



# Boulder Parks & Recreation

winter 2017



**Register Today** (begins December 6)

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

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

## ACTIVE® is HERE!

**We've got a NEW recreation software system. Now it's your turn. Give it a go.**

The city recently implemented new registration software, ACTIVE®. After 20 years, our former software provider has ceased support. After exploring new software options, the city recently transitioned to ACTIVE's® more sophisticated online registration system. We selected ACTIVE® for its security, ease of navigation and overall functionality.

We hope you find ACTIVE® easier and more friendly to use. The new software offers:

- \* System stability regardless of demand - 30 customers can register at one time
- \* Activity tracking with real-time information such as program spaces available and date or time changes
- \* Customer access to create and update your personal accounts
- \* Participation history tracking beginning (Nov. 14, 2016)
- \* Customizable calendar confirms dates of registered activities for users and household members
- \* Enhanced online registration and payment

Visit your new and improved ACTIVE® account today. Set your new log-in and update your profile so you're ready for Winter registration.

For more information, visit [bouldercolorado.gov/parks-rec/active-transition](http://bouldercolorado.gov/parks-rec/active-transition), call 303-413-7270.



## Snow Much Fun returns to the Civic Area!

Grab a cup of hot cocoa or gingerbread latte, then stroll through the sparkle and shine at Central Park, 1236 Canyon Boulevard, this holiday season. The park will be illuminated with more than 250,000 LED lights. The display runs through Monday, Feb. 20.

This year's Snow Much Fun celebration is served "on ice" as we welcome the return of an ice skating rink at the Civic Area, presented by Boulder Creek Events. Weather permitting, the rink will operate through Valentine's weekend. Adorned with additional lighting and décor created

from downed ash trees as part of the #TreeOpp project, the rink is located at the Civic Plaza on 13th Street next door to the Dushanbe Teahouse. For "WinterkSkate" information, visit [bceproductions.com](http://bceproductions.com).

Take a ride with us on The Polar Express for a free movie in the park Saturday, Dec. 10 from 5 to 8 p.m.

Learn more at [SnowMuchFun.org](http://SnowMuchFun.org)



## Welcome the new Stoke Trail at Valmont Bike Park

Valmont Bike Park (VBP) recently opened a brand new trail, Stoke. This trail is the result of 18 months of collaborative work between the city, bike community and VBP visitors. Constructed in an unused section of the park, the trail's design incorporates feedback from youth and adult VBP cyclists. The new trail integrates beginner intermediate rocks on a climbing trail, which are elements not found anywhere else in the park. Stoke Trail was designed and built completely through donated funds, including a \$5,000 donation from Rocky Mounts.

## Congratulations, YSI! Colorado Health Foundation grant awarded.

The department's Youth Services Initiative (YSI) program was awarded a one year grant from the Colorado Health Foundation to introduce the SPARK After School Physical Activity Program into programming for youth ages 6 to 18 years old. SPARK strives to increase the quantity and quality of physical activity as part of a healthy lifestyle. The curriculum will help train staff, develop the YSI mentor program and enhance collaboration with our community partners like Boulder Housing Partners and the "I Have a Dream" Foundation of Boulder County. YSI expects to launch the program in 2017 with a goal of enhancing the quality of recreation programming and physical activity to include at least 90 minutes of moderate to rigorous physical activity at least twice per week.

## Planning Updates

The Planning team is pleased to share news of the latest projects to take care of Boulder's amazing parks and recreation facilities:

### Scott Carpenter Pool Replacement

A comprehensive concept design for the renovation of Scott Carpenter Pool, a 50-meter outdoor pool is being developed. After a series of public engagement events, department staff is incorporating the public's feedback into a final concept plan. For the latest project updates, please visit: [BoulderColorado.gov/parks-rec/scott-carpenter-pool](http://BoulderColorado.gov/parks-rec/scott-carpenter-pool)

### Boulder Reservoir Visitor Buildings

The bathhouse and administrative buildings at the Boulder Reservoir have critical deficiencies, and so we are in the process of envisioning a new Visitor Services Center. For latest project updates and public input opportunities, please visit: [BoulderRez.org](http://BoulderRez.org)

# Kinesis Dance Sampler Event!

Saturday, Jan 7th & Sunday Jan 8th

Have you ever wanted to try a dance class without the commitment? Don't know which fun and exciting class to choose from? Now is the time to begin that new exercise routine! Put something fun and challenging in your life with a dance class! Come to the Recreation Centers to try a no-obligation, free adult dance class. Dance shoes and dance attire are NOT required.

See pgs. 17-19 for class descriptions.

NEW this year - kids classes too!

We have lots of fun classes for children of all ages. Come try them out!



### East Boulder Community Center Saturday, Jan. 7

10-10:45am	Little Feats Ballet	Age 3
11-11:45am	World Rhythms Dance	Ages 3-5
12-12:45 pm	Youth Hip Hop	Ages 6-12
1-1:45pm	Salsa	Adult
2-2:45pm	Beginning Ballet Barre	Adult
3-3:45pm	Hip Hop Level 1	Adult

### North Boulder Recreation Center Sunday, Jan. 8

11-11:45am	Ballet 1	Adult
12-12:45pm	Hula	Adult
1-1:45pm	Ballroom Basics & Swing	Adult
2-2:45pm	Jazz Level 1	Adult
3-3:45pm	Salsa	Adult
4-4:45pm	Tap Level 1	Adult

### Iris Dance Studio Sunday, Jan. 8

12-12:45pm	Little Feats Ballet	Age 3
1-1:45pm	Keiki Hula	Ages 6-12
2-2:45pm	Musical Theater Dance	Ages 6-12
3-3:45pm	Jazz & Tap Combo	Ages 6-12

For more information, call 720-515-6268.



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## Stay Informed with FREE eNews!

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

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

Get the latest news, special offers and information.

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

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



Free or inexpensive fun activities to do in Boulder!

## ▪ Snowshoeing

Winter paints a beautiful picture here in Boulder. You can still access our trails even if they are snow covered. Grab or rent a pair of snowshoes and explore the breathtaking views while getting in a great workout.

## ▪ Dodgeball

Dodge, duck, dip, dive and dodge- The 5 D's of Dodgeball! Did you know the City of Boulder Parks and Recreation offers adult dodgeball? Come watch or gather a team to join the fun!

Visit [BPRsports.org](http://BPRsports.org) for more information.

## ▪ Cross Country Skiing

Itching to cross country ski or wanting to try the sport? When conditions permit the Boulder Nordic Club grooms a 1-2 km track at North Boulder Park (and sometimes Foothills Community Park if the snow is right) from November to March. This is great for beginners or first time skiers. Visit [bouldernordic.org](http://bouldernordic.org) to check trail conditions.

## ▪ Sledding

What's winter without a little sledding? Grab your sled and head to one of Boulder's officially sanctioned parks for sledding: Scott Carpenter Park, Harlow Platts Park or Foothills Community Park.

## ▪ Ice Skating Under the lights in the Civic Area

WinterSkate returns to its downtown Boulder roots! Enjoy old-fashioned outdoor ice skating next to the Tea House across from the Civic Area beginning Nov. 29. For more information, visit [bceproductions.com/winterskate](http://bceproductions.com/winterskate).



## Financial Assistance

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

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



## North Boulder Recreation Center

3170 Broadway • 303-413-7260

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

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

\*Pool closes 30 minutes before center.

- 1** Valmont Bike/Dog Park/Disc Golf, Valmont & Airport Rd.
  - 2** Reservoir, 5565 N. 51st. St. • 303-441-3461
  - 3** Foothills Community Park, 800 Cherry Ave.
  - 4** Scott Carpenter Park, 1505 30th St.
  - 5** Flatirons Golf Course, 5706 Arapahoe • 303-442-7851
  - 6** Iris Center, 3198 Broadway • 303-413-7200
  - 7** Salberg Center & Park, 19th & Elder
  - 8** Central Park, 1236 Canyon Blvd.
- N** North Boulder Rec Center, 3170 Broadway 303-413-7260
- E** East Boulder Community Center & Park, 5660 Sioux Dr. • 303-441-4400
- S** South Boulder Rec Center & Harlow Platts Community Park, 1360 Gillaspie 303-441-3448

## South Boulder Recreation Center

1360 Gillaspie • 303-441-3448

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

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

\*Pool closes 30 minutes before center.

## East Boulder Community Center

5660 Sioux Dr. • 303-441-4400

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

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

\*Pool closes 30 minutes before center.





## Top 5 Things to do at Scott Carpenter Park

1505 30th St. • Boulder, 80303

1. **Skate** – The park is home to Boulder Skatepark, open from dawn to dusk with BMX bike hours from 7 to 10 a.m. daily.
2. **Sled** – When the snow is falling, the park allows sledders to take to the hills
3. **Launch into space** – the playground’s iconic rocket ship invites your imagination to play
4. **Play Ball** – There are open turf and a diamond field available to rent at the park
5. **Swim** – Boulder’s only 50-meter pool is open during the summer and turns into an aquatic dog park the last weeks of the season



## DID YOU KNOW?

Boulder strives to be a zero-waste community which means we send most of our waste to reuse, recycling and composting facilities and away from the landfill. But did you know that one of Boulder's favorite community parks is also an early example of how the city embraces repurposing and recycling?

Today, Scott Carpenter Park, located at 1505 30th Street, is a community park that invites visitors to participate in year-round recreation. From the late 1800s until 1955, however, the park was the site of the city's dump and sewage treatment facility. As part of its transformation into a beautiful park, the dump site was smoothed, sodded and landscaped into a hill which is now a local favorite spot for sledding.

Originally named Valverdan Park, the park was renamed in 1962 to honor astronaut Scott Carpenter, Boulder's hometown hero. Carpenter piloted into space on May 24, 1962 making history as the second astronaut to orbit the Earth. The park's playground features an iconic rocket ship as a reminder of his achievements.

After voters approved a bond to build the Scott Carpenter swimming pool, Carpenter himself dedicated the facility in 1963. He was promptly tossed into the pool, fully clothed, by the mayor and city manager once he completed his dedication speech. This year, parks planning staff engaged the community to develop a comprehensive concept design for the renovation of the facility. For the latest updates on this project, please visit [bouldercolorado.gov/parks-rec/scott-carpenter-pool](http://bouldercolorado.gov/parks-rec/scott-carpenter-pool).

Launching into space must be thrilling, but if you aren't lined up to be a part of NASA's next mission, perhaps the Boulder Skatepark at Scott Carpenter park will provide you with an opportunity to fulfill your desire for excitement. This unsupervised, skate-at-your-own-risk facility (although helmets and pads are highly recommended), is free and open for skateboarders and in-line skaters from dawn to dusk.

From landfill to sled hill, Scott Carpenter Park has been part of the Boulder landscape for many years. We invite you to get out and enjoy its many amenities while making memories of your own that will also last long into the future.



# We've got NEW software.

## Improve Your Experience: Update Your Account Today!

Please visit your new and improved Active account today. We've moved all existing accounts over to Active, now we need you to update your profile and create a new password so that you can see the improvements and be ready to register online beginning Dec. 6.

We hope you find our new Active software easier and more friendly to use. After 20 years, our former software provider has ceased support.

Check it Out & Update Today!

Click the green button at [BoulderParks-Rec.org](http://BoulderParks-Rec.org)



## Please Take Our Survey. Help us improve our communication

TAKE A 5-MINUTE SURVEY

What's the best way to reach you? Tell us how and you may win a great gift!

HELP US IMPROVE

Help us improve how we communicate by taking our quick survey on how we can most effectively reach you with the information you want from Boulder Parks and Recreation.

10 GREAT PRIZES

**Survey closes December 17, 2016.**

Take the survey today at this shortcut: <http://bit.ly/2gbgeH1>

You'll automatically be entered to win one of 10 great prizes by taking the survey! Gifts will be awarded randomly by Dec. 1, 2016.

**Prizes:** (1) 40 punch pass (\$176-\$255 value) • (2) 20 punch passes (\$94-\$133 value) • (1) \$50 Whole Foods gift card • (3) \$50 gift card packs and (3) \$30 gift card packs to local businesses including: OZO Coffee; Hapa Sushi, Boulder Cycle Sports, Flatirons Running Co., Gateway Fun Park and Boulder County Farmers' Market.



# CHOOSE A \$10 LOCAL REWARD CARD WHEN YOU BUY OR RENEW AN ANNUAL PASS!

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



# Entry Fees

**B**oulder Parks & Recreation offers three unique recreation facilities, two outdoor pools and the Boulder Reservoir, plus multiple fee options and a ton of activities!

**Resident vs. Non-resident Fees:** The prices listed are the resident rates/non-resident rates. Residents who live within city limits receive a discounted rate as well as employees of businesses and organizations located within the city. If you need help determining your fee status, please call 303-413-7260.

## Annual Pass

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

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

## Monthly Billing -

	Initial	11 Payments
Seniors (60+)	\$62/\$80	\$32/\$42
Adults (19-59)	\$90/\$110	\$46/\$57
Youth (3-18)	\$48/\$61	\$25/\$32

- Fees rounded to nearest dollar
- Monthly passes may be purchased by an automatic monthly credit card charge.
- Payments are stopped upon request, no prorated refunds.

## Family Annual Pass

\$885/\$1105

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

## Daily Drop-In

Seniors (60+)	\$5.75
Adults (19-59)	\$7.50
Youth (3-18)	\$4.50

- Includes open swim and gym, drop-in fitness/yoga, weight rooms, outdoor pools and reservoir entries.

## 40 Punch Pass

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

## 20 Punch Pass

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

## 10 Punch Pass

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

- Punch passes include open swim and gym, drop-in fitness/yoga, weight rooms, outdoor pools and reservoir entries.
- Punch passes expire two years after purchase date.

## Twilight Pass

\$163/\$203

- Pass valid for all recreation facilities Monday-Friday 7 p.m. to closing. Valid Saturday and Sunday after 4 p.m. at East, North, outdoor pools and Reservoir; after 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.

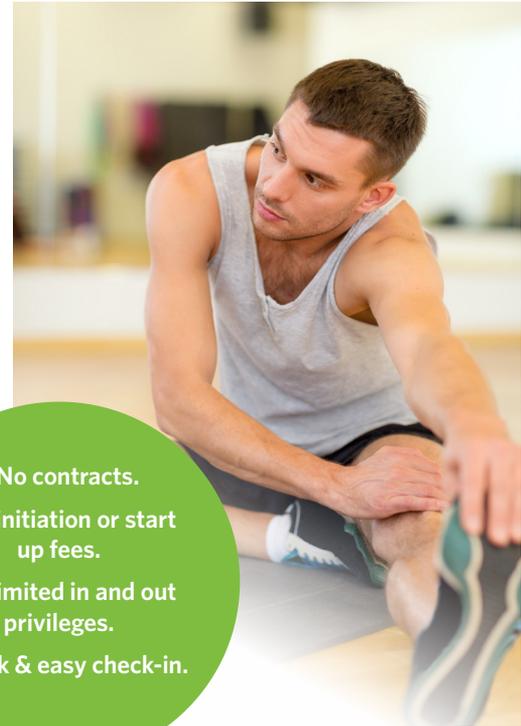
## One Month Pass

\$65/\$75

- Valid for 30 days from purchase date.
- See Annual Pass benefits.

## Public & Alternative Transportation:

Get a jump start on your workout by biking or walking to the facility! Bike racks are located at each entrance. (B-cycle station is available at the North Rec Center.) Convenient bus routes are available to each of the recreation facilities and the outdoor pools.



- No contracts.
- No initiation or start up fees.
- Unlimited in and out privileges.
- Quick & easy check-in.

## Kids' Corner Child Care

Ages 6 months to 9 years

**\$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+)



### Kid's Corner Hours:

East	North
M/W: 2:30-6:30 pm	M-F: 8:45am-1:30pm
F/Sa: 8:30am-1:30 pm	Tu/Th: 2:30-6:30pm

# Aquatics



Looking for something a little more challenging? Check out our Youth Stroke Clinics on page 14.

## Important!

Registration for swim classes close one week prior to the first class meeting. Classes with low enrollment will be cancelled one week before their start date. Make-ups are not given for missed classes.

## Swim Lessons Information

We would like you to have a great swimming lesson experience. If you are unsure of the level you should register for, please contact Chris Lawson, Water Safety Coordinator, lawsonC@bouldercolorado.gov to schedule a free assessment.

## Schedules Available Online

In an effort to conserve paper we are asking patrons to view schedules online. Online schedules are always the most up-to-date and reflect any changes made, [BoulderAquatics.org](http://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 us online at [BoulderAquatics.org](http://BoulderAquatics.org)

## WANTED - Lifeguards & Swim Lesson Instructors

Are you reliable, energetic, and hardworking? Join our team of professional lifeguards and swim instructors. Flexible hours, competitive wages, and great benefits. Previous experience is preferred, but not required.

See pg. 15 for training opportunities.

Apply online at [BoulderColorado.gov](http://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 [BoulderAquatics.org](http://BoulderAquatics.org). After filling out the form you will be contacted by an instructor in two to three days to set up the lessons. Once your lessons are scheduled you can go to any indoor recreation facility to pay for them. *If the private lesson is cancelled within 24 hours, or a client does not arrive for the lesson within 15 minutes of the start time, client may be charged for the session.*



### Instructor Levels:

Level A - Instructor with 5+ years teaching experience

Level B - Instructor with less than 5 years teaching experience

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

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

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

# Aquatics

## Swim Lessons Under 3 Yrs Old

### Jelly Monkey

(Ages 6-36 mos.) Parent or guardian must accompany the child into the water and participate. Class Focus: Developing swimming readiness by leading parents and their children in water exploration activities with the objective of having fun and becoming comfortable in, on, and around the water.



5019	1/6-2/3	F, 9:45-10:15am	North	\$30/\$38
5020	1/6-2/3	F, 10:20-10:50am	North	\$30/\$38
5021	1/9-2/6	M, 5:35-6:05pm	North	\$30/\$38
5022	2/10-3/10	F, 9:45-10:15am	North	\$30/\$38
5023	2/10-3/10	F, 10:20-10:50am	North	\$30/\$38
5024	2/13-3/13	M, 5:35-6:05pm	North	\$30/\$38
5026	1/11-2/8	W, 5:35-6:05pm	North	\$30/\$38
5025	2/15-3/15	W, 5:35-6:05pm	North	\$30/\$38
5280	1/7-2/4	Sa, 11-11:30am	East	\$30/\$38
5281	1/10-2/7	Tu, 6:40-7:10pm	East	\$30/\$38
5282	1/12-2/9	Th, 5:30-6pm	East	\$30/\$38
5283	2/11-3/11	Sa, 11-11:30am	East	\$30/\$38
5284	2/14-3/14	Tu, 6:40-7:10pm	East	\$30/\$38
5285	2/16-3/16	Th, 5:30-6pm	East	\$30/\$38

## Small Group Swim Lessons Ages 3-6

Small Group classes provide a more personalized interaction with instructors, running in a semi-private format of no more than (3) students per instructor and are great for children new to the swim lesson setting. Instructors will focus on a personal lesson plan for each child and skills will vary by individual swimming ability.

### Small Group Preschool Level 1

(Ages 3-6) This is the class to take if your preschooler has not yet taken swimming lessons. This course will focus on introductory skills to help build his/her foundation in swimming while gaining confidence in the class structure. Students will be taught basic water safety skills and basic arm and leg movements to help develop comfort in the water. In addition, students will learn to enter and exit the water independently and float with support.

5065	1/6-2/3	F, 10:20-10:50am	North	\$60/\$75
5066	1/9-2/6	M, 5-5:30pm	North	\$60/\$75
5067	1/9-2/6	M, 6:10-6:40pm	North	\$60/\$75
5068	1/11-2/8	W, 5-5:30pm	North	\$60/\$75
5069	1/11-2/8	W, 5:35-6:05pm	North	\$60/\$75
5070	2/10-3/10	F, 10:20-10:50am	North	\$60/\$75
5071	2/13-3/13	M, 5-5:30pm	North	\$60/\$75

5072	2/13-3/13	M, 6:10-6:40pm	North	\$60/\$75
5073	2/15-3/15	W, 5-5:30pm	North	\$60/\$75
5074	2/15-3/15	W, 5:35-6:05pm	North	\$60/\$75
5330	1/7-2/4	Sa, 9:15-9:45am	East	\$60/\$75
5331	1/7-2/4	Sa, 10:25-10:55am	East	\$60/\$75
5332	1/10-2/7	Tu, 5:30-6pm	East	\$60/\$75
5333	1/12-2/9	Th, 5:30-6pm	East	\$60/\$75
5334	1/12-2/9	Th, 6:40-7:10pm	East	\$60/\$75
5335	2/11-3/11	Sa, 9:15-9:45am	East	\$60/\$75
5336	2/11-3/11	Sa, 10:25-10:55am	East	\$60/\$75
5337	2/16-3/16	Th, 5:30-6pm	East	\$60/\$75
5338	2/16-3/16	Th, 6:40-7:10pm	East	\$60/\$75
5339	2/14-3/14	Tu, 5:30-6pm	East	\$60/\$75

### Small Group Preschool Level 2

(Ages 3-6) Students will build upon the basic skills learned in Preschool 1 and begin to learn independent aquatic locomotion skills. Preschool 2 emphasizes independence in the skills learned in the first level.

5075	1/6-2/3	F, 10:20-10:50am	North	\$60/\$75
5076	1/9-2/6	M, 5-5:30pm	North	\$60/\$75
5077	1/9-2/6	M, 6:10-6:40pm	North	\$60/\$75
5078	1/11-2/8	W, 5-5:30pm	North	\$60/\$75
5079	1/11-2/8	W, 5:35-6:05pm	North	\$60/\$75
5080	2/15-3/15	W, 5:35-6:05pm	North	\$60/\$75
5081	2/10-3/10	F, 10:20-10:50am	North	\$60/\$75
5082	2/13-3/13	M, 6:10-6:40pm	North	\$60/\$75
5083	2/13-3/13	M, 5-5:30pm	North	\$60/\$75
5084	2/15-3/15	W, 5-5:30pm	North	\$60/\$75
5340	1/7-2/4	Sa, 9:15-9:45am	East	\$60/\$75
5341	1/7-2/4	Sa, 10:25-10:55am	East	\$60/\$75
5342	1/10-2/7	Tu, 5:30-6pm	East	\$60/\$75
5343	1/12-2/9	Th, 5:30-6pm	East	\$60/\$75
5344	1/12-2/9	Th, 6:40-7:10pm	East	\$60/\$75
5345	2/11-3/11	Sa, 9:15-9:45am	East	\$60/\$75
5346	2/11-3/11	Sa, 10:25-10:55am	East	\$60/\$75
5347	2/14-3/14	Tu, 5:30-6pm	East	\$60/\$75
5348	2/16-3/16	Th, 5:30-6pm	East	\$60/\$75
5349	2/16-3/16	Th, 6:40-7:10pm	East	\$60/\$75

### Financial Assistance

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

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

# Aquatics

## Small Group Preschool Level 3

(Ages 3-6) Students will be taught to perform the skills presented in Small Group Preschool 1 and 2 independently to reach greater distances and develop good coordination. The use of combined simultaneous arm and leg actions will continue to help the student build a foundation for proper stroke development and confidence in the water.

5085	1/6-2/3	F, 10:20-10:50am	North	\$60/\$75
5086	1/11-2/8	W, 5-5:30pm	North	\$60/\$75
5881	1/11-2/8	W, 5:35-6:05pm	North	\$60/\$75
5087	2/10-3/10	F, 10:20-10:50am	North	\$60/\$75
5879	1/9-2/6	M, 5-5:30pm	North	\$60/\$75
5880	1/9-2/6	M, 6:10-6:40pm	North	\$60/\$75
5088	2/13-3/13	M, 5-5:30pm	North	\$60/\$75
5089	2/13-3/13	M, 5-5:30pm	North	\$60/\$75
5090	2/13-3/13	M, 6:10-6:40pm	North	\$60/\$75
5091	2/13-3/13	M, 6:10-6:40pm	North	\$60/\$75
5092	2/15-3/15	W, 5:35-6:05pm	North	\$60/\$75
5093	2/15-3/15	W, 5:35-6:05pm	North	\$60/\$75
5094	2/15-3/15	W, 5-5:30pm	North	\$48/\$60
5350	1/7-2/4	Sa, 9:15-9:45am	East	\$60/\$75
5356	1/7-2/4	Sa, 10:25-10:55am	East	\$60/\$75
5351	1/10-2/7	Tu, 5:30-6pm	East	\$60/\$75
5352	1/12-2/9	Th, 6:40-7:10pm	East	\$60/\$75
5353	1/12-2/9	Th, 5:30-6pm	East	\$60/\$75
5354	2/11-3/11	Sa, 10:25-10:55am	East	\$60/\$75
5355	2/11-3/11	Sa, 9:15-9:45am	East	\$60/\$75
5357	2/14-3/14	Tu, 5:30-6pm	East	\$60/\$75
5358	2/16-3/16	Th, 5:30-6pm	East	\$60/\$75
5359	2/16-3/16	Th, 6:40-7:10pm	East	\$60/\$75

## Group Swim Lessons Ages 3-5

### Preschool 1 - Puffer Fish

(Ages 3-5) This is the class to take if your preschooler has not yet taken swimming lessons. This course will focus on introductory skills to help build his/her foundation in swimming while gaining confidence in the class structure. Students will be taught basic water safety skills and basic arm and leg movements to help develop comfort in the water. In addition, students will learn to enter and exit the water independently and float with support.

5053	1/6-2/3	F, 9:45-10:15am	North	\$30/\$38
5054	1/9-2/6	M, 5:35-6:05pm	North	\$30/\$38
5055	2/10-3/10	F, 9:45-10:15am	North	\$30/\$38
5056	2/13-3/13	M, 5:35-6:05pm	North	\$30/\$38
5312	1/7-2/4	Sa, 9:50-10:20am	East	\$30/\$38
5313	1/10-2/7	Tu, 6:05-6:35pm	East	\$30/\$38
5314	1/12-2/9	Th, 6:05-6:35pm	East	\$30/\$38
5315	2/16-3/16	Th, 6:05-6:35pm	East	\$30/\$38
5316	2/11-3/11	Sa, 9:50-10:20am	East	\$30/\$38
5317	2/14-3/14	Tu, 6:05-6:35pm	East	\$30/\$38

### Preschool 2 - Clown Fish

(Ages 3-5) Students will build upon the basic skills learned in Preschool 1 and begin to learn independent aquatic locomotion skills. Preschool 2 emphasizes independence in the skills learned in the first level.

5057	1/6-2/3	F, 9:45-10:15am	North	\$30/\$38
5058	1/9-2/6	M, 5:35-6:05pm	North	\$30/\$38
5059	2/10-3/10	F, 9:45-10:15am	North	\$30/\$38
5060	2/13-3/13	M, 5:35-6:05pm	North	\$30/\$38
5318	1/7-2/4	Sa, 9:50-10:20am	East	\$30/\$38
5319	1/10-2/7	Tu, 6:05-6:35pm	East	\$30/\$38
5320	1/12-2/9	Th, 6:05-6:35pm	East	\$30/\$38
5321	2/11-3/11	Sa, 9:50-10:20am	East	\$30/\$38
5322	2/16-3/16	Th, 6:05-6:35pm	East	\$30/\$38
5323	2/14-3/14	Tu, 6:05-6:35pm	East	\$30/\$38

### Preschool 3 - Angelfish

(Ages 3-5) Students will be taught to perform the skills presented in Preschool 1 and 2 independently to reach greater distances and develop good coordination. The use of combined simultaneous arm and leg actions will continue to help the student build a foundation for proper stroke development and confidence in the water.

5062	1/6-2/3	F, 9:45-10:15am	North	\$30/\$38
5061	1/9-2/6	M, 5:35-6:05pm	North	\$30/\$38
5063	2/10-3/10	F, 9:45-10:15am	North	\$30/\$38
5064	2/13-3/13	M, 5:35-6:05pm	North	\$30/\$38
5324	1/7-2/4	Sa, 9:50-10:20am	East	\$30/\$38
5325	1/10-2/7	Tu, 6:05-6:35pm	East	\$30/\$38
5326	1/12-2/9	Th, 6:05-6:35pm	East	\$30/\$38
5327	2/11-3/11	Sa, 9:50-10:20am	East	\$30/\$38
5328	2/14-3/14	Tu, 6:05-6:35pm	East	\$30/\$38
5329	2/16-3/16	Th, 6:05-6:35pm	East	\$30/\$38



*Get your kids started in swimming! These important life-long skills will help your child be more comfortable and safe around water.*

# Aquatics



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

## Learn to Swim Ages 6-12

### Level 1

(Ages 6-8) Prerequisites: There are no prerequisites. Class Focus: Level 1 aims to help children enjoy and feel safe in the water. This introductory course focuses on water basics including breath control, front and back floats with support, kicking, forward arm motion, and water safety.

5027	1/9-2/6	M, 5-5:30pm	North	\$30/\$38
5028	1/11-2/8	W, 5-5:30pm	North	\$30/\$38
5029	1/11-2/8	W, 6:10-6:40pm	North	\$30/\$38
5030	2/13-3/13	M, 5-5:30pm	North	\$30/\$38
5031	2/15-3/15	W, 5-5:30pm	North	\$30/\$38
5032	2/15-3/15	W, 6:10-6:40pm	North	\$30/\$38
5286	1/7-2/4	Sa, 10:25-10:55am	East	\$30/\$38
5287	1/7-2/4	Sa, 11-11:30am	East	\$30/\$38
5288	1/10-2/7	Tu, 5:30-6pm	East	\$30/\$38
5289	1/12-2/9	Th, 6:05-6:35pm	East	\$30/\$38
5290	2/11-3/11	Sa, 10:25-10:55am	East	\$30/\$38
5291	2/11-3/11	Sa, 11-11:30am	East	\$30/\$38
5292	2/14-3/14	Tu, 5:30-6pm	East	\$30/\$38
5293	2/16-3/16	Th, 6:05-6:35pm	East	\$30/\$38

### Level 2

(Ages 6-8) Prerequisites: Successful completion of Level 1 or child must be able to successfully perform 10 bobs, blow bubbles, and perform front and back floats with support. Class Focus: Level 2 continues to build on basic water skills introduced in the level 1 class. Students will learn to perform front and back floats independently and be introduced to rhythmic breathing, front crawl and backstroke.

5033	1/9-2/6	M, 6:10-6:40pm	North	\$30/\$38
5034	1/9-2/6	M, 5-5:30pm	North	\$30/\$38
5035	1/11-2/8	W, 6:10-6:40pm	North	\$30/\$38
5036	1/11-2/8	W, 5:35-6:05pm	North	\$30/\$38

5037	2/13-3/13	M, 5-5:30pm	North	\$30/\$38
5038	2/13-3/13	M, 6:10-6:40pm	North	\$30/\$38
5039	2/15-3/15	W, 5:35-6:05pm	North	\$30/\$38
5040	2/15-3/15	W, 6:10-6:40pm	North	\$30/\$38
5294	1/7-2/4	Sa, 9:15-9:45am	East	\$30/\$38
5295	1/7-2/4	Sa, 11-11:30am	East	\$30/\$38
5296	1/10-2/7	Tu, 6:05-6:35pm	East	\$30/\$38
5297	2/11-3/11	Sa, 9:15-9:45am	East	\$30/\$38
5298	2/11-3/11	Sa, 11-11:30am	East	\$30/\$38
5299	2/14-3/14	Tu, 6:05-6:35pm	East	\$30/\$38

### Level 3

(Ages 7-13) Prerequisites: Successful completion of Level 2 or child must be able successfully perform front and back floats independent of support, 5 yards of front crawl and 5 yards of backstroke. Class Focus: Level 3 will continue to develop the front crawl and back strokes. Students will also be introduced to treading water, elementary backstroke and deep water orientation.

5041	1/9-2/6	M, 5:35-6:05pm	North	\$30/\$38
5042	1/9-2/6	M, 6:10-6:40pm	North	\$30/\$38
5043	1/11-2/8	W, 5-5:30pm	North	\$30/\$38
5044	1/11-2/8	W, 6:10-6:40pm	North	\$30/\$38
5045	2/13-3/13	M, 5:35-6:05pm	North	\$30/\$38
5046	2/13-3/13	M, 6:10-6:40pm	North	\$30/\$38
5047	2/15-3/15	W, 5-5:30pm	North	\$30/\$38
5048	2/15-3/15	W, 6:10-6:40pm	North	\$30/\$38
5300	1/7-2/4	Sa, 9:50-10:20am	East	\$30/\$38
5301	1/10-2/7	Tu, 6:40-7:10pm	East	\$30/\$38
5302	1/12-2/9	Th, 6:40-7:10pm	East	\$30/\$38
5303	2/11-3/11	Sa, 9:50-10:20am	East	\$30/\$38
5304	2/14-3/14	Tu, 6:40-7:10pm	East	\$30/\$38
5305	2/16-3/16	Th, 6:40-7:10pm	East	\$30/\$38

### Level 4

(Ages 7-12) Prerequisites: Successful completion of Level 3 or child must be able to successfully perform 15 yards of front crawl and backstroke with rhythmic breathing, 15 yards of elementary backstroke and one minute of treading water. Class Focus: Level 4 will continue to refine basic strokes and will also introduce breaststroke and butterfly. Students will increase endurance by swimming longer distances and will be introduced to the basics of wall turns.

5049	1/11-2/8	W, 6:10-6:40pm	North	\$30/\$38
5050	2/15-3/15	W, 6:10-6:40pm	North	\$30/\$38
5306	1/7-2/4	Sa, 11-11:30am	East	\$30/\$38
5307	1/10-2/7	Tu, 6:40-7:10pm	East	\$30/\$38
5308	2/11-3/11	Sa, 11-11:30am	East	\$30/\$38
5309	2/14-3/14	Tu, 6:40-7:10pm	East	\$30/\$38

# Aquatics

## Level 5

(Ages 7-12) Prerequisites: Successful completion of Level 4 or child must be able to successfully perform 25 yards of front crawl and backstroke with rhythmic breathing, 15 yards of breaststroke and 5 yards of butterfly. Class Focus: Level 5 will refine all strokes and increase the distances students swim. Students will be introduced to flip turns at walls and diving from starting blocks.

5051	1/11-2/8	W, 6:10-6:40pm	North	\$30/\$38
5052	2/15-3/15	W, 6:10-6:40pm	North	\$30/\$38
5310	1/10-2/7	Tu, 6:40-7:10pm	East	\$30/\$38
5311	2/14-3/14	Tu, 6:40-7:10pm	East	\$30/\$38

## Youth Stroke Clinics

(Ages 7-18) Clinics will help swimmers develop swimming skills during the off-season for better racing results next summer. Clinics are open to the public. Must be able to swim 25 yards without assistance. Clinics will focus on stroke form, endurance and technique. Weekly topics are as follows and will repeat each month. Pay at the front desk.

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

drop-in	1/14-5/13	Sa, 11am-12pm	East	
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Coming Soon -  
Log Rolling!

## Adult Lessons

### Adult Group Lessons

(Age 16+) It is never too late to explore the benefits of swimming! This class assists adults of varied swimming abilities to feel comfortable and confident in the water while building life-long skills.

5276	1/7-2/4	Sa, 9:15-10am	East	\$45/\$56
5277	2/11-3/11	Sa, 9:15-10am	East	\$45/\$56

### Swim & Stroke Technique 1

(Age 16+) Learn goal setting, workout planning, stroke techniques, lane etiquette, optional equipment and training techniques. Participants must be able to swim the length of the pool. Be prepared to swim at each class.

5360	1/7-2/4	Sa, 10-10:45am	East	\$45/\$56
5361	2/11-3/11	Sa, 10-10:45am	East	\$45/\$56

## American Red Cross Classes

### American Red Cross Lifeguarding

(Age 15+) Receive classroom learning and hands-on practice as you train to become a lifeguard. Course elements include water and land rescue skills, first aid for injuries and sudden illnesses, spinal injury management, swimmer and facility surveillance and CPR/AED and emergency care. This course includes a certification in American Red Cross Lifeguarding, which is valid for 2 years.

5014	1/12-1/15	Th, 4:30-9pm F, 4:30-7pm Sa, 7:30am-6:30pm Su, 8am-8pm	North	\$182/\$219
5015	2/9-2/12	Th, 4:30-9pm F, 9:30am-7pm Sa, 9:30am-6:30pm Su, 9:30am-7:30pm	North	\$182/\$219
5016	3/28-3/31	Tu/W/Th/F, 9am-6pm	North	\$182/\$219
5017	4/6-4/9	Th, 4:30-9pm F, 9:30am-7pm Sa, 9:30am-6:30pm Su, 9:30am-7:30pm	North	\$182/\$219
5018	4/20-4/23	Th, 4:30-9pm F, 4:30-7pm Sa, 7:30am-6:30pm Su, 7:30am-7:30pm	North	\$182/\$219

Pre-requisite testing will be done by appointment. Contact 303-413-7267.

### CPR & First Aid

This program helps participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. The courses in this program teach the knowledge and skills needed to give immediate care to an injured or ill person and to decide whether advanced medical care is needed. This course includes a certification in both American Red Cross First Aid and lay-responder CPR/AED, which is valid for 2 years.

5891	1/22	Su, 10am-4:30pm	Iris	\$70/\$80
5640	2/19	Su, 10am-4:30pm	Iris	\$70/\$80

### Babysitting

Provides youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills; learn how to develop a babysitting business, keep themselves and others safe and help children behave; and learn about basic child care and basic first aid. This course includes a certification in American Red Cross Babysitting, which includes pediatric First Aid and CPR.

5835	2/26 & 3/5	Su, 11am-3:30pm	Iris	\$40/\$46
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## Aquatic Fitness (Drop-in & registered classes)

### Aqua Fit (Leisure)

(Age 18+) Designed for the intermediate or advanced level exerciser, this class includes a combination of aerobics, intervals, strength training, flexibility training and water jogging keep this class fun exciting. You will be surprised how versatile and challenging a water workout can be! Don't miss out on the fun-come make a splash! Silver Sneakers welcome. Instructor Andrea Welch. Contact: Jen Heilveil, 303-413-7474.

5780	1/4-1/30	M/W/F, 8-9am	East	\$48/\$60
5781	2/1-2/27	M/W/F, 8-9am	East	\$48/\$60
5782	3/1-3/31	M,W,F, 8-9am	East	\$56/\$70

### Twinges N' Hinges (Leisure)

(Age 18+) The water provides a non-weight bearing environment that makes it safe for joints and provides support for the entire body. In addition, muscle conditioning and proper muscle balance are increased by utilizing the resistance of the water. We will work on cardio, muscle strengthening and flexibility in the warm water. If you require physical assistance in the water, a two-week notice is required. Silver Sneakers welcome. Instructor: Jen Heilveil, 303-413-7474.

5784	1/3-1/31	Tu/Th, 9:30-10:30am	East	\$36/\$45
5785	2/2-2/28	Tu/Th, 9:30-10:30am	East	\$32/\$40
5786	3/2-3/30	Tu/Th, 9:30-10:30am	East	\$36/\$45

## Drop-In Aquatic Fitness Classes

Additional aquatic fitness classes can be found on the drop-in fitness schedule online at BoulderAquatics.org. All pass or fee information can be found on page 9 or online. Daily drop-in fee is \$7.50 or use your pass. Contact: Chris Lawson, 303-413-7267.

### Aqua Motion

Increase energy and improve body tone in an adjustable intensity class using water resistance for minimal stress on the body and joints. Individual attention to needs and goals will be given. Intervals are used regularly in this class.

M/W/F, 9-10am	North
Tu/Th, 8-9 am	North
M/W/F, 9:15-10:15am	East

### Hy-Dro Fitness

This moderate-high intensity class will challenge your body and work your cardiovascular system. We'll add spice to your fitness program by incorporating a variety of equipment. With the use of buoyant equipment, we will do sets of high intensity exercise followed by sets of low intensity. This format will crank up the metabolism and your body will continue to burn fat calories hours after you finish exercising. You'll be amazed at the energy and power this class requires-don't fear it, try it!

M/W, 6:15-7:15pm	East
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### Pre/Post-Natal Aquatic Fitness

An adjustable intensity aquatic fitness class designed for expectant and new mothers. Enjoy a fun workout in the water while increasing your cardiovascular resistance as well as toning, conditioning and strengthening muscles used during pregnancy, birth and recovery.

M, 7-8pm	North
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### Warm Water Fitness 55+

#### Level 1

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

Tu/Th, 1-1:45pm	East	Chris Hedman
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#### Level 2

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

M/W/F, 9-9:45am	East	Laura Olinger/Maryann Brunson
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#### Level 3

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

M/W, 1-2pm	East	Laura Olinger/Ronda Frandsen
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*Increase energy and improve body tone in a low-impact environment.*

# Camps



*Spend your school day off having fun and staying active with friends!*

## School Day Off Camps

(Ages 5-11) Want to turn a challenging school day off into a fun-filled, energetic day of exciting and diverse activities for your child? Enroll them in our school day off camps where they can enjoy games, sports, swimming, indoor climbing, arts and crafts, and more! All camps provide safe, respectful, age-appropriate, supervised activities.

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

### Winter Holiday Camp

5371	12/19	M, 8:30am-5pm	East	\$60/\$76
5481	12/20	Tu, 8:30am-5pm	East	\$60/\$76
5482	12/21	W, 8:30am-5pm	East	\$60/\$76
5483	12/27	Tu, 8:30am-5pm	East	\$60/\$76
5484	12/28	W, 8:30am-5pm	East	\$60/\$76
5485	12/29	Th, 8:30am-5pm	East	\$60/\$76

### BVSD Martin Luther Kind Jr. Day Camp

5362	1/16	M, 8:30am-5pm	East	\$60/\$76
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### BVSD - Teacher Professional Development Days

5364	1/3	M, 8:30am-5pm	East	\$60/\$76
5365	2/10	F, 8:30am-5pm	East	\$60/\$76

### BVSD Presidents Day Camp

5363	2/20	M, 8:30am-5pm	East	\$60/\$76
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### Spring Break Camp

5095	3/27	M, 8:30am-4:30pm	North	\$60/\$76
5096	3/28	Tu, 8:30am-4:30pm	North	\$60/\$76
5097	3/29	W, 8:30am-4:30pm	North	\$60/\$76
5098	3/30	Th, 8:30am-4:30pm	North	\$60/\$76
5099	3/31	F, 8:30am-4:30pm	North	\$60/\$76

### BVSD - Teacher Conference Days

5366	4/14	F, 8:30am-5pm	East	\$60/\$76
5367	4/17	M, 8:30am-5pm	East	\$60/\$76

## Boulder Dinner Theater School Break Camps

(Ages 5-12) Our technique of "playmaking" lets the children use their imagination to adapt a familiar story or write their own script, the children's plays are always original and unique! The week culminates in a free Friday afternoon performance for friends and family!



### BVSD Winter Break

*	12/26-12/30	M-F, 8:30-4:30	Salberg	\$210
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### BVSD & St. Vrain Spring Break

*	3/27-3/31	M-F, 8:30-4:30	Salberg	\$210
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**\*Please Note: Register online for BDT Camp at [bdtAcademy.org](http://bdtAcademy.org) or call 303-449-6000 x193.**



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

## Dance Punch Cards

Cards can be purchased at centers during registration hours and are valid for six months from date of purchase for adult dance classes only.  
\$70 for 5 classes

## Class Cancellation Policy

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

## Adult Dance

**Please Note: \*Register online for all dance classes at [KinesisDance.com](http://KinesisDance.com) or call 720-515-6268.**

**NEW**

No classes 3/27-3/31.

## Ballet Barre

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

*	1/10-4/4	Tu, 9:45-10:45am	North	\$119/\$149	Sylvia
*	1/12-4/6	Th, 9:45-10:45am	East	\$119/\$149	Sylvia

## Ballet Barre Plus

(Ages 13+) Barre, center and combinations.

*	1/10-4/4	Tu, 10:45am-12:15pm	North	\$138/\$174	Sylvia
*	1/12-4/6	Th, 10:45am-12:15pm	East	\$138/\$174	Sylvia

## Ballet Level 1

(Ages 13+) Very beginning ballet technique.

*	1/9-4/3	M, 7:30-9pm	North	\$138/\$174	Elizabeth
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## Ballet Level 1/2

(Ages 13+) Elementary level technique.

*	1/9-4/3	M, 6-7:30pm	North	\$138/\$174	Elizabeth
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## Ballet Level 2 with Pointe

(Ages 13+) Intermediate level technique with Pointe.

*	1/10-4/4	Tu, 7:30-9pm	North	\$138/\$174	Elizabeth
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## Ballet Level 2

(Ages 13+) Intermediate level ballet technique.

*	1/12-4/6	Th, 7:30-9pm	East	\$138/\$174	Elizabeth
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## Ballet Level 2/3

(Ages 14+) Strong intermediate level ballet technique.

*	1/10-4/4	Tu, 6-7:30pm	North	\$138/\$174	Elizabeth
*	1/14-4/8	Sa, 1-2:30pm	East	\$138/\$174	Elizabeth

## Ballet Level 3

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

*	1/12-4/6	Th, 6-7:30pm	East	\$138/\$174	Elizabeth
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## Pointe 2/3

(Ages 13+) Intermediate Pointe.

*	1/14-4/8	Sa, 2:45-3:30pm	East	\$138/\$174	Elizabeth
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## Jazz Level 1

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

*	1/12-4/6	Th, 6:30-7:30pm	Iris	\$119/\$149	Julie
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# Dance



## Very Adult Jazz

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

*	1/13-4/7	F, 2:30-3:45pm	East	\$138/\$174	Judy
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## Tap Level 1

(Ages 13+) Tap shoes required.

*	1/9-4/3	M, 6-7pm	Iris	\$119/\$149	Mary
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## Tap Level 3/4

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

*	1/9-4/3	M, 7-8pm	Iris	\$119/\$149	Mary
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## Hip Hop Level 1

(Ages 13+) A vigorous and exhilarating class.

*	1/11-4/5	W, 7-8pm	East	\$119/\$149	Aundrea
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## Ballroom Basics & Swing Level 1

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

*	1/14-4/8	Sa, 3:15-4:15pm	Iris	\$119/\$149	Judy
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## Ballroom Basics & Swing Level 2

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

*	1/14-4/8	Sa, 4:30-5:30pm	Iris	\$119/\$149	Judy
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## Salsa Level 1

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

*	1/11-4/5	W, 7-8pm	North	\$119/\$149	Judy
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## Salsa Level 2

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

*	1/11-4/5	W, 8-9pm	North	\$119/\$149	Judy
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## Beginning Flamenco

Basic Flamenco technique and short choreographies for beginning students.

*	1/10-4/4	Tu, 6:30-7:30pm	Iris	\$119/\$149	Salli
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## Intermediate/Advanced Flamenco

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

*	1/10-4/4	Tu, 7:30-8:30pm	Iris	\$119/\$149	Salli
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## Hula Dance Level 1

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

*	1/11-4/5	W, 5:30-6:30pm	Iris	\$119/\$149	La'ela'e
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## Holiday Dance Concert

Enjoy this great holiday tradition with family and friends! Featuring Kinesis Dance Company.

**Saturday, December 10 at 1 p.m.**

Niwot High School

**Tickets at the door:  
General Admission \$12**



## Hula Dance Level 2

(Ages 13+) A continuation of Level 1

*	1/11-4/5	W, 6:30-7:30pm	Iris	\$119/\$149	La'ela'e
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## Preschool Dance

**Please Note: \*Register online for all dance classes at [KinesisDance.com](http://KinesisDance.com) or call 720-515-6268.**

**NEW**

## Parent-Tot

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

*	1/12-4/6	Th, 9:30-10:15am	North	\$106/\$133	Kirsten
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## Little Feats Ballet

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

*	1/9-4/3	M, 9-9:45am	North	\$106/\$133	Cindy
*	1/10-4/4	Tu, 9-9:45am	East	\$106/\$133	Vanessa
*	1/11-4/5	W, 9:30-10:15am	South	\$106/\$133	Jordan
*	1/14-4/8	Sa, 9-9:45am	East	\$106/\$133	Vanessa

## World Rhythms for Children

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

*	1/12-4/6	Th, 4-4:45pm	South	\$106/\$133	Judy
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## Pre-Hip Hop

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

**Concert Class**

*	1/12-4/6	Th, 4-4:45pm	South	\$106/\$133	Vanessa
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## Creative Movement

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

### Non-Concert Class

*	1/9-4/3	M, 10:30-11:15am	North	\$106/\$133	Cindy
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## Pre-Ballet

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

### Non-Concert Classes

*	1/9-4/3	M, 9:45-10:30am	North	\$106/\$133	Cindy
*	1/12-4/6	Th, 4-4:45pm	Iris	\$106/\$133	Julie

### Concert Classes

*	1/10-4/4	Tu, 10:30-11:15am	East	\$106/\$133	Vanessa
*	1/12-4/6	Th, 10:15-11am	North	\$106/\$133	Kirsten
*	1/14-4/8	Sa, 9:45-10:30am	East	\$106/\$133	Vanessa

## Pre-Tap & Ballet

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

### Concert Classes

*	1/10-4/4	Tu, 9-9:45am	North	\$106/\$133	Sylvia
*	1/12-4/6	Th, 9-9:45am	East	\$106/\$133	Sylvia

## Youth Dance

**Please Note: \*Register online for all dance classes at [KinesisDance.com](http://KinesisDance.com) or call 720-515-6268.**

**NEW**

## Kinder Ballet

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

### Concert Classes

*	1/9-4/3	M, 3:45-4:30pm	East	\$106/\$133	Vanessa
*	1/14-4/8	Sa, 10:30-11:15am	East	\$106/\$133	Vanessa

## Youth Ballet 1

Students will study the performance art of ballet.

(Ages 6-8)

### Concert Class

*	1/9-4/3	M, 4:30-5:30pm	East	\$106/\$133	Vanessa
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(Ages 6-8)

### Non-Concert Class

*	1/12-4/6	Th, 4-5pm	East	\$106/\$133	Elizabeth
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(Ages 9-12)

### Non-Concert Class

*	1/12-4/6	Th, 5-6pm	East	\$106/\$133	Elizabeth
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## Kinder Jazz

Special emphasis on music and rhythm.

### Concert Class

*	1/12-4/6	Th, 5:30-6:15pm	Iris	\$106/\$133	Julie
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## Jazz 1/2

(Ages 6-8) Concert Class

*	1/9-4/3	M, 5:30-6:15pm	East	\$106/\$133	Vanessa
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(Ages 8-10) Concert Class

*	1/12-4/6	Th, 4:45-5:45pm	South	\$106/\$133	Judy
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## Jazz 2

(Ages 9-12) Concert Class

*	1/9-4/3	M, 6:30-7:30pm	East	\$106/\$133	Vanessa
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## Jazz & Tap Combo 1/2

(Ages 6-8) Concert Class (Tap and jazz shoes required.)

*	1/11-4/5	Wed, 4-5pm	North	\$106/\$133	Mary
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## Jazz & Tap Combo 2/3

(Ages 9-12) Concert Class (Tap and jazz shoes required.)

*	1/11-4/5	W, 5-6pm	North	\$106/\$133	Mary
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## Kinder Tap

(Ages 5-8) Concert Class

*	1/12-4/6	Th, 4:45-5:30pm	Iris	\$106/\$133	Julie
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## Kinder Hip Hop

(Ages 5-6) Concert Class

*	1/11-4/5	W, 4-4:45pm	East	\$106/\$133	Aundrea
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## Hip Hop 1/2

(Ages 6-8) Concert Class

*	1/11-4/5	W, 4:45-5:45pm	East	\$106/\$133	Aundrea
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(Ages 9-12) Concert Class

*	1/11-4/5	W, 5:45-6:45pm	East	\$106/\$133	Aundrea
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## Children's Hula

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

### Non-concert class

*	1/11-4/5	W, 4:30-5:30pm	Iris	\$106/\$133	La'ela'e
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## Intro to Musical Theatre

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

*	1/12-4/6	Th, 4-5pm	North	\$106/\$133	Theatre@ Altitude
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## Teen Musical Theatre and Dance

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

*	1/12-4/6	Th, 5:30-7pm	North	\$106/\$133	Theatre@ Altitude
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# EXPAND



*EXciting Programs Adventures & New Dimensions (EXPAND) is designed to meet the unique needs of people with disabilities in specialized and inclusive programs.*

**EXPAND** provides opportunities for people with disabilities to improve and gain new recreation and leisure skills that will enhance their overall well-being and improve their quality of life.

Please contact Lori Goldman at 303-413-7256 or email at [goldmanl@bouldercolorado.gov](mailto:goldmanl@bouldercolorado.gov) with any questions. Unless otherwise noted, programs are for all ability levels.

## Scholarships & Financial Aid

For more information contact Sherri Brown at 303-441-4933. To fill out forms online visit [BoulderParks-Rec.org](http://BoulderParks-Rec.org) > Entry fees > Financial Aid

## EXPAND 3rd Party Funding

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

## Group

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

## 1 on 1

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

## Inclusion!

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

## SKI PROGRAMS

Unfortunately, we cannot accept Medicaid waiver and similar payments towards this program, but scholarships are available. For additional information or questions, contact Chelsea Cerny, 303-441-3416.

### Eldora Downhill Ski/Snowboard Lessons

(Ages 6+) Learn how to ski/snowboard or improve your skills with half day lessons! Fee includes equipment, lift ticket & an Ignite instructor. Paperwork must be completed online after registering. We will meet at the Boulder Bus Station and take the RTD to Eldora (bus fare required). Reduced Rate not eligible for but scholarships are available. Contact Chelsea Cerny at 303-441-3416.

#### Downhill Ski/Snowboard Lessons

5624	1/22-2/26	Su, 8am-2pm	RTD	\$550/\$570
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#### Nordic Skiing and Snowshoe Lessons

5625	1/22-2/26	Su, 8am-2pm	RTD	\$310/\$325
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### Ski Team

(Ages 12+) Enjoy skiing at Eldora while preparing for two Special Olympics Competitions. We will be partnering with Ignite who will provide instructors trained to improve your skiing and racing skills. **You must be able to independently get on and off the chair lift, complete turns and be able to stop on beginner slopes.** Groups will be created based on a skills assessment. We will meet at the Boulder Bus Station and take the RTD to Eldora (bus fare required). If you have a season pass to Eldora, please contact Chelsea for an adjusted price. Contact Chelsea Cerny at 303-441-3416.

5626	1/21-2/25	Sa, 8am-2pm	RTD	\$550/\$570
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## COMMUNITY INVOLVEMENT CLASSES

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

### Hula Dancing with Performance

(Ages 16+) La'e originally from Hawaii will teach us Hula and the stories behind the dance. Perform at the EXPAND banquet (March 14) and Spring Dance Concert (April 8). Contact Cory Lasher, 303-413-7269.

5413	2/6-4/3	M, 4-5pm	East	\$80/\$100
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### Water Aerobics

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

5423	1/9-3/20	M, 5:15-6:15pm	East	\$54/\$68
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### Walking & Rock'in

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

5422	1/10-3/7	Tu, 4-5pm	East	\$45/\$54
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### Unified Basketball

(Ages 16+) Unified Basketball League - teams will be determined in December and each team will play weekly games (for one hour) between 5-8pm. New players please contact Sherri, 303-441-4933.

5421	1/10-3/7	Tu, 5-8:30pm	East	\$40
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*Spend your Tuesday evenings playing basketball or come out and cheer for your friends.*

### Vegas Night

(Age 16+) It's Vegas Night! Come try your luck at beating the EXPAND staff at all the Vegas games: black jack, poker, roulette wheel, etc.. Contact Sherri Brown, 303-441-4933.

5638	3/21	Tu, 6-8pm	East	\$20/\$24
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### EXPAND Banquet

Celebrate participating with EXPAND with a pancake dinner, dancing and awards. Everyone welcome! Everyone needs to register. Contact Sherri Brown, 303-441-4933.

5622	3/14	Tu, 6-8pm	East	\$8
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### Unified Youth Basketball

(Age 8-15) Join us as we practice for the Special Olympics Basketball tournament. Each team will consist of Special Olympics athletes and their peers from local schools. Fee includes tournament costs. Contact Chelsea Cerny, 303-441-3416.

5566	1/17-3/7	Tu, 4-5pm	South	\$62/\$75
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### Move 'N Groove

(Ages 16+) Move N Groove is an energetic fitness program. Blending weights and dance moves to improve flexibility and fitness levels. Contact Jen Heilveil, 303-413-7474.

5417	1/11-3/22	W, 3-4pm	East	\$55/\$68
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### Crafts & Creations

(Ages 16+) Our interns will be planning exciting Craft & Creations. Contact Cory Lasher 303-413-7269.

5623	2/15-3/22	W, 4-5pm	East	\$65/\$76
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### Weight Lifting

(Ages 16+) Pump up! Learn an exercise routine to increase muscle tone and strength. Contact Sherri Brown, 303-441-4933.

5424	1/5-3/22	Th, 2:30-3pm	East	\$30/\$36
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### Spinning

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

5420	1/5-3/23	Th, 3-4pm	East	\$60/\$72
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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.

5629	1/12-3/23	Th, 4-5pm	East	\$66/\$81
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# EXPAND



*Come join the fun, whether you want to learn to swim, train for Special Olympics or just have fun on a Friday night!*

## Special Olympics Swim Training

(Ages 8+) For lap swimmers who want to complete in Special Olympics in May. Swimmers must be comfortable in the lap pool. Contact Jen Heilveil, 303-413-7474.

5419	1/15-3/19	Su, 3-4pm	East	\$100/\$125
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## Youth Swim Lessons/Water Safety

(Ages 5-12) Encourage swimmers to explore the water through games, songs, and instruction. Learn basic water safety. Modifications will be explored to meet the individual needs of each swimmer. Contact Jen Heilveil, 303-413-7474.

5426	1/15-3/19	Su, 4-4:30pm	East	\$90/\$112
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## Friday Night Fun - Swimming

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

5632	1/6	F, 5:30-8pm	East	\$14/\$17
5633	1/27	F, 5:30-8pm	East	\$14/\$17
5634	2/10	F, 5:30-8pm	East	\$14/\$17
5635	2/24	F, 5:30-8pm	East	\$14/\$17
5636	3/10	F, 5:30-8pm	East	\$14/\$17
5637	3/31	F, 5:30-8pm	East	\$14/\$17

## Strider Bike - Age 8-15

Learn to ride! Come experience the Strider bikes and learn a new skill or race your friends. Contact Sherri Brown, 303-441-4933.

5884	1/27	F, 5-5:30pm	East	\$10/\$12
	2/24			
	3/10			

## Strider Bike - Age 16+

Let's ride! Come ride the strider bikes prior to the EXPAND dances. Contact Sherri Brown, 303-441-4933.

5885	1/20	F, 5:30-6:30pm	East	\$15/\$18
	2/17			
	3/17			

## Gymnastics

(Ages 6-10) Start preparing now for Special Olympics. Participants will be grouped by age and ability. Gymnastics improves coordination, balance and self-esteem. Registration includes fees for Regional Special Olympic competition. Contact Chelsea Cerny, 303-441-3416.

5897	3/11-5/6	Sa, 3:15-4:30pm	North	\$95/\$114
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Note: Jump & Gym registration will be available in the Spring guide.

## Out on the Town, Community Choices

(Ages 16+) A great way to socialize with your friends.

Contact Cory Lasher at 303-413-7269. Group & 1 on 1 opportunities.

## Salad & Bingo

Bring your good fortune and appetite for an afternoon of snacking and gaming.

5628	1/18	W, 4-6pm	East	\$20/\$25
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## Wings Over the Rockies

Group Only

5425	2/25	Sa, 1-4:30pm	East	\$25/\$31
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## Board Games & Healthy Snacks

5411	3/8	W, 5-7pm	East	\$20/\$25
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## Friday Night Dances

(Ages 16+) Enjoy dancing and socializing with friends.

Contact Cory at 303-413-7269.

## Winter Beach Party

5639	1/20	F, 6:30-8:30pm	East Senior	\$8/\$10
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## Sweet Heart Dance

5631	2/17	F, 6:30-8:30pm	East Senior	\$8/\$10
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## St. Patrick's Day Dance

5630	3/17	F, 6:30-8:30pm	East Senior	\$8/\$10
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## Activities for Individuals with Physical Disabilities

### Quad Rugby

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

5418	1/10-3/21	Tu, 10:30am-1:30pm	East	Free
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### Journeys through EXPAND

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



# Gymnastics



*Gymnastics helps children build a range of motor and coordination skills, and assists in developing a good sense of body awareness.*

## Important Information for ALL Classes:

- Leotard or T-shirt and gym shorts required
- No street clothes, shoes, socks or jewelry
- Long hair must be securely tied back
- Cubby holes provided for shoes, etc.
- Classes may be split into smaller groups
- No make-ups for missed classes
- Check registration confirmation before first class

## Preschool

Join our preschool program to explore a combination of basic movement and gymnastics events including tumbling, balance beam, uneven bars, parallel bars, vaulting, pommel horse, rings, trampoline and the foam pit. Help your child build a strong foundation for other sports and life long skills. All skills and equipment are scaled down to accommodate children's size and ability. Children attend independent of their parents.

### 2½ Year Olds

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

5172	1/9-3/13	M, 9-9:45am	North	\$122/\$152
5173	1/9-3/13	M, 10-10:45am	North	\$122/\$152
5174	1/9-3/13	M, 11-11:45am	North	\$122/\$152
5163	1/3-3/14	Tu, 9-9:45am	North	\$167/\$209
5164	1/3-3/14	Tu, 10-10:45am	North	\$167/\$209
5165	1/3-3/14	Tu, 11-11:45am	North	\$167/\$209
5166	1/4-3/15	W, 9-9:45am	North	\$167/\$209
5167	1/4-3/15	W, 10-10:45am	North	\$167/\$209

5168	1/5-3/16	Th, 9-9:45am	North	\$167/\$209
5169	1/5-3/16	Th, 10-10:45am	North	\$167/\$209
5170	1/6-3/17	F, 9-9:45am	North	\$167/\$209
5171	1/6-3/17	F, 10-10:45am	North	\$167/\$209
5175	1/14-3/18	Sa, 9-9:45am	North	\$137/\$171
5176	1/14-3/18	Sa, 10-10:45am	North	\$137/\$171

### 3 Year Olds

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

5191	1/9-3/13	M, 9-9:45am	North	\$122/\$152
5192	1/9-3/13	M, 10-10:45am	North	\$122/\$152
5193	1/9-3/13	M, 11-11:45am	North	\$122/\$152
5194	1/9-3/13	M, 2:45-3:30pm	North	\$122/\$152
5177	1/3-3/14	Tu, 9-9:45am	North	\$167/\$209
5178	1/3-3/14	Tu, 10-10:45am	North	\$167/\$209
5179	1/3-3/14	Tu, 11-11:45am	North	\$167/\$209
5180	1/3-3/14	Tu, 2:45-3:30pm	North	\$167/\$209
5181	1/4-3/15	W, 9-9:45am	North	\$167/\$209
5182	1/4-3/15	W, 10-10:45am	North	\$167/\$209
5183	1/4-3/15	W, 2:45-3:30pm	North	\$167/\$209
5184	1/5-3/16	Th, 9-9:45am	North	\$167/\$209
5185	1/5-3/16	Th, 10-10:45am	North	\$167/\$209
5186	1/5-3/16	Th, 11-11:45am	North	\$167/\$209
5187	1/5-3/16	Th, 2:45-3:30pm	North	\$167/\$209
5188	1/6-3/17	F, 9-9:45am	North	\$167/\$209
5189	1/6-3/17	F, 10-10:45am	North	\$167/\$209
5190	1/6-3/17	F, 2:45-3:30pm	North	\$167/\$209
5195	1/14-3/18	Sa, 9-9:45am	North	\$137/\$171
5196	1/14-3/18	Sa, 10-10:45am	North	\$137/\$171

# Gymnastics

## 4 Year Olds

Child must be 4 years old by first class.

5211	1/9-3/13	M, 9-9:45am	North	\$122/\$152
5212	1/9-3/13	M, 10-10:45am	North	\$122/\$152
5213	1/9-3/13	M, 11-11:45am	North	\$122/\$152
5214	1/9-3/13	M, 2:45-3:30pm	North	\$122/\$152
5197	1/3-3/14	Tu, 9-9:45am	North	\$167/\$209
5198	1/3-3/14	Tu, 10-10:45am	North	\$167/\$209
5199	1/3-3/14	Tu, 11-11:45am	North	\$167/\$209
5200	1/3-3/14	Tu, 2:45-3:30pm	North	\$167/\$209
5201	1/4-3/15	W, 9-9:45am	North	\$167/\$209
5202	1/4-3/15	W, 10-10:45am	North	\$167/\$209
5203	1/4-3/15	W, 2:45-3:30pm	North	\$167/\$209
5204	1/5-3/16	Th, 9-9:45am	North	\$167/\$209
5205	1/5-3/16	Th, 10-10:45am	North	\$167/\$209
5206	1/5-3/16	Th, 11-11:45am	North	\$167/\$209
5207	1/5-3/16	Th, 2:45-3:30pm	North	\$167/\$209
5208	1/6-3/17	F, 9-9:45am	North	\$167/\$209
5209	1/6-3/17	F, 10-10:45am	North	\$167/\$209
5210	1/6-3/17	F, 2:45-3:30pm	North	\$167/\$209
5215	1/14-3/18	Sa, 9-9:45am	North	\$137/\$171
5216	1/14-3/18	Sa, 10-10:45am	North	\$137/\$171

## 5 Year Olds

Child must be 5 years old by first class.

5233	1/9-3/13	M, 9-9:45am	North	\$122/\$152
5234	1/9-3/13	M, 10-10:45am	North	\$122/\$152
5235	1/9-3/13	M, 2:45-3:30pm	North	\$122/\$152
5236	1/9-3/13	M, 3:45-4:30pm	North	\$122/\$152
5217	1/3-3/14	Tu, 9-9:45am	North	\$167/\$209
5218	1/3-3/14	Tu, 10-10:45am	North	\$167/\$209
5219	1/3-3/14	Tu, 11-11:45am	North	\$167/\$209
5220	1/3-3/14	Tu, 2:45-3:30pm	North	\$167/\$209
5221	1/4-3/15	W, 9-9:45am	North	\$167/\$209
5222	1/4-3/15	W, 10-10:45am	North	\$167/\$209
5223	1/4-3/15	W, 2:45-3:30pm	North	\$167/\$209
5224	1/4-3/15	W, 3:45-4:30pm	North	\$167/\$209
5225	1/5-3/16	Th, 9-9:45am	North	\$167/\$209
5226	1/5-3/16	Th, 10-10:45am	North	\$167/\$209
5227	1/5-3/16	Th, 11-11:45am	North	\$167/\$209
5228	1/5-3/16	Th, 2:45-3:30pm	North	\$167/\$209
5229	1/6-3/17	F, 9-9:45am	North	\$167/\$209
5230	1/6-3/17	F, 10-10:45am	North	\$167/\$209
5231	1/6-3/17	F, 2:45-3:30pm	North	\$167/\$209
5232	1/6-3/17	F, 3:45-4:30pm	North	\$167/\$209
5237	1/14-3/18	Sa, 9-9:45am	North	\$137/\$171
5238	1/14-3/18	Sa, 10-10:45am	North	\$137/\$171

## 6-12 Year Old Girls Intro to Gymnastics at South

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

5593	1/11-2/8	W, 4-4:45pm	South	\$43/\$54
5594	2/15-3/15	W, 4-4:45pm	South	\$43/\$54

## "Tween" Gymnastics

(Ages 9-12) This is the perfect place for kids ages 9-12 to learn basic gymnastics in a supportive, non-competitive environment with your peers. Participants will use tumbling, balance beam, uneven bars, parallel bars, horizontal bar, vaulting, pommel horse, rings, trampoline, and foam pit to improve coordination, strength and self-confidence while emphasizing a fun approach to learning. Participant must be 9 years old by the first class.

5254	1/3-3/16	Tu/Th, 3:45-5pm	North	\$315/\$393
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*Gymnastics classes can provide your child with a number of physical benefits, regardless of the child's age or ability.*

# Gymnastics

## Developmental Skills

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

### Boys (Ages 6-12)

5243	1/9-3/13	M, 3:45-5pm	North	\$115/\$143
5239	1/3-3/16	Tu/Th, 3:45-5pm	North	\$315/\$393
5240	1/4-3/15	W, 3:45-5pm	North	\$157/\$197
5241	1/6-3/17	F, 3:45-5pm	North	\$157/\$197
5242	1/6-3/17	F, 5:15-6:30pm	North	\$157/\$197
5244	1/14-3/18	Sa, 11am-12:15pm	North	\$129/\$161

### Girls (Ages 6-12)

5248	1/4-3/15	M/W, 3:45-5pm	North	\$272/\$340
5253	1/9-3/13	M, 3:45-5pm	North	\$115/\$143
5246	1/3-3/16	Tu/Th, 3:45-5pm	North	\$315/\$393
5245	1/3-3/14	Tu, 3:45-5pm	North	\$157/\$197
5247	1/4-3/15	W, 3:45-5pm	North	\$157/\$197
5249	1/5-3/16	Th, 3:45-5pm	North	\$157/\$197
5250	1/6-3/17	F, 3:45-5pm	North	\$157/\$197
5251	1/6-3/17	F, 5:15-6:30pm	North	\$157/\$197
5252	1/7-3/18	Sa, 11am-12:15pm	North	\$129/\$161

## Open Gym & Drop In

(Ages 6-18) Have you always wanted to use the gymnastics center? Well now you can! The number of participants is limited. All participants must have a current signed gymnastics open gym waiver. Parents can download and sign a waiver and send it with their children at [BoulderParks-Rec.org](http://BoulderParks-Rec.org). Activities may be restricted at the discretion of City of Boulder gymnastics staff. No private coaches or parents are allowed in the gym.



Drop-in	Sa, 1-3pm	North	\$10 payable at front desk
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(Ages 2-5) This is guided free play for you and your preschooler. Parents are required to be within arms reach of their child at all times. Ages are 2-5, no babies, even in carriers.

Drop-in	F, 11-11:45am	North	\$10 payable at front desk
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## Boulder Flyers Gymnastics Team

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

### Girls Pre-Team

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

### Girls Beginning Team-Advanced Team

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

### Boys Pre-Team

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

### Boys Beginning Team-Advanced Team

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

## Gymnastics 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.

## Employment Opportunity

### Hiring Gymnastics Instructors

Apply online at: [bouldercolorado.gov/jobs](http://bouldercolorado.gov/jobs)  
> Departments/ Parks & Recreation

## Financial Assistance

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

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

# Health & Wellness: Fitness & Weights



**DAILY DROP-IN CLASSES**  
 .....  
 Fitness, Yoga, Pilates,  
 Silver Sneakers®,  
 Nia and more!  
 BPRfitness.org

## Welcome

Our program provides a variety of innovative and fun programs to encourage a healthy and active lifestyle. We believe that each and every person should have the opportunity to enjoy physical activity and do so in a safe and supportive environment.

Looking for a challenging workout or to relieve stress in a safe and supportive group environment? Our registration classes allow you to pick and choose classes as they fit in your schedule and meet your fitness needs. All classes are taught by certified fitness professionals.

## NEW YEAR'S DAY FITNESS JAM

Don't miss out New Year's Day Fitness Jam and Dance Sampler at the East Boulder Community Center! See page 43 for details.

## Registered Course Visitor's Fee & Punchcard

\$17 - 1 Visit  
 \$70 - 5 Punches

For class availability, please call **Kate Houlik** at **303-413-7280**. Pay your visitor's fee at the front desk and bring the receipt to the instructor.

### Class Cancellation

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

**Classes at South will not meet March 27-31 due to annual maintenance shutdown.**

## Bootcamp

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

5427	1/9-2/15	M/W, 7-8am	East	\$127/\$158	Ignacio
5567	1/10-2/16	Tu/Th, 6:30-7:30am	South	\$127/\$158	Ignacio
5428	2/20-3/29	M/W, 7-8am	East	\$127/\$158	Ignacio
5568	2/21-3/30	Tu/Th, 6:30-7:30am	South	\$127/\$158	Ignacio

## Resistance Training

Use free weights, resistance tubes, stability balls and more in this dynamic low-impact class to gain and maintain strength for all of life's adventures.

5431	1/9-2/15	M/W, 1:30-2:30pm	East	\$127/\$158	Ignacio
5432	2/22-3/29	M/W, 1:30-2:30pm	East	\$127/\$158	Ignacio

## Adult Kickbox

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

5153	1/9-2/15	M/W, 5:30-6:30pm	North	\$127/\$158	Ignacio
5154	2/20-3/29	M/W, 5:30-6:30pm	North	\$127/\$158	Ignacio

## Classical Stretch/Essentrics

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

5429	1/10-2/16	Tu/Th, 7:30-8:30am	East	\$127/\$158	Marti
5430	2/21-3/30	Tu/Th, 7:30-8:30am	East	\$127/\$158	Marti

## Therapeutic Stretching

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

5577	1/10-2/14	Tu, 10-11am	South	\$63/\$79	Dora
5579	2/21-3/21	Tu, 10-11am	South	\$53/\$66	Dora

# Health & Wellness: Fitness & Weights

## Full Body Swiss Ball Workout

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

### Beginning

5642	1/9-2/13	M, 4-5pm	Salberg	\$63/\$79	Heidi
5643	2/20-3/27	M, 4-5pm	Salberg	\$63/\$79	Heidi

### Intermediate - For individuals who have previous swiss ball experience.

5644	1/12-2/16	Th, 4-5pm	Salberg	\$63/\$79	Heidi
5645	2/23-3/30	Th, 4-5pm	Salberg	\$63/\$79	Heidi

## Weight Training

### Group Strength Training

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



5569	1/9-2/15	M/W, 9-10am	South	\$127/\$158	Ignacio
5572	1/10-2/16	Tu/Th, 8:30-9:30am	South	\$127/\$158	Ignacio
5570	1/10-2/16	Tu/Th, 4:30-5:30pm	South	\$127/\$158	Chris
5571	1/10-2/16	Tu/Th, 5:30-6:30pm	South	\$127/\$158	Chris
5573	2/20-3/22	M/W, 9-10am	South	\$106/\$132	Ignacio
5576	2/21-3/23	Tu/Th, 8:30-9:30am	South	\$106/\$132	Ignacio
5574	2/21-3/23	Tu/Th, 4:30-5:30pm	South	\$106/\$132	Chris
5575	2/21-3/23	Tu/Th, 5:30-6:30pm	South	\$106/\$132	Chris

### Complete Conditioning

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

5435	1/9-2/17	M/F, 10-11:15am	East	\$158/\$198	Marti
5436	1/10-2/16	Tu/Th, 10-11:15am	East	\$158/\$198	Marti
5437	2/20-3/31	M/F, 10-11:15am	East	\$158/\$198	Marti
5438	2/21-3/30	Tu/Th, 10-11:15am	East	\$158/\$198	Marti

## Women's Weight Training

A selection of weight training classes geared especially for women. Specifically designed for women to find inspiration in numbers with strength training classes that not only build muscle, but improve bone density, burn calories and boost metabolism. All fitness levels are welcome.

5155	1/9-2/15	M/W, 8:30-9:30am	North	\$127/\$158	Chris
5156	1/9-2/15	M/W, 9:30-10:30am	North	\$127/\$158	Chris
5157	1/10-2/16	Tu/Th, 9:30-10:30am	North	\$127/\$158	Chris
5158	2/20-3/29	M/W, 8:30-9:30am	North	\$127/\$158	Chris
5159	2/20-3/29	M/W, 9:30-10:30am	North	\$127/\$158	Chris
5160	2/21-3/30	Tu/Th, 9:30-10:30am	North	\$127/\$158	Chris
5583	1/10-2/16	Tu/Th, 10:45-11:45am	South	\$127/\$158	Michael
5584	2/21-3/23	Tu/Th, 10:45-11:45am	South	\$106/\$132	Michael
5439	1/9-2/15	M/W, 8:15-9:15am	East	\$127/\$158	Terry
5581	1/10-2/16	Tu/Th, 9:30-10:30am	South	\$127/\$158	Michael
5440	2/20-3/29	M/W, 8:15-9:15am	East	\$127/\$158	Terry
5582	2/21-3/23	Tu/Th, 9:30-10:30am	South	\$106/\$132	Michael

## Women's Workout

This fun and motivating class is designed for women of all fitness levels who like to increase their strength, flexibility, endurance, balance and improve their bone density as well as their quality of health!

5585	1/10-2/16	Tu/Th, 7:30-8:30am	South	\$127/\$158	Ignacio
5161	1/10-2/16	Tu/Th, 6-7pm	North	\$127/\$158	Ignacio
5586	2/21-3/23	Tu/Th, 7:30-8:30am	South	\$106/\$132	Ignacio
5162	2/21-3/30	Tu/Th, 6-7pm	North	\$127/\$158	Ignacio

## Youth Fitness Training

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

5587	1/9-2/15	M/W, 4:30-5:30pm	South	\$127/\$158	Mark
5588	2/20-3/22	M/W, 4:30-5:30pm	South	\$106/\$132	Mark

## Youth Sport Specific Training

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

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

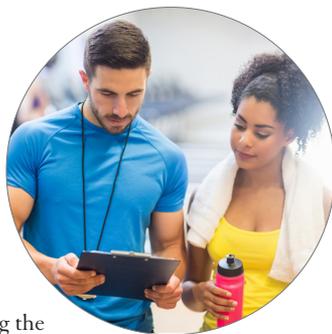
Contact Kate Houlik to schedule your training packages, Houlikk@bouldercolorado.gov or 303-413-7280.

# Health & Wellness: Fitness & Weights

## Personal Training & Nutrition

Have a certified trainer design your personal blueprint for success! Sessions address sport specific, weight loss, rehabilitation, and general fitness goals.

To sign up complete the Personal Training and Nutrition Request Form online at [BPRfitness.org](http://BPRfitness.org). After submitting the form you will be contacted by a fitness professional to set up your sessions. Once your sessions are scheduled you can go to any Recreation Center to pay for them. Give your receipt to your fitness professional.



## Weight Room Orientations

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

## Older Adult Functional Fitness Assessment

A fitness assessment and orientation specifically designed for our programs and services combined with various functional assessments that will provide information and feedback regarding your health and skill-related fitness and find the best program to fit your individual needs.

Assessments held on Fridays at East Senior Center. Register in person at any recreation center front desk, the East Senior Center or call 303-441-4150 to make your appointment now!

Fridays, 12:45-1:45pm at East Boulder Senior Center

## Private Personal Training

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

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

## Semi Private Training (Two Individuals)

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

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

## Youth Personal Training Package

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

3 sessions \$171

## Personal Training with a Physical Therapist

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

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

## Transition Out of Physical Therapy

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

## Nutrition Consultation

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

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

## Nutrition/Personal Training Combo

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

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

## Health and Wellness Coaching

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

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

*\*If a client cancels more than 24 hours prior to the lesson, he or she will have the opportunity to reschedule the personal training session and will not be charged. However, if the client cancels the session within 24 hours, or a client does not arrive for the lesson within 15 minutes of the start time they may be charged for that session. (All sessions expire one year from purchase date)*

## DIABETES PREVENTION PROGRAM

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

\*To find out if you qualify please contact Wendy Smittick 303-355-3423 ext. 110 or [wendy@caahealth.org](mailto:wendy@caahealth.org)

The next session will be held September 7 – January 4 at the East Boulder Senior Center every Wednesday, 12:30 p.m. to 1:45 p.m.

\*no class 11/23, 12/28

## WEIGH AND WIN

Join the free Weigh and Win Program and get PAID to achieve a healthy weight. Sign-up at [WeighandWin.com](http://WeighandWin.com) or any kiosk, receive digital health coaching and earn cash for weight loss! Kiosks available at North Recreation Center and East Community Center.

## CPR & FIRST AID CLASSES

Our American Red Cross CPR & First Aid classes are now listed in the Aquatics section on page 14.



### **SilverSneakers® Fitness for Boomers and Beyond**

SilverSneakers is the premier fitness program provided at no cost by more than 60 health plans nationwide. Millions of members. Thousands of gyms. Classes designed for all abilities. And our community is active, welcoming and fun. Are you in?

### **Now Offered at all three Recreation Centers**

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

**To begin working out with your SilverSneakers membership:**

- Check your eligibility online or visit one of Boulder's three recreation centers. Be sure to bring your insurance card! We can print a temporary card and order a new card for you if you qualify.
- Bring in your SilverSneakers card to the rec center of your choice. If it's your first time using this membership at the City of Boulder, you will need to fill out a short waiver before you work out.

### **Older Adult Drop-In Fitness Classes**

#### **East Boulder Community Center**

- Fit & Strong Beginning
- Fit & Strong Intermediate
- Guts & Butts
- Line Dancing
- Music & Movement
- SilverSneakers CardioFit®
- SilverSneakers Classic®
- SilverSneakers Yoga®
- Strength & Alignment
- Warm Water Fitness (pg. 15)

#### **North Boulder Recreation Center**

- Cardio Fit

#### **South Boulder Recreation Center**

- Cardio Fit

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

Drop-in schedules can be found online at **[BPRfitness.org](http://BPRfitness.org)**



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

## Pilates Mat

This system of exercising, developed by physical therapy pioneer, Joseph Pilates, is a non-impact system that stabilizes and aligns the body. While focused on strengthening and balancing the core muscle groups, the Pilates Method develops greater flexibility, strength, concentration, coordination and control, and increases awareness of functional body mechanics, all with the intention of building a better you.

## Mat - Beginner

(Age 14+) Learn the beginning sequence of Pilates mat exercises including 'hundreds,' 'rolling like a ball,' 'saw,' and 'mermaid stretch.' Props such as Pilates circles, Therabands and Theraballs are used to enhance your experience in this basics course. One session of this registered course will help you feel more confident performing the exercises in the drop-in classes.

5646	1/8-3/19	Su, 4:15-5:15pm	Salberg	\$116/\$145	Joan
5647	1/9-3/20	M, 5:30-6:30pm	Salberg	\$116/\$145	Roxolana

## Pilates Mat Program Information

### Registered Course Visitor's Fee & Punchcard

Pilates Mat	\$17
Pilates Mat	\$70 - 5 Punches

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

### Make-up policy

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

## Pilates Mat Drop-In

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

Thursdays, 4:15-5:15 p.m. at North

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

## Private & Semi-Private Pilates Reformer Lessons

(Age 16+) Individual instruction for those who would like an introduction to the Pilates Reformer or for those who wish to focus on individual needs. Proper and safe use of the equipment is emphasized. Private lessons will help you determine whether this form of exercise is a good fit for you.

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

**1-Hour Semi-Private Pilates Reformer Lesson Fee: \$35/student**  
 Must register two or more students together at the same time.

Lessons are available at South Boulder Recreation Center and Salberg Center. Complete the Private Pilates Reformer Lesson Request Form online at Boulderparks-rec.org. After submitting the form you will be contacted by an instructor to set up the lessons. Once your lessons are scheduled you can go to any Recreation Center to pay for them. Give your receipt to your instructor.

**24-hour cancellation policy:** If a Private or Semi-Private Pilates Reformer Lesson is cancelled within 24 hours, no refund will be issued.

## Pilates Reformer & Multi-Apparatus Program Information

### Pre-requisite policy

Five private or semi-private Pilates Reformer lessons through the City of Boulder Pilates Program, or coordinator approval, will be required to participate in any "Level 1" or higher Pilates Reformer or Multi-Apparatus class.

### Make-up policy

Students who miss a Pilates Reformer or Multi-Apparatus class may attend any drop-in Fitness or Mind/Body class as a make-up, or purchase a private reformer lesson for an additional fee of \$40. Make-ups are arranged through your instructor and are limited to two per session.

## 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.

5679 1/11-3/1 W, 5:30-6:30pm South \$139/\$174 Athena

### Reformer - Level 1 - Beginner

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

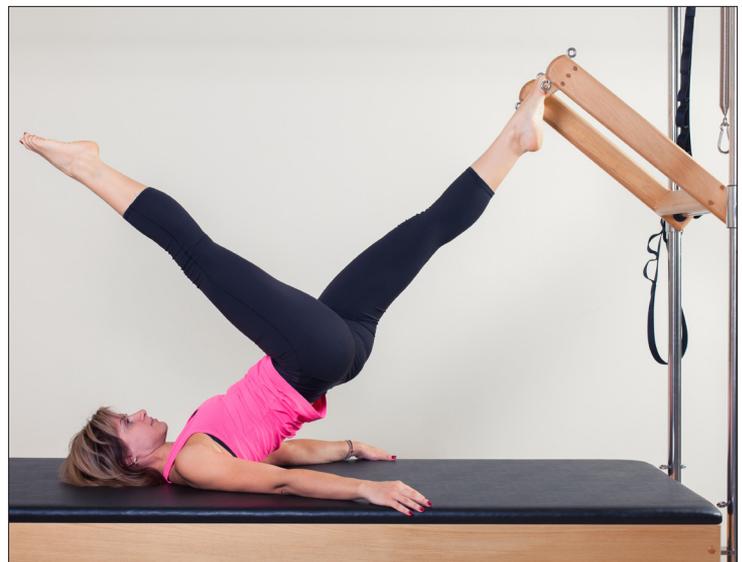
5597	1/9-3/20	M, 6:40-7:40pm	Salberg	\$192/\$240	Roxolana
5595	1/11-3/22	W, 8:40-9:40am	South	\$192/\$240	Sheri
5648	1/11-3/22	W, 5:30-6:30pm	Salberg	\$192/\$240	Arianna
5598	1/11-3/22	W, 6:40-7:40pm	South	\$192/\$240	Athena
5649	1/12-3/23	Th, 6:40-7:40pm	Salberg	\$192/\$240	Athena
5599	1/13-3/24	F, 8:40-9:40am	South	\$192/\$240	Sheri
5650	1/10-3/21	Tu, 8:30-9:45am	Salberg	\$240/\$299	Sheri

### Reformer - Level 2 - Continuing

(Age 16+) Review Level 1 Pilates Reformer exercises such as 'footwork,' 'hundreds,' 'frog,' 'tree front,' and 'elephant,' and incorporate and practice more challenging Pilates Reformer exercises - 'short spine massage,' 'knee stretches,' and 'teaser,' for example. Tower exercises may be included.

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

5600	1/9-3/20	M, 8:40-9:40am	South	\$192/\$240	Sheri
5601	1/9-3/20	M, 5:30-6:30pm	South	\$192/\$240	Sheri
5596	1/10-3/21	Tu, 5:30-6:30pm	South	\$192/\$240	Athena
5651	1/11-3/22	W, 6:40-7:40pm	Salberg	\$192/\$240	Arianna
5602	1/12-3/23	Th, 4:15-5:15pm	South	\$192/\$240	Ellen
5652	1/12-3/23	Th, 5:30-6:30pm	Salberg	\$192/\$240	Athena
5603	1/13-3/24	F, 9:45-11am	South	\$240/\$299	Sheri



*Pilates Reformer is a great way to tone the whole body.*

# Mind/Body: Pilates/Yoga

## Reformer - Level 3 - Intermediate

(Age 16+) This class will review Level 1 and 2 Pilates Reformer exercises and incorporate and practice Level 3 Pilates Reformer exercises. This is an advanced Pilates Reformer class. Students with strong Pilates Reformer experience will enjoy the workout! Tower exercises may be included.

**Pre-requisite:** At least one session of Level 2 classes with the City of Boulder Pilates program, or coordinator approval. Must be able to consistently perform Level 2 Pilates Reformer exercises in a safe and controlled manner, and be able to confidently perform and flow through all Level 2 reformer exercises with coordination and precision.

5604 1/11-3/22 W, 9:45-11am South \$240/\$299 Sheri

## Reformer/Tower/Chair - Level 1 - Beginner

(Age 16+) You will receive an introduction to exercises on the Pilates Tower and Chair and experience the benefits of a well-rounded practice of Level 1 Reformer exercises. Pilates Method principles will be emphasized as you work your muscles to the core. **Pre-requisite:** At least one session each of Level 1 - Beginner Reformer and Beginner Mat classes with the City of Boulder Pilates program or equivalent experience and coordinator approval.

5605 1/10-3/21 Tu, 6:40-7:40pm South \$192/\$240 Athena

## Reformer/Tower/Chair - Level 2 - Cont. Beginner

(Age 16+) At this level, Pilates Reformer, Tower and Chair will be used to give you a complete Pilates workout. **Pre-requisite:** At least one session of Pilates Reformer/Tower/Chair at Level 1, or equivalent, advanced, experience and coordinator approval.

5606 1/9-3/20 M, 9:45-11am South \$240/\$299 Sheri



## Yoga Program Information

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

## Registered Course Visitor's Fee & Punchcard

Yoga program \$17  
Yoga program \$70 - 5 Punches

Some courses have space available and are appropriate for visitation. Choose the level which is suitable for your experience, check space availability and pay your admission fee at the Recreation Center front desk. Give your receipt to your instructor for admission to class.

*Salberg and Iris Center visitor's fees may be paid at any Recreation Center and receipt presented to instructor before admission to class.*

## Make-up policy

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

## Yoga Mats & Eyebags

It is recommended that students bring their own mat. Please bring your own eyebag if you choose to use one during relaxation.

## New to Yoga?

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

## Beginner Yoga

(Age 14+) Learn the basics of stretching and correct alignment in detail in order to practice yoga safely. Newcomers, students returning for a refresher, and those wishing to refine a lifelong yoga routine will find this pace suitable. Explore correct breathing - the cornerstone of all yoga levels, foundational standing, seated and supine poses, twists, and modifications for individual body types.

5653	1/9-3/20	M, 6:30-8pm	East Senior	\$174/\$218	Erin
5608	1/11-3/22	W, 7:30-8:45am	South	\$145/\$182	Ravi
5264	1/12-3/23	Th, 9:15-10:45am	North	\$174/\$218	Louann

## 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.

5267	1/8-3/19	Su, 4:30-6pm	North	\$174/\$218	John
5927	1/9-3/20	M, 9-10:15am	North	\$145/\$182	Athena
5928	1/11-3/22	W, 5:45-7:15pm	North	\$174/\$218	Louis

## Gentle Continuing Yoga

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

5609 1/12-3/23 Th, 9:15-10:45am South \$174/\$218 Athena

## Restorative/Gentle Yoga

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

5270 1/11-3/22 W, 10:30-11:45am North \$145/\$182 Karen D.

5656 1/14-3/25 Sa, 10:45am-12pm Iris \$145/\$182 Karen D.

## 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.

5272 1/10-3/21 Tu, 5:15-6:30pm North \$145/\$182 Cassandra

5658 1/11-3/22 W, 4-5:15pm East Senior \$145/\$182 Lori

5273 1/13-3/24 F, 4-5:15pm North \$145/\$182 Cassandra

## Iyengar Yoga - Beginner

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

5268 1/10-3/21 Tu, 6:45-8pm North \$145/\$182 Karen D.

## Iyengar Yoga - Continuing

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

5269 1/14-3/25 Sa, 9-10:30am North \$174/\$218 Karen D.

## Chi Kung

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

5265 1/9-3/20 M, 10:45-11:45am North \$116/\$145 Sweigh

## Feldenkrais®

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

5654 1/11-3/22 W, 6:30-7:45pm East Senior \$132/\$165 Gil Kelly

5655 1/13-3/24 F, 12-1pm Iris \$116/\$145 Gil Kelly

## T'ai-Chi Ch'uan - Beginner

(Age 14+) This ancient exercise in which standing postures are practiced in a slow moving, relaxed manner cultivates tranquility and mental control and hence appreciation for each moment in time. Doing this gentle martial art increases energy and circulation, improves balance, strengthens the spine and internal organs, and promotes general life-long health. This is an introduction to the short form Yang style of t'ai-chi ch'uan as taught by Prof. Cheng Man-ch'ing. The beginner level, the first third, will be taught in both courses.

5271 1/10-3/21 Tu, 6:45-7:45pm North \$106/\$132 Tom

## T'ai-Chi Ch'uan - Continuing

(Age 14+) This course is a continuation of the short form Yang style of t'ai-chi ch'uan as taught by Prof. Cheng Man-ch'ing. The first third will be reviewed, corrections will be made, and new choreography will be introduced.

5657 1/14-3/25 Sa, 9:30-10:30am Iris \$116/\$145 Tom

## Drop-In Mind/Body Classes

Drop-in schedules can be found online at [BPRfitness.org](http://BPRfitness.org)

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

- **Nia** (Age 14+) Combining carefully selected movements and concepts from Yoga, Martial Arts, Jazz, Modern Dance and other movement forms, Nia classes offer total body cardiovascular conditioning and cross-training for any sport or activity. All Nia movements are adaptable and can be personalized for any level of fitness and agility. Everyone is welcome.
- **Ayre** (Age 14+) This class is a fusion of different dance styles and fitness moves set to fun and upbeat music. It was created by Juliet Seskind to give her students a fun, creative, satisfying dance workout.
- **Soul Sweat™** (Age 14+) SoulSweat™ is an exhilarating dance/fitness experience that enhances coordination, tones your body, increases your dynamic flow of energy, increases stamina, and gives you a whole new repertoire of moves for the dance floor. No dance experience required, just a willingness to move, break free, have fun and be challenged!
- **Zumba** (Age 14+) This is a Latin-inspired, easy-to-follow, calorie-burning, total body workout that feels like a celebration. These classes feature zesty Latin music, hip-hop, swing and Bollywood. Experience exhilarating, easy-to-follow moves and the invigorating atmosphere as you dance your way to fitness. It's a blast!
- **Zumba Gold** (Age 14+) This class is for active older adults who are looking for a modified Zumba class that recreates the original moves at a lower-intensity.

# Pottery



For all class dates, times and cost,  
please visit us at:  
[boulderpotterylaboratory.org](http://boulderpotterylaboratory.org)

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

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

## Adult Pottery

### Intro to Hand-Building & Wheel-Throwing

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

### Intermediate Pottery

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

### Senior Pottery

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

### All-Levels

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

## Date Nights & Family Nights!

Bring a date, a friend or family members and we'll get you set up on pottery wheels for a few hours of dirt and fun. Make a few pieces, we'll glaze and fire them and give you a call when they're ready in about two weeks.

Date nights (Ages 16+). Family Nights (Ages 8+).

## Youth Pottery

### Child/Parent Classes

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

### Children's Classes

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

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

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

### Fun Fridays

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

### Pre-Teen Pottery

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

### Teen Pottery

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



## Adult Sports Leagues

**Men's Basketball** • Winter/Spring/Summer/Fall

**Women's Basketball** • Winter

**Volleyball** • Winter/Spring/Fall

**Outdoor Sand Volleyball** • Summer

**Dodgeball** • Fall/Winter

**Indoor Kickball** • Fall/Winter

**Outdoor Kickball** • Spring/Summer/Fall

**Soccer** • Spring/Fall

**Softball** • Spring/Summer/Fall

Registration and more info online at [BPRsports.org](http://BPRsports.org)



## Now Hiring Adult Sports League Officials

### Adult Soccer Officiating

Contact: Play the Whistle at [kimpark@playthewhistle.com](mailto:kimpark@playthewhistle.com) or Sports Diversified at [marcwindl@gmail.com](mailto:marcwindl@gmail.com)

### Adult Softball & Basketball Officiating

Contact: PRO's Make the Call at [prosmakethecall@msn.com](mailto:prosmakethecall@msn.com)

### Adult Kickball & Volleyball Officiating

Contact: Connor Bulger at [bulgerc@bouldercolorado.gov](mailto:bulgerc@bouldercolorado.gov)

## Supertots Sports - Preschool



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

\*Register online at [Supertotsports.com/colorado](http://Supertotsports.com/colorado)

### Tot Sampler

A chance for future athletes to explore any of the following sports: basketball, t-ball, soccer, tennis, floor hockey, and other gym games.

(Ages 3-4)

*	1/16-2/6	M, 4pm-4:45pm	South	\$49
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(Ages 4-5)

*	1/16-2/6	M, 5pm-5:45pm	South	\$49
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### Hoopster Tots

We use a variety of fun games and props to teach basic basketball techniques including passing, dribbling, stance, agility, and defense.

(Ages 3-4)

*	1/19-2/9	Th, 4pm-4:45pm	South	\$49
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(Ages 4-5)

*	1/19-2/9	Th, 5pm-5:45pm	South	\$49
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\*Register online at [Supertotsports.com/colorado](http://Supertotsports.com/colorado)

# Sports

## Youth Indoor Rock Climbing

(Ages 5-12) Join our experienced climbing wall staff for age appropriate activities on our indoor rock wall. Information: Matt at 303-413-7477 or [kamhim@bouldercolorado.gov](mailto:kamhim@bouldercolorado.gov)

### Introduction to Climbing

#### Session 1 (Ages 5-8)

5441	1/2-2/6	M, 4-5pm	East	\$63/\$79
5442	1/2-2/6	M, 5-6pm	East	\$63/\$79
5444	1/4-2/8	W, 4-5pm	East	\$63/\$79
5447	1/5-2/9	Th, 4-5pm	East	\$63/\$79
5448	1/5-2/9	Th, 5-6pm	East	\$63/\$79

#### Session 2 (Ages 5-8)

5449	2/27-4/3	M, 4-5pm	East	\$63/\$79
5451	2/27-4/3	M, 5-6pm	East	\$63/\$79
5453	3/1-4/5	W, 4-5pm	East	\$63/\$79
5456	3/2-4/6	Th, 4-5pm	East	\$63/\$79
5455	3/2-4/6	Th, 5-6pm	East	\$63/\$79

#### Session 1 (Ages 8-12)

5458	1/2-2/6	M, 6-7pm	East	\$63/\$79
5445	1/4-2/8	W, 5-6pm	East	\$63/\$79

#### Session 2 (Ages 8-12)

5450	2/27-4/3	M, 6-7pm	East	\$63/\$79
5457	3/8-4/19	W, 5-6pm	East	\$63/\$79

## Intermediate Climbing

(Ages 6-12) Review the basics from the Introduction to Climbing class while learning more techniques and skills of knot tying, belaying, route climbing, bouldering and etiquette. Information: Matt at 303-413-7477 or [kamhim@bouldercolorado.gov](mailto:kamhim@bouldercolorado.gov)

#### Session 1 (Ages 6-12)

5443	1/4-2/8	W, 6-7:30pm	East	\$95/\$119
5446	1/5-2/9	Th, 6-7:30pm	East	\$95/\$119

#### Session 2 (Ages 6-12)

5452	3/1-4/5	W, 6-7:30pm	East	\$95/\$119
5454	3/2-4/6	Th, 6-7:30pm	East	\$95/\$119



# PLAY BALL

**SIGN UP NOW FOR ADULT SPORTS LEAGUES!**

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



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



**Winter deadline: Mid Dec.  
Spring deadline: Mid Feb.**

Register online at [BPRsports.org](http://BPRsports.org) or call 303-413-7270



**TENNIS IN THE GYM**  
.....  
Snow outside?  
No problem! Our  
program moves inside  
for the winter.  
pg. 38

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

## Tennis Court Locations

Arapahoe Ridge, Eisenhower Drive - 2 courts  
Baseline Middle, 700 20th Street - 2 courts  
Centennial Middle, 2205 Norwood - 8 courts  
Chautauqua Park, Ninth & Baseline - 1 court  
Columbine, 20th & Glenwood - 2 courts  
East Center, 5660 Sioux Drive, - 5 courts\* (lights)  
Fairview High, Greenbriar & Knox - 8 courts  
Knollwood, Fourth & Spruce - 2 courts  
Manhattan Middle, 290 Manhattan - 4 courts  
Martin Park, 36th & Dartmouth - 2 courts  
North Center, 3170 Broadway - 4 courts\* (lights)  
Palo Park, N. 30th & Redwood - 2 courts  
South Center, 1360 Gillaspie - 4 courts  
Tom Watson Park, 63rd & IBM drive - 4 courts (lights)

**To reserve a Rec Center court and lights, please contact:  
East 303-413-7460 | North 303-413-7260 | South 303-441-3448**

Rec Center courts can be reserved for \$7.50 per court for 1.5 hours. To reserve all other courts, please call 303-441-4427.

\*Enjoy our lights at EBCC and NBRC.

Light fees: \$1 per 30 minutes per court. Pay or purchase tokens at front desk. Must reserve court to purchase light tokens at East Boulder Community Center.

## Gonzo Tennis



Gonzo Tennis was founded in 2004 by Gonzalo Garcia with the idea of bringing quality tennis programs to the Boulder community. Since then, Gonzo Tennis has shared the courts with players from ages 3 to 75 through programs for kids and adults.

Gonzo Tennis and the city of Boulder believe tennis is a significant part of life that further defines who we are as human beings. We have a devotion to fostering the development of players of all ages, and giving them the opportunity to discover even more about this truly international sport.

**Questions: Gonzo Garcia at [gonzo@gonzotennis.com](mailto:gonzo@gonzotennis.com)**

**Program Info:**

**Erynn at 303-441-4137 or [simonee@bouldercolorado.gov](mailto:simonee@bouldercolorado.gov)**

**For inclement weather and cancellation information: 303-441-3410**

## Private Tennis Lessons

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

## Financial Assistance



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

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

# Tennis

## Tennis - Adult

### Adult Tennis Punch Cards

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

1 punch \$23	3 punches \$66	6 punches \$124
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### Adult Tennis Clinics

(Age 16+) Clinics will introduce all the basic tennis strokes to beginners and improve skills for intermediate players. Appropriate games will be used for different levels improving your stroke technique and consistency.

### Beginner with Gonzo

5460	1/11-2/1	W, 10-11:30am	East	\$98/\$120	Gonzo
5461	1/12-2/2	Th, 10-11:30am	East	\$98/\$120	Gonzo
5462	2/15-3/8	W, 10-11:30am	East	\$98/\$120	Gonzo
5463	2/16-3/9	Th, 10-11:30am	East	\$98/\$120	Gonzo

### Intermediate with Gonzo

5466	1/11-2/1	W, 11:30am-1pm	East	\$98/\$120	Gonzo
5464	1/12-2/2	Th, 11:30am-1pm	East	\$98/\$120	Gonzo
5465	2/15-3/8	W, 11:30am-1pm	East	\$98/\$120	Gonzo
5752	2/16-3/9	Th, 11:30am-1pm	East	\$98/\$120	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

5467	1/8-3/5	Su, 2-3pm	East	\$92/\$115
5256	1/14-3/4	Sa, 3-4pm	North	\$92/\$115

### Intermediate

5468	1/8-3/5	Su, 3-4pm	East	\$92/\$115
5257	1/14-3/4	Sa, 4-5pm	North	\$92/\$115

### Junior Training with Gonzo

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

Contact Gonzo for an evaluation prior to registration for the "training" classes at [gonzo@gonzotennis.com](mailto:gonzo@gonzotennis.com).



*Designed to allow kids to continue playing tennis during the winter months, tennis in the gym offers an exciting play format with specialized equipment, shorter court dimensions and lots of skill building games.*

## Tennis - Youth

(Ages 3-9) The School of Tennis is a child physical development program that uses a variety of fun games to develop motor skills, enjoyment the game, and helping to create self confidence in a safe and friendly environment. It's all about Tennis! [www.gonzotennis.com](http://www.gonzotennis.com) For inclement weather and cancellation information: 303-441-3410.

### Mini Gonzos in the Gym

(Ages 3-4)

5473	1/8-2/26	Su, 10:30-11am	East	\$69/\$86
5475	1/9-2/27	M, 3:15-3:45pm	East	\$69/\$86
5262	1/10-2/28	Tu, 2:45-3:15pm	North	\$69/\$86
5477	1/11-3/1	W, 3:15-3:45pm	East	\$69/\$86
5479	1/12-3/2	Th, 3:15-3:45pm	East	\$69/\$86

### Tiny Gonzos in the Gym

(Ages 5-6)

5474	1/8-2/26	Su, 11-11:45am	East	\$78/\$97
5476	1/9-2/27	M, 3:45-4:30pm	East	\$78/\$97
5263	1/10-2/28	Tu, 3:15-4pm	North	\$78/\$97
5478	1/11-3/1	W, 3:45-4:30pm	East	\$78/\$97
5480	1/12-3/2	Th, 3:45-4:30pm	East	\$78/\$97

### Mighty Gonzos in the Gym

(Ages 7-9)

5469	1/8-2/26	Su, 11:45am-12:45pm	East	\$92/\$115
5470	1/9-2/27	M, 4:30-5:30pm	East	\$92/\$115
5259	1/10-2/28	Tu, 4-5pm	North	\$92/\$115
5471	1/11-3/1	W, 4:30-5:30pm	East	\$92/\$115
5472	1/12-3/2	Th, 4:30-5:30pm	East	\$92/\$115

# Valmont Bike Park



*Our programs offer authentic outdoor adventure camps and clinics to explore Valmont Bike Park.*

## Valmont Bike Park

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

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

Check out the “know before you go” video for Valmont Bike Park at [Valmontbikepark.com](http://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).

## Biking Programs at Valmont Bike Park

### Avid4 Adventure

Since 2004, Avid4 Adventure empowers kids to choose healthy, active lives through authentic outdoor adventures. Through school programs, summer camps and special events, Avid4 Adventure has served over 100,000 children in the Front Range and Bay Area, California with incredible staff, the best equipment, un-paralleled customer service, and a safety record that is superior to industry standards. Look for our skills camps and after school programs in the summer and fall. **Register online at [Avid4.com](http://Avid4.com).**

**Questions & Information:** Avid4 Adventure, [vbp@avid4.com](mailto:vbp@avid4.com) or call 800-977-9873 or visit [BoulderParks-Rec.org](http://BoulderParks-Rec.org).

### Clinics with Lee McCormack ([leelikesbikes.com](http://leelikesbikes.com))

Lee is widely considered one of the world's top bicycle skills instructors. His Lee Likes Bikes teaching method helps all sorts of riders ride better, safer and faster. A passionate rider, journalist and instructor, Lee wrote and illustrated the books *Mastering Mountain Bike Skills*, *Pro BMX Skills* and *Teaching Mountain Bike Skills*. As the skills development director for the National Interscholastic Cycling Association, Lee creates and teaches the curricula used to train high school mountain bike coaches and their riders.

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

(Age 18+) Working with a Lee Likes Bikes instructor by yourself or with a small group is the ultimate way to become a safer, more confident, faster and more capable rider.

### Public Mountain Biking Clinics with Lee Likes Bikes

(Age 18+) Level 1 and Level 2 public classes are the most proven and cost-effective way for adults to become safer, smoother and faster riders. Improve your riding in just a couple hours!

More details, dates and registration for clinics with Lee Likes Bikes can be found online at [leelikesbikes.com](http://leelikesbikes.com).

# Policies & Information

## Recreation Center Closures

12/24	All close at 1:30pm - Christmas Eve
12/25	All closed - Christmas Day
12/31	All close at 4pm - New Year's Eve
1/1	East open 8am-4pm; North and South closed - New Year's Day
1/16	All open - Martin Luther King Jr. Day
2/20	All open - President's Day

## Lock Policy

Patrons are urged to bring a lock to secure valuables. The city of Boulder is NOT responsible for lost or stolen property. Lockers are available for day use only.

## Punch Pass Terms & Benefits

Includes open swim and gym, drop-in fitness/yoga, weight rooms, outdoor pools and reservoir entries. Punch Passes expire two years after purchase date.

## Class Visitor Pass

This pass allows you to drop into a registered class, if space is available. Cards can be purchased at centers and are valid for six months from date of purchase for the following programs: Adult Dance, Yoga, Pilates Mat and Swiss Ball.

**\$70 for 5 classes**

## Why Register Now?

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

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

This year, we'll be increasing our adherence to minimum enrollment standards to enhance our efficient use of staff, space and funding.

**Under-enrolled classes will be cancelled prior to the first session.**

Thanks for registering today!

## Class Size

Limits have been placed on the size of some classes to assure quality instruction. Registration is first come, first served. Register early to ensure a place in the classes you want. Class enrollments are reviewed 3-5 days prior to the first class and those with insufficient enrollment will be cancelled. Registration must be made prior to participation in any Parks and Recreation program or activity.

## Group Discount Program

Discounted rates are available for businesses and organizations with five or more employees.

For information call Christy Munoz at 303-413-7259 or visit [BoulderParks-Rec.org](http://BoulderParks-Rec.org)

## Financial Assistance

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

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

## In an Emergency - What's Our Plan?

The city of Boulder Parks and Recreation Department operates many programs and facilities for the Boulder community. We know that under rare circumstances, extreme weather or other situations have the potential to impact our operations, facilities and patrons. In an emergency, staff will follow plans and procedures designed to ensure the safety of participants. A plan has been tailored to each specific site and facility we manage. In the event of an emergency requiring the relocation of participants, program leaders will communicate their actions and evacuation location (once practical) to department communication staff. This information will be uploaded to the city's Website ([www.bouldercolorado.gov](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 12

For your child's safety and well-being, the city of Boulder Parks and Recreation Department requests that children under 12 years of age not be left unsupervised at any recreation facility, or outdoor pool. It is acceptable to leave children participating in organized classes or programs, as they are under the care of an adult program leader or instructor.

## Photographs & 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.

**NEW**

# Registration

## Transfer Policy

### Fee

- Same day of registration \$0
- Before 2nd class date, if space is available \$5

## Program Refund Policy

### Fee

- Courses
- Before 2nd class \$15
  - After 2nd class No Refund
- 1 Meeting Programs
- One week prior to start date No Refund
- 2 Meeting Programs
- Before 1st Meeting \$15
  - After 1st Meeting 50%
  - After 2nd Meeting No Refund
- Camps
- Monday two weeks prior to start of camp No Refund
  - More than two weeks prior to start date \$15
- Leagues
- Before league registration deadline \$15
  - After league registration deadline No Refund

## Pass Refund Policy

### Fee

#### Annual Pass

- Cancellation Fee \$25

#### Monthly Annual Pass

- Payments stopped upon request, no prorated refunds

#### Punch Cards & Twilight Pass

- Cancellation Fee \$15

1. For pass and program withdrawals, customer will receive a refund of their prorated balance less a withdrawal fee.
2. In the event a patron or their dependent falls ill, becomes injured or does not possess necessary skills, inhibiting their ability to participate in or continue participation in a program or utilize a facility pass or punch card, a pro-rated refund may be given based upon the date of the refund request. Documentation (i.e. doctor's note) is requested for illnesses and injury claims.
3. In the event a patron requests a full refund due to level of service or other legitimate factors, they are asked to submit this request in writing citing their reason for a full refund.
4. If a refund is authorized, the appropriate amount will be refunded via the original form of payment. No exceptions.
5. For monthly billing option, see contract for refund policy.

## 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.

## Online Registration **ALERT**

It's quick, convenient and easy! 24/7 online registration requires new Active® account.

Update or create your family account information today!

- Online registration begins at 8:30 a.m. Tuesday, December 6.
- For registrations in which you have a discount or questions, please call the registration help line at 303-413-7270, Monday-Friday, 9 a.m.-5 p.m.
- For registrations that qualify for financial aid or to apply for financial aid, please call 303-413-7200, Monday-Friday, 8 a.m.-5 p.m.

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



## ONLINE REGISTRATION

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

- ▶ Go to [BoulderParks-Rec.org](http://BoulderParks-Rec.org)
- ▶ Click on "Register Online"  
Need help? See our FAQ's online or call the registration help line at 303-413-7270, Monday-Friday, 9 a.m.-5 p.m.
- ▶ Search for desired class or enter class code.
- ▶ Payment must be completed at the time of registration.
- ▶ Confirmation receipts are emailed upon registration. Please make sure you have a current email on file.
- ▶ Thank you for using our NEW online registration system!

# Staff Contacts

## PARKS & RECREATION STAFF PHONE NUMBERS

### ACCESS & INCLUSION (EXPAND)

Lori Goldman, Supervisor .....303-413-7256

### COMMUNITY OUTREACH

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

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

Cassy Bohnet Volunteer Coordinator .....303-441-4404

### AQUATICS

Jason Stolz, Aquatics Supervisor .....303-441-3435

Chris Lawson, Water Safety Coordinator .....303-413-7267

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

Pool Operations .....303-413-7468

### GYMNASTICS

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

### HEALTH & WELLNESS

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

Kathleen Murphy, Mind/Body .....303-413-7466

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

### SPORTS

Program Information .....303-441-3410

Erynn Simone, Supervisor .....303-441-4137

Molly Langerak .....303-413-7441

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

### RECREATION CENTERS

Tim Duda, Supervisor, EBCC .....303-413-7463

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

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

### FLATIRONS GOLF COURSE

Tim Stevens, Director of Golf .....303-442-7851

### BOULDER RESERVOIR

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

### VALMONT CITY PARK

Skyler Beck, Manager .....303-413-7219

### PARK OPERATIONS

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

### YOUTH SERVICES INITIATIVE

Alexis Moreno, Supervisor .....303-413-7217

### ADMINISTRATION

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

Alison Rhodes Deputy Director .....303-413-7249

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

Paul Bousquet Marketing Manager .....303-413-7239

# VOLUNTEER



Make a Difference in Your Community!

### Volunteer opportunities:

- EXPAND
- Youth Services
- Child Care
- Sports (coaching)
- Special Events
- Parks
- Urban Resources
- Outdoor Projects

More information: [BoulderParks-Rec.org](http://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

## Financial Assistance



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

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

## James P. (Philip) Maxwell

1839 – 1929

There's a "secret" park nestled on Linden Park Drive just west of Broadway. This hidden treasure, Maxwell Park, is fun to explore while serving as a link to Boulder's early history. The park's main attraction, Maxwell Lake, is surrounded by prairie grasses, trees and shrubs, reminiscent of the days when one of Boulder's most prominent pioneer settlers owned, lived and ranched the land.

James P. Maxwell arrived in Gilpin County, Colorado in 1860 with his father. His early enterprises included mining, lumber and a stint as sheriff. By 1872, he moved to Boulder and was elected to the Colorado territorial legislature. During the span of his career, Maxwell was a farmer, rancher, banker, U.S. government surveyor and state engineer. In 1876, he became a member of Colorado's first state senate.

Maxwell also served as one of Boulder's earliest mayors. During this time, he was involved in the development of Mapleton Hill and in the creation of Silver Lake and Silver Lake Ditch (which helped water the maples he planted along Mapleton Avenue).

Expressing an interest in the growth and development of the state as a whole Maxwell helped foster another Colorado city as well. In 1883, he helped form the Steamboat Springs Town Site Company which filed a plat to develop Steamboat Springs.



Maxwell's business success allowed him to purchase a large tract of land in North Boulder. In 1906, Maxwell built a splendid brick foursquare home on 1,600 acres located at 3737 12th Street (currently known as Broadway). It is on this land that he created Maxwell Lake and ran a ranching operation with the help of his son, Clint. At the time, the views from this home would have been unsurpassed.

Today, you can still catch a glimpse of Maxwell's ranch. In 1969, Boulder native and artist Joe Ardourel created a lithograph of a wooden barn on the Maxwell ranch property shortly before it was removed to make way for the homes of Wonderland Hills. Ardourel passed away in 2015 and the executor of his will donated one of the 75 original prints of the barn to Boulder Parks and Recreation. Fortunately, in the 1970s, Boulder historian John Schoolland, also captured the barn on film. We found this image at the Boulder Carnegie Branch Library.

Maxwell passed in Boulder in the late 1920s. While much has changed since then, Maxwell Lake is still there for you to explore and enjoy.

Thank you, Hon. James Maxwell.

## The Faces of Boulder's Volunteers

Boulder Parks and Recreation (BPR) is proud of its volunteer community. Managing 1,800 acres of public land, 85 parks and over 15 programs is challenging, thankfully we get a lot of help. This year, over 4,000 of your neighbors contributed to making Boulder a great place to live, by helping preserve, protect and beautify our public lands as well as mentor, assist and coach in our many recreation programs. We're excited to share how our volunteers and their efforts contributed to the community's success in 2016.



### Wildlife Advocates



Over 30 trained Bird Monitors observed and recorded 70 bird species at the Boulder Reservoir, including the Northern Harrier raptor species which is listed as rare and declining in Boulder County.

### Creek Environmentalists and Park Stewards

70 groups representing businesses, churches, non-profits, neighborhoods, interest groups, schools, universities and unaffiliated individuals volunteered in 35 parks and 20 stream projects to paint, prune, weed, mulch, pick up trash, plant flowers and trees, maintain trails, monitor dog parks, maintain flower beds and refurbish playgrounds.



### Historical Conservationists

The Columbia Cemetery Conservation Corps spends hundreds of hours restoring grave markers and maintaining historic plots. This year, the Corps' efforts helped obtain not only a grave marker for veteran Edward Baker, but helped identify his name as well. Until August 2016, Baker was known as an unnamed Buffalo Soldier.



### Festival and Event Aides

Over 300 people help to support community events; including serving dinner at a holiday parties for Youth Services Initiative (YSI) families, fundraising for the Exciting Programs Adventures and New Dimensions' (EXPAND) duck race, engaging dog guardians at Dog Dayz and more.



### Recreation Program Supporters

Many of our returning volunteers serve to support people with disabilities through EXPAND Programs, assist youth in YSI programs, participate in childcare at the recreation centers or coach kids in sports or day camps.



Our volunteers' list of achievements is immense and continues to build each year. In 2016, our volunteers participated in over 100 volunteer opportunities and on-going programs. BPR deeply values the commitment and enthusiasm of our volunteers and we look forward to the continued benefits their service brings to Boulder.

To learn more or get involved visit [BPRvolunteer.org](http://BPRvolunteer.org).

FREE PUBLIC EVENT!  
FOR KIDS AGES 3-11

# Annual Kids Holiday Extravaganza

**December 15th  
5:00pm-6:30pm**

Face Painting, Photo Station,  
Ornament Making, Cookie Decorating,  
Dance Games, Coloring Contest  
Special Performances by Kinesis Dance Company

The Annual Kids Holiday Extravaganza,  
organized by the  
Kinesis Dance Company Dancers and Staff  
from 5:00pm-6:30pm.



KinesisDance.com

Free Event  
Kinesis Dance  
5603 Arapahoe Avenue #6  
Boulder, Colorado 80303  
720-515-6268



## Sweetheart Valentine's Dance

Be My  
Valentine!

**FEBRUARY 11**

DJ Music | Refreshments | Photos

6-8 p.m. (Ages 1-9)  
Photos start at 5:30 p.m.

Registration code: 5926  
\$35 for Adult/Child (\$20 per additional child)

North Boulder Recreation Center  
3170 Broadway

Register online today, space is limited!  
BoulderParks-Rec.org

## Shop #TreeOpp Products Now! Gifts of Meaning and Impact

This holiday season give a unique, natural gift made of beautiful Ash wood harvested in Boulder and created by Bridge House craftspeople in the city's #TreeOpp program.

#TreeOpp is a unique collaboration between Bridge House, a program helping individuals transition from homeless to job and housing security, and Boulder's Parks and Recreation and Public Library. This program turns Emerald Ash Borer wood into beautiful useful and artistic products while transforming the lives of local homeless people.

Be a part of this inspirational effort, buy a cutting board (\$40-\$75 ea.) or an ornamental butterfly (\$15-20 ea.) at:

**Boulder County Farmers Market Winter Sale  
December 3 & 4, 9am-3pm**

Boulder County Fairgrounds Exhibit Building  
9595 Nelson Road, Longmont



For more information and to learn how to get involved, visit [treeopp.org](http://treeopp.org).



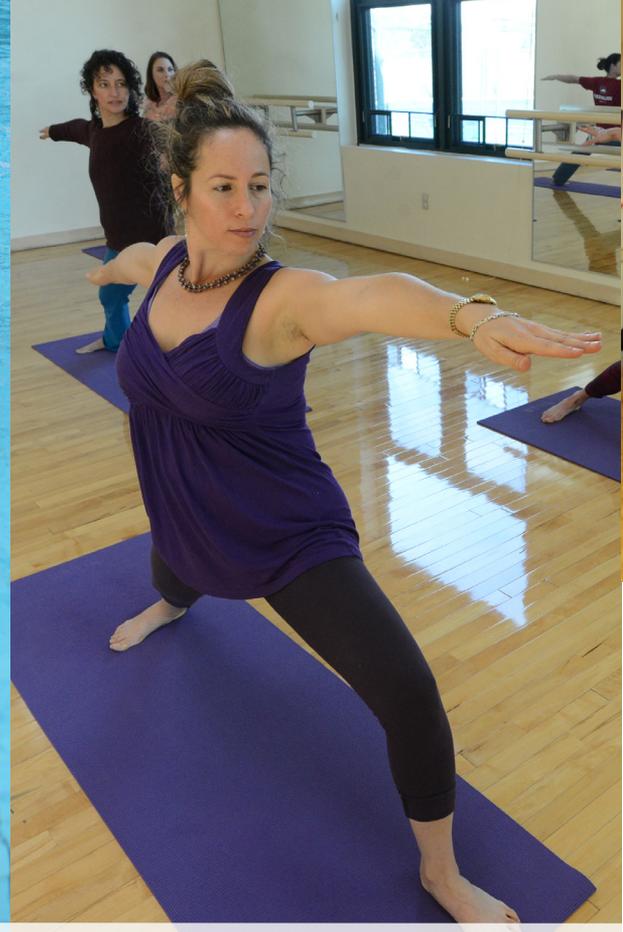
# You Belong Here!

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

Your recreation center annual pass, punch pass or daily entry fee gets you into any drop-in class and gives you full access to the facility's pools, ball courts, weight room, cardio fitness equipment and more!

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

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



**BOULDER'S BEST FITNESS VALUE!**

## Drop-In Fitness Classes

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

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

## Aquatic Fitness Classes

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

## Drop-In Mind/Body Classes

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

## Recreation Centers

### Cardio & Weight Rooms (pg. 26-28)

Attain the strength, flexibility and cardio fitness you desire. Each center features the latest equipment for designing your ultimate workout.

### Swimming (pg. 10-15)

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

### Passes (pg. 9)

Guide yourself to feeling and looking your best. Gain access to the latest strengthening, weight and cardio equipment, drop-in classes, pools and more. No contracts or initiation fees.



# New Year's Day Family Fitness Jam

Feed Your Body, Mind and Soul!

Sample Fitness  
& Dance Classes

Enter with  
pass or  
\$7.50  
drop-in

Start 2017 with a fun, fast-paced fitness jam! Move to the groove of several different certified fitness instructors dishing up their best moves and tunes! Enjoy any part or all of this 4-hour fitness session - to jump start your 2017 fitness goals. A great way to sample new techniques and teachers - and start '17 in style!

## Family & Fitness Jam

- |               |                                    |
|---------------|------------------------------------|
| 9-11 a.m.     | TRX Demos                          |
| 9-11 a.m.     | Blood Pressure & Body Comp Testing |
| 9-10 a.m.     | Fitness Sampler                    |
| 10-11:30 a.m. | Soul Sweat Nia Jam                 |
| 12-1 p.m.     | Yoga                               |
| 9 a.m.-1 p.m. | Rock Climbing Wall (open)          |
| 1-3:30 p.m.   | Log Rolling in the Pool            |

## Dance Sampler

- |               |                               |
|---------------|-------------------------------|
| 9-9:30 a.m.   | Salsa with Judy               |
| 9:30-10 a.m.  | Ballroom with Judy            |
| 10-10:30 a.m. | Hula-La'ela'e                 |
| 10:30-11 a.m. | Adult Jazz with Julie         |
| 11-11:30 a.m. | Adult Ballet 1 with Elizabeth |

Visit us online at [BoulderParks-Rec.org](http://BoulderParks-Rec.org) for class descriptions and more details.

## Stay Fit & Save

Get our best fitness deals of the year,  
New Year's Sale begins Jan. 1

Sunday, January 1  
8 a.m. - 4 p.m.

East Boulder  
Community Center

## Recreation Center New Year's Hours:

**New Year's Eve (Sat. Dec. 31)**  
Recreation Centers open until 4 p.m.

**New Year's Day (Sun. Jan. 1)**  
East open 8 a.m.-4 p.m.  
Childcare 8:30 a.m.-1:30 p.m. - Special Activities

- North & South Recreation Centers closed

## Swimming Pool Fun

**Swim Lesson Level Placements**  
1 - 3 p.m. ▪ Let us assess your child and advise you on what level of swim lesson is best.

**Log Rolling** ..... **NEW** .....  
1-3 p.m.

**Open Swim**  
8:30 a.m. - 3:30 p.m.



Winter Online Registration\* begins 8:30 a.m.  
Tuesday, December 6 ▪ BoulderParks-Rec.org

\*Requires new Active® account. Update your account today!



# Snow Much Fun with Ice!

Returns to the Civic Area ▪ November 20-February 20, 2017

Take a "ride" on the  
*Polar Express*

**Movie December 10 ▪ 5 to 8 p.m.**

FREE movie in the park  
and family  
entertainment!

Central Park Bandshell  
1236 Canyon Blvd.

**SnowMuchFun.org**

*Winter Skate*

Old Fashioned Outdoor Ice Skating

PRESENTED BY BOULDER CREEK EVENTS