

DANCE - ADULT



Dance Punch Cards

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

Discount - Adult Dance

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

Class Cancellation Policy

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

▶ ADULT BALLET/JAZZ

Ballet Barre

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

- 172871** 9/11-12/11 Tu, 8:30-9:30am North 13 \$111/\$139 Sylvia
- 172878** 9/13-12/13 Th, 9-10am East 13 \$111/\$139 Sylvia

Ballet Barre Plus

(Ages 18+) Add an optional centre routine for a complete ballet workout. A dance will be taught for the Spring Concert.

- 172872** 9/11-12/11 Tu, 9:30-11am★ North 13 \$137/\$171 Sylvia

Ballet Level 1

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

- 172874** 9/11-12/11 Tu, 6:30-7:45pm North 13 \$137/\$171 Elizabeth R.

Ballet Level 2

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

- 172875** 9/11-12/11 Tu, 7:45-9pm North 13 \$137/\$171 Elizabeth R.

Ballet Level 3

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

- 172876** 9/15-12/15 Sa, 1-2:30pm East 13 \$137/\$171 Elizabeth R.

Pointe Extension for Adult Ballet 3

This course is for students taking Adult Ballet 2/3, 166038.

- 176333** 9/15-12/15 Sa, 2:30-3am East 13 \$65/\$82 Elizabeth R.

Ballet Level 3/4

(Ages 16+) A class for strong intermediate--advanced dancers with 4 or more years of solid training and experience. Emphasis on complexity of combinations, masterful execution, stability, fluidity and expansion of movement. Pointe work is included in the last 30 minutes of class. Performance opportunity available.

- 172877** 9/13-12/13 Th, 6:30-8:30pm South 13 \$260/\$325 Elizabeth R.

Stretching & Conditioning for Dance

(Ages 13+) Safe and appropriate stretching and conditioning exercises for all levels and types of dance. Learn how to properly increase your flexibility and range of motion, how to strengthen and use your muscles, how to stretch at the barre and on the floor, placement and stability of the spine, hips and torso on one or both legs, safe and effective bending of the ankles, knees, back and neck; warm-up and cool-down stretches; target exercises for inner thighs, hamstrings, abdominals, upper arms, etc.

- 176332** 9/15-12/15 Sa, 12-1pm★ East 13 \$111/\$139 Elizabeth R.



DANCE - ADULT

▶ TAP/JAZZ

Tap Level 1

(Ages 13+) Beginning to advanced beginning tap, for students with 0 to 1 year of tap training. In this class we will review FUNdamentals of tap such as flaps, shuffles, crawls, and cramp rolls. A variety of tap styles and music will be included along with the introduction of intermediate material. Preferred tap shoes are the heavier, lace-up oxford style. Tap for adults improves rhythm, balance, coordination, and overall fitness.

172911 9/12-12/12 W, 7:15-8:15pm East 13 \$111/\$139 Mary

Tap Level 2/3

(Age 13+) Learn to tap faster! In this class we will refine basic technique and embark on intermediate material such as riffs, paddle and roll, and time steps. Entire dances will be learned and you may choose to perform in our dance concerts. (3 years of experience preferred.)

172912 9/10-12/10 M, 6:30-7:30pm North 13 \$111/\$139 Mary

Tap Level 4/5

(Ages 13+) Work towards advanced tap levels in this class! You will be challenged with a variety of tap styles and steps with an emphasis on rhythm tap and style. Learn to tap faster, stronger and clearer with challenging rhythms and steps such as wings and pick ups. Entire dances will be learned and you may choose to perform in our dance concerts. (4 or more years of experience preferred.)

172913 9/10-12/10 M, 7:30-8:30pm North 13 \$111/\$139 Mary

Jazz Level 1

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

172901 9/13-10/25 Th, 7:15-8:15pm North 7 \$60/\$75 Rachael

172902 11/1-12/13 Th, 6:30-7:30pm North 6 \$51/\$64 Rachael

Very Adult Jazz

(Ages 18+) A low impact jazz class designed for adults young at heart who have some dance experience. Dance to a variety of music and styles ranging from lyrical to street jazz. Improve overall fitness, strength and flexibility. Technique level will be set to the level of the participants.

Class is structured with a gentle warm up, emphasizing on building strength and enhancing flexibility, followed by exciting and fun jazz routines which will leave you feel exhilarating.

172903 9/14-12/14 F, 2:30-3:45pm North 13 \$137/\$171 Mary

▶ MODERN DANCE

Adult Modern Level 1

Have fun dancing while learning the basic movement concepts of Beginning Modern dance. Enjoy a centering, breath-focused warm-up which includes stretching, yoga postures, and abdominal strengthening work. During class students will move through space with lush, full and athletic phrase work. Open to anyone with little or no dance experience with the philosophy that anyone can dance!

172962 9/12-12/12 W, 7-8pm Iris 13 \$130/\$160

Professional Modern Dance

Cindy Brandle, Artistic Director of the Cindy Brandle Dance Company, leads Advanced/Professional Modern Dance classes. Cindy's classes combine eastern and western philosophies with vigorous, detailed movement inspired by the idea that motion comes from the inside out. Using clear descriptions and thoughtful imagery, Cindy guides students through a balanced warm-up and into lively combinations that are fun and exciting to dance. If you like flying through space and developing body awareness, this is the class for you. Experience in modern dance required.

172963 9/12-12/12 W, 8-9pm Iris 13 \$130/\$160

▶ HIP HOP

Hip Hop Level 1

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

172892 9/11-10/23 Tu, 8-9pm Iris 7 \$60/\$75 Rachel

172893 10/30-12/11 Tu, 8-9pm Iris 6 \$51/\$64 Rachel

▶ BALLROOM

Ballroom Basics

(Ages 16+) Come experience the joy and elegance of Social Dancing. Foxtrot, Waltz and Swing will be taught in this introductory class. Partner not required.

172888 9/15-10/27 Sa, 3:15-4:15pm East 7 \$60/\$75 Judy

172889 11/3-12/15 Sa, 3:15-4:15pm East 6 \$51/\$64 Judy

Ballroom Basics Level 2

(Ages 16+) A continuation of Ballroom Basics.

172890 9/15-10/27 Sa, 4:45-5:45pm East 7 \$60/\$75 Judy

172891 11/3-12/15 Sa, 4:45-5:45pm East 6 \$51/\$64 Judy

Ballroom Basics for Teens

(Ages 11-17) Come experience the elegance of Social Dancing. Foxtrot, Waltz and Swing will be taught in this introductory class. No partner required.

172985 9/10-12/10 M, 4:30-5:30pm South 13 \$104/\$130 Judy

▶ CULTURAL DANCE

Beginning Hula Dance

(Ages 13+) Come learn basic hula steps, ancient and modern hula dances. Hula is a holistic form of dance, which incorporates physical, spiritual, musical, cultural, historic and linguistic elements. The "healing" function of hula has often been emphasized by health-care professionals. La'ela'e has participated in all of the major hula competitions in Hawaii.

172896 9/14-10/26 F, 5:30-6:30pm Iris 7 \$60/\$75 La'ela'e

172897 11/2-12/14 F, 5:30-6:30pm Iris 6 \$51/\$64 La'ela'e

Salsa 1

(Age 13+) Join us in learning this popular social dance! This fun and exciting class will focus on the fundamentals of Casino, the circular and flowing Cuban Style Salsa. No partner is required. Vamos a bailar Todos! Judy Kreith, MA dance education, has traveled to Cuba numerous times to study Salsa.

172906 9/12-10/24 W, 6-7pm North 7 \$60/\$75 Judy

172907 10/31-12/12 W, 6-7pm North 6 \$51/\$64 Judy

Additional classes continued on next page...

DANCE - ADULT/YOUTH



Salsa 2

(Age 13+) Join us in learning this popular social dance! This fun and exciting class will focus on the fundamentals of Casino, the circular and flowing Cuban Style Salsa. No partner is required. Vamos a bailar Todos! Judy Kreith, MA dance education, has traveled to Cuba numerous times to study Salsa. (One year of training recommended.)

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|--------|-------------|----------|-------|---|-----------|------|
| 172908 | 9/12-10/24 | W, 7-8pm | North | 7 | \$60/\$75 | Judy |
| 172909 | 10/31-12/12 | W, 7-8pm | North | 6 | \$51/\$64 | Judy |

Irish Step

(Ages 13+) Kick up your heels to lively Irish reels and jigs! Irish dancing is rooted in tradition yet continues to evolve today, making it a unique and exciting dance form. Dancers will improve their physical dexterity, rhythm and posture while learning the basics of traditional solo step dancing and ceili social dancing in a fun, upbeat environment. Classes also include a proper warm-up with strengthening exercises and stretching.

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|--------|-------------|----------------|-------|---|-----------|--------------|
| 172898 | 9/10-10/22 | M, 7:15-8:30pm | South | 7 | \$60/\$75 | Elizabeth B. |
| 172899 | 10/29-12/10 | M, 7:15-8:30pm | South | 6 | \$51/\$64 | Elizabeth B. |

► PRESCHOOL DANCE

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

Parent-Tot

(Ages 18mos-3yrs) Creative movement, coordination exercises, songs, and finger plays will be used to improve motor skills and rhythm. One adult participant (moms, dads, grandparents or caregivers) to each child.

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|--------|-------------|--------------|-------|---|-----------|-------|
| 172914 | 9/10-10/22 | M, 9-9:45am★ | North | 7 | \$60/\$75 | Cindy |
| 172915 | 10/29-12/10 | M, 9-9:45am★ | North | 6 | \$51/\$64 | Cindy |

Little Feats Ballet

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

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|--------|------------|------------------|-------|----|------------|--------|
| 172919 | 9/10-12/10 | M, 3-3:45pm | South | 13 | \$98/\$123 | Judy |
| 172920 | 9/12-12/12 | W, 9-9:45am★ | North | 13 | \$98/\$123 | Cindy |
| 172921 | 9/13-12/13 | Th, 10:15-11am | East | 13 | \$98/\$123 | Sylvia |
| 172922 | 9/15-12/15 | Sa, 9:30-10:15am | North | 14 | \$98/\$123 | Judy |

World Rhythms for Children

(Ages 3-5) Creative movement classes incorporate children's music from around the world, focusing on music from Africa, South America, Cuba and Brazil.

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|--------|------------|-------------------|-------|----|------------|------|
| 172927 | 9/10-12/10 | M, 3:45-4:30pm | South | 13 | \$98/\$123 | Judy |
| 172928 | 9/15-12/15 | Sa, 10:30-11:15am | North | 13 | \$98/\$123 | Judy |

Drumming and Movement

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

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|--------|------------|-------------------|-------|----|------------|-------|
| 172916 | 9/10-12/10 | M, 10:45-11:30am★ | North | 13 | \$98/\$123 | Cindy |
| 172917 | 9/12-12/12 | W, 10-10:45am★ | North | 13 | \$98/\$123 | Cindy |

Pre-Ballet Level 1

(Ages 4-5) Explore creative movement concepts, which are the building blocks of later dance techniques. Dancers improve their fine and gross motor skills through play-based activities and working with props.

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|--------|------------|-------------------|-------|----|------------|--------------|
| 172924 | 9/12-12/12 | W, 10:45-11:30am★ | North | 13 | \$98/\$123 | Cindy |
| 172925 | 9/13-12/13 | Th, 4-4:45pm | South | 13 | \$98/\$123 | Elizabeth R. |

Pre-Tap and Ballet 1

(Ages 4-5) An introduction to tap and ballet dance. Rhythmic awareness and music appreciation are developed as your child enjoys exploring dance in a fun, creative setting. Props, music and visual aids elicit creative movement that builds coordination, strength and self confidence.

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|--------|------------|----------------|------|----|------------|--------|
| 172959 | 9/13-12/13 | Th, 11-11:45am | East | 13 | \$98/\$123 | Sylvia |
|--------|------------|----------------|------|----|------------|--------|

► YOUTH DANCE

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

Jazz & Tap 1

(Ages 8+) Learn jazz & tap basics in one class! Students will improve in coordination, flexibility, balance and rhythm. Dance to a fun variety of music. Shoes required: jazz shoes or ballet slippers and tap shoes, any style.

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|--------|------------|----------|-------|----|------------|------|
| 172961 | 9/14-12/14 | F, 4-5pm | North | 13 | \$98/\$123 | Mary |
|--------|------------|----------|-------|----|------------|------|

Ballet 1

(Ages 6-8) Learn classical ballet technique in a fun atmosphere. Children will learn vocabulary through focus on alignment, strength, flexibility, musicality and presentation. For the very beginning dancers.

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|--------|------------|-------------|------|----|------------|--------------|
| 172929 | 9/10-12/10 | M, 4-4:45pm | Iris | 13 | \$98/\$123 | Elizabeth R. |
|--------|------------|-------------|------|----|------------|--------------|

Ballet 1

(Ages 9-12)

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|--------|------------|----------------|------|----|------------|--------------|
| 172930 | 9/10-12/10 | M, 4:45-5:45pm | Iris | 13 | \$98/\$123 | Elizabeth R. |
|--------|------------|----------------|------|----|------------|--------------|

Hip Hop and Break - Boys

(Ages 6-8) Learn the true essence of hip hop dance and b-boying (AKA break dancing). B-boying is a masculine dance which combines athleticism, dance and is a great and fun way for boys to express themselves through movement.

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|--------|------------|-------------|------|----|------------|-------|
| 172956 | 9/10-12/10 | M, 6-6:45pm | Iris | 13 | \$98/\$123 | Casey |
|--------|------------|-------------|------|----|------------|-------|

Hip Hop and Break - Boys

(Ages 8-10) Learn the true essence of hip hop dance and b-boying (AKA break dancing). B-boying is a masculine dance which combines athleticism, dance and is a great and fun way for boys to express themselves through movement.

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|--------|------------|----------------|------|----|------------|-------|
| 172957 | 9/10-12/10 | M, 6:45-7:30pm | Iris | 13 | \$98/\$123 | Casey |
|--------|------------|----------------|------|----|------------|-------|

Hip Hop and Break - Teens

(Age 13+) Learn the true essence of hip hop dance and b-boying (AKA break dancing). B-boying is a masculine dance which combines athleticism, dance and is a great and fun way for boys to express themselves through movement.

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|--------|------------|----------------|------|----|------------|-------|
| 172958 | 9/10-12/10 | M, 7:30-8:30pm | Iris | 13 | \$98/\$123 | Casey |
|--------|------------|----------------|------|----|------------|-------|

Irish Step

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

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|--------|------------|----------------|-------|----|------------|--------------|
| 172900 | 9/10-12/10 | M, 6:30-7:15pm | South | 14 | \$98/\$123 | Elizabeth B. |
|--------|------------|----------------|-------|----|------------|--------------|



DANCE - CONCERT CLASSES

► CONCERT CLASSES

Concert Fee

Please note that all concert participants must pay a one-time concert fee by Nov 15. to help defray production costs such as facility rental, lighting, etc. Please make this payment at the registration office. Required one-time concert fee to be paid by all participants.

172885 \$35/\$35

Concert Class Information

Dance teachers may recommend changes in student placement among class levels during the first week of classes. The dance concert will be April 13 & 14, 2013. Students will sign up for the same concert class in the winter session and pay tuition at that time for that session (winter session is Jan-Apr). Class tuition includes all costume fees. Dress rehearsal attendance is mandatory. More specific information will be available in the fall from instructors when it is available.

Pre-Ballet Level 2

(Ages 4-5) This concert class continues to explore creative movement concepts, which are the building blocks of later dance techniques, combined with an introduction to beginning ballet technique. Dancers improve their fine and gross motor skills through play-based activities and working with props, as well as creating and practicing a dance for the Spring Dance Concert.

172932 9/10-12/10 M, 10-10:45am★ North 13 \$128/\$153 Cindy

172933 9/12-12/12 W, 4-4:45pm Iris 13 \$128/\$153 Cindy

Kinder Ballet

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

172935 9/11-12/11 Tu, 4-4:45pm North 13 \$128/\$153 Elizabeth R.

172934 9/14-12/14 F, 3:45-4:30pm East 13 \$128/\$153 Vanessa

Kinder Jazz

(Ages 5-6) A great introduction to jazz basics in a fun and playful atmosphere. Perfect for kindergarten age dancers who have participated in pre-ballet classes.

172947 9/12-12/12 W, 4-5pm North 13 \$128/\$153 Judy

Pre-Ballet and Tap Level 2

(Ages 4-5) An introduction to tap and ballet dance. Rhythmic awareness and music appreciation are developed as your child enjoys exploring dance in a fun, creative setting. Props, music and visual aids elicit creative movement that builds coordination, strength and self confidence This class will perform in the Spring Dance Concert.

173001 9/18-12/18 Tu, 11:15-12pm★ North 13 \$128/\$153 Sylvia

Kinder Hip Hop

(Ages 5-6) A fun energetic form of dance. Gain rhythm and learn basic movements while having a great time.

172941 9/11-12/11 Tu, 4-4:45pm Iris 13 \$128/\$153 Rachael

Ballet Level 2/3

(Ages 6-7) For students who have had at least 1 to 2 years of solid ballet training. Focus will be on developing and strengthening all components of ballet technique and expanding movement vocabulary as we engage in the fun of preparing the concert dance.

172938 9/14-12/14 F, 5:30-6:15pm East 13 \$128/\$153 Vanessa

Ballet Level 2/3

(Ages 9-12) For students who have had at least 1 to 2 years of solid ballet training. Focus will be on developing and strengthening all components of ballet technique and expanding movement vocabulary as we engage in the fun of preparing the concert dance.

172937 9/10-12/10 M, 4-5pm North 13 \$128/\$153 Elizabeth R.

Jazz Level 1/2

(Ages 6-8) Jazz dance for children is a joyful, high energy dance form. These introductory classes provide students with knowledge of dance class format, and a special emphasis on music and rhythm. Traditional dance movement vocabulary is used to ensure that the building blocks are in place for smooth progression.

172948 9/12-12/12 W, 5:15-6pm★ East 13 \$128/\$153 Vanessa

Jazz Level 2/3

(Ages 6-8) One year previous training required.

172949 9/10-12/10 M, 4-5pm★ East 13 \$128/\$153 Cindy & Vanessa

Jazz Level 3/4

(Ages 10-13) Two - three years of previous training required.

172950 9/12-12/12 W, 6-7pm★ East 13 \$128/\$153 Vanessa

Jazz Level 5/6

(Ages 11-16) Three - Four years previous training required.

172953 9/12-12/17 M, 5:30-6:30pm South 26 \$228/\$280 Judy
W, 5-6pm North

Hip Hop Level 1/2

(Ages 11-17) Hip Hop is an internationally popular dance form that promotes physical fitness while having fun! Learn the foundation of many Hip Hop styles in this vigorous and exhilarating class.

172944 9/11-12/11 Tu, 4:45-5:45pm Iris 13 \$128/\$153 Rachael

Hip Hop Level 1/2

(Ages 7-10) Hip Hop is an internationally popular dance form that promotes physical fitness while having fun! Learn the foundation of many Hip Hop styles in this vigorous and exhilarating class.

172943 9/13-12/13 Th, 4-4:45pm North 13 \$128/\$153 Rachael

Expressions Dance Company

Expressions Dance Company is a unique, audition-based, dance company for youth, offering high-quality training and extensive performance experience in many styles of dance. The goal is to develop dancers who possess technical proficiency, a joy of performing and an awareness of the artistic self.

Admission to Expressions is by AUDITION ONLY. For more information, please contact Cynthia Burdine at 303-413-7473 or visit us online at www.BoulderParks-Rec.org.



What is EXPAND?

EXciting Programs Adventures & New Dimensions 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 call Colleen Fitzgerald, Recreation Administrator, 303-413-7216 or fitzgeraldc@bouldercolorado.gov with any questions. Unless otherwise noted, programs are for all ability levels.

Scholarships

Scholarships are available for individuals. For more information contact Sherri Brown at 303-441-4933.

Group

Participants who are independent or require minimal verbal prompting with personal care, hygiene, dressing, eating, balance and typical social behavior.

1 on 1

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

Inclusion!

A great opportunity to make new friends and explore other programs. Participate in a general recreation class with your peers. Support will be provided. Contact Colleen Fitzgerald at 303-413-7216 two weeks prior to class start date for more information about inclusion.

► COMMUNITY INVOLVEMENT CLASSES

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

Campout CO-OP

(Ages 18+) Meet people from around the metro area on this fun weekend trip. Campers must be independent with all hygiene skills and be independent with a 5:1 staff ratio. Please note that the campsite is not wheelchair accessible. Contact Lori Goldman, 303-413-7256.

174684 9/21-9/23 F-Su, 3pm-11am Iris 3 \$175/\$218 group only

FLIP (Fun, Leisure, Interactive, Party)

(Ages: Middle thru High School/ 12-21yrs.) FLIP! Hang out with friends afterschool doing fun activities like music, sports, games and x-box! Transportation can be provided from Boulder High & Fairview if requested. Contact Lori Goldman, 303-413-7256.

174686 10/1-10/29 M, 3:30-5:30pm South 5 \$30/\$38

174687 11/26-12/17 M, 3:30-5:30pm South 4 \$24/\$30

Youth Swim Lessons

(Ages 4-12) We will work on swim strokes specific to each child's unique learning style. Swimmer ratio is 2:1. Contact Jen Heilveil, 303-413-7474.

173284 9/17-12/10 M, 4-4:30pm East 13 \$120/\$150

Water Aerobics

(Age 15+) 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.

173282 9/17-12/10 M, 4:30-5:30pm East 13 \$65/\$80

Become a Chef!

(Age 16+) Come get inspired about cooking! Learn how to cook delicious dinners with healthy eating coach Mary. Each class, we will get together with friends and learn how to make a great meal. Bring a tupperware container to take your prepared meal home and enjoy for dinner. Contact Sherri, 303-441-4933.

★ NEW!

172904 9/18-10/16 Tu, 3-4:30pm East Senior 5 \$100/\$120

172905 11/6-12/4 Tu, 3-4:30pm East Senior 5 \$100/\$120



EXPAND

Groovin to the Beat

(Age 16+) Learn party music dances, line dancing and more! Contact, Cory Lasher, 303-413-7269.

172795 10/23-11/13 Tu, 3-4pm East 4 \$25/\$30

Gym Sports

(Age 14+) Let's play those old gym games! Games will include: Dodgeball, Kinball, Whiffleball, etc. Contact Sherri Brown, 303-441-4933

172880 9/11-9/25 Tu, 5-6:30pm East 3 \$20/\$25

172881 10/23-11/6 Tu, 5-6:30pm East 3 \$20/\$25

Flag Football

(Age 14+) It's Back! Play flag football! Contact: Sherri Brown, 303-441-4933.

172884 10/2-10/16 Tu, 5-6:30pm East 3 \$20/\$25 group only

Floor Hockey

(Age 16+) Come play floor hockey. Fun and exciting game played on the gym floor - no skates. Contact Sherri Brown, 303-441-4933

172882 11/13-11/27 Tu, 5-6:30pm East 3 \$20/\$25

Basketball Practice

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

172883 12/4-12/18 Tu, 5-6:30pm East 3 \$20/\$25

More than Notes & Noise

(Age 16+) Let's make music! A fun beginner music class exploring music and instruments. No music talent needed. Come be part of fun! Contact Sherri Brown, 303-441-4933. No class Oct. 31

172879 10/17-12/5 W, 6-7pm East Senior 7 \$30/\$35

Jewelry Making

(Age 16+) Learn the basics of jewelry making and walk away with your own creations! Bring your own beads but we will supply beads as well. Contact Cory Lasher, 303-413-7269.

172797 11/14-12/5 W, 4:30-5:30pm East Senior 4 \$40/\$50 group only

Golfers

(Age 16+) Let's spend an evening at Flatirons Golf Course chasing a little white ball around. Group activity. Contact Sherri Brown, 303-441-4933.

172865 8/23 Th, 5:30-8:30pm Flatirons 1 \$20/\$25

172866 9/6 Th, 5:30-8:30pm Flatirons 1 \$20/\$25

Indoor Rock Climbing at ABC

(Ages 3-15) Whether you've never climbed or you are an old pro, ABC will help create fun, challenging activities and climbing for you. Climbing is a fantastic way to condition your mind and body. Price includes rental harness & shoes. Contact Lori Goldman, 303-413-7256

NEW!

174683 10/4-11/1 Th, 3:30-5:30pm North 5 \$100/\$125

Weight Lifting

(Age 16+) Pump up! Learn to use free weights and machines to increase muscle tone and strength. Contact Sherri Brown, 303-441-4933. No class Nov. 22.

172863 9/13-12/13 Th, 2:30-3pm East 13 \$32/\$40 group only

Spinning

(Age 16+) Come jump on a bike. Great exercise and social hour. Contact Sherri Brown, 303-441-4933. No class Nov. 22

172835 9/13-12/13 Th, 3-4pm East 13 \$60/\$75

Unified Volleyball

(Age 16+) Skills, drills, scrimmages and Special Olympic competitions. Contact Sherri Brown, 303-441-4933.

172864 9/20-11/8 Th, 4-5:30pm East 8 \$50/\$62

Swim Team Training

(Age 8+) For lap swimmers who want to stay in shape and continue to improve on strokes. Swimmers must be comfortable in the lap pool. Contact, Jen Heilveil, 303-413-7474. No class Nov. 22.

173232 9/27-11/29 Th, 6-7pm East 9 \$80/\$100

Bowling

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

173283 9/28-12/14 F, 4-5:30pm CU 12 \$110/\$135

Bowling Tournament

We will go to Denver for this fun tournament! Lunch and awards included! Contact: Jen Heilveil, 303-413-7474.

173287 11/3 Sa, 10am-3pm East 1 \$35/\$43

Horseback Riding

(Age 18+) Trail ride in Lakewood at Bear Lake. Waiver must be signed prior to the program. Contact Lori Goldman, 303-413-7256.

NEW!

174682 9/16 Su, 9:30-1:30pm East 1 \$60/\$75

Judo

(Age 8+) Come experience Judo. It is a fun sport, an art, a discipline, a recreational or social activity, a fitness program, a means of self-defense and a way of life. It is all of these and more. Contact Sherri, 303-441-4933. No class Nov. 10 & 24.

176082 10/27-12/15 Sa, 3:15-4:15pm North 6 \$30/\$35

Gymnastics Team Training

(Age 8+) Start preparing now for Special Olympic. Participants will be grouped by age & ability. Gymnastics improves coordination, balance and self-esteem. Contact Lori Goldman, 303-413-7256. No class Nov. 10 & 24.

174685 10/27-12/15 Sa, 3:45-5pm North 5 \$42/\$52



► FRIDAY NIGHT DANCES

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

Dancing with the Stars

172782 9/14 F, 6-8pm East Senior 1 \$8/\$10

Monster Mash

172783 10/26 F, 6-8pm East Senior 1 \$8/\$10

Ugly Sweater Dance

172784 11/16 F, 6-8pm East Senior 1 \$8/\$10

► OUT ON THE TOWN, COMMUNITY CHOICES

(Ages 16+) Register for 1on1 or group codes - please. Contact Cory Lasher, 303-413-7269. Please check out our fall activities and use the proper codes.

Dive in Movie

Swimming, Pizza and Movie at the Apex Center.

172788 10/12 F, 4-8pm East 1 \$20/\$25 group only

Pizza & Bingo

172786 8/29 W, 4:30-6pm East Senior 1 \$15/\$19 1 on 1

172787 8/29 W, 4:30-6pm East Senior 1 \$15/\$19 group

Old Spaghetti Factory

172789 11/7 W, 4:30-7pm East 1 \$23/\$29 1 on 1

172790 11/7 W, 4:30-7pm East 1 \$23/\$29 group

Gingerbread House Making

172791 12/12 W, 4:30-6pm East Senior 1 \$15/\$20 group only

Thank you to Via Mobility!

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



► ACTIVITIES FOR INDIVIDUALS WITH PHYSICAL DISABILITIES

Paralympic Sports Club

The city of Boulder EXPAND's core objective is to support the growth of community-based Paralympic sport programs that accommodate people with physical disabilities. Activities include Triathlon Training, Wheelchair Rugby, Track and Field, Kayaking, Handcycling and Waterskiing.



Adaptive Mountain Bike Clinic

(Ages 16+) All Day Get ready to hold on tight and try two types of bikes, Downhill and Off-road hand cycles (one-off's) provided by Crested Butte Adaptive Sports Center. Snacks and beverages provided. Directions and trail info provided upon registration. Register by phone #303-413-7270 or stop by any Recreation Center. Ages 16+. Limited space available. Contact Jen at 303-413-7474. This program is FREE - Must RSVP

| | | | |
|----------------------|--------|------|--------------|
| Downhill - morning | 173293 | 10/6 | Tu, 8am-12pm |
| Downhill - afternoon | 173289 | 10/6 | Tu, 1-5pm |
| One-off's morning | 173288 | 10/6 | Tu, 8am-12pm |
| One-off's Afternoon | 173290 | 10/6 | Tu, 1-5pm |
| Own Bike Morning | 173291 | 10/6 | Tu, 8am-12pm |
| Own Bike Afternoon | 173292 | 10/6 | Tu, 1-5pm |

Quad Rugby

(Ages 18+) Join one of the best teams in the U.S. This wheelchair sport is becoming very popular! If you need a rugby chair, contact Jen Heilveil, 303-413-7474.

176282 8/14-12/18 Tu, 10:30-1:30pm East 16 \$35

Journeys through EXPAND

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



Thank you!

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We would also like to thank:

Richard and Alma, Mark and Risa, Keith (climber), Steve (DJ), Big John, all of our wonderful duck booth and duck rescue volunteers and of course - all of you who took a chance on the duck race. Thanks for your support!



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