	Ignacio
*236974	4/4-5/25	M/W, 8:15-9:15am	East	16	\$154/\$192	Sue
236980	4/4-5/25	M/W, 8:30-9:30am	North	16	\$154/\$192	Chris
236978	4/4-5/25	M/W, 9:30-10:30am★	North	16	\$154/\$192	Chris
236972	4/5-5/26	Tu/Th, 9:30-10:30am★	North	16	\$154/\$192	Chris
*236975	4/5-5/26	Tu/Th, 9:30-10:30am	South	16	\$154/\$192	Sue
236973	4/5-5/26	Tu/Th, 10:45-11:45am	South	16	\$154/\$192	Sue
236970	4/5-5/26	Tu/Th, 6-7pm	North	16	\$154/\$192	Ignacio

*Intermediate class for women who have previous experience in weight room.

Register Now!

Classes fill up fast. Today is the best day to register for classes you want and reserve your space.

In 2016 we will be adhering to our minimum enrollment standards to enhance efficient use of staff, space, and funding. Under enrolled courses will be cancelled prior to the first class.

Drop-In Fitness Classes

Get fit while enjoying the flexibility and variety of daily, drop-in programs. We have over a hundred drop-in class times to choose from including Fitness, Yoga, Pilates, Silver Sneakers®, Nia and more!

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

Checkout these great classes to build strength and conditioning for the upcoming summer!

Chisel-Barbell Circuit

Get a powerful workout in this energetic muscle toning class. Build strength, stamina and lose body fat with strength and cardio intervals.

Sa, 8:30-9:30am at North
Tu & Th, 5:30-6:15pm at North

Total Body Fitness

Strength and cardio become one in this calorie burning, muscle toning class. Activate more muscles, strengthen the core, and keep the heart rate in an effective training level. Steps, weights, bands and bars, and body weight resistance movements are utilized.

F, 9-10am at East

SilverSneakers CardioFit

Get up and go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

Tu & Th, 10:15-11:15am SBRC
W & F, 1:15-2:15pm NBRC

All drop-in classes are FREE with your daily center entry fee, annual pass or punchcard.

▶ 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).

236934	5/1	Su, 9am-12pm	Iris	1	\$45/56	Jennifer
236935	5/22	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.

236936	5/22	Su, 12:30-3:30pm	Iris	1	\$45/56	Jennifer
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KidsWatch 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.

236937	4/24	Su, 9am-2pm	Iris	1	\$66/\$83	Jennifer
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HEALTH & WELLNESS: FITNESS & WEIGHTS

Meet Kate Houlik

Health and Wellness Program Coordinator
for Fitness and Weights

Kate has been in the fitness industry for over 12 years training, teaching and coordinating programs in both the private sector and higher education. A Colorado native she attended Colorado State University, and most recently comes to us from Texas where she coordinated the Fitness and Wellness Program for Stephen F.

Austin State University, Department of Campus Recreation. Her passion resides in educating and empowering her community to adopt and maintain an active and healthy lifestyle and in training the next generation of fitness professionals. Kate can be reached at 303-413-7280 or e-mail Houlikk@bouldercolorado.gov for weight and fitness class information or to request a trainer.



Consultation with a Dietitian

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 \$204 • 6 sessions \$396

Metabolic Maximizer

Unlock your body's ability to burn more calories, build muscle and increase your metabolism through a combination of resistance training and eating "clean". Registered Dietitian and Personal Trainer, Terry McArthur, will inspire and coach you with two sessions of personalized training and two sessions of nutrition consultations, launching you with a rejuvenating workout and a lifestyle diet to keep you energized.

4 sessions: \$247 (2 consultations with a dietitian and 2 personal training)

▶ PERSONAL TRAINING

Have a certified trainer design your personal fitness plan 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 Kate Houlik 303-413-7280 to get started! 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)

Weight Room Orientations

If you are new to the weight room you can schedule a complimentary weight room orientation with a certified personal trainer. 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 \$198 • 6 sessions \$390 • 12 sessions \$756

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 \$204 • 6 sessions \$396

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.

▶ HEALTH AND WELLNESS COACHES **NEW!**

What is a Health and Wellness coach? There is more to wellness than exercise and a healthy diet. Health and wellness coaches are an essential part of wellness programs using a whole person approach to help people balance their time, career, relationships, stress and provide support and tools to individuals seeking positive lifestyle changes.

Health and Wellness Coaching

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

▶ YOUTH WEIGHT TRAINING

Youth Weight Room Certification

(Ages 12-15) Meet with a trainer for three sessions and become certified to use the weight room under parent/adult supervision. Participants must complete the three sessions and pass a test administered by the trainer.

3 sessions: \$157.50

Shape up for Sports - Sport Specific Training

(Ages 10+) Coaches, parents, clubs and groups can purchase customized sport specific strength training programs for their young athletes coached by certified trainers in the recreation facilities. In and out of season programs can be designed. Both competing and non competing youth are welcome. These training packages will improve performance and help prevent injury during competition.

The American College of Sports Medicine recommends that youth engage in at least six to eight weeks of preseason conditioning prior to participating in sports. Certified trainers will conduct conditioning exercises to build endurance, agility, power, speed and strength to prepare youth for participation sports and reduce the risk of injury. Mixed age groups will be divided by age and skill level. Hourly fees for training \$10 per child

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



Reformer Tower exercises complete a well rounded workout.

► PILATES MAT PROGRAM INFORMATION

Registered Class Punchcard

Pilates Mat \$70 - 5 Punches

Punchcards may be purchased at Recreation Center front desks and are valid for 6 months from the date of purchase. **Present your card to the front desk personnel and give your receipt to your instructor for admission.** For classes held at Salberg and Iris Center, present your punchcard to any Recreation Center front desk and give your receipt to your instructor.

Registered Class Visitor's Fee

Pilates Mat \$17

Some classes have space available and are appropriate for visitation. Choose the level that is suitable for your experience, check space availability and pay your admission fee at the Recreation Center front desk. **Give your receipt to your instructor for admission to class.** Salberg and Iris Center visitor's fees may be paid at any Recreation Center and receipt 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 three business days prior to the first class. Register today!**

Make-up policy

Students who miss a 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.

► 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.

238782	4/4-5/23	M, 5:30-6:30pm	Salberg	8	\$77/\$96	Roxy
237093	4/10-5/29	Su, 4:15-5:15pm	Salberg	8	\$77/\$96	Joan

► PILATES MAT DROP-IN

Drop-in to a Pilates Mat or Pilates Mat/Yoga class to stay in top condition for your spring activities, whatever they are. Conveniently located at all three recreation centers, there is a class near you.

- **Pilates Mat**
M, 9:15am North
Th, 4:15pm North
F, 10:15am North
- **Pilates/Yoga Combo**
Tu, 11:45am North
W, 12pm East

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

MIND/BODY: PILATES

▶ 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

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 or one full 8-class Intro/Orientation Reformer class through the City of Boulder Pilates Program, or coordinator approval, will be required to participate in any "Level 1" or higher Pilates Reformer or Multi-Apparatus class.

Make-up policy

Students who miss a Pilates Reformer or Multi-Apparatus class may attend 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 canceled - 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 three business days 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.

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.

237055	4/5-5/24	Tu, 7:40-8:40pm	South	8	\$127/\$158	Bianca
237480	4/7-5/26	Th, 6:30-7:30pm	South	8	\$127/\$158	TBA

Reformer - Level 1 - Beginner

(Age 16+) Exercises at this level best suit students who are familiar with the Pilates Reformer and who have either taken private lessons or completed the Intro/Orientation Reformer class through the City of Boulder Pilates Program. Tower exercises may be included. Pre-requisite: Five private or semi-private Pilates reformer lessons, or completion of the 8-week Intro/Orientation Reformer course through the City of Boulder Pilates program, or coordinator approval.

237038	4/4-5/23	M, 5:30-6:30pm	South	8	\$127/\$158	Sheri
238783	4/4-5/23	M, 6:40-7:40pm	Salberg	8	\$127/\$158	Roxy
237481	4/6-5/25	W, 8:40-9:40am	South	8	\$127/\$158	Sheri
237084	4/7-5/26	Th, 6:35-7:35pm	Salberg	8	\$127/\$158	TBA
237085	4/8-5/27	F, 8:40-9:40am	South	8	\$127/\$158	Sheri
237035	4/11-5/23	M, 1:30-2:30pm	Salberg	7	\$111/\$139	Jane
237096	4/14-5/26	Th, 9-10am	Salberg	7	\$111/\$139	Christine
238933	4/14-5/26	Th, 12:30-1:30pm	Salberg	7	\$111/\$139	Jane

Reformer - Level 2 - Continuing

(Age 16+) Review Level 1 Pilates Reformer exercises and incorporate and practice more challenging Pilates Reformer exercises. 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.

237033	4/4-5/23	M, 8:40-9:40am	South	8	\$127/\$158	Sheri
237043	4/5-5/24	Tu, 5:20-6:20pm	South	8	\$127/\$158	Bianca
237051	4/6-5/25	W, 5-6pm	South	8	\$127/\$158	Sheri
237056	4/6-5/25	W, 6:40-7:40pm	Salberg	8	\$127/\$158	Arianna
237058	4/7-5/26	Th, 4:15-5:15pm	South	8	\$127/\$158	Ellen
237059	4/7-5/26	Th, 5:20-6:20pm	South	8	\$127/\$158	TBA
237060	4/7-5/26	Th, 5:30-6:30pm	Salberg	8	\$127/\$158	TBA
237034	4/11-5/23	M, 12:20-1:20pm	Salberg	7	\$111/\$139	Jane
237040	4/12-5/24	Tu, 8:30-9:45am	Salberg	7	\$139/\$173	Sheri
238932	4/14-5/26	Th, 11:20-12:20pm	Salberg	7	\$111/\$139	Jane

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.)

237048	4/6-5/25	W, 9:45-11am	South	8	\$158/\$198	Sheri
237052	4/6-5/25	W, 5:30-6:30pm	Salberg	8	\$127/\$158	Arianna
237097	4/14-5/26	Th, 10:10-11:10am	Salberg	7	\$111/\$139	Christine

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.

237044	4/5-5/24	Tu, 6:30-7:30pm	South	8	\$127/\$158	Bianca
237053	4/6-5/25	W, 6:10-7:10pm	South	8	\$127/\$158	TBA

Reformer/Tower/Chair - Level 2 - Continuing Beginner

(Age 16+) 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.

237036	4/4-5/23	M, 9:45-11am	South	8	\$158/\$198	Sheri
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We invite everyone to join our drop-in classes offered daily at our three recreation centers.

► YOGA PROGRAM INFORMATION

Registered Class Punchcard

Yoga program classes \$70 - 5 Punches
Punchcards may be purchased at Recreation Center front desks and are valid for 6 months from the date of purchase. **Present your card to the front desk personnel and give your receipt to your instructor for admission.**

Salberg and Iris Center class punchcard holders may present card at any Recreation Center and present receipt to instructor before admission to class.

Registered Class Visitor's Fee

Yoga program classes \$17
Select classes have space available and are appropriate for visitation. Choose the level which is suitable for your experience, check space availability and pay your admission fee at the Recreation Center front desk. Give your receipt to your instructor for admission to class. *Salberg and Iris Center visitor's fees may be paid at any Recreation Center and receipt presented to instructor before admission to class.*

Make-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 canceled -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 three business days 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.

Recommendation: 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.

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, please contact Boulder Senior Services at 303-413-7489.

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.

237039	4/4-5/23	M, 6:30-8pm	East Senior	8	\$115/\$144	Erin
237479	4/6-5/25	W, 7:30-8:45am	South	8	\$96/\$120	Ravi
237478	4/7-5/26	Th, 9:15-10:45am★	North	8	\$115/\$144	Louann
237086	4/8-5/27	F, 9-10:30am★	East	8	\$115/\$144	Brian

Continuing Yoga

(Age 14+) This ongoing level is moderately paced for beginners who have studied yoga regularly for 6 months or more. Classes review the fundamentals and variations with longer holding of poses and/or the addition of the flowing vinyasa style. Emphasis on the breath and attention to structure help you enjoy a deeper level of understanding. The continuing level is also a comfortable match for students preparing for more vigorous practice, and fit individuals who exercise often but are new to yoga.

237094	4/10-5/29	Su, 4:30-6pm	North	8	\$115/\$144	John
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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.

237057	4/7-5/26	Th, 9:15-10:45am	South	8	\$115/\$144	Kathleen
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MIND/BODY: YOGA

Restorative/Gentle Yoga

(Age 14+) Practice breathing and floor postures supported by blankets, bolsters, blocks and straps. This type of yoga is gentle and very helpful for those who are recovering from illness or those seeking true relaxation.

237049	4/6-5/25	W, 10:30-11:45am★	North	8	\$96/\$120	Karen D.
238982	4/6-5/25	W, 5:30-6:45pm	North	8	\$96/\$120	Beth
237091	4/9-5/28	Sa, 10:45am-12pm	Iris	8	\$96/\$120	Karen D.

Therapeutic Yoga

(Age 14+) Progress toward improved health and well-being through the application of the philosophy and practice of yoga. Therapeutic yoga not only addresses stiffness, pain, recovery from accident and/or aging bodies in a multi-dimensional manner, but also aims to alleviate suffering in a progressive, non-invasive and complementary manner. 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. The approach to yoga is slow, yet impactful. Students are encouraged to listen to their bodies and explore gentle, appropriate movement. Each class offers adaptations for any given movement or pose, so that people of all levels are able to work at the pace they need.

237042	4/5-5/24	Tu, 5:15-6:30pm★	North	8	\$96/\$120	Cassandra
237050	4/6-5/25	W, 4-5:15pm	South	8	\$96/\$120	Lori
237088	4/8-5/27	F, 4-5:15pm	North	8	\$96/\$120	Cassandra

Iyengar Yoga - Beginner

(Age 14+) Learn the fundamentals of Iyengar yoga. 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 practitioners alike. Modifications to the classic yoga postures can be made for individual students.

237045	4/5-5/24	Tu, 7-8:15pm	North	8	\$96/\$120	Karen D.
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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.

237089	4/9-5/28	Sa, 9-10:30am	North	8	\$115/\$144	Karen D.
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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 introduce the joyful and powerful practice of qigong by exploring the ten stages of qi cultivation. Each class 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).

237092	4/10-5/29	Su, 9:30-11am	North	8	\$115/\$144	Beth
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Middle School Yoga

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

237041	4/5-5/10	Tu, 4:15-5:15pm	East	6	\$58/\$72	Wendy
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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. Feldenkrais® is a re-education of the nervous system and the physical body. It is especially helpful for those who experience tension and/or pain, and greatly benefits those who would like to move more efficiently during all physical activities.

237087	4/8-5/27	F, 12-1pm	Iris	8	\$77/\$96	Gil
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Feldenkrais® & Effortless Walking and Hiking

(Age 14+) Improve your ability to walk with more ease and less stiffness and pain. Using the "movement improvement" focus of The Feldenkrais® Method, you will learn how to limit your discomfort as you walk and hike. Studies have shown you can add years to your lifespan and lower your risk of Type 2 Diabetes just by walking 20-25 minutes every day. If pain and stiffness inhibits you from walking and hiking, join this 5-week workshop to learn how to walk with more ease, and experience the health benefits that walking provides. Classes will include indoor sessions at the recreation center and outdoor sessions near Viele Lake.

238882	4/30-5/28	Sa, 10-11:30am	South	5	\$72/\$90	Gil
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T'ai-Chi 5-Element Form

(Age 14+) Learn energizing Qi Gong warm-up exercises and the beautiful 5-Element T'ai Chi Form as taught by Master Chungliang Ai Huang. A 15-minute Golden Flower Meditation, beneficial for stress reduction and relaxation will be included.

237685	4/4-5/23	M, 5-6:15pm★	East Senior	8	\$96/\$120	Cynthia
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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. 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. The beginner level, the first third, will be taught.

237046	4/5-5/24	Tu, 6:45-7:45pm	North	8	\$77/\$96	Tom
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T'ai-Chi Ch'uan - Continuing

(Age 14+) Continuation of the short form Yang style of t'ai-chi ch'uan. The first third will be reviewed, corrections will be made, and new choreography will be introduced, including the second and third portions of the series.

237090	4/9-5/28	Sa, 9:30-10:30am	Iris	8	\$77/\$96	Tom
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Drop-In Mind/Body Classes

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

- Zumba® - (Age 14+) This dance fusion fitness class gives you a cardiovascular workout while moving to salsa, merengue, samba, hip-hop, swing and Bollywood dance moves. All fitness levels 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.
- 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.



Pottery allows you to escape the worries of life and shift your focus toward your creation. Come give it a try at the Pottery Lab!

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 wheel-throwing, 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. Designed for students from beginning to advanced and those who have individual needs or special projects. Includes both wheel-throwing and hand-building.

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. Prerequisite: Hand-building class at the Pottery Lab.

Teen Pottery

(Ages 12-16) Emphasizing creativity and enjoyment, this class includes 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 • Questions? Call 720-379-6033



Come play in one of our many sports leagues including Basketball, Soccer, Softball, and Volleyball. Something for everyone.
For more information visit us online at BPRSports.org

► SCHOOL BREAK CAMPS

(Ages 5-11) Our school day off camps offer an action packed day of exciting and diverse activities for your child where they can enjoy games, sports, swimming, indoor climbing, arts and crafts, and more!

Information: Molly at 303-413-7441 or langerakm@bouldercolorado.gov

Spring Break Camp at North

234448	3/21	M, 8:30am-4:30pm	North	1	\$60/\$76
234449	3/22	Tu, 8:30am-4:30pm	North	1	\$60/\$76
234450	3/23	W, 8:30am-4:30pm	North	1	\$60/\$76
234451	3/24	Th, 8:30am-4:30pm	North	1	\$60/\$76
234452	3/25	F, 8:30am-4:30pm	North	1	\$60/\$76

Boulder Dinner Theater Spring Break Camp - Dr. Seuss

Our technique of “playmaking” lets the children use their imagination to adapt a familiar story or write their own script... so the children’s plays are always ORIGINAL and UNIQUE! The week culminates in a free Friday afternoon performance for friends and family! Please **REGISTER** online at bdtAcademy.org or call 303-440-6000 x193

BVSD Spring Break

*	3/21-3/25	M-F, 8:30am-4:30pm	Salberg	5	\$210
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St. Vrain Spring Break **NEW!**

*	4/4-4/8	M-F, 8:30am-4:30pm	Salberg	5	\$210
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*Register online at bdtAcademy.org or call 303-440-6000 x193

BVSD - Teacher Conference Days

234444	4/15	F, 8:30am-5pm	East	1	\$60/\$76
234443	4/18	M, 8:30am-5pm	East	1	\$60/\$76

► YOUTH VOLLEYBALL

Skyhawks provides fun, safe and positive programs that emphasize critical lessons in sports and life, such as teamwork, respect and sportsmanship. Our

programs are designed to give young athletes a positive pathway into sports while fostering a lifelong love for an active, healthy lifestyle. Skyhawks staff are patient, knowledgeable and from your local community. We use progressional curriculum refined over 35 years along with a variety of skill-building games and activities to give each athlete a complete understanding and overview of the sport. Proud to be Colorado owned and operated.



* Register online at Skyhawks.com/colorado or call 303-222-8039.

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.

*	4/3-5/22	Su, 12-1:30pm	South	8	\$104/\$130
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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

*	4/3-5/22	Su, 1:30-3pm	South	8	\$104/\$130
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High School Volleyball Practice

(Ages 13-18) Keep your volleyball skills sharp and stay conditioned for other activities. Practices include skill development, conditioning, and scrimmages.

*	3/31-5/5	Th, 4:15-6pm	East	6	\$75/\$97
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* Register online at Skyhawks.com/colorado or call 303-222-8039.

► 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 on Sunday's this spring at Casey Middle School. The season starts in mid April and will go until the second week of June. Also all teams are eligible to register for our end of season tournament to be held Father's Day weekend. This program is open to boys and girls from age 4 to eighth grade.

*	4/10-6/12	Su, 12-5pm	Casey M.S.	8	\$140
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*For more information and registration visit nationalflagfootball.com or call our office at 720-360-1600.

► INDOOR ROCK CLIMBING

Parent and Toddler Introduction to Climbing

(Ages 3-4) Introduction to Climbing course for one pre-schooler and one parent. This class will help develop coordination and confidence for the young ones while parents will gain skills in belay techniques and safety, as well as basic movement to lay the foundation for continuing progress outside of class.

237250	4/21-5/12	Th, 3-4pm	East	6	\$92/\$120
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Introduction to Climbing

Perfect for kids that have little to no exposure to the sport of rock climbing. Confidence and strength will be a focal point while learning the basics.

(Ages 5-8)

237241	4/18-5/23	M, 4-5pm★	East	6	\$63/\$79
237238	4/20-5/25	W, 4-5pm★	East	6	\$63/\$79
237244	4/20-5/25	W, 5-6pm★	East	6	\$63/\$79
237236	4/21-5/26	Th, 4-5pm	East	6	\$63/\$79

(Ages 8-12)

237242	4/20-5/25	W, 6-7pm	East	6	\$63/\$79
237235	4/21-5/26	Th, 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.

237237	4/18-5/23	M, 5-6:30pm★	East	6	\$95/\$119
237234	4/21-5/26	Th, 6-7:30pm	East	6	\$95/\$119

Advanced Climbing

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

237233	4/18-5/23	M, 6:30-8pm	East	6	\$116/\$145
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For information on indoor climbing programs, contact Matt at 303-413-7477 or kamhim@bouldercolorado.gov.

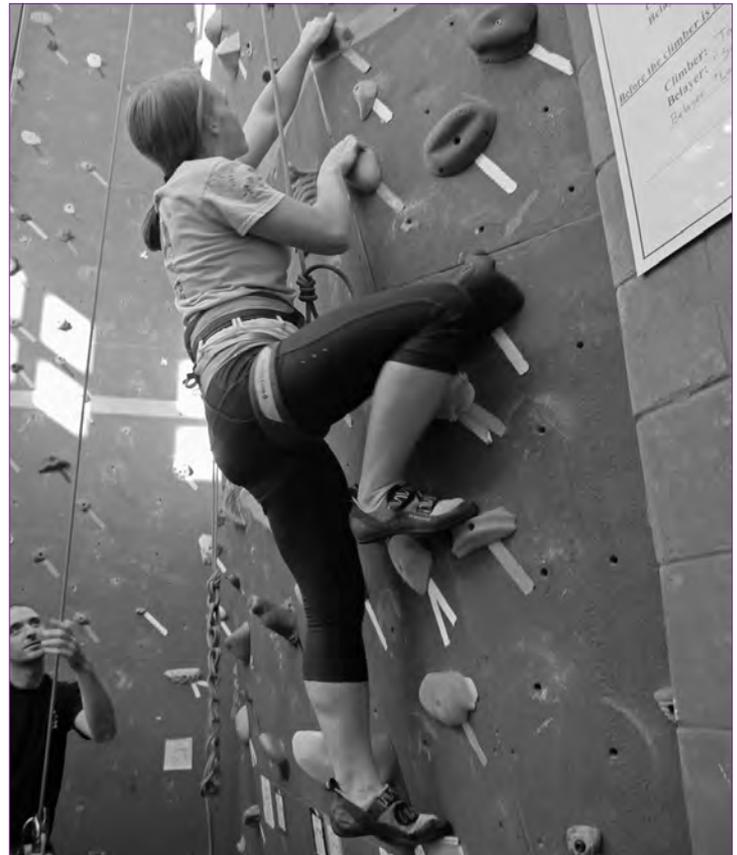
► ADULT INDOOR CLIMBING

Beginning Climbing - Adult

(Ages 16+) A climbing class for adults at every skill level. Come to the East Boulder Community Center and learn the basics of climbing safely indoors while also enhancing the skills you already know.

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

237255	4/20-5/25	W, 7-8:30pm	East	6	\$119/\$148
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Learn the basics of climbing indoors at the East Boulder Community Center.

Adult Sports Leagues - Spring/Summer/Fall/Winter

Basketball, Volleyball, Softball, Soccer, Kickball and Dodgeball leagues for all levels. See BPRsports.org for more details.

Now Hiring Adult Sports League Officials

Adult Soccer Officiating Opportunities

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

Adult Softball and Basketball Officiating Opportunities

Contact: PRO's Make the Call at prosmakethecall@msn.com

Adult Kickball and Volleyball Officiating Opportunities

Contact: Matt Kamhi at kamhim@bouldercolorado.gov

SWIMMING



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

Lifeguard Training

238037	4/22-4/24	F, 4-8pm & Sa/Su, 8am-5pm	North
238038	5/13-5/15	F, 4-8pm & Sa/Su, 8am-5pm	North

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	Master	Level A	Level B
1 class	\$45	\$40	\$32
3 classes	\$129	\$114	\$90
6 classes	\$246	\$216	\$174
12 classes	\$444	\$384	\$288

60 minute lesson	Master	Level A	Level B
1 class	\$67	\$62	\$47
3 classes	\$195	\$174	\$132
6 classes	\$378	\$330	\$252
12 classes	\$708	\$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.



▶ 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.

237329	3/28-4/25	M, 5:35-6:05pm	North	5	\$30/\$38
237330	3/29-4/26	Tu, 6:40-7:10pm	East	5	\$30/\$38
237335	3/30-4/27	W, 5:35-6:05pm	North	5	\$30/\$38
237331	3/31-4/28	Th, 5:30-6pm	East	5	\$30/\$38
237332	4/1-4/29	F, 9:45-10:15am★	North	5	\$30/\$38
237333	4/1-4/29	F, 10:20-10:50am★	North	5	\$30/\$38
237334	4/2-4/30	Sa, 11-11:30am★	East	5	\$30/\$38

▶ SMALL GROUP SWIM LESSONS AGES 3-6

Small Group Lessons 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.

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.

237273	3/28-4/25	M, 5-5:30pm	North	5	\$60/\$75
238582	3/28-4/25	M, 6:10-6:40pm	North	5	\$60/\$75
237272	3/29-4/26	Tu, 5:30-6pm	East	5	\$60/\$75
237274	3/30-4/27	W, 5-5:30pm	North	5	\$60/\$75
237276	3/31-4/28	Th, 5:30-6pm	East	5	\$60/\$75
237277	3/31-4/28	Th, 6:40-7:10pm	East	5	\$60/\$75
237275	4/1-4/29	F, 10:20-10:50am★	North	5	\$60/\$75
237278	4/2-4/30	Sa, 9:15-9:45am★	East	5	\$60/\$75
237294	4/2-4/30	Sa, 10:25-10:55am★	East	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.

237280	3/28-4/25	M, 5-5:30pm	North	5	\$60/\$75
237291	3/28-4/25	M, 6:10-6:40pm	North	5	\$60/\$75
237279	3/29-4/26	Tu, 5:30-6pm	East	5	\$60/\$75
237281	3/30-4/27	W, 5-5:30pm	North	5	\$60/\$75
237284	3/31-4/28	Th, 5:30-6pm	East	5	\$60/\$75
237285	3/31-4/28	Th, 6:40-7:10pm	East	5	\$60/\$75
237282	4/1-4/29	F, 10:20-10:50am★	North	5	\$60/\$75
237286	4/2-4/30	Sa, 9:15-9:45am★	East	5	\$60/\$75
237287	4/2-4/30	Sa, 10:25-10:55am★	East	5	\$60/\$75

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.

237305	3/28-4/25	M, 5-5:30pm	North	5	\$60/\$75
238632	3/28-4/25	M, 6:10-6:40pm	North	5	\$60/\$75
237288	3/29-4/26	Tu, 5:30-6pm	East	5	\$60/\$75
237290	3/30-4/27	W, 5-5:30pm	North	5	\$60/\$75
237300	3/31-4/28	Th, 5:30-6pm	East	5	\$60/\$75
237292	3/31-4/28	Th, 6:40-7:10pm	East	5	\$60/\$75
237293	4/1-4/29	F, 10:20-10:50am★	North	5	\$60/\$75
237295	4/2-4/30	Sa, 9:15-9:45am★	East	5	\$60/\$75
237304	4/2-4/30	Sa, 10:25-10:55am★	East	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.

237263	3/28-4/25	M, 5:35-6:05pm	North	5	\$30/\$38
237267	3/29-4/26	Tu, 6:05-6:35pm	East	5	\$30/\$38
237264	3/30-4/27	W, 5:35-6:05pm	North	5	\$30/\$38
237283	3/31-4/28	Th, 6:05-6:35pm	East	5	\$30/\$38
237265	4/1-4/29	F, 9:45-10:15am★	North	5	\$30/\$38
237266	4/2-4/30	Sa, 9:50-10:20am★	East	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.

237270	3/28-4/25	M, 5:35-6:05pm	North	5	\$30/\$38
237268	3/29-4/26	Tu, 6:05-6:35pm	East	5	\$30/\$38
237289	3/30-4/27	W, 5:35-6:05pm	North	5	\$30/\$38
237269	3/31-4/28	Th, 6:05-6:35pm	East	5	\$30/\$38
237271	4/1-4/29	F, 9:45-10:15am★	North	5	\$30/\$38
237296	4/2-4/30	Sa, 9:50-10:20am★	East	5	\$30/\$38

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.

SWIMMING

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.

237297	3/28-4/25	M, 5:35-6:05pm	North	5	\$30/\$38
237298	3/29-4/26	Tu, 6:05-6:35pm	East	5	\$30/\$38
237302	3/30-4/27	W, 5:35-6:05pm	North	5	\$30/\$38
237299	3/31-4/28	Th, 6:05-6:35pm	East	5	\$30/\$38
237303	4/1-4/29	F, 9:45-10:15am★	North	5	\$30/\$38
237301	4/2-4/30	Sa, 9:50-10:20am★	East	5	\$30/\$38

► 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.

237306	3/28-4/25	M, 5-5:30pm	North	5	\$30/\$38
237311	3/28-4/25	M, 6:10-6:40pm	North	5	\$30/\$38
237310	3/29-4/26	Tu, 5:30-6pm	East	5	\$30/\$38
237309	3/30-4/27	W, 5-5:30pm	North	5	\$30/\$38
237307	3/31-4/28	Th, 6:05-6:35pm	East	5	\$30/\$38
237313	4/2-4/30	Sa, 10:25-10:55am★	East	5	\$30/\$38
237315	4/2-4/30	Sa, 11-11:30am★	East	5	\$30/\$38

Level 2

(Ages 7-12) 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.

238682	3/28-4/25	M, 5-5:30pm	North	5	\$30/\$38
237308	3/28-4/25	M, 6:10-6:40pm	North	5	\$30/\$38
237320	3/29-4/26	Tu, 6:05-6:35pm	East	5	\$30/\$38
238684	3/28-4/25	W, 5:35-6:05pm	North	5	\$30/\$38
237322	3/30-4/27	W, 6:10-6:50pm	North	5	\$30/\$38
237323	4/2-4/30	Sa, 9:15-9:45am★	East	5	\$30/\$38
237324	4/2-4/30	Sa, 11-11:30am★	East	5	\$30/\$38

Level 3

(Ages 7-12) Prerequisites: Successful completion of Level 2 or child must be able to successfully perform front and back floats independent of support, 5 yards of front crawl and 5 yards of backstroke. Class Focus: Level 3 will continue to develop the front crawl and back strokes. Students will also be introduced to treading water, elementary backstroke and deep water orientation.

238683	3/28-4/25	M, 5:35-6:05pm	North	5	\$30/\$38
237314	3/28-4/25	M, 6:10-6:40pm	North	5	\$30/\$38
237325	3/29-4/26	Tu, 6:40-7:10pm	East	5	\$30/\$38
238782	3/28-4/25	W, 5-5:30pm	North	5	\$30/\$38
237312	3/30-4/27	W, 6:10-6:40pm	North	5	\$30/\$38
237326	3/31-4/28	Th, 6:40-7:10pm	East	5	\$30/\$38
237327	4/2-4/30	Sa, 9:50-10:20am★	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 strokes and will also introduce breaststroke and butterfly. Students will increase endurance by swimming longer distances and will be introduced to the basics of wall turns.

237321	3/29-4/26	Tu, 6:40-7:10pm	East	5	\$30/\$38
237316	3/30-4/27	W, 6:10-6:40pm	North	5	\$30/\$38
237328	4/2-4/30	Sa, 11-11:30am★	East	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.

237317	3/29-4/26	Tu, 6:40-7:10pm	East	5	\$30/\$38
237319	3/30-4/27	W, 6:10-6:50pm	North	5	\$30/\$38

► BARRACUDAS SWIM TEAM & CLINICS

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

3/5-5/14	Sa, 11am-12pm	East
3/3-5/12	Th, 5:30-6:30pm	North

Summer Swim Team

(Ages 5-18) We are a team that swims May to July in the Boulder Valley Summer Swim League (BVSSL). The goal of the Barracudas is to find the right balance of fun and competition for each swimmer, understanding that everyone will find this balance with their own unique mix. The Boulder Barracudas is a great way to have fun, make friends and be active all summer long. There will be a parent meeting on Sunday, May 15, 4-5 pm at the North Boulder Recreation Center to inform parents of the information needed in the upcoming season. Visit BoulderAquatics.org for more details.

Pre-season practice for swim team

238034	5/16-5/27	M-F, 4-6pm	South	Included in team fee
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Summer practice for swim team

238034	5/31-7/22	M-F, 7:15-9:45am	Spruce Pool	\$225/\$275
		or M/W, 6-7pm	Spruce Pool	

Barracudas Pre-team

(Ages 5-9) Swimmers must be able to swim 25 yds continuously unassisted. Pre-team does not swim 5/21-6/3 and does not compete in meets. Pre-team season will end July 13.

238032	5/31-7/8	M/W/F, 9:45-10:15am	Spruce Pool	\$100/\$125
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Spring is the perfect time to work on your stroke technique before summer.

▶ ADULT LESSONS & LAP SWIM

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.

237261	4/2-4/30	Sa, 9:15-10am★	East	5	\$45/\$56
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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.

237262	4/2-4/30	Sa, 10-11am★	East	5	\$70/\$88
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▶ 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.

236559	4/1-4/29	M/W/F, 8-9am	East	13	\$52/\$65
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236561	5/2-5/27	M/W/F, 8-9am	East	12	\$48/\$60
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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.

236557	4/1-4/29	Tu/F, 9:30-10:30am	East	9	\$36/\$45
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236558	5/3-5/24	Tu/F, 9:30-10:30am	East	7	\$28/\$35
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▶ DROP-IN AQUATIC FITNESS 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 8 or online.

Aqua Zumba

Aqua Zumba integrates the Zumba formula and philosophy of fun fitness dancing with traditional aqua aerobic exercise techniques. It is a safe, challenging, water-based workout providing both cardio-conditioning and full-body muscle toning (with minimal stress or impact).

T, 5:45-6:45 pm	North
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Water Fitness 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
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Tu/Th, 8-9am	North
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M/W/F, 9:15-10:15am	East
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F, 9-10am★	East
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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 workout.

Tu/Th, 12:30-1:30pm	South
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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
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Why Register Now?

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

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 classes will be cancelled prior to the first session.**

Thanks for registering today!



Gonzo and his team of coaches celebrating at the annual Gonzo Tennis Party.

► 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 (under construction, will reopen in 2016)
 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 EBCC.

Adult Tennis Punch Cards

(Ages 16+) Cards can be purchased at centers during registration hours and are valid for six months from date of purchase for adult tennis classes only. Drop into any adult class that is not full. Email gonzo@gonzotennis.com to let instructors know which class you plan to drop into.

1 punch	3 punches	6 punches
\$23	\$66	\$124

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.

► 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

► TENNIS - ADULT

(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

237447	3/29-4/19	Tu, 5:30-7pm	East	4	\$69/\$85
237443	3/30-4/20	W, 5:30-7pm	North	4	\$69/\$85
237429	3/31-4/21	Th, 5:30-7pm	East	4	\$69/\$85
237444	4/27-5/18	W, 5:30-7pm	North	4	\$69/\$85
237430	4/28-5/19	Th, 5:30-7pm	East	4	\$69/\$85

Beginner with Gonzo

237433	3/30-4/20	W, 9-10:30am	East	4	\$98/\$122	Gonzo
237434	3/31-4/21	Th, 9-10:30am	North	4	\$98/\$122	Gonzo
237435	4/27-5/18	W, 9-10:30am	East	4	\$98/\$122	Gonzo
237436	4/28-5/19	Th, 9-10:30am	North	4	\$98/\$122	Gonzo

Intermediate

237431	3/28-4/18	M, 5:30-7pm	East	4	\$69/\$85
237445	4/25-5/16	M, 5:30-7pm	East	4	\$69/\$85
237450	4/27-5/18	W, 5:30-7pm	East	4	\$69/\$85

Intermediate with Gonzo

237438	3/29-4/19	Tu, 9-10:30am	North	4	\$98/\$122	Gonzo
237439	3/30-4/20	W, 10:30am-12pm	East	4	\$98/\$122	Gonzo
237441	3/31-4/21	Th, 10:30am-12pm	North	4	\$98/\$122	Gonzo
237449	4/26-5/17	Tu, 9-10:30am	North	4	\$98/\$122	Gonzo
237440	4/27-5/18	W, 10:30am-12pm	East	4	\$98/\$122	Gonzo
237442	4/28-5/19	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.

237432	4/1-4/22	F, 10:30am-12pm	East	4	\$69/\$85
237446	4/29-5/20	F, 10:30am-12pm	East	4	\$69/\$85

Adult Doubles Social

(Ages 16+) Open to players of all levels. A friendly competitive environment is provided where all are welcome to play tennis. For more detailed information visit www.gonzotennis.com

237451	3/25-5/13	F, 8:45-11am	East	8	punchcard
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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	3/28-5/16	M, 12-1pm	North	punch card
drop-in	4/2-5/21	Sa, 7:45-8:45am	East	punch card



Get fit and have fun in our new Cardio Tennis class!

► 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

237453	3/29-5/17	Tu, 4-5pm	East	8	\$92/\$115
237452	3/31-5/19	Th, 4-5pm	East	8	\$92/\$115
237454	4/2-5/21	Sa, 9-10am	North	8	\$92/\$115

Intermediate

237455	3/29-5/17	Tu, 5-6pm	East	8	\$92/\$115
237456	3/31-5/19	Th, 5-6pm	East	8	\$92/\$115
237457	4/2-5/21	Sa, 10-11am	North	8	\$92/\$115

TENNIS

▶ JUNIOR TRAINING WITH GONZO

- 10 & Under
- 12 & Under
- 16 & Under

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

▶ 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 in the Gym (Ages 3-4)

237388	3/27-5/15	Su, 9:45-10:15am	East	8	\$69/\$96
237382	3/28-5/16	M, 3:15-3:45pm	East	8	\$69/\$96
237383	3/29-5/17	Tu, 3:15-3:45pm	East	8	\$69/\$96
237384	3/30-5/18	W, 3:15-3:45pm	East	8	\$69/\$96
237403	3/30-5/18	W, 3:15-3:45pm	North	8	\$69/\$96
237385	3/31-5/19	Th, 3:15-3:45pm	East	8	\$69/\$96
237386	4/1-5/20	F, 3:15-3:45pm	East	8	\$69/\$96
237387	4/2-5/21	Sa, 9:45-10:15am	North	8	\$69/\$96

Tiny Gonzos in the Gym (Ages 5-6)

237395	3/27-5/15	Su, 10:15-11am	East	8	\$78/\$97
237389	3/28-5/16	M, 3:45-4:30pm	East	8	\$78/\$97
237390	3/29-5/17	Tu, 3:45-4:30pm	East	8	\$78/\$97
237391	3/30-5/18	W, 3:45-4:30pm	East	8	\$78/\$97
237404	3/30-5/18	W, 3:45-4:30pm	North	8	\$78/\$97
237392	3/31-5/19	Th, 3:45-4:30pm	East	8	\$78/\$97
237393	4/1-5/20	F, 3:45-4:30pm	East	8	\$78/\$97
237394	4/2-5/21	Sa, 10:15-11am	North	8	\$78/\$97

Mighty Gonzos in the Gym (Ages 7-9)

237402	3/27-5/15	Su, 11am-12pm	East	8	\$92/\$115
237396	3/28-5/16	M, 4:30-5:30pm	East	8	\$92/\$115
237397	3/29-5/17	Tu, 4:30-5:30pm	East	8	\$92/\$115
237398	3/30-5/18	W, 4:30-5:30pm	East	8	\$92/\$115
237405	3/30-5/18	W, 4:30-5:30pm	North	8	\$92/\$115
237399	3/31-5/19	Th, 4:30-5:30pm	East	8	\$92/\$115
237400	4/1-5/20	F, 4:30-5:30pm	East	8	\$92/\$115
237401	4/2-5/21	Sa, 11am-12pm	North	8	\$92/\$115

Spring Break Tennis Camp

(Ages 5-10) A full week of fun in a great camp with a lot of tennis, games and activities. Indoors or outdoors depending on the weather.

234580	3/21-3/25	M-F, 1:30-4:30pm	East	5	\$193/\$239
234581	3/21-3/25	M-F, 1:30-4:30pm	East	5	\$193/\$239

Gonzo Tennis Summer Clinics

(Ages 5-15) Tennis, tennis, tennis! A good combination of exercises, tennis games, other sports, and activities on the court to help students improve their game in a fun & safe environment.

237463	5/31-6/2	Tu/W/Th, 9am-12pm	East	3	\$114/\$143
237464	6/7-6/9	Tu/W/Th, 9am-12pm	East	3	\$114/\$143
237465	6/14-6/16	Tu/W/Th, 9am-12pm	East	3	\$114/\$143
237466	6/21-6/23	Tu/W/Th, 9am-12pm	East	3	\$114/\$143
237467	6/28-6/30	Tu/W/Th, 9am-12pm	East	3	\$114/\$143
237468	7/5-7/7	Tu/W/Th, 9am-12pm	East	3	\$114/\$143
237469	7/12-7/14	Tu/W/Th, 9am-12pm	East	3	\$114/\$143
237470	7/19-7/21	Tu/W/Th, 9am-12pm	East	3	\$114/\$143
237471	7/26-7/28	Tu/W/Th, 9am-12pm	East	3	\$114/\$143
237472	8/2-8/4	Tu/W/Th, 9am-12pm	East	3	\$114/\$143
237475	8/9-8/11	Tu/W/Th, 9am-12pm	East	3	\$114/\$143
237473	5/31-6/2	Tu/W/Th, 3-6pm	East	3	\$114/\$143
237474	6/7-6/9	Tu/W/Th, 3-6pm	East	3	\$114/\$143
237476	6/14-6/16	Tu/W/Th, 3-6pm	East	3	\$114/\$143
237477	6/21-6/23	Tu/W/Th, 3-6pm	East	3	\$114/\$143

Boulder SMASH

(Ages 8-17) Building your game while building a team. Be a part of a great team representing the City of Boulder & Gonzo Tennis. Coached by Gonzo and his staff!

Spring Warm up

Learn how to play a match while getting prepared for the summer competition. Participants will meet for 5 practices and 3 matches.

237406	4/3-5/22	Su, 1-3pm	Centennial M.S.	8	\$140/\$175
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Tennis Team - Summer Competition (USTA & CARA)

(Ages 8-17) During the summer competition season this is a two day per week commitment with one day of practice and one morning of match play. At the end of the season CARA and USTA both hold state tournaments for the participants.

USTA

237408	5/31-7/31	Tu, 1-3pm	Centennial M.S.	8	\$254/\$317
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CARA

237407	6/2-7/31	Th, 1-3pm	Centennial M.S.	8	\$200/\$250
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Both USTA & CARA

237409	6/2-7/31	Tu/Th, 1-3pm	Centennial M.S.	16	\$370/\$463
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More information at GonzoTennis.com

VALMONT BIKE PARK



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

► BIKING PROGRAMS AT VALMONT

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.

Private or Group Lessons - Youth & Teens

(Ages 4-17) Fun and safety-focused free-ride mountain biking private instruction challenges participants to progress their riding abilities using the varied features and terrain at Valmont Bike Park. Lessons will be led by Avid4 Adventure VBP staff and will be scheduled after registering; lessons expire 6 months after purchase.

• Bikes/Protective Gear (required) can be rented for \$20/\$10 per 3-hour class.

Individual (3 hour classes)

1 Private Lesson \$150
3 Private Lessons \$420
6 Private Lessons \$780

Group (3 hour classes)

2 people \$200
3 people \$250
4 people \$300
5 people \$350

Skills Camp

(Grades 2-11) Fun and safety-focused Valmont Bike Park Skills Camp offers kids & teens the opportunity to explore this world-renowned facility in an instruction-based program. During the week participants learn skills through increasingly challenging activities, exercises, and differing terrain, while also developing as a team. Kids will have a chance to experience the Pump Tracks, Dirt Jumps, Slope Style, Single Track, X-Country, and more.

- Participants will be divided into groups of 7 or less; must be able to ride 2-wheeler.
- Early Drop-Off at 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.

*	5/30-6/3	M-F, 9am-3pm	5 days	\$399
*	6/6-6/10	M-F, 9am-3pm	5 days	\$399
*	6/13-6/17	M-F, 9am-3pm	5 days	\$399
*	6/20-6/24	M-F, 9am-3pm	5 days	\$399
*	6/27-7/1	M-F, 9am-3pm	5 days	\$399
*	7/4-7/8	M-F, 9am-3pm	5 days	\$399
*	7/11-7/15	M-F, 9am-3pm	5 days	\$399
*	7/18-7/22	M-F, 9am-3pm	5 days	\$399
*	7/25-7/29	M-F, 9am-3pm	5 days	\$399
*	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

* Register online at Avid4.com

VALMONT BIKE PARK

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 yamphotovideo.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

3/19-27	South closed for annual maintenance
3/27	North open 8am-5pm East & South closed for Easter.
5/30	North open 1:30-6:30pm East & South closed for Memorial Day.

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!).

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 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, Supervisor303-413-7256

COMMUNITY OUTREACH

Margo Josephs, Manager Community Partnerships & Outreach303-413-7200

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

AQUATICS

Jason Stolz, Aquatics Supervisor303-441-3435

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

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

Pool Operations303-413-7468

GYMNASTICS

Doug Felkley, Coordinator303-413-7265

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

HEALTH & WELLNESS

Kate Houlik, Fitness & Personal Training303-413-7280

Kathleen Murphy, Mind/Body303-413-7466

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

SPORTS

Program Information303-441-3410

Erynn Simone, Supervisor303-441-4137

Molly Langerak303-413-7441

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

RECREATION CENTERS

Tim Duda, Supervisor EBCC303-413-7463

Todd Calvin, Supervisor SBRC303-413-7263

Megann Lohman, Supervisor NBRC 303-441-3449

FLATIRONS GOLF COURSE

Director of Golf303-442-7851

BOULDER RESERVOIR

Stacy Cole, Reservoir Manager303-441-3461

VALMONT CITY PARK

Skyler Beck, Manager303-413-7219

PARK OPERATIONS

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

YOUTH SERVICES INITIATIVE

Alexis Moreno, Supervisor303-413-7217

ADMINISTRATION

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

Alison Rhodes
District Services Manager303-413-7249

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
<ol style="list-style-type: none"> 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, March 1.**
- For registrations in which you have a **discount or questions**, please call the registration help line at 303-413-7270, Monday-Friday, 9am-5pm.
- For registrations that qualify for **reduced rate or to apply for reduced rate**, please call 303-413-7200, Monday-Friday, 8am-5pm.

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



ONLINE REGISTRATION
www.BoulderParks-Rec.org

- ▶ Go to www.BoulderParks-Rec.org
- ▶ Click on "Register Online"
- ▶ Create your account if necessary or input your barcode and pin if you already have one. Forgot your barcode or pin? Call the registration help line at 303-413-7270, Monday-Friday, 9am-5pm.
- ▶ Search for desired class or enter class barcode.
- ▶ Payment must be completed at the time of the registration.
- ▶ Confirmation receipts are emailed upon registration. Please make sure you have a current email on file.
- ▶ Thank you for using our online registration system!

FREE Coffee, Fun, Cycle, Run or Fresh Food?



Get 2 free coffee drinks at OZO Coffee Co.

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

\$10 gift card for Boulder Cycle Sports



\$10 Farmers Buck for fresh fruits & vegetables.



\$10 gift card for Gateway Park Fun Center.



\$10 gift card for Flatirons Running Co.



\$10 gift card for Hapa Sushi



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



PLAY BALL

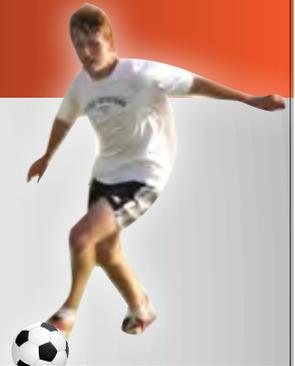
SIGN UP NOW FOR ADULT SPORTS LEAGUES!

**SOFTBALL • KICKBALL • SOCCER • VOLLEYBALL
DODGEBALL • BASKETBALL**



Adult 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/Summer/Fall
- Softball • Spring/Summer/Fall



Summer deadline: Mid Mar.

Register online at www.BPRsports.org or call 303-413-7270

Healthy Parks = Healthy People

Get outside and play! Boulder Parks are healthy places for you to enjoy.



Each spring, you will see dandelions bloom in our parks. This is a sign that we no longer use synthetic chemicals that are typically applied to control weeds.

For more information on the environmental work that the City of Boulder's Parks & Recreation Department is doing visit:

BoulderParks-Rec.org



SCHOOL DAY OFF CAMPS

BPRcamps.org



Spring Break Camps

- Spring Break Camp at North Rec Center
- Boulder Dinner Theater Camp - Dr. Seuss
 - Musical Theater & Dance Camp

Teacher Conference Days

- Camp at East Rec Center

See page 11 & 28 for details.

Want to turn a school day off into a fun-filled, energetic day of exciting and diverse activities? Explore our school day off camp offerings including games, sports, swimming, indoor climbing, arts and crafts, and more options! All camps provide safe, respectful, age-appropriate, supervised activities for children ages 5-11.

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

Contact Molly at 303-413-7441 or email langerakm@bouldercolorado.gov

Sign up for our email list at BPRcamps.org



Who was Harlow Platts?

Throw Back Thursdays, mid-century furniture, vintage artwork – retro is in. Undoubtedly, our past continues to inspire our present. For Boulder Parks and Recreation the past is a great motivator to preserve the legacy of our current public spaces and recreational nooks across town. Sifting through the department’s Harlow Platts Park file for our Featured Park article, we uncovered a few of the old photos of the area and a hand-written letter from 1984 by a mother who raised her family near the park.

“I have seven children and I can’t begin to estimate the thousands of hours we’ve used the park, walking, picnicking, swinging, playing soccer, and just plain enjoying the ducks and people gathered there.”

A hand-penned letter of appreciation to a stranger. Seven children. Copious hours of outdoor play in our Boulder parks. What a fun window into the past!

Now, consider Harlow C. Platts and what earned him the honor of having a city park named after him.

Harlow came to Boulder from Pennsylvania with his parents in 1911 when he was 18 years old. Shortly after arriving, his parents founded Western States Cutlery, one of Boulder’s first manufacturing operations. They specialized in making hunting and outdoor knives and quickly grew to be one of Boulder’s largest employers.

Harlow graduated from CU Boulder in 1916 in mechanical engineering. He then served in World War I and entered the family business upon his return, shortly before marrying Marion Klingler, daughter of Boulder Mayor, Frederick Klingler. But it was his 30-years of service on the Boulder city planning and parks commission and board of zoning adjustment, that in 1962, led city council to naming the 50-acre park around Viele Lake, located in South Boulder, in his honor. In addition to participating in these important city commissions, Harlow also belonged to several civic organizations and served as Rotary Club president, director of the Chamber of Commerce, and a trustee of the Congregational Church.

Harlow Platts died in 1983 at age 90, a year before Western States Cutlery was sold to the Coleman Co. of Wichita, Kansas. He was named to the Boulder Business Hall of Fame in 2008.

Fishpond Caretakers – How Volunteerism Aids Local Ecosystems and Community Building

Evert Pierson Kids Fishing Pond (for kids 12 years and younger) is a quaint ecosystem located at 9th St. and Canyon Blvd. along the Boulder Creek Path. It is a popular recreation spot for families and youngsters who enjoy fishing. The pond's healthy fish habitat is not just the result of the Boulder Parks and Recreation Department's ongoing maintenance efforts, but also the work of the Boulder Fish and Game Club's (BFGC) volunteer team.

BFGC was just named the 2016 Alber Lifetime Achievement Award recipient at the department's annual Volunteer Appreciation Dinner on February 18. Paul Kuehnel, in his 18th year as president of BFGC, received the award in honor of BFGC's 65+ years of dedicated service to preserving a unique fishing culture at Evert Pierson Kids Fishing Pond.

"The original goal of Boulder Fish and Game was to make Boulder a fisherman's paradise and promote tourism," said BFGC's president Paul Kuehnel. BFGC was established in 1908 as an arm of the Boulder Chamber of Commerce. In 1949, BFGC partnered with CU Boulder's Cosmopolitan Club to turn an old campus gravel pit near the Boulder Creek into a kids fishing pond. Evert Pierson was a long time member of the club and became stocking director in 1954.



BFGC member, George Hoos.

Today, Evert Pierson Kids Fishing Pond is managed by the City of Boulder's Parks and Recreation Department and was recently rebuilt after suffering severe damage during the 2013 Flood.

Throughout the years, BFGC members have taken great care of the pond's maintenance needs including upkeep of the surrounding areas as well as stocking the pond with 2,500 trout that the club raises each year at a fish farm. BFGC's 20 members volunteer over 1,000 hours annually. The club is made of many long term volunteers, including two members who have contributed their time since the 1940's and 1950's.



(left to right) BFGC president Paul Kuehnel and BFGC member Michael Travis.

Additional, notable BFGC members are Michael Thompson who has been caretaker of the fish farm since 1978 and long standing members, Pearce Melcher, Michael Travis, Tyson Powell and Don Igil.

In addition to daily volunteer activities, BFGC takes pride in youth engagement. The club boasts over 400 kids that are junior members and every year BFGC partners with the Colorado Division of Wildlife to host the annual Kids Fishing Derby, a fun community festival that features fishing instruction, contests, and prizes. "I am continually inspired when I see the bolt of electricity generated between child and parent at the excitement of the child catching a two-foot trout," said president Paul Kuehnel. "It also warms my heart when I hear about community members who fished at the fishing pond as a kid and are now bringing their own children or grandchildren here to fish."

This year's Kids Fishing Derby will take place on Saturday, May 28 from 7 to 10 a.m. at the Evert Pierson Kids Fishing Pond (for kids 12 years and younger).

To learn more about the pond and upcoming spring volunteer opportunities visit: BoulderParks-Rec.org

Art for All – The Benefits of Creative Programming

Music, movement, visual arts, writing – artistic expressions have been a vital part of human history. “Through creativity and imagination, we find our identity,” claims the American Journal of Public Health who explored the connection between art, healing, and public health in a recent literature review study conducted in 2010.

For Boulder’s Parks and Recreation Department, art has been an important conduit to offer inclusive, creative programming resources that promote mental and physical wellbeing to all Boulder residents.

The department’s Youth Services Initiative (YSI) is currently organizing its 6th Annual Art Show, scheduled from May 2-31 at the North Boulder Recreation Center. “Our program participants come from underrepresented communities and will share their art related to their cultural experiences in Boulder,” said Alexis Moreno, YSI Recreation Supervisor. The art show will be kicked off with an opening ceremony at 5p.m. on Monday, May 2.



The department’s EXPAND program has also focused its efforts on several art and cultural activities, specifically for community members living with disabilities. “Last fall, we offered a program called ‘Our Story,’ working with participants with developmental disabilities to tell their life stories through writing, drawing and sharing,” said Cory Lasher, EXPAND Program Coordinator. “It was a great therapeutic experience, the last day people laughed, smiled and cried.”

Additional, popular EXPAND programming options for artistic expression include Crafts & Creations, water color, pottery, holiday crafts, stained glass classes and EXPAND’s Got Talent - a performance-based program that asks participants to develop various skills and skits that will be performed at the annual EXPAND banquet.

For more information about current art and inclusive program offerings, visit: BoulderParks-rec.gov.



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Recreation Centers

Cardio & Weight Rooms (pg. 20-22)

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Swimming (pg. 30-33)

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Passes (pg. 8)

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Spring Online Registration begins 8:30 a.m.
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