



# Boulder Parks & Recreation **RECREATION** Guide

summer 2014

8 Summer Camps

16 Reservoir

23 Golf

27 Fitness & Weights

37 Sports

39 Swimming

44 Tennis

Summer  
Camps  
Inside!



Register Online Today  
– Begins May 6  
[www.BoulderParks-Rec.org](http://www.BoulderParks-Rec.org)

# GET FIT WHERE YOU LIVE

Enjoy fitness at three great centers

**NORTH RECREATION CENTER**  
3170 Broadway 303-413-7260

- Lap Pool/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 the center closes.

1. VALMONT BIKE PARK / DOG PARK
2. RESERVOIR 5565 N. 51st St. 303-441-3461
3. SPRUCE POOL 2102 Spruce 303-441-3426
4. SCOTT CARPENTER POOL 1505 30th St. 303-441-3427
5. FLATIRONS GOLF COURSE 5706 Arapahoe 303-442-7851
6. IRIS CENTER 3198 Broadway 303-413-7200
7. SALBERG CENTER & PARK 19th & Elder

**SOUTH RECREATION CENTER**  
1360 Gillaspie 303-441-3448

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

Mon-Thu, 6am-8:30pm  
Fri, 6am-7pm  
Sat/Sun, 8am-2pm

Pool closes 30 minutes before the center closes.

**EAST COMMUNITY CENTER**  
5660 Sioux Dr. 303-441-4400

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

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

Pool closes 30 minutes before the center closes.



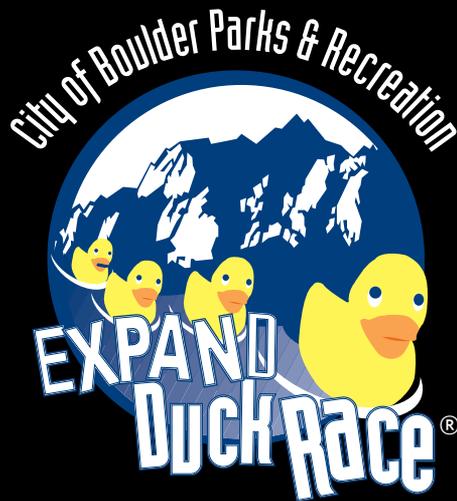
EXPAND

# DUCK RACE®

& Boulder Creek Festival®

Festival: Sat-Mon, May 24-26

Duck Race: Mon, May 26 ▪ 4 p.m.



Adopt a Duck... Support Recreation for Individuals with Disabilities.

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

Adopt a duck online at [www.EXPANDduckrace.org](http://www.EXPANDduckrace.org) to support a wonderful cause and for a chance to win!

**Grand Prize: Family Annual Pass**

City of Boulder Parks & Recreation annual pass includes unlimited use of outdoor pools, recreation centers and Boulder Reservoir.

**2nd Prize: "Experience Boulder"**

Enjoy dinner at Pasta Jay's, a luxury hotel stay at Hotel Boulderado, brunch at Foolish Craigs and a downtown Boulder gift card.

**3rd Prize: Summer Splash Pass**

City of Boulder Parks & Recreation Family Splash Pass includes unlimited entry to two outdoor pools and the Boulder Reservoir.



GEBHARDT



More Duck Race Info online at [www.EXPANDduckrace.org](http://www.EXPANDduckrace.org)

# Performances in the Parks

The Boulder Parks & Recreation Department partners with the Boulder Concert Band to provide music in the parks. The Boulder Concert Band is composed of volunteer musicians from Boulder and surrounding communities. Celebrating more than three decades, the BCB has a glorious tradition.

Bring a picnic dinner and enjoy our parks with your family! (Please no glass in parks.)

**MONDAYS**  
7-8 P.M.

## Boulder Summer Concert Band

June 23	Main Boulder Public Library Lawn
June 30	Viele Lake & Harlow Platts Park
July 7	Scott Carpenter Park
July 14	Salberg Park
July 21	Foothills Park
July 28	North Boulder Park



Presented by Library & Arts and Parks & Recreation Departments

# Summer Festival

Saturday, June 28 • 2-5 p.m.

Fun activities for the whole family!

**MAGIC • STILT WALKING • DUNK TANK  
CLIMBING WALL • FACE PAINTING  
MUSIC • ICE CREAM • FOOD + MORE!**

Activities will take place on the lawn of the Main Boulder Public Library, with performances in the Canyon Theater, 1001 Arapahoe Ave.

For more details visit us online at  
[www.BoulderParks-Rec.org](http://www.BoulderParks-Rec.org)



# FREE Coffee, Cycle, Fresh Food or Fun?



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 Full Cycle.



\$10 Farmers Buck for use on fresh fruits & vegetables.



\$10 gift card for Gateway Park Fun Center.



\$10 gift card for Hapa Sushi



Please support these local businesses that support your Boulder Parks & Recreation Department.

# TABLE OF CONTENTS

Map of Facilities . . . . .	Inside Cover
Entry Fees & Passes . . . . .	6
Kids' Corner . . . . .	6
In this Edition/News . . . . .	7
Summer Camps . . . . .	8-14
Boulder Reservoir . . . . .	16
Dance . . . . .	17-19
EXPAND . . . . .	20-22
Golf . . . . .	23-24
Gymnastics . . . . .	25-26
Fitness/Weight Training . . . . .	27-29
CPR & First Aid . . . . .	28
Mind/Body - Pilates . . . . .	30-32
Mind/Body - MELT® . . . . .	32 New!
Mind/Body - Yoga . . . . .	33-34
Chi Kung/T'ai-Chi/Feldenkrais . . . . .	34
Pottery . . . . .	35-36
Sports . . . . .	37-38
Swimming/Aqua Fitness . . . . .	39-43
Tennis . . . . .	44-47
Valmont Bike Park . . . . .	48-49
Policies & Information . . . . .	50
Staff Contact Information . . . . .	51
Registration . . . . .	52
Drop in Schedule Info . . . . .	54-55

## Stay Informed with FREE eNews!

Let us keep you informed of the latest classes, events, community meetings, weather or construction-related closures and more by joining our eNews list. It's easy, just visit us online at [boulderparks-rec.org](http://boulderparks-rec.org) and subscribe to the list that interests you most and start enjoying the most up-to-date source of Parks and Recreation news.

## Follow us on Twitter & Like us on Facebook!

Get the latest news, special offers and information.

Follow us at: [twitter.com/boulderparksrec](https://twitter.com/boulderparksrec)

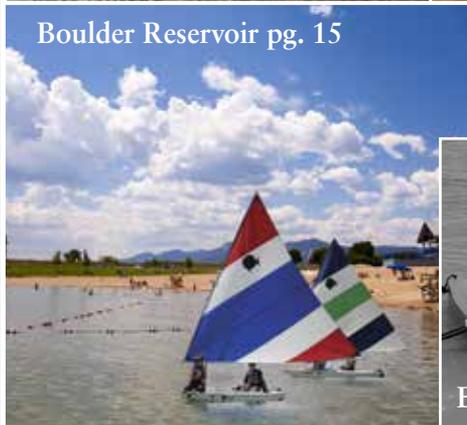
Like us at: [facebook.com/boulderparksrec](https://facebook.com/boulderparksrec)



Gymnastics pg. 16



Mind/Body pg. 30



Boulder Reservoir pg. 15



EXPAND pg. 7



Summer Camps pg. 8



Fitness pg. 18



Tennis pg. 36



Golf pg. 14



Swimming pg. 32

# ENTRY FEES

## ANNUAL PASS

	Res/Non-Res
Seniors (60+)	\$353/\$445
Adults (19-59)	\$552/\$645
Youth (3-18)	\$260/\$330

- First adult family member of the household (19-59) pays full price; additional family members pay half price! - All members of the family must live at the same address in the same household. Passes must be purchased at the same time to receive discounted rate.
- Includes unlimited use of outdoor pools and recreation centers; open swim and gym, drop-in fitness/yoga, weight room, racquetball/handball and platform tennis courts, sauna, lockers, fishing and swimming at Boulder Reservoir.
- Complimentary towels at rec centers.
- Racquets for indoor racquetball.
- **10% savings on one class** per season (as available one week before class begins), register in person.

## MONTHLY BILLING -

	INITIAL Res/Non	11 PAYMENTS Res/Non
Seniors (60+)	\$60/\$74	\$31/\$38
Adults (19-59)	\$90/\$104	\$47/\$54
Youth (3-18)	\$46/\$57	\$24/\$29

- 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/\$1075

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

## DAILY DROP-IN

Seniors (60+)	\$5.25
Adults (19-59)	\$7
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+)	\$168/\$185
Adults (19-59)	\$224/\$247
Youth (3-18)	\$144/\$159

## 20 PUNCH PASS

	Res/Non-Res
Seniors (60+)	\$89/\$99
Adults (19-59)	\$119/\$131
Youth (3-18)	\$76/\$84

## 10 PUNCH PASS

	Res/Non-Res
Seniors (60+)	\$47/\$51
Adults (19-59)	\$63/\$69
Youth (3-18)	\$40/\$45

- 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
\$147/\$184

- 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
Sat: 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!

## On the Cover: Boulder Reservoir

Since 1955, the Boulder Reservoir has been a source of Boulder's domestic water supply, a natural refuge for birds and wildlife, and a resource valued by thousands, for outdoor recreation and fun.

Today, the Reservoir hosts more forms of both relaxing and active recreation than ever before. It is host to many of the area's most popular athletic events and activities from rowing and running to paddling and triathlons. It's also where many have enjoyed their first experiences with fishing, sailing, boating, water skiing open water swimming, and sports such as horseshoes and beach volleyball.

With the summer months nearly upon us, here are some fun things going on at the Boulder Reservoir:



**Improvements.** If you haven't been to the Rez in while, the first thing you'll notice is the front entrance makeover. In addition to the wider access and new entry booths, we've added a state of the art Aquatic Nuisance Species (ANS) inspection area to improve inspection of all water craft and protect this important body from non-native creatures. You'll also see new landscaping and a cool, new, retro sign. The finishing touches are also just being completed on new foot bridge spanning the Feeder Canal on the north shore west of Coot Lake. These long-deferred



improvements (and hidden upgrades like new water and sewer lines) are a few of the many benefits of Boulder's voter-approved 2011 Capital Improvement Bond.



**Beach, Boats and Picnics.** Each year, the Rez receives more than 100 tons of premium beach sand courtesy of Boulder Creek Events (thank you, Chris Dailey!).

The sand, used as the base for the Twenty-Ninth Street Winter Skate ice rink, helps replenish and renew Boulder's only public access beach. Gleaming sand, lush turf and sparkling water make for an attractive setting for a fun day with family or friends. It also makes the idea summer destination for a corporate picnic, family gathering or other special occasion. Make your reservations now – this is THE PLACE for great events!

You may also enjoy renting a sail boat, paddle board or the latest addition to our fleet: a hydrobike. That's right – you can now take a spin on the Rez! Better yet, rent a few and have a race.

**4th of July.** Put this on your calendar. This year's 4th of July at the Reservoir will be like no other. Now in its second year, our Star-Spangled Splash event, will feature an amazing line up including GREAT live music, 5k and 1M runs, a beer garden, tasty foods, beach volleyball tournament and one of the most diverse arrays of fun and games for kids to be found anywhere. If you're in town, don't miss the event.

*Come see what's new at the Rez this summer. We look forward to seeing you.*

## 2014 Recreation News



### Recreation Closures:

May 17-26 EBCC closed for annual maintenance  
May 26 Memorial Day NBRC open 1:30-6:30pm, EBCC & SBRC closed  
July 4 Independence Day EBCC open 8am-1:30pm, NBRC & SBRC closed

### Program Highlights/Special Events:

May 17 Boulder Community Day (back cover)  
May 17 FREE day at Scott Carpenter Pool (back cover)  
May 26 EXPAND Duck Race! Adopt a Duck (pg. 3)  
May 12-Sept. 14 Scott Carpenter Pool season  
May 24-Sept. 1 Spruce Pool season  
May 24-Sept. 1 Boulder Reservoir season (pg. 16)  
June 6 Bike & Outdoor Movie at Valmont Bike Park (pg. 54)  
June 7 PUP & Exhibit Day at Valmont Dog Park (pg. 54)  
June 8 Valmont Open at the Valmont Disc Golf Course (pg. 54)  
June 7-8 Pottery Sale (pg. 36)  
June 28 Summer Festival (pg. 4)  
June-July Library Summer Concert Series (pg. 36)  
July 4th Star Spangled Splash at Boulder Reservoir (pg. 53)  
Aug. 16 Flick & Float at Scott Carpenter Pool - save the date!

### Join Parks and Recreation on Facebook!

Now you can get the latest scoop, news and deals from Parks and Recreation on Facebook. This is a great way to stay informed on everything rec centers, parks, pools, Pottery Lab, Valmont Bike Park, Boulder Reservoir, Flatirons Golf Course and more. **Like us at:** [www.facebook.com/boulderparksrec](http://www.facebook.com/boulderparksrec)

### Access for All

The Boulder Parks and Recreation Department is committed to supporting people with disabilities in recreation. We welcome children, youth and adults with disabilities interested in participating in general recreation programs alongside their peers without disabilities. "Inclusion" is a great way to make new friends and explore new programs. Supports will be provided as needed. Please contact Sherri Brown at 303-441-4933, [brownsh@BoulderColorado.gov](mailto:brownsh@BoulderColorado.gov) if you would like more information.

### Capital Improvement Bond Projects

The City of Boulder's 2011 Capital Improvement Bond (CIB) was voted for by City of Boulder residents in November 2011. The CIB allows the city to implement a list of projects that address significant deficiencies and high priority infrastructure improvements like roadway reconstruction, park facility upgrades, critical software updates, police equipment needs and more. All CIB projects are scheduled to be completed by 2014.

**More information:** [www.boulderColorado.gov/bondprojects](http://www.boulderColorado.gov/bondprojects).



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# SUMMER CAMPS



Spent a week in an urban farm setting exploring art, plants, animals, fresh healthy garden snacks and much more in our new Goats & Gardens Camp.

## ► NEW CAMPS FOR 2014

### Goats & Gardens Camp

#### Ages 6-11

Spend an active week in the Children's Peace Garden, investigating the secret world of insects, creating art from nature, and exploring wondrous plants while making new friends. We'll grow and taste from the salsa garden and cook pizza using the power of the sun. There will also be time spent at Mountain Flower Goat Dairy. Activities highlight goat husbandry, livestock management, and nutrient cycling. Have fun swimming in the afternoon too. Information: Dean at 303-441-4427 or rummeld@bouldercolorado.gov

214587	6/16-6/20	<b>FULL</b>			
216456	7/14-7/18	M-F, 9am-4pm	NBRC	5	\$225/\$282
214588	8/11-8/15	<b>FULL</b>			

### Outdoor Adventures Camp

#### Ages 6-11

Explore the Great Outdoors and enjoy activities such as, canoeing, fishing, nature scavenger hunt, science projects and slacklining. Educational opportunities such as water/energy conservation, recycling, fire safety, and more. Information: Dean at 303-441-4427 or rummeld@bouldercolorado.gov

212732	6/2-6/6	M-F, 9am-4pm	South	5	\$198/\$248
212734	6/16-6/20	<b>FULL</b>			
212739	7/21-7/25	M-F, 9am-4pm	South	5	\$198/\$248

### Neo Martial Arts Camp

#### Ages 6-11

Children love our martial arts games, partner exercises, and basic kicks and punches done for coordination and flexibility. Taught in a non-competitive environment, these activities strengthen their self-esteem, cooperation, and increase their confidence through interaction with other children. We will be swimming in the afternoon. Campers will be split up by age/ability, but special requests are welcome. Information: Dean at 303-441-4427 or rummeld@bouldercolorado.gov

212733	6/9-6/13	M-F, 9am-4pm	South	5	\$198/\$248
212735	6/23-6/27	M-F, 9am-4pm	South	5	\$198/\$248
212737	7/7-7/11	M-F, 9am-4pm	South	5	\$198/\$248
212740	7/28-8/1	M-F, 9am-4pm	South	5	\$198/\$248

### Rock Climbing & Slack Line Camp

#### Ages 6-13

Join The Boulder Rock Club for a fun indoor rock climbing and slack line experience. The Boulder Rock Club's expert instructors will teach essential safety skills, climbing and slack line techniques in a fun, supportive, and motivating environment. Camps are designed to challenge beginner to experienced climbers. Each camp will accommodate individual needs while helping to develop teamwork and leadership skills. Curriculum is specific to each age and skill level to motivate and challenge each climber. Camp meets Monday and Tuesday at the East Boulder Community Center, and Wednesday through Friday at the Boulder Rock Club.

Questions: **Boulder Rock Club** - Jen Herling at 303-865-3557 or jherling@totalclimbing.com / **City of Boulder** - Megann at 303-413-7465 or lohmanm@bouldercolorado.gov

*	6/9-6/13	M-F, 9am-3pm	East/BRC	5	\$355
*	7/7-7/11	M-F, 9am-3pm	East/BRC	5	\$355
*	7/21-7/25	M-F, 9am-3pm	East/BRC	5	\$355
*	8/4-8/8	M-F, 9am-3pm	East/BRC	5	\$355

\*To register call the Boulder Rock Club at 303-447-2804.

### Kicking Academy Camp

Elite Kicking Academy has been coaching and training football kickers/punters for seven years. Coach Matt Thompson has coached high school All Americans, college All Americans and NFL talent. Coach Thompson was also and assistant coach at the University of Colorado. When you attend Elite Kicking Academy you will leave a better kicker/punter. Information: Dean at 303-441-4427 or rummeld@bouldercolorado.gov

#### Ages 8-12

214482	6/23-6/27	M-F, 9am-12pm	East Turf	\$225/\$282
214583	7/7-7/11	M-F, 9am-12pm	East Turf	\$225/\$282
214585	7/28-8/1	M-F, 9am-12pm	East Turf	\$225/\$282

#### Ages 13-17

214582	6/23-6/27	M-F, 12:30-3:30pm	East Turf	\$225/\$282
214584	7/7-7/11	M-F, 12:30-3:30pm	East Turf	\$225/\$282
214586	7/28-8/1	M-F, 12:30-3:30pm	East Turf	\$225/\$282

# SUMMER CAMPS

## ► DRAMA CAMPS

### Ages 5-12

Boulder's Dinner Theatre Academy offers ten weeks of drama camps in conjunction with the City of Boulder Parks & Recreation Department. The camps are held at Salberg Park, corner of 19th St. and Elder Ave. Each week is different and uses the technique of "playmaking", which lets the children use their imagination to adapt a familiar story or write their own script! Each day consists of script writing or review, drama instruction, set and costume making, rehearsal, and outdoor playtime. There is a lovely playground/park at the drama camp site that we use for lunch and breaks.

\*Register online at [www.bdtAcademy.org](http://www.bdtAcademy.org) or call 303-449-6000 x193.

### Fairy Tale Fun

Campers will share their favorite Fairy Tales and write and perform their very own plays based on their imagination.

*	6/2-6/6	M-F, 8:30am-4:30pm	Salberg	5	\$200
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### Pretty Princess

In a make believe world of Princesses and Castles our young actors will write and perform their own plays while designing their own costumes and sets.

*	6/9-6/13	M-F, 8:30am-4:30pm	Salberg	5	\$200
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### Riddles, Rhymes, and Reading

What could be more fun than reading and sharing all those crazy Riddles and Rhymes? Campers will write and perform their own plays using original Riddles and Rhymes.

*	6/16-6/20	M-F, 8:30am-4:30pm	Salberg	5	\$200
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### Dr. Seuss

Reading and sharing all their favorite Dr. Seuss characters, campers will write and perform their own plays while designing their own costumes and sets.

*	6/23-6/27	M-F, 8:30am-4:30pm	Salberg	5	\$200
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### Fairy Tales and Fantasy

Moving from Fairy Tales into Fantasy, campers will expand on the magical theme of Fairy Tales and write and perform their own plays while designing their own costumes and sets.

*	7/7-7/11	M-F, 8:30am-4:30pm	Salberg	5	\$200
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### Fancy Nancy

Who could dream of a better way to spend a week than in a Fancy Nancy dream? Campers will write and perform their own plays while designing their own costumes and sets.

*	7/14-7/18	M-F, 8:30am-4:30pm	Salberg	5	\$200
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### Christmas in July

Campers will use their imagination to write a play based on a wonderful Christmas in July.

*	7/21-7/25	M-F, 8:30am-4:30pm	Salberg	5	\$200
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### Rhymes, Reading, and Folk Tales

Campers will use their imagination to write a play based on Folk tales and all the wonder of Rhymes and Reading.

*	7/28-8/1	M-F, 8:30am-4:30pm	Salberg	5	\$200
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### Fairy Tales, Forests & Fanciful Fun

Campers will use their imagination to write a play based on fairy tales that grow out of the wonder of the forest and all the fanciful fun you can have in nature.

*	8/4-8/8	M-F, 8:30am-4:30pm	Salberg	5	\$200
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### Princesses, Plays and Posies

All the young Princesses will come together to write their own play and enjoy the summer in full bloom, posies and all. They will learn acting secrets, design and make their own costumes and sets.

*	8/11-8/15	M-F, 8:30am-4:30pm	Salberg	5	\$200
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\*Register online at [www.bdtAcademy.org](http://www.bdtAcademy.org) or call 303-449-6000 x193.

## ► ART CAMPS

### Drawing, Painting, Printmaking

#### Ages 6-8

Students will explore drawing, watercolor, print-making, collage and learn to keep a sketch book.

213208	6/30-7/3	M-Th, 9am-12pm	Salberg	4	\$125/\$156
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#### Ages 9-12

Learn new ways to express your creativity through watercolor, drawing, collage, print making and more.

213205	6/30-7/3	M-Th, 1-4pm	Salberg	4	\$125/\$156
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### Pottery on the Wheel

#### Ages 12-14

Teens move into a world of new experiences through hand-building and wheel throwing, learning problem solving skills and building confidence in a creative and fun atmosphere.

213232	8/11-8/15	M-F, 1-4pm	Pottery	5	\$150/\$188
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### Clay Camp

#### Ages 6-8

A fun-filled week of working in clay, using slab, pinch and coil construction. Pieces will be decorated with slips, glazed and fired. Come join the fun!

213233	6/9-6/13	M-F, 9am-12pm	Pottery	5	\$135/\$169
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213234	6/16-6/20	M-F, 9am-12pm	Pottery	5	\$135/\$169
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213235	6/23-6/27	M-F, 9am-12pm	Pottery	5	\$135/\$169
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213236	7/7-7/11	M-F, 9am-12pm	Pottery	5	\$135/\$169
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213237	7/21-7/25	M-F, 9am-12pm	Pottery	5	\$135/\$169
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213238	7/28-8/1	<b>FULL</b>			
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#### Ages 9-12

Working in clay students will have an opportunity to improve their techniques in clay, find their creativity, decorate with a variety of slips and have their pieces glazed and fired. Come and enjoy!

213239	6/16-6/20	M-F, 1-4pm	Pottery	5	\$135/\$169
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213240	6/23-6/27	M-F, 1-4pm	Pottery	5	\$135/\$169
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213241	7/7-7/11	M-F, 1-4pm	Pottery	5	\$135/\$169
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213242	7/28-8/1	M-F, 1-4pm	Pottery	5	\$135/\$169
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### Jewelry Camp

#### Ages 9-12

From bead making to precious metal clay campers will discover the joy of designing and making their own jewelry.

213382	7/21-7/25	M-F, 1-4pm	Pottery	5	\$150/\$188
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# SUMMER CAMPS



*Kids love the variety of activities in our combo camps.*

## ► DANCE, COMBO & GYMNASTICS CAMPS

### Dancing Days

#### Ages 4-5

Sample a variety of dance techniques including ballet, jazz, tap and creative movement in a fun environment. Campers will create crafts to help explore and investigate dance concepts. There will be a small presentation on the last day. Information: Kirsten at 303-413-7477.

212011	6/16-6/19	M-Th, 9am-12pm	East	4	\$120/\$150
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### Dancing Camp

Sample a variety of dance techniques including hip hop, jazz, and creative movement in a fun environment. Campers will create crafts to help explore and investigate dance concepts. There will be a small presentation on the last day. Information: Kirsten at 303-413-7477.

#### Ages 6-8

212014	7/7-7/11	M-F, 9am-12pm	East	5	\$150/\$188
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#### Ages 9-12

212015	7/7-7/11	M-F, 9am-12pm	East	5	\$150/\$188
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### Expressions Dance Camp

#### Ages 9-18

Optional camp for students who have auditioned and been accepted into the Expressions Dance Company. Admission is by audition only. Information: Cynthia at 303-413-7473.

212013	6/2-6/6	M-F, 10am-3pm	South	5	\$275/\$275
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#### Ages 9-18

Mandatory for students who have auditioned and been accepted into the Expressions Dance Company. Admission is by audition only. Information: Cynthia at 303-413-7473.

212012	8/11-8/15	M-F, 10am-4pm	East	5	\$325/\$325
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### My 1st Camp

#### Ages 4-6

Looking for a summer camp tailored to your little one's learning and developmental needs? Camps are planned around a physical development curriculum that works on developing children's social and motor skills. My 1st Camp participants will be exposed to sports, tumbling, some movin' & groovin' to music, arts and craft projects, and swimming.

Information: Dean at 303-441-4427 or rummeld@bouldercolorado.gov

212795	6/9-6/13	M-F, 9:45am-1pm	North	5	\$152/\$189
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212796	7/28-8/1	M-F, 9:45am-1pm	East	5	\$152/\$189
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### Gymnastics, Dance & Swim Combo Camp

#### Ages 6-10

Campers will explore different dance concepts and techniques in the morning. After lunch, more fun building skills with gymnastics! The exciting day wraps up with a splash in the pool.

212010	6/23-6/27	<b>FULL</b>			
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### Summer Recreational Gymnastics Camp

#### Ages 5-12

Bounce, tumble, swing, balance, play games, make friends, swim and more! Beginner through advanced gymnasts will have the opportunity to learn, challenge themselves, and have fun in our state of the art facility that includes three trampolines, two foam pits, a trapeze, rope swing, as well as the usual vault, bars, beam floor, pommel horse, parallel bars, high bar, and rings. This gymnastics camp offers a great introduction to the sport, and a great way to continue learning at all levels. Campers will be grouped by age and ability. Information: Janice at 303-413-7265.

212332	7/7-7/11	M-F, 9am-12pm	North	5	\$184/\$230
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## ► BLAST OFF! SCIENCE CAMP

#### Ages 6-11

Rockets with an EXPLOSION of science! Spend the morning conducting some wacky science projects, along with making new friends during team building activities. The afternoons will be spent building and setting off ROCKETS, and swimming! Campers will be split up by age/ability, but special requests are welcomed.

Information: Dean at 303-441-4427 or rummeld@bouldercolorado.gov

212736	6/30-7/3	<b>FULL</b>			
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212738	7/14-7/18	M-F, 9am-4pm	South	5	\$198/\$248
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212741	8/4-8/8	M-F, 9am-4pm	South	5	\$198/\$248
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# SUMMER CAMPS

## ► KIDZ KAMP

### Ages 5-11

Looking for a camp that offers a variety of outdoor play, physical, social and creative activities? Know someone who'd like a week (or more) of sports, games, swimming, climbing, canoeing, and hands-on craft making? Each camp week is packed with diverse, engaging activities designed for fun, skill and character development. Choose from more than 12 week-long camps dedicated to the fun, joy and excitement of summer. Each camp will include a variety of sports, games, arts and crafts, swimming, canoeing, field trips to the Boulder Reservoir or Scott Carpenter Pool, scavenger hunts and more! Select your camps, bring your swimsuit, sunscreen and lunch - and have some fun. Campers will be divided by age and ability most of the day. Register today!

**Information: Megann at 303-413-7465 or lohmanm@bouldercolorado.gov**

### Summer Mix

Enjoy the 'Best of Everything Summer!' Play and develop your skills in basketball, bocce ball, tennis, indoor climbing, kickball, wiffleball, volleyball, wall ball, fishing, swimming, canoeing, and more.

212032 6/2-6/6 M-F, 8:30am-5:30pm East 5 \$209/\$262

### Ultimate Sports & Games

Have a blast playing floor hockey, soccer, Ultimate Frisbee, disc-golf, Capture the Flag, climbing the rock wall, canoeing, and other camp games.

212033 6/9-6/13 M-F, 8:30am-5:30pm East 5 \$209/\$262

### Color Wars

Teams earn points by competing in challenges and events throughout this action packed week. Typical team challenges include tug-of-war, dodgeball, soccer, basketball and other games. This is a great week for building teamwork, meeting and making new friends.

212034 6/16-6/20 M-F, 8:30am-5:30pm East 5 \$209/\$262

### Extreme Recess

Your child will come home happy, tired and excited for the next day with this camp packed with both 'old and new school' games, sports and adventures. This camp offers a variety of daily activities including fishing, basketball, volleyball, wall ball, Capture the Flag, indoor climbing and more!

212035 6/23-6/27 M-F, 8:30am-5:30pm East 5 \$209/\$262

### July 4th Favorites

Have some classic fun with the summer camp favorites: tennis, soccer, basketball, canoeing, swimming, Capture the Flag, and indoor climbing.

212037 6/30-7/3 M-Th, 8:30am-5:30pm East 4 \$168/\$209

### Adventure

Develop outdoor adventure skills, improve self-esteem and explore the natural environment through activities and games. Participate in team building activities, hiking, canoeing, and swimming. Enjoy a field trip to the Boulder Reservoir and more.

212036 7/7-7/11 M-F, 8:30am-5:30pm East 5 \$209/\$262

### Olympics

Campers enjoy their favorite olympic sports with a camp twist! Competition play will focus on good sportsmanship and what it means to be an Olympian with medal prizes. They will also get a chance to play some less known, but equally fun, sports like bocce ball, horseshoes, ladderball, and more.

212038 7/14-7/18 M-F, 8:30am-5:30pm East 5 \$209/\$262

### Recreation World

Try a week of recreation variety including sports, fitness, arts & crafts, nature, canoeing, games and more.

212039 7/21-7/25 M-F, 8:30am-5:30pm East 5 \$209/\$262

### Blast From the Past

Take a trip back through the decades with 4 square, basketball, floor hockey, wall ball, tennis, and more.

212040 7/28-8/1 M-F, 8:30am-5:30pm East 5 \$209/\$262

### Best of the Best

Make memories with indoor climbing on the rock wall, basketball, soccer, kickball games, tennis, and other summer hits.

212042 8/4-8/8 M-F, 8:30am-5:30pm East 5 \$209/\$262

### The Great Outdoors

Enjoy summer favorites like: soccer, bocce ball, flag football, Capture the Flag, kickball, canoeing, and more. This week will also feature field trips to both Scott Carpenter Pool and the Boulder Reservoir.

212041 8/11-8/15 M-F, 8:30am-5:30pm East 5 \$209/\$262

### Anything Goes

Play the final week of summer with a wide range of camper and counselor favorites. We will have a plan, but anything goes! Campers will have a large part of this weeks planning and activities.

212047 8/18-8/20 M-W, 8:30am-5:30pm East 3 \$125/\$157

## ► SKILLS CAMP AT VALMONT BIKE PARK

### 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 8am and After Care until 5:30pm available.
- Daily lunch from sprouts is also available.
- Special Park Bikes can be rented for \$50 per week; Protective Gear (required) can also be rented for \$15 per week.

\* 5/26-8/15 M-F, 8:45am-2:30pm \$395 per week

\*Register online at [www.avid4.com](http://www.avid4.com)

# SUMMER CAMPS

## ► PLAY-WELL TEKNOLOGIES

### Ages 5-12

Play-Well TEKnoLogies provides project-based programs designed to teach principles and methods of engineering to kindergarten through 5th graders utilizing LEGO® products. Utilizing over 100,000 pieces of LEGO® for each camp, we strive to build students' problem-solving skills, foster a greater appreciation of how things work, and encourage the qualities of inquisitiveness, self-reliance, and self-confidence in children.

\*Register online at [www.Play-well.org](http://www.Play-well.org). Camps are held at the Iris Center, 3198 Broadway, Boulder.

### Jedi Engineering

#### Ages 5-6

Young Jedi will explore worlds far, far away and engineering principles right in front of them. Defeat the Empire by designing and refining X-Wings, R2-units, and settlements on far-flung edges of the galaxy. Imagination and engineering combine to create motorized and architectural projects such as energy catapults, shield generators and defense turrets.

*	6/9-6/13	M-F, 8:30-11:30am	Iris Studio	5	\$178
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### Jedi Master Engineering

#### Ages 8-12

Build complex machines and structures based on the best designs from a galaxy far, far away. Projects include X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, settlements, and fortresses.

Play-Well's Jedi instructors reinforce key engineering concepts such as gear trains, worm drives, pneumatics, eccentric motion and more as students tap into the powerful forces of imagination and engineering.

*	6/9-6/13	M-F, 12:30-3:30pm	Iris Studio	5	\$178
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### Construction Vehicles and Machines

#### Ages 5-6

Dig into engineering with big trucks, construction vehicles and super machines. Explore the engineering terms, concepts, and vocabulary behind large scale building machines. Build and learn about steamrollers, bulldozers, wrecking balls, tower cranes, and more while building with your favorite building system, LEGO®.

*	6/23-6/27	M-F, 8:30-11:30am	Iris Studio	5	\$178
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### Mine, Craft, Build using LEGO®

#### Ages 7-12

Bring Minecraft to life using LEGO®! Imagine, build, and explore a world with your own two hands in a class designed by Play-Well instructors and inspired by the video game. Resourcefulness, creativity, and cooperation come together in this unique building adventure; roll the dice to mine for resources, craft tools, and watch out for creepers!

*	6/23-6/27	M-F, 12:30-3:30pm	Iris Studio	5	\$178
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### Robotics

#### Ages 8-12

Learn about building and programming robots using the LEGO® Mindstorms NXT system. In addition to having fun, participants learn about mechanical and software design, problem solving, and teamwork skills.

*	6/30-7/3	M-F, 8:30-11:30am	Iris Studio	4	\$190
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*	6/30-7/3	M-F, 12:30-3:30pm	Iris Studio	4	\$190
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### Pre-Engineering with LEGO®

#### Ages 5-6

Let your imagination run wild with over 100,000 pieces of LEGO®! Build engineer-designed projects such as boats, bridges, mazes and motorized cars, and use special pieces to create your own unique design!

*	7/21-7/25	M-F, 8:30-11:30am	Iris Studio	5	\$178
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### Engineering FUNDamentals with LEGO®

#### Ages 7-12

Power up your engineering skills with Play-Well TeknoLogies and over 100,000 pieces of LEGO®! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as arch bridges, skyscrapers, motorized cars, and the Battletack! An experienced instructor will challenge new and returning students to engineer at the next level.

*	7/21-7/25	M-F, 12:30-3:30pm	Iris Studio	5	\$178
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### Jr. Ninjaneering with LEGO®

#### Ages 5-6

Enter the world of Ninjago and become an apprentice Ninjaneer! Learn the way of Spinjitzu, build the Fire Temple, race Skull Trucks, and encounter the mighty Dragon! This is an ideal way to prepare young Ninjaneers for the challenge of Ninjaneering Masters with LEGO® camp.

*	8/4-8/8	M-F, 8:30-11:30am	Iris Studio	5	\$178
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### Engineering FUNDamentals with LEGO® for Girls

#### Ages 7-12

A NEW Play-Well offering for girls who love to build! Taught by women engineers and scientists, this course will provide a supportive environment for girls to apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as arch bridges, motorized cars, skyscrapers and amusement parks! Curriculum created for LEGO lovers and newbies alike!

*	8/4-8/8	M-F, 12:30-3:30pm	Iris Studio	5	\$178
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\*Register online at [www.Play-well.org](http://www.Play-well.org) for the above camps.

## ► CHESS CAMP

Get out of the house this summer with Chess Wizards; play games, make new friends, and have fun. An array of games and activities throughout the camp will be led by the most energetic members of the Wizards' staff. Activities include: chess games, lessons, puzzles, wizard games, charades, outside activities, and more! Information: Dean at 303-441-4427 or [rummeld@bouldercolorado.gov](mailto:rummeld@bouldercolorado.gov)

### Grades K-4

*	6/16-6/20	M-F, 9am-12pm	South	5	\$175
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*	7/21-7/25	M-F, 9am-12pm	South	5	\$175
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*	8/11-8/15	M-F, 9am-12pm	South	5	\$175
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### Grades 5-8

*	6/16-6/20	M-F, 1-4pm	South	5	\$175
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*	7/21-7/25	M-F, 1-4pm	South	5	\$175
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*	8/11-8/15	M-F, 1-4pm	South	5	\$175
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\*Register online at [www.chesswizards.com](http://www.chesswizards.com) or call 866-949-4386.

# SUMMER CAMPS

## ► DENVER NUGGETS BASKETBALL

### Denver Nuggets Basketball Camp

The Nuggets are dedicated to teaching the fundamentals of the game in a very fun, exciting, and Nugget-packed environment. We want every camper to leave with three things:

1. Between the first day of camp and the last day, we want every camper to improve their basketball skill level.
2. We want all of our campers to walk away knowing what it will take for them to get better.
3. We want all of our campers to have fun and learn to truly enjoy the game of basketball.

Along with these items, our campers leave with their hands full of Nuggets memorabilia including:

- A ticket to a Denver Nuggets game
- Nuggets Camp t-shirt and camp basketball

The Nuggets Basketball Camp is for boys and girls of all skill levels between ages 6-18 years old. Skill development stations include ball handling, passing, shooting, defense, and rebounding. Camp contests include hot shot, free throws, X-out, lay-ups, and knock out. Along with station work, campers will also play in 3 on 3 and 5 on 5 games. Players will be divided based on age and ability.

For questions please contact Lemar Griffin, National Basketball Academy, 863-513-6979 or lgriffin@TheBasketballAcademy.com

You may also contact Dean Rummel with City of Boulder Parks and Recreation at 303-441-4427 or Rummeld@bouldercolorado.gov.

#### Ages 6-8

*	8/11-8/15	M-F, 8:30am-11:30pm	South	5	\$199
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#### Ages 9-13

*	8/11-8/15	M-F, 1:30-4:30pm	South	5	\$199
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#### Ages 14-18

*	8/11-8/15	M-F, 5:30-8:30pm	South	5	\$199
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### Denver Nuggets Summer Skills Clinic

Looking to improve his or her basketball ability and skills? The National Basketball Academy coaches have designed these clinics to help improve the fundamentals of player's skills. This will include mechanics, fundamentals, foot work, conditioning, and in-game situations. Players will be divided based on age and ability.

#### Ages 7-17

*	6/30-7/2	M-W, 1:30-4:30pm	South	3	\$135
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\*To register for the Nuggets camp or clinic please visit:  
[www.theBasketballAcademy.com](http://www.theBasketballAcademy.com) > Denver Nuggets

## ► VOLLEYBALL

### Introduction to Middle School Volleyball Camp

#### Ages 11-15

Learn the sport of volleyball and make new friends before the start of school! This fun-filled camp is the perfect introduction to the fast paced sport of volleyball. Participants will learn the basics of passing, setting and serving while participating in games and scrimmages. Note: this camp is designed for those NEW to the sport.

Information: Megann at 303-413-7465 or lohmanm@bouldercolorado.gov

212179	8/4-8/8	M-F, 9-11:30am	South	5	\$101/\$127
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## ► TENNIS

### Grand Slam Tennis with a Flip Camp

#### Ages 6-11

Looking for a camp that is different than the rest? In the morning, our campers will get to experience tennis through fun games and skill building activities. In the afternoon campers will get to experience our 'state of the art' gymnastics facility led by fantastic instructors! Also, enjoy swim time in the afternoons at our kid-friendly pool. This camp really has it all! Campers will be split up by age/ability, but special requests are welcomed. *Field trip to Mountain Dairy Goat Farm.*

Information: Dean Rummel at 303-441-4427 or rummeld@bouldercolorado.gov

212633	6/9-6/13	FULL			
212639	7/21-7/25	M-F, 9am-4pm	North	5	\$198/\$248

### Grand Slam Tennis with a Splash Camp

#### Ages 6-11

Tennis, swimming, and sports! Days will focus on tennis, but will include many other fun activities such as: swimming, soccer, dodgeball, crafts, etc. We end each camp with our Davis Cup Competition, which includes fun, team building games. Campers will be split up by age/ability, but special requests are welcomed. *Field trip to Mountain Dairy Goat Farm.*

Information: Dean Rummel at 303-441-4427 or rummeld@bouldercolorado.gov

212632	6/2-6/6	M-F, 9am-4pm	North	5	\$189/\$237
212634	6/16-6/20	M-F, 9am-4pm	North	5	\$189/\$237
212635	6/23-6/27	M-F, 9am-4pm	North	5	\$189/\$237
212636	6/30-7/3	M-Th, 9am-4pm	North	4	\$152/\$189
212637	7/7-7/11	M-F, 9am-4pm	North	5	\$189/\$237
212638	7/14-7/18	M-F, 9am-4pm	North	5	\$189/\$237
212640	7/28-8/1	M-F, 9am-4pm	North	5	\$189/\$237
212641	8/4-8/8	M-F, 9am-4pm	North	5	\$189/\$237
212642	8/11-8/15	M-F, 9am-4pm	North	5	\$189/\$237

### Summer Clinics with Gonzo

#### Ages 5-15

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.

Information: Gonzo at 720-480-0249 or gonzo@gonzotennis.com

Cancellation information: 303-441-3410, press 1 then 5.

211632	6/3-6/5	Tu/W/Th, 9am-12pm	East	3	\$104/\$130
211633	6/10-6/12	Tu/W/Th, 9am-12pm	East	3	\$104/\$130
211634	6/24-6/26	Tu/W/Th, 9am-12pm	East	3	\$104/\$130
211636	7/1-7/3	Tu/W/Th, 9am-12pm	East	3	\$104/\$130
211637	7/15-7/17	Tu/W/Th, 9am-12pm	East	3	\$104/\$130
211639	7/22-7/24	Tu/W/Th, 9am-12pm	East	3	\$104/\$130
211640	7/29-7/31	Tu/W/Th, 9am-12pm	East	3	\$104/\$130
211641	8/5-8/7	Tu/W/Th, 9am-12pm	East	3	\$104/\$130

### Summer Day Camp with Gonzo

#### Ages 5-15

Want a full day of tennis and fun with Gonzo and his staff? Boulder Parks and Recreation and Gonzo Tennis have developed a day camp as an extension to the morning clinics. The mornings will be full of tennis with our expert coaches followed by lunch and some time in the pool - then more tennis!

Information: Gonzo at 720-480-0249 or gonzo@gonzotennis.com

211635	6/16-6/20	M-F, 9am-4pm	East	5	\$250/\$313
211638	7/7-7/11	M-F, 9am-4pm	East	5	\$250/\$313

# SUMMER CAMPS



*There is simply nothing like being able to pilot your own craft at the age of 9 years old. Sailing camps build confidence and independence.*

## ► BOULDER RESERVOIR

### Ages 5-17

#### Community Sailing of Colorado

Boulder Parks & Recreation Department and Community Sailing of Colorado, a non-profit organization dedicated to making sailing accessible, safe, and fun for kids in Colorado merge to provide quality Sailing programs this summer.

All camps are held at the Boulder Reservoir, 5565 N 51st St.

\*Register online at [www.communitysailing.org](http://www.communitysailing.org)

### Little Puffs Camps

#### Ages 5-7

Little Puff Camps will introduce kids to the water and boating safety. FUN, safety and close supervision will be the hallmarks of this camp. Activities will include swimming, boating, kayaking and marina safety. It's not a formal sailing class, but rather designed to build comfort around the boats and water.

*	7/8-7/17	Tu & Th, 9:30am-12pm	4	\$245
*	8/5-8/14	Tu & Th, 9:30am-12pm	4	\$245

### Learn to Sail (LTS) & Intermediate Sailing Camps

#### Ages 8-17

**LTS** - These camps are for beginning sailors. Emphasis is on learning the basics and feeling comfortable on the water. Be ready to learn rigging, basic boat handling, terminology, docking, capsized recovery, knot tying and marine safety.

**Intermediate** - A follow up to our Learn To Sail course and for juniors that have previous experience. Sailors will strengthen basic skills and become proficient sailing all points of sail. Practicing tacking, jibing, sail trim, boat handling, knot tying, review of weather recognition and capsized recovery are the goals of this camp.

*	6/2-6/6	M-F, 9:30am-3:30pm	5	\$435
*	6/9-6/13	M-F, 9:30am-3:30pm	5	\$435
*	6/16-6/20	M-F, 9:30am-3:30pm	5	\$435
*	6/23-6/27	M-F, 9:30am-3:30pm	5	\$435

*	7/7-7/11	M-F, 9:30am-3:30pm	5	\$435
*	7/14-7/18	M-F, 9:30am-3:30pm	5	\$435
*	7/21-7/25	M-F, 9:30am-3:30pm	5	\$435
*	7/28-7/30	M-W, 9:30am-3:30pm	3	\$270
*	8/4-8/8	M-F, 9:30am-3:30pm	5	\$435
*	8/11-8/15	M-F, 9:30am-3:30pm	5	\$435

### Advanced Sailing Camps

#### Ages 8-17

Designed for those that have mastered the basics of sailing. We will strengthen sailing skills and focus on boat handling, right of way, sailing in all conditions under control and skipper responsibilities.

*	6/2-6/6	M-F, 9:30am-3:30pm	5	\$460
*	6/9-6/13	M-F, 9:30am-3:30pm	5	\$460
*	6/16-6/20	M-F, 9:30am-3:30pm	5	\$460
*	6/23-6/27	M-F, 9:30am-3:30pm	5	\$460
*	7/7-7/11	M-F, 9:30am-3:30pm	5	\$460
*	7/14-7/18	M-F, 9:30am-3:30pm	5	\$460
*	7/21-7/25	M-F, 9:30am-3:30pm	5	\$460
*	7/28-7/30	M-W, 9:30am-3:30pm	3	\$285
*	8/4-8/8	M-F, 9:30am-3:30pm	5	\$460
*	8/11-8/15	M-F, 9:30am-3:30pm	5	\$460

### Windsurf Camps

#### Ages 8-17

Learn how to harness the winds at the Boulder Reservoir and strengthen your windsurfing skills in this 3 day camp.

*	6/23-6/25	M-W, 9:30am-3:30pm	3	\$285
*	7/28-7/30	M-W, 9:30am-3:30pm	3	\$285

\*Register online for the above camps at [www.communitysailing.org](http://www.communitysailing.org)

### Jr. Water Sports Camp

#### Ages 7-9

Enjoy all the recreation the Reservoir has to offer while making new friends. Water Sports Camp will allow kids to enjoy all sorts of supervised fun including: SUP, swimming, sailing, canoeing, fishing, slack-lining, kayaking, windsurfing, playing at the beach and much more!

After care is available through our Sunset Camp for an additional fee (\$40/\$50) from 2:15-4:30pm, use registration codes in far right column.

214090	6/2-6/5	M-Th, 8:45am-2:15pm	4	\$160/\$200	214106
214091	6/9-6/12	M-Th, 8:45am-2:15pm	4	\$160/\$200	214108
214092	6/16-6/19	M-Th, 8:45am-2:15pm	4	\$160/\$200	214109
214093	6/23-6/26	M-Th, 8:45am-2:15pm	4	\$160/\$200	214110
214094	7/7-7/10	M-Th, 8:45am-2:15pm	4	\$160/\$200	214112
214095	7/14-7/17	M-Th, 8:45am-2:15pm	4	\$160/\$200	214113
214096	7/21-7/24	M-Th, 8:45am-2:15pm	4	\$160/\$200	214114
214097	8/4-8/7	M-Th, 8:45am-2:15pm	4	\$160/\$200	214115
214136	8/11-8/14	M-Th, 8:45am-2:15pm	4	\$160/\$200	214138

# SUMMER CAMPS

## Water Sports Camp Ages 10-13

Water Sports Camp will allow kids to enjoy all sorts of supervised fun including; SUP, swimming, sailing, canoeing, fishing, slack-lining, kayaking, windsurfing, playing at the beach and much more!

214123	6/9-6/12	M-Th, 8:30am-4:30pm	4	\$270/\$338
214124	6/16-6/19	M-Th, 8:30am-4:30pm	4	\$270/\$338
214125	6/23-6/26	M-Th, 8:30am-4:30pm	4	\$270/\$338
214126	7/7-7/10	M-Th, 8:30am-4:30pm	4	\$270/\$338
214127	7/14-7/17	M-Th, 8:30am-4:30pm	4	\$270/\$338
214128	7/21-7/24	M-Th, 8:30am-4:30pm	4	\$270/\$338
214129	8/4-8/7	M-Th, 8:30am-4:30pm	4	\$270/\$338
214137	8/11-8/14	M-Th, 8:30am-4:30pm	4	\$270/\$338

Register online at [www.BoulderParks-Rec.org](http://www.BoulderParks-Rec.org)

**City of Boulder Parks & Recreation**

# Birthday Parties!

Call today and reserve the date for your child's next birthday party!

**Swimming**  
East • 303-413-7209  
North • 303-413-7218  
South • 303-441-3449

**Climbing Wall**  
East • 303-441-4400

**Gymnastics**  
North • 303-413-7218

**Pottery**  
Pottery Lab • 303-441-3446

[www.BoulderParks-Rec.org](http://www.BoulderParks-Rec.org)

## ▶ USA ULTIMATE DAY CAMPS

### Ages 7-14

**Boulder Parks & Recreation Department and USA Ultimate merge to provide quality Ultimate (Frisbee) programs for both experienced players and young athletes new to the sport.**

Information: Mike Lovinguth, Manager of Youth and Education Programs at 303-447-3472 x115 or [mike@usultimate.org](mailto:mike@usultimate.org) or contact Dean Rummel with the City of Boulder at 303-441-4427 or [rummeld@bouldercolorado.gov](mailto:rummeld@bouldercolorado.gov)

**All camps are held at the East Boulder Community Center  
Turf Fields - 5660 Sioux Dr. – Boulder**

Learn and play the fastest growing field sport in America from the world leader- USA ULTIMATE! Ultimate is all about fun & inclusion—we play numerous games to develop disc fundamental athletic skills, teach rules of the game, and always highlight teamwork and sportsmanship over win-at-all costs. Our camps are great for new and experienced players alike. The only equipment needed is running shoes or soccer-style cleats.

*All USA Ultimate camps are open to both girls and boys except for the Girls Only! Camp play & instruction is coeducational. Camper age groups may be combined based on participant levels.*

### Half Day Camps

Our A.M. camp teaches Ultimate & other disc games in a game-based environment. Kids build fundamental skills while having a blast. Our P.M. camp reinforces these skills through situational play & team-based strategies.

#### Ages 7-9

*	6/16-6/20	M-F, 9am-12pm	East	5	\$149
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#### Ages 10-11 A.M. Camp

*	6/16-6/20	M-F, 9am-12pm	East	5	\$149
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#### Ages 10-11 P.M. Camp

*	6/16-6/20	M-F, 1-4pm	East	5	\$149
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#### Ages 10-11 Full Day Option - SAVE \$49

*	6/16-6/20	M-F, 9am-4pm	East	5	\$249
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### Full Day Camps

Our Full Day Camps focus on fundamentals and teamwork - building skills and community progressively throughout the week.

#### Ages 11-12

*	6/9-6/12	M-Th, 9am-4pm	East	4	\$249
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#### Ages 13-14

*	6/9-6/12	M-Th, 9am-4pm	East	4	\$249
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*(15 year olds who haven't entered high school yet are also welcome)*

### Girls Only! Camp

Ultimate is a great sport for girls! We are pleased to offer a half-day, Girls Only! session alongside our full day camp. This session will run separately from the full day camp & are only open to girls. Girls Only! Campers can also participate in the afternoon co-ed camp by registering for the Full Day Camp above. Sign up now!

#### Girls Ages 11-14

*	6/9-6/12	M-Th, 9am-12pm	East	4	\$149
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\*Register for USA Ultimate camps at [www.usultimate.org/camps](http://www.usultimate.org/camps)

# BOULDER RESERVOIR



*Don't miss our 4th of July - Star Spangled Splash event, fun for the whole family. See page 55.*

## Boulder Reservoir Summer Season Information

5565 N 51st. St. • Boulder, CO 80301  
[www.boulderRez.org](http://www.boulderRez.org)

General Info 303-441-3461  
Boat House 303-441-3468

### ► FEES & HOURS

Memorial Day Weekend, May 24 through Labor Day, September 1.

#### Gate Hours

5:30 am to 9 pm daily

Dogs and glass are not allowed in the park.

#### Daily Admission Fees

Youth (3-18) \$3.75  
Adult (19-59) \$6.25  
Senior (60+) \$4.25

Punch cards, Annual passes, and Splash Passes are valid for entry into the Reservoir.

#### Swim Beach Hours

Mon-Wed 11am-6pm  
Thu 10am-5:30pm  
Fri-Sun 10am-6pm

A lifeguard administered swim test is required for individuals under 13 years old to swim beyond the shallow water ropes. **For more information visit us online at [www.BoulderRez.org](http://www.BoulderRez.org)**

#### • Open Water Swim

Guests may join us and use our 750 meter open water swim course. Laps must be started by 7:30am. Water-safety is provided. Cost is \$10 per person and includes gate admission.

Wed 7-8am

#### Boat House Hours

Mon-Wed 11am-6pm  
Thu-Sun 10am-6pm

#### • Boat Rentals Available

Stand up paddleboards (SUP), hydrobikes, kayaks, canoes, windsurfers, paddleboats, sunfish and hobbies. Please call ahead for sailboat availability. **More details and fees online at [www.BoulderRez.org](http://www.BoulderRez.org)**

#### Boating

All watercraft must have a 2014 Boulder Reservoir boat permit and pass inspection prior to launch. Watercraft may only launch from the South Shore after successfully completing inspection. Small craft permits (kayak, canoe, SUP, windsurfer, row boat) may be purchased at the front gate. Any boat with a motor or a sail must submit the online application and make an appointment to purchase a permit. All State of CO boating statutes apply. Please visit our website for more details.

#### • No Wake Times

Any type of craft is allowed on the water, however must remain wakeless during the following days/times:

Tue 5:30am-12pm  
Wed 5:30am-9am  
Thu 5pm-9pm

#### Picnic Site Rentals

Picnic site rentals are available for groups of 30-500 people. Please visit our website for further information including availability and pricing.

#### Special Events

The Reservoir is home to many special events. If you're interested in hosting a special event at the Reservoir, please visit us online for application requirements and our special event calendar at [www.BoulderRez.org](http://www.BoulderRez.org).



*Whether it's ballet or ballroom, tap or jazz, dance is great for helping people of all ages and physical abilities get and stay in shape.*

## 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**

## Discount - Adult Dance

Students enrolled in more than one dance class per session will be given a 10% discount on the lesser of the two fees. Register in person or by phone.

## Class Cancellation Policy

Classes will be cancelled one week prior to start of session if the class does not meet the minimum registration requirement.

## ▶ ADULT DANCE

### Ballet Barre

(Ages 18+) Include a ballet workout in your day with traditional ballet barre and gentle stretching. For students with knowledge of ballet basics.

**216366** 6/12-7/17 Th, 9-10am★ North 6 \$54/\$68 Sylvia

### Ballet Barre Plus

(Ages 18+) Include a ballet workout in your day with traditional ballet barre and gentle stretching. For students with knowledge of ballet basics. This class includes a center routine.

**216357** 6/10-7/15 Tu, 9:30-11am★ North 6 \$63/\$79 Sylvia

### Ballet Level 1

(Ages 13+) Experience the art form of classical ballet and discover the fun and joy of movement in this physical technique utilized by gymnasts, ice skaters, football players and other athletes. Students will develop strength, movement awareness and muscle control as they learn the fundamental barre and center exercises, placement, and dance steps.

**216358** 6/10-7/15 Tu, 6-7:30pm North 6 \$63/\$79 Elizabeth

### Ballet Level 2

(Ages 13+) Wanting to return to ballet after an absence or ready to progress to the next level? Then this class may be for you! We will solidify technique with a careful practice of barre and center exercises, elementary jumps and turns, and dance steps. At least 1 year of previous ballet study is strongly recommended.

**216360** 6/10-7/15 Tu, 7:30-9pm North 6 \$63/\$79 Elizabeth

### Ballet Level 3

(Ages 13+) A lively and supportive intermediate level class for students experienced in standard barre and center exercises, poses, and small and big jumps. Emphasis on increasing complexity of steps and combinations, strengthening stability, ballon, and attention to detail. Three years of previous training recommended.

**216361** 6/14-7/19 Sa, 12-2pm East 6 \$75/\$100 Elizabeth

### Pointe Extension for Adult Ballet 3

This course is for students taking Adult Ballet 3, 216361.

**216364** 6/14-7/19 Sa, 2:15-3pm East 6 \$48/\$60 Elizabeth

### Jazz Level 1

(Ages 13+) Come enjoy a high energy introduction to a variety of jazz techniques. Gain coordination, flexibility, strength and rhythm.

**216327** 6/9-7/14 M, 6:30-7:30pm North 6 \$54/\$68 Vanessa

### Hip Hop Level 1

(Ages 13+) Hip Hop is an internationally popular dance form that promotes physical fitness while having fun! Learn the foundation of many Hip Hop styles in this vigorous and exhilarating class.

**216356** 6/11-7/16 W, 7-8pm East 6 \$54/\$68 Aundrea

# DANCE

## ► BALLROOM DANCE - ADULT

### Ballroom Basics

(Ages 16+) Come experience the joy and elegance of Social Dancing. Foxtrot, Waltz and Swing will be taught in this introductory class. No partner required.

216350 6/5-7/10 Th, 7-8pm North 6 \$48/\$60 Judy

### Ballroom Basics Level 2

(Ages 16+) A continuation of Ballroom Basics 1.

216351 6/5-7/10 Th, 8-9pm East 6 \$48/\$60 Judy

## ► CULTURAL DANCE - ADULT

### Irish Step

(Ages 13+) Kick up your heels to lively Irish reels and jigs and get a great cardio workout at the same time! Irish dancing is rooted in tradition yet continues to evolve today, making it a unique and exciting dance form. Improve your physical dexterity, rhythm and posture while learning the basics of traditional solo step dancing and ceili social dancing in a fun, upbeat environment. Classes also include a proper warm-up with strengthening exercises and stretching. Ghillies, jazz shoes or ballet slippers recommended, but not required.

216320 6/9-7/14 M, 7:15-8:30pm South 6 \$63/\$79 Elizabeth B.

### Beginning Hula Dance

Come learn basic hula steps, ancient and modern hula dances. Hula is a holistic form of dance, which incorporates physical, spiritual, musical, cultural, historic and linguistic elements. The 'healing' function of hula has often been emphasized by health-care professionals. La'ela'e has participated in all of the major hula competitions in Hawai'i.

216346 6/13-7/18 F, 5:30-6:30pm Iris 5 \$54/\$68 La'ela'e

### Bellydance Level 1

(Ages 13+) Learn techniques of this exciting dance style with a supportive, skilled instructor who is eager to share her knowledge and love of the dance. This class will help develop agility, grace, stamina, and a positive sense of self. It's good exercise and good fun! Come and learn the basics (no experience necessary), or practice what you already know.

216325 6/12-7/10 Th, 6:30-7:30pm South 5 \$54/\$68 Shireen

### Bellydance Level 2

A continuation of Level 1.

216326 6/12-7/10 Th, 7:30-8:30pm South 5 \$54/\$68 Shireen

## ► PRESCHOOL DANCE

**Class Cancellation Policy:** Classes will be cancelled one week prior to start of session if the class does not meet the minimum registration requirement.

### World Rhythms for Children

(Ages 3-5) This creative dance movement class will incorporate children's music from around the world, focusing on music from Africa, South America, Cuba and Brazil.

216374 6/4-7/9 W, 4-4:45pm North 6 \$48/\$60 Judy

216809 6/7-7/12 Sa, 9:30-10:15am North 6 \$48/\$60 Judy

### Drumming and Movement

(Ages 3-5) Have fun while learning to drum and dance! Utilizing children's lullabies and nursery rhymes, students will learn basic concepts of drumming, while incorporating creative dance movement.

216382 6/11-7/16 W, 10-10:45am★ North 6 \$48/\$60 Cindy Brandle

### Little Feats Ballet

(Age 3) This dance class is designed for little dancing feet. Introducing the concept of body movements, rhythm and special awareness all taught in a fun, energetic and creative format. Props, music and visual aids elicit movement that builds coordination, strength and self confidence.

216367 6/9-7/14 M, 9-9:45am★ North 6 \$48/\$60 Cindy Brandle

216368 6/10-7/15 Tu, 4-4:45pm Iris 6 \$48/\$60 Vanessa

216369 6/11-7/16 W, 9-9:45am★ North 6 \$48/\$60 Cindy Brandle

216370 6/12-7/17 Th, 10:15-11am★ North 6 \$48/\$60 Sylvia

216808 6/7-7/12 Sa, 9:30-10:15am North 6 \$48/\$60 Judy

### Pre-Ballet Level 1

(Ages 4-5) This class continues to explore creative movement concepts, which are the building blocks of future dance techniques, combined with an introduction to beginning ballet technique. Dancers improve their fine and gross motor skills through play-based activities and working with props.

216371 6/9-7/14 M, 10-10:45am North★ 6 \$48/\$60 Cindy Brandle

216372 6/10-7/15 Tu, 4:45-5:30pm Iris 6 \$48/\$60 Vanessa

216373 6/11-7/16 W, 10:45-11:30am North★ 6 \$48/\$60 Cindy Brandle

### Kinder Ballet

(Ages 5-6) The kindergarten dancer will love this joyful and high energy class. The basic elements of ballet will be taught in a creative and fun way.

216381 6/9-7/14 M, 4-4:45pm North 6 \$48/\$60 Vanessa

### Pre-Ballet and Jazz 1

(Ages 4-5) Jazz dance for children is a joyful, high energy dance form. This course combines ballet technique with jazz influences. These introductory classes provide students knowledge of dance class format, and a special emphasis on music and rhythm.

216345 6/24-7/29 Tu, 3-3:45pm East 6 \$48/\$60 Kathy

## SUMMER CAMPS

ART • POTTERY • DANCE  
DRAMA & MORE!

Sign up today! [www.BoulderParks-Rec.org](http://www.BoulderParks-Rec.org)

## Kinder Jazz

(Ages 5-6) Jazz dance for children is a joyful, high energy dance form. These introductory classes provide students knowledge of dance class format, and a special emphasis on music and rhythm.

216344 6/24-7/29 Tu, 4-4:45pm East 6 \$48/\$60 Kathy

## Kinder Hip Hop

(Ages 5-6) Hip Hop is an internationally popular dance form that promotes physical fitness while having fun! Learn the foundation of many Hip Hop styles in this vigorous and exhilarating class.

216352 6/11-7/16 W, 3-3:45pm★ East 6 \$48/\$60 Aundrea

## ▶ YOUTH DANCE

**Class Cancellation Policy:** Classes will be cancelled one week prior to start of session if the class does not meet the minimum registration requirement.

## World Rhythms for Children

(Ages 5-7) This creative dance movement class will incorporate children's music from around the world, focusing on music from Africa, South America, Cuba and Brazil.

216375 6/4-7/9 W, 5-5:45pm North 6 \$48/\$60 Judy

## Ballet 1

For students who have little to no experience in ballet training. Focus will be on developing and strengthening all components of ballet technique and expanding movement vocabulary as we engage in the fun of preparing the concert dance.

(Ages 6-7)

216376 6/9-7/14 M, 4-4:45pm Iris 5 \$48/\$60 Jamie

(Ages 8-12)

216377 6/9-7/14 M, 4:45-5:45pm Iris 5 \$48/\$60 Jamie

## Hip Hop 1/2

A fun energetic form of dance. Gain rhythm and learn basic movements while having a great time.

(Ages 7-10)

216353 6/11-7/16 W, 4-5pm★ East 6 \$48/\$60 Aundrea

(Ages 11-14)

216354 6/11-7/16 W, 5-6pm★ East 6 \$48/\$60 Aundrea

## Irish Step

(Ages 6-12) Kick up your heels to lively Irish reels and jigs! Irish dancing is rooted in tradition yet continues to evolve today, making it a unique and exciting dance form. Dancers will improve their physical dexterity, rhythm and posture while learning the basics of traditional solo step dancing and ceili social dancing in a fun, upbeat environment. Classes also include a proper warm-up with strengthening exercises and stretching.

216322 6/9-7/14 M, 6:30-7:15pm South 6 \$48/\$60 Elizabeth B.

## Beginning Hula Dance for Children

Come learn basic hula steps, ancient and modern hula dances. Hula is a holistic form of dance, which incorporates physical, spiritual, musical, cultural, historic and linguistic elements. The 'healing' function of hula has often been emphasized by health-care professionals. La'ela'e has participated in all of the major hula competitions in Hawaii.

216348 6/13-7/18 F, 4:30-5:30pm Iris 5 \$48/\$60 La'ela'e

## Jazz 1

Jazz dance for children is a joyful, high energy dance form. These introductory classes provide students knowledge of dance class format, and a special emphasis on music and rhythm.

(Ages 6-8)

216339 6/9-7/14 M, 4:45-5:30pm North 6 \$48/\$60 Vanessa

(Ages 9-12)

216340 6/9-7/14 M, 5:30-6:30pm North 6 \$48/\$60 Vanessa

## Jazz 2

(Ages 7-9) One year of previous training required.

216343 6/12-7/17 Th, 4-5pm★ Iris 6 \$48/\$60 Vanessa

## Jazz 2/3

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

216342 6/12-7/17 Th, 5-6pm★ Iris 6 \$48/\$60 Vanessa

## ▶ KINESIS DANCE COMPANY

**K**inesis Dance Company is replacing the Expression Dance Company formerly offered by the City of Boulder Parks and Recreation Department. Dancers interested in auditioning should pre-register by obtaining an "Intent to Audition" form from any dance studio at the North Boulder Recreation Center, South Boulder Recreation Center or East Boulder Community Center. **The completed form must be returned to Cynthia Burdine or Kirsten Leslie at the East Boulder Community Center or your instructor no later than May 5th.** There is a \$10 Audition fee due the day of the audition. Please bring cash or check. *Please make checks payable to Kinesis Dance.*

The auditions will consist of a group warm-up and the participants will learn center and across the floor combinations. Each combination will be performed in small groups.

**Auditions are May 10th at the East Boulder Community Center dance room. Visit us online at [www.BoulderParks-Rec.org](http://www.BoulderParks-Rec.org) for specific schedule of auditions.**

If you are unable to attend the auditions, please contact Cynthia Burdine. For more information, contact Cynthia Burdine at 303-413-7473 or [burdinec@bouldercolorado.gov](mailto:burdinec@bouldercolorado.gov).



# EXPAND



*Enjoy a beautiful summer day at the Boulder Reservoir.*

**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 call Sherri Brown at 303-441-4933 or brownsh@bouldercolorado.gov with any questions. Unless otherwise noted, programs are for all ability levels.

## Scholarships

**Scholarships are available for individuals.** For more information contact Sherri Brown at 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!

A great opportunity to make new friends and explore other programs. Participate in a general recreation class with your peers. Support will be provided. Contact Sherri Brown at 303-441-4933 two weeks prior to class start date for more information about inclusion.

For summer camp inclusions, see Summer Camp Guide.

## ► CAMPS

### Summer Fun - Expressing Yourself Through the Arts

(Ages 18-35 yrs). Meet up with your friends to explore, create and learn new activities through the Arts. The mission of this program is to educate through the arts by creating theatrical experiences that inspire thought, action, creativity and change. This program will help build confidence, improve communication skills, collaborate with peers, and provide self expression. Bring a sack lunch. Must register no later than May 31. Scholarships are available. Contact Cory at 303-413-7269.

212291	6/23-7/31	M-Th, 12-4pm	North	24	\$450/\$563
212289	6/23-7/10	M-Th, 12-4pm	North	12	\$240/\$300
212290	7/14-7/31	M-Th, 12-4pm	North	12	\$240/\$300

### Thank you to Via Mobility!

Thank you to Via Mobility for donating transportation services for the participants of the Summer Fun Program.



### EXPAND DUCK RACE®

Monday, May 26  
4 p.m. at the Boulder Creek Festival

Sponsor a Duck...Support Recreation for Individuals with Disabilities.

[www.EXPANDduckrace.org](http://www.EXPANDduckrace.org)

## ► 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.

### Youth Swim Lessons

For inclusion opportunities see pages 39-43. Contact Jen, 303-413-7474.

### Wonderful World of Walking

(Ages 12+) Walking is a great low-impact exercise. Depending on the weather, we will be inside or outside. We will play walking games and have fun! Contact Chelsea Cerny, 303-551-5329.

217132	6/2-8/11	M, 3-4pm	East	11	\$55/\$68
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### Move n' Groove

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

215639	6/2-8/11	M, 4-5pm	East	11	\$55/\$68
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### Healthy Lifestyle Cooking and Learning--Together

(Ages 16+) Study after study shows the benefits of healthier eating, but who has time? "Team Cooking" makes deliciously wholesome meals possible. In this uniquely formatted class, student and parent/caregiver together tap into the magic of meal planning, shopping ahead and a toolkit of healthy cooking techniques. Look for the meal plan and shopping list in your email. Shop and bring your groceries to class. Work in teams to prepare vegetable-rich dishes that support a week of healthy meals. Share the fun of cooking and getting healthy together. **Note:** Instructor fee \$45 to Every Day Good Eating is due at the start of class. Contact Sherri, 303-441-4933.

216103	6/19	Th, 5:30-8:30pm	East Senior	1	\$5
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216104	7/14	M, 5:30-8:30pm	East Senior	1	\$5
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216105	8/11	M, 5:30-8:30pm	East Senior	1	\$5
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### Kickball

(Ages 16+) Kickball at Mapleton Field #1. Let's bring back a great game and enjoy ice cream with friends. Contact Sherri Brown, 303-441-4933.

215647	8/19	Tu, 5-7pm	Mapleton	1	\$5
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### Dogs & Dodgeball

(Ages 16+) An evening of playing dodgeball and eating hot dogs with friends. Contact Sherri Brown, 303-441-4933.

215649	8/26	Tu, 5-7:30pm	South	1	\$10/\$12
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### Bocce Ball

(Ages 8+) A super fun yard game. Special Olympics Competition in July. Contact Sherri Brown, 303-441-4933.

215648	6/4-8/6	W, 3-4pm	East	10	\$50/\$60
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### Special Olympics Swim Training

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

215644	6/4-8/13	W, 4-5pm	East	11	\$80/\$100
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### Canoeing and Kayaking with NSCD

(Ages 8+) Join us for an evening of canoeing and kayaking at Bear Creek Lake with NSCD. Beginners are welcome! Contact Chelsea Cerny, 303-551-5329.

216533	6/18	W, 4:30-8pm	East	1	\$20/\$25
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### Weight Lifting

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

215642	6/5-8/14	Th, 2:30-3pm	East	11	\$30/\$35
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### Spinning

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

215643	6/5-8/14	Th, 3-4pm	East	11	\$55/\$68
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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.

215632	6/5-8/14	Th, 4-5pm	East Senior	11	\$55/\$68
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### Bowling

(Ages 8+) Strikes and Spares! Bowl with new and old friends at the CU UMC bowling alley. Participants will be placed on lanes according to age. Fee includes one or two games and shoes. Contact Jen Heilveil, 303-413-7474.

215641	6/6	F, 3:30-5pm	CU	1	\$10/\$12
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217384	7/11	F, 3:30-5pm	CU	1	\$10/\$12
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217385	8/1	F, 3:30-5pm	CU	1	\$10/\$12
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### Friday Night Fun

(Ages 8-15) Come be a part of the start of teen excitement. The group will play sports, play games, make crafts; and socialize with peers. Bring your snack dinner and let the fun begin. Contact Chelsea Cerny, 303-551-5329.

216541	6/13	F, 5:30-8pm	East Senior	1	\$20/\$25
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216542	6/27	F, 5:30-8pm	East Senior	1	\$20/\$25
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216543	7/11	F, 5:30-8pm	East Senior	1	\$20/\$25
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216544	7/25	F, 5:30-8pm	East Senior	1	\$20/\$25
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216545	8/8	F, 5:30-8pm	East Senior	1	\$20/\$25
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216546	8/29	F, 5:30-8pm	East Senior	1	\$20/\$25
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### Sailing

(Ages 16+) This course will introduce the sport of sailing. Participants MUST be comfortable in the water. Contact Sherri Brown, 303-441-4933.

215653	6/13	F, 2-5pm	Reservoir	1	\$30/\$35
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215654	7/18	F, 2-5pm	Reservoir	1	\$30/\$35
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### Tubing / Rez Fun

(Ages 16+) Does being dragged around the Boulder Reservoir on an inner tube sound like a good time to you or playing with paddle boards / canoes, etc. Participants MUST be comfortable in the water.

Contact Sherri Brown, 303-441-4933.

215650	7/11	F, 10am-1pm	Reservoir	1	\$30/\$35
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215651	8/8	F, 10am-1pm	Reservoir	1	\$30/\$35
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# EXPAND

## Adventure Campout

(Ages 18+) Enjoy being under the stars sleeping in tents! Activities include cooking, nature studies, hiking and crafts. Contact Chelsea Cerny, 303-551-5329.

216540 8/15-8/17 F/Sa/Su, 3-12pm Iris 3 \$115/\$140 Group

## Lock-In

(Ages 18+) A night of adventure and games with friends from around the metro area! We will be spending the day at the rez and the night at EBCC. Contact Chelsea Cerny, 303-551-5329.

216534 7/12-7/13 Sa/Su, 2pm-10am East 2 \$50/\$62 1 on 1

216535 7/12-7/13 Sa/Su, 2pm-10am East 2 \$50/\$62 Group

## Zip Lining and/or Beginner Raft Trip

(Ages 14+) A day of adventure near Idaho Springs! Siblings and family members are welcome to sign-up as well. Must weigh 65 - 250 lbs. Waivers must be signed before the program. Lunch is included. Option to only raft or to raft and zipline please register under appropriate code. Contact Lori Goldman, 303-413-7256.

### Zip Lining & Rafting

216538 8/3 Su, 8:30am-7pm East 1 \$166/\$178

### Rafting

216538 8/3 Su, 8:30am-7pm East 1 \$110/\$115

## FRIDAY NIGHT DANCES

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

## The Hat Dance

215482 6/20 F, 6-8pm East Senior 1 \$8/\$10

## Sunburned Summer

215483 7/25 F, 6-8pm East Senior 1 \$8/\$10

## Hawaiian Luau

215484 8/22 F, 6-8pm East Senior 1 \$8/\$10

## OUT ON THE TOWN, COMMUNITY CHOICES

(Ages 16+) Contact Cory Lasher, 303-413-7269.

## Adventure Golf & Raceway/Dinner

215485 6/25 W, 5-8pm East 1 \$25/\$31 Group only

## Wacky Game Night & Pizza

A great way to socialize with your friends. We will play a variety of silly games that will keep you laughing.

215486 7/16 W, 5-7pm East Senior 1 \$13/\$16 (1 on 1 & group)

## Fire Station Tour & Picnic

Tour one of Boulder's Firestation and enjoy a picnic in the park. Firestation is not wheelchair accessible.

215487 8/6 W, 5-7:30pm East 1 \$15/\$19 Group only

## ACTIVITIES FOR INDIVIDUALS WITH PHYSICAL DISABILITIES

### Adaptive Waterskiing

(Ages 16+) This program is designed for individuals with physical and visual impairments. Learn or improve your skills with adapted water-ski equipment at the Boulder Reservoir. We will set-up a designated time slot with you prior to the program. Drop in reservations must be called in by 5 p.m. the Friday prior to the day you wish to ski. Drop-in's are limited and on a first come, first served. Scholarships are available. Drop-in fee: \$15. Contact Cory Lasher, 303-413-7269.

215733 6/17-8/5 Tu, 7:30-11am Reservoir 8 \$90

### Adaptive Sailing/Paralympic Sports Club

(Ages 8+) Specially designed Access Dinghies enable participants with a wide range of abilities to sail on their own. Participants will enjoy the adventure and fun of sailing while experiencing independence, increased self-esteem and personal growth in an unique, therapeutic and recreational environment. Basic sailing instruction will be taught by Community Sailing and equipment and support provided by Adaptive Adventures. Contact Jen Heilveil, 303-413-7474.

215732 8/6-8/27 W, 5-7:30pm Reservoir 4 \$180

### Adaptive Mountain Bike Summer Short Track Race Series

Join the best adaptive mountain biking race series in Colorado at Valmont Bike Park. This form of bicycle racing will take place on a short circuit that features dirt, sand, mud, tight turns, and hills. Participants must have their own equipment and helmet. Weather permitting. For more information contact Jen Heilveil, 303-413-7474.

\*Registration is required at [www.cucycling.com](http://www.cucycling.com)

\* 6/25-7/30 Race begins at 4pm Valmont

### Physical Quad Rugby

(Ages 16+) Join one of the best teams in the U.S. This wheelchair sport is becoming very popular! This program is for people with physical disabilities. Contact, Jen, 303-413-7474.

215635 6/10-8/26 Tu, 6-8:30pm East 12 Free

### Journeys through EXPAND

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



## EXPAND DUCK RACE®

Monday, May 26  
4 p.m. at the Boulder Creek Festival  
Sponsor a Duck...Support Recreation for  
Individuals with Disabilities.

[www.EXPANDduckrace.org](http://www.EXPANDduckrace.org)



## ▶ 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. Lessons are one hour each. Instruction available upon request, call the golf shop to schedule a time, 303-442-7851.

**Adults (17 years & older)**  
Group of two \$50 per person  
Group of three \$40 per person  
Group of four \$35 per person

**Juniors (16 years & under)**  
Group of two \$30 per person  
Group of three \$25 per person  
Groups of four \$20 per person  
(max of 7)



*Our Friday Morning Summer Junior Golf Program is a great opportunity for kids to meet other kids their own age while having fun on the course and developing their golf skills.*

## ▶ LESSONS

### The Lesson Programs

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

### 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.

For more information visit us online at [www.flatironsgolf.com](http://www.flatironsgolf.com) or call the Pro Shop at 303-442-7851.

## ▶ JUNIOR GOLF PROGRAM

### Friday Morning Junior Golf Program

(Ages 8-14) Basic to advanced swing skills instruction is provided in a group clinic setting and limited individual instruction also provided by our PGA Member Professional staff instructors and over 20 trained volunteers.

**Program Dates: June 20, 27, July 11, 18, 25 and August 1.**

An informational brochure, including a detailed schedule and entry forms will be available at Flatirons Golf Course. Visit us online at [Flatironsgolf.com](http://Flatironsgolf.com) to download the brochure or call 303-442-7851 to have one mailed.

For juniors interested in more intensive golf swing instruction, Flatirons Golf Course offers Private Junior Golf Lessons at a discount for junior golf program participants. Sign up for these Junior Golf Lessons in the golf shop.

### Flatirons Junior League & Instructional Clinics

(Ages 10-15) The junior league consists of seven weeks of 18 hole play and a Junior Club Championship. Events will be on Monday mornings in June and July with tee times starting at 11am.

Clinics will be offered on Tuesday or Wednesday afternoons from 1-2pm for eight weeks in June and July. Each clinic will be 1 hour long and will emphasize different aspects of the golf swing and playing golf. Clinic size will be limited to 10 participants.

Registration forms are available online at [Flatironsgolf.com](http://Flatironsgolf.com)

### Chip Shots Program

(Ages 4-7) For boys and girls too young for the Friday Junior Program, Flatirons is pleased to offer the Chips Shots Program.

For more information or for registration forms visit [www.flatironsgolf.com](http://www.flatironsgolf.com) or call the Pro Shop at 303-442-7851.

# 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:

- All classes held at the North Center
- 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

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

**June 2 - August 15 (No classes July 4-5 & July 7-11)**

Fees			
M/Tu/W/Th	(1 day per/wk)	(10 classes)	\$124(R) / \$155(N)
F/Sat	(1 day per/wk)	(9 classes)	\$112(R) / \$140(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.

214682	M, 9-9:45am ★	214689	W, 10-10:45am ★
214683	M, 10-10:45am ★	214690	Th, 9-9:45am ★
214684	M, 11-11:45am ★	214691	Th, 10-10:45am ★
214685	Tu, 9-9:45am ★	214692	F, 9-9:45am ★
214686	Tu, 10-10:45am ★	214693	F, 10-10:45am ★
214687	Tu, 11-11:45am ★	214694	Sa, 9-9:45am
214688	W, 9-9:45am ★	214695	Sa, 10-10:45am

## 3 Year Olds

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

214696	M, 9-9:45am ★	214706	W, 2:45-3:30pm
214697	M, 10-10:45am ★	214707	Th, 9-9:45am ★
214698	M, 11-11:45am ★	214708	Th, 10-10:45am ★
214699	M, 2:45-3:30pm	214709	Th, 11-11:45am ★
214700	Tu, 9-9:45am ★	214710	Th, 2:45-3:30pm ★
214701	Tu, 10-10:45am ★	214711	F, 9-9:45am ★
214702	Tu, 11-11:45am ★	214712	F, 10-10:45am ★
214703	Tu, 2:45-3:30pm ★	214713	F, 2:45-3:30pm
214704	W, 9-9:45am ★	214714	Sa, 9-9:45am
214705	W, 10-10:45am ★	214715	Sa, 10-10:45am

## 4 Year Olds

Child must be 4 years old by first class.

214716	M, 9-9:45am ★	214726	W, 2:45-3:30pm
214717	M, 10-10:45am ★	214727	Th, 9-9:45am ★
214718	M, 11-11:45am ★	214728	Th, 10-10:45am ★
214719	M, 2:45-3:30pm	214729	Th, 11-11:45am ★
214720	Tu, 9-9:45am ★	214730	Th, 2:45-3:30pm ★
214721	Tu, 10-10:45am ★	214731	F, 9-9:45am ★
214722	Tu, 11-11:45am ★	214732	F, 10-10:45am ★
214723	Tu, 2:45-3:30pm ★	214733	F, 2:45-3:30pm
214724	W, 9-9:45am ★	214734	Sa, 9-9:45am
214725	W, 10-10:45am ★	214735	Sa, 10-10:45am

## 5 Year Olds

Child must be 5 years old by first class.

214736	M, 9-9:45am ★	214745	W, 2:45-3:30pm
214737	M, 10-10:45am ★	214746	Th, 9-9:45am ★
		214747	Th, 10-10:45am ★
214738	M, 2:45-3:30pm	214748	Th, 11-11:45am ★
214739	Tu, 9-9:45am ★	214749	Th, 2:45-3:30pm ★
214740	Tu, 10-10:45am ★	214750	F, 9-9:45am ★
214741	Tu, 11-11:45am ★	214751	F, 10-10:45am ★
214742	Tu, 2:45-3:30pm ★	214752	F, 2:45-3:30pm
214743	W, 9-9:45am ★	214753	Sa, 9-9:45am
214744	W, 10-10:45am ★	214754	Sa, 10-10:45am

# GYMNASTICS

## ▶ BEGINNER / ADVANCED BEGINNER

This is the perfect place for your children ages 6-12 to learn basic gymnastics in a supportive, non-competitive environment. While these classes are a great continuation of our preschool program, no prior experience is necessary. Children will use tumbling, balance beam, uneven bars, parallel bars, horizontal bar, vaulting, pommel horse, rings, trampoline, and foam pit to improve coordination, strength and self-confidence while emphasizing a fun approach to learning. Participant must be 6 years old by the first class. Enroll today! Some classes may be filled due to pre-registration of previous session participants.

June 2 - August 15 (No classes July 4-5 & July 7-11)

### Fees

Tu/Th	(2 days per/wk)	(20 classes)	\$226(R) / \$283(N)
M/Tu/W/Th	(1 day per/wk)	(10 classes)	\$119(R) / \$148(N)
F/Sat	(1 day per/wk)	(9 classes)	\$107(R) / \$134(N)

### Boys Ages 6-12

214755	Tu/Th, 3:45-5pm★
214756	M, 3:45-5pm
214757	W, 3:45-5pm
214758	F, 3:45-5pm
214760	Sa, 11am-12:15pm

### Girls Ages 6-12

214761	Tu/Th, 3:45-5pm★
214762	M, 3:45-5pm
214763	Tu, 3:45-5pm★
214764	W, 3:45-5pm
214765	Th, 3:45-5pm★
214766	F, 3:45-5pm
214768	Sa, 11 am-12:15pm



*Our gymnastics program promotes self-esteem and confidence while emphasizing a fun approach to learning.*

## ▶ “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. Enroll today! Some classes may be filled due to pre-registration of previous session participants. (No classes on July 8 & 10)

### Girls

214769 6/3-8/14 T/Th, 3:45-5pm★ North 20 classes \$226/\$283

## ▶ 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

(Ages 6-18) Have you always wanted to use the gymnastics center? Well now you can! Open gym time is available Saturdays from 1-3 pm. The number of participants is limited. All participants must have a current signed gymnastics open gym waiver. Parents can download and sign a waiver to send with their children at [www.BoulderParks-Rec.org](http://www.BoulderParks-Rec.org), or accompany them on their first visit and sign in person. 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 \$8 payable at front desk

## ▶ GYMNASTICS BIRTHDAY PARTIES

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

Ages 5-7, 8-10 & 11-13

Sundays only: 1-3 pm or 2:30-4:30 pm

Up to 8 children \$145(R) / \$181(N)

9-15 children \$203(R) / \$254(N)

To book a party call 303-413-7218.





Stay active your way and on your schedule with one of our many drop-in fitness classes (find a daily schedule online).

## ► NUTRITION & HEALTHY COOKING

### Consultation with a Dietitian

A dietitian will assess your current nutritional status and make dietary recommendations. A dietitian can assist in the management of diabetes, high blood pressure, and elevated cholesterol. A dietitian can also assist athletes with their sports performance goals.

1 session: \$60 • 3 sessions \$171

### Vegetables, Vegetables, Vegetables!

Hands-on seasonal meal-making class with fruits, veggies, meats and other treasures from the Farmers' Market. Support local farmers and your health by learning to make delicious meals with lots of super fresh summer vegetables. Also learn buying and storing tips, prepping techniques, good ideas for seasoning and saucing, the joys and benefits of eating with the seasons and much more. A \$20 fee will be collected at the first class and includes a light tasting of food prepared.

215238 6/3-7/1 Tu, 5:30-7:30pm East Senior 5 \$150/\$190 Mary

"I love that I am eating really well now and can only get more proficient. I can now look at vegetables like turnips and cauliflower and know I can introduce them into my diet, because I know the basics for cooking them. This class was exactly what I needed to get comfortable in the kitchen. I will be signing up again!"

– Clint, fall class

### Healthy Cooking for One...or More

Reintroduce the fun into cooking for one, two or a few. In these hands on meal-making classes discover simple cooking strategies to keep cooking manageable, new ideas and flavors for welcome pizzazz and shopping ideas to prevent waste. Explore what's so hard about cooking for one, have fun cooking with a group and become motivated to make the deliciously healthful meals you deserve, no matter how many are at the table. A \$10 fee will be collected at the first class and includes a light tasting of food prepared.

215244 7/10-7/24 Th, 5:30-7:30pm East Senior 3 \$93/\$117 Mary

### Summer Salads with Farmer's Market Produce

August is the peak season for produce in Colorado, and what better way to enjoy it than in refreshing salads. But don't get stuck in a green salad rut. In this hands-on class, make a bevy of interesting salad combinations, spanning cuisines and using both familiar and not so familiar produce. Discover how salads can be a fun, creative way to eat your 5-A-Day. A \$10 materials fee will be collected at the first class and includes a light tasting of food prepared.

215249 8/7-8/21 Th, 5:30-7:30pm East Senior 3 \$93/\$117 Mary

### Building a Healthy Body from the Inside Out

Whether your goal is to manage your weight, sugar or cholesterol or to increase your energy, vitality and stamina, this class is for you! Learn to create a health enhancing diet plan by understanding your body's nutritional requirements. We will discuss what macronutrients (carbohydrates, proteins and fats) are needed in which ratios for weight maintenance and weight loss, how to read a food label, which fats are healthy and which aren't, what cholesterol is, and how to eat a balanced, low-sugar diet.

#### About the instructor:

Erin is a Registered Dietitian with a Master's of Science in Nutrition and an Herbalist Certification from Bastyr University.

216394 6/3-6/26 Tu, 6-7:30pm East Senior 4 \$53/\$66 Erin

# HEALTH & WELLNESS: FITNESS & WEIGHTS

## ► FITNESS

These select fitness classes differ from drop-in fitness classes because the same students attend for a set number of weeks. Students receive individualized instruction that progresses week to week. Safety is a priority and our certified fitness professionals will be monitoring your progress and will modify exercises for you depending on your fitness level, age and medical condition. Students often repeat classes for the social aspect and for the structure of having a regularly scheduled class.

### 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 Summer Kennedy at 303-413-7264.

### Therapeutic Foam Roller

(Age 14+) The foam roller not only stretches muscles and tendons but it also breaks down soft tissue adhesions and scar tissue. By using your own body weight and a cylindrical foam roller you can perform a self-massage or myofascial release, break up trigger points, and soothe tight fascia while increasing blood flow and circulation to the soft tissues. All levels welcome.

**NEW!**

215877 6/2-7/14 M, 5:30-6:30pm South 7 \$61/\$77 Lisa

### Classic Stretch and Strengthen

This dynamic weight free program strengthens muscles creating a long and lean shape. The unique fluid movements slenderize and tone the abs, waist, thighs, arms and back. Your posture will improve as your body becomes toned, flexible, agile and strong.

215237 6/3-7/24 Tu/Th, 12:30-1:30pm East 14 \$123/\$153 Marti

### Adult Kickbox

Jab, cross, upper-cut, hook! High intensity aerobics using powerful boxing moves. Equipment provided.

215132 6/2-8/27 M/W, 5-6pm South 26 \$228/\$284 Ignacio

215133 6/2-8/13 M/W, 7-8pm North 22 \$193/\$241 Ignacio

### Bootcamp

This high-intensity workout will kick start your day. Increase your speed, agility, strength and stamina in this fun, powerful, challenging workout. Meets outside, weather permitting.

215182 6/2-8/27 M/W, 7-8am East 26 \$228/\$284 Ignacio

215183 6/3-8/28 Tu/Th, 6:30-7:30am South 26 \$228/\$284 Ignacio

215184 6/7-8/9 Sa, 8-9am North 10 \$88/\$109 Ignacio

### 50 Plus Resistance

(Adult 50+) Maintaining muscle strength is especially important as you get older, but who says you can't have fun while working out. You will use free weights, resistance tubes, stability balls and low impact movements to gain and maintain strength.

215084 6/2-8/27 M/W, 1:30-2:30pm East 26 \$228/\$284 Ignacio

215083 6/13-8/22 F, 11:30am-12:30pm East 9 \$79/\$98 Melissa

### Nordic Walking

Combines the simplicity and accessibility of walking with simultaneous core and upper body conditioning, similar to Nordic skiing using poles. The result is a full body walking workout that can burn significantly more calories than walking alone. All fitness levels welcome, poles provided.

215876 6/4-7/2 W, 6-7 pm South 5 \$44/\$55 Jordyn

### Swiss Ball

Exercising with a Swiss Ball will improve the strength of abs, low back, and more. A licensed physical therapist will guide you through exercises while working on flexibility, balance, postural alignment and coordination. Various props are added as students become ready for more advanced challenges.

215082 6/5-8/14 Th, 4:30-5:30pm North 11 \$96/\$120 Heidi

## ► YOUTH WEIGHT TRAINING

### Youth Weight Room Certification

Youth ages 12-15 may meet with a trainer for 3 sessions to become certified to use the weight room under parent/adult supervision. They must complete the 3 sessions and pass a test administered by the trainer. **\$157.50**

### Shape up for Sports

(Ages 10-14) 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 sport and reduce the risk of injury. Both competing and non competing youth are welcome. Participants will be divided by age and skill level. Contact the Weight Room Operations Coordinator at 303-413-7280 to schedule groups and for fee information.



*Summer is a great time to build an exercise routine and increase endurance, power and strength to prepare for fall sports and reduce the risk of injury.*

## ► 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).



215234 6/21 Sa, 8am-12pm South 1 \$41/\$51 Jennifer

### First Aid Certification

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

215235 6/21 Sa, 12:30-3pm North 1 \$41/\$51 Jennifer

# HEALTH & WELLNESS: FITNESS & WEIGHTS



## ▶ PERSONAL TRAINING

Have a certified trainer design your personal blueprint for success! One hour sessions address sport specific, weight loss, rehabilitation and general fitness goals. To check out our excellent training staff and request personal training visit [www.boulderparks-rec.org](http://www.boulderparks-rec.org), visit the front desk or call 303-413-7280 to get started today! 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 personal training session is cancelled within 24 hours, or a client does not arrive for the lesson within 15 minutes of the start time, no refund will be issued under any circumstance. (All sessions expire one year from purchase date).

### Private Training

(Ages 12+) Personalized training with a certified professional.

1 session \$55 • 3 sessions \$157.50 • 6 sessions \$297 • 12 sessions \$561

### Semi Private Training (Two Individuals)

(Ages 15+) Customized training for you and a friend who share similar goals and fitness needs. (fee is for 2 individuals)

1 session \$70 • 3 sessions \$198 • 6 sessions \$378 • 12 sessions \$696

### Personal Training Plus Facility Use Pass

Do you want the whole package? Personal Training Plus! gives you just that! Choose the number of sessions you want to meet with a personal trainer and receive a complimentary 3, 6, or 9 month pass to enjoy all the recreation facilities.

**NEW!**

18 sessions with 3 month complimentary pass \$846

27 sessions with 6 month complimentary pass \$1269

36 sessions with a 9 month complimentary pass \$1692

### Cancer Fit - Personal Training

Come workout with a Cancer Fit specialist at your Boulder Recreation Centers! For those of you who are undergoing cancer treatment, or have been diagnosed with cancer in the past, this is an exceptional opportunity for you.

1 session \$55 • 3 sessions \$157.50 • 6 sessions \$297 • 12 sessions \$561

### Personal Training with a Physical Therapist

Staff therapists are available for one-on-one personal training. If you are returning to the gym from physical therapy, have chronic aches and pains, or need a home exercise plan, a staff therapist can help you in your transition to working out on your own.

1 session \$60 • 3 sessions \$171 • 6 sessions \$324

### Consultation with a Dietitian

A dietitian will assess your current nutritional status and make dietary recommendations. A dietitian can assist in the management of diabetes, high blood pressure, and elevated cholesterol. A dietitian can also assist athletes with their sports performance goals.

1 session: \$60 • 3 sessions \$171

Request these services online at [BoulderParks-Rec.org](http://BoulderParks-Rec.org), visit the front desk or call 303-413-7280 to get started today!

### 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. The therapist must contact the Weight Room Coordinator, Jeff Pruett 303-413-7280 in advance, to receive authorization. The client pays the daily facility admission fee. The therapist is our guest.

## ▶ WEIGHT TRAINING

Use the weight room in a group setting under the supervision of a certified personal trainer. You will learn proper techniques and form for using free weights and machines. You will be able to progress through the session as your trainer designs advancing workouts for each individual.

### F.I.T. Workout

Functional Interval Training- This class has it all, strength, cardio, core and more! Get your heart pumping, and your body fit, with this fun and energizing workout.

215286	6/3-8/28	Tu/Th, 7:30-8:30am	South	26	\$228/\$284	Ignacio
215285	6/3-8/28	Tu/Th, 8:30-9:30am	South	26	\$228/\$284	Ignacio
215283	6/2-8/27	M/W, 9-10am	South	26	\$228/\$284	Ignacio

### Circuit Training

Strong men and women stay young! Train smart, keep your heart rate up, and body toned, in this demanding workout. Weight training, cardiovascular, and core activities are completed in timed intervals.

215282	6/3-7/24	Tu/Th, 10-11:15am	East	16	\$175/\$219	Marti
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### Women's Workout

Guaranteed FUN and hard work! Your trainer will motivate and guide you through a new workout each week using weights, cardio, and core training.

215290	6/3-8/28	Tu/Th, 6-7pm	North	24	\$210/\$263	Ignacio
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### Women's Weight Training

All ability levels are welcome! Use free weights and machines to improve strength and muscle tone. Great for posture and extra calorie burning as well!

215292	6/2-8/27	M/W, 9:30-10:30am★	North	24	\$210/\$263	Chris
215291	6/3-8/28	Tu/Th, 9:30-10:30am★	North	24	\$210/\$263	Chris
215293	6/3-8/28	Tu/Th, 10:45-11:45am	South	26	\$228/\$284	Sue

### Women's Intermediate Weight Training

Move to a new level of training! This class is not for first timers and is designed for women who have become comfortable in the weight room.

215294	6/2-8/27	M/W, 8:15-9:15am	East	26	\$228/\$284	Sue
215295	6/3-8/28	Tu/Th, 9:30-10:30am	South	26	\$228/\$284	Sue

### Lift For Life

Increase strength to achieve optimal performance in any daily activity or sport!

215288	6/3-8/28	Tu/Th, 4:30-5:30pm	South	26	\$228/\$284	Chris
215287	6/3-8/28	Tu/Th, 5:30-6:30pm	South	26	\$228/\$284	Chris
215289	6/7-8/30	Sa, 9-10am	South	13	\$114/\$142	Jessica

# MIND/BODY: PILATES



*Pilates students "on the mat," concentrating on breath, flow and control.*

## ► 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 presented to instructor before admission to class.**

### Make-up policy

Make-ups are approved and arranged through your instructor.

**Check** with the instructor for information about any dates when classes will not meet. **No class July 4.**

### Are Registered Classes a Good Value?

Are Registered Classes a Good Value? Our registered mat classes cost \$8.75 (Resident) / \$10.94 (Non-resident) per class hour. Compare our prices to other clubs and studios.

## ► 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+) Practice classic Pilates Method principles such as control, coordination and breath by learning 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. Effectively reshape your body with Pilates!

216383	6/2-8/11	M, 5:30-6:30pm	Salberg	11	\$96/\$120	Roxolana
216410	6/8-8/3	Su, 4:15-5:15pm	Salberg	9	\$79/\$98	Mary

### Mat - Multi-Level

(Age 14+) Learn and practice Pilates Method exercises with an emphasis on correct form, control, precision and breath. Deconstruct what you know about Pilates and make improvements to your practice, or learn a new aspect to each movement. Class design will be based on the mix of student abilities.

217382	6/2-8/11	M, 8:20-9:20am	North	11	\$96/\$120	Lisa
217383	6/6-8/15	F, 9:55-10:55am★	North	10	\$88/\$109	Lisa

### Mat - Advanced

(Age 14+) Learn and practice Pilates Method advanced mat exercises and transitions, utilizing all Pilates Method principles. Challenge yourself! Pre-requisites: Ability to perform all intermediate mat exercises in sequence with concentration, control, centering, breath control, precision and flowing physical movement and regular, independent practice of advanced intermediate Pilates mat exercises.

216211	6/2-8/11	M, 5:30-6:30pm★	East Senior	11	\$96/\$120	Janique
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## ▶ 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: \$55/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](http://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. Present 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.



The reformer allows you to work in several planes of motion with a full range at each joint. This workout is so unique that it cannot be simulated by any other piece of equipment in any gym. Reformer exercises can completely change the shape of your body because you will be working every muscle group while maintaining core control.

## ▶ PILATES REFORMER & MULTI-APPARATUS PROGRAM INFORMATION

### Pre-requisite policy

Five private or semi-private Pilates Reformer lessons or one full 8-class Introduction/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 a Pilates Mat class as a make-up, or purchase a private reformer lesson for an additional fee of \$40. Make-ups are arranged through your instructor.

Check with instructor for information about any dates when classes will not meet. No class July 4.

### Are Registered Classes a Good Value?

Our registered classes cost \$13.80(Resident)/\$17.30(Non-resident) per class hour. Compare our prices to other clubs and studios.

## ▶ 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.

216388	6/3-7/22	Tu, 7:35-8:35pm	South	8	\$116/\$145	Bianca
215434	6/5-7/24	Th, 12-1pm	South	8	\$116/\$145	Shayna
217232	6/6-8/1	F, 9-10am	South	8	\$116/\$145	Shayna

### Reformer - Level 1 - Beginner

(Age 16+) Exercises at this level, on this unique apparatus, best suit students who are familiar with the Pilates Reformer and who have either taken private lessons or completed the Introduction/Orientation Reformer class through the City of Boulder Pilates Program. Use of the reformer will quickly strengthen, stretch and reshape your body. **Pre-requisite:** Five private or semi-private Pilates reformer lessons, or completion of the 8-week Intro/Orientation Reformer course through the City of Boulder Pilates program, or coordinator approval.

216391	6/4-8/20	W, 8:40-9:40am	South	12	\$174/\$218	Sheri
216400	6/5-7/24	Th, 5:20-6:20pm	South	8	\$116/\$145	Bianca
216403	6/5-8/14	Th, 5:30-6:30pm	Salberg	11	\$160/\$200	Tamara
216402	6/5-7/24	Th, 7:35-8:35pm	South	8	\$116/\$145	Bianca
216409	6/8-8/3	Su, 3-4pm	Salberg	9	\$131/\$163	Mary
216398	7/31-8/28	Th, 12-1pm	South	5	\$73/\$91	Shayna

# MIND/BODY: PILATES/MELT®

## Reformer - Level 2 - Continuing Beginner

(Age 16+) Review Level 1 Pilates Reformer exercises such as 'footwork,' 'hundreds,' 'frog,' 'tree front,' and 'elephant,' and incorporate and practice more challenging Pilates Reformer exercises - 'short spine massage,' 'knee stretches,' and 'teaser,' for example. **Pre-requisite:** Completion of at least one session of Level 1 classes with the City of Boulder Pilates program, or coordinator approval.

216384	6/2-8/11	M, 6:40-7:40pm	Salberg	11	\$160/\$200	Roxolana
217233	6/3-7/22	Tu, 5:20-6:20pm	South	8	\$116/\$145	Bianca
216389	6/3-7/22	Tu, 6:30-7:30pm	South	8	\$116/\$145	Bianca
216395	6/4-8/13	W, 5:30-6:30pm	Salberg	11	\$160/\$200	Diane
216397	6/4-8/13	W, 6:40-7:40pm	Salberg	11	\$160/\$200	Diane
216404	6/5-8/14	Th, 6:40-7:40pm	Salberg	11	\$160/\$200	Tamara
215436	6/6-8/22	F, 11am-12:15pm	South	11	\$200/\$250	Sheri

## Reformer - Level 3 - Intermediate

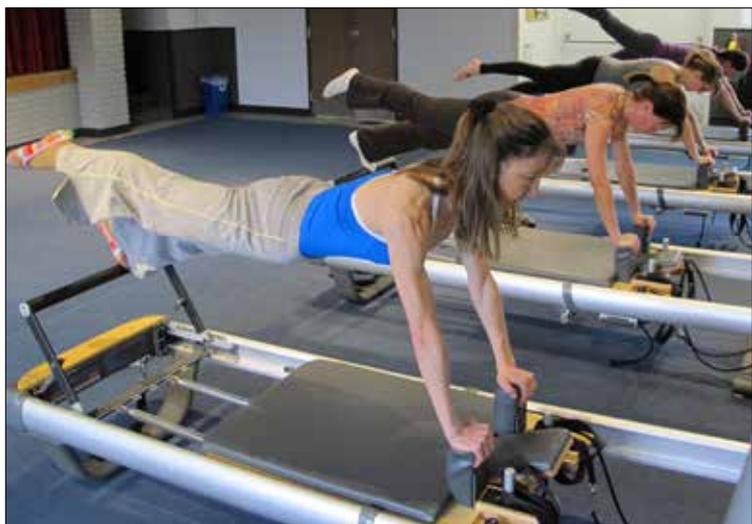
(Age 16+) This class will review Level 1 and 2 Pilates Reformer exercises and incorporate and practice Level 3 Pilates Reformer exercises. This is an advanced Pilates Reformer class. Students with strong Pilates Reformer experience will enjoy the workout! **Pre-requisite:** At least one session of Level 2 classes with the City of Boulder Pilates program, or coordinator approval. Must be able to consistently perform Level 2 Pilates Reformer exercises in a safe and controlled manner, and be able to confidently perform and flow through all Level 2 reformer exercises with coordination and precision.

216386	6/3-8/19	Tu, 8:30-9:30am	South	12	\$174/\$218	Sheri
215433	6/4-8/20	W, 9:45-11am	South	12	\$218/\$272	Sheri

## Reformer/Tower/Chair - Level 2 - Continuing Beginner

(Age 16+) At this level, all Pilates apparatus 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.

216385	6/2-8/18	M, 8:40-9:40am	South	12	\$174/\$218	Sheri
215384	6/2-8/18	M, 9:45-11am	South	12	\$218/\$272	Sheri
217234	6/5-7/24	Th, 6:30-7:30pm	South	8	\$116/\$145	Bianca



Develop core strength, coordination and flexibility in a Pilates Reformer class.

## ► INSTRUCTOR SPOTLIGHT



David Hazen has been an educational leader, teacher and Holistic Advisor. He has presented Holistic Health workshops around the country and in Colorado. He has been a school principal, teacher, and started a school for students with special needs. He became a full Melt® Method Instructor in November, 2013.

He combines his MELT® knowledge with years of practicing Holistic Health and being an educational leader into a modality that is both unique and truly transformational. His knowledge of nutrition, exercise and psychology allow him to serve his clients with first-class health plans. His goal is to create independence from him and other practitioners through helping people overcome lifelong negative patterns and develop a joyful relationship with healthy practices and habits.

## MELT®

(Age 14+) Learn simple self-care techniques you can use every day to make your body feel better and function more efficiently. Relieve aches and pains brought on by aging and active living. Reduce inflammation, ease chronic neck and low back strain, improve alignment, and learn how to keep your whole body working better. Soft foam rollers and small MELT® hand and foot balls will be used to rehydrate the connective tissue throughout your body and make your muscles and joints happy! Regardless of your age, gender, or current activity level, anyone can learn to MELT®!

216805	6/8-7/27	Su, 2-3:30pm	North	8	\$92/\$115
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### The MELT Method® (MELT)

Through a series of easy, precise techniques that use soft foam rollers and small balls, this groundbreaking movement quickly rehydrates connective tissue, which allows the body to release long-held tension. This "stuck stress" – created by the repetitive motions and postures of daily living – is a cause of most common aches, pains, and chronic symptoms. MELT® also rebalances the nervous system and boosts the body's natural healing and repair mechanisms.

MELT® is changing the way people care for their bodies. This simple, proactive approach to maintaining a healthy, pain-free, active lifestyle is the best first step for anyone looking to feel better.

[www.coloradomeltholistic.com](http://www.coloradomeltholistic.com)



Focus, inner peace and strength, only a few of the many benefits of yoga.

## ► 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-ups** - Approved and arranged through your instructor.

**Check** with instructor for information about any dates when classes will not meet. **No class July 4.**

**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 attend a registered yoga course prior to attending our drop-in classes.

### Are Registered Classes a Good Value?

Our registered classes cost \$8.75(Resident)/\$10.94(Non-resident) per class hour. Compare our prices to other clubs and studios.

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

216212	6/2-8/11	M, 6:30-8pm	East Senior	11	\$144/\$180	Erin
216435	6/4-8/20	W, 7:30-8:45am	South	12	\$131/\$165	Ravi
215260	6/5-8/14	Th, 9:15-10:45am★	North	11	\$144/\$180	Louann
216405	6/6-8/22	F, 9-10:30am	East	8	\$105/\$131	Brian
216411	6/8-8/10	Su, 4:30-6pm	North	10	\$131/\$164	John

**\*Seniors** - Beginning classes are suitable for seniors who are able to sit comfortably on the floor, kneel, and then stand, lunge, and support some weight with the arms. *Therapeutic and Restorative/Gentle Yoga, T'ai-Chi Ch'uan and Feldenkrais classes are also suitable for seniors.*

### 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.

215265	6/5-8/14	Th, 5:30-7pm	North	11	\$144/\$180	Shawna
216399	6/12-8/14	Th, 9:15-10:45am	South	10	\$131/\$164	Kathleen

### Restorative/Gentle Yoga

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

216407	6/3-8/12	Tu, 5:30-6:45pm	North	11	\$120/\$150	Karen
215257	6/4-8/13	W, 10:30-11:45am★	North	11	\$120/\$150	Karen

### Therapeutic Yoga

(Age 14+) This class explores gentle, safe, focused yoga motions and postures. The purpose of which is to find balance between mind, muscles, physiology and kinesiology. This class is suitable for those recovering from injury and/or surgery, those with limited range of motion or anyone wanting a gentle introduction to yoga.

216393	6/4-8/20	W, 4-5:15pm	South	12	\$131/\$164	Lori
215272	6/6-8/15	F, 4-5:15pm	North	10	\$109/\$137	Cassandra

### Yin Yoga

(Age 14+) Through a series of long-held postures, with little muscular effort, Yin Yoga focuses on gently stretching and healing connective tissues such as the ligaments, bones and even the joints of the body, specifically the connective tissues of the hips, lower spine and pelvis, rather than on muscular engagement. Yin Yoga has the same goals and objectives as all other types of yoga; however, it directs the benefits and stimulation deeper than the superficial or muscular tissues. Yin Yoga is a perfect complement to the dynamic and muscular styles of yoga that emphasize internal heat and the lengthening and contracting of muscles. All levels are welcome.

215240	6/2-8/11	M, 10:40-11:55am★	North	11	\$120/\$150	Shawna
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## Women's Yoga

(Age 14+) Share time and energy with other female practitioners of yoga as you immerse yourself in simple routines designed for the present moment in all passages of life: teen, pre/post natal, mid-life and senior years. This class specifically addresses women's bodies with an emphasis on breath, strengthening skeletal health, and restoring energy and inner beauty.

216392 6/4-8/27 W, 10:20-11:55am East 9 \$118/\$148 Alicia

## Therapeutic Foam Roller

(Age 14+) The foam roller not only stretches muscles and tendons but it also breaks down soft tissue adhesions and scar tissue. By using your own body weight and a cylindrical foam roller you can perform a self-massage or myofascial release, break up trigger points, and soothe tight fascia while increasing blood flow and circulation to the soft tissues. All levels welcome.

215877 6/2-7/14 M, 5:30-6:30pm South 7 \$61/\$77 Lisa

## Yoga, Meditation and Breath

(Age 14+) Quiet your mental chatter so that your luscious sensory experience fills you with joy. You will learn several methods of meditation and pranayama (breathing) so you can develop a practice that uniquely suits you. No previous experience with meditation or with yoga required. Ravi Dykema, Yogiraj, has taught meditation for forty years in both India and the USA. He was Adjunct Professor of Yoga at the Naropa University and is a published author on yoga history, philosophy and practice.

215266 6/6-8/15 F, 7:30-8:45am North 10 \$109/\$137 Ravi

## Iyengar Yoga

(Age 14+) Classes will focus on the systematic teaching method of the Iyengar Yoga Method of Classical Hatha Yoga as defined by the world renowned Indian yoga master, B.K.S. Iyengar. Instructors give clear demonstrations of the postures and provide specific teaching points to awaken the body's innate intelligence. Students are observed and, if necessary, adjusted to help them find their optimal alignment. Modifications to the classic yoga postures can be made for individual students. Props such as blocks, blankets and belts are used to enable students to stay longer and penetrate more deeply into the posture.

216406 6/7-8/9 Sa, 9-10:30am North 10 \$131/\$164 Karen

## ▶ HEARTBEATYOGA WORKSHOP

### Family Heartbeatyoga One-Day Workshop

(Age 5+) Everybody can move, dance, play, relax, breathe and laugh in this special spring workshop! All children under the age of 10 must be accompanied by an adult.

216455 6/28 Sa, 4-5pm North 1 fees below Louann

#### Fees:

1 adult, 1 child \$14 • 2nd child \$5

Family (2 adults and 2 or more children) \$25

Visit us online for a schedule of drop-in Pilates and Yoga classes.

## ▶ FELDENKRAIS

(Age 14+) Practicing the Feldenkrais Method helps students move with more ease, coordination and freedom from pain. Subtle, slow movements are experienced while lying down, standing or sitting in a chair. The Feldenkrais Method is a re-education of the nervous system and the physical body. It is especially helpful for those who experience tension and/or pain, and greatly benefits those who would like to move more efficiently during all physical activities.

216396 6/4-8/20 W, 6:30-7:45pm East Senior 12 \$131/\$164 Gil

215270 6/6-8/29 F, 11am-12pm★ North 11 \$96/\$120 Gil

## ▶ CHI KUNG

(Age 14+) Qigong (also spelled Chi Kung) is a form of yoga with roots in ancient China. Its many benefits include physical health and vitality, emotional wellbeing, mental clarity, and the unfolding of our deepest potential. A regular qigong practice may, over time, reduce chronic pain, resolve anxiety/depression, and support rejuvenating sleep cycles. 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). By the end of the course, you will have learned ten life-affirming and health-enhancing qigong practices.

216408 6/8-8/10 Su, 9:30-11am North 10 \$131/\$164 Beth

## ▶ ZUMBA® DROP-IN

(Age 14+) Zumba® classes feature zesty Latin music, like salsa, merengue, cumbia and reggaeton. Experience exhilarating, easy-to-follow moves and the invigorating atmosphere as you dance your way to fitness. It's a blast!

## ▶ AYRE DROP-IN

(Age 14+) This class is a fusion of different dance styles and fitness moves set to fun and upbeat music.

## ▶ DANCE FUSION DROP-IN

(Age 14+) Channel your inner dance self! Workout with t'ai chi-like moves and free-dancing. This class has great energy, is low-impact aerobic and just plain fun. Moves are simply choreographed at three levels of exertion. There is an emphasis on students being present in their bodies, letting loose and dancing their own way.

## ▶ NIA DROP-IN

(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.



Being the community's premier ceramic arts facility has allowed us to attract an exceptional teaching staff. Come see for yourself – enroll in a class today!

## ▶ ART

### Drawing and Watercolor Basic 1

(Age 16+) Combine a fun learning adventure using two medias at the same time. Students will learn various pencil and watercolor techniques, and build self confidence and develop the ability to see, to draw and to paint.

213182 4/7-5/12 M, 7-9pm East Senior 6 \$125/\$156 Barbara

## ▶ ADULT POTTERY

All pottery classes are held at the  
City of Boulder Pottery Lab, 1010 Aurora, Boulder.

- Students need to provide their own tools.
- For safety reasons, do not wear open toed shoes.
- Bring a towel to class.
- Adult courses include up to 50 lbs. of clay, glazes, firing, and instruction.
- Street Parking is available, be aware that some parking is restricted to 2 hours from 9 a.m to 5 p.m. Monday-Friday.

### Adult Beginner

(Age 16+) Experience the fun and satisfaction of working with clay. Basic hand-building, beginning wheel throwing and glazing are introduced.

216282 6/10-8/5 Tu, 6-8:30pm Pottery Lab 9 \$213/\$266 Aaron

### Adult Intermediate

(Age 16+) This class for intermediate students includes wheel-throwing, hand-building, glazing and firing. Class is combined with Senior Pottery.

216283 6/10-8/5 Tu, 9-11:30am Pottery Lab 9 \$213/\$266 Nancy

### Senior Pottery

(Ages 60+) All skill levels are welcome to participate in this class in which the art of wheel-throwing, hand-building, decorating and basic sculpture and firing are explored. Meet new friends while learning a new hobby.

216293 6/10-8/5 Tu, 9-11:30am Pottery Lab 9 \$213/\$266 Nancy

### All Levels

(Age 16+) This popular class is designed for the beginning/advanced student with individual needs or special projects. Includes both wheel-throwing and hand-building.

216284 6/9-8/4 M, 7-9:30pm Pottery Lab 9 \$213/\$266 Chris

216285 6/11-8/6 W, 7-9:30pm Pottery Lab 9 \$213/\$266 Aaron

### Beginning Wheel-Throwing and Hand-Building

(Age 16+) Both beginning throwing on the wheel and hand-building techniques will be highlighted in this class for the beginning students.

216321 6/12-8/7 Th, 9-11:30am Pottery Lab 9 \$213/\$266 Margaret

### Shino and Celadon Firing Class

(Age 16+) While working with white clay bodies, students will have the opportunity to explore new surface treatments that are best when glazed with shino or celadon glazes. This class will include two special firings allowing students to learn more about loading and firing cone 10 reduction kilns.

216319 6/12-8/7 Th, 6-8:30pm Pottery Lab 9 \$213/\$266 Nancy

### Low Fire Alternatives

(Age 16+) Using hand-building and throwing skills, students will explore new surface treatments and alternative firing possibilities through Raku, low fire salt bisque and Majolica.

216296 6/14-8/9 Sa, 9:30am-12pm Pottery 9 \$213/\$266 Nancy

# POTTERY

## ▶ YOUTH POTTERY

### Child/Parent Pottery

(Ages 4+) Here is a perfect opportunity to learn the art of hand-building pottery with your child. Emphasis is on working on a project as a family unit.

216289	6/14-8/2	Sa, 9-10am	Pottery Lab	8	\$107/\$134	Judi
216290	6/14-8/2	Sa, 10:15-11:15am	Pottery Lab	8	\$107/\$134	Judi
216291	6/14-8/2	Sa, 11:30am-12:30pm	Pottery Lab	8	\$107/\$134	Judi

### Pre-Teen Pottery

(Ages 8-11) Learn new equipment including the slab roller, extruder and wheel to broaden your learning experience. Students must have completed a hand-building class at the Pottery Lab before signing up for this class.

216292	6/12-7/31	Th, 1:45-3pm	Pottery Lab	8	\$107/\$134	Aaron
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### Teen Pottery

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

216294	6/11-7/30	W, 1:45-3:45pm	Pottery Lab	8	\$107/\$134	Aaron
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## Birthday Parties!

Reserve the date for your child's next birthday party at the Pottery Lab! Call 303-441-3446 today!

## spring 2014 Pottery SALE

June 7th & 8th @ City of Boulder Pottery Lab

10am to 5pm 1010 Aurora

Saturday and Sunday



# Library Concert Series & Summer Festival

**FREE!**

All concerts are free and held at the Main Boulder Public Library, 1001 Arapahoe Ave. For additional information, visit us online at [www.bplnow.boulderlibrary.org](http://www.bplnow.boulderlibrary.org) > concerts or contact Juliette Bartsch at [bartschj@boulderlibrary.org](mailto:bartschj@boulderlibrary.org)

### Midday Music

Join us for an hour of inspirational, improvised music.

June 11 ..... Wednesday, 12-1 p.m. • Canyon Theater

### Big Swing Trio

The Library Third Tuesday Lunchtime Concert Series presents Big Swing Trio - Mark Diamond, Paul Romaine, and Andy Weyl consistently inspire audiences of all kinds with their spirited arrangements of Swing, Latin, Hard-bop, Blues, and standard repertoire.

June 17 ..... Tuesday, 12-1 p.m. • Canyon Theater

### Midday Music

Join us for an hour of inspirational, improvised music.

July 9 ..... Wednesday, 12-1 p.m. • Canyon Theater

### Gustafer Yellowgold's Show

The Library Concert Series presents a multi-media performance of live music, animated illustrations and storytelling for all ages. With its unique crossover appeal, the show has been the wild-card opening act for Wilco and The Polyphonic Spree. Don't miss this opportunity to see this nationally recognized performer.

July 13 ..... Sunday, 1 p.m. & 4 p.m. shows • Canyon Theater (2-3:30 p.m. drawing workshop between shows).

### Carnival of the Animals

The Library Third Tuesday Lunchtime Concert Series presents this exciting presentation of Saint-Saens "Carnival of the Animals," with Sonya Clark-piano, Elle Tyler-flute, and Kristel Jelinek Brown-vocals.

July 15 ..... Tuesday, 12-1 p.m. • Canyon Theater

### Summer Festival

*presented by Library & Arts and Parks & Recreation departments*

On the lawn of the Main Boulder Public Library and in the Canyon Theater. Join us for a fabulous afternoon of fun in and around the library.

Events include: magic show with Erica Sodos, facepainting, stilt walking lessons, games, bubbles, ice-cream, MUSIC, and MUCH MORE! Fun for the whole family!

June 28 ..... Saturday, 2-5 p.m. • Lawn & Canyon Theater

**boulderlibrary**.org

[www.bplnow.boulderlibrary.org](http://www.bplnow.boulderlibrary.org)



Summer soccer leagues begin soon - sign up today!

## ► PRESCHOOL SPORTS

### Mini - Sports

(Ages 4-7) The (instructional) Mini-Sports programs consist of staff who help build participant's skills by administering a full range of drills and games. While learning the sport, staff will stress the FUN of playing. All Mini-Sports programs are held at the East Mapleton Softball Fields (Mapleton and 30th).

Information: Dean at 303-441-4427 or Rummeld@bouldercolorado.gov. If weather is in question call the cancellation information line at 303-441-3410.

### Soccer

(Ages 4-5)

**216107** 6/11-7/23 W, 4-4:45pm Mapleton 6 \$55/\$69

(Ages 6-7)

**216109** 6/11-7/23 W, 5-5:45pm Mapleton 6 \$55/\$69

### T-ball

(Ages 4-5)

**216106** 6/10-7/22 Tu, 4-4:45pm Mapleton 6 \$55/\$69

**216108** 6/10-7/22 Tu, 5-5:45pm Mapleton 6 \$55/\$69

## ► FLAG FOOTBALL

### NFL Flag Football

(Ages 4-14) The City of Boulder has partnered with NFL Flag Football to bring you the nation's largest flag football program. Boys and girls will practice and have games on Sunday afternoons. Teams are formed by school and grade and will practice an hour before games. Participation awards for all participants. All games played at Fairview HS Stadium.



Registration deadline: Friday, July 25, season begins in mid-August.

Register online at [www.NationalFlagFootball.com](http://www.NationalFlagFootball.com) or call 720-360-1600.

## ► NUGGETS BASKETBALL

Boulder Parks & Recreation partners with the National Basketball Academy and Denver Nuggets to provide quality basketball programs for rookies through all-stars.

**\*To register for the Denver Nuggets programs and clinics please visit: [www.TheBasketballAcademy.com](http://www.TheBasketballAcademy.com) > Denver Nuggets**

For questions please contact Lemar Griffin, National Basketball Academy, 863-513-6979 or [lgriffin@TheBasketballAcademy.com](mailto:lgriffin@TheBasketballAcademy.com)

You may also contact Dean Rummel with City of Boulder Parks and Recreation at 303-441-4427 or [Rummeld@bouldercolorado.gov](mailto:Rummeld@bouldercolorado.gov).

### Denver Nuggets Summer Skills Clinic

(Ages 7-17) Looking to improve his or her basketball ability and skills? Back by popular demand – The National Basketball Academy coaches have designed these clinics to help improve the fundamentals of player's skills. This will include mechanics, fundamentals, foot work, conditioning, and in-game situations. Players will be divided based on age and ability.

*	6/30-7/2	M-W, 1:30-4:30pm	South	3	\$135
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### Denver Nuggets Private Training

Take advantage of the National Basketball Academy's professional training program. The program is designed to take your game to the next level. Whether it be getting ready for elementary basketball or NBA tryouts, we can help improve your game. The National Basketball Academy has graduated an elite list of Division 1 and pro players all over the United States.

**Key skills include:** Shooting, ball handling, position specific (point guard, post, shooting), rebounding, defense, game decision making and team-play dynamics.

**\*To register for the Denver Nuggets programs and clinics please visit: [www.TheBasketballAcademy.com](http://www.TheBasketballAcademy.com) > Denver Nuggets**

For questions please contact Lemar Griffin, National Basketball Academy, 863-513-6979 or [lgriffin@TheBasketballAcademy.com](mailto:lgriffin@TheBasketballAcademy.com)

See our Summer Camp Guide for the Nuggets Basketball Summer Camp!

## ▶ YOUTH VOLLEYBALL

### High Performance High School Volleyball & Conditioning

(Ages 14-18) Keep your skills sharp during the off season and stay conditioned. Each practice consists of two hours on the court with one of our top coaches and an additional hour with a City of Boulder certified personal trainer. Court time will include skill development, and enhancement. Training sessions will focus on physical fitness and conditioning for the athlete. Participants must have previous play experience; this is not a beginner class. No Practice July 1.

Information: Megann at 303-413-7465 and lohmanm@bouldercolorado.gov

214935 6/3-7/29 Tu, 3:45-6:45pm South 8 \$245/\$306

### Middle School Volleyball Skills

(Ages 10-14) Learn more advanced techniques and skills with our Middle School Volleyball Skills class. This class is for girls that have PREVIOUS experience in Volleyball. 5th graders with previous experience accepted. No practice July 5th. Information: Megann at 303-413-7465 or lohmanm@bouldercolorado.gov

214933 6/7-7/26 Sa, 11am-1pm South 7 \$130/\$163

### Power Volleyball Skills & Scrimmages

(Ages 11-15) Increase your game knowledge and skills to dominate the court! Passing, setting, serving & other skills will be emphasized along with other fun court games to keep the fun dialed in. Participants must have prior experience in volleyball and have played club, Gold Crown or on their school team. No practice July 3rd.

Information: Megann at 303-413-7465 or lohmanm@bouldercolorado.gov

214934 6/19-8/7 Th, 4:45-6:45pm South 7 \$130/\$163

## ▶ ADULT SAND VOLLEYBALL LEAGUES

(Ages 16+) Adult summer sand volleyball league played at the sand courts outside of the South Boulder Recreation Center. FUN IN THE SUN! Information: Dean 303-441-4427 or rummeld@bouldercolorado.gov

### Co-ed 4's Volleyball

216099 6/11-8/6 W, 6-8pm South 8 \$150

### Co-ed 6's Volleyball

216102 6/12-8/7 Th, 6-8pm South 8 \$250

## ▶ MEN'S BASKETBALL RECREATIONAL LEAGUE

(Ages 16+) Our recreation basketball leagues typically consist of players who have some previous competitive experience or who just like to play the sport. We feature recently renovated regulation courts, two officials, glass backboards and electronic scoreboards in our 8 game seasons. Fees are team based with no additional player fees.

Information: Dean at 303-441-4427 or Rummeld@bouldercolorado.gov.

215532 6/17-8/12 Tu, 7-10pm North 8 \$500

## Summer Adult Soccer Leagues

(Ages 16+) Summer soccer leagues are played at the City's premier Pleasant View Sports Complex. All registrations are made per team for the six week season. Games are typically played at 5:45pm or 7pm. Divisions information is explained in more detail online at [www.bprsports.org](http://www.bprsports.org). Information: Dean at 303-441-4427 or Rummeld@bouldercolorado.gov.

### Mens Gold/ Silver Summer Soccer

215784 6/3-7/15 Tu, 5:45-8pm Pleasant View Fields 6 \$520

### Coed Gold Summer Soccer

215786 6/5-7/17 Th, 5:45-8pm Pleasant View Fields 6 \$420

### Coed Silver/ Bronze Summer Soccer

215785 6/4-7/16 Tu/W, 5:45-8pm Pleasant View Fields 6 \$420

## ▶ DROP-IN BASKETBALL, PICKLEBALL & VOLLEYBALL

Visit us online for the most up to date drop-in schedules at [www.BoulderParks-Rec.org](http://www.BoulderParks-Rec.org)



## Adult Sports Leagues - Spring/Summer/Fall/Winter

Basketball, Volleyball, Softball, Soccer, Kickball and Dodgeball leagues for all levels.

See [www.BPRsports.org](http://www.BPRsports.org) for more details.

## Now hiring league officials!

Apply online at [www.bouldercolorado.gov](http://www.bouldercolorado.gov)

**Outdoor Pool Dates:**  
 Scott Carpenter Pool • May 12-Sept 14  
 Spruce Pool • May 24-Sept. 1



Join us on Saturday, May 17 for Boulder Community Day at Scott Carpenter Pool. FREE admission from 1-4 p.m.

### 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.

NOTE: Make ups are not given for missed classes.

### Swim Lessons Information

Jackie Koehn, 303-413-7267 or KoehnJ2@bouldercolorado.gov

### 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](http://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](http://www.BoulderAquatics.org)

### Aquatic Training Classes

Want to train to be a lifeguard or swim instructor? Visit [www.BoulderAquatics.org](http://www.BoulderAquatics.org) for classes offered.

### Lifeguards/Swim Instructors Needed!

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 [BoulderColorado.gov](http://BoulderColorado.gov).

For more information contact Julie Dettbarn at [dettbarnj@bouldercolorado.gov](mailto:dettbarnj@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](http://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.

#### Instructor Levels:

Level A - Instructor with 6+ years teaching experience

Level B - Instructor with less than 6 years teaching experience

30 minute lesson	Level A	Level B
1 class	\$40	\$32
3 classes	\$114	\$90
6 classes	\$216	\$174

60 minute lesson	Level A	Level B
1 class	\$62	\$47
3 classes	\$174	\$132
6 classes	\$330	\$252

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

### Splash Pass

Unlimited entry during the summer season to two outdoor pools & the Boulder Reservoir! Purchase at the Boulder Reservoir or any Boulder recreation center. See page 53 for more details.

Splash Pass		Daily Entry	
Adult	\$132(R) / \$165(N)	Adult	\$6.25
Youth	\$88(R) / \$110(N)	Youth	\$3.75
Senior	\$90(R) / \$112.50(N)	Senior	\$4.25
Family	\$264(R) / \$330(N)		

### Flick & Float – SAVE THE DATE!

Don't miss our "Flick and Float" open swim and movie night for families **Saturday, Aug. 16, at Scott Carpenter Pool, 1505 30th St.** More details will be posted online soon at [BoulderAquatics.org](http://BoulderAquatics.org).

# SWIMMING

## ► PARENT/CHILD CLASSES

### Jelly Monkey

(Ages 6 months-36 months) **Prerequisites:** 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.

216078	6/2-6/13	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
216081	6/2-6/25	M/W, 6:10-6:40pm	North	8	\$48/\$60
216079	6/3-6/26	Tu/Th, 10:05-10:35am	East	8	\$48/\$60
216082	6/3-7/29	Tu, 6:40-7:10pm	East	8	\$48/\$60
216083	6/5-7/31	Th, 5:30-6pm	East	8	\$48/\$60
216584	6/5-7/31	Th, 6:40-7:10pm	East	8	\$48/\$60
216084	6/7-8/2	Sa, 10:05-10:35am★	East	8	\$48/\$60
216074	6/16-6/27	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
216075	7/7-7/18	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
216077	7/7-7/30	M/W, 6:10-6:40pm	North	8	\$48/\$60
216080	7/8-7/31	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
216076	7/21-8/1	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45

## ► SPECIALIZED LESSONS

**Prerequisites:** There are no prerequisites for specialized classes; children may only enroll in class specific to their age. **Class Focus:** Specialized classes provide a more personalized interaction with instructors, running in a semi-private format of no more than three students per instructor. Great for children new to the swim lesson setting. Instructors will focus on a personal lesson plan for each child and skills will vary by individual swimming ability.

### Specialized Lessons - Age 3

215944	6/2-6/13	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
215940	6/2-6/13	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
216014	6/2-6/25	M/W, 5-5:30pm	North	8	\$96/\$120
216007	6/2-6/25	M/W, 6:10-6:40pm	North	8	\$96/\$120
215916	6/3-6/26	Tu/Th, 9:30-10am	East	8	\$96/\$120
215921	6/3-7/29	Tu, 5:30-6pm	East	8	\$96/\$120
215929	6/3-7/29	Tu, 6:05-6:35pm	East	8	\$96/\$120
215932	6/5-7/31	Th, 5:30-6pm	East	8	\$96/\$120
215933	6/7-8/2	Sa, 10:05-10:35am★	East	8	\$96/\$120
215939	6/7-8/2	Sa, 10:40-11:10am★	East	8	\$72/\$90
215970	6/16-6/27	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
215926	6/16-6/27	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
215927	7/7-7/18	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
215930	7/7-7/18	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
215915	7/8-7/31	Tu/Th, 9:30-10am	East	8	\$96/\$120
215920	7/8-7/31	Tu/Th, 10:05-10:35am	East	8	\$96/\$120
215928	7/21-8/1	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
215971	7/21-8/1	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
216008	7/7-7/30	M/W, 5-5:30pm	North	8	\$96/\$120
216009	7/7-7/30	M/W, 6:10-6:40pm	North	8	\$96/\$120

## LESSONS WILL NOT BE HELD JUNE 30 - JULY 5

### Specialized Lessons - Age 4

216012	6/2-6/13	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
215934	6/2-6/13	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
216013	6/2-6/25	M/W, 5-5:30pm	North	8	\$96/\$120
216016	6/2-6/25	M/W, 6:10-6:40pm	North	8	\$96/\$120
215994	6/3-6/26	Tu/Th, 9:30-10am	East	8	\$96/\$120
215956	6/3-6/26	Tu/Th, 10:05-10:35am	East	8	\$96/\$120
216015	6/3-7/29	Tu, 5:30-6pm	East	8	\$72/\$120
215954	6/3-7/29	Tu, 6:05-6:35pm	East	8	\$96/\$120
215947	6/5-7/31	Th, 5:30-6pm	East	8	\$96/\$120
215948	6/7-8/2	Sa, 10:05-10:35am★	East	8	\$96/\$120
216586	6/7-8/2	Sa, 10:40-11:10am★	East	8	\$96/\$120
215964	6/16-6/27	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
215967	6/16-6/27	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
215981	7/8-7/31	Tu/Th, 9:30-10am	East	8	\$96/\$120
215949	7/8-7/31	Tu/Th, 10:05-10:35am	East	8	\$96/\$120
216006	7/7-7/30	M/W, 5-5:30pm	North	8	\$96/\$120
216010	7/7-7/30	M/W, 6:10-6:40pm	North	8	\$96/\$120
215965	7/7-7/18	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
215968	7/7-7/18	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
215966	7/21-8/1	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
215969	7/21-8/1	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90

### Specialized Lessons - Age 5

215974	6/2-6/13	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
215950	6/2-6/13	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
215982	6/2-6/25	M/W, 5-5:30pm	North	8	\$96/\$120
215999	6/2-6/25	M/W, 6:10-6:40pm	North	8	\$96/\$120
215984	6/3-6/26	Tu/Th, 9:30-10am	East	8	\$96/\$120
215997	6/3-6/26	Tu/Th, 10:05-10:35am	East	8	\$96/\$120
215979	6/3-7/29	Tu, 5:30-6pm	East	8	\$96/\$120
215953	6/3-7/29	Tu, 6:05-6:35pm	East	8	\$96/\$120
215951	6/5-7/31	Th, 5:30-6pm	East	8	\$96/\$120
215955	6/7-8/2	Sa, 10:05-10:35am★	East	8	\$96/\$120
215952	6/7-8/2	Sa, 10:40-11:10am★	East	8	\$96/\$120
215988	6/16-6/27	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
215985	6/16-6/27	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
215989	7/7-7/18	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
216005	7/7-7/18	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
215998	7/7-7/30	M/W, 5-5:30pm	North	8	\$96/\$120
216011	7/7-7/30	M/W, 6:10-6:40pm	North	8	\$96/\$120
215958	7/8-7/31	Tu/Th, 9:30-10am	East	8	\$96/\$120
215959	7/8-7/31	Tu/Th, 10:05-10:35am	East	8	\$96/\$120
215991	7/21-8/1	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
215987	7/21-8/1	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90

## Specialized Lessons - Age 6

216482	6/2-6/13	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
216017	6/2-6/25	M/W, 6:10-6:40pm	North	8	\$96/\$120
216582	6/3-6/16	Tu/Th, 10:40-11:10am	East	8	\$96/\$120
215946	6/3-7/29	Tu, 6:40-7:10pm	East	8	\$96/\$120
215945	6/5-7/31	Th, 6:40-7:10pm	East	8	\$96/\$120
216588	6/7-8/2	Sa, 9:30-10am★	East	8	\$96/\$120
216000	6/16-6/27	M/W/F, 9-9:30am	Spruce	8	\$72/\$90
216018	7/7-7/30	M/W, 6:10-6:40pm	North	8	\$96/\$120
216002	7/21-8/1	M/W/F, 9-9:30am	Spruce	6	\$72/\$90



Early swim lessons set a positive foundation towards a lifetime of participation and enjoyment!

## ► PRESCHOOL GROUP LESSONS

### Preschool 1

(Age 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.

215905	6/2-6/13	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
215904	6/2-6/13	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
215941	6/2-6/25	M/W, 5:35-6:05pm	North	8	\$48/\$60
215942	6/2-6/25	M/W, 6:45-7:15pm	North	8	\$48/\$60
215911	6/3-6/26	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
215977	6/5-7/31	Th, 6:05-6:35pm	East	8	\$48/\$60
215980	6/7-8/2	Sa, 9:30-10am★	East	8	\$48/\$60
215935	6/16-6/27	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
215906	6/16-6/27	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
215936	7/7-7/18	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
215907	7/7-7/18	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
215938	7/7-7/30	M/W, 5:35-6:05pm	North	8	\$48/\$60
215943	7/7-7/30	M/W, 6:45-7:15pm	North	8	\$48/\$60
215908	7/8-7/31	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
215937	7/21-8/1	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
215914	7/21-8/1	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45

LESSONS WILL NOT BE HELD JUNE 30 - JULY 5

### Preschool 2

(Age 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.

215913	6/2-6/13	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
215910	6/2-6/13	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
215925	6/2-6/25	M/W, 5:35-6:05pm	North	8	\$48/\$60
215924	6/2-6/25	M/W, 6:45-7:15pm	North	8	\$48/\$60
215912	6/3-6/26	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
215983	6/5-7/31	Th, 6:05-6:35pm	East	9	\$48/\$60
216004	6/7-8/2	Sa, 9:30-10am★	East	9	\$48/\$60
215973	6/16-6/27	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
215917	6/16-6/27	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
215957	7/7-7/18	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
215918	7/7-7/18	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
215931	7/7-7/30	M/W, 5:35-6:05pm	North	8	\$48/\$60
215922	7/7-7/30	M/W, 6:45-7:15pm	North	8	\$48/\$60
215909	7/8-7/31	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
215923	7/21-8/1	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
215919	7/21-8/1	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45

### Preschool 3

(Age 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.

215990	6/2-6/13	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
215960	6/2-6/13	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
215993	6/2-6/25	M/W, 5:35-6:05pm	North	8	\$48/\$60
215976	6/2-6/25	M/W, 6:45-7:15pm	North	8	\$48/\$60
215992	6/3-6/26	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
216001	6/5-7/31	Th, 6:05-6:35pm	East	8	\$48/\$60
216003	6/7-8/2	Sa, 9:30-10am★	East	8	\$48/\$60
215961	6/16-6/27	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
215978	6/16-6/27	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
215962	7/7-7/18	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
215986	7/7-7/18	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
215975	7/7-7/30	M/W, 5:35-6:05pm	North	8	\$48/\$60
215996	7/7-7/30	M/W, 6:45-7:15pm	North	8	\$48/\$60
215972	7/8-7/31	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
215963	7/21-8/1	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
215995	7/21-8/1	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45

# SWIMMING

## ► GROUP LESSONS AGES 6-13

### Level 1 Sea Turtle

(Ages 6-8) **Prerequisites:** There are no prerequisites for Sea Turtle Classes. **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.

216019	6/2-6/13	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
216024	6/2-6/25	M/W, 5-5:30pm	North	8	\$48/\$60
216023	6/3-6/26	Tu/Th, 9:30-10am	East	8	\$48/\$60
216030	6/3-7/29	Tu, 5:30-6pm	East	8	\$48/\$60
216032	6/5-7/31	Th, 6:05-6:35pm	East	8	\$48/\$60
216028	6/7-8/2	Sa, 10:05-10:35am★	East	8	\$48/\$60
216020	6/16-6/27	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
216021	7/7-7/18	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
216026	7/7-7/30	M/W, 5-5:30pm	North	8	\$48/\$60
216022	7/8-7/31	Tu/Th, 9:30-10am	East	8	\$48/\$60
216025	7/21-8/1	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45



*Early swim lessons set a positive foundation towards a lifetime of participation and enjoyment!*

## LESSONS WILL NOT BE HELD JUNE 30 - JULY 5

### Level 2 Rays

(Ages 6-8) **Prerequisites:** Successful completion of level 1 Sea Turtle Class 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.

216033	6/2-6/13	M/W/F, 10:10-10:40am	Spruce	6	\$36/\$45
216047	6/2-6/25	M/W, 5-5:30pm	North	8	\$48/\$60
216050	6/2-6/25	M/W, 6:45-7:15pm	North	8	\$48/\$60
216031	6/3-6/26	Tu/Th, 10:05-10:35am	East	8	\$48/\$60
216585	6/5-7/31	Th, 6:40-7:10p	East	8	\$48/\$60
216587	6/7-8/2	Sa, 10:40-11:10am★	East	8	\$48/\$60
216036	6/16-6/27	M/W/F, 10:10-10:40am	Spruce	6	\$36/\$45
216062	7/7-7/18	M/W/F, 9-9:30am	Spruce	6	\$36/\$45
216041	7/7-7/18	M/W/F, 10:10-10:40am	Spruce	6	\$36/\$45
216049	7/7-7/30	M/W, 5-5:30pm	North	8	\$48/\$60
216052	7/7-7/30	M/W, 6:45-7:15pm	North	8	\$48/\$60
216027	7/8-7/31	Tu/Th, 10:05-10:35am	East	8	\$48/\$60
216037	7/21-8/1	M/W/F, 10:10-10:40am	Spruce	6	\$36/\$45

### Level 3 Swordfish

(Ages 7-13) **Prerequisites:** Successful completion of level 2 Rays Class 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.

216035	6/2-6/13	M/W/F, 9-9:30am	Spruce	6	\$36/\$45
216029	6/2-6/13	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
216046	6/2-6/25	M/W, 5:35-6:05pm	North	8	\$48/\$60
216039	6/3-6/26	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
216065	6/3-7/29	Tu, 6:40-7:10pm	East	8	\$48/\$60
216054	6/5-7/31	Th, 6:40-7:10pm	East	8	\$48/\$60
216055	6/7-8/2	Sa, 9:30-10am★	East	8	\$48/\$60
216057	6/16-6/27	M/W/F, 9-9:30am	Spruce	6	\$36/\$45
216034	6/16-6/27	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
216058	7/7-7/18	M/W/F, 9-9:30am	Spruce	6	\$36/\$45
216042	7/7-7/18	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
216040	7/7-7/30	M/W, 5:35-6:05pm	North	8	\$48/\$60
216038	7/8-7/31	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
216060	7/21-8/1	M/W/F, 9-9:30am	Spruce	6	\$36/\$45
216043	7/21-8/1	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45

## Level 4 Porpoise

(Ages 7-13) **Prerequisites:** Successful completion of Level 3 Swordfish class 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.

216063	6/2-6/13	M/W/F, 10:10-10:40am	Spruce	6	\$36/\$45
216056	6/2-6/25	M/W, 5:35-6:05pm	North	8	\$48/\$60
216064	6/3-6/26	Tu/Th, 9:30-10am	East	8	\$48/\$60
216066	6/3-7/29	Tu, 6:40-7:10pm	East	8	\$48/\$60
216069	6/7-8/2	Sa, 10:40-11:10am★	East	8	\$48/\$60
216044	6/16-6/27	M/W/F, 10:10-10:40am	Spruce	6	\$36/\$45
216045	7/7-7/18	M/W/F, 10:10-10:40am	Spruce	6	\$36/\$45
216061	7/7-7/30	M/W, 5:35-6:05pm	North	8	\$48/\$60
216048	7/8-7/31	Tu/Th, 9:30-10am	East	8	\$48/\$60
216051	7/21-8/1	M/W/F, 10:10-10:40am	Spruce	6	\$36/\$45

## Level 5 Shark

(Ages 7-13) **Prerequisites:** Successful completion of level 4 Porpoise class 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.

216067	6/2-6/13	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
216589	6/2-6/25	M,W, 6:45-7:15pm	North	8	\$48/\$60
216068	6/3-6/26	Tu/Th, 10:05-10:35am	East	8	\$48/\$60
216072	6/3-7/29	Tu, 6:05-6:35pm	East	8	\$48/\$60
216053	6/16-6/27	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
216070	7/7-7/18	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
216073	7/7-7/30	M/W, 6:45-7:15pm	North	8	\$48/\$60
216059	7/8-7/31	Tu/Th, 10:05-10:35am	East	8	\$48/\$60
216071	7/21-8/1	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45

## ► BARRACUDAS SWIM TEAM

### Summer Swim Team

(Ages 5-18) Visit [www.BoulderAquatics.org](http://www.BoulderAquatics.org) for more details.

#### Pre-season practice for swim team

214034	5/19-5/30	M-F, 4-6pm	South	Included in team fee
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#### Summer practice for swim team

214034	6/2-7/24	M-F, 7-9:15 am	Spruce Pool	\$200/\$250
	6/2-7/24	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.

214032	6/2-7/18	M-F, 9:15-9:45am	Spruce Pool	\$100/\$125
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## ► AQUATIC FITNESS CLASSES

### Aquatic Fitness (Leisure Pool)

(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! Contact Jen Heilveil, 303-413-7474.

215709	6/2-6/30	M/W/F, 8-9am	East	13	\$78/\$96
215711	7/7-7/30	M/W/F, 8-9am	East	11	\$66/\$83
215714	8/1-8/29	M/W/F, 8-9am	East	13	\$78/\$98

### Warm Water Fitness (Leisure Pool)

(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 pool (86-88°). If you require physical assistance in the water, a two-week notification is required. Contact Jen Heilveil, 303-413-7474.

215701	6/3-6/26	Tu/Th, 8:45-9:30am	East	8	\$32/\$40
215702	7/1-7/31	Tu/Th, 8:45-9:30am	East	10	\$40/\$50
215703	8/5-8/28	Tu/Th, 8:45-9:30am	East	8	\$32/\$40

## ► DROP-IN AQUATIC FITNESS CLASSES

Additional aquatic fitness classes can be found on the drop-in fitness schedule online at [www.BoulderAquatics.org](http://www.BoulderAquatics.org). All pass or drop-in fee information can be found on page 6 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 for All

Get fit, increase energy and improve body tone in a 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
M/W/F, 9-10am	East

### Hydro Dynamics

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

Tu/Th, 12:30-1:30pm	South
Th, 6-7pm	Spruce

### Pre-Natal

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

## ► TENNIS COURT LOCATIONS

- Arapahoe Ridge, Eisenhower Drive - 2 courts
- Baseline Middle, 700 20th Street - 2 courts
- Centennial Middle, 2205 Norwood - 8 courts
- Chautauqua Park, Ninth & Baseline - 1 court
- Columbine, 20th & Glenwood - 2 courts
- East Center, 5660 Sioux Drive, - 5 courts\* (lights)
- Fairview High, Greenbriar & Knox - 8 courts
- Knollwood, Fourth & Spruce - 2 courts (Closed due to flood)
- 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 303-441-4137.

\*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](mailto:gonzo@gonzotennis.com) to let instructors know which class you plan to drop into.

<b>1 punch</b>	<b>3 punches</b>	<b>6 punches</b>
<b>\$21</b>	<b>\$60</b>	<b>\$113</b>

## Adult Open Tennis

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

## Youth Tennis Punch Cards

(Ages 3-15) Purchase a punch card and drop into any youth class that is not full. Please email [gonzo@gonzotennis.com](mailto:gonzo@gonzotennis.com) to let instructors know which class you plan to drop into.

<b>1 punch</b>	<b>3 punches</b>	<b>6 punches</b>
<b>\$13</b>	<b>\$36</b>	<b>\$68</b>

## Private Tennis Lessons

Youth and adult private lessons outside are available (weather permitting). Gonzo tennis instructors teach all lessons. A participant information sheet will be filled out upon registration for your lesson at [www.bprtennis.org](http://www.bprtennis.org). This sheet will be used to arrange days and times of each lesson. Lessons expire six months after registration.

For more information contact Gonzo Garcia at 720-480-0249 or [gonzo@gonzotennis.com](mailto:gonzo@gonzotennis.com)

<b>Private Lesson:</b>	<b>With Gonzo:</b>	<b>Staff Instructors:</b>
1 class	\$74	\$50
3 classes	\$210	\$144
6 classes	\$397	\$273
<b>Group Semi-Private:</b>		
2 people	\$95	\$71
3 people	\$116	\$92

## ► 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 [www.GonzoTennis.com](http://www.GonzoTennis.com)

Program information: **Dean** at 303-441-4427 or [rummeld@bouldercolorado.gov](mailto:rummeld@bouldercolorado.gov)

Weather line and cancellation info: 303-441-3410, press 1 then 5.

## ► TENNIS – SENIORS

### Gonzo Tennis - Seniors

(Ages 60+) Seniors! Come have fun, stay young, burn calories, make new friends, and play the life long game of tennis. For inclement weather and cancellation information: 303-441-3410.

**NEW!**

<b>216110</b>	6/6-6/27	F, 9:30-11am	East	4	\$63/\$79
<b>216111</b>	7/11-8/1	F, 9:30-11am	East	4	\$63/\$79

## ► TENNIS – ADULTS

(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. For inclement weather and cancellation information: 303-441-3410.

### Beginner (2.5-3.0)

#### Session 1

<b>215795</b>	6/2-6/25	M/W, 8-9:30am	East	8	\$126/\$158
<b>215797</b>	6/3-6/24	Tu, 6-7:30pm	East	4	\$63/\$79
<b>215808</b>	6/5-6/26	Th, 6-7:30pm	East	4	\$63/\$79

#### Session 2

<b>215796</b>	7/7-7/30	M/W, 8-9:30am	East	8	\$126/\$158
<b>215798</b>	7/8-7/29	Tu, 6-7:30pm	East	4	\$63/\$79
<b>215810</b>	7/10-7/31	Th, 6-7:30pm	East	4	\$63/\$79

### Beginner (2.5-3.0) with Gonzo

<b>215805</b>	6/2-6/23	M, 9-10:30am	Centennial MS	4	\$88/\$110	Gonzo
<b>215807</b>	7/7-7/28	M, 9-10:30am	Centennial MS	4	\$88/\$110	Gonzo

### Intermediate (3.5-4.0)

#### Session 1

<b>215799</b>	6/2-6/25	M/W, 9:30-11am	East	8	\$126/\$158
<b>215801</b>	6/2-6/23	M, 6-7:30pm	East	4	\$63/\$79
<b>215802</b>	6/4-6/25	W, 6-7:30pm	East	4	\$63/\$79

### Intermediate (3.5-4.0)

#### Session 2

<b>215800</b>	7/7-7/30	M/W, 9:30-11am	East	8	\$126/\$158
<b>215803</b>	7/7-7/28	M, 6-7:30pm	East	4	\$63/\$79
<b>215804</b>	7/9-7/30	W, 6-7:30pm	East	4	\$63/\$79

### Intermediate (3.5-4.0) with Gonzo

<b>215806</b>	6/2-6/23	M, 10:30am-12pm	Centennial MS	4	\$88/\$110	Gonzo
<b>215809</b>	7/7-7/28	M, 10:30am-12pm	Centennial MS	4	\$88/\$110	Gonzo

## ► 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](http://www.gonzotennis.com). For inclement weather and cancellation information: 303-441-3410.

### Beginner

#### Session 1

<b>215811</b>	5/31-6/21	Sa, 9-10am	North	4	\$42/\$53
<b>215812</b>	6/3-6/24	Tu, 4-5pm	East	4	\$42/\$53
<b>215813</b>	6/5-6/26	Th, 4-5pm	East	4	\$42/\$53

#### Session 2

<b>215817</b>	7/5-7/26	Sa, 9-10am	North	4	\$42/\$53
<b>215818</b>	7/8-7/29	Tu, 4-5pm	East	4	\$42/\$53
<b>215819</b>	7/10-7/31	Th, 4-5pm	East	4	\$42/\$53

### Intermediate

#### Session 1

<b>215814</b>	5/31-6/21	Sa, 10-11am	North	4	\$42/\$53
<b>215815</b>	6/3-6/24	Tu, 5-6pm	East	4	\$42/\$53
<b>215816</b>	6/5-6/26	Th, 5-6pm	East	4	\$42/\$53

#### Session 2

<b>215820</b>	7/5-7/26	Sa, 10-11am	North	4	\$42/\$53
<b>215821</b>	7/8-7/29	Tu, 5-6pm	East	4	\$42/\$53
<b>215822</b>	7/10-7/31	Th, 5-6pm	East	4	\$42/\$53

### Gonzo Tennis - Juniors SMASH Singles Ladder

(Ages 7-17) Open to Junior players of all abilities! Join us for all 8 months or only 1 month in this continuously updated ladder program where a player can work his/her way up the rankings by winning weekly matches against progressively more challenging competition. We provide a friendly competitive environment where all are welcomed to play tennis - separated by age and ability. Please visit the website for more details at [www.gonzotennis.com](http://www.gonzotennis.com)

212132	5/3-5/31	Sa, 3-5pm	Centennial M.S.	\$55
212133	6/7-6/28	Sa, 3-5pm	Centennial M.S.	\$55
212134	7/5-7/26	Sa, 3-5pm	Centennial M.S.	\$55
212135	8/2-8/30	Sa, 3-5pm	Centennial M.S.	\$55
212136	9/6-9/27	Sa, 3-5pm	Centennial M.S.	\$55
212137	10/4-10/25	Sa, 3-5pm	Centennial M.S.	\$55

# TENNIS



*Our tennis classes offers a variety of exercises, tennis games and activities on the court to help students improve their game.*

## ► TENNIS - YOUTH

(Ages 3-10) The School of Tennis is a child physical development program that uses a variety of fun games to develop motor skills while enjoying the game of tennis and helping to create self confidence in a safe and friendly environment. It's all about Tennis! For inclement weather and cancellation information: 303-441-3410.

### Mini Gonzos (Ages 3-4)

#### Session 1

215823	6/1-6/22	Su, 9-9:30am	East	4	\$32/\$40
215824	6/2-6/23	M, 3:45-4:15pm★	East	4	\$32/\$40
215825	6/3-6/24	Tu, 3:45-4:15pm	East	4	\$32/\$40
215826	6/4-6/25	W, 3:45-4:15pm★	East	4	\$32/\$40
215827	6/5-6/26	Th, 3:45-4:15pm	East	4	\$32/\$40
215828	6/6-6/27	F, 3:45-4:15pm	East	4	\$32/\$40
215829	6/7-6/28	Sa, 9-9:30am★	East	4	\$32/\$40

#### Session 2

215844	7/6-7/27	Su, 9-9:30am	East	4	\$32/\$40
215845	7/7-7/28	M, 3:45-4:15pm★	East	4	\$32/\$40
215846	7/8-7/29	Tu, 3:45-4:15pm	East	4	\$32/\$40
215847	7/9-7/30	W, 3:45-4:15pm★	East	4	\$32/\$40
215848	7/10-7/31	Th, 3:45-4:15pm	East	4	\$32/\$40
215849	7/11-8/1	F, 3:45-4:15pm	East	4	\$32/\$40
215850	7/12-8/2	Sa, 9-9:30am★	East	4	\$32/\$40

### Tiny Gonzos (Ages 5-6)

#### Session 1

215830	6/1-6/22	Su, 9:30-10:15am	East	4	\$36/\$45
215831	6/2-6/23	M, 4:15-5pm★	East	4	\$36/\$45
215832	6/3-6/24	Tu, 4:15-5pm★	East	4	\$36/\$45
215833	6/4-6/25	W, 4:15-5pm	East	4	\$36/\$45
215834	6/5-6/26	Th, 4:15-5pm	East	4	\$36/\$45
215835	6/6-6/27	F, 4:15-5pm	East	4	\$36/\$45
215836	6/7-6/28	Sa, 9:30-10:15am★	East	4	\$36/\$45

#### Session 2

215851	7/6-7/27	Su, 9:30-10:15am	East	4	\$36/\$45
215852	7/7-7/28	M, 4:15-5pm★	East	4	\$36/\$45
215853	7/8-7/29	Tu, 4:15-5pm	East	4	\$36/\$45
215854	7/9-7/30	W, 4:15-5pm★	East	4	\$36/\$45
215855	7/10-7/31	Th, 4:15-5pm	East	4	\$36/\$45
215856	7/11-8/1	F, 4:15-5pm	East	4	\$36/\$45
215857	7/12-8/2	Sa, 9:30-10:15am★	East	4	\$36/\$45

### Mighty Gonzos (Ages 7-9)

#### Session 1

215837	6/1-6/22	Su, 10:15-11:15am	East	4	\$42/\$53
215838	6/2-6/23	M, 5-6pm★	East	4	\$42/\$53
215839	6/3-6/24	Tu, 5-6pm	East	4	\$42/\$53
215840	6/4-6/25	W, 5-6pm★	East	4	\$42/\$53
215841	6/5-6/26	Th, 5-6pm	East	4	\$42/\$53
215842	6/6-6/27	F, 5-6pm	East	4	\$42/\$53
215843	6/7-6/28	Sa, 10:15-11:15am★	East	4	\$42/\$53

#### Session 2

215858	7/6-7/27	Su, 10:15-11:15am	East	4	\$42/\$53
215859	7/7-7/28	M, 5-6pm★	East	4	\$42/\$53
215860	7/15-8/5	Tu, 5-6pm	East	4	\$42/\$53
215861	7/9-7/30	W, 5-6pm★	East	4	\$42/\$53
215862	7/10-7/31	Th, 5-6pm	East	4	\$42/\$53
215863	7/11-8/1	F, 5-6pm	East	4	\$42/\$53
215864	7/12-8/2	Sa, 10:15-11:15am★	East	4	\$42/\$53

## ► SUMMER CAMPS WITH GONZO

### Summer Clinics with Gonzo

(Ages 5-15) 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.

Information: Gonzo at 720-480-0249 or gonzo@gonzotennis.com

Cancellation information: 303-441-3410, press 1 then 5.

211632	6/3-6/5	Tu/W/Th, 9am-12pm	East	3	\$104/\$130
211633	6/10-6/12	Tu/W/Th, 9am-12pm	East	3	\$104/\$130
211634	6/24-6/26	Tu/W/Th, 9am-12pm	East	3	\$104/\$130
211636	7/1-7/3	Tu/W/Th, 9am-12pm	East	3	\$104/\$130
211637	7/15-7/17	Tu/W/Th, 9am-12pm	East	3	\$104/\$130

## Summer Clinics with Gonzo....continued.

211639	7/22-7/24	Tu/W/Th, 9am-12pm	East	3	\$104/\$130
211640	7/29-7/31	Tu/W/Th, 9am-12pm	East	3	\$104/\$130
211641	8/5-8/7	Tu/W/Th, 9am-12pm	East	3	\$104/\$130

## Summer Day Camp with Gonzo

(Ages 5-15) Want a full day of tennis and fun with Gonzo and his staff? Boulder Parks and Recreation and Gonzo Tennis have developed a day camp as an extension to the morning clinics. The mornings will be full of tennis with our expert coaches followed by lunch and some time in the pool - then more tennis!

Information: Gonzo at 720-480-0249 or gonzo@gonzotennis.com

211635	6/16-6/20	M-F, 9am-4pm	East	5	\$250/\$313
211638	7/7-7/11	M-F, 9am-4pm	East	5	\$250/\$313

## High Performance Program

Ask about our High Performance Tennis. An intensive program with three hours of tennis and conditioning coached by Gonzo Garcia and his staff. Evaluation is required to participate in this program.

Contact Gonzo at gonzo@gonzotennis.com to set up an evaluation.

## Boulder SMASH

(Ages 8-17) Building your game while building a team. Be a part of a great team (with 20 state champions) representing the city of Boulder. Coached by Gonzo and his staff!

### Spring Warm up

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

212164 3/30-5/18 Su, 1-3pm Centennial M.S. 8 \$126/\$158

### Summer Competition

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 seasons CARA and USTA both hold state tournaments for the participants.

#### USTA

212166 5/27-7/15 Tu, 1-3pm Centennial M.S. 8 \$205/\$256

#### CARA

212165 5/29-7/17 Th, 1-3pm Centennial M.S. 8 \$168/\$210

#### Both USTA & CARA

212167 5/27-7/17 Tu/Th, 1-3pm Centennial M.S. 16 \$336/\$420

More information at [www.GonzoTennis.com](http://www.GonzoTennis.com)

# Healthy Parks = Healthy People



Get Outside and Play! Boulder Parks are healthy places for you to enjoy!



Each spring, you will see dandelions in your parks. This is a sign that we have eliminated the use of synthetic chemicals that are typically sprayed to control weeds - so our parks are healthier places to play.

For more information on the environmental work that Parks & Recreation is doing, visit:

[www.BoulderParks-Rec.org](http://www.BoulderParks-Rec.org)



*Avid4 Adventure offers kids & teens the opportunity to explore this world-renowned facility in an instruction-based program.*

## ► BIKING PROGRAMS AT VALMONT

Since 2004, Avid4 Adventure has inspired life-long active outdoor lifestyles and environmental stewardship through experiences that provide personal development and memorable family adventures. Through school programs, summer camps, family programs, and special events, Avid4 Adventure has served over 100,000 children in the Front Range 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](http://www.Avid4.com)**

**Questions & Information:** Avid4 Adventure, [vbp@avid4.com](mailto:vbp@avid4.com) or call 720-249-2412 or City of Boulder Parks & Recreation Department, [www.BoulderParks-Rec.org](http://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.

- No more than 5 people per private class.
- 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 8am and After Care until 5:30pm available.
- Daily lunch from sprouts is also available.
- Special Park Bikes can be rented for \$50 per week; Protective Gear (required) can also be rented for \$15 per week.

*	5/26-5/30	M-F, 8:45am-2:30pm	\$395 per week
*	6/2-6/6	M-F, 8:45am-2:30pm	\$395 per week
*	6/9-6/13	M-F, 8:45am-2:30pm	\$395 per week
*	6/16-6/20	M-F, 8:45am-2:30pm	\$395 per week
*	6/23-6/27	M-F, 8:45am-2:30pm	\$395 per week
*	6/30-7/3	M-F, 8:45am-2:30pm	\$316 per week
*	7/7-7/11	M-F, 8:45am-2:30pm	\$395 per week
*	7/14-7/18	M-F, 8:45am-2:30pm	\$395 per week
*	7/21-7/25	M-F, 8:45am-2:30pm	\$395 per week
*	7/28-8/1	M-F, 8:45am-2:30pm	\$395 per week
*	8/4-8/8	M-F, 8:45am-2:30pm	\$395 per week
*	8/11-8/15	M-F, 8:45am-2:30pm	\$395 per week

**\* Register online at [www.avid4.com](http://www.avid4.com)**

## VALMONT BIKE PARK

Valmont Bike Park is a 42-acre, natural surface cycling terrain park offering diverse amenities for several riding styles and abilities. The park is FREE and open daily from dawn to dusk.

You can stay up-to-date on park closures and trail conditions on the Valmont Bike Park website at [ValmontBikePark.org](http://ValmontBikePark.org) or the Facebook page at [www.facebook.com/ValmontBikePark](http://www.facebook.com/ValmontBikePark)

Check out the “know before you go” video for Valmont Bike Park at [www.valmontbikepark.com](http://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](mailto: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](mailto:valmontbikepark@bouldercolorado.gov).**

### Private & Semi-Private Clinics with Lee McCormack

(Age 18+) Working with Lee 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 that 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](http://www.leelikesbikes.com) or email [lee@leelikesbikes.com](mailto:lee@leelikesbikes.com)



Photo provided by yannphotovideo.com

*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.*

**L**ee McCormack of [www.leelikesbikes.com](http://www.leelikesbikes.com) is widely considered one of the world’s top bicycle skills instructors. He uses his sequential teaching curriculum to help 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 tens of thousands of riders have more fun on their bikes.

### Essential Mountain Biking Skills

(Age 18+) This public class is the A-1 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 Lee’s 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, riding up and down obstacles and pumping terrain. 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.

- Maximum six riders per session. Minimum four riders per session.
- Weekday afternoons and weekend mornings.

Details, dates and registration at [www.leelikesbikes.com](http://www.leelikesbikes.com)

# POLICIES & INFORMATION

## Recreation Center Closures

May 17-26	EBCC closed for annual maintenance
May 26 (Memorial Day)	NBRC open 1:30-6:30pm EBCC & SBRC closed
July 4	EBCC open from 8am-1:30pm NBRC & SBRC closed

## 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 and platform tennis courts, sauna, lockers, fishing and swimming at Boulder Reservoir.
- 3) Complimentary towels at rec centers.
- 4) Racquets for indoor racquetball.
- 5) Discounts at participating merchants. (pg. 4)
- 6) 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**

## 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.

## Nothing Cancels a Program

**Faster...** than people waiting until the last minute to register for it! All programs have a minimum enrollment – and if we don't reach the minimum by a certain date, the class gets cancelled. Please don't delay, register today!

## 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, 303-413-7259 or visit [www.BoulderParks-Rec.org](http://www.BoulderParks-Rec.org)

## Reduced Rate Program

Residents qualify by meeting the low-income eligibility criteria and by falling into at least one of the following categories: Family (with at least one child 18 years or younger living in the household); Senior (age 62 and over); Adults with Disabilities (19 or older). For information 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](http://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 10

For your child's safety and well-being, the city of Boulder Parks and Recreation Department requests that children under 10 years of age not be left un-supervised at any recreation facility, outdoor pool, sports field or park. 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

email addresses are last name first initial of first name@bouldercolorado.gov. e.g. Michael Smith is smithm@bouldercolorado.gov

**Jeff Dillon**  
Director.....303-413-7200

### ACCESS & INCLUSION (EXPAND & YSI)

**Sherri Brown** .....303-441-4933

### COMMUNITY OUTREACH

Internships Coordinator .....303-413-7200

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

**Christy Munoz**  
Group Discount Program .....303-413-7259

### FLATIRONS GOLF COURSE

**Doug Cook**, Director of Golf.....303-442-7851

### BOULDER RESERVOIR

**Stacy Cole**, Reservoir Manager.....303-441-3461

### RECREATION CENTERS

**Alison Rhodes**  
Recreation Facilities Manager .....303-413-7249

**Tim Duda**, Supervisor EBCC .....303-413-7463

**Jayson Swigart**, Supervisor NBRC 303-413-7263

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

### AQUATICS

**Jason Stolz**, Aquatics Supervisor .....303-441-3435

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

**Julie Dettbarn**, Pool Operations .....303-413-7468

**Jackie Koehn**, Swim lessons.....303-413-7267

### RECREATION PROGRAMS

**Teri Olander**, Administrator .....303-441-3429

### DANCE

**Cynthia Burdine**, Coordinator .....303-413-7473

### GYMNASTICS

**Doug Felkley**, Supervisor.....303-413-7265

### HEALTH & WELLNESS

**Summer Kennedy**, Fitness .....303-413-7264

**Jeff Pruett**, Weight Training.....303-413-7280

**Kathleen Murphy**, Mind/Body .....303-413-7466

### POTTERY LAB

**Nancy Utterback**, Coordinator.....303-441-3446

### SPORTS

**Dean Rummel**, Supervisor .....303-441-4427

**Program Information** .....303-441-3410

**Megann Lohman** .....303-413-7465

### PARK OPERATIONS

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

# 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: [www.BoulderParks-Rec.org](http://www.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](http://www.playboulder.org), email us at [info@playboulder.org](mailto:info@playboulder.org) or write us at PLAY Boulder, PO Box 20935, Boulder, CO 80308

### Parks & Recreation Advisory Board

The Parks and Recreation Advisory Board (PRAB) consists of seven members appointed by City Council, each to five-year terms. The Board offers advice and consultation to City Council and city departments on the acquisition, construction and maintenance of city park property and coordinates policy on the development and use of recreational facilities. The Board also approves expenditures from the Permanent Park and Recreation Fund. PRAB agendas, meeting minutes and audio files are available at [www.BoulderParks-Rec.org](http://www.BoulderParks-Rec.org).

# REGISTRATION

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

Program Refund Policy	Fee
<b>Courses</b>	
• Before 2nd class	\$15
• After 2nd class	No Refund
<b>1 Meeting Programs</b>	
• One week prior to start date	No Refund
<b>2 Meeting Programs</b>	
• Before 1st Meeting	\$15
• After 1st Meeting	50%
• After 2nd Meeting	No Refund
<b>Camps</b>	
• Monday two weeks prior to start of camp	No Refund
• More than two weeks prior to start date	\$15
<b>Leagues</b>	
• 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
<b>Annual Pass</b>	
• Cancellation Fee	\$25
<b>Monthly Annual Pass</b>	
• Payments stopped upon request, no prorated refunds	
<b>Punch Cards &amp; Twilight Pass</b>	
• Cancellation Fee	\$15
<ol style="list-style-type: none"> <li>1. For pass and program withdrawals, customer will receive a refund of their prorated balance less a withdrawal fee.</li> <li>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.</li> <li>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.</li> <li>4. If a refund is authorized, the appropriate amount will be refunded via the original form of payment. No exceptions.</li> <li>5. For monthly billing option, see contract for refund policy.</li> </ol>	

## 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, May 6.**
- 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](http://www.BoulderParks-Rec.org)

- ▶ Go to [www.BoulderParks-Rec.org](http://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!



Unlimited entry during the summer season to two outdoor pools & the Boulder Reservoir

# Splash Pass

### Pass Fees

Adult \$132(R) / \$165(N)  
Youth \$88(R) / \$110(N)  
Senior \$90(R) / \$112.50(N)  
Family \$264(R) / \$330(N)

### Daily Entry Fee

Pool & Reservoir  
Adult \$6.25  
Youth \$3.75  
Senior \$4.25

### Opening Dates:

Scott Carpenter Pool ▪ May 12-Sept 14  
Spruce Pool ▪ May 24-Sept. 1  
Boulder Reservoir ▪ May 24-Sept. 1

The Splash Pass is valid at the following locations:

- **Scott Carpenter Pool**, 1505 30th St., 303-441-3427
- **Spruce Pool**, 2102 Spruce 303-441-3426
- **Reservoir**, 5565 N. 51st St. 303-441-3461

### Flick & Float - Save the Date!

Sat, August 16 at Scott Carpenter Pool  
More details will be online in July.

[www.BoulderAquatics.org](http://www.BoulderAquatics.org)

## STAR SPANGLED SPLASH

**Friday, July 4th**

Boulder Reservoir, 5565 N. 51st St.  
Reservoir hours: 5:30 a.m. to 6 p.m.

**5K ★ 1 Mile Run & Volleyball Tournament**

**Family Activities 10 a.m. to 4 p.m.**

**Youth Games & Prizes ★ Food**

**Live Music ★ Beer Garden**



More details, including a schedule of events and fees available online at [www.BoulderRez.org](http://www.BoulderRez.org)



**Camera**  
DailyCamera.com



# Weekend at Valmont

## Save the date!

FREE

### Bike & Movie

June 6 • dusk



#### Bike Park

There is no better way to spend a cool summer night than riding your bike and then watching a movie in the park. Stay tuned, movie will be announced soon!

GEBHARDT



Sponsored by Gebhardt BMW  
Presented by Boulder Outdoor Cinema

### PUP & Exhibit Day

June 7 • 9 a.m.-12 p.m.



#### Dog Park

Volunteer day to help keep the Valmont Dog Park clean. Exhibits on composting dog poop, Animal Control, local rescue organizations and more!

### Valmont Open

June 8 • 9 a.m.



#### Disc Golf Course

Come play Boulder's premiere 18-hole disc golf course, Valmont City Park's first city-sponsored tournament. Register online at [valmontbikepark.org](http://valmontbikepark.org)

\$25 registration fee  
\$35 day of tournament

More details online at [www.ValmontBikePark.org](http://www.ValmontBikePark.org)



# Birthday Parties!

Call today and reserve the date for your child's next birthday party!

### Swimming

East • 303-413-7209  
North • 303-413-7218  
South • 303-441-3449

### Gymnastics

North • 303-413-7218

### Pottery

Pottery Lab • 303-441-3446

[www.BoulderParks-Rec.org](http://www.BoulderParks-Rec.org)



# Pottery Sale

June 7 & June 8

10 a.m. to 5 p.m.

Hundreds of functional and decorative pieces to choose from!



City of Boulder Pottery Lab, 1010 Aurora • 303-441-3446  
[www.BoulderParks-Rec.org](http://www.BoulderParks-Rec.org)

# You Belong Here!

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

Your recreation center annual pass, punch pass or daily entry fee gets you into any drop-in class and gives you full access to the facility's pools, ball courts, weight room, cardio fitness equipment - and more!

Check out our schedule online!



All drop-in classes are FREE with daily center entry (use your pass or \$7 daily fee)

We update our schedules monthly so that you can get the latest information about classes, cancellations, and instructor changes. Choose from over 100 different class times!

**BOULDER'S BEST  
FITNESS VALUE!**

## Drop-In Fitness Classes

- Boulder Lift
- Carve
- Total Body Fitness
- Fitness for Life
- Hard Core
- Metabolic Resistance Training
- Stretch, Strength and Balance
- Pure Step
- Sports Conditioning
- The Ride!

## Aquatic Fitness Classes

- Aqua Zumba®
- Hydro Dynamics
- Pre/Post Natal Aqua Fit
- Water Fitness for All

## Mind/Body Classes

- Ayre & Nia
- Dance Fusion
- Pilates Mat
- Pilates/Yoga Combo
- Pre/Post Natal Yoga
- Restorative Yoga & Pranayama
- Yin Yoga
- Yoga
- Zumba®
- Heartbeatyoga

Also enjoy drop-in Basketball, Volleyball, Pickleball & Badminton (schedules online).

We look forward to seeing you soon!

## Recreation Centers

### Cardio & Weight Rooms

Attain the strength, flexibility and cardio fitness you desire. Each center features the latest equipment for designing your ultimate workout.

### Swimming

Burn calories and enjoy the full-body benefits of aquatic fitness. Each center features a multi-lane, indoor lap pool and hot tub. North and East centers also feature fun leisure pools that kids love! Plus enjoy two outdoor pools in the summer and the Boulder Reservoir!

### Passes (Page 6)

Guide yourself to feeling and looking your best. Gain access to the latest strengthening, weight and cardio equipment; drop-in classes, pools, and more. No contracts or initiation fees - start today!

Class  
Registration  
begins  
**May 6**

# BOULDER COMMUNITY DAY

## SATURDAY, MAY 17



### CLEAN & PLAY

Community Clean-up Day

Kids to Parks Day

#### Beautify Boulder Parks & Greenways

- 8:30-11:30 a.m. - Help clean and beautify Boulder by removing trash and recyclables, pulling weeds from parks and greenways and restoring flood damaged underpasses.

#### Live Music & Games at Scott Carpenter Park

- 12-4 p.m. - Fun activities for the whole family. Jeff & Paige Band, DJ Drake, educational flood hike, climbing wall, Neo Martial Arts, skate park demo and much more!
- 1-4 p.m. - **FREE** swimming at Scott Carpenter Pool.



More details online at:  
[www.BoulderCommunityDay.org](http://www.BoulderCommunityDay.org)

Wanna get fit? Think you're fit?  
Think Boulder's Fit?

**Let's Prove It**  
Take the Get Movin' challenge!



**SIGN UP,  
BE ACTIVE  
and win!**

CHALLENGE RUNS  
**MAY 1-30**

[www.BoulderIsMoving.org](http://www.BoulderIsMoving.org)

1. Visit [BoulderIsMoving.org](http://BoulderIsMoving.org) to sign up as part of Team Boulder and for more chances to win prizes.
2. Create or log in to your MapMyFitness account, then join the challenge.
3. Enter your 30 minutes of activity each day to earn prizes.

Help make Boulder the most active  
community in Colorado!



[www.BoulderIsMoving.org](http://www.BoulderIsMoving.org)  
#BoulderIsMovin