



# SPORTS

## Youth Indoor Rock Climbing

Want to try rock climbing but don't know where to start? Join our experienced climbing wall staff on the indoor rock wall for age appropriate games and activities meant to introduce participants to the popular sport of rock climbing. This program will provide instruction into the importance of safe rock climbing practices, proper use of climbing equipment, and movement on a rock wall. Information: Jake, howej@bouldercolorado.gov

161633 4/4-5/9 W, 5-6:30pm East 6 \$75/\$95

## ▶ YOUTH VOLLEYBALL

### Intro to Middle School Volleyball

(Grades 6-8) Build volleyball skills and confidence with a focus on the fundamentals. Class will teach the basics of bumping, setting, serving and team strategies. Fun court games and scrimmages add to the experience! Improve skills and make new friends. Please note, this class is being held at the North Boulder Rec. Center for the spring 2012 session. Information: Lenore at 303-441-3416 or knoxl@bouldercolorado.gov

158133 3/31-5/19 Sa, 10am-12pm North 8 \$128/\$160

### Power Volleyball Skills & Scrimmages

(Grades 7-9) Increase your game knowledge and skills to dominate the court! This class is targeted for incoming freshman preparing for high school tryouts, but is open to grades 7-9. Passing, setting, serving & other skills will be emphasized along with other fun court games to keep the fun dialed in. Participants must have ADVANCED skills in volleyball and have played club, Gold Crown or on their school team. The first class will consist of a tryout session to evaluate participant's skill set. Participant must pass initial tryout session to continue class. No class 7/17 & 7/19. Information: Lenore at 303-441-3416 or knoxl@bouldercolorado.gov

158134 7/5-8/14 Tu/Th, 4:45-6:45pm South 10 \$183/\$229

## Drop-In Volleyball & Basketball

### Basketball

19+	Su	8-11am	South
All Ages	Su	11-5pm	South
All Ages	M/W/F	2:30-5:30pm	South
19+	Tu/Th	11-1:30pm	South
All Ages	Sa	1:30-5pm	South
19+	M/W/F	11:30-1:30pm	North
All Ages	M/Th/F	2:30-5:30pm	North
All Ages	Sa	1-5pm	North
All Ages	Su	12:30-3pm	North
All Ages	Tu	2:30-5:30pm	East
All Ages	F	3:30-5:30pm	East
All Ages	Sa/Su	1-5pm	East
19+	M/W/F	11-1:30pm	East

### Volleyball

19+	Sa	8-10am	Women's	South
19+	Su	9am-12:30pm	Coed	North
Senior	M/F	1:30-3:30pm	Coed	East
19+	F	7-9pm	Coed	East

## ▶ ADULT BASKETBALL

### Men's Basketball

(Ages 18+) Whatever your skill level, the City of Boulder is your source for men's basketball leagues and the best place to play. Our basketball leagues are classified by Divisions. A (comp) leagues usually contain a mixture of College experienced players and High school experienced players, and B (rec) leagues usually contain a mixture of High School experienced players and guys who just like to play. We feature regulation courts, glass backboards and electronic scoreboards in our 8 game seasons. Fees are team based with no additional player fees. Information: Derrick at 303-441-4137 or trippd@bouldercolorado.gov

### Basketball A League- Spring

158733 3/21-5/23 W, 7-10pm North 8 \$500

### Basketball B League- Spring

158732 3/20-5/22 Tu, 7-10pm North 8 \$500

## ▶ ADULT VOLLEYBALL LEAGUES

### Volleyball Leagues

(Ages 16+) The spring indoor volleyball season will consist of an 9 week season with the last meeting(s) devoted to playoffs. Divisions are explained on the city website (www.bprsports.org). Fees are per team, no additional player fees! No games the week of 3/26. Information: Lenore at 303-441-3416 or knoxl@bouldercolorado.gov.

### Co-Ed 6's Division 1

158137 3/21-5/22 W, 7-10pm East 9 \$405

### Co-Ed 6's Division 2

158138 3/21-5/23 W, 7-10pm East 9 \$405

### Men's 6's

158136 3/19-5/21 M, 7-10pm East 9 \$405

### Women's 6's Division 1

158141 3/22-5/24 Th, 6-10pm East 9 \$405

### Women's 6's Division 2

158139 3/20-5/22 Tu, 7-10pm East 9 \$405

### Women's 6's Division 2

158142 3/22-5/24 Th, 6-10pm East 9 \$405

## Spring/Summer/Fall Adult Sports Leagues

Softball, Soccer, Kickball, Dodgeball league for all levels. Information: www.bprsports.org to see league offerings.

## Now hiring league officials!

Apply online at www.bouldercolorado.gov

# SWIMMING



*Learning to swim increases confidence and safety in and around the water.*

## Important!

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

## Swim Lessons Information

Jackie Koehn, 303-413-7267 or KoehnJ2@bouldercolorado.gov

## Pool Schedules Available Online

In an effort to conserve paper we are asking patrons to view schedules online rather than taking home paper copies. Online schedules are always the most up-to-date and reflect any changes made. [www.BoulderAquatics.org](http://www.BoulderAquatics.org)

## Group Reservation Policy

Groups of 10 or more must call ahead and make a group reservation. We reserve the right to refuse admission to any group without a reservation. To make reservations, please visit our website [www.BoulderAquatics.org](http://www.BoulderAquatics.org)

## Aquatic Training Classes

Want to train to be a lifeguard or swim instructor? Please visit our website at [www.BoulderAquatics.org](http://www.BoulderAquatics.org) for scheduled classes.

## Lifeguards/Swim Instructors Needed!

Are you reliable, energetic, and hardworking? Join our team of professional lifeguards and swim instructors. Flexible hours, competitive wages, and great benefits. Previous experience is preferred, but not required. Apply online at [www.BoulderColorado.gov](http://www.BoulderColorado.gov). For more information contact Julie Dettbarn at [dettbarnj@bouldercolorado.gov](mailto:dettbarnj@bouldercolorado.gov)

## Summer Splash Passes

Enjoy outdoor swimming at our two outdoor pools and the Boulder Reservoir with unlimited entry during the summer season.

Senior (60+)	\$80(R)/\$100(N)
Adult (19-59)	\$120(R)/\$150(N)
Youth (3-18)	\$80(R)/\$100(N)
*Family	\$240(R)/\$300(N)

\*Family passes are good for 2 adults and 2 kids or 1 adult and 3 kids in the same household.

## ▶ ADULT LESSONS

### Adult Group Lessons

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

161083	4/7-5/5	Sa, 9:15-10am	East	5	\$45/\$56
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### Lap Swim 101

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

161084	4/7-5/5	Sa, 10-11am	East	5	\$70/\$88
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## ▶ PRIVATE & \*SEMI-PRIVATE SWIM LESSONS

Swimmers of all levels will benefit from private swim instruction! Sign up today by filling out the online form at [www.BoulderAquatics.org](http://www.BoulderAquatics.org). After filling out the form you will be contacted by an instructor in two to three weeks to set up the lessons. Once your lessons are scheduled you can go to any indoor recreation facility to pay for them.

### Instructor Levels

Level A - Instructor with 6+ years teaching experience

Level B - Instructor with less than 6 years teaching experience

	Level A	Level B
<b>30 minute lesson</b>		
1 class	\$40	\$32
3 classes	\$114	\$90
6 classes	\$216	\$174
<b>60 minute lesson</b>		
1 class	\$62	\$47
3 classes	\$174	\$132
6 classes	\$330	\$252

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



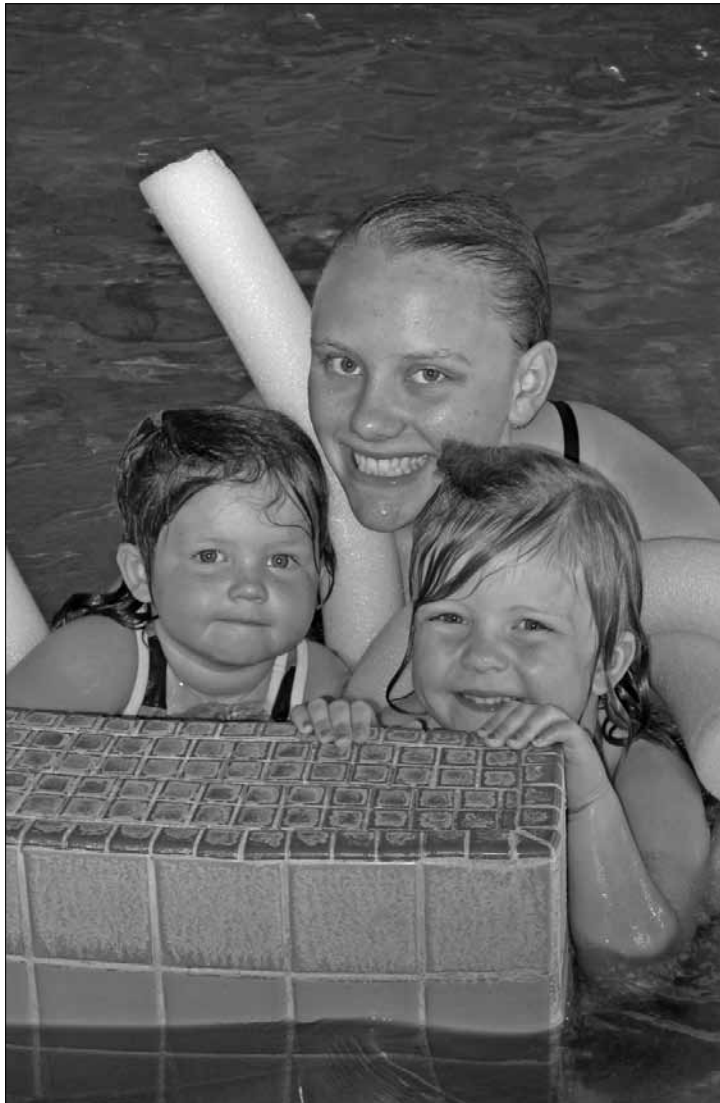
# SWIMMING

## ► PARENT/CHILD CLASSES

### Jelly Monkey

(Ages 6 months-36 months) **Prerequisites:** Child must be at least 6 months old and no older than 36 months. Parent or guardian must accompany the child into the water and participate. **Class Focus:** Developing swimming readiness by leading parents and their children in water exploration activities with the objective of having fun and becoming comfortable in, on, and around the water.

161139	4/2-4/30	M, 5:35-6:05pm	North	5	\$30/\$38
161140	4/3-5/1	Tu, 6:40-7:10pm★	East	5	\$30/\$38
161141	4/4-5/2	W, 9:45-10:15am★	North	5	\$30/\$38
161142	4/4-5/2	W, 10:20-10:50am★	North	5	\$30/\$38
161144	4/4-5/2	W, 5:35-6:05pm	North	5	\$30/\$38
161784	4/5-5/3	Th, 5:30-6pm★	East	5	\$30/\$38
161143	4/7-5/5	Sa, 11-11:30am	East	5	\$30/\$38



*Early swim lessons set a positive foundation towards a lifetime of participation and enjoyment!*

## ► SPECIALIZED LESSONS AGES 3-6



**Prerequisites:** There are no prerequisites for specialized classes; children may only enroll in class specific to their age. **Class Focus:** Specialized classes provide a more personalized interaction with instructors, running in a semi-private format of no more than three students per instructor. Great for children new to the swim lesson setting. Instructors will focus on a personal lesson plan for each child and skills will vary by individual swimming ability.

### Specialized Lessons - Age 3

161093	4/2-4/30	M, 5-5:30pm	North	5	\$60/\$75
161108	4/2-4/30	M, 6:10-6:40pm	North	5	\$60/\$75
161092	4/3-5/1	Tu, 5:30-6pm★	East	5	\$60/\$75
161095	4/4-5/2	W, 10:20-10:50am★	North	5	\$60/\$75
161094	4/4-5/2	W, 5-5:30pm	North	5	\$60/\$75
161682	4/5-5/3	Th, 5:30-6pm★	East	5	\$60/\$75
161685	4/5-5/3	Th, 6:40-7:10pm★	East	5	\$60/\$75
161096	4/7-5/5	Sa, 9:15-9:45am★	East	5	\$60/\$75
161107	4/7-5/5	Sa, 10:25-10:55am★	East	5	\$60/\$75

### Specialized Lessons - Age 4

161098	4/2-4/30	M, 5-5:30pm	North	5	\$60/\$75
161105	4/2-4/30	M, 6:10-6:40pm	North	5	\$60/\$75
161097	4/3-5/1	Tu, 5:30-6pm★	East	5	\$60/\$75
161100	4/4-5/2	W, 10:20-10:50am★	North	5	\$60/\$75
161099	4/4-5/2	W, 5-5:30pm	North	5	\$60/\$75
161684	4/5-5/3	Th, 5:30-6pm★	East	5	\$60/\$75
161686	4/5-5/3	Th, 6:40-7:10pm★	East	5	\$60/\$75
161101	4/7-5/5	Sa, 9:15-9:45am★	East	5	\$60/\$75
161102	4/7-5/5	Sa, 10:25-10:55am★	East	5	\$60/\$75

### Specialized Lessons - Age 5

161117	4/2-4/30	M, 5-5:30pm	North	5	\$60/\$75
161106	4/4-5/2	W, 10:20-10:50am★	North	5	\$60/\$75
161104	4/4-5/2	W, 5-5:30pm	North	5	\$60/\$75
161683	4/5-5/3	Th, 5:30-6pm★	East	5	\$60/\$75
161103	4/5-5/3	Th, 6:40-7:10pm★	East	5	\$60/\$75
161110	4/7-5/5	Sa, 9:15-9:45am★	East	5	\$60/\$75
161116	4/7-5/5	Sa, 10:25-10:55am★	East	5	\$60/\$75

### Specialized Lessons - Age 6

161128	4/3-5/1	Tu, 6:40-7:10pm★	East	5	\$60/\$75
161130	4/4-5/2	W, 6:10-6:40pm	North	5	\$60/\$75
161783	4/5-5/3	Th, 6:40-7:10pm★	East	5	\$60/\$75

# SWIMMING



Early swimming fosters a growing sense of self-esteem, confidence and independence.

## ► PRE SCHOOL GROUP LESSONS



### Pre School 1

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

161085	4/2-4/30	M, 5:35-6:05pm	North	5	\$30/\$38
161088	4/3-5/1	Tu, 6:05-6:35pm★	East	5	\$30/\$38
161086	4/4-5/2	W, 9:45-10:15am★	North	5	\$30/\$38
161732	4/5-5/3	Th, 6:05-6:35pm★	East	5	\$30/\$38
161087	4/7-5/5	Sa, 9:50-10:20am★	East	5	\$30/\$38

### Pre School 2

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

161090	4/2-4/30	M, 5:35-6:05pm	North	5	\$30/\$38
161089	4/3-5/1	Tu, 6:05-6:35pm★	East	5	\$30/\$38
161091	4/4-5/2	W, 9:45-10:15am★	North	5	\$30/\$38
161733	4/5-5/3	Th, 6:05-6:35pm★	East	5	\$30/\$38
161111	4/7-5/5	Sa, 9:50-10:20am★	East	5	\$30/\$38

### Pre School 3

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

161112	4/2-4/30	M, 5:35-6:05pm	North	5	\$30/\$38
161113	4/3-5/1	Tu, 6:05-6:35pm★	East	5	\$30/\$38
161115	4/4-5/2	W, 9:45-10:15am★	North	5	\$30/\$38
161734	4/5-5/3	Th, 6:05-6:35pm★	East	5	\$30/\$38
161114	4/7-5/5	Sa, 9:50-10:20am★	East	5	\$30/\$38

## ► GROUP LESSONS AGES 6-13

### Level 1 Sea Turtle

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

161118	4/2-4/30	M, 5-5:30pm	North	5	\$30/\$38
161121	4/4-5/2	W, 5:30-6pm	North	5	\$30/\$38
161119	4/4-5/2	W, 6:10-6:40pm	North	5	\$30/\$38
161782	4/5-5/3	Th, 6:05-6:35pm★	East	5	\$30/\$38
161123	4/7-5/5	Sa, 10:25-10:55am★	East	5	\$30/\$38
161125	4/7-5/5	Sa, 11-11:30am★	East	5	\$30/\$38

### Level 2 Rays

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

161120	4/2-4/30	M, 6:10-6:40pm	North	5	\$30/\$38
161131	4/3-5/1	Tu, 6:05-6:35pm★	East	5	\$30/\$38
161133	4/4-5/2	W, 5:35-6:05pm	North	5	\$30/\$38
161134	4/7-5/5	Sa, 9:15-9:45am★	East	5	\$30/\$38
161135	4/7-5/5	Sa, 11-11:30am★	East	5	\$30/\$38

### Level 3 Swordfish

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

161124	4/2-4/30	M, 6:10-6:40pm	North	5	\$30/\$38
161136	4/3-5/1	Tu, 6:40-7:10pm★	East	5	\$30/\$38
161122	4/4-5/2	W, 6:10-6:40pm	North	5	\$30/\$38
161137	4/7-5/5	Sa, 9:50-10:20am★	East	5	\$30/\$38



# SWIMMING



Spring swim lessons are a great way to refresh your water skills before summer activities begin.

## Level 4 Porpoise

(Ages 7-13) **Prerequisites:** Successful completion of Level 3 Swordfish class or child must be able to successfully perform 15 yards of front crawl and backstroke with rhythmic breathing, 15 yards of elementary backstroke and one minute of treading water. **Class Focus:** Level 4 will continue to refine basic strokes and will also introduce breaststroke and butterfly. Students will increase endurance by swimming longer distances and will be introduced to the basics of wall turns.

161132	4/3-5/1	Tu, 5:30-6pm★	East	5	\$30/\$38
161126	4/4-5/2	W, 6:10-6:40pm	North	5	\$30/\$38
161138	4/7-5/5	Sa, 11-11:30am★	East	5	\$30/\$38

## Level 5 Shark

(Ages 7-13) **Prerequisites:** Successful completion of level 4 Porpoise class or child must be able to successfully perform 25 yards of front crawl and backstroke with rhythmic breathing, 15 yards of breaststroke and 5 yards of butterfly. **Class Focus:** Level 5 will refine all strokes and increase the distances students swim. Students will be introduced to flip turns at walls and diving from starting blocks.

161127	4/3-5/1	Tu, 6:40-7:10pm★	East	5	\$30/\$38
161129	4/4-5/2	W, 5:35-6:05pm	North	5	\$30/\$38

## Barracudas Summer Swim Team

(Ages 5-18) There will be a team meeting on Sunday April 29, 2012 (time to be determined) at the North Boulder Recreation Center. This meeting is to notify parents/participants of exact practice times, meet schedules and other information. Visit [www.BoulderBarracudas.org](http://www.BoulderBarracudas.org) for more details.

### Pre-season practice:

5/21-6/1 M-F, 3:30-5:30pm South

### Regular season:

162482 6/4-7/27 M-F, 7:30-10:30am Spruce \$200/\$250

## ► AQUATIC FITNESS CLASSES

### Aquatic Fitness (Leisure Pool)

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

158614	4/2-4/13	M/W/F, 8-9am	East	6	\$36/\$45
158615	5/2-5/30	M/W/F, 8-9am	East	12	\$72/\$90

### Warm Water Fitness (Leisure Pool)

(Age 18+) Try this wet and wonderful workout option! The water provides a non-weight bearing environment that makes it safe for joints and provides support for the entire body. In addition, muscle conditioning and proper muscle balance are increased by utilizing the resistance of the water. We will work on cardio, muscular strengthening and flexibility in the warm pool (86-88). If you require physical assistance in the water, a two-week notification is required. Contact Jen Heilveil, 303-413-7474.

158607	4/3-4/27	Tu/F, 9:30-10:30am	East	8	\$48/\$60
158613	5/1-5/25	Tu/F, 9:30-10:30am	East	8	\$48/\$67

## ► DROP-IN AQUATIC FITNESS CLASSES

Additional aquatic fitness classes can be found on the drop-in fitness schedule (inside back cover). Like other drop-in fitness classes they are included with the price of admission to the recreation center. All pass or drop-in fee information can be found on page 6 or online at [www.BoulderAquatics.org](http://www.BoulderAquatics.org).

### Aqua Zumba

Aqua Zumba integrates the Zumba formula and philosophy of fun fitness dancing with traditional aqua aerobic exercise techniques. It is a safe, challenging, water-based workout providing both cardio-conditioning and full-body muscle toning (with minimal stress or impact).

T/Th, 5:45-6:45 pm North

### Water Fitness for All

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

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

### Hydro Dynamics

A med-high intensity class, where you get the same fitness benefits as land aerobics, including excellent cardiovascular conditioning, muscle toning, fat burning. The water environment provides great resistance and a low-impact workout.

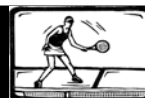
Tu/Th, 12:30-1:30pm South

### Pre-Natal

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

M, 7-8pm North

# TENNIS



*Don't miss our summer camp listings in the camp guide (insert).*

*Tennis is a great way to stay active and enjoy the outdoors this spring!*

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



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

Questions: Gonzo Garcia at [www.GonzoTennis.com](http://www.GonzoTennis.com)  
 Court Reservations & Smash Tennis Team: Derrick at 303-441-4137 or [trippd@bouldercolorado.gov](mailto:trippd@bouldercolorado.gov)  
 Program information: Dean at 303-441-4427 or [rummeld@bouldercolorado.gov](mailto:rummeld@bouldercolorado.gov)

## Private Tennis Lessons

Youth and adult private lessons outside are available (weather permitting). Gonzo tennis instructors teach all lessons. A participant information sheet will be filled out upon registration for your lesson at [www.bprtennis.org](http://www.bprtennis.org). This sheet will be used to arrange days and times of each lesson. Lessons expire six months after registration.

For more information contact Gonzo Garcia at 720-480-0249 or [gonzo@gonzotennis.com](mailto:gonzo@gonzotennis.com)

Private Lesson:	With Gonzo:	Without Gonzo:
1 class	\$70	\$48
3 classes	\$200	\$137
6 classes	\$378	\$260
<b>Group Semi-Private:</b>		
2 people	\$90	\$68
3 people	\$110	\$88

## Adult Tennis Punch Cards

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

1 punch	\$20
3 punches	\$57
6 punches	\$108

## ▶ GONZO TENNIS - ADULTS

(Ages 16+) These clinics will introduce all the basic tennis strokes to beginners, and improve skills for intermediate players. Then games will be introduced to work on the skills you are developing. Different games will be used for different levels. These games will improve your stroke technique and consistency. For inclement weather and cancellation information: 303-441-3410.

### Beginner (2.5-3.0)

162383	3/27-4/16	Tu, 5:30-7pm	East	4	\$60/\$75	
162382	5/1-5/22	Tu, 5:30-7pm	East	4	\$60/\$75	
158797	3/28-4/18	W, 5:30-7pm	North	4	\$60/\$75	
158798	5/2-5/23	W, 5:30-7pm	North	4	\$60/\$75	
158783	3/29-4/19	Th, 5:30-7pm	East	4	\$60/\$75	
158784	5/3-5/24	Th, 5:30-7pm	East	4	\$60/\$75	
158787	4/4-4/25	W, 9-10:30am	East	4	\$84/\$105	Gonzo
158789	5/2-5/23	W, 9-10:30am	East	4	\$84/\$105	Gonzo
158788	4/5-4/26	Th, 9-10:30am	North	4	\$84/\$105	Gonzo
158790	5/3-5/24	Th, 9-10:30am	North	4	\$84/\$105	Gonzo

### Intermediate (3.5)

158785	3/26-4/17	M, 5:30-7pm	East	4	\$60/\$75	
158786	5/1-5/22	M, 5:30-7pm	East	4	\$60/\$75	
163782	4/3-4/24	Tu, 9-10:30am	North	4	\$84/\$105	Gonzo
158792	5/1-5/22	Tu, 9-10:30am	North	4	\$84/\$105	Gonzo
158793	4/4-4/25	W, 10:30am-12pm	East	4	\$84/\$105	Gonzo
158794	5/2-5/23	W, 10:30am-12pm	East	4	\$84/\$105	Gonzo
158791	4/4-4/25	W, 5:30-7pm	East	4	\$84/\$105	Gonzo
163932	5/2-5/23	W, 5:30-7pm	East	4	\$84/\$105	Gonzo
158795	4/5-4/26	Th, 10:30am-12pm	North	4	\$84/\$105	Gonzo
158796	5/3-5/24	Th, 10:30am-12pm	North	4	\$84/\$105	Gonzo

## Adult Open Tennis

(Ages 16+) Just show up and play! A good workout in the middle of the day.

punch card	4/3-4/15	Tu, 10:30-12pm	North
punch card	4/7-4/19	Sa, 1-2:30pm	East



# TENNIS

## ► GONZO TENNIS - JUNIORS

(Ages 11-15) The Junior program is divided into different levels determined by age and ability. These game-based programs use specific exercises and fun games to help the students to understand the aspects of the game. It's all about Tennis, come play with Gonzo! Must get approved by Gonzo to register for intermediate and advanced courses. [www.gonzotennis.com](http://www.gonzotennis.com). For inclement weather and cancellations: 303-441-3410.



### Beginner

159043	4/2-5/21	M, 4-5pm	East	8	\$80/\$100
159044	4/3-5/22	Tu, 4-5pm	North	8	\$80/\$100
159045	4/4-5/23	W, 4-5pm	East	8	\$80/\$100
159046	4/5-5/24	Th, 4-5pm	North	8	\$80/\$100
159047	4/6-5/25	F, 4-5pm	East	8	\$80/\$100
159048	4/7-5/26	Sa, 9-10am	East	8	\$80/\$100

### Intermediate

159050	4/2-5/21	M, 5-6pm	East	8	\$80/\$100
159051	4/3-5/22	Tu, 5-6pm	North	8	\$80/\$100
159052	4/4-5/23	W, 5-6pm	East	8	\$80/\$100
159053	4/5-5/24	Th, 5-6pm	North	8	\$80/\$100
159054	4/6-5/25	F, 5-6pm	East	8	\$80/\$100
159055	4/7-5/26	Sa, 10-11am	East	8	\$80/\$100

### Advanced

159056	4/2-5/21	M, 6-7pm	East	8	\$80/\$100
159057	4/3-5/22	Tu, 6-7pm	North	8	\$80/\$100
159058	4/4-5/23	W, 6-7pm	East	8	\$80/\$100
159059	4/5-5/24	Th, 6-7pm	North	8	\$80/\$100
159060	4/6-5/25	F, 6-7pm	East	8	\$80/\$100
159061	4/7-5/26	Sa, 11am-12pm	East	8	\$80/\$100

## Youth Tennis Punch Cards

(Ages 3-15) Purchase a punch card and drop into any youth class that is not full. Please email [gonzo@gonzotennis.com](mailto:gonzo@gonzotennis.com) to let instructors know which class you plan to drop into.

1 punch	\$12
3 punches	\$34
6 punches	\$65

## ► GONZO TENNIS - MINI/TINY/MIGHTY

(Ages 3-10) The School of Tennis is a child physical development program that uses a variety of fun games to develop motor skills enjoying the game of tennis and helping to create self confidence in a safe and friendly environment. It's all about Tennis! [www.gonzotennis.com](http://www.gonzotennis.com). For inclement weather and cancellation info: 303-441-3410. No classes on 4/8.

### Mini Gonzos (Ages 3-4)

159062	4/2-5/21	M, 3:15-3:45pm	East	8	\$60/\$75
159063	4/3-5/22	Tu, 3:15-3:45pm	East	8	\$60/\$75
159064	4/4-5/23	W, 3:15-3:45pm	East	8	\$60/\$75
159083	4/4-5/23	W, 3:15-3:45pm	North	8	\$60/\$75
159065	4/5-5/24	Th, 3:15-3:45pm	East	8	\$60/\$75
159066	4/6-5/25	F, 3:15-3:45pm	East	8	\$60/\$75
159067	4/7-5/26	Sa, 9:45-10:15am	North	8	\$60/\$75
159068	4/1-5/27	Su, 9:45-10:15am	East	8	\$60/\$75

### Tiny Gonzos (Ages 5-7)

159069	4/2-5/21	M, 3:45-4:30pm	East	8	\$68/\$85
159070	4/3-5/22	Tu, 3:45-4:30pm	East	8	\$68/\$85
159071	4/4-5/23	W, 3:45-4:30pm	East	8	\$68/\$85
159084	4/4-5/23	W, 3:45-4:30pm	North	8	\$68/\$85
159072	4/5-5/24	Th, 3:45-4:30pm	East	8	\$68/\$85
159073	4/6-5/25	F, 3:45-4:30pm	East	8	\$68/\$85
159074	4/7-5/26	Sa, 10:15-11am	North	8	\$68/\$85
159075	4/1-5/27	Su, 10:15-11am	East	8	\$68/\$85

### Mighty Gonzos (Ages 8-10)

159076	4/2-5/21	M, 4:30-5:30pm	East	8	\$80/\$100
159077	4/3-5/22	Tu, 4:30-5:30pm	East	8	\$80/\$100
159078	4/4-5/23	W, 4:30-5:30pm	East	8	\$80/\$100
159085	4/4-5/23	W, 4:30-5:30pm	North	8	\$80/\$100
159079	4/5-5/24	Th, 4:30-5:30pm	East	8	\$80/\$100
159080	4/6-5/25	F, 4:30-5:30pm	East	8	\$80/\$100
159081	4/7-5/26	Sa, 11am-12pm	North	8	\$80/\$100
159082	4/1-5/27	Su, 11am-12pm	East	8	\$80/\$100

## Spring Break Tennis Camp

(Ages 5-10)

149484	3/26-3/30	M-F, 1:30-4:30pm	East	5	\$165/\$207
162384	4/2	M, 9am-12pm	East	1	\$40/\$50
162385	4/3	Tu, 9am-12pm	East	1	\$40/\$50

(Ages 11-15)

149485	3/26-3/30	M-F, 1:30-4:30pm	East	5	\$165/\$207
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## Boulder Smash



(Ages 8-17) Building your game while building a team. Be a part of a great team (with 20 state champions) representing the city of Boulder. Coached by Gonzo and his staff!

### Spring Warm up

Learn how to play a match while getting prepared for the summer competition. During this session participants will meet for 5 practices and 3 matches.

159086	4/1-5/20	Su, 2-4pm	Centennial M.S.	8	\$120/\$150
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### Summer Competition

During the summer competition season this is a two day per week commitment with one day of practice and one morning of match play. At the end of the seasons CARA and USTA both hold state tournaments for the participants.

#### USTA

159088	5/29-7/17	Tu, 1-3pm	Centennial M.S.	8	\$195/\$244
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#### CARA

159087	5/31-7/19	Th, 1-3pm	Centennial M.S.	8	\$160/\$200
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#### Both USTA & CARA

159089	5/29-7/19	Tu/Th, 1-3pm	Centennial M.S.	8	\$320/\$400
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More information at [www.GonzoTennis.com](http://www.GonzoTennis.com)

### Fall Ladder of Champions

More information will be in the summer Recreation Guide.



*Whether you seek skill development, improvement or competitive training, you'll find it in our biking programs.*



Since 2004, Avid4 Adventure has inspired life-long active outdoor lifestyles and environmental stewardship through experiences that provide personal development and memorable family adventures. Through school programs, summer camps, family programs, and special events, Avid4 Adventure has served over 100,000 children in the Front Range with incredible staff, the best equipment, unparalleled customer service, and a safety record that is superior to industry standards.

Avid4 Adventure staff are the most incredible individuals that you can have the pleasure to meet. Besides being thoroughly background-checked and referenced, CPR & 1st Aid certified, and trained and skilled in biking, Avid4 Adventure staff are caring, compassionate educators that are motivated to inspire your children. Their patience and devotion to your child will create smiles, laughter, skills, and memories that will last a lifetime.

Avid4 Adventure is proud to be the approved adventure provider for the City of Boulder and will provide top-quality instructional programming at the world-class Valmont Bike Park.

**To Register:** [www.avid4.com/VBP](http://www.avid4.com/VBP)

**Questions & Information:** Avid4 Adventure, [VBP@Avid4.com](mailto:VBP@Avid4.com) or call 720-249-2412 x 1 or City of Boulder Parks & Recreation Department, [www.BoulderParks-Rec.org](http://www.BoulderParks-Rec.org).

## Birthday Parties with Avid4 Adventure

This fun and safety focused free-ride mountain biking birthday party offers kids and teens the opportunity to ride varied terrain at Valmont Bike Park with high-quality instruction. During the 2+ hour birthday party, participants develop skills through increasingly challenging activities using the multiple features and diverse terrain found at Valmont Bike Park. Parties can only be scheduled at pre-arranged times that are approved by the City of Boulder.

- \$300 for up to 10 participants ages 7+ or up to 6 participants ages 4-6; each additional participant \$20.
- Required gear can be rented for an additional fee: Bikes \$20/Protective Gear \$10

Register online at [www.avid4.com/VBP](http://www.avid4.com/VBP)

## Private or Group Lessons - Youth & Teens

(Ages 4-17) Fun and safety-focused free-ride mountain biking private instruction challenges participants to progress their riding abilities using the varied features and terrain at Valmont Bike Park. Lessons will be led by Avid4 Adventure VBP staff and will be scheduled after registering; lessons expire 6 months after purchase.

- No more than 5 people per private class.
- Bikes/Protective Gear (required) can be rented for an additional \$20 bikes/\$10 gear, per 3-hour class.

### Individual (3 hour classes)

1 Private Lesson	\$150
3 Private Lessons	\$420
6 Private Lessons	\$780

### Group (3 hour classes)

2 people	\$200
3 people	\$250
4 people	\$300
5 people	\$350

\* Register online at [www.avid4.com/VBP](http://www.avid4.com/VBP)

## After-School Biking Programs

(Ages 7-17) Fun and safety-focused Valmont Bike Park After-school Program offers kids & teens the opportunity to explore this world-renowned facility in an instruction-based program. During the 6 sessions participants learn skills through increasingly challenging activities, exercises, and differing terrain, while also developing as a team. Kids will have a chance to experience the Pump Tracks, Dirt Jumps, Slope Style, Single Track, X-Country, and more.

- Participants will be divided into groups of up to 6 by ability; must be able to ride 2-wheeler
- Bikes/Protective Gear (required) can be rented for an additional \$60/\$30 for the 6 sessions.

*	4/16-5/14	M, 3:45am-6:15pm	VBP	6	\$250
*	4/17-5/15	Tu, 3:45am-6:15pm	VBP	6	\$250

\*Register online at [www.avid4.com/VBP](http://www.avid4.com/VBP)

## Valmont Bike Park Summer Camps

Look for our camp listings in the Summer Camp Guide inserted in this Recreation Guide!



Photo by Marty Caivano: [www.leelikesbikes.com](http://www.leelikesbikes.com)

**L**ee McCormack of [www.leelikesbikes.com](http://www.leelikesbikes.com) is widely considered one of the world's top bicycle skills instructors. He uses his sequential teaching curriculum to help riders of all styles and levels — BMX, mountain and road; beginners to pros — ride better, safer and faster.

A passionate rider and journalist for more than 20 years, Lee wrote and illustrated the books *Mastering Mountain Bike Skills*, *Pro BMX Skills* and *Teaching Mountain Bike Skills*. He was also a member of the team that won the 1998 Pulitzer Prize for public service.

As the skills development director for the National Interscholastic Cycling Association, Lee establishes and teaches the curriculum used to train high school mountain bike coaches and their riders. With his rider training, coach training, books and website, Lee has helped tens of thousands of riders have more fun on their bikes.

In 2012, Lee is proud to join the City of Boulder to provide world-class skills instruction at the world-class Valmont Bike Park.

### Mountain Bike Mastery with Lee McCormack

(Age 18+) Mountain Bike Mastery with Lee McCormack is the A-1 most proven and cost-effective way for adults to become safer, smoother and faster riders. No matter what style of riding you love, or what level you ride at, you will finish Lee's program with a solid foundation, a renewed passion and a whole new level of flow. Attendees will go through a sequential progression that includes position, braking, cornering, riding up and down obstacles and pumping terrain. From that foundation, it's a series of simple steps to more advanced skills. You have tons of fun riding — and learning on — the awesome terrain of Valmont Bike Park.

- Maximum six riders per session. Minimum four riders per session.
- Saturday mornings and Wednesday afternoons in Spring and Summer.
- Full schedule at [www.leelikesbikes.com](http://www.leelikesbikes.com) > Skills Clinics
- Sessions run 9am to noon or 4-7pm/\$90 per session

For more information go to [www.leelikesbikes.com](http://www.leelikesbikes.com) or contact [lee@leelikesbikes.com](mailto:lee@leelikesbikes.com)

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

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

Whether you want to fly through the air, win races or just have more fun, Lee's sequential progression will give you a solid foundation and help you reach all of your cycling goals. Lee's private sessions are favorites among beginners and pros alike. Expect to learn position, braking, cornering, riding up and down obstacles and pumping terrain. Where Lee takes you from there is up to you. Valmont Bike Park is the greatest place on Earth to do this!

One three-hour session will give you a great foundation for any kind of riding. Two three-hour sessions gives you a chance to learn the essentials more deeply and explore more advanced skills like dropping, jumping and technical trail riding.

- Minimum one rider per session. Maximum six riders per session.
- \$325 for one three-hour session, \$600 for two three-hour sessions.

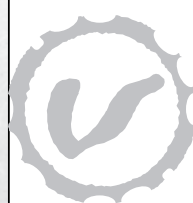
To learn more and to register, go to [www.leelikesbikes.com](http://www.leelikesbikes.com) or email [lee@leelikesbikes.com](mailto:lee@leelikesbikes.com)

## VALMONT BIKE PARK

**V**almont Bike Park is a 40-acre, natural surface cycling terrain park offering diverse amenities for several riding styles and abilities. The park is FREE and open daily from dawn to dusk.

Enjoy the park and ride responsibly. To find out more about the park, reservations, group permits or to volunteer visit us online.

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



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