



DANCE - ADULT



Ballet improves strength, movement awareness and muscle control for all athletes.

Dance Visitor Pass

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 BALLETT

Ballet Barre Plus

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

199092 6/11-7/23 Tu, 9:30-11am★ North 6 \$63/\$79 Vanessa

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.

199094 6/11-7/16 Tu, 6-7:30pm North 6 \$63/\$79 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.

199095 6/11-7/16 Tu, 7:30-9pm North 6 \$63/\$79 Elizabeth R.

Ballet Level 2/3

(Ages 16+) An intermediate class for students who have a firm foundation in the fundamental ballet barre exercises, poses, and jumps. Emphasis will be placed on continuing to strengthen placement, developing the petit allegro repertoire, and practicing connecting steps and combinations.

199097 6/13-7/25 Th, 6-7:30pm South 6 \$63/\$79 Elizabeth R.

Pointe Extension for Adult Ballet 2/3

This course is for students taking Adult Ballet Level 2/3, 199097.

199100 6/13-7/25 Th, 7:30-8pm South 6 \$27/\$34 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.

199096 6/15-7/20 Sa, 1-2:30pm East 6 \$63/\$79 Elizabeth R.

Pointe Extension for Adult Ballet 3

This course is for students taking Adult Ballet 3, 199096.

199099 6/15-7/20 Sa, 2:30-3pm East 6 \$27/\$34 Elizabeth R.

DANCE - ADULT



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.

199098 6/15-7/20 Sa, 12-1pm ★ East 6 \$54/\$68 Elizabeth R.

► TAP/JAZZ

Tap Level 1

(Ages 13+) Great class for teens in musical theatre productions and adults who have always wanted to learn tap. An introduction to both rhythm and musical theatre styles. Gain rhythm, balance and improve overall fitness. Tap shoes required; talk to instructor about shoes at first class. 0-1 yrs experience.

199153 6/10-7/15 M, 5:30-6:30pm North 6 \$54/\$68 Craig

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.

199154 6/10-7/15 M, 6:30-7:30pm North 6 \$54/\$68 Craig

Jazz Level 1

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

199138 6/20-8/1 Th, 7-8pm Iris 6 \$54/\$68 Vanessa

► 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.

199128 6/15-7/13 Sa, 3:30-4:30pm East 5 \$45/\$56 Judy

Ballroom Basics Level 2

(Ages 16+) A continuation of Ballroom Basics.

199129 6/15-7/13 Sa, 4:45-5:45pm East 5 \$45/\$56 Judy

Summer Camps

Choose from 125+ camp sessions for youth ages 4-18!

See pages 8-14 in this guide or visit us online at www.BPRcamps.org.

► 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!

199148 6/12-7/17 W, 7-8pm Iris 6 \$54/\$68 Cindy Brandle

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.

199149 6/13-8/1 Th, 10-11:30am★ North 6 \$63/\$79 Cindy Brandle

► 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.

199135 6/14-7/19 F, 5:30-6:30pm Iris 6 \$54/\$68 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.

199151 6/12-7/10 W, 6-7pm North 5 \$45/\$56 Judy

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.)

199152 6/12-7/10 W, 7-8pm North 5 \$45/\$56 Judy

Irish Step

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

199136 6/10-7/15 M, 7:15-8:30pm South 6 \$63/\$79 Elizabeth Barton



DANCE - YOUTH

► 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.

199150 6/10-7/15 M, 9-9:45am★ North 5 \$45/\$56 Vanessa

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.

199108 6/10-7/8 M, 3-3:45pm South 5 \$40/\$50 Judy
199113 6/11-7/16 Tu, 4-4:45pm Iris 6 \$48/\$60 Vanessa
199109 6/12-7/24 W, 9-9:45am★ North 6 \$48/\$60 Cindy Brandle
199111 6/15-7/13 Sa, 9:30-10:15am North 5 \$40/\$50 Judy

World Rhythms for Children

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

199117 6/10-7/8 M, 3:45-4:30pm South 5 \$40/\$50 Judy
199118 6/15-7/13 Sa, 10:30-11:15am North 5 \$40/\$50 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.

199133 6/12-7/24 W, 10-10:45am★ North 6 \$48/\$60 Cindy Brandle

Pre-Ballet Level 1

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

199115 6/11-7/23 Tu, 4:45-5:30pm Iris 6 \$48/\$60 Vanessa
199116 6/10-7/22 M, 10-10:45am★ North 6 \$48/\$60 Vanessa
199114 6/12-7/24 W, 10:45-11:30am★ North 6 \$48/\$60 Cindy Brandle

Pre-Tap and Ballet 1

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.

(Ages 2½ - 3½)

199157 6/17-7/22 M, 1-1:45pm East 6 \$48/\$60 Kathy

(Ages 4-5)

199156 6/18-7/23 Tu, 2-2:45pm East 6 \$48/\$60 Kathy

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.

199123 6/12-7/17 W, 4-4:45pm Iris 6 \$48/\$60 Vanessa

Kinder Hip Hop

(Ages 5-7) 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.

199173 6/13-7/25 Th, 3-3:45pm East 6 \$48/\$60 Aundrea

► YOUTH 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.

Jazz 1

(Ages 6-8) Jazz dance for children is a joyful, high energy dance form. These introductory classes provide students knowledge of dance class format, and a special emphasis on music and rhythm.

199141 6/20-8/1 Th, 4-5pm Iris 6 \$48/\$60 Vanessa

Jazz 1

(Ages 9-12)

199142 6/20-8/1 Th, 5-6pm Iris 6 \$48/\$60 Vanessa

Jazz 2/3

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

199147 6/12-7/17 W, 5-6pm★ East 6 \$48/\$60 Vanessa

Jazz 2/3

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

199146 6/12-7/17 W, 6-7pm★ East 6 \$48/\$60 Vanessa

Jazz 4/5

(Ages 9-13) Optional second class for dancers interested in taking jazz twice a week or auditioning for Expressions Dance Company.

199143 6/10-7/8 M, 5:30-6:30pm South 5 \$40/\$50 Judy

Jazz 4/5

(Ages 9-13) Two - three years of previous training required.

199145 6/20-8/1 Th, 6-7pm Iris 6 \$48/\$60 Vanessa

Ballet 1

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

(Ages 6-7)

199119 6/10-7/15 M, 4-4:45pm Iris 6 \$48/\$60 Jamie

(Ages 8-12)

199120 6/10-7/15 M, 4:45-5:45pm Iris 6 \$48/\$60 Jamie

DANCE - YOUTH



Ballet 3/4

(Ages 12+) For students ages 12 and up who have already had substantial ballet training and who are at least at the intermediate level study. Students are encouraged to take both the Tuesday and Thursday classes.

199178 6/11-7/16 Tu, 4-6pm North 6 \$66/\$83 Elizabeth

Ballet 4

(Ages 12+) Technique and rehearsal class For Ballet Expressions dancers, ages 12 and up. Students are also encouraged to take the Tuesday and Thursday Youth/Teen level 3/4 classes.

199179 6/13-7/18 Th, 4-6pm South 5 \$55/\$69 Elizabeth

Intro to Tap

(Ages 5-8) An introduction to tap 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.

199158 6/17-7/22 M, 1:45-2:30pm East 6 \$48/\$60 Kathy

Tap 1

(Ages 6-8) An introduction to tap 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.

199159 6/17-7/22 M, 3-3:45pm East 6 \$48/\$60 Kathy

Hip Hop 1/2

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

(Ages 7-10)

199174 6/13-7/25 Th, 4-5pm★ East 6 \$48/\$60 Aundrea

(Ages 11-14)

199176 6/13-7/25 Th, 5-6pm★ East 6 \$48/\$60 Aundrea

Intermediate/Advanced Hip Hop for Teens

(Ages 12-17) Recommended for Expressions Dance Company dancers. (5 years of dance experience required.)

199175 6/13-7/25 Th, 6-7pm★ East 6 \$48/\$60 Aundrea

Irish Step

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

199137 6/10-7/15 M, 6:30-7:15pm South 6 \$48/\$60 Elizabeth

“Dancing with the feet is one thing, but dancing with the heart is another.”

- Anonymous



► EXPRESSIONS DANCE COMPANY

Expressions Dance Company classes are for the dancers who have auditioned for and been accepted into Expressions Dance Company for the 2013-2014 season. Please contact Cynthia Burdine, Program Coordinator, with questions at 303-413-7473.



What are the Expressions?

The Expressions are the dance companies of the City of Boulder Parks and Recreation Dance Program. Their goal is performance level dancing. We achieve this goal through an emphasis on well-rounded dance technique. Students are required to attend the Expressions Dance Camp Summer 2013 (August 5-9), and three - four, 1 ½ - 2 hour classes scheduled each week September through May. We expect classes to be a priority for the Expressions. The Expressions sign a contract, which formalizes the agreement. Extra rehearsals, performances, competitions, costume, and costs can be expected throughout the year, so parental support and enthusiasm are essential to our success.

If you are unable to attend the auditions listed above or for more information contact, Cynthia Burdine at 303-413-7473.

2013 Expressions Dance Company Auditions

New Expressions Dance Company classes will be chosen for fall 2013 Admission to Expressions is by AUDITION ONLY.

Auditions are May 18 and 19 at the East Boulder Community Center. Dancers interested in auditioning should pre-register by obtaining an “Intent to Audition” form from any dance studios at the North Boulder Recreation Center, South Boulder Recreation Center or East Boulder Community Center. The completed form must be returned to Cynthia Burdine at the East Boulder Community Center or your instructor no later than May 10, 2013.

The auditions will consist of a group warm-up and the participants will learn several center and across the floor combinations. During the second part of the auditions the dancers will perform the combinations learned earlier in front of a panel of judges. Each combination will be performed in small groups.

Jazz Expressions Audition Schedule

Age 6-7	Saturday, May 18	10-11am	East
Age 8-9	Saturday, May 18	11-12:30pm	East
Age 10-12	Saturday, May 18	2-5pm (break 3:30-4pm)	East
Age 13-17	Sunday, May 19	1-4:30pm (break 2:30-3pm)	East



EXPAND



What is EXPAND?

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

► CAMPS

Outdoor Adventure Day Camp

(Ages 6-12) (For children with emotional/mental health diagnosis) Be active this summer through a variety of fun and challenging outdoor adventures and recreational field trips. Improve your problem solving skills and develop greater self-awareness. No class July 4th. Camp meets at Scott Carpenter Park. Contact Lori Goldman, 303-413-7256. Must be pre-approved by Lori before registering.

189086 6/17-8/1 M-Th, 9am-2pm Scott Carpenter 28 \$478/\$597

EXPANDventures 4 Youth

(Ages 11-17) A wonderful opportunity for personal growth, exploration, and socialization in a safe and fun atmosphere. Trips will consist of educational, experiential, and fun outings. Bring a sack lunch. For more information contact Jen, 303-413-7474. No class Friday, July 5.

★ **NEW!**

198550 6/21-7/19 F, 11am-3:30pm East 4 \$100/\$125

Global Skills Mini-Camp - (provided by Global Skills Support Services)

(Ages 12-17) High Functioning Autism/Asperger's Syndrome or related disorders. The fun starts with sensory regulation activities, participate in curriculum based lessons related to Social Skills, Emotional Regulation Skills, Perspective Taking Skills and Sensory Integration Skills followed by a structured leisure activity of group choice. *Session 1: Explores Basic Social Skills and *Session 2: Focuses on Perspective Taking Skills. Visit our website for more details about this wonderful new summer camp opportunity. www.millsmichelle.wix.com/gss

★ **NEW!**

*Session 1 6/10-7/3 M/W, 9am-12pm South 4 weeks \$150

*Session 2 7/8-31 M/W, 9am-12pm South 4 weeks \$150

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 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.

EXPAND and Community Link are partnering to bring young adults a unique program opportunity.

Interested participants can sign up for both programs with transportation being provided by EXPAND from Community Link to the North Boulder Recreation Center. See program descriptions below.

Summer Fun

(Ages 18-30) Meet up with your friends to explore, create and learn new activities provided within your community. This program will focus on leisure education and independent living skills such as transportation, safety, social, health and well being. Bring a sack lunch. Scholarships available. Contact Cory Lasher 303-413-7269.

189389	6/24-7/18	M-Th, 12-4pm	North	4 weeks	\$300/\$380
190838	7/22-8/8	M-Th, 12-4pm	North	3 weeks	\$240/\$300
190882	6/24-8/8	M-Th, 12-4pm	North	7 weeks	\$510/\$645

Must register by May 31, Class size is limited! No class on Thursday, July 4.

Reach for Your Dream: Starting a Career Path

(Ages 18-30) This adult education session provides participants with a variety of tools to begin their job search efforts. The curriculum includes a variety of topics necessary for obtaining and maintaining a job. Each session completer will leave with a resume and video resume, which requires the completion of homework. For those who desire it (and for an additional fee), a career planning meeting can be scheduled to refine the job search process.

***For more information and to register, please call Bob Lawhead at Community Link at 303-527-0627 Ext. 795.**

*	6/24-7/18	M-Th, 9-11:30am	6290 Lookout Road	4	\$563
*	7/22-8/8	M-Th, 9-11:30am	6290 Lookout Road	3	\$450

Must Register by May 31. Class size is limited! No class on Thursday, July 4.



► COMMUNITY INVOLVEMENT CLASSES

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

Water Aerobics

(Ages 18+) Jump right in! The water is great! We will focus on cardiovascular and strength training. This low-impact class is suitable for every fitness level. Contact Jen Heilveil, 303-413-7474.

198549 6/3-8/12 M, 5:30-6:30pm East 11 \$55/\$68

Become a Chef!

(Ages 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 container to take your prepared meal home and enjoy for dinner. Contact Sherri, 303-441-4933.

198570 6/10-7/15 M, 4-5:30pm East Senior 6 \$100/\$120

198571 6/11-7/16 Tu, 2:45-4:30pm East Senior 6 \$100/\$120

Canoeing and Kayaking with NSCD

Join us for an evening of canoeing and kayaking in Wheatridge with the National Sports Center for the Disabled. Beginners are welcome! Contact Lori Goldman, 303-413-7256.

199682 6/11 Tu, 4:30-8pm East 1 \$20/\$25

199686 7/16 Tu, 4:30-8pm East 1 \$20/\$25

Dogs & Dodgeball

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

198560 8/20 Tu, 5-7pm South 1 \$10/\$12

Kickball

(Ages 16+) Kickball at Mapleton Field #1. Contact Sherri, 303-441-4933.

198558 8/13 Tu, 5-7pm Mapleton 1 \$5

Bocce Ball

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

198559 6/5-8/7 W, 3-4pm East 10 \$50/\$60

Special Olympics Swim Training

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

198555 6/5-8/14 Wed, 4-5pm East 11 \$80/\$100

Winter Park Adventure Day

(Ages 12+) Spend the day in the mountains with the National Sports Center for the Disabled (NSCD)! Be sure to dress for the weather, we will be outside all day. Bring a sack lunch. Contact Lori Goldman, 303-413-7256.

199685 8/14 W, 8am-5pm East 1 \$50/\$62

Weight Lifting

(Ages 16+) Pump up! Learn to use the fitness machines to increase muscle tone and strength. Contact Sherri Brown, 303-441-4933. No class July 4.

198553 6/6-8/15 Th, 2:30-3pm East 10 \$30/\$35

Spinning

(Ages 16+) Awesome exercise! Ride the stationary bike while socializing with friends. Improve your core strength and increase endurance level while having fun. Contact Sherri Brown, 303-441-4933. No class July 4.

198554 6/6-8/15 Th, 3-4pm East 10 \$50/\$60

Smile and Stretch

(Ages 15+) 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. For more information contact Jen Heilveil, 303-413-7474. No class July 4.

198932 6/6-8/8 Th, 4:15-5:15pm East Senior 9 \$70/\$87

Bowling

(Ages 8+) Strikes and Spares! Bowl with new and old friends at the CU UMC bowling alley. Participants will be placed on lanes according to age. Fee includes one or two games and shoes. Contact Jen Heilveil, 303-413-7474. No class on July 5.

198552 6/21-8/23 F, 4-5pm CU 9 \$80/\$100

Sailing

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

198564 6/14 F, 2-5pm Boulder Rez 1 \$30/\$35

198565 7/12 F, 2-5pm Boulder Rez 1 \$30/\$35

tubing / Rez Fun

(Ages 16+) Does being dragged around the Boulder Reservoir on an inner tube sound like a good time to you or playing with paddle boards /canoes, etc. Participates MUST be comfortable in the water. Contact Sherri Brown, 303-441-4933.

198561 6/21 F, 10am-1pm Boulder Rez 1 \$30/\$35

198562 7/26 F, 10am-1pm Boulder Rez 1 \$30/\$35

198563 8/16 F, 10am-1pm Boulder Rez 1 \$30/\$35

Lock-In

(Ages 18+) A night of adventure and games with friends from around the metro area! We will be spending the night at EBCC. Contact Lori Goldman, 303-413-7256.

199683 7/12-7/13 F/Sa, 4pm-10am East 2 \$50/\$62 1 on 1

199684 7/12-7/13 F/Sa, 4pm-10am East 2 \$50/\$62 group

Mountain Adventure

(Ages 18+) Enjoy being under the stars sleeping in tents! Activities include cooking, nature studies, hiking and crafts. Contact Lori Goldman, 303-413-7256. Mountain Campout & Adventure Camp.

199732 8/9-8/11 F/Sa/Su, 3pm-12pm Iris 3 \$115/\$140

Mini Triathlon

(Ages 14+) Take part in the Wheatridge Recreation Center's fun triathlon! You will water walk for 15 minutes, bike for 20 minutes on a stationary bike, and walk/run for 30 minutes on a trail. Contact Jennifer Heilveil, 303-413-7474.

198898 8/3 Sa, 7am-1pm East 1 \$35



EXPAND

► FRIDAY NIGHT DANCES

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

The Harlem Shuffle

198732 6/14 F, 6-8pm East Senior 1 \$8/\$10

The Oldies in Memory of Ted Schoffner

199177 7/19 F, 6-8pm East Senior 1 \$8/\$10

Hawaiian Luau

199180 8/23 F, 6-8pm East Senior 1 \$8/\$10

► OUT ON THE TOWN, COMMUNITY CHOICES

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

Adventure Golf & Raceway/Dinner (group)

198784 6/26 W, 5-8pm East 1 \$23/\$29 group only

Pizza & Bingo

199181 7/24 W, 5-6:30pm East Senior 1 \$15/\$19 1on1 & group

Picnic & Paddle at the Rez

Enjoy an early evening at the Boulder Reservoir for a picnic, paddling, and games. Transportation will be provided from EBCC if needed contact Cory.

198787 8/7 W, 5-8pm Boulder Rez 1 \$18/\$23 1on1 & group

► ACTIVITIES FOR INDIVIDUALS WITH PHYSICAL DISABILITIES

Adaptive Waterski - 30th Anniversary!

(Age 16+) This program is designed for individuals with physical and visual impairments. Learn or improve your skills with adapted water-ski equipment at the Boulder Reservoir. We will set-up a designated time slot with you prior to the program. Drop in reservations must be called in by 5 p.m. the Friday prior to the day you wish to ski. Drop-in's are limited and on a first come, first served. Drop-in fee: \$10. Contact Cory Lasher, 303-413-7269.

EXPAND BEYOND
SKIING IS BELIEVING

198782 6/18-8/6 Tu, 7:30-11am Boulder Rez 8 \$70

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 Summer Short Track Race Series at Valmont Bike Park

Join the best adaptive mountain biking race series in Colorado at Valmont Bike Park. This form of bicycle racing will take place on a short circuit that features dirt, sand, mud, and steep hills.

Wednesdays June 26th & July 31st (weather permitting)

All categories start between 5-7pm at Valmont Bike Park
For more information visit: www.ValmontBikePark.org

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. This program is for people with physical disabilities.

199782 6/4-8/27 Tu, 5-8pm EBCC 13 \$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 to Via Mobility!

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



Saturday, Aug 3rd, 2013 ★ 7:45pm

NITE)IZE®

BOULDER NITES 2013 CLASSIC

FUN FAMILY BIKE RIDE AROUND THE STREETS OF BOULDER

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EXPAND DUCK RACE®

Monday, May 27
4 pm at the Boulder Creek Festival
Sponsor a Duck...Support Recreation for Individuals with Disabilities.
www.EXPANDduckrace.org