



Flag football is a great opportunity to have fun and learn the sport in a non-contact environment!



► MINI-SPORTS PROGRAM

The (Instructional) Mini-Sports programs consists of staff who help build participant's skills by administrating a full range of drills and games. While learning the sport, staff will stress the FUN of playing. All Mini-Sports programs are located at the East Mapleton Softball Fields (Mapleton and 30th). If weather is in question call the rainout/cancellation info line: 303-441-3410. **No classes the week of June 25th or July 2.** Information: Dean at 303-441-4427 or rummeld@bouldercolorado.gov

T-Ball

(Ages 4-5)

165532	6/5-7/24	Tu, 4-4:45pm	Mapleton	6	\$42/\$53
165534	6/5-7/24	Tu, 5-5:45pm	Mapleton	6	\$42/\$53

Soccer

(Ages 4-5)

165533	6/6-7/25	W, 4-4:45pm	Mapleton	6	\$42/\$53
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(Ages 6-7)

165535	6/6-7/25	W, 5-5:45pm	Mapleton	6	\$42/\$53
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► NUGGETS BASKETBALL

Denver Nuggets Private Training

Take advantage of the National Basketball Academy's professional training program. The program is designed to take your game to the next level. Whether it be getting ready for elementary basketball or NBA tryouts, we can help improve your game. The National Basketball Academy has graduated an elite list of Division 1 and pro players all over the United States.

Key skills include: Shooting, ball handling, position specific (point guard, post, shooting), rebounding, defense, game decision making and team-play dynamics.

To register contact Derek Griffin, Director of National Basketball Academy, for the Denver Nuggets: 303-405-1105 or dgriffin@TheBasketballAcademy.com

► YOUTH FOOTBALL

Youth Flag Football League

The Youth Flag Football League is the premier flag football league for youth ages 6-13. The program provides young players a fun and exciting opportunity to engage in non-contact, continuous action while learning lessons in teamwork. Participants receive a team-identified t-shirt to keep at the end of the season. Teams will practice two times during the week until games start and then ONLY once during the week once games start on Friday evenings. Practice locations will be determined by the coach. Home games played at Stazio ballfields. There could be away games depending on league registration (Louisville/Lafayette). Practice will start the week of August 20. Games will start September 7. **Registration DEADLINE: August 3.**

Coaches NEEDED! If interested in coaching, please contact Derrick at 303-441-4137 or trippd@bouldercolorado.gov. All City of Boulder Flag Football coaches are volunteers. The City will offer training, manuals, clinics, and mentors to help get coaches started.

Ages 6-8	165782	\$85/\$106
Ages 9-11	165783	\$85/\$106
Ages 12-13	165784	\$85/\$106

► YOUTH VOLLEYBALL

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: Matt at 303-441-3416 or kamhim@bouldercolorado.gov

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

▶ ADULT LEAGUES

Sand Volleyball League

(Ages 16+) Enjoy the beautiful Colorado summer weather while playing some volleyball in the sand. Teams may register through the website, fees are per team. No additional player fees! No games July 4th or 5th.

Information: Matt at 303-441-3416 or kamhim@bouldercolorado.gov

Co-Ed 4's

164682	6/6-8/1	W, 6-8pm	South	8	\$150
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Co-Ed 6's

164685	6/7-8/2	Th, 6-8pm	South	8	\$250
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Men's Basketball League

(Ages 18+) Come play men's hoops this summer at our newly renovated basketball facility at SBRC. Featuring regulation courts, glass backboards, electronic scoreboard, and great officials in our 8 game season. Fees are team based with no additional player fees.

Information: Matt at 303-441-3416 or kamhim@bouldercolorado.gov

B League - Rec

169482	6/26-8/14	Tu, 7-9pm	South	6	\$375
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A League - Comp

169483	6/28-8/16	Th, 7-9pm	South	6	\$375
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Drop-In Basketball & Volleyball

Basketball			May-July1	July-Sept.
19+	Su	8-11am	East	South
All Ages	Su	11-2pm	North	South
19+	Tu/Th	11:30-1:30pm	East	South
All Ages	Sa	12-2pm	-	South
19+	M/W/F	11:30-1:30pm	North	North
All Ages	Sa	1-5pm	North	North
All Ages	Su	12:30-3pm	North	North
All Ages	Sa/Su	1-5pm	East	East

Volleyball

19+ Women's	Sa	8-11am	North	South
19+ Coed	Su	9am-12:30pm	North	North


Visit www.BoulderParks-Rec.org for the status of the **South Boulder Recreation Center gymnasium**. The gymnasium will be closed May 1-June 30. The floor refurbishment is expected to be completed by July 1.

Spring/Summer/Fall Adult Sports Leagues

Softball, Soccer, Kickball, Dodgeball league for all levels. www.BPRsports.org

Now hiring league officials!

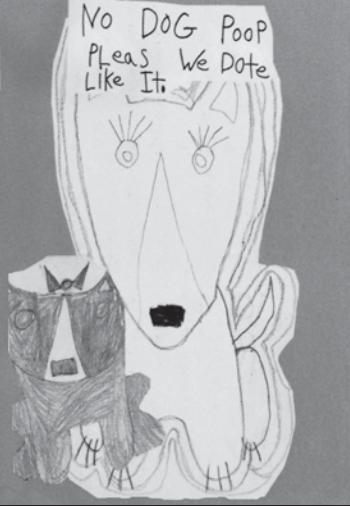
Apply online at www.bouldercolorado.gov

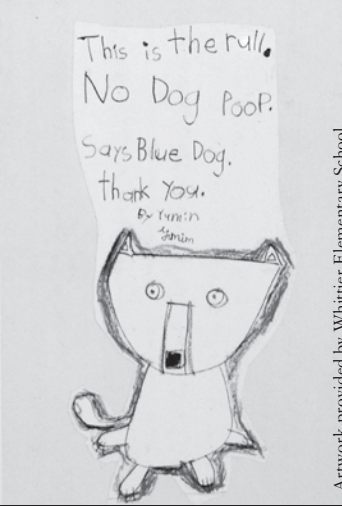


Help Keep our Parks Clean!

Pick up after your dog...It's the Law.

- Dog Waste spreads disease;
- Causes a Nuisance to fellow residents;
 - Pollutes our Environment.
- City Ordinance Requires Cleanup (BRC 6-1-18)





Artwork provided by Whittier Elementary School

www.BoulderParks-Rec.org




5th Annual

Hook the Chinook Disc Golf Tournament

Saturday, June 30 • 8 a.m. check-in
4 rounds of 9 holes (Competitive and Rec Divisions)

Registration Code: **169432**
\$25 pre-registration/\$30 Day Of Tournament (8 a.m.)

Fee includes lunch, refreshments and a disc golf disc!
Prizes for top 2 finishers in each division.

Harlow Platts Disc Golf Course
1360 Gillaspie • Boulder

Register online at www.BoulderParks-Rec.org
or call 303-413-7270

SWIMMING



Outdoor Pool Dates

Scott Carpenter: May 25 - September 3

Spruce: June 2 - September 3

Join us on May 25 for opening day at Scott Carpenter Pool. FREE admission from 1-5 pm!

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

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

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

Aquatic Training Classes

Want to train to be a lifeguard or swim instructor? Please visit our website at 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. For more information contact Julie Dettbarn at dettbarnj@bouldercolorado.gov

Summer Splash Passes

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

Adult (19-59)	\$132(R)/\$150(N)
Youth (3-18)	\$88(R)/\$100(N)
Senior (60+)	\$90(R)/\$100(N)
*Family	\$264(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 No classes July 2-7

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.

164334 6/5-7/31 Tu, 6:45-7:45pm East 9 \$96/\$120

▶ 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. 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

30 minute lesson	Level A	Level B
1 class	\$40	\$32
3 classes	\$114	\$90
6 classes	\$216	\$174

60 minute lesson	Level A	Level 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).

**Scott Carpenter Pool – Join us on opening day
Friday, May 25! FREE admission from 1-5 p.m.**



SWIMMING

► PARENT/CHILD CLASSES No classes July 2-7

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.

164512	6/4-6/15	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
164516	6/5-6/28	Tu/Th, 10:05-10:35am	East	8	\$48/\$60
164518	6/5-7/31	Tu, 6:40-7:10pm★	East	8	\$48/\$60
164520	6/7-8/2	Th, 5:30-6pm★	East	8	\$48/\$60
167983	6/7-8/2	Th, 6:40-7:10pm★	East	8	\$48/\$60
164521	6/9-8/4	Sa, 10:05-10:35am★	East	8	\$48/\$60
164513	6/18-6/29	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
164514	7/9-7/20	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
164517	7/10-8/2	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
164515	7/23-8/3	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45

► SPECIALIZED LESSONS No classes July 2-7

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

164359	6/4-6/15	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
164357	6/4-6/15	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
168632	6/4-6/27	M/W, 6-6:30pm	Spruce	8	\$96/\$120
164343	6/5-6/28	Tu/Th, 9:30-10am	East	8	\$96/\$120
164348	6/5-7/31	Tu, 5:30-6pm★	East	8	\$96/\$120
164351	6/5-7/31	Tu, 6:05-6:35pm★	East	8	\$96/\$120
169082	6/6-8/1	W, 5:30-6pm	North	8	\$96/\$120
164352	6/7-8/2	Th, 5:30-6pm★	East	8	\$96/\$120
164353	6/9-8/4	Sa, 10:05-10:35am★	East	8	\$96/\$120
164355	6/9-8/4	Sa, 10:40-11:10am★	East	8	\$72/\$90
164452	6/18-6/29	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
164358	6/18-6/29	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
164361	7/9-7/20	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
164360	7/9-7/20	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
168633	7/9-8/1	M/W, 6-6:30pm	Spruce	8	\$96/\$120
164344	7/10-8/2	Tu/Th, 9:30-10am	East	8	\$96/\$120
164363	7/10-8/2	Tu/Th, 10:05-10:35am	East	8	\$96/\$120
164362	7/23-8/3	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
164453	7/23-8/3	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90



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

Specialized Lessons - Age 4

164508	6/4-6/27	M/W, 6-6:30pm	Spruce	8	\$96/\$120
164506	6/4-6/15	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
164354	6/4-6/15	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
169634	6/4-6/27	M/W, 6:35-7:05pm	Spruce	8	\$96/\$120
164482	6/5-6/28	Tu/Th, 9:30-10am	East	8	\$96/\$120
164388	6/5-6/28	Tu/Th, 10:05-10:35am	East	8	\$96/\$120
164510	6/5-7/31	Tu, 5:30-6pm★	East	8	\$96/\$120
164386	6/5-7/31	Tu, 6:05-6:35pm★	East	8	\$96/\$120
164380	6/6-8/1	W, 5:30-6pm	North	8	\$96/\$120
164376	6/7-8/2	Th, 5:30-6pm★	East	8	\$96/\$120
164377	6/9-8/4	Sa, 10:05-10:35am★	East	8	\$96/\$120
164381	6/9-8/4	Sa, 10:40-11:10am★	East	8	\$96/\$120
164446	6/18-6/29	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
164449	6/18-6/29	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
164509	7/9-8/1	M/W, 6-6:30pm	Spruce	8	\$96/\$120
168635	7/9-8/1	M/W, 6:35-7:05pm	Spruce	8	\$96/\$120
164447	7/9-7/20	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
164450	7/9-7/20	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
167984	7/10-8/2	Tu/Th, 9:30-10am	East	8	\$96/\$120
164457	7/10-8/2	Tu/Th, 10:05-10:35am	East	8	\$96/\$120
164448	7/23-8/3	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
164451	7/23-8/3	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90

SWIMMING



Specialized Lessons - Age 5

164393	6/4-6/15	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
164379	6/4-6/15	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
164435	6/4-6/27	M/W, 6pm-6:30am	Spruce	8	\$96/\$120
164439	6/5-6/28	Tu/Th, 9:30-10am	East	8	\$96/\$120
164494	6/5-6/28	Tu/Th, 10:05-10:35am	East	8	\$96/\$120
164433	6/5-7/31	Tu, 5:30-6pm★	East	8	\$96/\$120
164384	6/5-7/31	Tu, 6:05-6:35pm★	East	8	\$96/\$120
164378	6/6-8/1	W, 5:30-6pm	North	8	\$96/\$120
164382	6/7-8/2	Th, 5:30-6pm★	East	8	\$96/\$120
164387	6/9-8/4	Sa, 10:05-10:35am★	East	8	\$96/\$120
164383	6/9-8/4	Sa, 10:40-11:10am★	East	8	\$96/\$120
164488	6/18-6/29	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
164485	6/18-6/29	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
164489	7/9-7/20	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
164507	7/9-7/20	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
164496	7/9-8/1	M/W, 6-6:30pm	Spruce	8	\$96/\$120
168637	7/9-8/1	M/W, 7:10-7:40pm	Spruce	8	\$96/\$120
164491	7/10-8/2	Tu/Th, 9:30-10am	East	8	\$96/\$120
164495	7/10-8/2	Tu/Th, 10:05-10:35am	East	8	\$96/\$120
164490	7/23-8/3	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
164487	7/23-8/3	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90

Specialized Lessons - Age 6

164501	6/4-6/15	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
164374	6/5-7/31	Tu, 6:40-7:10pm★	East	8	\$96/\$120
164389	6/5-6/28	Tu/Th, 10:40-11:10am	East	8	\$96/\$120
164375	6/6-8/1	W, 6:40-7:10pm	North	8	\$96/\$120
164373	6/7-8/2	Th, 6:40-7:10pm★	East	8	\$96/\$120
164364	6/9-8/4	Sa, 9:30-10am★	East	8	\$96/\$120
164502	6/18-6/29	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
168636	7/9-8/1	M/W, 7:10-7:40pm	Spruce	8	\$96/\$120
164503	7/23-8/3	M/W/F, 9-9:30am	Spruce	6	\$72/\$90



Build confidence in and around the water with a summer swim lesson!

► PRE SCHOOL GROUP LESSONS No classes July 2-7

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.

164335	6/4-6/15	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
164336	6/5-6/28	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
164432	6/6-8/1	W, 6:05-6:35pm	North	8	\$48/\$60
164394	6/7-8/2	Th, 6:05-6:35pm★	East	8	\$48/\$60
164434	6/9-8/4	Sa, 9:30-10am★	East	8	\$48/\$60
164369	6/18-6/29	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
164370	7/9-7/20	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
164339	7/10-8/2	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
164371	7/23-8/3	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45

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.

164338	6/4-6/15	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
164350	6/4-6/27	M/W, 7:10pm-7:40am	Spruce	8	\$48/\$60
164337	6/5-6/28	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
164440	6/6-8/1	W, 6:05-6:35pm	North	8	\$48/\$60
164437	6/7-8/2	Th, 6:05-6:35pm★	East	8	\$48/\$60
164499	6/9-8/4	Sa, 9:30-10am★	East	8	\$48/\$60
167985	6/18-6/29	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
164438	7/9-7/20	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
167632	7/9-8/1	M/W, 7:10pm-7:40am	Spruce	8	\$48/\$60
164342	7/10-8/2	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
164441	7/23-8/3	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45

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.

164442	6/4-6/15	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
165986	6/4-6/27	M/W, 7:10-7:40pm	Spruce	8	\$48/\$60
164454	6/5-6/28	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
164500	6/6-8/1	W, 6:05-6:35pm	North	8	\$48/\$60
164497	6/7-8/2	Th, 6:05-6:35pm★	East	8	\$48/\$60
164498	6/9-8/4	Sa, 9:30-10am★	East	8	\$48/\$60
164443	6/18-6/29	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
164444	7/9-7/20	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
164456	7/9-8/1	M/W, 6:35-7:05pm	Spruce	8	\$48/\$60
164455	7/10-8/2	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
164445	7/23-8/3	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45



SWIMMING

▶ GROUP LESSONS AGES 6-13 No classes July 2-7

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.

164529	6/4-6/15	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
164534	6/4-6/27	M/W, 6:35-7:05pm	Spruce	8	\$48/\$60
164532	6/5-6/28	Tu/Th, 9:30-10am	East	8	\$48/\$60
164539	6/5-7/31	Tu, 5:30-6pm★	East	8	\$48/\$60
164536	6/6-8/1	W, 5:30-6pm	North	8	\$48/\$60
164541	6/7-8/2	Th, 6:05-6:35pm★	East	8	\$48/\$60
164535	6/9-8/4	Sa, 10:05-10:35am★	East	8	\$48/\$60
164530	6/18-6/29	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
164531	7/9-7/20	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
167583	7/9-8/1	M/W, 6:35-7:05pm	Spruce	8	\$48/\$60
164533	7/10-8/2	Tu/Th, 9:30-10am	East	8	\$48/\$60
164538	7/23-8/3	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45

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.

164537	6/4-6/15	M/W/F, 10:10-10:40am	Spruce	6	\$36/\$45
164559	6/4-6/27	M/W, 6:35-7:05pm	Spruce	8	\$48/\$60
164540	6/5-6/28	Tu/Th, 10:05-10:35am	East	8	\$48/\$60
164543	6/6-8/1	W, 6:40-7:10pm	North	8	\$48/\$60
164570	6/7-8/2	Th, 6:40-7:10pm★	East	8	\$48/\$60
164542	6/9-8/4	Sa, 10:40-11:10am★	East	8	\$48/\$60
164545	6/18-6/29	M/W/F, 10:10-10:40am	Spruce	6	\$36/\$45
164578	7/9-7/20	M/W/F, 9-9:30am	Spruce	6	\$36/\$45
164550	7/9-7/20	M/W/F, 10:10-10:40am	Spruce	6	\$36/\$45
164561	7/9-8/1	M/W, 7:10-7:40pm	Spruce	8	\$48/\$60
164558	7/10-8/2	Tu/Th, 10:05-10:35am	East	8	\$48/\$60
164546	7/23-8/3	M/W/F, 10:10-10:40am	Spruce	6	\$36/\$45

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.

164544	6/4-6/15	M/W/F, 9-9:30am	Spruce	6	\$36/\$45
164549	6/4-6/27	M/W, 6-6:30pm	Spruce	8	\$48/\$60

Level 3 Swordfish...continued

164547	6/5-6/28	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
164562	6/5-7/31	Tu, 6:40-7:10pm★	East	8	\$48/\$60
164553	6/6-8/1	W, 6:40-7:10pm	North	8	\$48/\$60
164551	6/7-8/2	Th, 6:40-7:10pm★	East	8	\$48/\$60
164552	6/9-8/4	Sa, 9:30-10am★	East	8	\$48/\$60
164571	6/18-6/29	M/W/F, 9-9:30am	Spruce	6	\$36/\$45
164572	7/9-7/20	M/W/F, 9-9:30am	Spruce	6	\$36/\$45
164555	7/9-8/1	M/W, 6-6:30pm	Spruce	8	\$48/\$60
164548	7/10-8/2	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
164574	7/23-8/3	M/W/F, 9-9:30am	Spruce	6	\$36/\$45

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.

164554	6/4-6/15	M/W/F, 10:10-10:40am	Spruce	6	\$36/\$45
164569	6/4-6/27	M/W, 6:35-7:05pm	Spruce	8	\$48/\$60
164560	6/5-6/28	Tu/Th, 9:30-10am	East	8	\$48/\$60
164564	6/5-7/31	Tu, 6:40-7:10pm★	East	8	\$48/\$60
164565	6/6-8/1	W, 6:05-6:35pm	North	8	\$48/\$60
164575	6/9-8/4	Sa, 10:40-11:10am★	East	8	\$48/\$60
164556	6/18-6/29	M/W/F, 10:10-10:40am	Spruce	6	\$36/\$45
164557	7/9-7/20	M/W/F, 10:10-10:40am	Spruce	6	\$36/\$45
167582	7/9-8/1	M/W, 6:35-7:05pm	Spruce	8	\$48/\$60
164567	7/10-8/2	Tu/Th, 9:30-10am	East	8	\$48/\$60
164563	7/23-8/3	M/W/F, 10:10-10:40am	Spruce	6	\$36/\$45

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.

164566	6/4-6/15	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
164582	6/4-6/27	M/W, 7:10-7:40pm	Spruce	8	\$48/\$60
164573	6/5-6/28	Tu/Th, 10:05-10:35am	East	8	\$48/\$60
164583	6/5-7/31	Tu, 6:05-6:35pm★	East	8	\$48/\$60
164577	6/6-8/1	W, 6:40-7:10pm	North	8	\$48/\$60
164579	6/18-6/29	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
164580	7/9-7/20	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
164584	7/9-8/1	M/W, 7:10-7:40pm	Spruce	8	\$48/\$60
164581	7/10-8/2	Tu/Th, 10:05-10:35am	East	8	\$48/\$60
164585	7/23-8/3	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45

SWIMMING



► AQUATIC FITNESS CLASSES

Aquatic Fitness (Leisure)

(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.

164527	6/1-6/27	M/W/F, 8-9am	East	12	\$78/\$96
167941	7/2-7/30	M/W/F, 8-9am	East	12	\$72/\$90
167943	8/1-8/10	M/W/F, 8-9am	East	5	\$30/\$37

Warm Water Fitness (Leisure)

(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 (86-88). If you require physical assistance in the water, a two-week notification is required. Contact Jen Heilveil, 303-413-7474.

164524	6/5-6/28	Tu/Th, 8:45-9:30am	East	8	\$48/\$60
164525	7/3-7/31	Tu/Th, 8:45-9:30am	East	8	\$48/\$60
167935	8/2-8/9	Tu/Th, 8:45-9:30am	East	3	\$18/\$22

**Scott Carpenter Pool - Join us on opening day
Friday, May 25! FREE admission from 1-5 p.m.**

► 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.

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 a 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

Barracudas Summer Swim Team

(Ages 5-18)

There will be a team meeting on Sunday, April 29 (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 for more details.

Pre-season practice:

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

Regular season:

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

Barracudas Pre -Team

Pre-team is for kids ages 5-9. Participants must be able to swim 25 yds continuously unassisted. Pre-team does not swim 5/21-6/3 and does not compete in meets. Pre-team ends 7/13.

164332 6/4-7/13 M-F, 10:30-11am Spruce \$100/\$125





TENNIS



Enjoy the new surface and lights at the East Boulder Community Center!

► TENNIS COURT LOCATIONS

- Arapahoe Ridge, Eisenhower Drive - 2 courts
- Baseline Middle, 700 20th Street - 2 courts
- Centennial Middle, 2205 Norwood - 8 courts
- Chautauqua Park, Ninth & Baseline - 1 court
- Columbine, 20th & Glenwood - 2 courts
- East Center, 5660 Sioux Drive, - 5 courts* (lights)
- Fairview High, Greenbriar & Knox - 8 courts
- Knollwood, Fourth & Spruce - 2 courts
- Manhattan Middle, 290 Manhattan - 4 courts
- Martin Park, 36th & Dartmouth - 2 courts
- North Center, 3170 Broadway - 4 courts* (lights)
- Palo Park, N. 30th & Redwood - 2 courts
- South Center, 1360 Gillaspie - 4 courts
- Tom Watson Park, 63rd & IBM drive - 4 courts (lights)

**To reserve a Rec Center court and lights, please contact:
East 303-413-7460 | North 303-413-7260 | South 303-441-3448**

Rec Center courts can be reserved for \$6.75/court for 1.5 hours. To reserve all other courts, please contact Derrick Tripp, 303-441-4137.

*Enjoy our new lights at EBCC and NBRC.

Light fees: \$1 per 30 minutes per court. Purchase tokens at front desk.

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 to let instructors know which class you plan to drop into.

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

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 to let instructors know which class you plan to drop into.

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

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. 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

Private Lesson:	With Gonzo:	Staff Instructors:
1 class	\$70	\$48
3 classes	\$200	\$137
6 classes	\$378	\$260
Group Semi-Private:		
2 people	\$90	\$68
3 people	\$110	\$88

TENNIS



► GONZO TENNIS

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
 Court Reservations & Smash Tennis Team: Derrick at 303-441-4137 or trippd@bouldercolorado.gov
 Program information: Dean at 303-441-4427 or rummeld@bouldercolorado.gov
 Weather line: 303-441-3410, press 1 then 5.

► 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, call 303-441-3410.

Beginner (2.5-3.0)

Session 1

165244	6/4-6/25	M, 9-10:30am	Centennial M.S.	4	\$84/\$105	Gonzo
165232	6/4-6/27	M/W, 8-9:30am	East	8	\$120/\$150	TBA
165234	6/5-6/26	Tu, 6-7:30pm	East	4	\$60/\$75	TBA
165282	6/7-6/28	Th, 6-7:30pm	East	4	\$60/\$75	TBA

Session 2

165246	7/9-7/30	M, 9-10:30am	Centennial M.S.	4	\$84/\$105	Gonzo
165233	7/9-8/1	M/W, 8-9:30am	East	8	\$120/\$150	TBA
165235	7/10-7/31	Tu, 6-7:30pm	East	4	\$60/\$75	TBA
165332	7/12-8/2	Th, 6-7:30pm	East	4	\$60/\$75	TBA

Intermediate (3.5)

Session 1

165245	6/4-6/25	M, 10:30am-12pm	Centennial M.S.	4	\$84/\$105	Gonzo
165236	6/4-6/27	M/W, 9:30-11am	East	8	\$120/\$150	TBA
165238	6/4-6/25	M, 6-7:30pm	East	4	\$60/\$75	TBA
165239	6/6-6/27	W, 6-7:30pm	East	4	\$60/\$75	TBA
165240	6/8-6/29	F, 6-7:30pm	East	4	\$60/\$75	TBA

Session 2

165247	7/9-7/30	M, 10:30am-12pm	Centennial M.S.	4	\$84/\$105	Gonzo
165237	7/9-8/1	M/W, 9:30-11am	East	8	\$120/\$150	TBA
165241	7/9-7/30	M, 6-7:30pm	East	4	\$60/\$75	TBA
165242	7/11-8/1	W, 6-7:30pm	East	4	\$60/\$75	TBA
165243	7/13-8/3	F, 6-7:30pm	East	4	\$60/\$75	TBA

Adult Open Tennis

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

punch card 4/7-4/19 Sa, 1-2:30pm East

► 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 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. Information, Dean at 303-441-4427 or rummeld@bouldercolorado.gov.

For inclement weather and cancellation information, call 303-441-3410.

Beginner

Session 1

165382	6/3-6/24	Su, 3-4pm	East	4	\$40/\$50
165383	6/5-6/26	Tu, 4-5pm	East	4	\$40/\$50
165384	6/6-6/27	W, 4-5pm	East	4	\$40/\$50
165385	6/7-6/28	Th, 4-5pm	East	4	\$40/\$50

Session 2

165390	7/8-7/29	Su, 3-4pm	East	4	\$40/\$50
165391	7/10-7/31	Tu, 4-5pm	East	4	\$40/\$50
165392	7/11-8/1	W, 4-5pm	East	4	\$40/\$50
165393	7/12-8/2	Th, 4-5pm	East	4	\$40/\$50

Intermediate

Session 1

165386	6/3-6/24	Su, 4-5pm	East	4	\$40/\$50
165387	6/5-6/26	Tu, 5-6pm	East	4	\$40/\$50
165388	6/6-6/27	W, 5-6pm	East	4	\$40/\$50
165389	6/7-6/28	Th, 5-6pm	East	4	\$40/\$50

Session 2

165394	7/8-7/29	Su, 4-5pm	East	4	\$40/\$50
165395	7/10-7/31	Tu, 5-6pm	East	4	\$40/\$50
165396	7/11-8/1	W, 5-6pm	East	4	\$40/\$50
165397	7/12-8/2	Th, 5-6pm	East	4	\$40/\$50

Summer Clinics with Gonzo

(Ages 5-15) A good combination of exercises, games, other sports, and activities on the court to help students improve their tennis game in a fun & safe environment.

159033	5/29-31	Tu/W/Th, 9-12pm	East	3	\$99/\$124
159034	6/5-6/7	Tu/W/Th, 9-12pm	East	3	\$99/\$124
159035	6/12-6/14	Tu/W/Th, 9-12pm	East	3	\$99/\$124
159036	6/19-6/21	Tu/W/Th, 9-12pm	East	3	\$99/\$124
159037	6/26-6/28	Tu/W/Th, 9-12pm	East	3	\$99/\$124
159038	7/10-7/12	Tu/W/Th, 9-12pm	East	3	\$99/\$124
161432	7/17-7/19	Tu/W/Th, 9-12pm	East	4	\$99/\$125
159039	7/24-7/26	Tu/W/Th, 9-12pm	East	3	\$99/\$124
159040	7/31-8/2	Tu/W/Th, 9-12pm	East	3	\$99/\$124
159041	8/7-8/9	Tu/W/Th, 9-12pm	East	3	\$99/\$124



TENNIS



► 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 creating self confidence in a safe and friendly environment. It's all about Tennis! www.gonzotennis.com

For inclement weather and cancellation information, call 303-441-3410.

Mini Gonzos (Ages 3-4)

Session 1

165432	6/3-6/24	Su, 9-9:30am	East	4	\$30/\$38
165433	6/4-6/25	M, 3:45-4:15pm	East	4	\$30/\$38
165434	6/5-6/26	Tu, 3:45-4:15pm	East	4	\$30/\$38
165435	6/6-6/27	W, 3:45-4:15pm	East	4	\$30/\$38
165436	6/7-6/28	Th, 3:45-4:15pm	East	4	\$30/\$38
165437	6/8-6/29	F, 3:45-4:15pm	East	4	\$30/\$38
165438	6/9-6/30	Sa, 9-9:30am	East	4	\$30/\$38

Session 2

165456	7/8-7/29	Su, 9-9:30am	East	4	\$30/\$38
165457	7/9-7/30	M, 3:45-4:15pm	East	4	\$30/\$38
165475	7/10-7/31	Tu, 3:45-4:15pm	East	4	\$30/\$38
165476	7/11-8/1	W, 3:45-4:15pm	East	4	\$30/\$38
165477	7/12-8/2	Th, 3:45-4:15pm	East	4	\$30/\$38
165478	7/13-8/3	F, 3:45-4:15pm	East	4	\$30/\$38
165479	7/14-8/4	Sa, 9-9:30am	East	4	\$30/\$38

Tiny Gonzos (Ages 5-7)

Session 1

165439	6/3-6/24	Su, 9:30-10:15am	East	4	\$34/\$43
165440	6/4-6/25	M, 4:15-5pm	East	4	\$34/\$43
165441	6/5-6/26	Tu, 4:15-5pm	East	4	\$34/\$43
165442	6/6-6/27	W, 4:15-5pm	East	4	\$34/\$43
165443	6/7-6/28	Th, 4:15-5pm	East	4	\$34/\$43
165444	6/8-6/29	F, 4:15-5pm	East	4	\$34/\$43
165445	6/9-6/30	Sa, 9:30-10:15am	East	4	\$34/\$43

Session 2

165480	7/8-7/29	Su, 9:30-10:15am	East	4	\$34/\$43
165481	7/9-7/30	M, 4:15-5pm	East	4	\$34/\$43
165482	7/10-7/31	Tu, 4:15-5pm	East	4	\$34/\$43
165483	7/11-8/1	W, 4:15-5pm	East	4	\$34/\$43
165484	7/12-8/2	Th, 4:15-5pm	East	4	\$34/\$43
165485	7/13-8/3	F, 4:15-5pm	East	4	\$34/\$43
165486	7/14-8/4	Sa, 9:30-10:15am	East	4	\$34/\$43

Mighty Gonzos (Ages 8-10)

Session 1

165446	6/3-6/24	Su, 10:15-11:15am	East	4	\$40/\$50
165447	6/4-6/25	M, 5-6pm	East	4	\$40/\$50
165448	6/5-6/26	Tu, 5-6pm	East	4	\$40/\$50
165449	6/6-6/27	W, 5-6pm	East	4	\$40/\$50
165450	6/7-6/28	Th, 5-6pm	East	4	\$40/\$50
165451	6/8-6/29	F, 5-6pm	East	4	\$40/\$50
165452	6/9-6/30	Sa, 10:15-11:15am	East	4	\$40/\$50

Session 2

165487	7/8-7/29	Su, 10:15-11:15am	East	4	\$40/\$50
165488	7/9-7/30	M, 5-6pm	East	4	\$40/\$50
165489	7/10-7/31	Tu, 5-6pm	East	4	\$40/\$50
165490	7/11-8/1	W, 5-6pm	East	4	\$40/\$50
165491	7/12-8/2	Th, 5-6pm	East	4	\$40/\$50
165492	7/13-8/3	F, 5-6pm	East	4	\$40/\$50
165493	7/14-8/4	Sa, 10:15-11:15am	East	4	\$40/\$50

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!



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

Fall Ladder of Champions

This fun and exciting program will allow competition for all levels. Players will be given rankings, but can move up the "ladder" by challenging others. Whatever your level, there are tennis matches waiting for you!





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, un-paralleled 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.

In 2012, Avid4 Adventure is proud to be an approved Valmont Bike Park 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

Questions & Information: Avid4 Adventure, VBP@Avid4.com or call 720-249-2412 x 1 or City of Boulder Parks & Recreation Department, www.BoulderParks-Rec.org.

Skills Camp

(Ages 7-17) Fun and safety-focused Valmont Bike Park Skills Camp offers kids & teens the opportunity to explore this world-renowned facility in an instruction-based program. During the week 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 6 or less; must be able to ride 2-wheeler
- Early drop off is available.
- 1-time per year \$25 registration fee
- Special Park Bikes can be rented for \$50 per week; Protective Gear (required) can also be rented for \$15 per week.

* 5/28-8/17 M-F, 8:45am-2:30pm VBP \$395 per week

* Register online at 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 \$20/\$10 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

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 5 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 6 or less; must be able to ride 2-wheeler
- Special Park Bikes can be rented for \$50; Protective Gear (required) can also be rented for \$15 for the 5 sessions.

*	8/20-9/17	M, 3:45am-6:15pm	VBP	5	\$195
*	8/21-9/18	Tu, 3:45am-6:15pm	VBP	5	\$195
*	9/24-10/22	M, 3:45am-6:15pm	VBP	5	\$195
*	9/25-10/23	Tu, 3:45am-6:15pm	VBP	5	\$195

* Register online at www.avid4.com/VBP

Valmont Bike Park Birthday Parties!

This fun and safety focused free-ride mountain biking birthday party offers kids and teens the opportunity to ride varied terrain with high-quality instruction.

Register online at www.avid4.com/VBP



Photo by Marty Caivano: www.leelikesbikes.com

Lee McCormack of 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 > Skills Clinics
- Sessions run 9am to noon or 4-7pm/\$90 per session

For more information go to www.leelikesbikes.com or contact 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 or email lee@leelikesbikes.com

VALMONT BIKE PARK

Valmont 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 or the Facebook page at www.facebook.com/ValmontBikePark

B First to know.

North Boulder Rec Center is getting a B-cycle station this spring!

Ride from work to work-out - burn more calories, enjoy the fresh air and arrive warmed up.

Boulder B-cycle, our community's nonprofit bike-share program, will be adding a station at the North Boulder Recreation Center soon. Use pedal-power to get to and from the Rec Center, extend your workout, skip parking hassles and reduce carbon and traffic.

To join Boulder B-cycle, visit www.boulderbicycle.com or for more information: www.BoulderParks-Rec.org

BOULDER **B** cycle