

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.

166033	6/12-7/17	Tu, 9-10am ★	North	6	\$54/\$68	Sylvia
168284	6/14-7/19	Th, 9:30-10:30am	East	4	\$32/\$40	Sylvia

Ballet Barre Plus

(Ages 18+) Add an optional centre routine for a complete ballet workout for an additional half an hour after Ballet Barre. Must be registered for course 166033, Ballet Barre. A dance will be taught for the Spring Concert.

1	166034	6/12-7/17	Tu, 10-10:30	0am★ North	6	\$27/\$34	Sylvia	
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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.

		166036	6/12-7/17	Tu, 6-7:30pm	East	6	\$63/\$79	Elizabeth R.
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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.

166037 6/12-7/17 Tu, 7:30-9pm East 6 \$6	3/\$79 Elizabeth R.	\$63/\$79	East	Tu, 7:30-9pm	6/12-7/17	166037
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Ballet Level 2/3

(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.

	166038 6	/16-7/21	Sa. 12-1:30pm	East	6	\$63/\$79	Elizabeth R.
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Pointe Extension for Adult Ballet 2/3

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

166082	6/16-7/21	Sa. 1:30-2pm	East	6	\$27/\$34	Elizabeth R.

Ballet Level 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.

166039 6	5/14-7/19	Th. 7-8:30pm	East	6	\$63/\$79	Elizabeth R.
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Pointe Extension for Adult Ballet Level 4

This class is for students taking Adult Ballet 4, 166039.

166132 6/14-7/19 Th, 8:30-9pm East 6 \$	\$27/\$34 Elizabeth R.
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DANCE - ADULT/YOUTH



► TAP

Tap Level 1/2

(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.

166982	6/11-7/16	M, 6-7pm	North	6	\$54/\$68	Mary
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Tap Level 3/4

(Ages 13+) In this technique and repertory class, you will work on intermediate to advanced material. Tap improves rhythm, balance, coordination, and overall fitness. Students should have two or more years of experience at the intermediate/advanced level.

► 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.

▶ BALLROOM

Ballroom Basics Including Swing

(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.

166532	6/16-7/21	Sa. 3:30-4:30pm	Fact	6	\$54/\$68	Indy	

Ballroom Basics Level 2

(Ages 16+) A continuation of Ballroom Basics.

166533	6/16-7/21	Sa, 4:45-5:45pm East	6	\$54/\$68	Judy	
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► CULTURAL DANCE

Salsa 1

(Ages 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. A partner is not required. Vamos a bailar Todos! Judy Kreith, MA dance education, has traveled to Cuba numerous times to study Salsa.

166732 6/12-7/17 Tu, 6:15-7:15pm North	6	\$54/\$68	Judy	
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Salsa 2

(Ages 13+) Two sessions of Salsa 1 required.

166733	6/11-7/16	M, 7-8pm	Iris	6	\$54/\$68	Indv
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Salsa Practicum

Come in and practice your ballroom with an instructor present to provide feedback and tips.

166782	6/11 7/16	M. 8-9pm	Leic	6	\$54/\$68	Inde

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.

166582	6/15-7/20	F. 5:30-6:30pm	Leic	6	\$51/\$6Q	La'ela'e

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.

166932 6/11-7/16 M, 6:45-7:45pm	South	6	\$54/\$68	Elizabeth B.
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▶ 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.

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.

165832	6/11-7/16	M, 9:30-10:15am	North	6	\$48/\$60	Vanessa
165833	6/13-7/18	W, 9:45-10:30am	South	5	\$40/\$50	Cindy
165834	6/16-7/21	Sa, 9-9:45am	North	6	\$48/\$60	Judy

World Rhythms for Children

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

165882	6/12-7/17	Tu, 4-4:45pm	North	6	\$48/\$60	Judy
165835	6/16-7/21	Sa, 10-10:45am	North	6	\$48/\$60	Judy

Pre-Tap and Ballet

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

(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.

165836	6/11-7/16	M, 10:15-11am	North	6	\$48/\$60	Vanessa
165837	6/13-7/18	W, 10:30-11:15am	South	5	\$40/\$50	Cindy



DANCE - YOUTH

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.

165	839	6/13-7/18	W, 9-9:45am	South	5	\$40/\$50	Cindy
165	840	6/13-7/18	W, 3:30-4:15pm	Iris	5	\$40/\$50	Vanessa

Kinder Hip Hop

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

► 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.

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.

Ballet 1 (Ages 9-12)

165932	6/13-7/18	W, 5-6pm★	Fast	5	\$40/\$50	Elizabeth R.
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Ballet 2/3

(Ages 7-9) Learn classical ballet technique in a fun atmosphere. Children will learn vocabulary through focus on alignment, strength, flexibility, musicality and presentation. For the continuing student.

165843 6	/14-7/19	Th. 4-5:30pm★	East	6	\$60/\$75	Elizabeth R.
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Ballet 2/3

(Ages 9-12)

165982	6/12-7/17	Tu, 4-5:30pm★	East	6	\$60/\$75	Elizabeth R.
165844	6/14-7/19	Th, 5:30-7pm★	East	6	\$60/\$75	Elizabeth R.

Pointe for Youth Ballet 2/3

Extension to Ballet 2/3.

	166032	6/12-7/17	Tu, 5:30-6pm★	East	6	\$27/\$34	Elizabeth R.
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Jazz 1/2

(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.

1	167132	6/11-7/16	M, 4:30-5:30pm	Iris	6	\$48/\$60	Judy	
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Jazz 1/2

(Ages 9-12)

Jazz 2/3

(Ages 7-9) One year of training preferred.

167133 6/13-7/18 W, 4:30-5:15pm	Iris	5	\$40/\$50	Vanessa
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Jazz 3/4

(Ages 10-13) One to two years of training preferred.

167135 6/13-7/	18 W, 5:30-6:15pm	Iris 5	\$40/\$50	Vanessa
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Jazz 5/6

(Ages 12-16) Two to three years of training preferred.

167126	6/12 7/17	Tu 5-6pm	North	6	\$48/\$60	I., J.,	

Jazz 7

(Ages 12-17) Two to three years of training preferred.

167137	6/13-7/18	W, 6:15-7:15pm	Iris	5	\$40/\$50	Vanessa
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Tap 1

(Ages 5-7) Beginning tap is for students with 0 to 1 year of tap training. In this class you will learn FUNdamentals of tap such as flaps, shuffles, crawls, and cramp rolls.

167033	6/11-7/16	M, 5-5:45pm	North	6	\$48/\$60	Marv
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Hip Hop 1/2

(Ages 7-11) 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 exhibit aring class.

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167238	6/12-7/17	Tu 4.45-5.30pm	South	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.)

167239	6/12-7/17	Tu, 5:45-6:45pm	South	6	\$48/\$60	Aundrea
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Ballroom for Teens

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

166682	6/11-7/16	M, 5:45-6:45pm	Iris	6	\$48/\$60	Judy
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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.

166833	6/11-7/16	M, 5:45-6:45pm	South	6	\$48/\$60	Elizabeth
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Expressions Dance Classes

Admission to Expressions is by AUDITION ONLY. Auditions are May 12. For more information, please contact Cynthia Burdine at 303-413-7473 or visit us online at www.BoulderParks-Rec.org.

EXPAND





EXPAND provides opportunities for people with disabilities to improve and gain new recreation and leisure skills that will enhance their overall wellbeing 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.

Outdoor Adventure Camp

(Ages 6-12) (Emotional/Mental Health Diagnosis) Camp with Adventure. 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 on July 4th or 5th**. Contact Lori Goldman, 303-413-7256. Campers must be pre-approved by Lori before registering.

Scot 161188 6/11-7/26 M/Tu/W/Th, 9am-2pm Carp Parl	rpenter 26 \$478/\$597	
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Leisure Links

(Ages 11-17) Summer fun starts here! Enjoy the summer with cultural arts, horticulture, swimming and community outings. Leisure Links is operated according to the State of Colorado Social Services Licensing Standards. Scholarships available. Contact Cory Lasher, 303-413-7269. **No class July 4-5.**

161032	6/11-7/26	M/Tu/W/Th, 1-4:30pm	North	26	\$540/\$675	lon1
161033	6/11-7/26	M/Tu/W/Th, 1-4:30pm	North	26	\$540/\$675	group

Summer Fun

(Ages 18-30 yrs) It's time to hangout and be social with friends. We will be focusing on building recreational skills, social skills, increasing fitness; and being involved in the community. Contact Jen Heilveil, 303-413-7474.

167948	7/9-8/6	M, 11am-3pm	East	5	\$100/\$125
167949	7/10-8/7	Tu, 11am-3pm	East	5	\$100/\$125
167950	7/11-8/8	W, 11am-3pm	East	5	\$100/\$125
167951	7/12-8/9	Th, 11am-3pm	East	5	\$100/\$125
167952	7/9-8/9	M-Th, 11am-3pm	East	20	\$500/\$625

► COMMUNITY INVOLVEMENT CLASSES

Benefits to participants may include improving social skills, enhancing selfesteem, 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.

CO-OP Lock-In

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

167989	7/20-7/21	F-Sa, 4pm-10am	East	2	\$60/\$75	(lonl)
167990	7/20-7/21	F-Sa, 4pm-10am	East	2	\$60/\$75	(group)



EXPAND

Canoeing with NSCD

(Ages 12+) Join us for an evening of canoeing in Wheatridge with NSCD. Beginners are welcome! Contact Lori Goldman, 303-413-7256.

167988 6/20 W, 4:30-8pm East 1 \$20/\$25

Winter Park Adventure Day

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

168032 8/7 Tu, 8am-5pm East 1 \$50/\$62

Adventure Campout

(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.

168082 8/17-8/19 F- Sun, 3-12pm Iris 3 \$115/\$140

Bocce Ball

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

167294 6/4-8/6 M, 4-5pm East 10 \$50/\$60

Water Aerobics

(Ages 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.

167284 6/11-8/6 M, 5:30-6:30pm East 9 \$45/\$56

Recreation Studs

(Ages 16+) Hanging out with friends at the recreation center. We will be exploring opportunities available at the recreation center. Contact Sherri Brown, 303-441-4933.

167282 6/4-6/25 M, 3-4pm East 4 \$20/\$25 167303 7/9-8/6 5 M, 3-4pm East \$25/\$30 167302 6/6-6/27 East 4 \$20/\$25 W, 3-4pm 167304 7/11-8/8 W, 3-4pm East \$25/\$30

Kickball

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

167293 8/14 Tu, 5-7pm Mapleton 1 \$5

Dogs & Dodgeball

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

167295 8/21 Tue, 5-7pm South 1 \$10/\$12

Weight Lifting

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

167288 6/7-8/9 Th, 2:30-3pm East 10 \$25/\$30

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.

167289 6/7-8/9 Th, 3-4pm East 10 \$50/\$60

Special Olympics Swim Training (No class July 5)

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

167290 6/14-8/2 Th, 4:30-5:30pm East 7 \$40/\$50

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.

167287 6/29-8/24 F, 3-4pm CU 9 \$80/\$100

Tubing

(Ages16+) Does being dragged around the Boulder Reservoir on an inner tube sound like a good time to you? Participates MUST be comfortable in the water. Contact Sherri Brown, 303-441-4933.

167296 6/15	F, 10am-1pm	Reservoir	1	\$30/\$35	
167297 7/13	F, 10am-1pm	Reservoir	1	\$30/\$35	
167298 8/3	F, 10am-1pm	Reservoir	1	\$30/\$35	

Sailing

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

167299	6/22	F, 2-5pm	Reservoir	1	\$30/\$35
167300	7/20	F, 2-5pm	Reservoir	1	\$30/\$35

► FRIDAY NIGHT DANCES

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

Surf's Up

167790 6/22	F, 6-8pm	East	1	\$8/\$10	
Born to be V	Vild				
167791 7/13	F, 6-8pm	East	1	\$8/\$10	

Hawaiian Luau

167792 8/10 F, 6-8pm East 1 \$8/\$10

▶ OUT ON THE TOWN, COMMUNITY CHOICES

(Ages 16+) Register for 1on1 or group codes - please. Contact Cory Lasher, 303-413-7269.

Dinner & Outdoor Concert

Enjoy dinner at Red Robin and a concert at Keewaydin Meadows.

167793 6/18	M, 5-8pm	East	1	\$27/\$34	lon1
167794 6/18	M, 5-8pm	East	1	\$27/\$34	group

Pizza & Bingo

167795	7/18	W, 4:30-6pm	East	1	\$15/\$19	lon1
167797	7/18	W, 4:30-6pm	East	1	\$15/\$19	group

Disc Golf & Snack

Enjoy an afternoon of playing disc golf with friends at Harlow Platts Park.

167796 8/1 W, 3:30-5pm South 1 \$5/\$7 group only

NEW!

EXPAND





Learn or improve your skills with adaptive water-ski equipment at the Boulder Reservoir.

► 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 accomodate people with physical disabilities. Activities include Triathlon Training, Wheelchair Rugby, Track and Field, Kayaking, Handcycling and Waterskiing.



Paralympic Triathlon Training

(Ages 16+) Participants will work on injury prevention and maintenance exercises. The program is supervised by a Physical Therapist. This program is for people with physical disabilities. Contact: Jen Heilveil, 303-413-7474.

167934 6/6-8/22 W, 5-6:30pm CU 12 FREE

Waterskiing

(Ages 16+) This program is designed for individuals with physical and visual impairments. Learn or improve your skills with adaptive 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.

167798 6/19-8/7 Tu, 7-11am Reservoir 8 \$70

Adaptive Kayaking

(Ages 13+) Experience, discover and find independence in the water with our Adaptive Kayaking program at the Boulder Rez. We will use standard equipment and adapt as needed. A light lunch will be provided. Adaptive Adventures will be collaborating with EXPAND. Note: Participants must feel comfortable in lake-depth water. Contact Jen Heilveil, 303-413-7474.

167932 7/12 & 7/19 Th, 5-8pm Reservoir 2 \$

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.

168582 6/9-8/1 Sa, 1:30-4:30pm East 9 \$2

Journeys through EXPAND

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





EXPAND DUCK RACE®

Monday, May 28 4 pm at the Boulder Creek Festival

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

www.EXPANDduckrace.org

