



Boulder Parks & Recreation

RECREATION **Guide**

summer 2013

8	camps
15	reservoir
23	golf
27	fitness
38	sports
40	swimming
45	tennis



Register Online Today!

Registration Begins

Tuesday, May 7

See pg. 51 for details

Follow Us!

Like Us!



**30 Years of
Adaptive Water Skiing** pg. 7

GET FIT WHERE YOU LIVE

Enjoy fitness at three great centers



NORTH RECREATION CENTER

3170 Broadway 303-413-7260

- Lap Pool/Leisure Pool
- Classes/Gymnastics
- Fitness Equipment
- Basketball/Racquetball
- Sand Volleyball
- Tennis/Platform Tennis

Mon-Thu, 6am-9:30pm
Fri, 6am-7:30pm
Sat, 6:30am-7pm
Sun, 7:30am-8pm

Pool closes 30 minutes before the center closes.

1. VALMONT BIKE PARK / DOG PARK

2. RESERVOIR 5565 N. 51st St. 303-441-3461

3. SPRUCE POOL 2102 Spruce 303-441-3426

4. SCOTT CARPENTER POOL 1505 30th St. 303-441-3427

5. FLATIRONS GOLF COURSE 5706 Arapahoe 303-442-7851

6. IRIS CENTER 3198 Broadway 303-413-7200

7. SALBERG CENTER & PARK 19th & Elder

SOUTH RECREATION CENTER

1360 Gillaspie 303-441-3448

- Lap Pool
- Classes
- Fitness Equipment
- Basketball/Racquetball
- Sand Volleyball
- Tennis

Mon-Thu, 6am-8:30pm
Fri, 6am-7pm
Sat/Sun, 8am-2pm

Pool closes 30 minutes before the center closes.

EAST COMMUNITY CENTER

5660 Sioux Dr. 303-441-4400

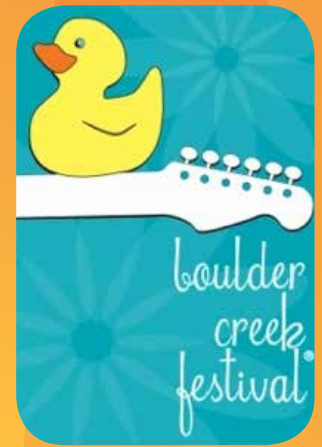
- Lap Pool/Leisure Pool
- Classes
- Fitness Equipment
- Basketball/Tennis
- Sand Volleyball
- Outdoor Handball
- Climbing Wall
- Dog Park

Mon-Fri, 5:30am-9:30pm
Sat, 7:30am-6pm
Sun, 8:30am-8pm

Pool closes 30 minutes before the center closes.

EXPAND Duck Race® & Boulder Creek Festival®

Festival: Saturday-Monday, May 25-27
Duck Race: Monday, May 27 • 4 p.m.



Sponsor a Duck...

**Support Recreation for
Individuals with Disabilities.**

The EXPAND Duck Race® is a benefit for the City of Boulder Parks & Recreation Dept.'s EXPAND Program. EXPAND provides recreational opportunities for children, youth and adults with disabilities.

Sponsor one or more ducks for a chance to win!

**Race Day: Monday, May 27 • 4 p.m.
at the Boulder Creek Festival®**

Sponsor a duck at any Boulder Recreation Center or www.EXPANDduckrace.org

Grand Prize: \$1,000 cash provided by Fisher Honda/Fisher KIA of Boulder Servicing all makes and models

2nd Prize: "Experience Boulder" Includes an overnight stay at the Hotel Boulderado, Market Style BBQ dinner at the West End Tavern, brunch at Centro Latin Kitchen and a \$100 Downtown Boulder Gift Card.

3rd Prize: 9 Month Self Defense Package from Boulder Quest Martial Arts.



More Duck Race Info and Registration: www.EXPANDduckrace.org

FREE Coffee, Run, Cycle or Fun?



Get 2 free coffee drinks at OZO Coffee Co.



Get a \$10 gift card for Full Cycle.

Choose a **FREE, local reward card** when you buy or renew an annual pass!



Get a \$10 gift card for Boulder Running Co.



Get a \$10 gift card for Gateway Park Fun Center.

Please support these local businesses that support your Boulder Parks & Recreation Department.

Performances in the Park & Library Events

Performances in the Park

All concerts are held on **Monday evenings from 7-8 p.m.** Bring a picnic dinner and enjoy our parks with your family! Rainout date is the Tuesday following each scheduled performance, same time. (Please no glass in parks.)

Los Bohemios

June 10 Bandshell

Swing Je Taime

June 17 East Boulder Community Park

Boulder Summer Concert Band

June 24 Main Boulder Public Library Lawn

July 1 Harlow Platts Park

July 8 Salberg Park

July 15 Scott Carpenter Park

July 22 North Boulder Park

July 29 Chautauqua Park

See page 33 for more details and the library concert series.



Storytime Creekwalks

Families, join staff at the Main Boulder Public Library, 1001 Arapahoe Ave., for a story and activities including an outdoor explore along Boulder Creek. Dress for the weather, and please remember to leave four-footed family members at home. Children must be accompanied by an adult. Storytime Creekwalks are held on the 4th Tuesday of each month at 10:15 a.m. Each month features a different theme:

May 28	Clean-Up Crew
June 25	Batty in Boulder
July 23	Summer Babies
August 27	Who's Bugging You?

Family Concert at the Boulder Reservoir

The Boulder Public Library and the City of Boulder Parks & Recreation Department are pleased to announce that Bill Harley, noted children's musician and performer, will be bringing his hilarious music to the Boulder Reservoir this summer. Join us and be prepared to laugh, dance and enjoy this concert.

July 9 11 a.m. at the Reservoir

Repeat performances will be held at the Main Boulder Public Library on July 9 at 3 p.m. and July 10 at 11 a.m.



ENTRY FEES & PASSES

ANNUAL PASS

	Res/Non-Res
Seniors (60+)	\$353/\$445
Adults (19-59)	\$552/\$645
Youth (3-18)	\$260/\$330

- First adult family member of the household (19-59) pays full price; additional family members pay half price! - All members of the family must live at the same address in the same household. Passes must be purchased at the same time to receive discounted rate.
- Includes unlimited use of outdoor pools and recreation centers; open swim and gym, drop-in fitness/yoga, weight room, racquetball/handball and platform tennis courts, sauna, lockers, fishing and swimming at Boulder Reservoir.
- Complimentary towels at rec centers.
- Racquets for indoor racquetball.
- **Discounts at participating merchants.**
- **10% savings on one class** per season (as available one week before class begins), register in person.

MONTHLY BILLING -

	INITIAL Res/Non	11 PAYMENTS Res/Non
Seniors (60+)	\$60/\$74	\$31/\$38
Adults (19-59)	\$90/\$104	\$47/\$54
Youth (3-18)	\$46/\$57	\$24/\$29

- Fees rounded to nearest dollar
- Monthly passes may be purchased by an automatic monthly credit card charge.
- Payments are stopped upon request, no prorated refunds.

FAMILY ANNUAL PASS

Res/Non-Res
\$885/\$1075

- Family members living at the same address; 2 adults & kids up to age 18. Fee applies to additional adults/seniors.
- See Annual Pass benefits above.
- Monthly billing option available.

DAILY DROP-IN

Seniors (60+)	\$5.25
Adults (19-59)	\$7
Youth (3-18)	\$4.50

- Includes open swim and gym, drop-in fitness/yoga, weight rooms, outdoor pools and reservoir entries.

40 PUNCH PASS

	Res/Non-Res
Seniors (60+)	\$168/\$185
Adults (19-59)	\$224/\$247
Youth (3-18)	\$144/\$159

20 PUNCH PASS

	Res/Non-Res
Seniors (60+)	\$89/\$99
Adults (19-59)	\$119/\$131
Youth (3-18)	\$76/\$84

10 PUNCH PASS

	Res/Non-Res
Seniors (60+)	\$47/\$51
Adults (19-59)	\$63/\$69
Youth (3-18)	\$40/\$45

- Punch passes include open swim and gym, drop-in fitness/yoga, weight rooms, outdoor pools and reservoir entries.
- Punch Passes expire two years after purchase date.

TWILIGHT PASS

Res/Non-Res
\$147/\$184

- Pass valid for all recreation facilities Monday-Friday 7 p.m. to closing. Valid Saturday and Sunday after 4 p.m. at East, North, pools and Reservoir; 2 p.m. at South.
- Twilight pass valid **ONLY** during these times. Entry at other times requires use of punch pass or drop-in fee.

ONE MONTH PASS

Res/Non-Res
\$65/\$75

- Valid for 30 days from purchase date.
- Complimentary towels at rec centers.
- Includes unlimited use of outdoor pools and recreation centers; open swim and gym, drop-in fitness/yoga, weight room, racquetball/handball and platform tennis courts, sauna, lockers, fishing and swimming at Boulder Reservoir.

Laugh
Learn
Play
Share

Children's Garden★

Fun for your child...while you get fit!

Ages 6 mos. to 9 years

Fees

\$25/month unlimited childcare pass with an adult annual pass

Daily drop-in per 90 minutes:

First Child: \$6.50 / Add'l Child: \$3.50

Punch Cards:

\$58.50 - 10 visits

\$110.50 - 20 visits

\$195 - 40 visits

- Add 30 minutes for \$2 (Ages 2+)



HOURS

East	North
M-Th: 3:30-7:30 pm	M-F: 8:45am-1:30pm
Sat: 8:30am-1:30 pm	

★ Look for the star for classes offered during childcare hours.

Arts ▪ Crafts ▪ Reading ▪ Dramatic Play ▪ Outdoor Play ▪ Friends ▪ Fun!

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Parks & Recreation Master Plan



SHARE YOUR VOICE. SHAPE YOUR PLAY.

Master Plan Update

The draft master plan is available online!
Check it out at www.boulderparks-rec.org.

Next Steps:

- May 20:** 1st Public Hearing
Parks & Recreation Advisory Board (PRAB) meeting
- May 28:** Study Session
City Council
- June 24:** 2nd Public Hearing and Plan Recommendation
Parks & Recreation Advisory Board (PRAB) meeting
- July 25:** Plan Recommendation
Planning Board meeting
- Sept. 17:** Public Hearing and Plan Acceptance
City Council

Stay Informed with FREE eNews!

Let us keep you informed of the latest classes, events, community meetings, weather or construction-related closures and more by joining our eNews list. It's easy, just send your e-mail address to Lisa Nieman at: NiemanL@bouldercolorado.gov and we'll add you to the thousands of residents already enjoying the most up-to-date source of Parks and Recreation news.

Follow us on Twitter & Like us on Facebook!

Get the latest news, special offers and information from Parks and Recreation. Follow us at: twitter.com/boulderparksrec
Like us at: facebook.com/boulderparksrec

Reduced Rate Program

Residents qualify by meeting the low-income eligibility criteria and by falling into at least one of the following categories: Family (with at least one child 18 years or younger living in the household); Senior (age 62 and over); Adults with Disabilities (19 or older). For information call 303-413-7200.

Colorado Lottery Funds

The city of Boulder Parks and Recreation Department gratefully acknowledges the Colorado Lottery for its contribution to our park and recreation programs.



IN THIS EDITION

On the cover: *Nicole Fannin, 3-year adaptive water ski veteran enjoys skiing on Boulder Reservoir.*



It's been 30 years since the first adaptive water skier skimmed across the glassy water of Boulder Reservoir tethered to Jim Ziegler's boat.

Thanks to Jim, people around Boulder have enjoyed the exhilaration of adaptive water sports since June of 1983. That was the year Jim learned enough about the fledgling sport to fashion a ski and begin offering opportunities for people with disabilities to ski at the Boulder Reservoir. As equipment evolved and demand increased, Jim found an eager partner in Boulder Parks and Recreation's EXPAND program (EXciting Programs Adventures and New Dimensions).

"We've learned a lot over the 30 years and we keep improving the program and equipment based on our experience and the needs of our community," states Ziegler, who's still active with the program.

Every Tuesday morning from June to August, Jim and a dedicated crew of volunteers and staff offer water-skiing and wakeboarding to eager participants, like Nicole (pictured on the cover) who has enjoyed skiing for the past few years.

The adaptive water-ski program now owns a variety of adaptive skis and wakeboards designed to fit the needs and abilities of each participant. In partnership with EXPAND Beyond Inc., a local non-profit, we are able to serve individuals with varying degrees of physical ability including people who have brain and spinal cord injuries, amputations, multiple sclerosis, muscular dystrophy, cerebral palsy and visual impairment," states Colleen Fitzgerald, EXPAND's administrator.

Staff and volunteers adapt the equipment to meet the ability, experience, and level of each participant's disability to ensure the safety and enjoyment of each water session. The program serves 15-25 people each week and is supported largely by EXPAND Beyond, Inc., community contributions, fundraising events like the **EXPAND Duck Race**, and the contributions of nearly 30 volunteers who dedicate their Tuesday mornings to this program.

To see a video of about the program visit: <http://expandbeyondinc.com>

To learn more, contribute or support the EXPAND Duck Race please contact Cory Lasher at 303-413-7269 or LasherC@BoulderColorado.gov.

2013 Recreation News



Recreation Closures:

5/27	Memorial Day	NBRC open 1:30-6:30pm EBCC & SBRC closed
7/4	4th of July	North & South closed East open 8am-1:30pm
8/10-8/18	Annual Maintenance	South closed
8/24-9/2	Annual Maintenance	North closed

Program Highlights/Events:

Duck Race May 27	pg. 3
Summer Concert Series	pg. 4 & 33
Boulder Reservoir	pg. 15
Boulder Nites Classic Bike Ride	pg. 22
Pottery SALE • June 1st & 2nd	pg. 37
Boulder Community Day	back cover

Capital Improvement Bond Projects

The City of Boulder's 2011 Capital Improvement Bond (CIB) was voted for by City of Boulder residents in November 2011. The CIB allows the city to implement a list of projects that address significant deficiencies and high priority infrastructure improvements like roadway reconstruction, park facility upgrades, critical software updates, police equipment needs and more. All CIB projects are scheduled to be completed by 2014. More information: www.bouldercolorado.gov/bondprojects.



Access for All

The Boulder Parks and Recreation Department is committed to supporting people with disabilities in recreation. We welcome children, youth and adults with disabilities interested in participating in general recreation programs alongside their peers without disabilities. "Inclusion" is a great way to make new friends and explore new programs. Supports will be provided as needed. For more information, please contact Colleen Fitzgerald at 303-413-7216 or Fitzgeraldc@BoulderColorado.gov.

Join Parks and Recreation on Facebook!

Now you can get the latest scoops, news and deals from Parks and Rec on Facebook. This is a great way to stay informed on everything rec centers, parks, pools, Pottery Lab, Valmont Bike Park, Boulder Reservoir, Flatirons Golf Course and more. **Like us at:** www.facebook.com/boulderparksrec



Recyclable. Inside pages printed on 30% post-consumer recycled paper.



SUMMER CAMPS



Choose from 125+ camp sessions for youth ages 4-18 years old!

▶ ART / CLAY CAMPS

Drawing, Painting, Printmaking

Ages 6-8

Students will explore drawing, watercolor, print making, collage and learn to keep a sketch book.

191136	6/17-6/21	M-F, 9am-12pm	Pottery	5	\$125/\$156
191135	7/1-7/5	M/Tu/Th/F, 9-12pm	Salberg	4	\$100/\$125
191137	8/5-8/9	M-F, 9am-12pm	Pottery	5	\$125/\$156

Ages 9-12

Learn new ways to express your creativity through watercolor, drawing, collage, print making and more.

191133	6/17-6/21	M-F, 1-4pm	Pottery	5	\$125/\$156
191132	7/1-7/5	M/Tu/W/F, 1-4pm	Salberg	4	\$100/\$125
191134	8/5-8/9	M-F, 1-4pm	Pottery	5	\$125/\$156

Clay Camp

Ages 6-8

In this fun-filled week students will work in clay, using slab, pinch and coil construction and also get to explore a variety of other art mediums and recyclable materials that will open up new possibilities to create a 3-D world of fun.

191183	6/10-14	M-F, 9am-12pm	Pottery	5	\$125/\$156
191184	6/24-28	M-F, 9am-12pm	Pottery	5	\$125/\$156
191185	7/8-12	M-F, 9am-12pm	Pottery	5	\$125/\$156
191186	7/22-26	M-F, 9am-12pm	Pottery	5	\$125/\$156
191187	7/29-8/2	M-F, 9am-12pm	Pottery	5	\$125/\$156
191189	FULL				

Clay Camp

Ages 9-12

Clay, found objects and recyclable materials all creating a 3-D world of fun and magic. Students will explore and improve their techniques in clay, work on multi-media projects and find their creativity. Come and enjoy!

191138	6/10-14	M-F, 1-4pm	Pottery	5	\$125/\$156
191139	6/24-28	M-F, 1-4pm	Pottery	5	\$125/\$156
191140	7/8-12	M-F, 1-4pm	Pottery	5	\$125/\$156
191141	7/22-26	M-F, 1-4pm	Pottery	5	\$125/\$156

▶ GYMNASTICS CAMPS

Recreational Gymnastics Camp

Ages 5-10

A gymnastics camp for boys and girls. No experience necessary. Campers will be grouped by age and ability. All campers get a t-shirt! If you are unsure if this camp is right for your child, contact us at 303-413-7265.

192285	7/8-12	M-F, 9am-12pm	North	5	\$175/\$219
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Teen & Advanced Gymnastics Camp

Ages 11-18 and Flyers Pre-Team & Team

A gymnastics camp for beginning and intermediate boys and girls, and gymnasts of all ages who are currently a member of Flyers pre-team through level 10. All campers get a T-shirt! Campers will be grouped by age and ability. If you are unsure if this camp is right for your child, contact us at 303-413-7265.

192286	7/8-12	M-F, 1-5pm	North	5	\$240/\$300
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SUMMER CAMPS



► DANCE & COMBO CAMPS

Gymnastics/Dance/Swim Combo Camp

Ages 6-10

Dance and gymnastics go hand-in-hand! Campers will explore different dance concepts and techniques in the morning. After lunch, more fun building skills with gymnastics! The exciting day wraps up with a splash in the pool. This fun-filled camp fills up fast!

189632	6/24-28	M-F, 9am-4pm	North	5	\$275/\$343
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Dancing Days

Ages 4-5

Sample a variety of dance techniques including ballet, jazz, tap and creative movement in a fun environment. Campers will create crafts to help explore and investigate dance concepts. A small presentation will be held on the last day. Information: Kirsten at 303-413-7477.

189633	6/17-20	M-Th, 9am-12pm	East	4	\$120/\$150
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Dancing Camp

Sample a variety of dance techniques including hip hop, jazz, and creative movement in a fun environment. Campers will create crafts to help explore and investigate dance concepts. There will be a small presentation on the last day. Information: Kirsten at 303-413-7477.

Ages 6-8

189636	7/8-12	M-F, 9am-12pm	East	5	\$150/\$188
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Ages 9-12

189637	7/8-12	M-F, 9am-12pm	East	5	\$150/\$188
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Expressions Dance Camp

Ages 6-18

Mandatory for students who have auditioned and been accepted into the Expressions Dance Company 2013-2014. Admission is by audition only. Information: Cynthia at 303-413-7473.

189634	8/5-9	M-F, 10am-4pm	East	5	\$325/\$325
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Expressions Dance Camp

Ages 11-18

Optional camp for students who have auditioned and been accepted into the Expressions Dance Company 2013-2014. Admission is by audition only.

189682	6/3-7	M-F, 10am-3pm	South	5	\$265/\$265
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My 1st Camp

Ages 4-6

Looking for a summer camp tailored to your little one's learning and developmental needs? We are offering three summer camps geared towards children 4-6 years old. Camps are planned around a physical development curriculum that works on developing children's social and motor skills. My 1st Camp participants will be exposed to sports, tumbling, some movin' & groovin' to music, arts and craft projects, and organized swim lessons. Information: Dean at 303-441-4427 or rummeld@bouldercolorado.gov

187799	6/10-14	M-F, 9:45am-1pm	North	5	\$145/\$180
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187800	7/15-19	M-F, 9:45am-1pm	East	5	\$145/\$180
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188443	7/29-8/2	M-F, 9:45am-1pm	East	5	\$145/\$180
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► DRAMA CAMPS

Ages 5-12

The Boulder Dinner Theatre Academy offers 9 weeks of drama camps in conjunction with the City of Boulder Parks & Recreation Department; from 8:30am - 4:30pm, Monday-Friday. The camps are held at Salberg Park, corner of 19th St. and Elder Ave. Each week is different and uses the technique of "playmaking", which lets the children use their imagination to adapt a familiar story or write their own script! Each day consists of script writing or review, drama instruction, set and costume making, rehearsal, and outdoor playtime. There is a lovely playground/park at the drama camp site that we use for lunch and breaks. *Register online at www.bdtAcademy.org or call 303-449-6000 x193.

Fairy Tale Fun

Campers will share their favorite Fairy Tales and write and perform their very own plays based on their imagination.

*	6/3-7	M-F, 8:30am-4:30pm	Salberg	5	\$200
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Pretty Princess

In a make believe world of Princesses and Castles our young actors will write and perform their own plays while designing their own costumes and sets.

*	6/10-14	M-F, 8:30am-4:30pm	Salberg	5	\$200
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Riddles, Rhymes, and Reading

What could be more fun than reading and sharing all those crazy Riddles and Rhymes? Campers will write and perform their own plays.

*	6/17-21	M-F, 8:30am-4:30pm	Salberg	5	\$200
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Dr. Seuss

Reading and sharing all their favorite Dr. Seuss characters, campers will write and perform their own plays while designing their own costumes and sets.

*	6/24-28	M-F, 8:30am-4:30pm	Salberg	5	\$200
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Fairy Tales and Fantasy

Moving from Fairy Tales into Fantasy, campers will write and perform their own plays while designing their own costumes and sets.

*	7/8-12	M-F, 8:30am-4:30pm	Salberg	5	\$200
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Fancy Nancy

Who could dream of a better way to spend a week than in a Fancy Nancy dream? Campers will write and perform their own plays while designing their own costumes and sets.

*	7/15-20	M-F, 8:30am-4:30pm	Salberg	5	\$200
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Christmas in July

Campers will use their imagination to write a play based on a wonderful Christmas in July.

*	7/22-26	M-F, 8:30am-4:30pm	Salberg	5	\$200
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Drama camps continued on next page.

*Register online at www.BdtAcademy.org or call 303-449-6000 x 193



SUMMER CAMPS

Rhymes, Reading, and Folk Tales

Campers will use their imagination to write a play based on Folk tales and all the wonder of Rhymes and Reading.

*	7/29-8/2	M-F, 8:30am-4:30pm	Salberg	5	\$200
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Fairy Tales, Forests & Fanciful Fun

Campers will use their imagination to write a play based on Fairy Tales that grow out of the wonder of the forest and all the fun you can have in nature.

*	8/5-9	M-F, 8:30am-4:30pm	Salberg	5	\$200
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Princesses, Plays and Posies

All the young Princesses will come together to write their own play and enjoy the summer in full bloom, posies and all.

*	8/12-16	M-F, 8:30am-4:30pm	Salberg	5	\$200
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*Register online at www.BdtAcademy.org or call 303-449-6000 x 193

▶ PLAY-WELL TEKNOLOGIES

Play-Well TEKnoLogies provides project-based programs designed to teach principles and methods of engineering utilizing LEGO® products. Utilizing over 100,000 pieces of LEGO® for each camp, we strive to build students' problem-solving skills, foster a greater appreciation of how things work, and encourage the qualities of inquisitiveness, self-reliance, and self-confidence in children. To register for these camps visit www.Play-well.org. Camps are held at the Iris Center, 3198 Broadway, Boulder.



Pre-Engineering with LEGO®

Ages 5-7

Let your imagination run wild with over 100,000 pieces of LEGO®! Build engineer-designed projects such as boats, bridges, mazes and motorized cars, and use special pieces to create your own unique design! This is an ideal way to prepare young builders for the challenge of Engineering FUNdamentals.

*	6/3-7	M-F, 8:30-11:30am	Iris	5	\$179
*	7/8-12	M-F, 8:30-11:30am	Iris	5	\$179

Engineering FUNdamentals with LEGO®

Ages 8-12

Power up your engineering skills with Play-Well TeknoLogies and over 100,000 pieces of LEGO®! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as arch bridges, skyscrapers, motorized cars, and the Battletrack! An experienced instructor will challenge new and returning students to engineer at the next level.

*	6/3-7	M-F, 12:30-3:30	Iris	5	\$179
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Jedi Engineering

Ages 5-7

Young Jedi will explore worlds far, far away and engineering principles right in front of them. Defeat the Empire by designing and refining X-Wings, R2-units, and settlements on far-flung edges of the galaxy. Imagination and engineering combine to create motorized and architectural projects such as energy catapults, shield generators and defense turrets.

*	6/24-28	M-F, 8:30-11:30am	Iris	5	\$179
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Jedi Master Engineering

Ages 8-12

The Force is strong in this class. Build complex machines and structures based on the best designs from a galaxy far, far away. Projects include X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, settlements, and fortresses. Play-Well's Jedi instructors reinforce key engineering concepts such as gear trains, worm drives, pneumatics, eccentric motion and more as students tap into the powerful forces of imagination and engineering.

*	6/24-28	M-F, 12:30-3:30pm	Iris	5	\$179
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Green Engineering

Ages 8-12

Design and build machines powered by alternative energy sources. Race solar cars, build a wind-powered electrical generation facility, enter the human powered vehicle competition, and invent a machine powered by elastic strain energy. Instruction will be provided by staff, but familiarity with LEGO® Technic is desirable.

*	7/8-12	M-F, 12:30-3:30pm	Iris	5	\$179
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Lift Off!

Ages 5-7

Come explore a world of machines that carry us far above the ground! Students will build a variety of planes, helicopters, gondolas and other sky-bound contraptions as we explore concepts of flight and other engineering principles.

*	7/22-26	M-F, 8:30-11:30am	Iris	5	\$179
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Aerospace FUNdamentals

Ages 8-12

Learn the secrets of flight in Aerospace FUNdamentals! Launch rockets, build record-breaking aircraft, and create a working parachute! Design, experiment, and learn in this hands-on camp.

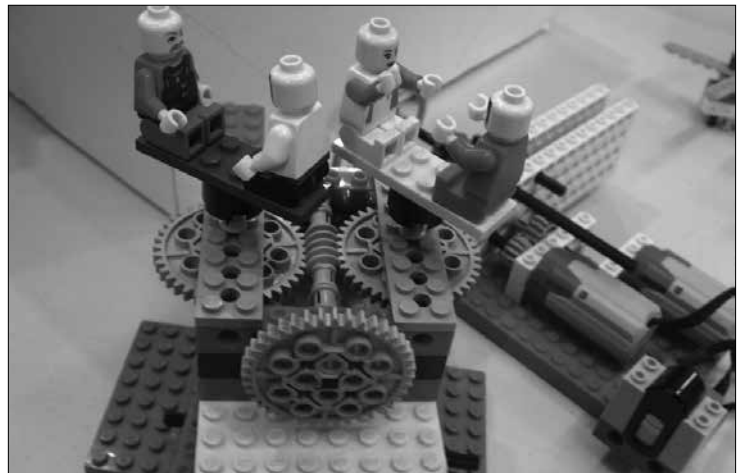
*	7/22-26	M-F 12:30-3:30pm	Iris	5	\$185
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Robotics

Ages 8-12

Learn about building and programming robots using the LEGO® Mindstorms NXT system. In addition to having fun, participants learn about mechanical and software design, problem solving, and teamwork skills.

*	7/29-8/2	M-F, 8:30-11:30am	Iris	5	\$213
*	7/29-8/2	M-F 12:30-3:30pm	Iris	5	\$213



SUMMER CAMPS



► KIDZ KAMP

Ages 5-11

Looking for a camp that offers a variety of outdoor play, physical, social and creative activities? Know someone who'd like a week (or more) of sports, games, swimming, climbing, canoeing, and hands-on craft making? Each camp week is packed with diverse, engaging activities designed for fun, skill and character development. Choose from more than 12 week-long camps dedicated to the fun, joy and excitement of summer. Each camp will include a variety of sports, games, arts and crafts, swimming, canoeing, field trips to the Boulder Reservoir or Scott Carpenter Pool, scavenger hunts and more! Enrollment is limited to ensure the best experience for all participants. Each camp runs from 8:30 a.m. to 5:30 p.m. at the East Boulder Community Center, 5660 Sioux Dr. Select your camps, bring your swimsuit, sunscreen and lunch - and have some fun. Campers will be divided by age and ability most of the day.

Information: Dean 303-441-4427 or rummeld@bouldercolorado.gov

Summer Mix

Enjoy the "Best of Everything Summer!" Play and develop your skills in basketball, bocce ball, tennis, indoor climbing, kickball, wiffleball, volleyball, wall ball, fishing, swimming, canoeing, and more.

187785	5/28-31	Tu-F, 8:30am-5:30pm	East	4	\$158/\$198
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Ultimate Sports & Games

Have a blast playing floor hockey, soccer, Ultimate Frisbee, disc-golf, Capture the Flag, climbing the rock wall, canoeing, and other camp/PE games.

187786	6/3-7	M-F, 8:30am-5:30pm	East	5	\$199/\$249
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Color Wars

Teams earn points by competing against each other in challenges and events throughout this action-packed week. Typical team challenges include tug-of-war, dodgeball, soccer, basketball and other games. This is a great week for building teamwork, meeting and making new friends.

187787	6/10-14	M-F, 8:30am-5:30pm	East	5	\$199/\$249
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Extreme Recess

Your child will come home happy, tired and excited for the next day with this camp packed with both "old and new school" games, sports and adventures. This camp offers a variety of daily activities including fishing, basketball, volleyball, wall ball, Capture the Flag, indoor climbing and more!

187788	6/17-21	M-F, 8:30am-5:30pm	East	5	\$199/\$249
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Adventure

Develop outdoor adventure skills, improve self-esteem and explore the natural environment through activities and games. Participate in team building activities, hiking, canoeing, swimming, and sports.

187789	6/24-28	M-F, 8:30am-5:30pm	East	5	\$199/\$249
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July 4th Favorites

Have some classic fun with the summer camp favorites: tennis, soccer, basketball, canoeing, swimming, Capture the Flag, and indoor climbing.

187790	7/1	M, 8:30am-5:30pm	East	1	\$50/\$63
187796	7/2	Tu, 8:30am-5:30pm	East	1	\$50/\$63
187797	7/3	W, 8:30am-5:30pm	East	1	\$50/\$64
187798	7/5	F, 8:30am-5:30pm	East	1	\$50/\$64

Sports Channel

Campers enjoy their favorite sports with a camp twist! They will also get a chance to play some less known, but equally fun, sports like bocce ball, horse-shoes, ladderball, and more...

187791	7/8-12	M-F, 8:30am-5:30pm	East	5	\$199/\$249
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Recreation World

Try a week of recreation variety including sports, fitness, arts & crafts, nature, gym games, indoor climbing wall, and more.

187792	7/15-19	M-F, 8:30am-5:30pm	East	5	\$199/\$249
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Blast From the Past

Take a trip back through the decades with 4 square, basketball, floor hockey, wall ball, tennis, and more.

187793	7/22-26	M-F, 8:30am-5:30pm	East	5	\$199/\$249
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Best of the Best

Make memories with indoor climbing on the rock wall, basketball, soccer, kickball games, tennis, and other summer hits. S

187795	7/29-8/2	M-F, 8:30am-5:30pm	East	5	\$199/\$249
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The Great Outdoors

Enjoy summer with favorites like: soccer, bocce ball, flag football, Capture the Flag, kickball, canoeing, and other outdoor activities. This week will also feature an extra field trip to Scott Carpenter Pool as well as a trip to the Boulder Reservoir.

187794	8/5-9	M-F, 8:30am-5:30pm	East	5	\$199/\$249
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Around the World in 5 Days

Enjoy a range of different games played around the the world. Campers will play games and sports as they "travel" to a different country or two each day. Counselors will lead traditional games from the "hosting country" as well as our normal camp activities.

191482	8/12-16	M-F, 8:30am-5:30pm	East	5	\$199/\$249
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Anything Goes

Play the final week of the extended summer with a wide range of camper and counselor favorites. We will have a plan, but anything goes! Campers will have a large part of this weeks planning and activities.

191532	8/19-21	M-F, 8:30am-5:30pm	East	3	\$119/\$149
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Indoor Rock Climbing and Slacklining Camp

Ages 5-11

New to the City of Boulder Parks and Recreation's already great offerings of camps is our Rock Climbing and Slacklining Camp. During this weeklong camp campers will climb indoors in the morning at the East Boulder Community Center's indoor rock wall then take a dip in the pool. After swimming we will go outside and eat lunch and set up slacklines for instruction and practice. This camp is for children that are new to the sports and children that have prior experience. Information: Matt at 303-413-7465 or Kamhim@bouldercolorado.gov

187382	6/3-7	M-F, 9am-4pm	East	5	\$225/\$281
187384	7/29-8/2	M-F, 9am-4pm	East	5	\$225/\$281
201232	6/17-6/21	M-F, 9am-4pm	East	5	\$225/\$281



SUMMER CAMPS

► DENVER NUGGETS

Denver Nuggets Basketball Camp

The Nuggets Summer Basketball Camp is for boys and girls of all skill levels between ages 6-18 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.

Ages 6-8

*	8/5-9	M-F, 8:30am-11:30pm	South	5	\$199
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Ages 9-13

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

*	8/5-9	M-F, 5:30-8:30pm	South	5	\$199
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*To register for Nuggets camps please visit:
www.theBasketballAcademy.com > Denver Nuggets

For more information, contact Andy Stainbrook, National Basketball Academy: 303-345-7331 or astainbrook@TheBasketballAcademy.com

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

*	7/1-3	M-W, 1:30-4:30pm	South	3	\$135
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*To register for the clinic please visit:
www.theBasketballAcademy.com > Denver Nuggets

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

► SPORTS CAMPS

Introduction to Middle School Volleyball Camp

Grades 6-8

Learn a new sport and make new friends before the start of school! This fun-filled camp is the perfect introduction to the fast paced sport of volleyball. Learn the basics of passing, setting and serving while participating in fun filled games and scrimmages. Note: this camp is designed for those NEW to the sport. **Information: Lenore at 303-441-3416 or knoxl@bouldercolorado.gov**

189033	7/22-7/26	M-F, 9-11:30am	South	5	\$96/\$120
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Sports Mix Camp

Ages 6-11

Experience a week of different sports and fitness. Sports will include basketball, football, tee ball, soccer, disc golf, floor hockey, dodgeball, tennis, swimming and canoeing. We will also mix in some great sports conditioning activities. Campers will be split up by age/ability, but special requests are welcomed. Information: Derrick at 303-441-4137 or trippd@bouldercolorado.gov

188085	6/17-6/21	M-F, 9am-4pm	South	5	\$180/\$225
188090	7/22-7/26	M-F, 9am-4pm	South	5	\$180/\$225

USA Ultimate

Boulder Parks & Recreation Department and USA Ultimate merge to provide quality Ultimate (Frisbee) programs for both experienced players and young athletes new to the sport. Ultimate is a fast-moving sport that combines elements of football, soccer, and basketball and is played with a flying disc!

To register for the USA Ultimate programs and clinics please visit:
www.usultimate.org/camps

For questions please contact Mike Lovinguth, Manager of Youth and Education Programs: 303-447-3472 x115 or mike@usultimate.org. You may also contact Dean Rummel with Boulder Parks and Recreation at 303-441-4427 or rummeld@bouldercolorado.gov

USA Ultimate Day Camps

Learn and play the fastest growing field sport in America from the world leader- USA ULTIMATE! Ultimate is all about fun & inclusion—we play numerous games to develop disc fundamental athletic skills, teach rules of the game, and always highlight teamwork and sportsmanship over win-at-all costs. Our camps are great for new and experienced players alike. The only equipment needed is running shoes or soccer-style cleats. Come be a part of the only camp in the country run by the national governing body of the sport - USA Ultimate. **All camp participants receive a camp T-shirt and disc.**



All USA Ultimate camps are open to both Girls and Boys. Camp play & instruction is co-educational. Camper age groups may be combined based on participant levels.

Ages 7-9

*	6/17-21	M-F, 9am-12pm	East	5	\$149
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Ages 10-11

*	6/17-21	M-F, 9am-12pm	East	5	\$149
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Ages 10-11

*	6/17-21	M-F, 1-4pm	East	5	\$149
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Ages 10-11

*	6/17-21	M-F, 9am-4pm	East	5	\$229
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Full Day Camps

Our Full Day Camps focus on fundamentals and teamwork—building skills and community progressively throughout the week towards the Friday tournament.

Ages 11-12

*	6/24-28	M-F, 9am-4pm	East	5	\$229
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Ages 13-14

*	6/24-28	M-F, 9am-4pm	East	5	\$229
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(15 year olds who haven't entered high school yet are also welcome)

*To register for the USA Ultimate programs and clinics visit:
www.USAUultimate.org/camps

SUMMER CAMPS



► BARRACUDAS SWIM TEAM

Barracudas Swim Team

Ages 5-18

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.

192682	6/3-7/12	M-F, 3:30-5:30pm	Spruce	\$100/\$125
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► TENNIS/NATURE/SCIENCE CAMPS

Grand Slam Tennis with a Splash Camps

Ages 6-11

Tennis, swimming, and sports! Days will focus on tennis, but also include many other fun activities such as: swimming, soccer, dodgeball, crafts, etc. We end each camp with our Davis Cup Competition, which includes fun team building games. Campers will be split up by age/ability.

North

187182	5/28-31	Tu-F, 9am-4pm	North	4	\$144/\$180
187183	6/3-7	M-F, 9am-4pm	North	5	\$180/\$225
187186	6/24-28	M-F, 9am-4pm	North	5	\$180/\$225
187187	7/1-3	M-W, 9am-4pm	North	3	\$108/\$135
187188	7/8-12	M-F, 9am-4pm	North	5	\$180/\$225
187189	7/15-19	M-F, 9am-4pm	North	5	\$180/\$225
187190	7/22-26	M-F, 9am-4pm	North	5	\$180/\$225
187191	7/29-8/2	M-F, 9am-4pm	North	5	\$180/\$225
187192	8/5-9	M-F, 9am-4pm	North	5	\$180/\$225
187193	8/12-16	M-F, 9am-4pm	North	5	\$180/\$225

South

188082	5/28-31	Tu-F, 9am-4pm	South	4	\$144/\$180
188084	6/10-14	M-F, 9am-4pm	South	5	\$180/\$225
188086	6/24-28	M-F, 9am-4pm	South	5	\$180/\$225
188087	7/1-3	M-W, 9am-4pm	South	3	\$108/\$135
188089	7/15-19	M-F, 9am-4pm	South	5	\$180/\$225
188091	7/29-8/2	M-F, 9am-4pm	South	5	\$180/\$225

Tennis with a Flip Camp

Ages 6-11

Looking for a camp that's different than the rest? In the morning, our campers will be introduced to tennis through games and skill building activities. In the afternoon campers will get to experience our "state of the art" gymnastics facility led by fantastic instructors! Also, there will be swim time in the afternoons at our kid-friendly NBRC pool. This camp really has it all! Campers will be split up by age/ability, but special requests are welcome.

187184	6/10-14	M-F, 9am-4pm	North	5	\$190/\$238
187185	6/17-21	M-F, 9am-4pm	North	5	\$190/\$238

BLAST OFF! Tennis Camp

Ages 6-11

Tennis with an EXPLOSION of science! Spend the morning on the tennis courts learning and improving your skills along with making new friends. The afternoons will be spent building and setting off ROCKETS, and swimming! We end each camp with our Davis Cup Competition, which includes fun, team building games. Campers will be split up by age/ability, but special requests are welcomed.

188088	7/8-7/12	M-F, 9am-4pm	South	5	\$190/\$238
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Summer Clinics with Gonzo

Ages 5-15

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

188432	5/28-5/30	Tu/W/Th, 9-12pm	East	3	\$99/\$124
188433	6/4-6/6	Tu/W/Th, 9-12pm	East	3	\$99/\$124
188434	6/11-6/13	Tu/W/Th, 9-12pm	East	3	\$99/\$124
188436	6/25-6/27	Tu/W/Th, 9-12pm	East	3	\$99/\$124
188437	7/9-7/11	Tu/W/Th, 9-12pm	East	3	\$99/\$124
188439	7/23-7/25	Tu/W/Th, 9-12pm	East	3	\$99/\$124
188440	7/30-8/1	Tu/W/Th, 9-12pm	East	3	\$99/\$124
188441	8/6-8/8	Tu/W/Th, 9-12pm	East	3	\$99/\$124

Summer Day Camp with Gonzo

Ages 5-15

Want a full day of tennis and fun with Gonzo and his staff? Boulder Parks and Recreation and Gonzo Tennis have developed a day camp as an extension to the morning clinics. The mornings will be full of tennis with our expert coaches followed by lunch and some time in the pool then more tennis.

188435	6/17-6/21	M-F, 9am-4pm	East	5	\$350/\$438
188438	7/15-7/19	M-F, 9am-4pm	East	5	\$350/\$438

Nature/Science/Sustainability Camp

Ages 6-11

A new camp offering that will explore the Great Outdoors. There will be stimulating activities including canoeing, fishing, nature walks, science projects and self defense class. Also including fun spins on education about water and fire safety, CPR/First Aid, and water conservation!

188083	6/3-6/7	M-F, 9am-4pm	South	5	\$190/\$238
188092	8/5-8/9	M-F, 9am-4pm	South	5	\$190/\$238

► VALMONT BIKE PARK CAMPS

Valmont Bike 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 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
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* Register online at www.avid4.com/VBP



SUMMER CAMPS

► RESERVOIR CAMPS

Jr. Sailing Camp

Ages 7-9

The camp for young sailors to have fun while learning the basics of sailing theory and boat anatomy. Sailors will navigate the Boulder Reservoir together and improve their skills while playing and exploring. Learn boating safety, sailing theory, knots and hitches and much more! New for this year, time has been built into camp for young sailors to show their family what they have learned. See www.BoulderRez.org for details. **After care is available for an additional fee (\$30/\$37) from 2:15-4:30pm through our Sunset Camp.*

190932	6/10-6/12	M-W, 8:45am-2:15pm	Reservoir	\$131/\$164	*190952
190933	6/17-6/19	M-W, 8:45am-2:15pm	Reservoir	\$131/\$164	*190956
190934	6/24-6/26	M-W, 8:45am-2:15pm	Reservoir	\$131/\$164	*190961
190935	7/1-7/3	M-W, 8:45am-2:15pm	Reservoir	\$131/\$164	*190962
190936	7/8-7/10	M-W, 8:45am-2:15pm	Reservoir	\$131/\$164	*190963
190937	7/15-7/17	M-W, 8:45am-2:15pm	Reservoir	\$131/\$164	*191582
190982	7/22-7/24	M-W, 8:45am-2:15pm	Reservoir	\$131/\$164	*191583
190983	7/29-7/31	M-W, 8:45am-2:15pm	Reservoir	\$131/\$164	*191584

Jr. Water Sports Camp

Ages 7-9

Enjoy a full fleet of NEW Stand Up Paddle Boards and all the recreation the Reservoir has to offer while making new friends. Enjoy all sorts of supervised fun including; SUP, swimming, sailing, canoeing, fishing, slack-lining, kayaking, windsurfing, playing at the beach and more! **After care is available for an additional fee (\$40/\$50) from 2:15-4:30pm through our Sunset Camp.*

190938	6/3-6/6	M-Th, 8:45am-2:15pm	Reservoir	\$160/\$200	*190951
190939	6/17-6/20	M-Th, 8:45am-2:15pm	Reservoir	\$160/\$200	*190953
190940	6/24-6/27	M-Th, 8:45am-2:15pm	Reservoir	\$160/\$200	*190954
190941	7/8-7/11	M-Th, 8:45am-2:15pm	Reservoir	\$160/\$200	*190955
190942	7/15-7/18	M-Th, 8:45am-2:15pm	Reservoir	\$160/\$200	*190957
190943	7/22-7/25	M-Th, 8:45am-2:15pm	Reservoir	\$160/\$200	*190958
190944	8/5-8/8	M-Th, 8:45am-2:15pm	Reservoir	\$160/\$200	*190959
190984	8/12-8/15	M-Th, 8:45am-2:15pm	Reservoir	\$160/\$200	*190960

Sailing Camp

Ages 10-14

Young Sailors will learn to harness the wind and sail the mighty Boulder Reservoir. Learn basic boating safety, sailing theory, boat operation, capsizing/recovery, navigation and more! Sailors will work together to improve their skills and explore the Boulder Reservoir. while sailing a Sunfish or Hobie Cat. New for this year, time has been built into camp for young sailors to show their family what they have learned. See www.BoulderRez.org for more details.

190945	6/10-12	M/Tu/W, 8:30am-4:30pm	Reservoir	3	\$220/\$275
190946	6/17-19	M/Tu/W, 8:30am-4:30pm	Reservoir	3	\$220/\$275
190947	6/24-26	M/Tu/W, 8:30am-4:30pm	Reservoir	3	\$220/\$275
190948	7/1-3	M/Tu/W, 8:30am-4:30pm	Reservoir	3	\$220/\$275
190949	7/8-10	M/Tu/W, 8:30am-4:30pm	Reservoir	3	\$220/\$275
190950	7/15-17	M/Tu/W, 8:30am-4:30pm	Reservoir	3	\$220/\$275
191032	7/22-24	M/Tu/W, 8:30am-4:30pm	Reservoir	3	\$220/\$275
191033	7/29-31	M/Tu/W, 8:30am-4:30pm	Reservoir	3	\$220/\$275

Water Sports Camp

Ages 10-14

This camp is for kids who want to enjoy all the recreation the Reservoir has to offer while making new friends. Water Sports Camp will allow kids to enjoy all sorts of supervised fun including; SUP, swimming, sailing, canoeing, fishing, slack-lining, kayaking, windsurfing, playing at the beach and much more! NEW THIS SUMMER - Watersports Camp will include a nature activity provided by the Audubon Society of Boulder County exploring the wetlands at the Reservoir!

190964	6/3-6/6	M-Th, 8:30am-4:30pm	Reservoir	4	\$270/\$338
190965	6/17-6/20	M-Th, 8:30am-4:30pm	Reservoir	4	\$270/\$338
190966	6/24-6/27	M-Th, 8:30am-4:30pm	Reservoir	4	\$270/\$338
190967	7/8-7/11	M-Th, 8:30am-4:30pm	Reservoir	4	\$270/\$338
190968	7/15-7/18	M-Th, 8:30am-4:30pm	Reservoir	4	\$270/\$338
190969	7/22-7/25	M-Th, 8:30am-4:30pm	Reservoir	4	\$270/\$338
190970	8/5-8/8	M-Th, 8:30am-4:30pm	Reservoir	4	\$270/\$338
191034	8/12-8/15	M-Th, 8:30am-4:30pm	Reservoir	4	\$270/\$338

Windsurf Camp

Ages 10-14

We have a brand new fleet of BIC Windsurf boards and rigs designed specifically for beginners and for children! Instructors will introduce theory, demonstrate and practice on the on-land trainer, and then everyone will hit the water! Campers will learn how to set up and take care of the equipment as they enjoy learning to harness the winds at the Boulder Reservoir.

190971	6/13-6/14	Th/F, 8:30am-4:30pm	Reservoir	2	\$138/\$170
190972	6/27-6/28	Th/F, 8:30am-4:30pm	Reservoir	2	\$138/\$170
190973	7/1-7/2	M/Tu, 8:30am-4:30pm	Reservoir	2	\$138/\$170
190974	7/18-7/19	Th/F, 8:30am-4:30pm	Reservoir	2	\$138/\$170
190975	8/1-8/2	Th/F, 8:30am-4:30pm	Reservoir	2	\$138/\$170
190976	8/8-8/9	Th/F, 8:30am-4:30pm	Reservoir	2	\$138/\$170



BOULDER RESERVOIR



Spend the day at the beach or rent a boat and enjoy cruising around the beautiful Boulder Reservoir this summer!

Boulder Reservoir Summer Season Information

5565 N 51st. St. • Boulder, CO 80301

www.boulderRez.org

General Info 303-441-3461

Boat House 303-441-3468

► FEES & HOURS

Memorial Day Weekend, May 25 through Labor Day, September 2.

Gate Hours

5:30am-9pm

Dogs and glass are not allowed in the park.

Daily Admission Fees

Youth (3-18) \$3.75

Adult (19-59) \$6.25

Senior (60+) \$4.25

Punch cards, Annual passes, and Splash Passes are valid for entry into the Reservoir.

Swim Beach Hours

Mon-Wed 11am-6pm

Thu 10am-5:30pm

Fri-Sun 10am-6pm

A lifeguard administered swim test is required for individuals under 13 years old to swim beyond the shallow water ropes. **For more information visit us online at www.BoulderRez.org**

• Open Water Swim

Guests may join us and use our 750 meter open water swim course. Laps must be started by 7:30am. Water-safety is provided. Cost is \$10 per person and includes gate admission.

Wed 7-8am

Boat House Hours

Mon-Wed 11am-6pm

Thu-Sun 10am-6pm

• Boat Rentals Available

Stand up paddleboards (SUP), kayaks, canoes, windsurfers, paddleboats, sunfish and hobbies. Please call ahead for sailboat availability.

More details and fees online at www.BoulderRez.org

Boating

All watercraft must have a 2013 Boulder Reservoir boat permit and pass inspection prior to launch. Watercraft may only launch from the South Shore after successfully completing inspection. Small craft permits (kayak, canoe, SUP, windsurfer, row boat) may be purchased at the front gate. Any boat with a motor or a sail must submit the online application and make an appointment to purchase a permit. All State of CO boating statutes apply. Please visit our website for more details.

• No Wake Times

Any type of craft is allowed on the water, however must remain wakeless during the following days/times:

Tue 5:30am-12pm

Wed 5:30am-9am

Thu 5:30pm-9pm

Picnic Site Rentals

Picnic site rentals are available for groups of 30-500 people. Please visit our website for further information including availability and pricing.

Special Events

The Reservoir is home to many special events. If you're interested in hosting a special event at the Reservoir, please visit us online for application requirements and our special event calendar at www.BoulderRez.org.



DANCE - ADULT



Ballet improves strength, movement awareness and muscle control for all athletes.

Dance Visitor Pass

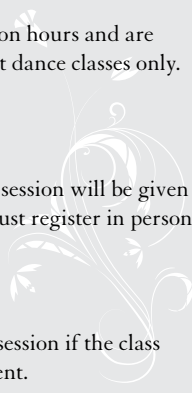
Cards can be purchased at centers during registration hours and are valid for six months from date of purchase for adult dance classes only. **\$70 for 5 classes**

Discount - Adult Dance

Students enrolled in more than one dance class per session will be given a 10% discount on the lesser of the two fees. You must register in person or by phone.

Class Cancellation Policy

Classes will be cancelled one week prior to start of session if the class does not meet the minimum registration requirement.



► ADULT BALLET

Ballet Barre Plus

(Ages 18+) Include a ballet workout in your day with traditional ballet barre and gentle stretching. For students with knowledge of ballet basics. This class includes a center routine.

199092 6/11-7/23 Tu, 9:30-11am★ North 6 \$63/\$79 Vanessa

Ballet Level 1

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

199094 6/11-7/16 Tu, 6-7:30pm North 6 \$63/\$79 Elizabeth R.

Ballet Level 2

(Ages 13+) Wanting to return to ballet after an absence or ready to progress to the next level? Then this class may be for you! We will solidify technique with a careful practice of barre and center exercises, elementary jumps and turns, and dance steps. At least 1 year of previous ballet study is strongly recommended.

199095 6/11-7/16 Tu, 7:30-9pm North 6 \$63/\$79 Elizabeth R.

Ballet Level 2/3

(Ages 16+) An intermediate class for students who have a firm foundation in the fundamental ballet barre exercises, poses, and jumps. Emphasis will be placed on continuing to strengthen placement, developing the petit allegro repertoire, and practicing connecting steps and combinations.

199097 6/13-7/25 Th, 6-7:30pm South 6 \$63/\$79 Elizabeth R.

Pointe Extension for Adult Ballet 2/3

This course is for students taking Adult Ballet Level 2/3, 199097.

199100 6/13-7/25 Th, 7:30-8pm South 6 \$27/\$34 Elizabeth R.

Ballet Level 3

(Ages 13+) A lively and supportive intermediate level class for students experienced in standard barre and center exercises, poses, and small and big jumps. Emphasis on increasing complexity of steps and combinations, strengthening stability, ballon, and attention to detail. Three years of previous training recommended.

199096 6/15-7/20 Sa, 1-2:30pm East 6 \$63/\$79 Elizabeth R.

Pointe Extension for Adult Ballet 3

This course is for students taking Adult Ballet 3, 199096.

199099 6/15-7/20 Sa, 2:30-3pm East 6 \$27/\$34 Elizabeth R.

DANCE - ADULT



Stretching & Conditioning for Dance

(Ages 13+) Safe and appropriate stretching and conditioning exercises for all levels and types of dance. Learn how to properly increase your flexibility and range of motion, how to strengthen and use your muscles, how to stretch at the barre and on the floor, placement and stability of the spine, hips and torso on one or both legs, safe and effective bending of the ankles, knees, back and neck; warm-up and cool-down stretches; target exercises for inner thighs, hamstrings, abdominals, upper arms, etc.

199098 6/15-7/20 Sa, 12-1pm ★ East 6 \$54/\$68 Elizabeth R.

► TAP/JAZZ

Tap Level 1

(Ages 13+) Great class for teens in musical theatre productions and adults who have always wanted to learn tap. An introduction to both rhythm and musical theatre styles. Gain rhythm, balance and improve overall fitness. Tap shoes required; talk to instructor about shoes at first class. 0-1 yrs experience.

199153 6/10-7/15 M, 5:30-6:30pm North 6 \$54/\$68 Craig

Tap Level 2/3

(Age 13+) Learn to tap faster! In this class we will refine basic technique and embark on intermediate material such as riffs, paddle and roll, and time steps. Entire dances will be learned and you may choose to perform in our dance concerts. 3 years of experience preferred.

199154 6/10-7/15 M, 6:30-7:30pm North 6 \$54/\$68 Craig

Jazz Level 1

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

199138 6/20-8/1 Th, 7-8pm Iris 6 \$54/\$68 Vanessa

► BALLROOM

Ballroom Basics

(Ages 16+) Come experience the joy and elegance of Social Dancing. Foxtrot, Waltz and Swing will be taught in this introductory class. Partner not required.

199128 6/15-7/13 Sa, 3:30-4:30pm East 5 \$45/\$56 Judy

Ballroom Basics Level 2

(Ages 16+) A continuation of Ballroom Basics.

199129 6/15-7/13 Sa, 4:45-5:45pm East 5 \$45/\$56 Judy

Summer Camps

Choose from 125+ camp sessions for youth ages 4-18!

See pages 8-14 in this guide or visit us online at www.BPRcamps.org.

► MODERN DANCE

Adult Modern Level 1

Have fun dancing while learning the basic movement concepts of Beginning Modern dance. Enjoy a centering, breath-focused warm-up which includes stretching, yoga postures, and abdominal strengthening work. During class students will move through space with lush, full and athletic phrase work. Open to anyone with little or no dance experience with the philosophy that anyone can dance!

199148 6/12-7/17 W, 7-8pm Iris 6 \$54/\$68 Cindy Brandle

Professional Modern Dance

Cindy Brandle, Artistic Director of the Cindy Brandle Dance Company, leads Advanced/Professional Modern dance classes. Cindy's classes combine eastern and western philosophies with vigorous, detailed movement inspired by the idea that motion comes from the inside out. Using clear descriptions and thoughtful imagery, Cindy guides students through a balanced warm-up and into lively combinations that are fun and exciting to dance. If you like flying through space and developing body awareness, this is the class for you. Experience in modern dance required.

199149 6/13-8/1 Th, 10-11:30am★ North 6 \$63/\$79 Cindy Brandle

► CULTURAL DANCE

Beginning Hula Dance

(Ages 13+) Come learn basic hula steps, ancient and modern hula dances. Hula is a holistic form of dance, which incorporates physical, spiritual, musical, cultural, historic and linguistic elements. The "healing" function of hula has often been emphasized by health-care professionals. La'ela'e has participated in all of the major hula competitions in Hawaii.

199135 6/14-7/19 F, 5:30-6:30pm Iris 6 \$54/\$68 La'ela'e

Salsa 1

(Age 13+) Join us in learning this popular social dance! This fun and exciting class will focus on the fundamentals of Casino, the circular and flowing Cuban Style Salsa. No partner is required. Vamos a bailar Todos! Judy Kreith, MA dance education, has traveled to Cuba numerous times to study Salsa.

199151 6/12-7/10 W, 6-7pm North 5 \$45/\$56 Judy

Salsa 2

(Age 13+) Join us in learning this popular social dance! This fun and exciting class will focus on the fundamentals of Casino, the circular and flowing Cuban Style Salsa. No partner is required. Vamos a bailar Todos! Judy Kreith, MA dance education, has traveled to Cuba numerous times to study Salsa. (One year of training recommended.)

199152 6/12-7/10 W, 7-8pm North 5 \$45/\$56 Judy

Irish Step

(Ages 13+) Kick up your heels to lively Irish reels and jigs and get a great cardio workout at the same time! Irish dancing is rooted in tradition yet continues to evolve today, making it a unique and exciting dance form. Improve your physical dexterity, rhythm and posture while learning the basics of traditional solo step dancing and ceili social dancing in a fun, upbeat environment. Classes also include a proper warm-up with strengthening exercises and stretching. Ghillies, jazz shoes or ballet slippers recommended, but not required.

199136 6/10-7/15 M, 7:15-8:30pm South 6 \$63/\$79 Elizabeth Barton



DANCE - YOUTH

► PRESCHOOL DANCE

Class Cancellation Policy: Classes will be cancelled one week prior to start of session if the class does not meet the minimum registration requirement.

Parent-Tot

(Ages 18mos-3yrs) Creative movement, coordination exercises, songs, and finger plays will be used to improve motor skills and rhythm. One adult participant (moms, dads, grandparents or caregivers) to each child.

199150 6/10-7/15 M, 9-9:45am★ North 5 \$45/\$56 Vanessa

Little Feats Ballet

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

199108 6/10-7/8 M, 3-3:45pm South 5 \$40/\$50 Judy
199113 6/11-7/16 Tu, 4-4:45pm Iris 6 \$48/\$60 Vanessa
199109 6/12-7/24 W, 9-9:45am★ North 6 \$48/\$60 Cindy Brandle
199111 6/15-7/13 Sa, 9:30-10:15am North 5 \$40/\$50 Judy

World Rhythms for Children

(Ages 3-5) This is a creative dance movement class that will incorporate children's music from around the world, focusing on music from Africa, South America, Cuba and Brazil.

199117 6/10-7/8 M, 3:45-4:30pm South 5 \$40/\$50 Judy
199118 6/15-7/13 Sa, 10:30-11:15am North 5 \$40/\$50 Judy

Drumming and Movement

(Age 3-5) Have fun while learning to drum and dance! Utilizing children's lullabies and nursery rhymes, students will learn basic concepts of drumming, while incorporating creative dance movement.

199133 6/12-7/24 W, 10-10:45am★ North 6 \$48/\$60 Cindy Brandle

Pre-Ballet Level 1

(Ages 4-5) This class continues to explore creative movement concepts, which are the building blocks of future dance techniques, combined with a introduction to beginning ballet technique. Dancers improve their fine and gross motor skills through play-based activities and working with props.

199115 6/11-7/23 Tu, 4:45-5:30pm Iris 6 \$48/\$60 Vanessa
199116 6/10-7/22 M, 10-10:45am★ North 6 \$48/\$60 Vanessa
199114 6/12-7/24 W, 10:45-11:30am★ North 6 \$48/\$60 Cindy Brandle

Pre-Tap and Ballet 1

An introduction to tap and ballet dance. Rhythmic awareness and music appreciation are developed as your child enjoys exploring dance in a fun, creative setting. Props, music and visual aids elicit creative movement that builds coordination, strength and self confidence.

(Ages 2½ - 3½)

199157 6/17-7/22 M, 1-1:45pm East 6 \$48/\$60 Kathy

(Ages 4-5)

199156 6/18-7/23 Tu, 2-2:45pm East 6 \$48/\$60 Kathy

Kinder Ballet

(Ages 5-6) The kindergarten dancer will love this joyful and high energy class. The basic elements of ballet will be taught in a creative and fun way.

199123 6/12-7/17 W, 4-4:45pm Iris 6 \$48/\$60 Vanessa

Kinder Hip Hop

(Ages 5-7) Hip Hop is an internationally popular dance form that promotes physical fitness while having fun! Learn the foundation of many Hip Hop styles in this vigorous and exhilarating class.

199173 6/13-7/25 Th, 3-3:45pm East 6 \$48/\$60 Aundrea

► YOUTH CLASSES

Class Cancellation Policy: Classes will be cancelled one week prior to start of session if the class does not meet the minimum registration requirement.

Jazz 1

(Ages 6-8) Jazz dance for children is a joyful, high energy dance form. These introductory classes provide students knowledge of dance class format, and a special emphasis on music and rhythm.

199141 6/20-8/1 Th, 4-5pm Iris 6 \$48/\$60 Vanessa

Jazz 1

(Ages 9-12)

199142 6/20-8/1 Th, 5-6pm Iris 6 \$48/\$60 Vanessa

Jazz 2/3

(Ages 7-9) One year of previous training required.

199147 6/12-7/17 W, 5-6pm★ East 6 \$48/\$60 Vanessa

Jazz 2/3

(Ages 9-12) Two years of previous training required.

199146 6/12-7/17 W, 6-7pm★ East 6 \$48/\$60 Vanessa

Jazz 4/5

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

199143 6/10-7/8 M, 5:30-6:30pm South 5 \$40/\$50 Judy

Jazz 4/5

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

199145 6/20-8/1 Th, 6-7pm Iris 6 \$48/\$60 Vanessa

Ballet 1

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

(Ages 6-7)

199119 6/10-7/15 M, 4-4:45pm Iris 6 \$48/\$60 Jamie

(Ages 8-12)

199120 6/10-7/15 M, 4:45-5:45pm Iris 6 \$48/\$60 Jamie

DANCE - YOUTH



Ballet 3/4

(Ages 12+) For students ages 12 and up who have already had substantial ballet training and who are at least at the intermediate level study. Students are encouraged to take both the Tuesday and Thursday classes.

199178 6/11-7/16 Tu, 4-6pm North 6 \$66/\$83 Elizabeth

Ballet 4

(Ages 12+) Technique and rehearsal class For Ballet Expressions dancers, ages 12 and up. Students are also encouraged to take the Tuesday and Thursday Youth/Teen level 3/4 classes.

199179 6/13-7/18 Th, 4-6pm South 5 \$55/\$69 Elizabeth

Intro to Tap

(Ages 5-8) An introduction to tap dance. Rhythmic awareness and music appreciation are developed as your child enjoys exploring dance in a fun, creative setting. Props, music and visual aids elicit creative movement that builds coordination, strength and self confidence.

199158 6/17-7/22 M, 1:45-2:30pm East 6 \$48/\$60 Kathy

Tap 1

(Ages 6-8) An introduction to tap dance. Rhythmic awareness and music appreciation are developed as your child enjoys exploring dance in a fun, creative setting. Props, music and visual aids elicit creative movement that builds coordination, strength and self confidence.

199159 6/17-7/22 M, 3-3:45pm East 6 \$48/\$60 Kathy

Hip Hop 1/2

A fun, energetic form of dance. Gain rhythm and learn basic movements while having a great time.

(Ages 7-10)

199174 6/13-7/25 Th, 4-5pm★ East 6 \$48/\$60 Aundrea

(Ages 11-14)

199176 6/13-7/25 Th, 5-6pm★ East 6 \$48/\$60 Aundrea

Intermediate/Advanced Hip Hop for Teens

(Ages 12-17) Recommended for Expressions Dance Company dancers. (5 years of dance experience required.)

199175 6/13-7/25 Th, 6-7pm★ East 6 \$48/\$60 Aundrea

Irish Step

(Ages 6-12) Kick up your heels to lively Irish reels and jigs! Irish dancing is rooted in tradition yet continues to evolve today, making it a unique and exciting dance form. Dancers will improve their physical dexterity, rhythm and posture while learning the basics of traditional solo step dancing and ceili social dancing in a fun, upbeat environment. Classes also include a proper warm-up with strengthening exercises and stretching.

199137 6/10-7/15 M, 6:30-7:15pm South 6 \$48/\$60 Elizabeth



► EXPRESSIONS DANCE COMPANY

Expressions Dance Company classes are for the dancers who have auditioned for and been accepted into Expressions Dance Company for the 2013-2014 season. Please contact Cynthia Burdine, Program Coordinator, with questions at 303-413-7473.



What are the Expressions?

The Expressions are the dance companies of the City of Boulder Parks and Recreation Dance Program. Their goal is performance level dancing. We achieve this goal through an emphasis on well-rounded dance technique. Students are required to attend the Expressions Dance Camp Summer 2013 (August 5-9), and three - four, 1 ½ - 2 hour classes scheduled each week September through May. We expect classes to be a priority for the Expressions. The Expressions sign a contract, which formalizes the agreement. Extra rehearsals, performances, competitions, costume, and costs can be expected throughout the year, so parental support and enthusiasm are essential to our success.

If you are unable to attend the auditions listed above or for more information contact, Cynthia Burdine at 303-413-7473.

2013 Expressions Dance Company Auditions

New Expressions Dance Company classes will be chosen for fall 2013 Admission to Expressions is by AUDITION ONLY.

Auditions are May 18 and 19 at the East Boulder Community Center. Dancers interested in auditioning should pre-register by obtaining an "Intent to Audition" form from any dance studios at the North Boulder Recreation Center, South Boulder Recreation Center or East Boulder Community Center. The completed form must be returned to Cynthia Burdine at the East Boulder Community Center or your instructor no later than May 10, 2013.

The auditions will consist of a group warm-up and the participants will learn several center and across the floor combinations. During the second part of the auditions the dancers will perform the combinations learned earlier in front of a panel of judges. Each combination will be performed in small groups.

Jazz Expressions Audition Schedule

Age 6-7	Saturday, May 18	10-11am	East
Age 8-9	Saturday, May 18	11-12:30pm	East
Age 10-12	Saturday, May 18	2-5pm (break 3:30-4pm)	East
Age 13-17	Sunday, May 19	1-4:30pm (break 2:30-3pm)	East

"Dancing with the feet is one thing, but dancing with the heart is another."

- Anonymous



EXPAND



What is EXPAND?

EXciting Programs Adventures & New Dimensions is designed to meet the unique needs of people with disabilities in specialized and inclusive programs.

► CAMPS

Outdoor Adventure Day Camp

(Ages 6-12) (For children with emotional/mental health diagnosis) Be active this summer through a variety of fun and challenging outdoor adventures and recreational field trips. Improve your problem solving skills and develop greater self-awareness. No class July 4th. Camp meets at Scott Carpenter Park. Contact Lori Goldman, 303-413-7256. Must be pre-approved by Lori before registering.

189086 6/17-8/1 M-Th, 9am-2pm Scott Carpenter 28 \$478/\$597

EXPANDventures 4 Youth

(Ages 11-17) A wonderful opportunity for personal growth, exploration, and socialization in a safe and fun atmosphere. Trips will consist of educational, experiential, and fun outings. Bring a sack lunch. For more information contact Jen, 303-413-7474. No class Friday, July 5.

★ **NEW!**

198550 6/21-7/19 F, 11am-3:30pm East 4 \$100/\$125

Global Skills Mini-Camp - (provided by Global Skills Support Services)

(Ages 12-17) High Functioning Autism/Asperger's Syndrome or related disorders.

The fun starts with sensory regulation activities, participate in curriculum based lessons related to Social Skills, Emotional Regulation Skills, Perspective Taking Skills and Sensory Integration Skills followed by a structured leisure activity of group choice. *Session 1: Explores Basic Social Skills and *Session 2: Focuses on Perspective Taking Skills. Visit our website for more details about this wonderful new summer camp opportunity. www.millsmichelle.wix.com/gsss

★ **NEW!**

*Session 1 6/10-7/3 M/W, 9am-12pm South 4 weeks \$150

*Session 2 7/8-31 M/W, 9am-12pm South 4 weeks \$150

EXPAND provides opportunities for people with disabilities to improve and gain new recreation and leisure skills that will enhance their overall well-being and improve their quality of life.

Please call Colleen Fitzgerald, Recreation Administrator, 303-413-7216 or fitzgeraldc@bouldercolorado.gov with any questions. Unless otherwise noted, programs are for all ability levels.

Scholarships are available for individuals. For more information contact Sherri Brown at 303-441-4933.

Group – Participants who are independent or require minimal verbal prompting with personal care, hygiene, dressing, eating, balance and typical social behavior.

1 on 1 – Participants who need physical assistance and/or additional support due to behavioral needs should register for classes using the “1 on 1” class code. If no “1 on 1” code is available and you need assistance, call the contact person listed to get approval or guidance.

Inclusion – A great opportunity to make new friends and explore other programs. Participate in a general recreation class with your peers. Support will be provided. Contact Colleen Fitzgerald at 303-413-7216 two weeks prior to class start date for more information about inclusion.

EXPAND and Community Link are partnering to bring young adults a unique program opportunity.

Interested participants can sign up for both programs with transportation being provided by EXPAND from Community Link to the North Boulder Recreation Center. See program descriptions below.

Summer Fun

(Ages 18-30) Meet up with your friends to explore, create and learn new activities provided within your community. This program will focus on leisure education and independent living skills such as transportation, safety, social, health and well being. Bring a sack lunch. Scholarships available. Contact Cory Lasher 303-413-7269.

189389	6/24-7/18	M-Th, 12-4pm	North	4 weeks	\$300/\$380
190838	7/22-8/8	M-Th, 12-4pm	North	3 weeks	\$240/\$300
190882	6/24-8/8	M-Th, 12-4pm	North	7 weeks	\$510/\$645

Must register by May 31, Class size is limited! No class on Thursday, July 4.

Reach for Your Dream: Starting a Career Path

(Ages 18-30) This adult education session provides participants with a variety of tools to begin their job search efforts. The curriculum includes a variety of topics necessary for obtaining and maintaining a job. Each session completer will leave with a resume and video resume, which requires the completion of homework. For those who desire it (and for an additional fee), a career planning meeting can be scheduled to refine the job search process.

***For more information and to register, please call Bob Lawhead at Community Link at 303-527-0627 Ext. 795.**

*	6/24-7/18	M-Th, 9-11:30am	6290 Lookout Road	4	\$563
*	7/22-8/8	M-Th, 9-11:30am	6290 Lookout Road	3	\$450

Must Register by May 31. Class size is limited! No class on Thursday, July 4.



► COMMUNITY INVOLVEMENT CLASSES

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

Water Aerobics

(Ages 18+) Jump right in! The water is great! We will focus on cardiovascular and strength training. This low-impact class is suitable for every fitness level. Contact Jen Heilveil, 303-413-7474.

198549 6/3-8/12 M, 5:30-6:30pm East 11 \$55/\$68

Become a Chef!

(Ages 16+) Come get inspired about cooking! Learn how to cook delicious dinners with healthy eating coach, Mary. Each class, we will get together with friends and learn how to make a great meal. Bring a container to take your prepared meal home and enjoy for dinner. Contact Sherri, 303-441-4933.

198570 6/10-7/15 M, 4-5:30pm East Senior 6 \$100/\$120

198571 6/11-7/16 Tu, 2:45-4:30pm East Senior 6 \$100/\$120

Canoeing and Kayaking with NSCD

Join us for an evening of canoeing and kayaking in Wheatridge with the National Sports Center for the Disabled. Beginners are welcome! Contact Lori Goldman, 303-413-7256.

199682 6/11 Tu, 4:30-8pm East 1 \$20/\$25

199686 7/16 Tu, 4:30-8pm East 1 \$20/\$25

Dogs & Dodgeball

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

198560 8/20 Tu, 5-7pm South 1 \$10/\$12

Kickball

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

198558 8/13 Tu, 5-7pm Mapleton 1 \$5

Bocce Ball

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

198559 6/5-8/7 W, 3-4pm East 10 \$50/\$60

Special Olympics Swim Training

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

198555 6/5-8/14 Wed, 4-5pm East 11 \$80/\$100

Winter Park Adventure Day

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

199685 8/14 W, 8am-5pm East 1 \$50/\$62

Weight Lifting

(Ages 16+) Pump up! Learn to use the fitness machines to increase muscle tone and strength. Contact Sherri Brown, 303-441-4933. No class July 4.

198553 6/6-8/15 Th, 2:30-3pm East 10 \$30/\$35

Spinning

(Ages 16+) Awesome exercise! Ride the stationary bike while socializing with friends. Improve your core strength and increase endurance level while having fun. Contact Sherri Brown, 303-441-4933. No class July 4.

198554 6/6-8/15 Th, 3-4pm East 10 \$50/\$60

Smile and Stretch

(Ages 15+) Give your body and spirit an hour of rejuvenating focus. Practice breathing and floor yoga positions supported by blankets and bolsters. We will practice balance, stress reducers, and increasing clarity of mind. For more information contact Jen Heilveil, 303-413-7474. No class July 4.

198932 6/6-8/8 Th, 4:15-5:15pm East Senior 9 \$70/\$87

Bowling

(Ages 8+) Strikes and Spares! Bowl with new and old friends at the CU UMC bowling alley. Participants will be placed on lanes according to age. Fee includes one or two games and shoes. Contact Jen Heilveil, 303-413-7474. No class on July 5.

198552 6/21-8/23 F, 4-5pm CU 9 \$80/\$100

Sailing

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

198564 6/14 F, 2-5pm Boulder Rez 1 \$30/\$35

198565 7/12 F, 2-5pm Boulder Rez 1 \$30/\$35

tubing / Rez Fun

(Ages 16+) Does being dragged around the Boulder Reservoir on an inner tube sound like a good time to you or playing with paddle boards /canoes, etc. Participates MUST be comfortable in the water. Contact Sherri Brown, 303-441-4933.

198561 6/21 F, 10am-1pm Boulder Rez 1 \$30/\$35

198562 7/26 F, 10am-1pm Boulder Rez 1 \$30/\$35

198563 8/16 F, 10am-1pm Boulder Rez 1 \$30/\$35

Lock-In

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

199683 7/12-7/13 F/Sa, 4pm-10am East 2 \$50/\$62 1 on 1

199684 7/12-7/13 F/Sa, 4pm-10am East 2 \$50/\$62 group

Mountain Adventure

(Ages 18+) Enjoy being under the stars sleeping in tents! Activities include cooking, nature studies, hiking and crafts. Contact Lori Goldman, 303-413-7256. Mountain Campout & Adventure Camp.

199732 8/9-8/11 F/Sa/Su, 3pm-12pm Iris 3 \$115/\$140

Mini Triathlon

(Ages 14+) Take part in the Wheatridge Recreation Center's fun triathlon! You will water walk for 15 minutes, bike for 20 minutes on a stationary bike, and walk/run for 30 minutes on a trail. Contact Jennifer Heilveil, 303-413-7474.

198898 8/3 Sa, 7am-1pm East 1 \$35



EXPAND

► FRIDAY NIGHT DANCES

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

The Harlem Shuffle

198732 6/14 F, 6-8pm East Senior 1 \$8/\$10

The Oldies in Memory of Ted Schoffner

199177 7/19 F, 6-8pm East Senior 1 \$8/\$10

Hawaiian Luau

199180 8/23 F, 6-8pm East Senior 1 \$8/\$10

► OUT ON THE TOWN, COMMUNITY CHOICES

(Ages 16+) Register for 1 on 1 or group codes - please. Contact Cory Lasher, 303-413-7269. Please check out our summer activities and use the proper code.

Adventure Golf & Raceway/Dinner (group)

198784 6/26 W, 5-8pm East 1 \$23/\$29 group only

Pizza & Bingo

199181 7/24 W, 5-6:30pm East Senior 1 \$15/\$19 1on1 & group

Picnic & Paddle at the Rez

Enjoy an early evening at the Boulder Reservoir for a picnic, paddling, and games. Transportation will be provided from EBCC if needed contact Cory.

198787 8/7 W, 5-8pm Boulder Rez 1 \$18/\$23 1on1 & group

► ACTIVITIES FOR INDIVIDUALS WITH PHYSICAL DISABILITIES

Adaptive Waterski - 30th Anniversary!

(Age 16+) This program is designed for individuals with physical and visual impairments. Learn or improve your skills with adapted water-ski equipment at the Boulder Reservoir. We will set-up a designated time slot with you prior to the program. Drop in reservations must be called in by 5 p.m. the Friday prior to the day you wish to ski. Drop-in's are limited and on a first come, first served. Drop-in fee: \$10. Contact Cory Lasher, 303-413-7269.

EXPAND BEYOND
SKIING IS BELIEVING

198782 6/18-8/6 Tu, 7:30-11am Boulder Rez 8 \$70

Paralympic Sports Club

The city of Boulder EXPAND's core objective is to support the growth of community-based Paralympic sport programs that accommodate people with physical disabilities. Activities include Triathlon Training, Wheelchair Rugby, Track and Field, Kayaking, Handcycling and Waterskiing.



Adaptive Mountain Bike Summer Short Track Race Series at Valmont Bike Park

Join the best adaptive mountain biking race series in Colorado at Valmont Bike Park. This form of bicycle racing will take place on a short circuit that features dirt, sand, mud, and steep hills.

Wednesdays June 26th & July 31st (weather permitting)

All categories start between 5-7pm at Valmont Bike Park
For more information visit: www.ValmontBikePark.org

Quad Rugby

(Ages 18+) Join one of the best teams in the U.S. This wheelchair sport is becoming very popular! If you need a rugby chair, contact Jen Heilveil, 303-413-7474. This program is for people with physical disabilities.

199782 6/4-8/27 Tu, 5-8pm EBCC 13 \$35

Journeys through EXPAND

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



Thank you to Via Mobility!

Thank you to Via Mobility for donating transportation services for the participants of the Summer Fun Program.



Saturday, Aug 3rd, 2013 ★ 7:45pm

NITE)IZE ★ ★ ★

BOULDER NITES 2013 CLASSIC

FUN FAMILY BIKE RIDE
AROUND THE STREETS
OF BOULDER

www.bouldernitesclassic.com



EXPAND DUCK RACE®

Monday, May 27
4 pm at the Boulder Creek Festival

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

www.EXPANDduckrace.org

Our Friday Morning Summer Junior Golf Program is a great opportunity for kids their own age while having fun on the course and developing their golf skills.



Flatirons Golf Course Amenities & Services

- Scenic 18-hole golf course
- Driving range
- Accessible golf cart
- Men's/women's leagues
- Junior golf programs
- Full service club repair & pro shop
- Computerized handicapping
- Public play special events
- Private & group instruction area
- Book your tee time online!

The Teaching Staff

Doug Cook - PGA Member, Director of Golf
Tim Stevens - PGA Member, Head Professional
Brian Lavender - PGA Member, Professional
Dan Knecht - PGA Member, Professional
Jill McFadden - Golf Professional

Tournaments and Outings

At Flatirons, we believe that it's your tournament or outing. We operate on a "menu of services" basis. While other facilities may require you to buy tournament administration, prizes and food service, we start with a basic golf package and let you customize it to the specific needs of your group. This golf event philosophy has been especially popular with charitable fund raising events and other organizations that have an interest in maximizing their charitable donations.

Upcoming Events:

- Flatirons is the proud host of the 2013 Girls CJGA Junior World Qualifier June 5 & 6.
- 2013 Boulder City Amateur Championship September 28 & 29.

2013 base tournament fees

Off-season (Jan 1 - May 10; Sept 20 - Dec 31)

\$45 per player (M-Th)
 \$48 per player (F-Su)

Peak season (May 11 - September 19)

\$48 per player (M-Th)
 \$53 per player (F-Su)

For more detail, please see brochure at www.flatironsgolf.com or contact the golf shop at 303-442-7851.

▶ FLATIRONS GOLF COURSE FEES

Flatirons Golf Course takes great pride in providing great value in our reasonable daily rates. Our consistently excellent playing conditions, our classic layout and convenient location make Flatirons a wonderful place to play at any price.

Practice Range / Club & Cart Rental

Practice Range	Riding Carts (Fee Per Rider)
10 cents per ball	9 holes \$9 • 18 holes \$14
Clubs	Hand Carts
Clubs- 9 holes \$15 • 18 holes \$20	9 holes \$4 • 18 holes \$6

Shoulder Season Fees

(March 11-May 12)

Junior (18 years and younger)
Student (19-26 years with accredited university I.D.)
Senior (Age 60+)

Weekday Discount Player Fees (Monday-Thursday)

	Adult	Junior	Student	Senior
18 Holes	\$33	\$23	\$28	\$27
9 Holes	\$20	\$13	\$18	\$17

Weekend Standard Player Fees (Friday-Sunday)

	Adult	Junior	Student	Senior
18 Holes	\$38	\$25	\$36	\$33
9 Holes	\$22	\$15	\$21	\$19

For **current specials** and the most up to date information on Flatirons golf course, please visit our website at: **FlatironsGolf.com**

Frequent Player Program

Players pay \$4 for nine holes and \$6 for eighteen holes, Mon-Fri. Weekend rates for May 13-August 11 are \$7 for nine holes and \$12 for eighteen holes. Valid for one year from date of purchase. 15% discount when passes are purchased on same date. This discount is limited to immediate family members residing in the same household.

Adult	\$660	Senior	\$550
Student	\$595	Junior	\$295

▶ PRIVATE INSTRUCTION

Individual Private Instruction

The most effective way for the beginner, intermediate or advanced player to make improvements, build practice skills and develop a rapport with PGA affiliated golf instructor.

The lesson area, located in its own area to enhance privacy and prevent distractions, includes a sand bunker and practice green.

Private Instruction is offered seven days a week and scheduling is very flexible, call the Pro Shop at 303-442-7851 for booking.

Adults (17 years & older)

\$40 for 30 minutes

\$59 for 45 minutes

Take three individual lessons and receive your fourth lesson for half price!

\$140

Juniors (16 years & under)

\$15 for 15 minutes

Multi-Person Private Instruction

Designed for those who wish to share the experience of learning the game of golf. It is essential that participants are of a similar skill set when taking these lessons, i.e. beginner is grouped with other beginners. Lessons are one hour each. Instruction available upon request, call the golf shop to schedule a time, 303-442-7851.

Adults (17 years & older)

Group of two \$50 per person

Group of three \$40 per person

Group of four \$35 per person

Juniors (16 years & under)

Group of two \$30 per person

Group of three \$25 per person

Groups of four \$20 per person
(max of 7)

▶ LESSONS

The Lesson Programs

Carefully designed to be an efficient and effective way to improve golf skills and enjoyment of the game.

PGA - Get Golf Ready

If you have ever thought about taking up the game, either again or for the first time, you can make golf your sport for a lifetime through this PGA Play Golf America program. This program teaches you in six short lessons what you'll need to know to step onto a golf course and play with confidence.

Flatirons is a fully certified member of the Audubon Cooperative Sanctuary for Golf Courses, Flatirons Golf Course is committed to operating with the highest level of environmental responsibility possible while still producing exceptional golf playing conditions.

▶ JUNIOR GOLF PROGRAM

Friday Morning Junior Golf Program

Ages 8-14

Basic to advanced swing skills instruction is provided in a group clinic setting and limited individual instruction also provided by our PGA Member Professional staff instructors and over 20 trained volunteers.

Program Dates: June 14, 21, 28 & July 12, 19, 26.

An informational brochure, including a detailed schedule and entry forms will be available at Flatirons Golf Course after April 15. Visit us online at Flatironsgolf.com to download the brochure or call 303-442-7851 to have one mailed.

For juniors interested in more intensive golf swing instruction, Flatirons Golf Course offers Private Junior Golf Lessons at a discount for junior golf program participants. Sign up for these Junior Golf Lessons in the golf shop.

Flatirons Junior League & Instructional Clinics

Ages 10-16

The junior league consists of seven weeks of 18 hole play and a Junior Club Championship. Events will be on Monday mornings in June and July with tee times starting at 11am.

Clinics will be offered on Tuesday or Wednesday afternoons from 1-2pm for eight weeks in June and July. Each clinic will be 1 hour long and will emphasize different aspects of the golf swing and playing golf. Clinic size will be limited to 10 participants.

Registration forms are available online at Flatironsgolf.com

Chip Shots Program

Ages 4-7

For boys and girls too young for the Friday Junior Program, Flatirons is pleased to be bringing back the Chips Shots Program.

For more information or for registration forms visit www.flatironsgolf.com or call the Pro Shop at 303-442-7851.



GYMNASTICS



Gymnastics helps children build a range of motor and coordination skills, and assists in developing a good sense of body awareness.

Important Information for ALL Classes:

- All classes held at the North Center
- Leotard or T-shirt and gym shorts required
- No street clothes, shoes, socks or jewelry
- Long hair must be securely tied back
- Cubby holes provided for shoes, etc.
- Classes may be split into smaller groups
- No make-ups for missed classes

► PRESCHOOL

June 3-August 17 (No classes July 4 and July 8-13)

Join our preschool program to explore a combination of basic movement and gymnastics events, including tumbling, balance beam, uneven bars, parallel bars, vaulting, pommel horse, rings, trampoline and the foam pit. Help your child build a strong foundation for other sports and life long skills. All skills and equipment are scaled down to accommodate children's size and ability. Enroll today! Some classes may be filled due to pre-registration of previous session participants.

Fees			
M/Tu/W/F/Sat	(1 day per/wk)	(10 classes)	\$116/\$144
Thu	(1 day per/wk)	(9 classes)	\$104/\$130

2½ Year Olds

Introduce your child to gymnastics in our structured 2½ year old class that is also perfect for 3 year olds who are having trouble separating from parents. Child must be accompanied by parent or other responsible adult. No babies or other unregistered children allowed in the gym. Twins must have two adults or attend separate classes. Participant must be at least 30 months old by first class.

194782	M, 9-9:45am ★	194789	W, 10-10:45am ★
194783	M, 10-10:45am ★	194790	Th, 9-9:45am ★
194784	M, 11-11:45am ★	194791	Th, 10-10:45am ★
194785	Tu, 9-9:45am ★	194792	F, 9-9:45am ★
194786	Tu, 10-10:45am ★	194793	F, 10-10:45am ★
194787	Tu, 11-11:45am ★	194794	Sa, 9-9:45am
194788	W, 9-9:45am ★	194795	Sa, 10-10:45am

3 Year Olds

Child attends independent of parents and must be 3 years old by first class.

194796	M, 9-9:45am ★	194806	W, 2:45-3:30pm
194797	M, 10-10:45am ★	194807	Th, 9-9:45am ★
194798	M, 11-11:45am ★	194808	Th, 10-10:45am ★
194799	M, 2:45-3:30pm	194809	Th, 11-11:45am ★
194800	Tu, 9-9:45am ★	194810	Th, 2:45-3:30pm
194801	Tu, 10-10:45am ★	194811	F, 9-9:45am ★
194802	Tu, 11-11:45am ★	194812	F, 10-10:45am ★
194803	Tu, 2:45-3:30pm	194813	F, 2:45-3:30pm
194804	W, 9-9:45am ★	194814	Sa, 9-9:45am
194805	W, 10-10:45am ★	194815	Sa, 10-10:45am

4 Year Olds

Child must be 4 years old by first class.

194816	M, 9-9:45am ★	194826	W, 2:45-3:30pm
194817	M, 10-10:45am ★	194827	Th, 9-9:45am ★
194818	M, 11-11:45am ★	194828	Th, 10-10:45am ★
194819	M, 2:45-3:30pm	194829	Th, 11-11:45am ★
194820	Tu, 9-9:45am ★	194830	Th, 2:45-3:30pm
194821	Tu, 10-10:45am ★	194831	F, 9-9:45am ★
194822	Tu, 11-11:45am ★	194832	F, 10-10:45am ★
194823	Tu, 2:45-3:30pm	194833	F, 2:45-3:30pm
194824	W, 9-9:45am ★	194834	Sa, 9-9:45am
194825	W, 10-10:45am ★	194835	Sa, 10-10:45am

5 Year Olds

Child must be 5 years old by first class.

194836	M, 9-9:45am ★	194846	Th, 9-9:45am ★
194837	M, 10-10:45am ★	194847	Th, 10-10:45am ★
194838	M, 2:45-3:30pm	194848	Th, 11-11:45am ★
194839	Tu, 9-9:45am ★	194849	Th, 2:45-3:30pm
194840	Tu, 10-10:45am ★	194850	F, 9-9:45am ★
194841	Tu, 11-11:45am ★	194851	F, 10-10:45am ★
194842	Tu, 2:45-3:30pm	194852	F, 2:45-3:30pm
194843	W, 9-9:45am ★	194853	Sa, 9-9:45am
194844	W, 10-10:45am ★	194854	Sa, 10-10:45am
194845	W, 2:45-3:30pm		



GYMNASTICS



Our gymnastics program promotes self-esteem and confidence while emphasizing a fun approach to learning.

► BEGINNER / ADVANCED BEGINNER

June 3-August 17 (No classes July 4 and July 8-13)

This is the perfect place for your children ages 6-12 to learn basic gymnastics in a supportive, non-competitive environment. While these classes are a great continuation of our preschool program, no prior experience is necessary. Instructors will group children according to ability on the first day of class. Children will use tumbling, balance beam, uneven bars, parallel bars, horizontal bar, vaulting, pommel horse, rings, trampoline, and foam pit to improve coordination, strength and self-confidence while emphasizing a fun approach to learning. Participant must be 6 years old by the first class. Enroll today! Some classes may be filled due to pre-registration of previous session participants.

Fees

Tu/Th	(2 days per/wk)	(19 classes)	\$200/\$249
M/Tu/W/F/Sa	(1 day per/wk)	(10 classes)	\$110/\$138
Th	(1 day per/wk)	(9 classes)	\$99/\$124

Boys Ages 6-12

194855	Tu/Th, 3:45-5pm
194856	M, 3:45-5pm
194857	W, 3:45-5pm
194858	F, 3:45-5pm
194860	Sa, 11 am-12:15pm

Girls Ages 6-12

194861	Tu/Th, 3:45-5pm
194862	M, 3:45-5pm
194863	Tu, 3:45-5pm
194864	W, 3:45-5pm
194865	Th, 3:45-5pm
194866	F, 3:45-5pm
194868	Sa, 11 am-12:15pm

► "TWEEN" BEGINNER/ ADVANCED BEGINNER

(Ages 9-12) This is the perfect place for kids ages 9-12 to learn basic gymnastics in a supportive, non-competitive environment with your peers. Participants will use tumbling, balance beam, uneven bars, parallel bars, horizontal bar, vaulting, pommel horse, rings, trampoline, and foam pit to improve coordination, strength and self-confidence while emphasizing a fun approach to learning. Participant must be 9 years old by the first class. Enroll today! Some classes may be filled due to pre-registration of previous session participants. **No class July 8 & 10th.**

Boys

194869	6/3-8/14	M/W, 5:15-6:30pm	North	20 classes	\$210/\$263
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Girls

194870	4/1-5/22	M/W, 5:15-6:30pm	North	20 classes	\$210/\$263
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► BOULDER FLYERS GYMNASTICS TEAM

Team classes are for intermediate to advanced gymnasts by INVITATION ONLY. Fees are due by the 15th of the month prior to the month for which the fees will be applied. If the fees have not been paid by the 1st of the month, a \$15 late fee will be charged and the gymnast will not be allowed to participate until fees are paid.

Girls Pre-Team

(Age 6+) Pre-team girls will continue developing basic skills. in USAG Levels 1-4. Pre-team will prepare you for future competitive team involvement.

Girls Beginning Team-Advanced Team

(Age 6+) Team members will compete in USAG Levels 4-10.

Boys Pre-Team

(Age 6+) Pre-team boys will continue developing basic skills. in USAG Levels 1-4. Pre-team will prepare you for future competitive team involvement.

Boys Beginning Team- Advanced Team

(Age 6+) Team members will compete in USAG Levels 4-10.

► OPEN GYM

(Ages 6-18) Have you always wanted to use the gymnastics center? Well now you can! Open gym time is available Saturdays from 1-3 pm. The number of participants is limited. All participants must have a current signed **gymnastics open gym** waiver. Parents can download and sign a waiver to send with their children at www.BoulderParks-Rec.org, or accompany them on their first visit and sign in person. Activities may be restricted at the discretion of City of Boulder gymnastics staff. No private coaches or parents are allowed in the gym.

Drop-in	Sa, 1-3pm	North	\$8 payable at front desk
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► GYMNASTICS BIRTHDAY PARTIES

Send your invites, order your cake and let us provide a great space for your child's next celebration. One hour of organized gymnastics activities and one hour in the party room. **To book a party call 303-413-7218.**

Ages 5-7, 8-10 & 11-13

Sundays only: 1-3 pm or 2:30-4:30 pm

Up to 8 children \$145(R) / \$181(N)

9-15 children \$203(R) / \$254(N)





Come check out our new Freemotion spin bikes and take "The Ride".



"The Ride" group spin classes have new bikes!

East Boulder Recreation Center is pleased to introduce brand new indoor cycles! The Freemotion 11.8 spin bike offers a smooth flywheel high-gear ratio system that allows for a realistic ride. The bike is easily adjustable for a comfortable ride for all body

types. Each bike is equipped with a power sensor that detects watts (power), RPM (revolutions per minute), and stage timing so that each ride can be different. The sensor also pairs with your heart rate monitor and allows you to track workout data via a USB port.

We invite you to drop-in to "The Ride". Check out our schedule online at www.BoulderParks-Rec.org or on pages 54-55. Come and take "The Ride". We also have a version of these spin bikes in all three weight rooms.

Try a new class! Challenge yourself!

Our experienced fitness staff is here for the beginner or the advanced exerciser.

Visitor fees for Registered Classes:

A visitors' fee option (\$17 per visit, or \$70 for 5 visits) is available for most classes if they are not full. Pay your visitor's fee at the front desk and bring the receipt to the instructor. For questions about any fitness class, please call Summer Kennedy at 303-413-7264.

► FITNESS

Hard Core Burn - Revolution Running

Designed and instructed by top Boulder Physical Therapist Dr. Heather North, PT, DPT, this class was created specifically to target the core areas typically weak in runners and endurance athletes. You will focus on your glutes, hip flexors, abs, back and hamstrings to build awesome stabilizing muscles to make you a better and more efficient runner. Each class brings new and demanding exercises to constantly challenge you and to keep the body adapting. Pulsing dance music provides a constant rhythm to motivate you through the hour long class.

196232 6/10-8/19 M, 6-7pm North 10 \$85/\$106 Heather

Cooking for Healthy Eating

Cooking with Farmers' Market Produce and Meats. A lot of us would like to shop more at farmers' markets but we're not sure what to buy, how to use the produce that's available, or how to make meals that are affordable and manageable on a busy schedule. We'll make and taste seasonal recipes utilizing the summer offerings from the Boulder Farmers' Market. You'll learn cooking, buying and organizational tricks and strategies to make delightful, everyday meals from the healthiest, freshest, tastiest food around.

198132 6/11-7/16 Tu, 5:30-7:30pm★ East Senior 5 \$150/\$188 Mary

Adult Kickbox

Jab, cross, upper-cut, hook! High intensity aerobics using powerful boxing moves. Equipment provided.

198232 6/10-8/21 M/W, 5-6pm South 18 \$153/\$191 Ignacio

198233 6/10-8/21 M/W, 7-8pm North 20 \$170/\$213 Ignacio



HEALTH & WELLNESS: FITNESS & WEIGHTS

Bootcamp

This high-intensity workout will kick start your day. Increase your speed, agility, strength and stamina in this fun, powerful, challenging workout. Meets outside, weather permitting.

198234	6/10-8/21	M/W, 7-8am	East	20	\$170/\$213	Ignacio
198235	6/11-8/22	Tu/Th, 6:30-7:30am	South	18	\$153/\$191	Ignacio
198236	6/15-8/17	Sa, 8-9am	North	9	\$77/\$96	Ignacio

50 Plus Resistance

(Ages 50+) Men and women fifty years of age and older will benefit from using free weights, resistance bands and exercises to increase strength and bone density.

197493	6/10-8/21	M/W, 1:30-2:30pm	East	20	\$170/\$213	Ignacio
197492	6/14-8/9	F, 11:30am-12:30pm	East	8	\$68/\$85	Melissa

Swiss Ball

Swiss balls are one of today's top fitness tools - and for good reason! Using a Swiss ball will improve the strength of the abs and the lower back. A licensed physical therapist will teach you exercises that promote core strength while improving flexibility, balance, postural alignment and coordination.

197490	6/13-8/22	Th, 4:15-5:15pm	North	10	\$85/\$106	Heidi
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▶ NEW CARDIO EQUIPMENT

Come check out the new cardio equipment located at all 3 recreation centers! These are all top of the line machines providing a smooth and comfortable workout. Help protect the environment by utilizing several machines that are self powered and require no electricity.

- SportsArt recumbent and upright bikes are state of the art and powered by you. These require zero use of electricity.
- Woodway Curve treadmill is designed to encourage proper running form and improve posture. This piece is also completely green, as it is self propelled and reduces impact on the joints.
- Runners will enjoy the Cybex Treadmills, which offer a shock absorbing suspension deck and is the most advanced treadmill on the market.
- AMT (Adaptive Movement Trainer) can be utilized as a stair stepper or as an elliptical. This is a great machine for tall people, as it allows for long strides and adapts to your movement.
- Cybex Arc Trainer allows for an arc like motion and can be adjusted to alter the movement.
- Octane Lateral X Trainer offers a lateral movement which is generally overlooked by most individuals (East location only). This allows for side to side movements instead of forward and back.
- Matrix Climbmill is a constantly moving flight of stairs that requires you to use muscle rather than body weight with each step.

▶ DIETITIAN SPOTLIGHT



Erin Williams, MS, CN/RD, LMP

Erin is a Registered Dietitian with a Master's of Science in Nutrition and an Herbalist Certification from Bastyr University. Come learn to create a health enhancing diet plan in this new class with Erin.

Healthy Body

Building a healthy body from the inside out. Whether your goal is to manage your weight, sugar or cholesterol or to increase your energy, vitality and stamina this class is for you! Learn to create a health enhancing diet plan by understanding your body's nutritional requirements. We will discuss what macronutrients (carbohydrates, proteins and fats) are needed in which ratios for weight maintenance and weight loss, how to read a food label, which fats are healthy and which aren't, what cholesterol is, and how to eat a balanced, low-sugar diet."

197494	6/11-7/16	Tu, 6:45-7:45pm	East Senior	5	\$43/\$53	Erin
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▶ FIRST AID & CPR/AED TRAINING - Heartsmart

CPR/AED Certification

(Age 10+) Heartsmart CPR/AED certification in adult, child, infant CPR, choking protocols and use of an AED (defibrillator).

196782	6/29	Sa, 9am-1pm	South	1	\$40/\$50	Jennifer
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First Aid Certification

(Age 10+) Heartsmart First Aid topics focus on adult emergencies including bleeding, shock, head/neck/back injury, stroke, diabetic emergencies, seizures and more.

196783	6/29	Sa, 1:30-5:30pm	South	1	\$40/\$50	Jennifer
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Join Parks and Recreation on Facebook!

Now you can get the latest scoops, news and deals from Parks and Rec on Facebook. This is a great way to stay informed on everything rec centers, parks, pools, Pottery Lab, Valmont Bike Park, Boulder Reservoir, Flatirons Golf Course and more.

Like us at: www.facebook.com/boulderparksrec

Follow us on Twitter!

Get the latest news, special offers and information from Parks and Recreation. twitter.com/boulderparksrec





All three recreation centers have new treadmills, arc-trainers, step mills, rowing machines and spin bikes. Come check it out!

► PERSONAL TRAINING

Have a certified trainer design your personal blueprint for success! One hour sessions address sport specific, weight loss, rehabilitation and general fitness goals. To check out our excellent training staff and request personal training visit www.boulderparks-rec.org, visit the front desk or call 303-413-7280 to get started today! If a client cancels more than 24 hours prior to the lesson, he or she will have the opportunity to reschedule the personal training session and will not be charged. However, if the personal training session is cancelled within 24 hours, or a client does not arrive for the lesson within 15 minutes of the start time, no refund will be issued under any circumstance. (Sessions expire one year from purchase date)

Private Sessions

Ages 12+) Personalized training with a certified professional.
1 session \$55 • 3 sessions \$157.50 • 6 sessions \$297 • 12 sessions \$561

Semi Private Training (Two Individuals)

(Ages 15+) Customized training for you and a friend who share similar goals and fitness needs.
3 sessions \$192 • 6 sessions \$366 • 12 sessions \$684 (fee is for 2 individuals)

Cancer Fit - Personal Training

Come workout with a Cancer Fit specialist at your Boulder Recreation Centers! For those of you who are undergoing cancer treatment, or have been diagnosed with cancer in the past, this is an exceptional opportunity for you.
1 session \$55 • 3 sessions \$157.50 • 6 sessions \$297 • 12 sessions \$561

Personal Training with a Physical Therapist

Staff therapists are available for one-on-one personal training. If you are returning to the gym from physical therapy, have chronic aches and pains, or need a home exercise plan, a staff therapist can help you in your transition to working out on your own. 1 session \$60 • 3 sessions \$171 • 6 sessions \$324

Body Composition Testing

Bio-electrical impedance is a non-invasive way to provide comprehensive understanding of your body composition. Have a qualified trainer review your results and give you recommendations to reduce body fat percentage and increase lean muscle. 1 session \$35

Customized Fitness Assessment

This fitness assessment will determine your current fitness level, test your strength and identify any postural or muscle imbalances. Testing includes: resting heart rate, blood pressure, range of motion and strength testing of the back, neck, shoulder, and hamstrings and optional 8 minute treadmill, step test, VO2 estimate, and body fat composition. Testing can be modified to accommodate personal preference or injury.

1 session \$55

Personalized Exercise Plan

Receive a specific plan that maps out the days of the week, type of exercise, length and intensity of each workout and provides direction and motivation to achieve your goals. Use this one hour session to customize a beginning program or amp up your current strength training routine!

1 session \$55

Consultation with a Dietitian

A dietitian will assess your current nutritional status and make dietary recommendations. A dietitian can assist in the management of diabetes, high blood pressure, and elevated cholesterol. A dietitian can also assist athletes with their sports performance goals.

1 session: \$55

Passport to Health Package

The perfect 3 session package for starting a healthy lifestyle! This package includes the customized fitness assessment, personalized exercise plan, and the consultation with a dietitian.

All three sessions \$157.50

Request these services online at BoulderParks-Rec.org, visit the front desk or call 303-413-7264 to get started today!



HEALTH & WELLNESS: FITNESS & WEIGHTS

Commit to Get Fit

Ensure your success...Commit to Get Fit this year!

Whether you'd like to lose weight, enhance sport performance or improve overall health, this is the program for you. Sign up for an annual commitment to meet with your trainer once, twice or three times weekly.

Choose your level:

Power Plan

Meet your trainer once a week. Best for moderate gains, foundation building and increased motivation.

POWER = 1 x weekly • \$179/mo. (less than \$45 per session)

Performance Plan

Meet your trainer twice a week. Best for accelerated gains, improved technique and performance and dynamic motivation.

PERFORMANCE = 2 x weekly • \$329/mo. (less than \$42 per session)

Peak Plan

Meet your trainer three times each week. Tremendous gains and maximum goal achievement in minimum time.

PEAK = 3 x weekly • \$464/mo. (less than \$39 per session)

As an added bonus you will receive an annual pass at no additional cost!

Request a trainer online at BoulderParks-Rec.org, visit the front desk or call 303-413-7280 to get started today!

CIRCUITS

Circuit Training

Strong men and women stay young! Train smart, keep your heart rate up, and body toned in this demanding one hour workout. Weight training, cardiovascular and core activities are completed in timed intervals.

198032 6/11-8/22 Tu/Th, 10-11am East 20 \$170/\$213 Marti

Functional Interval Training F.I.T.

Functional Interval Training- This class has it all, strength, cardio, core and more! Get your heart pumping, and your body fit, with this fun and energizing workout.

198036 6/11-8/22 Tu/Th, 7:15-8:15am North 20 \$170/\$213 Jeff

198082 6/11-8/22 Tu/Th, 7:30-8:30am South 18 \$153/\$191 Ignacio

198037 6/11-8/22 Tu/Th, 8:30-9:30am South 18 \$153/\$191 Ignacio

198034 6/10-8/21 M/W, 9-10am South 18 \$153/\$191 Ignacio

SIMPLY STRENGTH

Lift For Life

Increase strength to achieve optimal performance in any day-to-day activity or sport!

198040 6/11-8/22 Tu/Th, 4:30-5:30pm South 18 \$153/\$191 Chris

198039 6/11-8/22 Tu/Th, 5:30-6:30pm South 18 \$153/\$191 Chris

Women's Workout

Guaranteed FUN and hard work! Your trainer will motivate and guide you through a new workout each week using weights, cardio, and core training.

198193 6/11-8/22 Tu/Th, 6-7pm North 20 \$170/\$213 Ignacio

Women's Weight Training

All ability levels are welcome! Use free weights and machines to improve strength and muscle tone. Great for posture and extra calorie burning!

198198 6/10-8/21 M/W, 8:30-9:30am North 20 \$170/\$213 Chris

198194 6/11-8/22 Tu/Th, 9:30-10:30am North 20 \$170/\$213 Chris

198196 6/11-8/22 Tu/Th, 10:45-11:45am South 18 \$153/\$191 Sue

Women's Intermediate Weight Training

Move to a new level of training! This class is not for first timers and is designed for women who have become comfortable in the weight room.

198197 6/10-8/21 M/W, 8:15-9:15am East 20 \$170/\$213 Sue

198199 6/11-8/22 Tu/Th, 9:30-10:30am South 18 \$153/\$191 Sue



Use free weights and machines to improve strength and muscle tone in our Women's Weight Training class.



Pilates students learn the classical Pilates Method on our high-quality equipment, in our comfortable studio.

► PILATES MAT PROGRAM INFORMATION

Registered Class Punchcard

Pilates Mat \$70 - 5 Punches

Punchcards may be purchased at Recreation Center front desks and are valid for 6 months from the date of purchase. **Present your card to the front desk personnel and give your receipt to your instructor for admission. Salberg and Iris Center class punchcard holders may present card at any Recreation Center and present receipt to instructor before admission to class.**

Registered Class Visitor's Fee

Pilates Mat \$17

Some classes have space available and are appropriate for visitation. Choose the level that is suitable for your experience, check space availability and pay your admission fee at the Recreation Center front desk. **Give your receipt to your instructor for admission to class. Salberg and Iris Center visitor's fees may be paid at any Recreation Center and receipt presented to instructor before admission to class.**

Make-up policy

Make-ups are approved and arranged through your instructor.

No class July 4, check with instructor for information about any other dates when classes will not meet.

Are Registered Classes a Good Value?

Our registered classes cost \$8.25(Resident)/\$10.30(Non-resident) per class. Compare our prices to other clubs and studios.

► PILATES MAT

This system of exercising, developed by physical therapy pioneer, Joseph Pilates, is a non-impact system that stabilizes and aligns the body. While focused on strengthening and balancing the core muscle groups, the Pilates Method develops greater flexibility, strength, concentration, coordination and control, and increases awareness of functional body mechanics, all with the intention of building a better you.

Mat - Beginner

(Age 14+) Practice classic Pilates Method principles such as control, coordination and breath by learning the beginning sequence of Pilates mat exercises including 'hundreds,' 'rolling like a ball,' 'saw,' and 'mermaid stretch.' Props such as Pilates circles, Therabands and Theraballs are used to enhance your experience in this basics course. Reshape your body with Pilates!

196083	6/7-8/16	F, 8:45-9:45am★	North	10	\$85/\$106	Christine
196082	6/10-8/12	M, 8:45-9:45am★	North	10	\$85/\$106	Christine
196135	6/10-8/12	M, 5:30-6:30pm	Salberg	10	\$85/\$106	Roxolana
201032	6/9-8/11	Su, 4:15-5:15pm	Salberg	10	\$85/\$106	Bianca

Mat - Intermediate

(Age 14+) This course is designed for students who are ready for the next step in their Pilates exercise routine. More emphasis is placed on learning and flowing through Level 2 mat exercises such as 'rollover,' 'corkscrew II,' 'shoulder bridge,' 'spine twist' and 'teaser II.' Advanced exercises such as 'jack knife' and 'boomerang' are introduced.

Pre-requisites: Ability to perform and flow through all beginner mat exercises, in sequence, with adherence to Pilates principles, and regular practice of Pilates mat exercises.

196085	6/7-8/23	F, 9:55-10:55am★	North	10	\$85/\$106	Christine
196084	6/10-8/12	M, 9:55-10:55am★	North	10	\$85/\$106	Christine
198291	6/10-8/5	M, 5:30-6:30pm	South	9	\$75/\$88	Lisa

Mat - Advanced

(Age 14+) Learn and practice Pilates Method advanced mat exercises and transitions, utilizing all Pilates Method principles. Challenge yourself!

Pre-requisite: Ability to perform and flow through all intermediate mat exercises, in sequence, with adherence to Pilates principles, and regular practice of Pilates mat exercises.

198284	6/10-8/12	M, 5:20-6:20pm★	East Senior	10	\$85/\$106	Janique
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MIND / BODY: PILATES

Pilates Mat/Yoga Combo - Continuing Beginner

(Age 14+) Learn and practice yoga postures with your Pilates Mat exercise routine. Each discipline complements the other to give you an overall feeling of a good workout. **Pre-requisite:** One session of Yoga, Pilates Mat, or Pilates/Yoga combo classes or equivalent experience.

196185 6/12-8/7 W, 5:30-6:30pm South 9 \$75/\$88 Lisa

▶ PRIVATE & SEMI-PRIVATE REFORMER LESSONS

Private & Semi-Private Pilates Reformer Lessons

(Age 16+) Individual instruction for those who would like an introduction to the Pilates Reformer or for those who wish to focus on individual needs. Proper and safe use of the equipment is emphasized. Private lessons will help you determine whether this form of exercise is a good fit for you.

1-Hour Private Pilates Reformer Lesson Fee: \$55/student

1-Hour Semi-Private Pilates Reformer Lesson Fee: \$35/student

Must register two or more students together at the same time.

Lessons are available at South Boulder Recreation Center and Salberg Center. Please call registration to begin appointment procedure.

24-hour cancellation policy: If a Private or Semi-Private Pilates Reformer Lesson is cancelled within 24 hours, no refund will be issued.

▶ PILATES REFORMER & MULTI-APPARATUS PROGRAM INFORMATION

Pre-requisite policy

Five private or semi-private Pilates Reformer lessons or one full 8-class Introduction/Orientation Reformer class through the City of Boulder Pilates Program, or coordinator approval, will be required to participate in any "Level 1" or higher Pilates Reformer or Multi-Apparatus class.

Make-up policy

Students who miss a Pilates Reformer or Multi-Apparatus class may attend a Pilates Mat class as a make-up, or purchase a private reformer lesson for an additional fee of \$40. Make-ups are arranged through your instructor.

No class July 4, check with instructor for information about any other dates when classes will not meet.

Are Registered Classes a Good Value?

Our registered classes cost \$13.80 (Resident) / \$17.30 (Non-resident) per hour. Compare our prices to other clubs and studios.

See the inside back cover for drop-in Pilates Mat and Yoga classes.

▶ PILATES REFORMER

Discover the philosophy, focus and benefits of exercising on the Pilates Reformer, a non-impact system of tension springs, ropes, poles and mats. The reformer adds resistance to the Pilates Method exercises and can provide support to beginners, or challenges to more advanced students.

Reformer - Intro/Orientation

(Age 16+) This 8-week course will introduce you to the Pilates Reformer apparatus, and get you started learning the basic Level 1 exercises. Proper and safe use of the equipment is emphasized. This form of exercise is often recommended by physical therapists, doctors and chiropractors and can effectively tone the body. See if Pilates Reformer is the right workout for you.

198287	6/11-7/30	Tu, 6:30-7:30pm	South	8	\$110/\$138	Bianca
200882	6/12-7/31	W, 8:40-9:40am	South	8	\$110/\$138	Sheri
200884	6/15-8/3	Sa, 9:15-10:15am	South	8	\$110/\$138	Bianca
201133	6/8-7/27	Sa, 9:20-10:20am	Salberg	8	\$110/\$138	Desiree

Reformer - Level 1 - Beginner

(Age 16+) Exercises at this level, on this unique apparatus, best suit students who are familiar with the Pilates Reformer and who have either taken private lessons or completed the Introduction/Orientation Reformer class through the City of Boulder Pilates Program. Use of the reformer will quickly strengthen, stretch and reshape your body. **Pre-requisite:** Five private or semi-private Pilates reformer lessons, or completion of the 8-week Intro/Orientation Reformer course through the City of Boulder Pilates program, or coordinator approval.

198282	6/10-8/5	M, 8:40-9:40am	South	9	\$124/\$155	Sheri
196136	6/10-8/12	M, 6:40-7:40pm	Salberg	10	\$138/\$173	Roxolana
200885	6/12-8/7	W, 7:10-8:10pm	South	9	\$124-\$155	Bianca
198293	6/13-8/22	Th, 5:30-6:30pm	Salberg	10	\$138/\$173	Tamara
200984	6/6-8/8	Th, 6:30-7:30pm	South	9	\$124/\$155	Desiree

Reformer - Level 2 - Continuing Beginner

(Age 16+) Review Level 1 Pilates Reformer exercises such as 'footwork,' 'hundreds,' 'frog,' 'tree front,' and 'elephant,' and incorporate and practice more challenging Pilates Reformer exercises - 'short spine massage,' 'knee stretches,' and 'teaser,' for example. **Pre-requisite:** Completion of at least one session of Level 1 classes with the City of Boulder Pilates program, or coordinator approval.

198299	6/12-8/14	W, 5:30-6:30pm	Salberg	10	\$138/\$173	Diane
201082	6/12-8/14	W, 6:40-7:40pm	Salberg	10	\$138/\$173	Diane
200983	6/6-8/8	Th, 5:20-6:20pm	South	9	\$124/\$155	Desiree
198294	6/13-8/22	Th, 6:40-7:40pm	Salberg	10	\$138/\$173	Tamara
201082	6/8-8/10	Sa, 8:15-9:15am	Salberg	10	\$138/\$173	Desiree

Reformer - Level 3 - Intermediate

(Age 16+) This class will review Level 1 and 2 Pilates Reformer exercises and incorporate and practice Level 3 Pilates Reformer exercises. This is an advanced Pilates Reformer class. Students with strong Pilates Reformer experience will enjoy the workout! **Pre-requisite:** At least one session of Level 2 classes with the City of Boulder Pilates program, or coordinator approval. Must be able to consistently perform Level 2 Pilates Reformer exercises in a safe and controlled manner, and be able to confidently perform and flow through all Level 2 reformer exercises with coordination and precision.

198285	6/11-8/6	Tu, 8:30-9:30am	South	9	\$124/\$155	Sheri
200883	6/11-8/13	Tu, 6-7pm	Salberg	10	\$138/\$173	Desiree
198289	6/12-8/7	W, 9:45-11am	South	9	\$155/\$194	Sheri



Reformer/Tower/Chair - Level 1 - Beginner

(Age 16+) You will receive an introduction to exercises on the Pilates Tower and Chair, and experience the benefits of a well-rounded practice of Level 1 Reformer exercises. Pilates Method principles will be emphasized as you work your muscles to the core. **Pre-requisite:** Five private or semi-private Pilates reformer lessons, or completion of the 8-week Intro/Orientation Reformer course through the City of Boulder Pilates program, or coordinator approval.

198286 6/11-8/6 Tu, 5:25-6:25pm South 9 \$124/\$155 Bianca

Reformer/Tower/Chair - Level 2 - Continuing Beginner

(Age 16+) At this level, all Pilates apparatus will be used to give you a complete Pilates workout. Pre-requisite: At least one session of Pilates Reformer/Tower/Chair at Level 1, or equivalent, advanced, experience and coordinator approval.

198296 6/7-8/9 F, 11am-12pm South 10 \$138/\$173 Sheri

198283 6/10-8/5 M, 9:45-11am South 9 \$155/\$194 Sheri

► DROP-IN CLASSES

Nia

Combining carefully selected movements and concepts from Yoga, Martial Arts, Jazz, Modern Dance and other movement forms, Nia classes offer total body cardiovascular conditioning and cross-training for any sport or activity. All Nia movements are adaptable and can be personalized for any level of fitness and agility. Everyone is welcome.

Zumba®

Zumba® classes feature zesty Latin music, like salsa, merengue, cumbia and reggaeton. Experience exhilarating, easy-to-follow moves and the invigorating atmosphere as you dance your way to fitness. It's a blast!

Ayre

This class is a fusion of different dance styles and fitness moves set to fun and upbeat music.

See the inside back cover for drop-in Nia, Ayre and Zumba® classes.



Summer Concert Series

Performances in the Park

All concerts are held on **Monday evenings**. Bring a picnic dinner and enjoy our parks with your family! Rainout date is the Tuesday following each scheduled performance, same time. (Please no glass in parks.)

Los Bohemios

June 10 7-8 p.m. Bandshell • Canyon Blvd. & Broadway

Swing Je Taime

June 17 7-8 p.m. East Boulder Community Park • 5660 Sioux Dr.

Boulder Summer Concert Band

June 24 7-8 p.m. Main Library Lawn • Broadway & Canyon

Boulder Summer Concert Band

July 1 7-8 p.m. Harlow Platts Park • 1360 Gillaspie

Boulder Summer Concert Band

July 8 7-8 p.m. Salberg Park • 19th St. & Elder Ave.

Boulder Summer Concert Band

July 15 7-8 p.m. Scott Carpenter Park • 1505 30th St.

Boulder Summer Concert Band

July 22 7-8 p.m. North Boulder Park • 9th & Dellwood

Boulder Summer Concert Band

July 29 7-8 p.m. Chautauqua Park • 900 Baseline Rd.

Library Concert Series

All concerts are held at the Main Boulder Public Library, 1001 Arapahoe Ave. For additional information, visit us online at www.bplnow.boulderlibrary.org > **concerts** or contact Juliette Bartsch at bartschj@boulderlibrary.org.

The Colorado Chamber Players
June 9 2 p.m. Canyon Theatre

Midday Music Meditation
June 12 12 p.m. Canyon Theatre

Third Tuesday Lunchtime Concert
June 18 12 p.m. Canyon Theatre

Midday Music Meditation
July 10 12 p.m. Canyon Theatre

Third Tuesday Lunchtime Concert - CU Quartet Program
July 16 12 p.m. Canyon Theatre

Library Summer Festival
Sunday, August 18, from 2-5 p.m.

Music and fun activities for the whole family! Outside on the Main Boulder Public Library Lawn. Kids, bring your swimsuits!

More information online at www.boulderlibrary.org > events





MIND / BODY: YOGA



Peaceful surroundings and expert instruction create an environment in which you can enjoy the depth of your yoga experience.

► YOGA PROGRAM INFORMATION

Registered Class Punchcard

Yoga program classes \$70 - 5 Punches

Punchcards may be purchased at Recreation Center front desks and are valid for 6 months from the date of purchase. **Present your card to the front desk personnel and give your receipt to your instructor for admission.** *Salberg and Iris Center class punchcard holders may present card at any Recreation Center and present receipt to instructor before admission to class.*

Registered Class Visitor's Fee

Yoga program classes \$17

Select classes have space available and are appropriate for visitation. Choose the level which is suitable for your experience, check space availability and pay your admission fee at the Recreation Center front desk. **Give your receipt to your instructor for admission to class.**

Salberg and Iris Center visitor's fees may be paid at any Recreation Center and receipt presented to instructor before admission to class.

Make-ups - Approved and arranged through your instructor.

No class July 4, check with instructor for information about any other dates when classes will not meet.

Yoga Mats & Eyebags - It is recommended that students bring their own mat. Please bring your own eyebag if you choose to use one during relaxation.

Recommendation: It is recommended that students who are new to Yoga attend a registered yoga course prior to attending our drop-in classes.

Are Registered Classes a Good Value?

Our registered classes cost \$8.50(Resident) / \$10.63 (Non-resident) per hour. Compare our prices to other clubs and studios.

***Seniors** - Beginning and continuing beginner yoga classes designated with an asterisk are suitable for seniors and are rejuvenating, limbering, and help maintain stability. Students should be able to sit comfortably on the floor, kneel and then stand, lunge, and support some weight with the arms.

(Also see Therapeutic and Restorative Yoga, T'ai-Chi and Feldenkrais classes.)

Beginner Yoga

(Age 14+) Learn the basics of stretching and correct alignment in detail in order to practice yoga safely. Newcomers, students returning for a refresher, and those wishing to slowly refine a lifelong yoga routine find this gentle pace suitable. Explore correct breathing - the cornerstone of all yoga levels - foundational standing, seated and supine poses, twists, and modifications for individual body types.

196155	6/7-8/30	F, 9-10:30am	East	9	\$115/\$144	Brian
198334	6/8-8/24	Sa, 9:45-11:15am	South	10	\$128/\$160	Louis
198432	6/9-8/11	Su, 4:30-6pm	North	10	\$128/\$160	John
196183	6/10-8/19	M, 6:30-8pm	East Senior	11	\$140/\$175	Erin
196141	6/11-8/20	Tu, 1:15-2:45pm	North	11	\$140/\$175	Louann
196143	6/12-8/21	W, 7:30-8:45am	South	10	\$106/\$133	Ravi
196159	6/12-8/21	W, 5:30-7pm	South	10	\$128/\$160	Bianca
196148	6/13-8/22	Th, 9:15-10:45am	North	10	\$128/\$160	Louann

Continuing Yoga

(Age 14+) This ongoing level is moderately paced for beginners who have studied yoga regularly for 6 months or more. Classes review fundamentals and variations with longer holding of poses and/or the addition of the flowing vinyasa style. Emphasis on the breath and attention to structure help you enjoy a deeper level of understanding. The continuing level is also a comfortable match for students preparing for more vigorous practice, and fit individuals who exercise often but are new to yoga.

196184	6/10-8/12	M, 7-8:30pm	North	10	\$128/\$160	Casey
196147	6/12-8/14	W, 7-8:30pm	East Senior	10	\$128/\$160	Brian
195982	6/13-8/8	Th, 9:15-10:45am	South	9	\$102/\$128	Kathleen
198302	6/13-8/22	Th, 5:45-7:15pm	North	10	\$128/\$160	Dan
196154	6/14-8/16	F, 8:50-10:20am★	North	10	\$128/\$160	De West

Restorative Yoga

(Age 14+) Give your body and spirit an opportunity to heal and rejuvenate. Practice breathing and floor asanas supported by blankets, bolsters, blocks and straps. This restorative method, in the Iyengar style, creates greater flexibility, balance and inward connection. It reduces stress and increases clarity of mind. This type of yoga is helpful for those who are recovering from illness.

198337	6/8-8/10	Sa, 10:40-11:55am	Iris	10	\$106/\$133	Karen
198298	6/11-8/13	Tu, 5:30-6:45pm★	East Senior	10	\$106/\$133	Erin
198300	6/12-8/14	W, 10:30-11:45am	North	10	\$106/\$133	Karen

Therapeutic Yoga

(Age 14+) This class explores gentle, safe, focused yoga motions and postures. The purpose of which is to find balance between mind, muscles, physiology and kinesiology. This class is suitable for those recovering from injury and/or surgery, those with limited range of motion or anyone wanting a gentle introduction to yoga.

196186	6/11-8/13	Tu, 3:45-5pm	North	10	\$106/\$133	Cassandra
196187	6/12-8/21	W, 4-5:15pm	South	10	\$106/\$133	Lori

Women's Yoga

(Age 14+) Share time and energy with other female practitioners of yoga as you immerse yourself in simple routines designed for the present moment within all passages of life: teen, pre/post natal, mid-life, menopause and senior years. This class specifically addresses women's bodies with an emphasis on breath, strengthening skeletal health, and restoring energy and inner beauty.

196145	6/12-8/28	W, 10:20-11:50am	East	10	\$128/\$160	Alicia
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Yoga at the Reservoir

(Age 14+) Sand and grass beneath your feet, morning sunshine and fresh water... Enjoy the outdoors as you focus within yourself in this early morning class at the beautiful City of Boulder Reservoir. This is a moderately paced yoga class for those who have some yoga experience. Rain or shine, classes will meet, either in the open or under shelter, promising to bring the rhythms of nature to your practice. (It is recommended that students bring their own mats and blankets and dress in layers.)

201283	6/13-8/8	Th, 8:30-9:45am	Reservoir	9	\$96/\$120	Louis
201282	6/14-8/2	F, 8:30-9:45am	Reservoir	9	\$96/\$120	Cassandra

Iyengar Yoga

(Age 14+) An in-depth study, hands-on, feet-on of the Iyengar Yoga Method of Classical Hatha Yoga. From asana to pranayama, from props to jumpings, to the philosophy, each class will penetrate these topics through our weekly practice, bringing awareness into the body while cultivating the intuition imbedded within us. Discover how the techniques of this method bring philosophy into physical reality. This is yoga you can feel on all levels. Beginners will discover how this yoga is customized for any body, enabling you to feel increased energy levels, health and vitality from this deeply beneficial practice. Ongoing students will deepen their experience of asana and their understanding of yoga and the connections of the body. Yoga students new to Iyengar Style will uncover a deeper connection of mind within body and new methods for improving asana.

198332	6/8-8/10	Sa, 9-10:30am	North	10	\$128/\$160	Karen
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Morning Meditation

(Age 14+) Quiet your mental chatter so that your luscious sensory experience fills you with joy. After our meditation class you can expect to be less troubled by anxious thoughts, and to see a bluer sky, hear sweeter morning birdcalls, and feel a softer breeze on your skin. We will combine breath, postures, and relaxation with sitting meditation in a recipe for unwinding the stressors that constrain your bliss-mind-body. You will learn a method of meditation that uniquely suits you and that you can practice at home. No previous experience with meditation, or with yoga, required.

196152	6/14-8/23	F, 7:30-8:45am	North	11	\$117/\$146	Ravi
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Parent - Child Yoga

(Age 6-11) Spend quality time together in this educational and enjoyable yoga class. Students learn basic postures designed to strengthen the body, stretch the muscles and relax the mind. Learning yoga together can be a positive, life-enhancing experience for both parent and child. No experience necessary. Fee is for one parent with one child. Each additional child is \$2(Resident)/\$4.50(Non Resident).

198301	6/12-7/31	W, 12-1pm★	North	8	\$68/\$85	Juliana
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FELDENKRAIS

(Age 14+) Practicing the Feldenkrais Method helps students move with more ease, coordination and freedom from pain. Subtle, slow movements are experienced while lying down, standing or sitting in a chair. The Feldenkrais Method is a re-education of the nervous system and the physical body. It is especially helpful for those who experience tension and/or pain, and greatly benefits those who would like to move more efficiently during all physical activities.

196188	6/7-8/9	F, 12-1pm★	North	9	\$75/\$88	Gil
198292	6/12-8/14	W, 6:30-7:45pm	East Senior	10	\$106/\$133	Gil

CHI KUNG

(Age 14+) Qigong (also spelled Chi Kung) is a form of yoga with roots in ancient China. A regular qigong practice may, over time, reduce chronic pain, resolve anxiety/depression, and support rejuvenating sleep cycles. This ten-week course, perfect for beginners and more advanced practitioners alike, will introduce the joyful and powerful practice of qigong by exploring the "ten stages of qi cultivation" outlined in the book "The Healing Promise Of Qi" by Roger Jahnke, OMD. By the end of the course, you will have learned ten life-affirming and health-enhancing qigong practices, which you can continue to work with, either on your own or in future classes.

198339	6/8-8/10	Sa, 3:30-5pm	North	10	\$128/\$160	Beth
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T'AI-CHI & T'AI-CHI CH'UAN

T'ai-Chi Ch'uan - Beginner

(Age 14+) This ancient exercise in which standing postures are practiced in a slow moving, relaxed manner cultivates tranquility and mental control and hence appreciation for each moment. Doing this gentle martial art increases energy and circulation; improves balance; strengthens the spine and internal organs; and promotes general life-long health. This is an introduction to the short form 'Yang' style of T'ai-Chi Ch'uan as taught by Professor Cheng Man-ch'ing. The beginner level will be taught in both courses.

196142	6/11-8/13	Tu, 6:45-7:45pm	North	10	\$85/\$106	Bill
198297	6/13-8/22	Th, 5:30-6:30pm★	East Senior	10	\$85/\$106	Bill

T'ai-Chi Ch'uan - Continuing

(Age 14+) This course is a continuation of the short form Yang style of t'ai-chi ch'uan as taught by Prof. Cheng Man-ch'ing. The first third will be reviewed, corrections will be made, and new choreography will be introduced.

198333	6/8-8/10	Sa, 9:30-10:30am	Iris	10	\$85/\$106	Jon
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Yin Yoga

(Age 14+) Through a series of long-held postures, with little muscular effort, Yin Yoga focuses on gently stretching and healing connective tissues such as the ligaments, bones and even the joints of the body, specifically the connective tissues of the hips, lower spine and pelvis, rather than on muscular engagement. Yin Yoga has the same goals and objectives as all other types of yoga; however, it directs the benefits and stimulation deeper than the superficial or muscular tissues. Yin Yoga is a perfect complement to the dynamic and muscular styles of yoga that emphasize internal heat and the lengthening and contracting of muscles. All levels are welcome. See drop-in schedule.

See inside back cover for all drop-in yoga classes.



POTTERY



Don't miss our annual pottery sale, June 1st & 2nd! Choose from hundreds of amazing handmade items made by staff and participants at bargain prices!

► ADULT POTTERY

All pottery classes are held at the City of Boulder Pottery Lab, 1010 Aurora, Boulder.

- Students need to provide their own tools.
- For safety reasons, do not wear open toed shoes.
- Bring a towel to class.
- Adult courses include up to 50 lbs. of clay, glazes, firing, and instruction.
- Street parking is available, be aware that some parking is restricted to 2 hours from 9 a.m. to 5 p.m. Monday-Friday.

Adult Beginner

(Ages 16+) Experience the fun and satisfaction of working with clay. Basic hand-building, beginning wheel-throwing and glazing are introduced.

199091 6/11-8/6 Tu, 7-9:30pm Pottery Lab 9 \$213/\$266 Aaron

Adult Intermediate

(Ages 16+) This class for intermediate students includes wheel-throwing, hand-building, glazing and firing. Class is combined with Senior Pottery.

199101 6/11-8/6 Tu, 9-11:30am Pottery Lab 9 \$213/\$266 Nancy

Senior Pottery

(Ages 60+) All skill levels are welcome to participate in this class in which the art of wheel-throwing, hand-building, decorating and basic sculpture and firing are explored. Meet new friends while learning a new hobby.

199125 6/11-8/6 Tu, 9-11:30am Pottery Lab 9 \$213/\$266 Nancy

All Levels

(Ages 16+) This popular class is designed for the beginning/advanced student with individual needs or special projects. Includes both wheel-throwing and hand-building.

199130 6/10-8/5 M, 7-9:30pm Pottery Lab 9 \$213/\$266 Chris

199131 6/12-8/7 W, 7-9:30pm Pottery Lab 9 \$213/\$266 Aaron

Beginning Wheel-Throwing and Hand-Building

(Ages 16+) Both beginning throwing on the wheel and hand-building techniques will be highlighted in this class for the beginning students.

199102 6/13-8/8 Th, 9-11:30am Pottery Lab 9 \$213/\$266 Margaret

Raku

(Ages 16+) A Japanese pottery technique that emphasizes intuition, spontaneity and perception. Emphasis will be on non-functional, thrown or hand-built, one-of-a-kind pieces.

199127 6/13-8/8 Th, 6-8:30pm Pottery Lab 9 \$213/\$266 Nancy

Introduction to Wood Firing

(Ages 16+) For students with some experience, this class will focus on form and surface treatments that are suitable for wood salt/soda firing in the Bourry box kiln. Class will include studio time for making pieces, wood preparation, kiln loading, a 24 hour firing, kiln unloading and cleanup. There is a firing fee of \$25.00 per cubic foot of kiln space payable to the instructor on August 3. Wood kiln will be loaded on August 3, firing on August 10. This class is physically demanding and requires a commitment to make all work parties, loading and firing dates. Students must have a recommendation from a current Pottery Lab instructor to register.

199233 6/15-8/10 Sa, 9-11:30am Pottery Lab 9 \$213/\$266 Nancy

Pottery classes provide a natural avenue for stimulating the imagination and refining cognitive and creative skills.

POTTERY



► YOUTH POTTERY

Child/Parent Pottery

(Ages 4+) Here is a perfect opportunity to learn the art of hand-building pottery with your child. Emphasis is on working on a project as a family unit.

199105	6/15-8/3	Sa, 9-10am	Pottery Lab	8	\$117/\$134	Judi
199106	6/15-8/3	Sa, 10:15-11:15am	Pottery Lab	8	\$117/\$134	Judi
199107	6/15-8/3	Sa, 11:30am-12:30pm	Pottery Lab	8	\$117/\$134	Judi

Pre-Teen Pottery

(Ages 8-11) Students will move downstairs to take advantage of new equipment including the slab roller, extruder and wheel to broaden their learning experience. Students must have completed a hand-building class at the Pottery Lab before signing up for this class.

199124	6/13-8/1	Th, 1:45-3pm	Pottery Lab	8	\$107/\$134	Aaron
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Teen Pottery

(Ages 11-16) Emphasizing creativity and enjoyment this class includes basic hand-building and wheel throwing instruction, slip decorating, glazing and firing.

199134	6/12-7/31	W, 1:45-3:45pm	Pottery Lab	8	\$107/\$134	Aaron
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SPRING Pottery Sale!



Saturday & Sunday
10am - 5pm
June 1st & 2nd



The City of Boulder Pottery Lab
1010 Aurora Ave



Birthday Parties!

Call today and reserve the date for your child's next birthday party!

Swimming

East • 303-441-4400
North • 303-413-7218
South • 303-441-3449

Climbing Wall

East • 303-441-4400

Gymnastics

North • 303-413-7218

Pottery

Pottery Lab • 303-441-3446

www.BoulderParks-Rec.org



SPORTS



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

Mini - Sports

(Ages 4-7) The (Instructional) Mini-Sports programs consist of staff who help build participant's skills by administering 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). Information: Derrick at 303-441-4137 or trippd@bouldercolorado.gov. **If weather is in question call the rainout/cancellation information line: 303-441-3410.**

Soccer

(Ages 4-5)

198983 6/5-7/17 W, 4-4:45pm Mapleton 6 \$42/\$53

(Ages 6-7)

198985 6/5-7/17 W, 5-5:45pm Mapleton 6 \$42/\$53

T-Ball

(Ages 4-5)

198982 6/4-7/16 Tu, 4-4:45pm Mapleton 6 \$42/\$53

198984 6/4-7/16 Tu, 5-5:45pm Mapleton 6 \$42/\$53

► 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

Additional Denver Nuggets summer clinics/camps can be found on page 12 or in our Summer Camp Guide. To register visit: www.TheBasketballAcademy.com > Denver Nuggets

► YOUTH FLAG FOOTBALL

(Ages 5-11) Join us for the premier flag football league for youth. 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** one time during the week once games start on Friday evenings. Practice locations will be determined by the coach. Games played at Stazio ballfields. Practice will start the week of August 26th with a 6 game schedule starting September 13th. **Registration DEADLINE: August 10.**

VOLUNTEER COACHES NEEDED! The city will offer training, manuals, clinics, and mentors to help get coaches started. If interested in coaching, contact Derrick at 303-441-4137 or trippd@bouldercolorado.gov.

(Ages 5-6)

199384 9/13-11/18 F, 6-10pm Stazio fields 6 \$85/\$106

(Ages 7-8)

199385 9/13-11/18 F, 6-10pm Stazio fields 6 \$85/\$106

(Ages 9-11)

199386 9/13-11/18 F, 6-10pm Stazio fields 6 \$85/\$106



Summer Camps

Choose from 125+ camp sessions for youth ages 4-18 years old!

See pages 8-14 in this guide or visit us online at www.BPRcamps.org.



▶ YOUTH VOLLEYBALL

Middle School Volleyball Skills

(Ages 10-14) Learn more advanced techniques and skills with our new Middle School Volleyball Skills class. For girls who have PREVIOUS experience in Volleyball. 5th graders with previous experience accepted. May 21st class will be MOVED to Thursday, May 23rd. *No class-June 11th.*

Information: Megann at 303-413-7465 or LohmanM@bouldercolorado.gov.

199283	5/14-6/29	Tu, 3:45-5:45pm Sat, 11am-1pm	South	13	\$237/\$296
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Power Volleyball Skills & Scrimmages

(Ages 11-15) Increase your game knowledge and skills to dominate the court! This class is targeted to 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 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 classes August 13th & 15th.*

Information: Megann at 303-413-7465 or LohmanM@bouldercolorado.gov.

199284	7/9-8/22	Tu/Th, 4:45-6:45pm	South	12	\$219/\$274
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▶ ADULT SAND VOLLEYBALL LEAGUES

(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 with no additional player cost! *No games July 3rd or 4th.*

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

Co-ed 4's Volleyball

199234	6/5-7/31	W, 6-8pm	South	8	\$150 per team
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Co-ed 6's Volleyball

199237	6/6-8/1	Th, 6-8pm	South	8	\$250 per team
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▶ MEN'S BASKETBALL LEAGUES

(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. Leagues feature glass backboards, electronic scoreboards, and officials to run our 8 game seasons. Fees are team based with no additional player cost. *No games July 2nd or 3rd.*

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

Basketball B League

199382	6/18-8/13	Tu, 7-10pm	North	8	\$500 per team
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Basketball A League

199383	6/19-8/14	W, 7-10pm	North	8	\$500 per team
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▶ DROP-IN BASKETBALL, PICKLEBALL & VOLLEYBALL

Basketball

19+	Tu/Th	11am-1:30pm	South
All Ages	Sa	12-2pm	South
19+	Su	8-11am	South
All Ages	Su	11-2pm	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+	W	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

Badminton

19+	F	5:30-6:45pm	South
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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



SWIMMING



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

Summer Splash Passes

Enjoy outdoor swimming at our two outdoor pools 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.

▶ 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).

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	5/28-7/19	M-F, 7:30-10:30am	Spruce	\$200/\$250
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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.

197882	6/3-7/12	M-F, 10:30-11am	Spruce	\$100/\$125
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SWIMMING



NOTE: NO Swimming Classes week of July 4th!
No class Tuesday 7/2, Thursday 7/4 or Saturday 7/6

► 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.

198018	6/3-6/14	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
199632	6/3-6/26	M/W, 6:10-6:40pm	North	8	\$48/\$60
198019	6/4-6/27	Tu/Th, 10:05-10:35am	East	8	\$48/\$60
198020	6/4-7/30	Tu, 6:40-7:10pm	East	8	\$48/\$60
198021	6/6-8/1	Th, 5:30-6pm	East	8	\$48/\$60
198023	6/6-8/1	Th, 6:40-7:10pm	East	8	\$48/\$60
198022	6/8-8/3	Sa, 10:05-10:35am	East	8	\$48/\$60
197815	6/17-6/28	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
197816	7/8-7/19	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
199359	7/8-7/31	M/W, 6:10-6:40pm	North	8	\$36/\$45
199360	7/9-8/1	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
197817	7/22-8/2	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45

► 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

197943	6/3-6/14	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
197942	6/3-6/14	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
197983	6/3-6/26	M/W, 5-6pm	North	8	\$96/\$120
197777	6/3-6/26	M/W, 6:10-6:40pm	North	8	\$96/\$120
197934	6/4-6/27	Tu/Th, 9:30-10am	East	8	\$96/\$120
197935	6/4-7/30	Tu, 5:30-6pm	East	8	\$96/\$120
197937	6/4-7/30	Tu, 6:05-6:35pm	East	8	\$96/\$120
197938	6/6-8/1	Th, 5:30-6pm	East	8	\$96/\$120
197939	6/8-8/3	Sa, 10:05-10:35am	East	8	\$96/\$120
197941	6/8-8/3	Sa, 10:40-11:10am	East	8	\$72/\$90
197759	6/17-6/28	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
197734	6/17-6/28	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
197737	7/8-7/19	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
199432	7/8-7/19	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
197778	7/8-7/31	M/W, 5-5:30pm	North	8	\$96/\$120
199482	7/8-7/31	M/W, 6:10-6:40pm	North	8	\$96/\$120
197534	7/9-8/1	Tu/Th, 9:30-10am	East	8	\$96/\$120
199350	7/9-8/1	Tu/Th, 10:05-10:35am	East	8	\$96/\$120
197738	7/22-8/2	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
197760	7/22-8/2	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90

Specialized Lessons - Age 4

197981	6/3-6/14	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
197940	6/3-6/14	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
197982	6/3-6/26	M/W, 5-5:30pm	North	8	\$96/\$120
197985	6/3-6/26	M/W, 6:10-6:40pm	North	8	\$96/\$120
197974	6/4-6/27	Tu/Th, 9:30-10am	East	8	\$96/\$120
197960	6/4-6/27	Tu/Th, 10:05-10:35am	East	8	\$96/\$120
197984	6/4-7/30	Tu, 5:30-6pm	East	8	\$72/\$120
197958	6/4-7/30	Tu, 6:05-6:35pm	East	8	\$96/\$120
197948	6/6-8/1	Th, 5:30-6pm	East	8	\$96/\$120
197949	6/8-8/3	Sa, 10:05-10:35am	East	8	\$96/\$120
197953	6/8-8/3	Sa, 10:40-11:10am	East	8	\$96/\$120
197753	6/17-6/28	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
197756	6/17-6/28	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
197559	7/9-8/1	Tu/Th, 9:30-10am	East	8	\$96/\$120
197551	7/9-8/1	Tu/Th, 10:05-10:35am	East	8	\$96/\$120
197776	7/8-7/31	M/W, 5-5:30pm	North	8	\$96/\$120
197780	7/8-7/31	M/W, 6:10-6:40pm	North	8	\$96/\$120
197754	7/8-7/19	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
197757	7/8-7/19	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
197755	7/22-8/2	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
197758	7/22-8/2	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90

Specialized Lessons - Age 5

197962	6/3-6/14	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
197951	6/3-6/14	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
197967	6/3-6/26	M/W, 5-5:30pm	North	8	\$96/\$120
199346	6/3-6/26	M/W, 6:10-6:40pm	North	8	\$96/\$120
197969	6/4-6/27	Tu/Th, 9:30-10am	East	8	\$96/\$120
197975	6/4-6/27	Tu/Th, 10:05-10:35am	East	8	\$96/\$120
197965	6/4-7/30	Tu, 5:30-6pm	East	8	\$96/\$120
197957	6/4-7/30	Tu, 6:05-6:35pm	East	8	\$96/\$120
197954	6/6-8/1	Th, 5:30-6pm	East	8	\$96/\$120
197959	6/8-8/3	Sa, 10:05-10:35am	East	8	\$96/\$120
197955	6/8-8/3	Sa, 10:40-11:10am	East	8	\$96/\$120
197766	6/17-6/28	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
197764	6/17-6/28	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
197767	7/8-7/19	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
197774	7/8-7/19	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90
197769	7/8-7/31	M/W, 5-5:30pm	North	8	\$96/\$120
197782	7/8-7/31	M/W, 6:10-6:40pm	North	8	\$96/\$120
197557	7/9-8/1	Tu/Th, 9:30-10am	East	8	\$96/\$120
199532	7/9-8/1	Tu/Th, 10:05-10:35am	East	8	\$96/\$120
197768	7/22-8/2	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
197765	7/22-8/2	M/W/F, 10:10-10:40am	Spruce	6	\$72/\$90



SWIMMING

Specialized Lessons - Age 6

197980	6/3-6/14	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
197986	6/3-6/26	M/W, 6:10-6:40pm	North	8	\$96/\$120
197961	6/4-6/27	Tu/Th, 10:40-11:10am	East	8	\$96/\$120
197946	6/4-7/30	Tu, 6:40-7:10pm	East	8	\$96/\$120
197945	6/6-8/1	Th, 6:40-7:10pm	East	8	\$96/\$120
197944	6/8-8/3	Sa, 9:30-10am	East	8	\$96/\$120
197771	6/17-6/28	M/W/F, 9-9:30am	Spruce	6	\$72/\$90
199349	7/8-7/31	M/W, 6:10-6:40pm	North	8	\$96/\$120
197772	7/22-8/2	M/W/F, 9-9:30am	Spruce	6	\$72/\$90



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

► 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.

197883	6/3-6/14	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
197682	6/3-6/14	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
199341	6/3-6/26	M/W, 5:35-6:05pm	North	8	\$36/\$45
199342	6/3-6/26	M/W, 6:45-7:15pm	North	8	\$36/\$45
197884	6/4-6/27	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
197963	6/6-8/1	Th, 6:05-6:35pm	East	8	\$48/\$60
197966	6/8-8/3	Sa, 9:30-10am	East	8	\$48/\$60
197740	6/17-6/28	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
199332	6/17-6/28	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
197741	7/8-7/19	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
199333	7/8-7/19	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
197743	7/8-7/31	M/W, 5:35-6:05pm	North	8	\$36/\$45
199343	7/8-7/31	M/W, 6:45-7:15pm	North	8	\$36/\$45
197532	7/9-8/1	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
197742	7/22-8/2	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
199334	7/22-8/2	M/W/F, 10:45-11:15am	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.

197933	6/3-6/14	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
197683	6/3-6/14	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
197936	6/3-6/26	M/W, 5:35-6:05pm	North	8	\$48/\$60
197684	6/3-6/26	M/W, 6:45-7:15pm	North	8	\$48/\$60
197932	6/4-6/27	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
197968	6/6-8/1	Th, 6:05-6:35pm	East	8	\$48/\$60
197978	6/8-8/3	Sa, 9:30-10am	East	8	\$48/\$60
197761	6/17-6/28	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
199335	6/17-6/28	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
197747	7/8-7/19	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
199336	7/8-7/19	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
197739	7/8-7/31	M/W, 5:35-6:05pm	North	8	\$48/\$60
199344	7/8-7/31	M/W, 6:45-7:15pm	North	8	\$48/\$60
197533	7/9-8/1	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
199582	7/22-8/2	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
199337	7/22-8/2	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.

197971	6/3-6/14	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
197749	6/3-6/14	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
199583	6/3-6/26	M/W, 5:35-6:05pm	North	8	\$48/\$60
197763	6/3-6/26	M/W, 6:45-7:15pm	North	8	\$48/\$60
197972	6/4-6/27	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
197976	6/6-8/1	Th, 6:05-6:35pm	East	8	\$48/\$60
197977	6/8-8/3	Sa, 9:30-10am	East	8	\$48/\$60
197750	6/17-6/28	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
199338	6/17-6/28	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
197751	7/8-7/19	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
199339	7/8-7/19	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
197762	7/8-7/31	M/W, 5:35-6:05pm	North	8	\$48/\$60
199345	7/8-7/31	M/W, 6:45-7:15pm	North	8	\$48/\$60
197558	7/9-8/1	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
197752	7/22-8/2	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
199340	7/22-8/2	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45

NOTE: NO Swimming Classes week of July 4th!
No class Tuesday 7/2, Thursday 7/4 or Saturday 7/6

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.

197783	6/3-6/14	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
197786	6/3-6/26	M/W, 5-5:30pm	North	8	\$48/\$60
197988	6/4-6/27	Tu/Th, 9:30-10am	East	8	\$48/\$60
197993	6/4-7/30	Tu, 5:30-6pm	East	8	\$48/\$60
197995	6/6-8/1	Th, 6:05-6:35pm	East	8	\$48/\$60
197990	6/8-8/3	Sa, 10:05-10:35am	East	8	\$48/\$60
197784	6/17-6/28	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
197785	7/8-7/19	M/W/F, 9:35-10:05am	Spruce	6	\$36/\$45
197989	7/8-7/31	M/W, 5-5:30pm	North	8	\$48/\$60
197565	7/9-8/1	Tu/Th, 9:30-10am	East	8	\$48/\$60
197788	7/22-8/2	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.

197992	6/3-6/14	M/W/F, 10:10-10:40am	Spruce	6	\$36/\$45
197799	6/3-6/26	M/W, 5-5:30pm	North	8	\$48/\$60
199354	6/3-6/26	M/W, 6:45-7:15pm	North	8	\$48/\$60
197994	6/4-6/27	Tu/Th, 10:05-10:35am	East	8	\$48/\$60
198012	6/6-8/1	Th, 6:40-7:10pm	East	8	\$48/\$60
197996	6/8-8/3	Sa, 10:40-11:10am	East	8	\$48/\$60
197791	6/17-6/28	M/W/F, 10:10-10:40am	Spruce	6	\$36/\$45
197808	7/8-7/19	M/W/F, 9-9:30am	Spruce	6	\$36/\$45
197794	7/8-7/19	M/W/F, 10:10-10:40am	Spruce	6	\$36/\$45
197800	7/8-7/31	M/W, 5-5:30pm	North	8	\$48/\$60
199355	7/8-7/31	M/W, 6:45-7:15pm	North	8	\$48/\$60
197568	7/9-8/1	Tu/Th, 10:05-10:35am	East	8	\$48/\$60
197792	7/22-8/2	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.

197998	6/3-6/14	M/W/F, 9-9:30am	Spruce	6	\$36/\$45
197790	6/3-6/14	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
198000	6/3-6/26	M/W, 5:35-6:05pm	North	8	\$48/\$60
197999	6/4-6/27	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
198007	6/4-7/30	Tu, 6:40-7:10pm	East	8	\$48/\$60
198001	6/6-8/1	Th, 6:40-7:10pm	East	8	\$48/\$60

198002	6/8-8/3	Sa, 9:30-10am	East	8	\$48/\$60
197804	6/17-6/28	M/W/F, 9-9:30am	Spruce	6	\$36/\$45
199351	6/17-6/28	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
197805	7/8-7/19	M/W/F, 9-9:30am	Spruce	6	\$36/\$45
199352	7/8-7/19	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
197793	7/8-7/31	M/W, 5:35-6:05pm	North	8	\$48/\$60
197571	7/9-8/1	Tu/Th, 10:40-11:10am	East	8	\$48/\$60
197806	7/22-8/2	M/W/F, 9-9:30am	Spruce	6	\$36/\$45
199353	7/22-8/2	M/W/F, 10:45-11:15am	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: 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.

198004	6/3-6/14	M/W/F, 10:10-10:40am	Spruce	6	\$36/\$45
197803	6/3-6/26	M/W, 5:35-6:05pm	North	8	\$48/\$60
198006	6/4-6/27	Tu/Th, 9:30-10am	East	8	\$48/\$60
198008	6/4-7/30	Tu, 6:40-7:10pm	East	8	\$48/\$60
198014	6/8-8/3	Sa, 10:40-11:10am	East	8	\$48/\$60
197797	6/17-6/28	M/W/F, 10:10-10:40am	Spruce	6	\$36/\$45
197798	7/8-7/19	M/W/F, 10:10-10:40am	Spruce	6	\$36/\$45
197807	7/8-7/31	M/W, 5:35-6:05pm	North	8	\$48/\$60
197574	7/9-8/1	Tu/Th, 9:30-10am	East	8	\$48/\$60
197801	7/22-8/2	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: Refine all strokes and increase the distances students swim. Introduction to flip turns at walls and diving from starting blocks.

198010	6/3-6/14	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
197811	6/3-6/26	M/W, 6:45-7:15pm	North	8	\$48/\$60
198013	6/4-6/27	Tu/Th, 10:05-10:35am	East	8	\$48/\$60
198017	6/4-7/30	Tu, 6:05-6:35pm	East	8	\$48/\$60
197802	6/17-6/28	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
197809	7/8-7/19	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45
197812	7/8-7/31	M/W, 6:45-7:15pm	North	8	\$48/\$60
197578	7/9-8/1	Tu/Th, 10:05-10:35am	East	8	\$48/\$60
197810	7/22-8/2	M/W/F, 10:45-11:15am	Spruce	6	\$36/\$45



SWIMMING

► AQUATIC FITNESS CLASSES

Aquatic Fitness (Leisure)

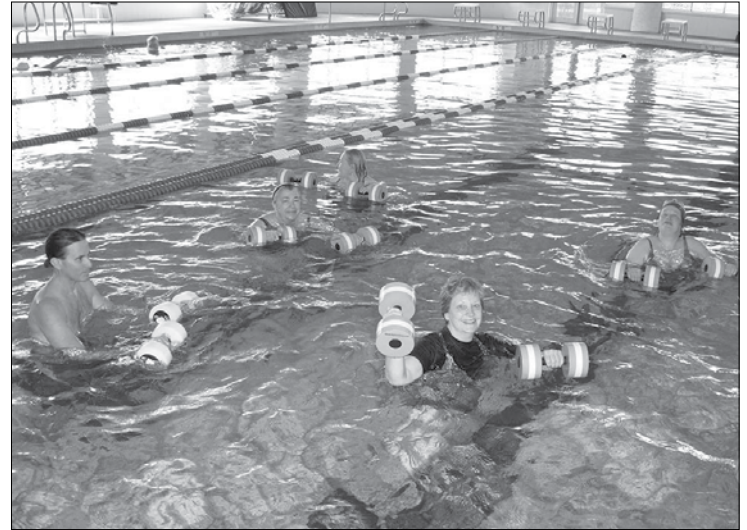
(Age 18+) Designed for the intermediate or advanced level exerciser, this class includes a combination of aerobics, intervals, strength training, flexibility training and water jogging keep this class fun and exciting. You will be surprised how versatile and challenging a water workout can be! Don't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

198843	6/3-6/28	M/W/F, 8-9am	East	12	\$78/\$96	Martin
198845	7/1-7/31	M/W/F, 8-9am	East	14	\$84/\$105	Martin
198848	8/2-8/30	M/W/F, 8-9am	East	13	\$78/\$98	Martin

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.

198835	6/4-6/27	Tu/Th, 8:45-9:30am	East	8	\$48/\$60
198836	7/2-7/30	Tu/Th, 8:45-9:30am	East	9	\$54/\$67
198837	8/1-8/29	Tu/Th, 8:45-9:30am	East	9	\$54/\$67



Water fitness is a great way to increase energy and improve body tone with minimal stress on the body and joints.

► 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).

Tu, 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

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

Th, 6-7pm Spruce

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

Splash Pass

Enjoy Swimming at Boulder's Outdoor Pools & Reservoir

Pass Fees

Summer Season Pass

Adult	\$132(R) / \$165(N)
Youth	\$88(R) / \$110(N)
Senior	\$90(R) / \$112.50(N)
*Family	\$264(R) / \$330(N)

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

Daily Entry Fee

Pools & Reservoir

Adult	\$6.25
Youth	\$3.75
Senior	\$4.25

The Splash Pass is valid at the following locations:

- **Scott Carpenter Pool**, 1505 30th St. • 303-441-3427
- **Spruce Pool**, 2102 Spruce • 303-441-3426
- **Reservoir**, 5565 N. 51st St. • 303-441-3461

www.BoulderAquatics.org

TENNIS



Our tennis program provides 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.

Light fees: \$1 per 30 minutes per court. Purchase tokens at front desk. Must reserve court to purchase light tokens.

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 gonzoz@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 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 gonzoz@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.bprttennis.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 gonzoz@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 (2.5-3.0)

Session 1

198986	6/3-6/26	M/W, 8-9:30am	East	8	\$120/\$150
198988	6/4-6/25	Tu, 6-7:30pm	East	4	\$60/\$75
199001	6/6-6/27	Th, 6-7:30pm	East	4	\$60/\$75

Session 2

198987	7/8-7/31	M/W, 8-9:30am	East	8	\$120/\$150
198989	7/9-7/30	Tu, 6-7:30pm	East	4	\$60/\$75
199003	7/11-8/1	Th, 6-7:30pm	East	4	\$60/\$75

Beginner (2.5-3.0) with Gonzo

198998	6/3-6/24	M, 9-10:30am	Centennial M.S.	4	\$84/\$105	Gonzo
199000	7/8-7/29	M, 9-10:30am	Centennial M.S.	4	\$84/\$105	Gonzo

Intermediate (3.5-4.0)

Session 1

198990	6/3-6/26	M/W, 9:30-11am	East	8	\$120/\$150
198992	6/3-6/24	M, 6-7:30pm	East	4	\$60/\$75
198993	6/5-6/26	W, 6-7:30pm	East	4	\$60/\$75

Session 2

198991	7/8-7/31	M/W, 9:30-11am	East	8	\$120/\$150
198995	7/8-7/29	M, 6-7:30pm	East	4	\$60/\$75
198996	7/10-7/31	W, 6-7:30pm	East	4	\$60/\$75

Intermediate (3.5-4.0) with Gonzo

198999	6/3-6/24	M, 10:30am-12pm	Centennial M.S.	4	\$84/\$105	Gonzo
199002	7/8-7/29	M, 10:30am-12pm	Centennial M.S.	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 Sa, 1-2:30pm East

► 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

Session 1

199004	6/2-6/23	Su, 3-4pm	East	4	\$40/\$50
199005	6/4-6/25	Tu, 4-5pm	East	4	\$40/\$50
199007	6/6-6/27	Th, 4-5pm	East	4	\$40/\$50

Session 2

199012	7/7-7/28	Su, 3-4pm	East	4	\$40/\$50
199013	7/9-7/30	Tu, 4-5pm	East	4	\$40/\$50
199015	7/11-8/1	Th, 4-5pm	East	4	\$40/\$50

Intermediate

Session 1

199008	6/2-6/23	Su, 4-5pm	East	4	\$40/\$50
199009	6/4-6/25	Tu, 5-6pm	East	4	\$40/\$50
199011	6/6-6/27	Th, 5-6pm	East	4	\$40/\$50

Session 2

199016	7/7-7/28	Su, 4-5pm	East	4	\$40/\$50
199017	7/9-7/30	Tu, 5-6pm	East	4	\$40/\$50
199019	7/11-8/1	Th, 5-6pm	East	4	\$40/\$50

► SUMMER CLINICS/CAMPS WITH GONZO

Summer Clinics with Gonzo

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

188432	5/28-5/30	Tu/W/Th, 9-12pm	East	3	\$99/\$124
188433	6/4-6/6	Tu/W/Th, 9-12pm	East	3	\$99/\$124
188434	6/11-6/13	Tu/W/Th, 9-12pm	East	3	\$99/\$124
188436	6/25-6/27	Tu/W/Th, 9-12pm	East	3	\$99/\$124
188437	7/9-7/11	Tu/W/Th, 9-12pm	East	3	\$99/\$124
188439	7/23-7/25	Tu/W/Th, 9-12pm	East	3	\$99/\$124
188440	7/30-8/1	Tu/W/Th, 9-12pm	East	3	\$99/\$124
188441	8/6-8/8	Tu/W/Th, 9-12pm	East	3	\$99/\$124

Summer Day Camp with Gonzo

(Ages 5-15) Want a full day of tennis and fun with Gonzo and his staff? Boulder Parks and Recreation and Gonzo Tennis have developed a day camp as an extension to the morning clinics. The mornings will be full of tennis with our expert coaches followed by lunch and some time in the pool then more tennis.

188435	6/17-6/21	M-F, 9am-4pm	East	5	\$350/\$438
188438	7/15-7/19	M-F, 9am-4pm	East	5	\$350/\$438

Additional tennis camps can be found on page 13 or in our Summer Camp Guide.

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 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)

Session 1

199020	6/2-6/23	Su, 9-9:30am	East	4	\$30/\$38
199021	6/3-6/24	M, 3:45-4:15pm	East	4	\$30/\$38
199022	6/4-6/25	Tu, 3:45-4:15pm	East	4	\$30/\$38
199023	6/5-6/26	W, 3:45-4:15pm	East	4	\$30/\$38
199024	6/6-6/27	Th, 3:45-4:15pm	East	4	\$30/\$38
199025	6/7-6/28	F, 3:45-4:15pm	East	4	\$30/\$38
199026	6/8-6/29	Sa, 9-9:30am	East	4	\$30/\$38

Session 2

199041	7/7-7/28	Su, 9-9:30am	East	4	\$30/\$38
199042	7/8-7/29	M, 3:45-4:15pm	East	4	\$30/\$38
199043	7/9-7/30	Tu, 3:45-4:15pm	East	4	\$30/\$38
199044	7/10-7/31	W, 3:45-4:15pm	East	4	\$30/\$38
199045	7/11-8/1	Th, 3:45-4:15pm	East	4	\$30/\$38
199046	7/12-8/2	F, 3:45-4:15pm	East	4	\$30/\$38
199047	7/13-8/3	Sa, 9-9:30am	East	4	\$30/\$38

Tiny Gonzos (Ages 5-7)

Session 1

199027	6/2-6/23	Su, 9:30-10:15am	East	4	\$34/\$43
199028	6/3-6/24	M, 4:15-5pm	East	4	\$34/\$43
199029	6/4-6/25	Tu, 4:15-5pm	East	4	\$34/\$43
199030	6/5-6/26	W, 4:15-5pm	East	4	\$34/\$43
199031	6/6-6/27	Th, 4:15-5pm	East	4	\$34/\$43
199032	6/7-6/28	F, 4:15-5pm	East	4	\$34/\$43
199033	6/8-6/29	Sa, 9:30-10:15am	East	4	\$34/\$43

Session 2

199048	7/7-7/28	Su, 9:30-10:15am	East	4	\$34/\$43
199049	7/8-7/29	M, 4:15-5pm	East	4	\$34/\$43
199050	7/9-7/30	Tu, 4:15-5pm	East	4	\$34/\$43
199051	7/10-7/31	W, 4:15-5pm	East	4	\$34/\$43
199052	7/11-8/1	Th, 4:15-5pm	East	4	\$34/\$43
199053	7/12-8/2	F, 4:15-5pm	East	4	\$34/\$43
199054	7/13-8/3	Sa, 9:30-10:15am	East	4	\$34/\$43

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

Mighty Gonzos (Ages 8-10)

Session 1

199034	6/2-6/23	Su, 10:15-11:15am	East	4	\$40/\$50
199035	6/3-6/24	M, 5-6pm	East	4	\$40/\$50
199036	6/4-6/25	Tu, 5-6pm	East	4	\$40/\$50
199037	6/5-6/26	W, 5-6pm	East	4	\$40/\$50
199038	6/6-6/27	Th, 5-6pm	East	4	\$40/\$50
199039	6/7-6/28	F, 5-6pm	East	4	\$40/\$50
199040	6/8-6/29	Sa, 10:15-11:15am	East	4	\$40/\$50

Session 2

199055	7/7-7/28	Su, 10:15-11:15am	East	4	\$40/\$50
199056	7/8-7/29	M, 5-6pm	East	4	\$40/\$50
199058	7/10-7/31	W, 5-6pm	East	4	\$40/\$50
199059	7/11-8/1	Th, 5-6pm	East	4	\$40/\$50
199060	7/12-8/2	F, 5-6pm	East	4	\$40/\$50
199061	7/13-8/3	Sa, 10:15-11:15am	East	4	\$40/\$50
199057	7/16-8/6	Tu, 5-6pm	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

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

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



Avid4 Adventure

Avid4 Adventure offers kids & teens the opportunity to explore this world-renowned facility in an instruction-based program.

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.



*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.

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

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.

*	8/19-9/16	M, 3:45-6:15pm	VBP	5 sessions	\$195
*	8/20-9/17	Tu, 3:45-6:15pm	VBP	5 sessions	\$195
*	8/21-9/18	W, 3:45-6:15pm	VBP	5 sessions	\$195
*	8/22-9/19	Th, 3:45-6:15pm	VBP	5 sessions	\$195
*	8/25-9/22	Su, 3-5:30pm	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



Photo provided by yannphotovideo.com

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.

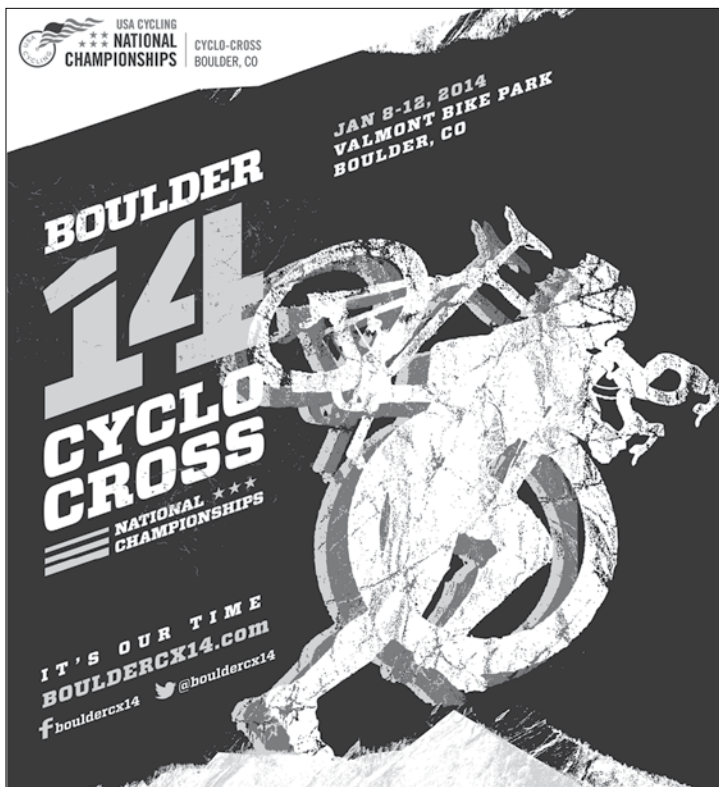
Details, dates and registration at www.leelikesbikes.com or email lee@leelikesbikes.com

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





TERMS & CONDITIONS / INFORMATION

Recreation Center Closures

5/27	Memorial Day	NBRC open 1:30-6:30pm EBCC & SBRC Closed
7/4	4th of July	North & South closed East open 8am-1:30pm
8/10-8/18		South closed for annual maintenance
8/24-9/2		North closed for annual maintenance

Annual Pass Terms & Benefits

- 1) First adult family member of the house hold (19-59) pays full price; additional family members pay half price.
- 2) Includes unlimited use of outdoor pools and recreation centers; open swim and gym, drop-in fitness/yoga, weight room, racquetball/handball and platform tennis courts, sauna, lockers, fishing and swimming at Boulder Reservoir.
- 3) Complimentary towels at rec centers.
- 4) Racquets for indoor racquetball.
- 5) Discounts at participating merchants. (pg. 4)
- 6) 10% savings on one class per session (as available one week before class begins), must register in person.

Lock Policy

Patrons are urged to bring a lock to secure valuables. The city of Boulder is NOT responsible for lost or stolen property. Lockers are available for day use only.

Punch Pass Terms & Benefits

Includes open swim and gym, drop-in fitness/yoga, weight rooms, outdoor pools and reservoir entries. Punch Passes expire two years after purchase date.

Class Visitor Pass

This pass allows you to drop into a registered class, if space is available. Cards can be purchased at centers and are valid for six months from date of purchase for the following programs: Adult Dance, Yoga, Pilates Mat and Swiss Ball.

\$70 for 5 classes

Class Size

Limits have been placed on the size of some classes to assure quality instruction. Registration is first come, first served. Register early to ensure a place in the classes you want. Class enrollments are reviewed 3-5 days prior to the first class and those with insufficient enrollment will be cancelled. Registration must be made prior to participation in any Parks and Recreation program or activity.

Nothing Cancels a Program

Faster... than people waiting until the last minute to register for it! All programs have a minimum enrollment – and if we don't reach the minimum by a certain date, the class gets cancelled. Please don't delay, register today!

Group Discount Program

Discounted rates are available for businesses and organizations with five or more employees; and for Boulder Chamber of Commerce members! For information call Christy, 303-413-7259 or visit www.BoulderParks-Rec.org

Reduced Rate Program

Residents qualify by meeting the low-income eligibility criteria and by falling into at least one of the following categories: Family (with at least one child 18 years or younger living in the household); Senior (age 62 and over); Adults with Disabilities (19 or older). For information call 303-413-7200.

In an Emergency- What's Our Plan?

The city of Boulder Parks and Recreation Department operates many programs and facilities for the Boulder community. We know that under rare circumstances, extreme weather or other situations have the potential to impact our operations, facilities and patrons. In an emergency, staff will follow plans and procedures designed to ensure the safety of participants. A plan has been tailored to each specific site and facility we manage. In the event of an emergency requiring the relocation of participants, program leaders will communicate their actions and evacuation location (once practical) to department communication staff. This information will be uploaded to the city's Website (www.bouldercolorado.gov) and be added to the city's emergency information phone line at 303-441-4300 as soon as possible. If you have any questions about the Department's emergency plans, please call 303-413-7200.

Photographs and Model Release

By entering Boulder Parks and Recreation facilities or participating in our programs, you agree that photographs, digital images or video of you and your family-members may be created and used for future promotional or marketing material by the City of Boulder without prior consent or monetary compensation. Photography/videography of facility users or program participants by unauthorized individuals is prohibited. Thank you for your cooperation.

Access for All

Boulder Parks and Recreation is committed to supporting and complying with the Americans with Disabilities Act. If you require a special accommodation, please notify us at least two weeks in advance of an activity or class. For more information, contact Colleen Fitzgerald at 303-413-7216.

We welcome all residents regardless of race, color, disability, national origin, gender, age, sexual orientation or religion to enjoy our programs, services and facilities.

Children Under 10

For your child's safety and well-being, the city of Boulder Parks and Recreation Department requests that children under 10 years of age not be left un-supervised at any recreation facility, outdoor pool, sports field or park. It is acceptable to leave children participating in organized classes or programs, as they are under the care of an adult program leader or instructor.

Volunteer

& Make a Difference in Your Community!

Volunteer opportunities:

- EXPAND - programs for people with disabilities
- Youth Services
- Child Care
- Sports (coaching)
- Youth Services
- Special Events
- Parks
- Urban Resources
- Outdoor Projects

More information: 303-413-7245
www.BoulderParks-Rec.org



Help Make Boulder, Colorado a great place to PLAY!

The PLAY Boulder Foundation is a nonprofit organization that supports and advocates for parks and recreation programs and services in the Boulder area. We provide opportunities for individuals and organizations to donate to parks and recreation in Boulder, and give us all the wonderful experiences that make us glad to call Boulder our home. Your dollars go toward enhancing these programs, facilities and open spaces - and, in turn, help build a stronger community.

Visit us at www.playboulder.org, email us at info@playboulder.org or write us at PLAY Boulder, PO Box 20935, Boulder, CO 80308

Parks & Recreation Advisory Board

The Parks and Recreation Advisory Board (PRAB) consists of seven members appointed by City Council, each to five-year terms. The Board offers advice and consultation to City Council and city departments on the acquisition, construction and maintenance of city park property and coordinates policy on the development and use of recreational facilities. The Board also approves expenditures from the Permanent Park and Recreation Fund. PRAB agendas, meeting minutes and audio files are available at www.BoulderParks-Rec.org.

STAFF LIST / REGISTRATION



Parks & Recreation Staff Phone Numbers

email addresses are lastnamefirst initial of first name@bouldercolorado.gov. e.g. Michael Smith is smithm@bouldercolorado.gov

Kirk Kincannon, Director303-413-7200

Alice Guthrie
Recreation Superintendent.....303-413-7211

Jeff Dillon
Parks & Planning Superintendent..303-413-7215

Steve Whipple, Administrator303-413-7262

ACCESS & INCLUSION (EXPAND & YSI)
Colleen Fitzgerald, Administrator..303-413-7216

BOULDER RESERVOIR
Stacy Cole, Reservoir Manager.....303-441-3461

COMMUNITY OUTREACH
Internships Coordinator303-413-7263

Mary Malley
Coordinator of Volunteer Services ..303-413-7245

Christy Munoz
Group Discount Program303-413-7259
Community Partners Program.....303-413-7259

FLATIRONS GOLF COURSE
Doug Cook, Director of Golf.....303-442-7851

PROGRAMS
Teri Olander, Administrator303-441-3429

SPORTS
Dean Rummel, Supervisor.....303-441-4427
Program Information303-441-3410
Derrick Tripp303-441-4137
Lenore Knox303-441-3416

POTTERY LAB
Nancy Utterback, Coordinator.....303-441-3446

DANCE
Cynthia Burdine, Coordinator303-413-7473
Kirsten Leslie, Coordinator303-413-7477

HEALTH & WELLNESS
Summer Kennedy, Supervisor.....303-413-7264

Weights & Fitness303-413-7280
Kathleen Murphy, Mind/Body303-413-7466

GYMNASTICS
Ron Crescentini, Supervisor303-413-7265

REC CENTERS/AQUATICS/RESERVOIR
Phil Henry, Aquatics Maintenance..303-413-7478
Julie Dettbarn, Pool Operations303-413-7468
Jackie Koehn, Swim lessons.....303-413-7267
Dean Rummel, Supervisor SBRC..303-441-3449
Jayson Swigart, Supervisor NBRC 303-413-7263
Todd Calvin, Supervisor EBCC.....303-413-7463

Online Registration

It's quick, convenient and easy!
Register online from the convenience of your own home or office 24 hours a day, 7 days a week! You can now create (or update) your family account information online.

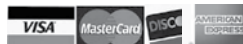
- Create your account or have your account information available.

Forgot your barcode or pin? Call the registration help line at 303-413-7270, M-F 9am-5pm.

- Registration begins at 8:30 am Tuesday, May 7.

- Confirmation receipts are emailed upon registration. Please make sure you have a current email on file.

- Payment must be made at the time of the registration for it to be complete.



- If you have a discount or questions, please call the registration help line at 303-413-7270.

Easy Ways To Register!



ONLINE REGISTRATION

- ▶ www.BoulderParks-Rec.org
- ▶ Click on Register Online

Online registration provides immediate enrollment confirmation. For classes that fill quickly we recommend registering online.

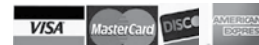


DROP OFF/ MAIL IN

- ▶ Fill out form on pg. 52
- ▶ Mail to: Recreation Registration c/o EBCC, 5660 Sioux Dr., Boulder, CO 80303

- ▶ Drop off at any City Recreation Center

Make checks payable to City of Boulder Parks & Recreation. Registration forms will be processed as staff are able to do so. For immediate registration confirmation and for popular classes, we recommend online registration. Kiosks available at all facilities.



Para mayor información o ayuda en Español, o si usted necesita alguna parte de este documento traducida, por favor comuníquese al 303-441-1905.

Acknowledgment of Risk / Waiver of Liability

As a condition of use of any City of Boulder Parks and Recreation facility or participation in any program, sports league, class, recreation or fitness activity, you agree as a participant or parent/guardian of a participant in the program, to assume all risks and hazards of engaging in or spectating at any city activity or facility, including assuming all risks for personal injury, death and property damage.

You further agree to hold harmless the City of Boulder, its staff, instructors, volunteers, officials, sponsors, partners or representatives from liability for any losses, damages or injuries that may occur in any way as a result of these activities or facility uses – regardless of cause.

You further certify that you are properly prepared to engage in any activities you have selected and that you have recently consulted a physician to establish that it is safe and appropriate for you to engage in these activities.

Participants (or the parents/guardians of minor children) may also be required to complete a medical

health history and/or sign an additional waiver of liability prior to participation in any programs or classes. Anyone recovering from an injury or illness must first discuss their return to physical activity with their physician and Parks and Recreation instructor prior to enrolling/participating.

Therefore, having read and understood this waiver and in consideration of your accepting my entry into a City of Boulder recreation facility or program, I, for myself and anyone entitled to act on my behalf, waive and release the City of Boulder, all staff, volunteers, sponsors, and representatives from all claims or liabilities of any kind arising out of my participation in (or as a spectator of) any program or use of any facility.

NOTE: If a facility user or program participant is under 18 years of age, you as a parent or legal guardian, agrees to the same terms, conditions and waiver of liability set forth in this agreement.



REGISTRATION - POLICIES & REGISTRATION FORM

Transfer Policy

Fee

- Same day of registration \$0
- Before 2nd class meeting, if space is available \$5

Program Refund Policy

Fee

- Courses**
- Before 2nd class \$15
 - After 2nd class No Refund
- 1 Meeting Programs**
- One week prior to start date No Refund
- 2 Meeting Programs**
- Before 1st Meeting \$15
 - After 1st Meeting 50%
 - After 2nd Meeting No Refund
- Camps**
- Monday two weeks prior to start of camp No Refund
 - More than two weeks prior to start date \$15
- Leagues**
- Before league registration deadline \$15
 - After league registration deadline No Refund

Pass Refund Policy

Fee

- Annual Pass**
- Cancellation Fee \$25
- Monthly Annual Pass**
- Payments stopped upon request, no prorated refunds
- Punch Cards & Twilight Pass**
- Cancellation Fee \$15

1. For pass and program withdrawals, customer will receive a refund of their prorated balance less a withdrawal fee.

2. In the event a patron or their dependent falls ill, becomes injured or does not possess necessary skills, inhibiting their ability to participate in or continue participation in a program or utilize a facility pass or punch card, a pro-rated refund may be given based upon the date of the refund request. Documentation (i.e. doctor's note) is requested for illnesses and injury claims.

3. In the event a patron requests a full refund due to level of service or other legitimate factors, they are asked to submit this request in writing citing their reason for a full refund.

4. If a refund is authorized, the appropriate amount will be refunded via the original form of payment. No exceptions.

5. For monthly billing option, see contract for refund policy.

Important

- No registration accepted by instructor.
- \$25 will be charged for returned checks.
- Wait lists are taken for filled classes. We will call you if a spot opens.
- Payment is due at time of registration.

REGISTRATION FORM -

Drop-off forms at any Boulder Recreation Center; or mail to EBCC - Recreation Registration, 5660 Sioux Dr., Boulder, CO 80303; or register online at www.BoulderParks-Rec.org

Payer/Parent Name: _____

Address: _____

City: _____ Zip: _____

Home Phone: _____ Work Phone: _____

Email Address: _____

Contact Person: _____

New address, phone or email?

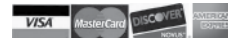
Check here if you have a disability and require an accomodation.
Please allow two weeks.

I have read the Refund and Transfer Policy (above)

Payment Information:

Check or money order payable to: City of Boulder

Visa Mastercard Discover American Express

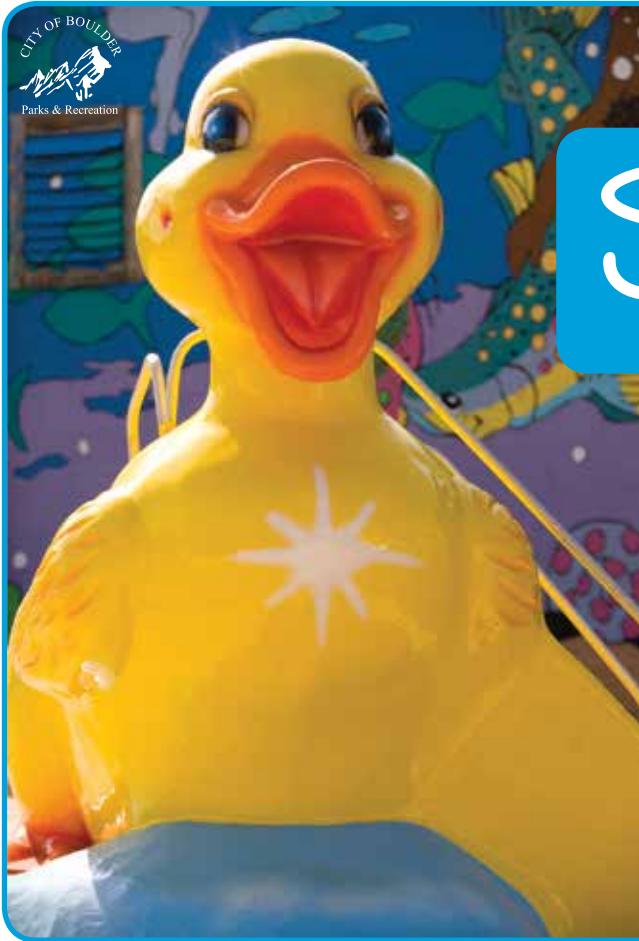


Card No. _____ Exp. _____

Signature _____

I'm interested in volunteering, please contact me.

Participant Name	Date of Birth	M/F	Course Code	2nd Choice (Code)	Course Name	Location	Date	Day	Time	Fee



Unlimited entry during the summer season to
two outdoor pools & the Boulder Reservoir

Splash Pass

Pass Fees

Adult \$132(R) / \$165(N)
Youth \$88(R) / \$110(N)
Senior \$90(R) / \$112.50(N)
Family \$264(R) / \$330(N)

Daily Entry Fee

Pool & Reservoir
Adult \$6.25
Youth \$3.75
Senior \$4.25

The Splash Pass is valid at the following locations:

- **Scott Carpenter Pool**, 1505 30th St., 303-441-3427
- **Spruce Pool**, 2102 Spruce 303-441-3426
- **Reservoir**, 5565 N. 51st St. 303-441-3461

www.BoulderAquatics.org

Healthy Parks = Healthy People

Get Outside and Play! Boulder Parks are healthy places for you to enjoy!



Each spring, you will see dandelions in your parks. This is a sign that we have eliminated the use of synthetic chemicals that are typically sprayed to control weeds - so our parks are healthier places to play.

For more information on the environmental work that Parks & Recreation is doing, visit:

www.BoulderParks-Rec.org



BOULDER'S BEST FITNESS VALUE.



Want to get fit while enjoying the flexibility and variety of daily, drop-in programs? Let us meet your fitness mood, schedule and budget with our conveniently located and scheduled programs. No advance registration is necessary. Your recreation center annual or punch pass or daily entry fee gets you into any drop-in class and gives you full access to the facility's pools, ball courts, weight room, cardio fitness equipment - and more!

Check out our class descriptions online!

GET FIT, HAVE FUN AND ENJOY!



Metabolic Resistance Training

(Medium to high intensity, intermediate levels) 45 minutes of cardio interspersed with strengthening and movement exercises using the legs, core and more. Focus on mechanics and improve your overall athletic performance. Equipment such as weights, tubes, ladder, mat work, and exercise balls. Come join a safe, fun and challenging class.

T/Th > 6:15-7 am > East
+ More!



Carve

Work all major muscle groups in this well-rounded sculpting class. Hand weights, bars, resistance tubes, and balls are all incorporated in this class. This is a great overall workout without the cardio.

M/W > 5-6 pm > East
M/W > 12-1 pm > North

+ More!



Sport Conditioning

(Medium to high intensity, all levels welcome) All the rigors of a boot camp but imagine it with music and in a class setting. Challenge yourself with cross-training exercises using weights, bands, bars, balls, and other pieces of equipment. This class is an overall conditioning class designed to enhance speed, agility, strength, and endurance.

M/W/F > 12-1 pm > South
M/W > 5:35-6:35 pm > East

+ More!



SOUTH RECREATION CENTER

1360 Gillaspie 303-441-3448



Fitness

Sport Conditioning	M/W/F	12-1 pm
Cardio Chisel	T/Th	8:50-9:50 am
Hydro Dynamics (Pool)	T/Th	12:30-1:30 pm

Mind/Body

Nia	M	9-10 am
Yoga	M	12-1 pm
Yoga	Tu	12-1 pm
Nia	W	11:45-12:45 pm
Yoga	W	7:15-8:15 pm
Yin Yoga	Th	12-1 pm
Nia	Sa	8:10-9:10 am

Basketball

19+	Tu/Th	11am-1:30pm
All Ages	Sa	12-2pm
19+	Su	8-11am
All Ages	Su	11-2pm

Volleyball

19+ Womens	Sa	8:30-11 am
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Pickleball

19+	W	1:30-3:30 pm
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Badminton

19+	F	5:30-6:45 pm
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FEATURED CLASSES

NORTH RECREATION CENTER

3170 Broadway 303-413-7260



Fitness

Cardio Chisel	M/W/F	7:15-8:15 am
Carve	★ M/W	12:15-1:15 pm
Fitness for Life	M/W	7:15-8:15 am
Fitness for Life	★ M/W	10:30-11:30 am
Hard Core	M	5:30-6:30 pm
Pre/Post Natal Aqua Fit	M	7-8 pm
Water Fitness for All	★ M/W/F	9-10 am
Aqua Zumba	Tu	5:45-6:45 pm
Pure Step	★ T/Th	12:15-1:15 pm
Hard Core	★ F	12:15-1:15 pm
MRT (Metabolic Resistance Training)	T/Th	8-8:45 am
MRT (Metabolic Resistance Training)	T/Th	7-7:45 pm
Hard Core	★ F	12-1 pm

Mind/Body

Ayre	M	8:20-9:20 am
Zumba®	★ M	9:30-10:30 am
Yoga	★ M	11:20-12:20 pm
Yoga	★ M	12:30-1:30pm
Restorative Yoga and Prana	M	5:15-6:30 pm
Yoga	Tu	8-9 am
Ayre	★ Tu	9-10 am
Yin Yoga	★ Tu	10:15-11:15 am
Pilates/Yoga Combo	★ Tu	11:45-12:45 pm
Yoga	★ W	9-10 am
Ayre	★ W	9:15-10:15 am
Nia	W	5:30-6:30 pm
Nia	★ Th	10:50-11:50 am
Yoga	★ Th	12-1 pm
Pilates Mat	Th	4:15-5:15 pm
Ayre	Th	5:30-6:30 pm
Nia	★ F	9-10 am
Yoga	★ F	8:50-9:50am
Pre-Post Natal Yoga	★ F	10:30-11:45 am
Ayre	★ F	10:45-11:45 am
Yoga	★ F	12:15-1:15 pm
Ayre	Sa	10:15-11:15 am
Yoga	Sa	11:30-12:30 pm
Yoga	Su	9-10 am
Nia	Su	12-1 pm

Basketball

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

Volleyball

19+ Coed	Su	9am-12:30pm
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Drop-In Schedule

BEGINS June 1 - check online for monthly updates

All drop-in classes are FREE with daily center entry
(use your pass or \$7 daily fee)

EAST COMMUNITY CENTER

5660 Sioux Dr. 303-441-4400



Fitness

The Ride!	T/Th	6:30-7:30 am
The Ride!	M/W/F	8:50-9:50 am
Boulder Lift	T/Th	8:30-9:30 am
Boulder Lift	Sun	9-10 am
Carve	T/Th	6:30-7:30 am
Carve	Sat	8-9 am
Carve	★ Sat	9-10 am
Carve	★ M/W	5-6 pm
MRT (Metabolic Resistance Training)	T/Th	6:15-7 am
MRT (Metabolic Resistance Training)	★ T/Th	6:45-7:30 pm
Hard Core	W	7:30-8:30 am
Hard Core	F	5-6 pm
Sports Conditioning	★ M/W	5:35-6:35 pm
Pure Step	Sat	7:45-8:45 am
Cardio Chisel	T/Th	8:45-10 am
Fitness for Life	T/Th	1:30-2:30 pm
Water Fitness for All	M/W/F	9-10 am

Mind/Body

Yin Yoga	M	12-1 pm
Nia	★ M	6:15-7:15 pm
Nia	Tu	12-1 pm
Zumba®	★ Tu	5:30-6:30 pm
Nia	W	10:30-11:30am
Pilates/Yoga Combo	W	12-1 pm
Yoga	★ W	5:20-6:20 pm
Zumba®	★ W	6:15-7:15 pm
Nia	Th	12-1 pm
Nia	★ Th	4:15-5:15 pm
Nia	F	10:45-11:45 am
Yoga	F	12-1 pm
Nia	★ Sa	10:30-11:30 am
Nia	Su	10:30-11:30 am
Yoga	Su	11:45-12:45 pm

Basketball

All Ages	Sa/Su	1-5pm
All Ages	Tu	2:30-5:30 pm
All Ages	F	3:30-5:30 pm

Volleyball

Senior	M/F	1:30-3:30 pm
Coed	F	7-9pm

Registration
begins
May 7

Online, Mail & Drop Off Registration begins 8:30 a.m. on Tuesday, May 7.



BOULDER COMMUNITY DAY

SATURDAY, MAY 18, 2013

www.BoulderCommunityDay.org



CLEAN

Community Clean-up Day

Beautify Boulder Parks & Greenways

Location: various parks and greenways

Time: 8:30-11:30 a.m.

Help clean and beautify Boulder by removing trash and recyclables, planting trees and pulling weeds from parks and greenways.

PLANT

CRC Plant Sale

Buy Water Smart Plants

- Pick up pre-ordered Garden-In-A-Box kits.
- Buy perennial low-water + assorted organic vegetable plants.
- All plants sold below retail cost.
- Myrtle Spurge plant trade-in.

CONSERVE

Water Conservation Fair

Learn & Save

- Are you water wise? Get tips, hands-on presentations and resources for saving water.
- More than a dozen vendors and organizations share the latest ways to conserve water.

PLAY

Kids to Parks Day

Live Music, Games & Play

- Tennis games, canoe rides, fitness activities, soccer, obstacle course, outdoor family yoga + more!
- Special activities during East childcare hours.
- Green Playhouse Auction.

10 a.m. – 2 p.m. • East Boulder Community Park & Center, 5660 Sioux

Puppet Show Onie Koonie Cha • **Live Music** Leslie & the Flying Foxes • **Food/Ice Cream** Verde & Sweet Cow

