

DANCE - ADULT



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Dance Visitor Pass

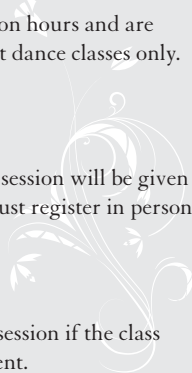
Cards can be purchased at centers during registration hours and are valid for six months from date of purchase for adult dance classes only. **\$70 for 5 classes**

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 BALLET

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.

189283 4/18-5/23 Th, 9-10am East 6 \$54/\$68 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 189283, Ballet Barre.

189282 4/16-5/21 Tu, 9:30-11am★ North 6 \$63/\$79 Sylvia

Ballet Level 1

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

189284 4/16-5/21 Tu, 6:30-7:45pm 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.

189285 4/16-5/21 Tu, 7:45-9pm 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.

189287 4/18-5/23 Th, 6:30-8pm South 6 \$63/\$79 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.

189286 4/20-5/25 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, 181253.

189289 4/20-5/25 Sa, 2:30-3pm East 6 \$27/\$34 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.

189288 4/20-5/25 Sa, 12-1pm★ East 6 \$54/\$68 Elizabeth R.



DANCE - ADULT

▶ 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.

189290 4/17-5/22 W, 7:15-8:15pm East 6 \$54/\$68 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.

189291 4/15-5/20 M, 6:30-7:30pm North 6 \$54/\$68 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.

189292 4/15-5/20 M, 7:30-8:30pm North 6 \$54/\$68 Mary

Jazz Level 1

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

189293 4/18-5/23 Th, 7:15-8:15pm North 6 \$54/\$68 Vanessa

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 feeling exhilarated.

189295 4/19-5/24 F, 2:30-3:45pm North 6 \$54/\$68 Judy/Mary

▶ 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.

189298 4/20-5/25 Sa, 3:15-4:15pm East 6 \$54/\$68 Judy

Ballroom Basics Level 2

(Ages 16+) A continuation of Ballroom Basics.

189300 4/20-5/25 Sa, 4:45-5:45pm East 6 \$54/\$68 Judy

▶ 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!

189296 4/17-5/22 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.

189297 4/18-5/23 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.

189302 4/19-5/24 F, 5:30-6:30pm North 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.

189306 4/17-5/22 W, 6-7pm North 6 \$54/\$68 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.)

189308 4/17-5/22 W, 7-8pm North 6 \$54/\$68 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.

189304 4/15-5/20 M, 7:15-8:30pm South 6 \$63/\$79 Elizabeth Van Noy

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.

189311 4/15-5/20 M, 9-9:45am★ North 6 \$54/\$68 Cindy Brandle

Little Feats Ballet

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

189313 4/15-5/20 M, 3-3:45pm South 6 \$48/\$60 Judy
 189348 4/16-5/21 Tu, 4-4:45pm Iris 6 \$48/\$60 Vanessa
 189314 4/17-5/22 W, 9-9:45am★ North 6 \$48/\$60 Cindy Brandle
 189315 4/18-5/23 Th, 10:15-11am East 6 \$48/\$60 Sylvia
 189317 4/19-5/24 F, 3:45-4:30pm Iris 6 \$48/\$60 Vanessa
 189316 4/20-5/25 Sa, 9:30-10:15am North 6 \$48/\$60 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.

189321 4/15-5/20 M, 3:45-4:30pm South 6 \$48/\$60 Judy
 189322 4/20-5/25 Sa, 10:30-11:15am North 6 \$48/\$60 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.

189332 4/17-5/22 W, 10-10:45am★ North 6 \$48/\$60 Cindy Brandle

Pre-Ballet Level 1

(Ages 4-5) 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.

189320 4/15-5/20 M, 10-10:45am★ North 6 \$48/\$60 Cindy Brandle
 189318 4/17-5/22 W, 10:45-11:30am★ North 6 \$48/\$60 Cindy Brandle
 189325 4/17-5/22 W, 4-4:45pm Iris 6 \$48/\$60 Cindy Brandle
 189319 4/18-5/23 Th, 4-4:45pm South 6 \$48/\$60 Elizabeth Ross

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.

189335 4/16-5/21 Tu, 11:15am-12pm North 6 \$48/\$60 Sylvia
 189333 4/18-5/23 Th, 11-11:45am East 6 \$48/\$60 Sylvia

Kinder Jazz

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

189326 4/16-5/21 Tu, 4-4:45pm North 6 \$48/\$60 Elizabeth
 189347 4/16-5/21 Tu, 4:45-5:30pm Iris 6 \$48/\$60 Vanessa
 189336 4/19-5/24 F, 4:30-5:15pm 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.

189345 4/18-5/23 Th, 4-4:45pm North 6 \$48/\$60 Sarah Ball

► YOUTH NON-CONCERT 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 & Tap 1

(Ages 6+) 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.

189334 4/19-5/24 F, 4-5pm North 6 \$48/\$60 Mary

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.

189337 4/17-5/22 W, 4-5pm North 6 \$48/\$60 Judy

Jazz 1

(Ages 9-12)

189338 4/15-5/20 M, 4:30-5:30pm South 6 \$48/\$60 Judy

Jazz 2

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

189343 4/17-5/22 W, 5:15-6pm★ East 6 \$48/\$60 Vanessa

Jazz 3

(Ages 8-10) Two years of previous training required.

189342 4/15-5/20 M, 4-5pm★ East 6 \$48/\$60 Kathy

Jazz 4/5

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

189339 4/15-5/20 M, 5:30-6:30pm South 6 \$48/\$60 Judy

Jazz 4/5

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

189340 4/17-5/22 W, 5-6pm North 6 \$48/\$60 Judy
 189341 4/17-5/22 W, 6-7pm East 6 \$48/\$60 Vanessa



DANCE - YOUTH

Ballet 1

(Ages 6-7) This class will explore creative movement concepts, which are the building blocks of future dance techniques, combined with an introduction to beginning ballet technique. Dancers improve their fine and gross motor skills through play-based activities and working with props.

189323 4/15-5/20 M, 4-4:45pm Iris 6 \$48/\$60 Jamie

Ballet 1

(Ages 8-12)

189324 4/15-5/20 M, 4:45-5:45pm Iris 6 \$48/\$60 Jamie

Intro to Tap

(Ages 5-8) The young dancer will love this joyful and high energy class. The basic elements of tap will be taught in a creative and fun way.

189327 4/19-5/24 F, 3:30-4:15pm South 6 \$48/\$60 Kathy

Hip Hop

(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.

189346 4/18-5/23 Th, 4:45-5:30pm North 6 \$48/\$60 Sarah Ball

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 1/2 - 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

▶ 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.



Ballet for EDC

(Ages 10-14)

189354 4/15-5/20 M, 6:30-8pm Iris 6 \$60 Jamie

Modern Dance

(Ages 10-12)

189350 4/17-5/22 W, 4:45-5:45pm Iris 6 \$60 Cindy Brandle

Modern Dance

(Age 13+)

189352 4/17-5/22 W, 5:45-7pm Iris 6 \$60 Cindy Brandle

Stretch & Strengthen Levels 8 & 9

189353 4/19-5/24 F, 5:15-6:15pm South 6 \$60 Kathy Drnec

Tap for Level 8

189351 4/19-5/24 F, 6:15-7:15pm South 6 \$60 Kathy Drnec

Tap for Level 9

189349 4/19-5/24 F, 4:15-5:15pm South 6 \$60 Kathy Drnec

Spring Dance Concert

Saturday, April 13 • 1 p.m. & 7 p.m.
Sunday, April 14 • 1 p.m.

Niwot High School

Adults: \$10
Child/Senior: \$8



Featuring Expressions Dance Company
For information call, 303-413-7473



Buy tickets online at www.tututix.com



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.

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 Athletics 28 \$478/\$597

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

Must register by May 31, Class limited!

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 is limited!



EXPAND

► COMMUNITY INVOLVEMENT CLASSES

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

Youth Swim Lessons

(Ages 4-12) Become a fish in the warm water pool. Learn or improve your swimming skills through games, songs, water toys and using kickboards and noodles. Modification will be explored to meet the individual needs of each swimmer. Note: staff ratio is approximately. 3:1. Contact Jen Heilveil, 303-413-7474.

189035 4/8-5/20 M, 4-4:30pm East 7 \$60/\$75

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.

189036 4/8-5/20 M, 4:30-5:30pm East 7 \$36/\$45

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.

193532 4/15-5/13 M, 4-5:30pm East 5 \$100/\$120

189832 4/16-5/14 Tu, 3-4:30pm East Senior 5 \$100/\$120

Soccer

(Ages 8+) Soccer time! We will be practicing and preparing for Special Olympics at Mapleton Fields # 1. Contact Sherri Brown, 303-441-4933.

189045 4/9-5/21 Tu, 4-5:30pm Mapleton 7 \$60/\$75



Soccer is a great way to stay active and healthy this spring!

Unified Softball

(Ages 16+) Unified Softball League starts May 7th. Sherri will set-up teams in April and each team will play weekly games between 5-8pm. Please email Sherri @ brownsh@bouldercolorado.gov with shirt size. New players please contact Sherri.

189046 5/7-8/13 Tu, 5-9pm Mapleton 14 \$40

Adventures & Attitudes

(Ages 14+) Have fun trying out a variety of adventure-based games and activities. We will do something different each week! Contact Lori Goldman, 303-413-7256.

189090 4/3-5/22 W, 3:30-4:30pm East 8 \$40/\$50

Weight Lifting

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

189040 4/4-5/23 Th, 2:30-3pm East 8 \$30/\$40

Spinning

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

189041 4/4-5/23 Th, 3-4pm East 8 \$40/\$50

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.

190682 4/4-5/23 Th, 4:30-5:30pm East Senior 8 \$40/\$50

Special Olympics Swim Training

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

189042 4/4-5/23 Th, 6-7pm East 8 \$65/\$75

Earth Day Hike

(Ages 12+) Celebrate Earth Day with a hike near Boulder! Please bring a sack lunch and waterbottle. Hike is not wheelchair accessible. Hike will be an easy intermediate level with ups and downs. Plan on hiking approximately 2 miles. Contact Lori Goldman, 303-413-7256.

189089 4/19 F, 10am-2pm East 1 \$16/\$20

Bowling

(Ages 8+) Strike! Bowl with friends or meet new people. Bowling at CU/UMC! Fee includes one or two games and shoes. Contact Jen Heilveil, 303-413-7474.

189039 4/12-5/24 F, 4-5:30pm CU 7 \$70/\$88



Track -N-Field

(Ages 8+) Let's start running! We will be preparing for Special Olympics meet in May. Contact Sherri Brown, 303-441-4933.

189048 4/13-5/11 Sa, 10-11:30am South 5 \$35/\$45

Silly Saturdays

(Ages 4-11) Let the fun begin! Come enjoy swimming, gym games, crafts, and a healthy snack. Siblings and friends without disabilities are welcome too! Everyone needs to register. Contact Lori Goldman at 303-413-7256.



189082 4/20-5/1 Sa, 12:30-3pm East 3 \$60/\$70

Challenger Baseball

(Ages 5-18) Challenger baseball is offered through North & South Boulder Little League. For information contact Sherri @ 303-441-4933

Judo

(Ages 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 or combat, and a way of life. It is all of these and more. Contact Sherri, 303-441-4933.

191282 3/30-4/27 Sa, 3:15-4:15pm North 9 \$50/\$62

Sports Banquet

Celebrate EXPAND'S Special Olympics Athletes with dinner, dancing, and awards. All individuals attending need to register. Contact Sherri Brown, 303-441-4933.

182645 3/19 Tu, 6-8:30pm East 1 \$8

► FRIDAY NIGHT DANCES

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

Grease! (50's)

189382 4/19 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 spring activities and use the proper codes.

Dinner at Red Robin - Flatirons Mall

Enjoy an evening at the Mall. Bring Spending money and dinner is on us!

189383 4/3 W, 4:30-7pm East 1 \$23/\$29 group & 1on1

Bowling at Fat Cats & Pizza

189384 4/17 W, 4:45-7:30pm East 1 \$23/\$29 group & 1on1

Pizza & Bingo

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

189388 5/8 W, 4:30-6pm East Senior 1 \$15/\$19 group & 1on1

► ACTIVITIES FOR INDIVIDUALS WITH PHYSICAL DISABILITIES

Visual Impairment Sport Abilities Program

Sport opportunities allow people who are blind and visually impaired to develop independence through recreation. Come join us for this collaborative sport program with the staff of the United States Association of Blind Athletes (USABA). We will offer goal ball, running, swimming, biking, body awareness, and judo. Participants will receive healthy snacks and incentives for participating. Transportation pick up points will be provided.



For more information, contact Jen Heilveil, 303-413-7474 or heilveilj@bouldercolorado.gov

186782	3/16	Sa, 1-3pm	East	\$15
	4/13	Sa, 1-3pm	East	
	5/11	Sa, 1-3pm	East	

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.



Photo credit: Jeff Regier

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.

190632 4/6-4/16 Tu/Sa, 1-1:30pm East 3 \$15

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.

