



Our Mini-Sports program is a great way to introduce your child to a new sport in a fun non-competitive environment.

► PRE SCHOOL SPORTS

Sports Sampler

(Ages 3-4) A chance for young athletes to explore any of the following sport games: basketball, t-ball, soccer, tennis, gym games, & floor hockey.

Information: Derrick at 303-441-4137 or trippd@bouldercolorado.gov

189182	4/2-5/7	Tu, 10:45-11:30am	North	6	\$48/\$60
189183	4/4-5/9	Th, 5-5:45pm	South	6	\$48/\$60

Mini - Sports

(Ages 3-6) The (Instructional) Mini-Sports programs consist 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 information line: 303-441-3410.

Information: Derrick at 303-441-4137 or trippd@bouldercolorado.gov

Soccer

(Ages 3-4)

187488	4/10-5/15	W, 4-4:45pm	Mapleton	6	\$55/\$69
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(Ages 4-5)

187487	4/9-5/14	Tu, 5-5:45pm	Mapleton	6	\$55/\$69
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(Ages 5-6)

187489	4/10-5/15	W, 5-5:45pm	Mapleton	6	\$55/\$69
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T-Ball

(Ages 4-5)

187482	4/8-5/13	M, 4-4:45pm	Mapleton	6	\$55/\$69
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187484	4/9-5/14	Tu, 4-4:45pm	Mapleton	6	\$55/\$69
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► YOUTH INDOOR ROCK CLIMBING

(Ages 6-12) 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 on the importance of safe rock climbing practices, proper use of climbing equipment, and movement on the rock wall. Information: Matt at 303-413-7465 or kamhim@bouldercolorado.gov

(Ages 6-9)

187534	4/10-5/15	W, 4-5pm	East	6	\$50/\$63
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187535	4/11-5/16	Th, 4-5pm	East	6	\$50/\$63
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(Ages 9-12)

187532	4/10-5/15	W, 5-6:30pm	East	6	\$75/\$94
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187536	4/11-5/16	Th, 5-6:30pm	East	6	\$75/\$94
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► HOME SCHOOL PROGRAMS

Information: Derrick at 303-441-4137 or trippd@bouldercolorado.gov

Home School P.E.

(Ages 6-12) Expand your child's physical education experience with any of the following: canoeing, soccer, basketball, rock wall, gym games, floor hockey, swimming. We focus on helping children develop strong muscles, teamwork, cardiovascular endurance, flexibility, and friendships.

189132	4/4-5/23	Th, 2-3pm	East	8	\$60/\$75
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Home School Rock Climbing

(Ages 6-12) Offered as a continuation to our very popular Home School PE classes. Join our experienced climbing wall staff for age appropriate games and activities while increasing your knowledge of rock climbing safety, climbing practices and proper use of equipment.

188241	4/4-5/9	Th, 3-4pm	East	6	\$50/\$63
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SPORTS



THE NATIONAL BASKETBALL ACADEMY
CAMPS • CLINICS • LEAGUES • TRAINING

► NUGGETS BASKETBALL

Boulder Parks & Recreation partners with the National Basketball Academy and Denver Nuggets to provide quality basketball programs for rookies through all-stars.

To register for the Denver Nuggets programs and clinics please visit: www.TheBasketballAcademy.com > Denver Nuggets

For questions please contact Andy Stainbrook, National Basketball Academy for the Denver Nuggets at 303-345-7331 or astainbrook@TheBasketballAcademy.com You may also contact Dean Rummel with City of Boulder Parks and Recreation at 303-441-4427 or rummeld@bouldercolorado.gov

Denver Nuggets Hoop Zone

Let's improve or learn hoop skills! Learn from the best! The Nuggets classes are highlighted with professional instruction and a 10-1 Player to coach ratio. Each session will cover fundamental skill drilling, lesson drilling – Jab Series, Ball Screen Series, Shooting off Screens, and Motion Cuts. Players will have the opportunity to work on skills along with playing 1 on 1, 2 on 2 and 5 on 5 game situations.

Ages 5-7	4/8-5/13	M, 3:30-4:15pm	East	6	\$85
Ages 8-10	4/8-5/13	M, 4:30 to 5:45pm	East	6	\$90
Ages 11-14	4/4-5/9	Th, 4:15-5:45pm	East	6	\$99

Denver Nuggets Shooting Clinic

Back by popular demand The National Basketball Academy shooting coaches have designed this clinic to help improve the fundamentals of a players shot. This will include basic shot mechanics, foot work, and in-game shooting situations. Each player will shoot over 1000 times during the clinic! Players will be divided based on age and ability.

Ages 7-17	4/13	Sat, 1-4pm	East	1	\$50
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Denver Nuggets School Break Basketball Clinics

The National Basketball Academy and the Denver Nuggets are proud to offer School Break clinics designed to improve the skill level of any youth basketball player! Our dedicated staff will teach your child how to improve their game while experiencing all the fun and excitement of being associated with a NBA team! Players will be divided based on age and ability. Everyone will receive: 1 ticket to a Denver Nuggets Game.

School Day Off Clinic

Ages 7-17	4/1	M, 1-4pm	East	1	\$50
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To register for the Denver Nuggets programs and clinics please visit: www.TheBasketballAcademy.com > Denver Nuggets

Denver Nuggets Summer Skills Clinic

Looking to improve his or her basketball ability and skills? Back by popular demand – The National Basketball Academy coaches have designed these clinics to help improve the fundamentals of player's skills. This will include mechanics, fundamentals, foot work, conditioning, and in-game situations. Players will be divided based on age and ability.

Ages 7-17	7/1-7/3	M-W, 1:30-4:30pm	South	3	\$135
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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 Andy Stainbrook, National Basketball Academy, for the Denver Nuggets: 303-345-7331 or astainbrook@TheBasketballAcademy.com

Denver Nuggets Summer Basketball Camp

The Nuggets Summer Basketball Camp is for boys and girls of all skill levels between ages 7-15 years old. Skill development stations include ball handling, passing, shooting, defense, and rebounding. Camp contests include hot shot, free throws, X-out, lay-ups, and knock out. Along with station work, campers will also play in 3 on 3 and 5 on 5 games. Players will be divided based on age and ability. Players will receive a T-shirt and basketball.

Ages 6-8	8/5-8/9	M-F, 8:30am-11:30pm	South	5	\$199
Ages 9-13	8/5-8/9	M-F, 1:30-4:30pm	South	5	\$199
Ages 14-18	8/5-8/9	M-F, 5:30-8:30pm	South	5	\$199

To register for the Denver Nuggets programs and clinics please visit: www.TheBasketballAcademy.com > Denver Nuggets



The Nuggets classes provide professional instruction that will improve the skill level of any youth basketball player!



SNAG Golf

(Age 4+) SNAG Golf is all about having FUN while learning the basics of golf. SNAG is a player friendly, first touch development program designed for children. SNAG contains all the elements of golf but in a modified form. The game has its own simplified rules and terminology that adds fun to the learning and playing experience. Falling somewhere between miniature golf and regulation golf, SNAG allows for full shots, pitching, chipping, and putting.

Information: www.bouldersnaggolf.com or Dean at 303-441-4427 or rummeld@bouldercolorado.gov

(Ages 4-6)						
188985	4/4-5/9	Th, 4-5pm	Martin Park	6	\$99	
(Ages 7-9)						
188986	4/4-5/9	Th, 5-6pm	Martin Park	6	\$99	
(Age 10+)						
188987	4/4-5/9	Th, 6-7pm	Martin Park	6	\$99	

▶ YOUTH VOLLEYBALL

Elementary School Volleyball Class

(Grades 2-5) This non-intimidating program is specifically designed for elementary school students, who are looking to build skills in the sport of volleyball. Practices stress fundamental skills, team strategies and teamwork to build confidence in participants. No class March 31.

Information: Lenore at 303-441-3416 or knoxl@bouldercolorado.gov.

188782	3/24-5/19	Su, 12-1:30pm	South	8	\$99/\$124	
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Intro to Middle School Volleyball Class

(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. No class March 31st.

Information: Lenore at 303-441-3416 or knoxl@bouldercolorado.gov

188783	3/24-5/19	Su, 1:30-3pm	South	8	\$99/\$124	
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High School Volleyball Practices & Skill Enhancement

(Grades 9-12) Keep your skills sharp after the club season and stay conditioned for other activities. Practices to include skill development, conditioning and scrimmages. Participants must have previous playing experience, this is not a beginner class. No class March 28.

Information: Lenore at 303-441-3416 or knoxl@bouldercolorado.gov

193582	3/14-4/18	Th, 7-8:30pm	North	5	\$62/\$72	
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▶ BASKETBALL LEAGUES

Men's Basketball League

(Ages 18+) Whatever your skill level, we are 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 B League - Spring

189232	4/2-5/21	Tu, 6-10pm	South	8	\$500 per team	
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Basketball A League - Spring

189233	4/3-5/22	W, 6-10pm	South	8	\$500 per team	
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▶ VOLLEYBALL LEAGUES

(Ages 16+) The City of Boulder Parks & Recreation Department offers indoor volleyball leagues during the Spring. The season will consist of 8 games. Divisions are explained on the city website (www.bprsports.org). Teams may register online, fees are per team. Information: Lenore at 303-441-3416 or knoxl@bouldercolorado.gov. NO games will be held the week of March 25th (BVSD Spring Break).

Women's 6's D2

188833	3/19-5/21	Tu, 7-10pm	East	8	\$405 per team	
188838	3/21-5/23	Th, 6-10pm	East	8	\$405 per team	

Co-Ed 6's Rec

188834	3/19-5/21	Tu, 7-10pm	East	8	\$405 per team	
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Co-Ed 6's D1

188835	3/20-5/22	W, 7-10pm	East	8	\$405 per team	
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Co-Ed 6's D2

188836	3/20-5/22	W, 7-10pm	East	8	\$405 per team	
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Women's 6's D1

188837	3/21-5/16	Th, 6-10pm	East	8	\$405 per team	
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▶ DROP-IN BASKETBALL, PICKLEBALL & VOLLEYBALL

Basketball

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

Pickleball

19+	Tu/Th	1:30-3:30pm	South
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Volleyball

19+ Women's	Sa	8:30-11am	South
19+ Coed	Su	9am-12:30pm	North
Senior	M/F	1:30-3:30pm	East
Coed	F	7-9pm	East

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



Swim lessons help kids socialize with children their age.

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? Classes will be available in January & February. 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

Boulder Barracudas Swim Team

(Ages 5-18) There will be a team meeting on Sunday, April 28, 2013 at the North Boulder Recreation Center. This meeting is to notify parents/participants of exact practice times, meet schedules and other information. Visit www.BoulderAquatics.org for more details.

See page 35 for more details.

► 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:

Master Instructor - Curt Colby

Level A - Instructor with 6+ years teaching experience.

Level B - Instructor with less than 6 years teaching experience.

30 minute lesson	Master	Level A	Level B
1 class	\$45	\$40	\$32
3 classes	\$129	\$114	\$90
6 classes	\$246	\$216	\$174

60 minute lesson	Master	Level A	Level B
1 class	\$67	\$62	\$47
3 classes	\$195	\$174	\$132
6 classes	\$378	\$330	\$252

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

► ADULT LESSONS

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.

192083 4/6-5/4 Sa, 10-11am East 5 \$70/\$88

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.

192082 4/6-5/4 Sa, 9:15-10am East 5 \$45/\$56

SWIMMING



Boulder Barracudas Swim Team

(Ages 5-18) There will be a team meeting on Sunday, April 28 at the North Recreation Center to notify parents/participants of practice times and meet schedules. Visit www.BoulderAquatics.org for more details.

192482	5/20-5/24	M-F, 3:30-5:30pm	South	\$200/\$250
	5/28-7/26	M-F, 7:30-10:30am	Spruce	

Pre-Team

(Ages 5-9) Kids must be able to swim 25 yds continuously unassisted. Pre-team does not compete in meets and has a shorter season.

SEE UPDATED INFO AT: www.boulderaquatics.org

192682	6/3-7/12	M-F, 3:30-5:30pm	South	\$60/\$75
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► PARENT/CHILD CLASSES

Jelly Monkey

(Ages 6 mos.-36 mos.) 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 and around the water.

192149	4/1-4/29	M, 5:35-6:05pm	North	5	\$30/\$38
192150	4/2-4/30	Tu, 6:40-7:10pm★	East	5	\$30/\$38
192155	4/3-5/1	W, 5:35-6:05pm	North	5	\$30/\$38
192151	4/4-5/2	Th, 5:30-6pm★	East	5	\$30/\$38
192152	4/5-5/3	F, 9:45-10:15am★	North	5	\$30/\$38
192153	4/5-5/3	F, 10:20-10:50am★	North	5	\$30/\$38
192154	4/6-5/4	Sa, 11-11:30am★	East	5	\$30/\$38

► SPECIALIZED LESSONS

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

192093	4/1-4/29	M, 5-5:30pm	North	5	\$60/\$75
192114	4/1-4/29	M, 6:10-6:40pm	North	5	\$60/\$75
192092	4/2-4/30	Tu, 5:30-6pm★	East	5	\$60/\$75
192094	4/3-5/1	W, 5-5:30pm	North	5	\$60/\$75
192096	4/4-5/2	Th, 5:30-6pm★	East	5	\$60/\$75
192097	4/4-5/2	Th, 6:40-7:10pm★	East	5	\$60/\$75
192095	4/5-5/3	F, 10:20-10:50am★	North	5	\$60/\$75
192098	4/6-5/4	Sa, 9:15-9:45am★	East	5	\$60/\$75
192113	4/6-5/4	Sa, 10:25-10:55am★	East	5	\$60/\$75

Specialized Lessons - Age 4

192100	4/1-4/29	M, 5-5:30pm	North	5	\$60/\$75
192110	4/1-4/29	M, 6:10-6:40pm	North	5	\$60/\$75
192099	4/2-4/30	Tu, 5:30-6pm★	East	5	\$60/\$75
192101	4/3-5/1	W, 5-5:30pm	North	5	\$60/\$75
192115	4/3-5/1	W, 5:35-6:05pm	North	5	\$60/\$75
192104	4/4-5/2	Th, 5:30-6pm★	East	5	\$60/\$75
192105	4/4-5/2	Th, 6:40-7:10pm★	East	5	\$60/\$75
192102	4/5-5/3	F, 10:20-10:50am★	North	5	\$60/\$75
192106	4/6-5/4	Sa, 9:15-9:45am★	East	5	\$60/\$75
192107	4/6-5/4	Sa, 10:25-10:55am★	East	5	\$60/\$75

Specialized Lessons - Age 5

192125	4/1-4/29	M, 5-5:30pm	North	5	\$60/\$75
192108	4/2-4/30	Tu, 5:30-6pm★	East	5	\$60/\$75
192109	4/3-5/1	W, 5-5:30pm	North	5	\$60/\$75
192121	4/4-5/2	Th, 5:30-6pm★	East	5	\$60/\$75
192111	4/4-5/2	Th, 6:40-7:10pm★	East	5	\$60/\$75
192112	4/5-5/3	F, 10:20-10:50am★	North	5	\$60/\$75
192116	4/6-5/4	Sa, 9:15-9:45am★	East	5	\$60/\$75
192124	4/6-5/4	Sa, 10:25-10:55am★	East	5	\$60/\$75

Specialized Lessons - Age 6

192137	4/2-4/30	Tu, 6:40-7:10pm★	East	5	\$60/\$75
192139	4/3-5/1	W, 6:10-6:40pm	North	5	\$60/\$75
192140	4/4-5/2	Th, 6:40-7:10pm★	East	5	\$60/\$75

► 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.

192084	4/1-4/29	M, 5:35-6:05pm	North	5	\$30/\$38
192087	4/2-4/30	Tu, 6:05-6:35pm★	East	5	\$30/\$38
192103	4/4-5/2	Th, 6:05-6:35pm★	East	5	\$30/\$38
192085	4/5-5/3	F, 9:45-10:15am★	North	5	\$30/\$38
192086	4/6-5/4	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.

192090	4/1-4/29	M, 5:35-6:05pm	North	5	\$30/\$38
192088	4/2-4/30	Tu, 6:05-6:35pm★	East	5	\$30/\$38
192089	4/4-5/2	Th, 6:05-6:35pm★	East	5	\$30/\$38
192091	4/5-5/3	F, 9:45-10:15am★	North	5	\$30/\$38
192117	4/6-5/4	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.

192118	4/1-4/29	M, 5:35-6:05pm	North	5	\$30/\$38
192119	4/2-4/30	Tu, 6:05-6:35pm★	East	5	\$30/\$38
192120	4/4-5/2	Th, 6:05-6:35pm★	East	5	\$30/\$38
192123	4/5-5/3	F, 9:45-10:15am★	North	5	\$30/\$38
192122	4/6-5/4	Sa, 9:50-10:20am★	East	5	\$30/\$38



SWIMMING

▶ 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.

192126	4/1-4/29	M, 5-5:30pm	North	5	\$30/\$38
192130	4/3-5/1	W, 5-5:30pm	North	5	\$30/\$38
192127	4/3-5/1	W, 6:10-6:40pm	North	5	\$30/\$38
192128	4/4-5/2	Th, 6:05-6:35pm★	East	5	\$30/\$38
192132	4/6-5/4	Sa, 10:25-10:55am★	East	5	\$30/\$38
192134	4/6-5/4	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.

192129	4/1-4/29	M, 6:10-6:40pm	North	5	\$30/\$38
192141	4/2-4/30	Tu, 6:05-6:35pm★	East	5	\$30/\$38
192143	4/3-5/1	W, 5:35-6:05pm	North	5	\$30/\$38
192144	4/6-5/4	Sa, 9:15-9:45am★	East	5	\$30/\$38
192145	4/6-5/4	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.

192133	4/1-4/29	M, 6:10-6:40pm	North	5	\$30/\$38
192146	4/2-4/30	Tu, 6:40-7:10pm★	East	5	\$30/\$38
192131	4/3-5/1	W, 6:10-6:40pm	North	5	\$30/\$38
192147	4/6-5/4	Sa, 9:50-10:20am★	East	5	\$30/\$38

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:** Continue to refine basic strokes and introduce breaststroke and butterfly. Students will also increase endurance by swimming longer distances and be introduced to the basics of wall turns.

192142	4/2-4/30	Tu, 5:30-6pm★	East	5	\$30/\$38
192135	4/3-5/1	W, 6:10-6:40pm	North	5	\$30/\$38
192148	4/6-5/4	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:** Refine all strokes and increase the distances students swim. Introduction to flip turns at walls and diving from starting blocks.

192136	4/2-4/30	Tu, 6:40-7:10pm★	East	5	\$30/\$38
192138	4/3-5/1	W, 5:35-6:05pm	North	5	\$30/\$38

▶ 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.

190685	4/1-4/29	M/W/F, 8-9am	East	12	\$72/\$90
190686	5/1-5/31	M/W/F, 8-9am	East	12	\$72/\$90

Warm Water Fitness (Leisure)

(Age 18+) 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.

190683	4/2-4/30	Tu/F, 9:30-10:30am	East	8	\$48/\$60
190684	5/2-5/30	Tu/F, 9:30-10:30am	East	8	\$36/\$45

▶ DROP-IN AQUATIC FITNESS CLASSES

Additional aquatic fitness classes can be found on the drop-in fitness schedule (inside back cover). 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 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



Our tennis program creates a positive environment for learning, playing, and having fun!

► 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 \$7/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	3 punches	6 punches
\$20	\$57	\$108

Adult Open Tennis

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

punch card	3/5-5/28	Tu, 10:30-12pm	North
punch card	3/9-6/1	Sa, 1-2:30pm	East

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	3 punches	6 punches
\$12	\$34	\$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

Program information: Dean at 303-441-4427 or rummeld@bouldercolorado.gov

Weather line: 303-441-3410, press 1 then 5.

► GONZO TENNIS - ADULT

(Age 16+) Clinics will introduce all the basic tennis strokes to beginners and improve skills for intermediate players. Appropriate games will be used for different levels improving your stroke technique and consistency. For inclement weather and cancellation information: 303-441-3410.

Beginner (2.5)

188263	4/2-4/23	Tu, 5:30-7pm	East	4	\$60/\$75
188260	4/3-4/24	W, 5:30-7pm	North	4	\$60/\$75
188261	5/1-5/22	W, 5:30-7pm	North	4	\$60/\$75
188246	4/4-4/25	Th, 5:30-7pm	East	4	\$60/\$75
188262	4/30-5/21	Tu, 5:30-7pm	East	4	\$60/\$75
188247	5/2-5/23	Th, 5:30-7pm	East	4	\$60/\$75

Beginner (2.5) with Gonzo

188250	4/3-4/24	W, 9-10:30am	East	4	\$84/\$105	Gonzo
188251	4/4-4/25	Th, 9-10:30am	North	4	\$84/\$105	Gonzo
188252	5/1-5/22	W, 9-10:30am	East	4	\$84/\$105	Gonzo
188253	5/2-5/23	Th, 9-10:30am	North	4	\$84/\$105	Gonzo

Intermediate (3.0-3.5)

188248	4/1-4/22	M, 5:30-7pm	East	4	\$60/\$75
193632	4/29-5/20	M, 5:30-7pm	East	4	\$60/\$75

Intermediate (3.0-3.5) with Gonzo

188264	4/2-4/23	Tu, 9-10:30am	North	4	\$84/\$105	Gonzo
188256	4/3-4/24	W, 10:30am-12pm	East	4	\$84/\$105	Gonzo
188254	4/3-4/24	W, 5:30-7pm	East	4	\$84/\$105	Gonzo
188258	4/4-4/25	Th, 10:30am-12pm	North	4	\$84/\$105	Gonzo
188255	4/30-5/21	Tu, 9-10:30am	North	4	\$84/\$105	Gonzo
188257	5/1-5/22	W, 10:30am-12pm	East	4	\$84/\$105	Gonzo
188265	5/1-5/22	W, 5:30-7pm	East	4	\$84/\$105	Gonzo
188259	5/2-5/23	Th, 10:30am-12pm	North	4	\$84/\$105	Gonzo

► GONZO TENNIS - JUNIORS

(Ages 11-15) 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. For inclement weather and cancellation information: 303-441-3410.

Beginner

188275	4/1-5/20	M, 4-5pm	East	8	\$80/\$100
188276	4/2-5/21	Tu, 4-5pm	North	8	\$80/\$100
188277	4/3-5/22	W, 4-5pm	East	8	\$80/\$100
188278	4/4-5/23	Th, 4-5pm	North	8	\$80/\$100
188279	4/5-5/24	F, 4-5pm	East	8	\$80/\$100
188280	4/6-5/25	Sa, 9-10am	East	8	\$80/\$100

Intermediate

188282	4/1-5/20	M, 5-6pm	East	8	\$80/\$100
188283	4/2-5/21	Tu, 5-6pm	North	8	\$80/\$100
188284	4/3-5/22	W, 5-6pm	East	8	\$80/\$100
188285	4/4-5/23	Th, 5-6pm	North	8	\$80/\$100
188286	4/5-5/24	F, 5-6pm	East	8	\$80/\$100
188287	4/6-5/25	Sa, 10-11am	East	8	\$80/\$100

Advanced

188288	4/1-5/20	M, 6-7pm	East	8	\$80/\$100
188289	4/2-5/21	Tu, 6-7pm	North	8	\$80/\$100
188290	4/3-5/22	W, 6-7pm	East	8	\$80/\$100
188291	4/4-5/23	Th, 6-7pm	North	8	\$80/\$100
188292	4/5-5/24	F, 6-7pm	East	8	\$80/\$100
188293	4/6-5/25	Sa, 11am-12pm	East	8	\$80/\$100

► SPRING BREAK TENNIS CAMP

(Ages 5-10)

181861	3/25-3/29	M-F, 1:30-4:30pm	East	5	\$165/\$207
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(Ages 11-15)

181862	3/25-3/29	M-F, 1:30-4:30pm	East	5	\$165/\$207
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Tennis is a great way for teens to improve flexibility and body coordination.

TENNIS



Our tennis program is a great way to develop motor skills while having fun!

► 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 For inclement weather and cancellation information: 303-441-3410.

Mini Gonzos (Ages 3-4)

188300	3/31-5/26	Su, 9:45-10:15am	East	8	\$60/\$75
188294	4/1-5/20	M, 3:15-3:45pm	East	8	\$60/\$75
188295	4/2-5/21	Tu, 3:15-3:45pm	East	8	\$60/\$75
188296	4/3-5/22	W, 3:15-3:45pm	East	8	\$60/\$75
188315	4/3-5/22	W, 3:15-3:45pm	North	8	\$60/\$75
188297	4/4-5/23	Th, 3:15-3:45pm	East	8	\$60/\$75
188298	4/5-5/24	F, 3:15-3:45pm	East	8	\$60/\$75
188299	4/6-5/25	Sa, 9:45-10:15am	North	8	\$60/\$75

Tiny Gonzos (Ages 5-7)

188307	3/31-5/26	Su, 10:15-11am	East	8	\$68/\$85
188301	4/1-5/20	M, 3:45-4:30pm	East	8	\$68/\$85
188302	4/2-5/21	Tu, 3:45-4:30pm	East	8	\$68/\$85
188303	4/3-5/22	W, 3:45-4:30pm	East	8	\$68/\$85
188316	4/3-5/22	W, 3:45-4:30pm	North	8	\$68/\$85
188304	4/4-5/23	Th, 3:45-4:30pm	East	8	\$68/\$85
188305	4/5-5/24	F, 3:45-4:30pm	East	8	\$68/\$85
188306	4/6-5/25	Sa, 10:15-11am	North	8	\$68/\$85

Mighty Gonzos (Ages 8-10)

188314	3/31-5/26	Su, 11am-12pm	East	8	\$80/\$100
188308	4/1-5/20	M, 4:30-5:30pm	East	8	\$80/\$100
188309	4/2-5/21	Tu, 4:30-5:30pm	East	8	\$80/\$100
188310	4/3-5/22	W, 4:30-5:30pm	East	8	\$80/\$100
188317	4/3-5/22	W, 4:30-5:30pm	North	8	\$80/\$100
188311	4/4-5/23	Th, 4:30-5:30pm	East	8	\$80/\$100
188312	4/5-5/24	F, 4:30-5:30pm	East	8	\$80/\$100
188313	4/6-5/25	Sa, 11am-12pm	North	8	\$80/\$100

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.

188318	3/31-5/19	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

188320	5/28-7/16	Tu, 1-3pm	Centennial M.S.	8	\$195/\$244
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CARA

188319	5/30-7/18	Th, 1-3pm	Centennial M.S.	8	\$160/\$200
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Both USTA & CARA

188321	5/28-7/18	Tu/Th, 1-3pm	Centennial M.S.	16	\$320/\$400
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More information at www.GonzoTennis.com

Juniors SMASH Ladder

(Ages 8-17) Open to Junior players of all abilities! Join us for all 8 months or only 1 month in this continuously updated ladder program where a player can work his/her way up the rankings by winning weekly matches against progressively more challenging competition. We provide a friendly, competitive environment where all are welcomed to play tennis. Please visit the website for more ladder details at www.gonzotennis.com

194182	3/9-3/30	Sa, 3-5pm	Centennial Middle School	4	\$55
194183	4/6-4/27	Sa, 3-5pm	Centennial Middle School	4	\$55
194232	5/4-5/25	Sa, 3-5pm	Centennial Middle School	4	\$55
194233	6/1-6/29	Sa, 3-5pm	Centennial Middle School	5	\$55
194282	7/6-7/27	Sa, 3-5pm	Centennial Middle School	4	\$55
194332	8/3-8/31	Sa, 3-5pm	Centennial Middle School	5	\$55
194333	9/7-10/5	Sa, 3-5pm	Centennial Middle School	5	\$55
194334	10/5-10/26	Sa, 3-5pm	Centennial Middle School	4	\$55



Valmont Bike Park offers something for all ages and abilities, it's fun for the whole family!

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.

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

Check out the “know before you go” video for Valmont Bike Park at www.valmontbikepark.com. This short video is a general overview of what you need to know about the park before you go, including how the park is set up, amenities, rules, contact information and safety tips.

Picnic Reservations at VBP

Two picnic areas are available for rent at Valmont Bike Park: The North Park Plaza area and the Playground area. Reservation Fees: \$100 for up to three hours including set up and clean up time. For more information on rentals contact valmontbikepark@bouldercolorado.gov

Volunteer at VBP

Support your favorite Bike Park by helping parks staff with some of these needed tasks.

- Maintain flower beds in landscaped areas
- Weed Management
- Trail and Park improvements

Schedule your group with Volunteer Services at 303-413-7245

For programs, rentals and general information or questions regarding Valmont Bike Park please e-mail valmontbikepark@bouldercolorado.gov.

▶ BIKING PROGRAMS AT VALMONT

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.



avid4adventure
outside for life

*Register online at 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.

Weekend & After-School Biking Programs

(Ages 7-12) Fun and safety-focused Valmont Bike Park After-School Program offers kids 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.

- No more than 7 per class; must be able to ride a 2-wheeler
- Special Park Bikes can be rented for \$50; Protective Gear (required) can also be rented for \$15 for the 5 sessions.

*	4/13-5/11	Sa, 9am-12pm	VBP	5 sessions	\$195
*	4/16-5/14	Tu, 3:45am-6:15pm	VBP	5 sessions	\$195
*	4/17-5/15	W, 3:45am-6:15pm	VBP	5 sessions	\$195
*	4/18-5/16	Th, 3:45am-6:15pm	VBP	5 sessions	\$195

* 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)	Group (3 hour classes)
1 Private Lesson \$150	2 people \$200
3 Private Lessons \$420	3 people \$250
6 Private Lessons \$780	4 people \$300
	5 people \$350

Skills Camp

(Ages 6-17) 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 7 or less; must be able to ride a 2-wheeler
- Early drop off, extended care and lunch service is available.
- Special Park Bikes can be rented for \$50 per week; Protective Gear (required) can also be rented for \$15 per week.

* 5/27-8/16 M-F, 8:45am-2:30pm VBP \$395 per week

* Register online at www.avid4.com/VBP



Lee McCormack of www.leelikesbikes.com is considered one of the world's top bicycle skills instructors. He wrote the books *Mastering Mountain Bike Skills*, *Teaching Mountain Bike Skills* and *Pro BMX Skills*, and he is skills development director for the national high school mountain bike league.

Adult Skills Classes

Hi, I'm Lee and I like bikes. I enjoy riding for many reasons -- fitness, stress relief, competition, camaraderie -- but I just love to find safe, sweet flow on fun terrain. My coaches and I want to help you do the same.

Group Clinics

(Age 18+) Mountain Bike Mastery is a great 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 this class with a solid foundation, a renewed passion and a whole new level of flow. You'll 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
- Weekday afternoons and weekend mornings, \$100 per session
- NEW ADVANCED CLASSES focus on expert air and trail skills.

Details, dates and registration at www.leelikesbikes.com or email 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 will help you reach your cycling goals.

"I think Lee is an awesome instructor with great patience. He explained things in a way that made me feel very comfortable and I enjoyed the whole experience so much, I can't wait to do it again!"

To learn more and to register, go to www.leelikesbikes.com or email lee@leelikesbikes.com

