

RECREATION GUIDE

FALL 2025

BoulderParks-Rec.org | @BoulderParks-Rec



Featured this Edition

Volunteer with us! Give back this fall and connect with community.

Join us for Weedy Wednesdays, the Boulder Creek Clean Up, or find more opportunities (page 47).



**City of Boulder
Parks & Recreation**

What's up, Boulder? Join us at Scott Carpenter Park!

Learn about current and future projects and plans, talk with staff and City Council, get free dessert and enjoy an afternoon of family-friendly fun at the park (back cover)!

**Registration opens
Tuesday, Aug. 5!**



Scan the QR code to register for classes or to learn more about our fall programs.

Annual Recreation Center Maintenance Updates

What’s going on at South Boulder Recreation Center (SBRC)? Each year, Boulder Parks & Recreation (BPR) temporarily closes recreation centers* for deep cleaning and short-term maintenance. This year, SBRC is temporarily closed to support critical maintenance repairs to extend the life of the building. The building is planned to reopen in September with some fresh changes:

- Pool plaster maintenance*
- Fan installation in the natatorium*
- Plumbing maintenance and repairs*
- Pool equipment and repairs*
- HVAC maintenance and repairs*
- The pool is tentatively set to reopen in October.*
- Natatorium painting*
- Electrical maintenance and repairs*

We appreciate your patience during this extended closure. Community members are encouraged to explore activities and recreational opportunities at neighboring recreation centers, pools, parks and natural spaces.

For additional information and updates, please visit the South Boulder Recreation Center webpage.

North Boulder Recreation Center’s annual maintenance closure occurs Saturday, Aug. 9, with plans to reopen Thursday, Aug. 17.

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Dear Neighbors,

As you read this note, we are moving out of the slower pace of summer to the activity of fall. I invite you to slow down and embrace the season of change. I look forward to the sound of leaves crunching beneath my feet and cooler air in the mornings, and hope you can enjoy every color change, leaf crunch and crisp breeze as fall draws near.

We have some exciting change ahead. We’re certain the temporary pain will be worth it in the long run. Let me tell you about a few of the exciting changes ahead for our recreation community.

The South Boulder Recreation Center is temporarily closed through early September for extended annual maintenance, with the pool closed into early October. This work helps extend the life of the building, giving us time while we plan for the Future of our Recreation Centers. We appreciate your patience as we invest in this beloved community hub! You can learn more about the project on our website.

We are also thrilled to introduce a more user-friendly software, Amilia. This modern system will improve signing up for programs, managing memberships, reserving spaces across the parks and recreation system and more. When the software goes live in early November, our staff will be eager to assist you with the transition. Stay tuned for further details.

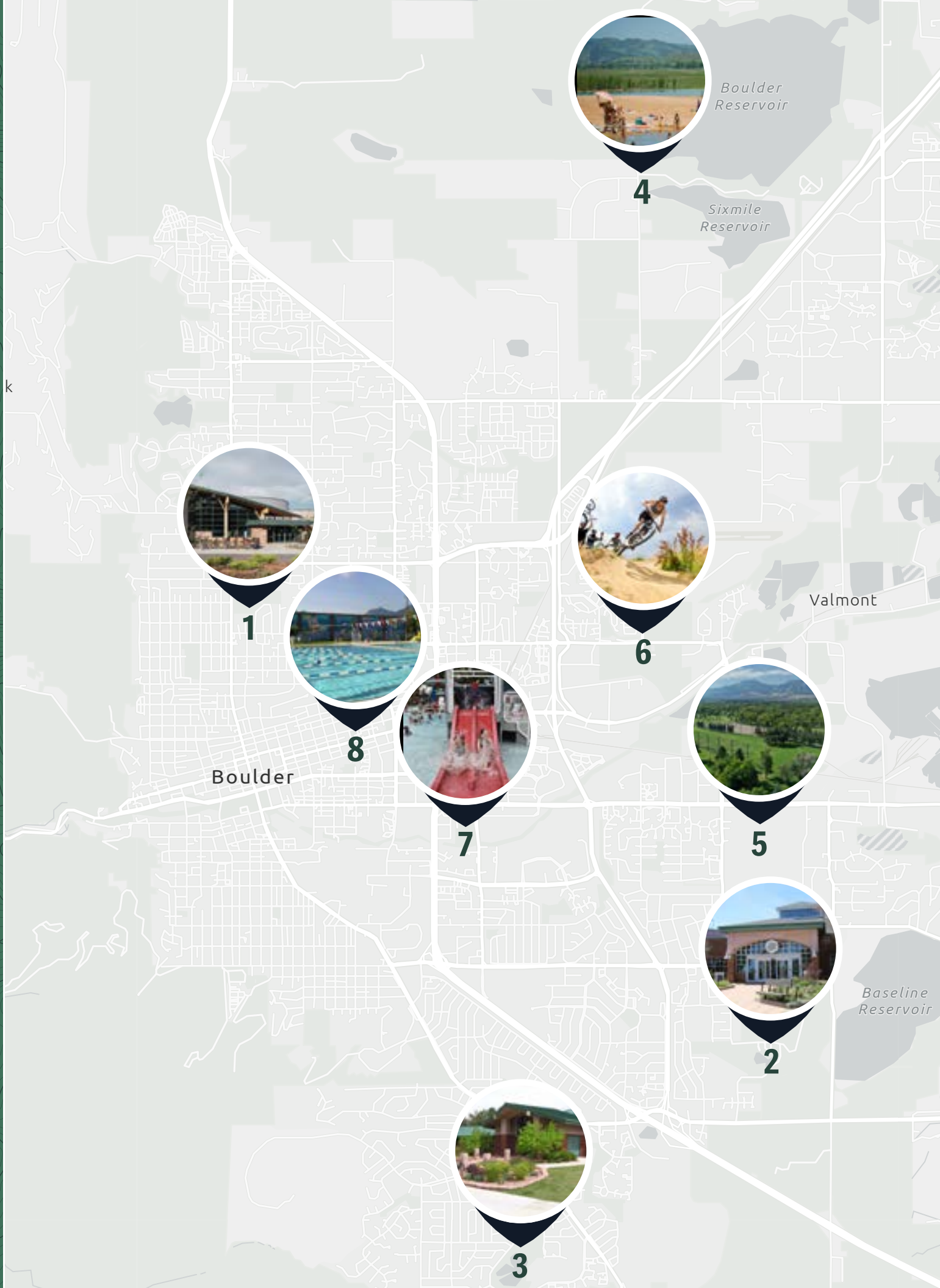
This guide is filled with opportunities to move at your own pace and connect with your neighbors. In the spirit of change, try a new fitness class, join a new sports league or step foot into a new park. We invite you to find something that excites you – and maybe even challenges you.

As always, we're grateful for the opportunity to serve a community that values health and well-being so highly. We look forward to seeing you this season.

Warm regards,

Ali Rhodes
Director, City of Boulder Parks and Recreation





RECREATION CENTERS See inside front cover for details about facility maintenance closures.

| | | |
|--|---|--|
| 1 North Boulder Recreation Center | 2 East Boulder Community Center | 3 South Boulder Recreation Center |
| Location: 3170 Broadway, Boulder, CO 80304 303-413-7260 | Location: 5660 Sioux Drive, Boulder, CO 80303 303-441-4400 | Location: 1360 Gillaspie Drive, Boulder, CO 80305 303-441-3448 |
| Hours of Operation: Mon–Fri: 5:45 AM—9 PM Sat–Sun: 6:45 AM—6 PM | Hours of Operation: Mon–Fri: 5:45 AM—9:30 PM Sat–Sun: 7:45 AM—4 PM | Hours of Operation: Mon–Fri: 5:45 AM—9 PM Sat–Sun: 8:45 AM—4 PM |

REGIONAL RECREATION FACILITIES

| | | |
|---|---|---|
| 4 Boulder Reservoir | 5 Flatirons Golf Course | 6 Valmont Bike Park |
| Location: 5275 Reservoir Rd., Boulder, CO 80301 303-441-3461 | Location: 5706 Arapahoe Ave., Boulder, CO 80303 303-442-7851 | Location: 3160 Airport Rd., Boulder, CO 80301 303-413-7200 |
| Hours of Operation: Mon–Fri: 9 AM–7 PM Sat–Sun: 9 AM–7 PM | Hours of Operation: Mon–Fri: 6 AM—9 PM Sat–Sun: 7 AM—6 PM | Hours of Operation: Mon–Fri: 6 AM—9 PM Sat–Sun: 7 AM—6 PM |

OUTDOOR POOLS Visit our website for the most up-to-date information about summer operations.

| | |
|--|--|
| 7 Scott Carpenter | 8 Spruce |
| Location: 1505 30th St., Boulder, CO 80303 303-441-3427 | Location: 2102 Spruce St., Boulder, CO 80302 303-441-3426 |
| Hours of Operation: Mon–Fri: 6 AM—8 PM Sat–Sun: 8 AM—6 PM | Hours of Operation: Mon–Fri: 7 AM—7 PM Sat–Sun: 8 AM—6 PM |



Stay informed through our e-newsletter!

Want to learn more about the latest classes, events, community meetings, weather or construction-related closures and more? Join our eNews list. Visit us online at BoulderParks-Rec.org and subscribe to the list that interests you most and start enjoying up-to-date Parks & Rec news.

Follow us on social media



@Boulderparksrec

Drop-in Fitness & Childcare

Drop-In Fitness Schedules: BoulderParks-Rec.org/fitness
Swim Schedules: BoulderColorado.gov/pool-schedules
Gym Schedules: BoulderColorado.gov/gym-schedules
Childcare: BoulderColorado.gov/services/childcare (only available at North facility)

**The pools close at least one-half hour before the center’s closing time. Check the pool schedules before your visit. Recreation center buildings open at least 15 minutes before the pools to allow for changing and showering.*

Public & Alternative Transportation:

Get a jump start on your workout by biking or walking to the facility! Bike racks are located at each entrance, and bus routes are available to each of the recreation facilities and outdoor pools.

Membership & Entry Options

Memberships are valid at all three indoor recreation centers, Scott Carpenter and Spruce pools and the Boulder Reservoir.

| Unlimited Entry Options | | | Daily Entry Options | | |
|---|--------------|-----------|---|----------------------|-----------------|
| MONTHLY UNLIMITED PASS Declined recurring payments will cancel pass at end of billing cycle. Email and credit card required for monthly auto-renewal. | | | SINGLE VISIT Unlimited entry to recreation facilities, pools and Boulder Reservoir. | | |
| | Non-Resident | Resident+ | | Pass Fee | |
| Adult (19–59) | \$87 | \$72 | Adult (19–59) | \$12 | |
| Senior (60+) | \$65 | \$54 | Senior (60+) | \$9 | |
| Youth (3–18) | \$52 | \$43 | Youth (3–18) | \$7 | |
| Household++ | \$139 | \$115 | Group Daily 2 entries maximum 2 adults | \$32 | |
| ANNUAL PASS Paid in full. Non-transferable. 50% off additional annual passes. | | | 10-VISIT PASS No expiration and transferable only between like categories. Maximum 40 punches per passholder. | | |
| Adult (19–59) | \$907 | \$756 | Adult (19–59) | \$114 (NON-RESIDENT) | \$96 (RESIDENT) |
| Senior (60+) | \$680 | \$567 | Senior (60+) | \$85 (NON-RESIDENT) | \$72 (RESIDENT) |
| Youth (3–18) | \$548 | \$453 | Youth (3–18) | \$66 (NON-RESIDENT) | \$56 (RESIDENT) |
| Household++ | \$1,451 | \$1,209 | | | |

Cancellation & Refund Policies:

| | |
|--|------------|
| Class Transfer Policy | Fee |
| ➡ Same day of registration | \$0 |
| ➡ Before 2nd class date, if space is available | \$5 |

| | |
|-------------------------------|------------|
| Class Refund Policy | Fee |
| Pre-registered Classes | |
| ➡ Before 2nd class | \$15 |
| ➡ After 2nd class | No Refund |

| | |
|--|-----------|
| 1 Meeting Pre-registered Classes | |
| ➡ One week prior to class start date | No Refund |
| 2 Meeting Pre-registered Classes | |
| ➡ Before 1st class | \$15 |
| ➡ After 1st class | 50% |

| | |
|---|-----------|
| School Days Off 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 |
| 10-Visit Pass | |
| ➡ Cancellation Fee | \$15 |

| | |
|------------------------------|------|
| Annual Unlimited Pass | |
| ➡ Cancellation Fee | \$25 |

| | |
|---------------------------------------|-----|
| Monthly Unlimited Pass | |
| ➡ Payments stopped upon request. | N/A |

Additional Access Options:

Resident Fee: Rate reflects a discount rate for those who either live, or are paid employees of businesses or organizations, within the city limits of Boulder. If you need help determining your fee status, speak with our team members at any recreation center. Adult proof of residence/worker status required.

Household: Any adults, seniors or youth residing at the same address. Anyone 19 years old and over must provide proof of same address. The Household Pass may not include more than eight members aged 19 or older.

Additional Annual Pass Family Members: First family member pays highest full price; additional family residing at the same address qualify for 50% off. Unlimited Annual Passes only, purchased at the same time. See Household Passes for best value on 3+ member households.

Financial Assistance: Financial aid is available to assist community members living in the city who cannot participate due to financial limitations. To find out more about our financial aid program and to download an application, visit us online at [BoulderParks-Rec.org](#), ask our center staff or call 303-413-7270.

Government & Public Service Discounts: A 15% discount on monthly or annual passes is available to: active military and veterans; local, state and federal government employees and university and school district employees in the city of Boulder. A free, one-time, 90-day pass is available to veterans living or residing in the city of Boulder and discharged after Sept. 11, 2001. Proof of eligibility required.

SilverSneakers®, Silver&Fit®, Renew Active® and One Pass™: For adults over 65, Healthways SilverSneakers® Fitness Pass, Silver&Fit®and Renew Active® and One Pass™ are accepted at all City of Boulder recreation facilities, including all recreation centers, two outdoor pools and the Boulder Reservoir. Eligibility is based on health insurance plan participation, including many Medicare plans.

Online Registration

It’s quick, convenient and easy! Online registration requires an Active® account. Update or create your family account information today!

- ➔ Registration begins at 8:30 a.m. Tuesday, Aug. 5.
- ➔ If you have questions or need to apply a discount, please call 303-413-7270.

For immediate registration confirmation and for popular classes, we recommend online registration. Assistance is available at all facilities.

1. Scan the QR code to the right to create an account and explore courses online.
 - ➔ *Need help? See our FAQs online or call 303-413-7270.*
2. Search for desired class or enter class code.
3. Payment must be completed at the time of registration.
4. Confirmation receipts are emailed upon registration. Please make sure you have a current email on file.



Financial Assistance

Did you know we offer financial aid to assist community members who cannot otherwise participate due to financial limitations?

To find out more about our financial aid programs and how to qualify, visit us online at [BoulderParks-Rec.org/parks-and-recreation-financial-aid-program](#) or call 303-413-7270.



Class & Program Information

Each program or class will be listed in the format detailed below.
(Please note: the class below is an example and is not an actual course offered in the fall catalog.)

1: Course Title

The course title lists the name of the class or program being shown.

2: Course Description

The course description shares a brief introduction or summary of the program.

3: Activity Number

The activity number is a unique registration code. This code should be referenced when registering for classes and programs through Active®.

5: Pricing

The pricing for each program is listed for both Residents (R) and Non-residents (NR). If neither (R) nor (NR) is listed, there is no difference in pricing for residents and non-residents.

Finding the Right Class

The easiest way to make sure you're registering for the right class is to use the Activity Number in the search bar of the online registration system (Active®).

Sample Class: Adult Quidditch

Still awaiting your Hogwarts letter? Join us for a magical and athletic adventure! Stay in shape while having fun with new friends, all while nerding out over your favorite fantasy series. Like soccer, Quidditch is a cardio-heavy endurance sport. Participants will be “flying” around the pitch, tossing a “quaffle” through hoops, dodging “bludgers,” and chasing down the ever-elusive snitch! Witches, Wizards and Muggles are welcome.

12345 7/31–9/1 W: 6:30–8:30 PM Foothills Community Park \$75 (R) / \$90 (NR)

4: Date, Day, Time, Location

The information immediately following the course number shows the dates, day(s) of the week, time and location of the class or program. Recreation Center locations and pools are abbreviated to “North,” “South,” “East,” “Scott Carpenter,” and “Spruce.”

GROUNDWORKS ART LAB



Classes in all studios available now!

Use the QR code to find an outlet for your inner artist today.

Groundworks Art Lab manages the City of Boulder Pottery Lab and provides hands-on art programs for all ages and abilities (including adults!) across three locations in Boulder.

We believe that art is for everyone regardless of financial resources and circumstances. As such, we offer **all of our Youth classes and many of our Adult classes as Pay What You Can**. When registering for one of these classes, you can self-select anywhere between 1-200% of the suggested price. You read that right - you can even pay more to help defer the cost for a fellow student. This helps us create community while you create beautiful art!

Our Glass Studio is now open and accepting registrations! Come check out our offerings in glass fusing, mosaics, slumping, flame work, and more!

Registration is open in all studios now. Visit our website at www.groundworksartlab.org for more details.

Date Nights

Bring a pal, paramour, or partner and forge a deeper connection in one of our studios.

Sampler Classes

New to these art forms and not sure where to start? Try a Sampler in any studio for an easy intro to our art forms.

Level I Classes

Okay, you've tried it, you like it, and you're ready to dig a little deeper. Level I classes are still totally accessible with a bit more depth.

Youth Art Classes

We offer Youth programming in each of our five art forms. All Youth classes are Pay What You Can and available for ages 5-16. Come learn and play in our studios!

Seasonal Family Classes

Fall and winter means holiday season is upon us! We offer seasonal family classes for you and your little ones to make decor, gifts, and so much more!

Now at 3 Locations!

Main Location

3750 Canfield Street, Boulder, CO 80301

Hill Location (Boulder Pottery Lab)

1010 Aurora Avenue, Boulder, CO 80302

East Location

3063 E. Sterling Circle, Boulder, CO 80301



Become a Junior Explorer!

¡Ya disponible en español! Consigue tu copia en cualquiera de nuestros tres centros recreativos.



Boulder Parks and Recreation (BPR) has created an exciting and educational Junior Explorer activity booklet that's perfect for kids ages eight and up who are eager to explore and learn all about what BPR does. From forestry to swimming to the Urban Park Rangers to the Boulder Reservoir and more, this booklet is packed with fun activities!

What's inside?

Engaging activities

Each page is filled with interactive content like coloring pages, crosswords and scavenger hunts, designed to make learning about BPR fun and educational.

Explore BPR

Discover different aspects of BPR! It's a great way for kids to learn about the city's natural environment, our recreation opportunities and the important work across BPR teams.

Let's get started!

Get the booklet

Pick up a Junior Explorer activity booklet from any of our recreation facilities. They will also be available at various city events!

Complete the activities

Have fun completing or coloring each activity page while learning about Boulder's parks, recreation facilities, natural lands and more.

Become an Official Junior Explorer!

If kids complete or color eight out of the 10 activity pages, they can bring their booklet to an Official Junior Explorer Ceremony where they'll receive an Urban Park Ranger badge and a free day pass to a recreation center, good for two people (one child and one parent). The ceremony happens the first Saturday of the month between 10 a.m. and noon at North Boulder Recreation Center.



Aquatics Drop-in Fitness

AquaYoga

M | 8–9 AM | East Boulder Community Center

Aqua yoga provides a supportive environment to improve your flexibility, range of motion and balance. Traditional yoga poses are modified for the pool. Cool down after a morning water workout or start your day with a relaxing yoga session.

Hydrofit Deep

Tu Th | 9–10 AM | North Boulder Recreation Center
M W F | 9–10 AM | East Boulder Community Center

Jump in for a refreshing deep water challenge. Boot camp, interval, circuit, endurance and strength training elements help you improve your cardiovascular fitness, endurance, flexibility and balance with a splash of morning fun and laughter.

Hydrofit Shallow

W F | 8–9 AM | East Boulder Community Center

A great way to start your day! Mix up your morning warm water workouts with a bit of everything. Intervals, circuits, river running, strength training and balance work are combined to give you a fun, varied full-body wake-up workout.

Pre/Postnatal Water Fitness

M | 6–7 PM | North Boulder Recreation Center

Let’s have some fun and stay fit pre and postnatally! Join us for an adjustable intensity aqua fitness class for mamas and mamas-to-be. Designed to increase your cardiovascular resistance as well as tone, condition and strengthen muscles used during pregnancy, birth and recovery.

Fitness & Stroke Improvement

W | 11 AM–12 PM | North Boulder Recreation Center
Th | 7:30–8:30 AM | East Boulder Community Center
Sa | 11:30 AM–12:30 PM | East Boulder Community Center

(Ages: 13+) Improve your swimming for fitness skills. Work with an instructor to set goals and receive feedback! This is an hour long pool class for teens and adults. Participants should be capable of swimming the entire length of the pool to best participate. Maximum class size of six due to space/ instructor limitations.

Check drop-in schedule for
real-time changes and updates:



Swim Lessons

Parent and Tot - 06 to 36 months

Recommended prerequisites: This class is the most entry level swim lesson and is for children 6-36 months. A parent or guardian must accompany the child in the water for the entire lesson. Class focus: We will build strong foundations for your child's swimming and water safety skills in a fun and stress-free environment full of games and songs!

| | | | | |
|-------|-------------|--------------------|------|----------------------|
| 43266 | 9/6–9/27 | Sa: 10:20–10:45 AM | East | \$60 (R) / \$72 (NR) |
| 43267 | 10/4–10/25 | Sa: 10:20–10:45 AM | East | \$60 (R) / \$72 (NR) |
| 43268 | 11/1–11/22 | Sa: 10:20–10:45 AM | East | \$60 (R) / \$72 (NR) |
| 43403 | 9/4–9/25 | Th: 9–9:25 AM | East | \$60 (R) / \$72 (NR) |
| 43404 | 10/2–10/23 | Th: 9–9:25 AM | East | \$60 (R) / \$72 (NR) |
| 43405 | 10/30–11/20 | Th: 9–9:25 AM | East | \$60 (R) / \$72 (NR) |

Preschool 1

Recommended prerequisites: This is the introductory swim class for children who have never taken formal swim lessons. There are no prerequisites for this class. Class focus: This is the first class your child will take without a parent or guardian in the water. Your child will begin building the basics of swimming and water safety skills, while learning to be comfortable in the water. Your child will be introduced to basic swimming skills like submersion, floating and arm and leg actions with the physical assistance of their swim instructor. This class is for children ages 3–5 years.

| Group | | | | | Small Group | | | | |
|-------|-------------|-------------------|-------|------------------------|-------------|-------------|---------------------|-------|------------------------|
| 43254 | 9/6–9/27 | Sa: 9:40–10:05 AM | East | \$60 (R) / \$72 (NR) | 43269 | 9/6–9/27 | Sa: 10:20–10:45 AM | East | \$100 (R) / \$124 (NR) |
| 43255 | 10/4–10/25 | Sa: 9:40–10:05 AM | East | \$60 (R) / \$72 (NR) | 43270 | 10/4–10/25 | Sa: 10:20–10:45 AM | East | \$100 (R) / \$124 (NR) |
| 43256 | 11/1–11/22 | Sa: 9:40–10:05 AM | East | \$60 (R) / \$72 (NR) | 43271 | 11/1–11/22 | Sa: 10:20–10:45 AM | East | \$100 (R) / \$124 (NR) |
| 43307 | 9/3–9/26 | W F: 5–5:25 PM | North | \$120 (R) / \$144 (NR) | 43295 | 9/3–9/26 | W F: 4:20–4:45 PM | North | \$200 (R) / \$248 (NR) |
| 43308 | 10/1–10/24 | W F: 5–5:25 PM | North | \$120 (R) / \$144 (NR) | 43296 | 10/1–10/24 | W F: 4:20–4:45 PM | North | \$200 (R) / \$248 (NR) |
| 43309 | 10/29–11/21 | W F: 5–5:25 PM | North | \$120 (R) / \$144 (NR) | 43297 | 10/29–11/21 | W F: 4:20–4:45 PM | North | \$200 (R) / \$248 (NR) |
| 43373 | 9/2–9/25 | Tu Th: 5–5:25 PM | East | \$120 (R) / \$144 (NR) | 43364 | 9/2–9/25 | Tu Th: 4:20–4:45 PM | East | \$200 (R) / \$248 (NR) |
| 43374 | 9/30–10/23 | Tu Th: 5–5:25 PM | East | \$120 (R) / \$144 (NR) | 43365 | 9/30–10/23 | Tu Th: 4:20–4:45 PM | East | \$200 (R) / \$248 (NR) |
| 43375 | 10/28–11/20 | Tu Th: 5–5:25 PM | East | \$120 (R) / \$144 (NR) | 43366 | 10/28–11/20 | Tu Th: 4:20–4:45 PM | East | \$200 (R) / \$248 (NR) |

Preschool 2

Recommended prerequisites: This class is for children who have passed Preschool 1 or are comfortable working with an instructor in a swim lesson class setting. Class focus: Your child will work on gaining confidence in their basic swimming skills like submersion, floating and arm and leg actions with the physical assistance of their swim instructor. They will be introduced to combining their arm and leg actions to swim front crawl, back crawl and elementary backstroke. This class is for children ages 3–5 years.

| Group | | | | | Small Group | | | | |
|-------|-------------|-------------------|-------|------------------------|-------------|-------------|---------------------|-------|------------------------|
| 43257 | 9/6–9/27 | Sa: 9:40–10:10 AM | East | \$60 (R) / \$72 (NR) | 43272 | 9/6–9/27 | Sa: 10:20–10:50 AM | East | \$100 (R) / \$124 (NR) |
| 43258 | 10/4–10/25 | Sa: 9:40–10:10 AM | East | \$60 (R) / \$72 (NR) | 43273 | 10/4–10/25 | Sa: 10:20–10:50 AM | East | \$100 (R) / \$124 (NR) |
| 43259 | 11/1–11/22 | Sa: 9:40–10:10 AM | East | \$60 (R) / \$72 (NR) | 43274 | 11/1–11/22 | Sa: 10:20–10:50 AM | East | \$100 (R) / \$124 (NR) |
| 43310 | 9/3–9/26 | W F: 5–5:30 PM | North | \$120 (R) / \$144 (NR) | 43298 | 9/3–9/26 | W F: 4:20–4:50 PM | North | \$200 (R) / \$248 (NR) |
| 43311 | 10/1–10/24 | W F: 5–5:30 PM | North | \$120 (R) / \$144 (NR) | 43299 | 10/1–10/24 | W F: 4:20–4:50 PM | North | \$200 (R) / \$248 (NR) |
| 43312 | 10/29–11/21 | W F: 5–5:30 PM | North | \$120 (R) / \$144 (NR) | 43300 | 10/29–11/21 | W F: 4:20–4:50 PM | North | \$200 (R) / \$248 (NR) |
| 43376 | 9/2–9/25 | Tu Th: 5–5:30 PM | East | \$120 (R) / \$144 (NR) | 43367 | 9/2–9/25 | Tu Th: 4:20–4:50 PM | East | \$200 (R) / \$248 (NR) |
| 43377 | 9/30–10/23 | Tu Th: 5–5:30 PM | East | \$120 (R) / \$144 (NR) | 43368 | 9/30–10/23 | Tu Th: 4:20–4:50 PM | East | \$200 (R) / \$248 (NR) |
| 43378 | 10/28–11/20 | Tu Th: 5–5:30 PM | East | \$120 (R) / \$144 (NR) | 43369 | 10/28–11/20 | Tu Th: 4:20–4:50 PM | East | \$200 (R) / \$248 (NR) |

Preschool 3

Recommended prerequisites: This class is for children who have passed Preschool 2 or who can perform floats and glides on the front and back with minimal support. Class focus: Your child will work on building competency in their basic swimming skills like submersion, floating and short distances of front crawl, back crawl and elementary backstroke. They will gradually gain independence from the need for physical support from their instructor. This class is for children ages 3–5 years.

| Group | | | | | Small Group | | | | |
|-------|-------------|-------------------|-------|------------------------|-------------|-------------|---------------------|-------|------------------------|
| 43179 | 9/6–9/27 | Sa: 9–9:30 AM | East | \$60 (R) / \$72 (NR) | 43301 | 9/3–9/26 | W F: 4:20–4:50 PM | North | \$200 (R) / \$248 (NR) |
| 43180 | 10/4–10/25 | Sa: 9–9:30 AM | East | \$60 (R) / \$72 (NR) | 43302 | 10/1–10/24 | W F: 4:20–4:50 PM | North | \$200 (R) / \$248 (NR) |
| 43181 | 11/1–11/22 | Sa: 9–9:30 AM | East | \$60 (R) / \$72 (NR) | 43303 | 10/29–11/21 | W F: 4:20–4:50 PM | North | \$200 (R) / \$248 (NR) |
| 43334 | 9/3–9/26 | W F: 5:40–6:10 PM | North | \$120 (R) / \$144 (NR) | 43370 | 9/2–9/25 | Tu Th: 4:20–4:50 PM | East | \$200 (R) / \$248 (NR) |
| 43335 | 10/1–10/24 | W F: 5:40–6:10 PM | North | \$120 (R) / \$144 (NR) | 43371 | 9/30–10/23 | Tu Th: 4:20–4:50 PM | East | \$200 (R) / \$248 (NR) |
| 43336 | 10/29–11/21 | W F: 5:40–6:10 PM | North | \$120 (R) / \$144 (NR) | 43372 | 10/28–11/20 | Tu Th: 4:20–4:50 PM | East | \$200 (R) / \$248 (NR) |
| 43379 | 9/2–9/25 | Tu Th: 5–5:30 PM | East | \$120 (R) / \$144 (NR) | | | | | |
| 43380 | 9/30–10/23 | Tu Th: 5–5:30 PM | East | \$120 (R) / \$144 (NR) | | | | | |
| 43381 | 10/28–11/20 | Tu Th: 5–5:30 PM | East | \$120 (R) / \$144 (NR) | | | | | |

Level 1

Recommended prerequisites: This is the introductory swim class for children who have never taken formal swim lessons. There are no prerequisites for this class. Class focus: Your child will begin building the basics of swimming and water safety skills while learning to be comfortable in the water. Your child will be introduced to basic swimming skills like submersion, floating and arm and leg actions with the physical assistance of their swim instructor. This class is for children ages 6–12 years.

| Group | | | | | Small Group | | | | |
|-------|-------------|---------------------|-------|------------------------|-------------|-------------|---------------------|-------|------------------------|
| 43182 | 9/6–9/27 | Sa: 9–9:30 AM | East | \$60 (R) / \$72 (NR) | 43278 | 9/6–9/27 | Sa: 11–11:30 AM | East | \$100 (R) / \$124 (NR) |
| 43183 | 10/4–10/25 | Sa: 9–9:30 AM | East | \$60 (R) / \$72 (NR) | 43279 | 10/4–10/25 | Sa: 11–11:30 AM | East | \$100 (R) / \$124 (NR) |
| 43184 | 11/1–11/22 | Sa: 9–9:30 AM | East | \$60 (R) / \$72 (NR) | 43280 | 11/1–11/22 | Sa: 11–11:30 AM | East | \$100 (R) / \$124 (NR) |
| 43337 | 9/3–9/26 | W F: 5:40–6:10 PM | North | \$120 (R) / \$144 (NR) | 43346 | 9/3–9/26 | W F: 6:20–6:50 PM | North | \$200 (R) / \$248 (NR) |
| 43338 | 10/1–10/24 | W F: 5:40–6:10 PM | North | \$120 (R) / \$144 (NR) | 43347 | 10/1–10/24 | W F: 6:20–6:50 PM | North | \$200 (R) / \$248 (NR) |
| 43339 | 10/29–11/21 | W F: 5:40–6:10 PM | North | \$120 (R) / \$144 (NR) | 43348 | 10/29–11/21 | W F: 6:20–6:50 PM | North | \$200 (R) / \$248 (NR) |
| 43382 | 9/2–9/25 | Tu Th: 5:40–6:10 PM | East | \$120 (R) / \$144 (NR) | 43391 | 9/2–9/25 | Tu Th: 6:20–6:50 PM | East | \$200 (R) / \$248 (NR) |
| 43383 | 9/30–10/23 | Tu Th: 5:40–6:10 PM | East | \$120 (R) / \$144 (NR) | 43392 | 9/30–10/23 | Tu Th: 6:20–6:50 PM | East | \$200 (R) / \$248 (NR) |
| 43384 | 10/28–11/20 | Tu Th: 5:40–6:10 PM | East | \$120 (R) / \$144 (NR) | 43393 | 10/28–11/20 | Tu Th: 6:20–6:50 PM | East | \$200 (R) / \$248 (NR) |

Level 2

Recommended prerequisites: This class is for children who have passed Level 1 or are aged out of Preschool at age six or can back float for at least five seconds without support. Class focus: Your child will work on building confidence and competency in their water safety and basic swimming skills like submersion, floating and short distances of front crawl, back crawl and elementary backstroke. This class is for children ages 6–12 years.

| Group | | | | | Small Group | | | | |
|-------|-------------|---------------------|-------|------------------------|-------------|-------------|---------------------|-------|------------------------|
| 43260 | 9/6–9/27 | Sa: 9:40–10:10 AM | East | \$60 (R) / \$72 (NR) | 43281 | 9/6–9/27 | Sa: 11–11:30 AM | East | \$100 (R) / \$124 (NR) |
| 43261 | 10/4–10/25 | Sa: 9:40–10:10 AM | East | \$60 (R) / \$72 (NR) | 43282 | 10/4–10/25 | Sa: 11–11:30 AM | East | \$100 (R) / \$124 (NR) |
| 43262 | 11/1–11/22 | Sa: 9:40–10:10 AM | East | \$60 (R) / \$72 (NR) | 43283 | 11/1–11/22 | Sa: 11–11:30 AM | East | \$100 (R) / \$124 (NR) |
| 43340 | 9/3–9/26 | W F: 5:40–6:10 PM | North | \$120 (R) / \$144 (NR) | 43349 | 9/3–9/26 | W F: 6:20–6:50 PM | North | \$200 (R) / \$248 (NR) |
| 43341 | 10/1–10/24 | W F: 5:40–6:10 PM | North | \$120 (R) / \$144 (NR) | 43350 | 10/1–10/24 | W F: 6:20–6:50 PM | North | \$200 (R) / \$248 (NR) |
| 43342 | 10/29–11/21 | W F: 5:40–6:10 PM | North | \$120 (R) / \$144 (NR) | 43351 | 10/29–11/21 | W F: 6:20–6:50 PM | North | \$200 (R) / \$248 (NR) |
| 43385 | 9/2–9/25 | Tu Th: 5:40–6:10 PM | East | \$120 (R) / \$144 (NR) | 43394 | 9/2–9/25 | Tu Th: 6:20–6:50 PM | East | \$200 (R) / \$248 (NR) |
| 43386 | 9/30–10/23 | Tu Th: 5:40–6:10 PM | East | \$120 (R) / \$144 (NR) | 43395 | 9/30–10/23 | Tu Th: 6:20–6:50 PM | East | \$200 (R) / \$248 (NR) |
| 43387 | 10/28–11/20 | Tu Th: 5:40–6:10 PM | East | \$120 (R) / \$144 (NR) | 43396 | 10/28–11/20 | Tu Th: 6:20–6:50 PM | East | \$200 (R) / \$248 (NR) |

Level 3

Recommended prerequisites: This class is for children who have passed Level 2 or Preschool 3 or who can back float for 15 seconds and swim at least five yards without support. Class focus: Your child will continue building on their water safety skills and refining their basic swimming strokes: front crawl, back crawl and elementary backstroke. They will receive an introduction to dolphin kick and breaststroke kick. This class is for children ages 6–12 years.

| Group | | | | | Small Group | | | | |
|-------|-------------|---------------------|-------|------------------------|-------------|-------------|---------------------|-------|------------------------|
| 43185 | 9/6–9/27 | Sa: 9–9:30 AM | East | \$60 (R) / \$72 (NR) | 43284 | 9/6–9/27 | Sa: 11–11:30 AM | East | \$100 (R) / \$124 (NR) |
| 43186 | 10/4–10/25 | Sa: 9–9:30 AM | East | \$60 (R) / \$72 (NR) | 43285 | 10/4–10/25 | Sa: 11–11:30 AM | East | \$100 (R) / \$124 (NR) |
| 43187 | 11/1–11/22 | Sa: 9–9:30 AM | East | \$60 (R) / \$72 (NR) | 43286 | 11/1–11/22 | Sa: 11–11:30 AM | East | \$100 (R) / \$124 (NR) |
| 43313 | 9/3–9/26 | W F: 5–5:30 PM | North | \$120 (R) / \$144 (NR) | 43352 | 9/3–9/26 | W F: 6:20–6:50 PM | North | \$200 (R) / \$248 (NR) |
| 43314 | 10/1–10/24 | W F: 5–5:30 PM | North | \$120 (R) / \$144 (NR) | 43353 | 10/1–10/24 | W F: 6:20–6:50 PM | North | \$200 (R) / \$248 (NR) |
| 43315 | 10/29–11/21 | W F: 5–5:30 PM | North | \$120 (R) / \$144 (NR) | 43354 | 10/29–11/21 | W F: 6:20–6:50 PM | North | \$200 (R) / \$248 (NR) |
| 43388 | 9/2–9/25 | Tu Th: 5:40–6:10 PM | East | \$120 (R) / \$144 (NR) | 43397 | 9/2–9/25 | Tu Th: 6:20–6:50 PM | East | \$200 (R) / \$248 (NR) |
| 43389 | 9/30–10/23 | Tu Th: 5:40–6:10 PM | East | \$120 (R) / \$144 (NR) | 43398 | 9/30–10/23 | Tu Th: 6:20–6:50 PM | East | \$200 (R) / \$248 (NR) |
| 43390 | 10/28–11/20 | Tu Th: 5:40–6:10 PM | East | \$120 (R) / \$144 (NR) | 43399 | 10/28–11/20 | Tu Th: 6:20–6:50 PM | East | \$200 (R) / \$248 (NR) |

Level 4

Recommended prerequisites: This class is for children who have passed Level 3 or are comfortable swimming 15 yards on their front and back and have an introduction to dolphin and breaststroke kick. Class focus: Your child will continue refining their front crawl, back crawl and elementary backstroke and will build stamina to swim further distances. They will be introduced to butterfly and breaststroke. This class is for children ages 6–12 years. This class is run in the lap pool.

| | | | | |
|-------|-------------|----------------|-------|------------------------|
| 43188 | 9/6–9/27 | Sa: 9–9:30 AM | East | \$60 (R) / \$72 (NR) |
| 43189 | 10/4–10/25 | Sa: 9–9:30 AM | East | \$60 (R) / \$72 (NR) |
| 43190 | 11/1–11/22 | Sa: 9–9:30 AM | East | \$60 (R) / \$72 (NR) |
| 43316 | 9/3–9/26 | W F: 5–5:30 PM | North | \$120 (R) / \$144 (NR) |
| 43317 | 10/1–10/24 | W F: 5–5:30 PM | North | \$120 (R) / \$144 (NR) |
| 43318 | 10/29–11/21 | W F: 5–5:30 PM | North | \$120 (R) / \$144 (NR) |

Level 5

Recommended prerequisites: This class is for children who have passed Level 4 or are confident in swimming an entire 25 yards in front and back crawl and have been introduced to butterfly and breaststroke. Class focus: Your child will work on refining the technique of their swimming strokes and building stamina to swim further distances. They will be introduced to flip turns and compact dives. This class is for children ages 6–12 years. This class is run in the lap pool.

| | | | | |
|-------|-------------|-------------------|-------|------------------------|
| 43263 | 9/6–9/27 | Sa: 9:35–10:15 AM | East | \$80 (R) / \$96 (NR) |
| 43264 | 10/4–10/25 | Sa: 9:35–10:15 AM | East | \$80 (R) / \$96 (NR) |
| 43265 | 11/1–11/22 | Sa: 9:35–10:15 AM | East | \$80 (R) / \$96 (NR) |
| 43343 | 9/3–9/26 | W F: 5:35–6:15 PM | North | \$160 (R) / \$192 (NR) |
| 43344 | 10/1–10/24 | W F: 5:35–6:15 PM | North | \$160 (R) / \$192 (NR) |
| 43345 | 10/29–11/21 | W F: 5:35–6:15 PM | North | \$160 (R) / \$192 (NR) |

Intro Small Group Lessons

Recommended prerequisites: This is the introductory teens and adults swim class. There are no prerequisites for this class. Class focus: This class is for participants who are not comfortable with the aquatic environment or who cannot float or swim without physical support. Participants will learn to be comfortable and confident in the water by gaining basic swimming and water safety skills.

| Teen | | | | | Adult | | | | |
|-------|------------|-----------------|------|------------------------|-------|-------------|--------------------|-------|------------------------|
| 43287 | 9/6–9/27 | Sa: 11–11:30 AM | East | \$100 (R) / \$124 (NR) | 43275 | 9/6–9/27 | Sa: 10:20–10:50 AM | East | \$100 (R) / \$124 (NR) |
| 43288 | 10/4–10/25 | Sa: 11–11:30 AM | East | \$100 (R) / \$124 (NR) | 43276 | 10/4–10/25 | Sa: 10:20–10:50 AM | East | \$100 (R) / \$124 (NR) |
| 43289 | 11/1–11/22 | Sa: 11–11:30 AM | East | \$100 (R) / \$124 (NR) | 43277 | 11/1–11/22 | Sa: 10:20–10:50 AM | East | \$100 (R) / \$124 (NR) |
| | | | | | 43355 | 9/3–9/26 | W F: 6:20–6:50 PM | North | \$200 (R) / \$248 (NR) |
| | | | | | 43356 | 10/1–10/24 | W F: 6:20–6:50 PM | North | \$200 (R) / \$248 (NR) |
| | | | | | 43357 | 10/29–11/21 | W F: 6:20–6:50 PM | North | \$200 (R) / \$248 (NR) |

Advanced Small Group Lessons

Recommended prerequisites: This class is for teens and adults who are confident in swimming at least 25 yards in one or more swim strokes. Class focus: Participants will work on refining stroke techniques and other personal swimming goals.

| Teen | | | | | Adult | | | | |
|-------|-------------|----------------|-------|------------------------|-------|-------------|-------------------|-------|------------------------|
| 43361 | 9/3–9/26 | W F: 7–7:45 PM | North | \$300 (R) / \$372 (NR) | 43304 | 9/3–9/26 | W F: 4:10–4:55 PM | North | \$300 (R) / \$372 (NR) |
| 43362 | 10/1–10/24 | W F: 7–7:45 PM | North | \$300 (R) / \$372 (NR) | 43305 | 10/1–10/24 | W F: 4:10–4:55 PM | North | \$300 (R) / \$372 (NR) |
| 43363 | 10/29–11/21 | W F: 7–7:45 PM | North | \$300 (R) / \$372 (NR) | 43306 | 10/29–11/21 | W F: 4:10–4:55 PM | North | \$300 (R) / \$372 (NR) |

American Red Cross - CPR/AED & First Aid

The American Red Cross First Aid/CPR/AED program provides participants with the knowledge and skills they need to recognize and respond appropriately to cardiac, breathing and first aid emergencies. This course is blended learning. An online component will need to be completed before the first class meeting. The links for the online learning will be sent two weeks before the first in-person class meeting.

| | | | | |
|-------|-------|----------------|------|----------------------|
| 43453 | 12/13 | Sa: 9 AM–12 PM | East | \$80 (R) / \$90 (NR) |
|-------|-------|----------------|------|----------------------|

American Red Cross - Lifeguard Training

Receive classroom learning and hands-on practice as you train to become a lifeguard. Course elements include water and land rescue skills, first aid for injuries and sudden illnesses, spinal injury management, swimmer and facility surveillance and CPR/AED and emergency care. This course includes a certification in American Red Cross Lifeguarding, which is valid for two years. Participants must attend all listed class dates in order to receive certification. This course is blended learning. An online component will need to be completed before the first class meeting. The links for the online learning will be sent two weeks before the first in-person class meeting.

| | | | | |
|-------|-------------|---------------------|-------|------------------------|
| 43449 | 8/30–9/2 | Su Tu Sa: 9 AM–5 PM | North | \$150 (R) / \$175 (NR) |
| 43450 | 10/12–10/14 | Su–Tu: 9 AM–5 PM | South | \$150 (R) / \$175 (NR) |
| 43451 | 11/9–11/11 | Su–Tu: 9 AM–5 PM | South | \$150 (R) / \$175 (NR) |
| 43452 | 12/28–12/30 | Su–Tu: 9 AM–5 PM | South | \$150 (R) / \$175 (NR) |



Stay Safe, Swim Smart: Pool Rules for Everyone

As we prepare for our pool seasons, we want to make sure everyone has a fun, safe and enjoyable time. To keep things running smoothly, we ask all visitors to our pools to follow a few simple rules. These guidelines are in place to protect you, your family and our staff while keeping the pool an inviting space for everyone.

Take a moment to review the rules below and let’s make a splash—responsibly!

- Lifeguards are here to ensure the safety of ALL pool patrons. Parents are ultimately responsible for the safety of their children. Please help us prevent drownings!
- NO glass, including snorkel/scuba masks (a lot have glass lenses) and shattered glass causes pool closures!
- NO alcohol, smoking or vaping on the premises.
- Children under the age of 6 MUST be accompanied by an adult IN THE WATER within arm's reach AT ALL TIMES.
- NO water wings, suits with built in flotation, baby boat rafts or inflatables of any kind. ONLY Coast Guard approved life jackets and puddle jumpers are allowed.
- All children wearing a life jacket or puddle jumper must be accompanied by an adult IN THE WATER regardless of age.
- Patrons MUST be 48 inches tall to ride the slides-NO EXCEPTIONS. Slides are like roller coasters at amusement parks, and are regulated as so.
- Swim tests are REQUIRED for anyone under the age of 12 to use the deep end amenities every visit.
- Entry fee is required for ALL guests whether or not they are swimming.
- Facility will be completely cleared for lightning. Please exit immediately.
- Showering is prohibited during lightning closures.



About the Reservoir

The Boulder Reservoir is a 700-acre, multi-use recreation and water-storage facility, owned and managed by the City of Boulder and operated as a water supply by the Northern Colorado Water Conservancy District. It is used for recreation, drinking water and irrigation. Popular recreation activities at the reservoir include boating, fishing, walking, running, dog walking and wildlife viewing.

Picnics at the Reservoir

We'll do the setup, you just arrive and enjoy!
Picnic reservations available through Oct. 19.

The Boulder Reservoir is a beautiful setting for a summer party. You may reserve picnic areas from May through September. We have several locations available for rent.

Picnic reservations are accepted for private parties only. Ice and charcoal are NOT included with your picnic rental. If the gathering is open to the public and/or admission fees will be assessed by the organizer, please use the citywide special event application process.

Please submit your rental reservation request no less than two weeks prior to the date you would like. Small groups of under 10 who are looking to use public space without canopy setup may do so without a reservation.

Boat Permits are Required

All watercraft, including motor- and human-powered inflatable and hard, are required to have a current City of Boulder, Boulder Reservoir watercraft permit. Watercraft includes stand up paddleboards, kayaks, canoes, inflatable rafts, power boats, sail boats, kite boards, windsurfers etc. No unpermitted craft are allowed to enter the facility.



New Dance Deals for Fall!

All the class options with none of the commitment!

Purchase a single class or five classes and attend any adult dance class that has reached minimum registration requirements. Purchase at the front desk of any recreation center. Punch Passes may also be purchased online. Visit BPRDance.org for more information.

Single Class: \$22

Punch Pass: 5 for \$100
(good for six months)

Fall Dance Promotion:

Sign up for Concert Dance Classes by Sept. 1, 2025 to waive all concert and costume fees (a \$65 value).



Where is the Iris Studio?

The Iris Studio is located at 3198 Broadway in the same parking lot as the North Boulder Recreation Center. The entrance to the dance studio is on the north side of the building up the accessible ramp.

Special Fall Events & Programs!

Hop & Bop - Dance + Gymnastics Combo

A combination of gymnastics and back-to-back classes in the same day! Children experience gymnastics for 25 minutes and a 30-minute dance class. In gymnastics, children explore a combination of basic movement and gymnastic events including tumbling, balance beam, vaulting, pommel horse, rings, trampoline and the foam pit. During dance, children learn a blend of different styles, all focused on fun. They move, groove and giggle while developing gross motor movement skills, learning dance steps and exploring their creativity.

| | | | | |
|-------|------------|-------------------|-------|-----------------------|
| 43145 | 8/19–9/30 | Tu: 9:30–10:30 AM | North | \$91 (R) / \$114 (NR) |
| 43146 | 10/7–11/18 | Tu: 9:30–10:30 AM | North | \$91 (R) / \$114 (NR) |

Back-to-School Dance Bash!

Sample contemporary, jazz and hip-hop in this 3-hour camp made for kids ages 7–10. Explore dance technique, improvisation and choreography in a fun and safe environment. Dancers create their own performance to present to parents on the last day of camp.

| | | | | |
|-------|-----------|-------------------------|-------|------------------------|
| 43044 | 8/18–8/21 | M Tu W Th: 4:30–7:30 PM | South | \$234 (R) / \$293 (NR) |
|-------|-----------|-------------------------|-------|------------------------|



Visit our website for the complete listing of our fall programming:
BPRDance.org

Dance Workshops

Family Line Dancing

Favorite line dances from country, to latin, to worldwide dances. Fun for the whole family. Kids five and under are free!

| | | | | |
|-------|-----------|---------------|------|----------------------|
| 43045 | 9/20–9/20 | Sa: 2–3:30 PM | East | \$12 (R) / \$15 (NR) |
|-------|-----------|---------------|------|----------------------|

Bellydance Workshop with Shireen

Move your entire body with this beautiful, expressive dance art. Enjoy an introduction to (or review of) different rhythms and aspects of the dance, and a fun, new easy-to-learn routine will be taught. Everyone is welcome —no experience is necessary!

| | | | | |
|-------|-----------|----------------|------|----------------------|
| 43047 | 11/8–11/8 | Sa: 12–1:30 PM | East | \$12 (R) / \$15 (NR) |
|-------|-----------|----------------|------|----------------------|

Hula Dance Workshop with Shireen

Experience the rich dance tradition of the Hawaiian islands. Both hula kahiko (ancient style) and hula'auana (contemporary style) will be introduced, and a lovely, new easy-to-learn hula will be taught. Everyone is welcome—no experience is necessary!

| | | | | |
|-------|-------------|----------------|------|----------------------|
| 43048 | 11/15–11/15 | Sa: 12–1:30 PM | East | \$12 (R) / \$15 (NR) |
|-------|-------------|----------------|------|----------------------|

SWING into the Holidays

Ring in the holidays with some swing dancing. This dance is perfect for every holiday occasion! No partner required.

| | | | | |
|-------|-------------|---------------|------|----------------------|
| 43046 | 12/13–12/13 | Sa: 2–3:30 PM | East | \$12 (R) / \$15 (NR) |
|-------|-------------|---------------|------|----------------------|



WINTER SHOWCASE

Dec. 14 | 1 p.m.

East Boulder Community Center

Free Event for Families
Games, Activities and Prizes!

Questions? Email LeslieK@BoulderColorado.gov



Get fit outside!

Check out the new outdoor Fitness Court™!

Whether you're just getting back into fitness or an Outdoor-X Pro, the new outdoor Fitness Court™ at North Boulder Park is free to use and equipped with diverse workout equipment for all ability levels!

North Boulder Park

9th Street & Dellwood Ave | Boulder, CO



**Request your free
orientation now!**

School's Out Again?!

Whether school's out for summer or just for the day, we bring the fun! Days will include a combination of activities such as gym games, arts and crafts and swimming!



Check out this fall semester's School Day Off Camp offerings!

September

Tuesday: 9/2.....#43567

October

Monday: 10/13.....#43568
Tuesday: 10/14.....#43569

November

Monday: 11/24.....#43570
Tuesday: 11/25.....#43571
Wednesday: 11/26.....#43572

December

Monday: 12/29#43573
Tuesday: 12/30#43574

January (2026)

Friday: 1/2#43575
Monday: 1/5#43576

Spots are limited—register online today at [BPRCamps.org](https://bprcamps.org). (Ages 5–11) BPR School Day Off Camps are hosted at East Boulder Community Center: 5660 Sioux Drive, Boulder, CO 80301. Camps run from 8:30 a.m.–3:30 p.m. Price for each day camp is \$70 for residents, \$87 for non-residents. One week prior to camp, guardians will receive a confirmation email from the program coordinator with details about the day and what to bring to camp. After registering, guardians will receive an email from EPACKT about completing the online forms for each camper. Due to state licensing requirements, camper paperwork must be completed before their first day of camp.



What is EXPAND?

EXPAND is BPR's therapeutic recreation program, offering recreation and leisure activities for individuals with disabilities. Our programs are designed to help participants develop and practice life skills, including physical fitness, independence and social engagement. While most EXPAND programs are tailored for individuals with intellectual and/or developmental disabilities, we also provide inclusion support for those interested in general recreation classes. Our mission is to build a community of ALL ABILITIES through recreation. For more information, please contact us, or visit our website at [BPRExand.org](https://bprexand.org).

Water Aerobics

(Ages 14+) Join us in the leisure pool for low-impact cardio and strength training! This class is suitable for every fitness level.
Contact Emily Nelsen at NelsenE@bouldercolorado.gov with questions.

| | | | | |
|-------|-----------|-----------------|------|------------------------|
| 43444 | 9/8–12/15 | M: 4–5 PM | East | \$156 (R) / \$195 (NR) |
| 43445 | 9/8–12/15 | M: 5:15–6:15 PM | East | \$156 (R) / \$195 (NR) |

Twist & Shout (& Sweat it Out)

(Ages 14+) We're going to dance to our favorite songs while getting in a cardio workout! Bring your coolest dance moves and a water bottle!
Contact Emily Nelsen at NelsenE@bouldercolorado.gov.

| | | | | |
|-------|-----------|-----------|------|----------------------|
| 43443 | 9/8–10/20 | M: 4–5 PM | East | \$70 (R) / \$86 (NR) |
|-------|-----------|-----------|------|----------------------|

Line Dancing

(Ages 14+) Howdy, partner! We are gonna use this time to learn some of the coolest dances around that we will have the chance to perform at Winter Fest. Get ready to get down.
Contact Chelsea Cole at ColeC@bouldercolorado.gov.

| | | | | |
|-------|------------|-----------|------|----------------------|
| 43426 | 11/3–12/15 | M: 4–5 PM | East | \$60 (R) / \$75 (NR) |
|-------|------------|-----------|------|----------------------|

Pickleball with the Police

(Ages 14+) The Boulder Police Department is excited to come out and be our pickleball partners this fall. Whether you're a pickleball pro or new to the sport, come play with us. Athletes will be broken up by skill level.
Contact Chelsea Cole at ColeC@bouldercolorado.gov.

| | | | | |
|-------|----------|------------------|-----|----------------------|
| 43430 | 9/2–9/23 | Tu: 4:30–5:30 PM | TBD | \$40 (R) / \$50 (NR) |
|-------|----------|------------------|-----|----------------------|

Youth Flag Football

(Age 8–14) Join us as we learn to play football through different skills and drills!
Contact Meghan Kesling at KeslingM@bouldercolorado.gov.

| | | | | |
|-------|----------|------------------|-------|----------------------|
| 43446 | 9/2–9/23 | Tu: 5:30–6:20 PM | South | \$48 (R) / \$60 (NR) |
|-------|----------|------------------|-------|----------------------|

Special Olympics Flag Football

(Ages 14+) Fall means football! We'll play flag football with our friends with an option to play at the Special Olympics Flag Football Tournament. Must have an up-to-date Athlete Application on file with Special Olympics to compete.
Contact Chelsea Cole at ColeC@bouldercolorado.gov.

| | | | | |
|-------|-----------|------------------|-------|-----------------------|
| 43434 | 9/2–10/21 | Tu: 5:30–6:30 PM | South | \$80 (R) / \$100 (NR) |
|-------|-----------|------------------|-------|-----------------------|

Special Olympics Volleyball

(Ages 14+) It may take a little practice to get the hang of this sport—but that's part of the fun! We will be gearing up for the Special Olympic State tournament. Must have an up-to-date Athlete Application on file with Special Olympics to compete.
Contact Meghan at KeslingM@bouldercolorado.gov.

| | | | | |
|-------|------------|------------------|-------|-----------------------|
| 43436 | 9/30–10/21 | Tu: 4:30–5:30 PM | South | \$80 (R) / \$100 (NR) |
|-------|------------|------------------|-------|-----------------------|

Beginner/ Intermediate Basketball Practice

(Ages 14+) Brush up on skills, learn new drills and practice techniques. This program helps Meghan determine placement for athletes to sign up for beginner, intermediate or advanced league play for the winter basketball league.
Contact Meghan Kesling at KeslingM@bouldercolorado.gov.

| | | | | |
|-------|------------|------------------|------|----------------------|
| 43448 | 11/4–11/18 | Tu: 4:30–5:30 PM | East | \$30 (R) / \$38 (NR) |
|-------|------------|------------------|------|----------------------|

Intermediate/Advanced Basketball Practice

(Ages 14+) Brush up on skills, learn new drills and practice techniques. This program helps Meghan determine placement for athletes to sign up for beginner, intermediate, or advanced league play for the winter basketball league.

Contact Meghan Kesling at KeslingM@bouldercolorado.gov.

| | | | | |
|-------|------------|------------------|------|----------------------|
| 43413 | 11/4–11/25 | Tu: 5:30–6:30 PM | East | \$30 (R) / \$38 (NR) |
|-------|------------|------------------|------|----------------------|

Gym Games

(Ages 14+) Get ready to bring your A-game for a high-energy mix of our favorite gym activities. Each week features a new twist, from classic favorites to fun surprises.

Contact Chelsea Cole at ColeC@bouldercolorado.gov.

| | | | | |
|-------|------------|------------------|------|----------------------|
| 43513 | 12/2–12/16 | Tu: 5:30–6:30 PM | East | \$30 (R) / \$38 (NR) |
|-------|------------|------------------|------|----------------------|

Special Olympics Bowling

(Ages 14+) Participants will have the opportunity to compete in a Special Olympics Bowling tournament (must have an up-to-date Athlete Application to compete). Drop off and pick up will be at the UMC Connection on the CU Campus.

Contact Logan Downey at DowneyL@bouldercolorado.gov.

| | | | | |
|-------|------------|-----------|----|-----------------------|
| 43433 | 9/10–10/22 | W: 5–6 PM | CU | \$98 (R) / \$122 (NR) |
|-------|------------|-----------|----|-----------------------|

Youth Special Olympics Bowling

(Ages 8–14) Participants will have the opportunity to compete in a Special Olympics Bowling tournament. Drop off and pick up will be at the UMC Connection on the CU Campus.

Contact Logan Downey at DowneyL@bouldercolorado.gov.

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|-------|------------|--------------|----|----------------------|
| 43447 | 10/1–10/22 | W: 4–4:50 PM | CU | \$60 (R) / \$75 (NR) |
|-------|------------|--------------|----|----------------------|

Youth Dance

Let's move and groove! We'll will learn a choreographed dance to perform at EXPAND's annual Winter Fest in front of a live audience. This program focuses on movement, coordination and working together as a group. No dance experience required.

Contact Meghan Kesling at KeslingM@bouldercolorado.gov.

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|-------|------------|--------------|------|----------------------|
| 43512 | 11/5–12/17 | W: 4–4:50 PM | East | \$72 (R) / \$90 (NR) |
|-------|------------|--------------|------|----------------------|



The Spirit of Giving

(Ages 14+) This class will be about harnessing our creative energy to make gifts for loved ones and the community to showcase at our annual Winter Fest.

Contact Emily Nelsen at NelsenE@bouldercolorado.gov with questions.

| | | | | |
|-------|------------|-----------|------|----------------------|
| 43442 | 11/5–12/17 | W: 5–6 PM | East | \$72 (R) / \$90 (NR) |
|-------|------------|-----------|------|----------------------|

More Than Notes & Noise

(Ages 14+) Let's make music! A fun beginner music class exploring music and instruments with an opportunity to perform at Winter Fest. No experience necessary.

Contact Logan Downey at DowneyL@bouldercolorado.gov.

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|-------|------------|-----------|------|----------------------|
| 43427 | 11/5–12/17 | W: 6–7 PM | East | \$60 (R) / \$75 (NR) |
|-------|------------|-----------|------|----------------------|

Spinning

(Ages 14+) Come join us for an indoor spin class! We will crank the tunes (and the resistance).

Contact Logan at DowneyL@bouldercolorado.gov

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|-------|-----------|------------------|------|------------------------|
| 43437 | 9/4–12/18 | Th: 3:45–4:30 PM | East | \$112 (R) / \$140 (NR) |
| 43438 | 9/4–12/18 | Th: 4:35–5:20 PM | East | \$112 (R) / \$140 (NR) |

Smile & Stretch

(Ages 14+) Smile and Stretch gives us the space we need to relax, reset and appreciate who we are! We will accomplish this through yoga movements, meditation and breathing strategies.

Contact Chelsea Cole at ColeC@bouldercolorado.gov.

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|-------|-----------|------------------|------|------------------------|
| 43431 | 9/4–12/18 | Th: 4:35–5:20 PM | East | \$112 (R) / \$140 (NR) |
| 43432 | 9/4–12/18 | Th: 5:25–6:10 PM | East | \$112 (R) / \$140 (NR) |

Cardio Drumming

(Ages 14+) Get on your feet and work out to the beat. We will use drum sticks and some bumpin' jams in this fun fall workout.

Contact Chelsea Cole at ColeC@bouldercolorado.gov.

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|-------|-----------|------------------|------|----------------------|
| 43415 | 9/4–10/23 | Th: 5:25–6:10 PM | East | \$64 (R) / \$80 (NR) |
|-------|-----------|------------------|------|----------------------|

Tabata Time

(Ages 14+) A Tabata style workout is exercising hard for 20 seconds and resting for 10 seconds while we listen to some great music!

Contact Emily Nelsen at NelsenE@bouldercolorado.gov.

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|-------|------------|------------------|------|----------------------|
| 43441 | 11/6–12/18 | Th: 5:25–6:10 PM | East | \$48 (R) / \$60 (NR) |
|-------|------------|------------------|------|----------------------|

Chat & Chow

(Ages 14+) Chat and Chow is a social program where you get to eat dinner and catch up with your friends. You bring your dinner, and we bring the conversation topics! No class Nov. 28.

Contact Meghan at KeslingM@bouldercolorado.gov.

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|-------|-----------|---------------|------|------------------------|
| 43416 | 9/4–12/18 | Th: 6:15–7 PM | East | \$112 (R) / \$140 (NR) |
|-------|-----------|---------------|------|------------------------|

Ninjas

(Ages 6-14) This will be a movement class in the gymnastics gym where we will work on body awareness, balance and fitness through jumping on trampolines and playing in foam pits!

Contact Emily Nelsen at NelsenE@bouldercolorado.gov.

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|-------|-----------|-----------------|-------|------------------------|
| 43429 | 9/7–10/19 | Su: 11–11:50 AM | North | \$108 (R) / \$135 (NR) |
|-------|-----------|-----------------|-------|------------------------|

Gymnastics Training

(Ages 14+) This session will focus on fun and conditioning for gymnastics in the spring. It's been a while since we've been in the gym, and we can't wait to get back!

Contact Meghan Kesling at KeslingM@bouldercolorado.gov.

| | | | | |
|-------|------------|-----------------|-------|----------------------|
| 43435 | 11/2–12/14 | Su: 11 AM–12 PM | North | \$72 (R) / \$86 (NR) |
|-------|------------|-----------------|-------|----------------------|

Swim Training Group

(Ages 14+) Training will occur in the lap pool. There may be up to three athletes per lane. You must be able to safely swim the length of the pool with a flotation belt. Special Olympics does NOT hold a meet in the fall, so we will make sure we are training for the spring! This is not a learn to swim program.

Contact Emily Nelsen at NelsenE@bouldercolordado.gov.

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|-------|-----------|-------------------|-------|-----------------------|
| 43439 | 9/7–10/19 | Su: 12:30–1:30 PM | North | \$84 (R) / \$105 (NR) |
| 43440 | 9/7–10/26 | Su: 1:30–2:30 PM | North | \$84 (R) / \$105 (NR) |

Friday Night Programs

Bingo Night

(Ages 18+) B-21 and I-35. Bring your game face out to our bingo night! Contact Chelsea Cole at ColeC@bouldercolorado.gov with questions.

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|-------|------|-----------|-------|----------------------|
| 43414 | 9/26 | F: 6–8 PM | North | \$20 (R) / \$25 (NR) |
|-------|------|-----------|-------|----------------------|

Halloween Party

(Ages 14+) Come gather goblins and ghouls to our Halloween party! We'll have music, dancing, games and a costume contest. It's sure to be a spooktacular event.

Contact Logan Downey at DowneyL@bouldercolorado.gov.

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|-------|-------|-----------|------|----------------------|
| 43425 | 10/24 | F: 6–8 PM | East | \$20 (R) / \$25 (NR) |
|-------|-------|-----------|------|----------------------|

Adult Swim Night

(Ages 22+) An evening to relax in the pool and hang with friends. Contact Chelsea Cole at ColeC@bouldercolorado.gov.

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|-------|-------|-----------|------|----------------------|
| 43515 | 11/14 | F: 6–8 PM | East | \$20 (R) / \$25 (NR) |
|-------|-------|-----------|------|----------------------|

Holiday Movie Night

(Ages 18+) Relax, unwind and enjoy a holiday movie with friends! Contact Chelsea at ColeC@bouldercolorado.gov.

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|-------|-------|-----------|------|----------------------|
| 43428 | 12/12 | F: 6–8 PM | East | \$20 (R) / \$25 (NR) |
|-------|-------|-----------|------|----------------------|

Friday Night Fun - Elementary/Middle School Group

Join us as we make new friends and hang out with old friends through games, swimming and more.

Contact Meghan at KeslingM@bouldercolorado.gov.

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|-------|------|-----------------|------|----------------------|
| 43419 | 9/12 | F: 5:30–7:30 PM | East | \$24 (R) / \$30 (NR) |
| 43420 | 10/3 | F: 5:30–7:30 PM | East | \$24 (R) / \$30 (NR) |
| 43417 | 11/7 | F: 5:30–7:30 PM | East | \$24 (R) / \$30 (NR) |
| 43418 | 12/5 | F: 5:30–7:30 PM | East | \$24 (R) / \$30 (NR) |

Friday Night Fun - High School/Transitions Group

Join us as we make new friends and hang out with old friends through games, swimming and more.

Contact Emily at NelsenE@bouldercolorado.gov.

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|-------|-------|-----------|------|----------------------|
| 43423 | 9/19 | F: 6–8 PM | East | \$20 (R) / \$25 (NR) |
| 43421 | 10/17 | F: 6–8 PM | East | \$20 (R) / \$25 (NR) |
| 43424 | 11/21 | F: 6–8 PM | East | \$20 (R) / \$25 (NR) |
| 43422 | 12/19 | F: 6–8 PM | East | \$20 (R) / \$25 (NR) |



Movement Mentors

(Ages 14+) Movement Mentors offers 1:1 personalized fitness support to help participants with disabilities achieve goals such as improving physical fitness, balance, hand-eye coordination and independence in using the recreation centers. Utilizing recreation center amenities like the weight room, basketball gym, spin bikes and lap pool, our mentors will create a tailored plan to support your fitness journey. Please note that while we are passionate about movement and fitness, our mentors are not certified personal trainers. This program is designed as a 1:1 class. If you'd like to register with a friend to make it a 1:2 class, please have one person register and then email Emily Nelsen to coordinate. If you have any questions, please contact Emily Nelsen, NelsenE@bouldercolorado.gov.

Mondays

| | | | | |
|-------|----------|-----------------|------|------------------------|
| 43516 | 9/8-12/8 | M: 11 AM-12 PM | East | \$360 (R) / \$450 (NR) |
| 43517 | 9/8-12/8 | M: 12-1 PM | East | \$360 (R) / \$450 (NR) |
| 43518 | 9/8-12/8 | M: 2:45-3:45 PM | East | \$360 (R) / \$450 (NR) |

Tuesdays

| | | | | |
|-------|----------|-------------------|-------|------------------------|
| 43522 | 9/9-12/9 | Tu: 9:30-10:30 AM | North | \$360 (R) / \$450 (NR) |
| 43523 | 9/9-12/9 | Tu: 11 AM-12 PM | North | \$360 (R) / \$450 (NR) |
| 43519 | 9/9-12/9 | Tu: 12-1 PM | East | \$360 (R) / \$450 (NR) |
| 43520 | 9/9-12/9 | Tu: 1:30-2:30 PM | East | \$360 (R) / \$450 (NR) |
| 43521 | 9/9-12/9 | Tu: 3-4 PM | East | \$360 (R) / \$450 (NR) |

Wednesdays

| | | | | |
|-------|------------|---------------------|-------|------------------------|
| 43524 | 9/10-12/10 | W: 9:45 AM-10:45 AM | North | \$360 (R) / \$450 (NR) |
| 43525 | 9/10-12/10 | W: 11 AM-12 PM | North | \$360 (R) / \$450 (NR) |
| 43526 | 9/10-12/10 | W: 1-2 PM | North | \$360 (R) / \$450 (NR) |
| 43527 | 9/10-12/10 | W: 2:15 PM-3:15 PM | North | \$360 (R) / \$450 (NR) |

Thursdays

| | | | | |
|-------|------------|-----------------------|------|------------------------|
| 43528 | 9/11-12/11 | Th: 10-11 AM | East | \$360 (R) / \$450 (NR) |
| 43529 | 9/11-12/11 | Th: 11:15 AM-12:15 PM | East | \$360 (R) / \$450 (NR) |
| 43530 | 9/11-12/11 | Th: 12-1 PM | East | \$360 (R) / \$450 (NR) |

Fridays

| | | | | |
|-------|------------|----------------------|------|------------------------|
| 43531 | 9/12-12/12 | F: 10-11 AM | East | \$360 (R) / \$450 (NR) |
| 43532 | 9/12-12/12 | F: 11:15 AM-12:15 PM | East | \$360 (R) / \$450 (NR) |
| 43533 | 9/12-12/12 | F: 12:30-1:30 PM | East | \$360 (R) / \$450 (NR) |

Scholarships & Financial Aid

For more information, please visit our website, [BPRExand.org](https://www.bprexand.org) and scroll down to "Registration, forms, scholarships" or contact Lori Goldman at 303-413-7256 or GoldmanL@bouldercolorado.gov.

EXPAND Third-Party Funding

At this time, EXPAND is unable to accept Medicaid payment. We can accept third-party payments from other places. If you wish to use this option, please contact Lori Goldman at 303-413-7256 or GoldmanL@bouldercolorado.gov.

New Participants

If you are new to EXPAND, please contact us to say hello! We would love to chat and find out a little bit about you so we can set you and our programs up for success. Please [complete our participant information form](#) at [BPRExand.org](https://www.bprexand.org)

Participant Support & Staff Ratios

Our typical ratio of staff to participants is 1:4 for adult programs and 1:3 for youth programs. This will vary depending upon the type of program being offered and the participants registered. If you require additional support above these ratios, please contact the program coordinator. Giving EXPAND a two-week notice allows us to set up the proper supports so everyone can be safe and included in the program.

Inclusion

Boulder Parks and Recreation is committed to supporting people of all abilities in recreation through both specialized and inclusive programs. We strive to exceed the requirements set forth in the Americans with Disabilities Act and to create a welcoming and supportive community. If you require an accommodation, please notify us at least two weeks in advance. For more information, contact Chelsea Cole at 303-441-3416 or ColeC@bouldercolorado.gov.

2ND ANNUAL PLAY BOULDER FOUNDATION

2025 PLAY BOULDER FOUNDATION GOLF TOURNAMENT

SEPTEMBER 12, 2025 | 7 AM - 2 PM
18 HOLE SHOTGUN START AT 8 AM

Get your team together and come along for a day of PLAY and fun at Boulder Parks and Recreation's Flatirons Golf Course!

Foursome Team \$600

What Your Participation Supports:

- Providing scholarships to low-income youth to participate in sports and recreational opportunities through our PLAYpass program.
- Providing youth work and professional development experience in the environmental sector through our Community Forestry Corps.
- Growing and maintaining our urban canopy through the Tree Trust.
- Enhancing Boulder's parks- making them more safe, enjoyable, welcoming, and inclusive.

Your participation in our Golf Tournament, as a sponsor or a player, supports all our programming and allows us to reach more people in need. We hope you'll join us- let's PLAY for a brighter future!

For further questions about teams or sponsorships please contact greta@playboulder.org

REGISTER NOW!

FOUR PERSON SCRAMBLE FORMAT



WWW.PLAYBOULDER.ORG/GOLF-TOURNAMENT





Active Older Adults

SilverSneakers® Fitness for Older Adults & Beyond

Tivity Health SilverSneakers® fitness program is provided at no cost by more than 60 health plans nationwide.

Silver&Fit®

Silver&Fit® is designed specifically to help older adults achieve better health through regular exercise and health education. Silver&Fit® provides eligible members with no-cost or low-cost fitness memberships and older-adult-oriented group exercise classes, through arrangements with certain health plans. Silver&Fit® is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated.

Renew Active® and One Pass™

Designed around you and your goals, Renew Active® and One Pass™ offers access to participating fitness locations, both local and national options and group fitness classes, as well as online brain exercises to keep both your body and mind active—all at no additional cost. United Healthcare’s Renew Active® and One Pass™ is accepted.

SilverSneakers®, Silver&Fit®, Renew Active® and One Pass™

In addition to your membership, as a SilverSneakers®, Silver&Fit® and Renew Active™ member, you can attend all of the scheduled drop-in classes at all three recreation centers (not just SilverSneakers® classes). Schedules are online at [BPRFitness.org](https://www.bprfitness.org). For class information, contact Kaylee Biba at 303-441-3194.

Check Eligibility

Begin working out with your memberships today! Check your eligibility at any of Boulder’s three recreation centers and get started today! Use your memberships at all three recreation centers PLUS two outdoor pools and the Boulder Reservoir!

Older Adult Functional Assessment

The assessment is designed to help older adults (60+) maintain an active and fully functional lifestyle. The functional assessment consists of evaluating cardiovascular conditioning, strength, flexibility and balance. Activity and program recommendations will be given based on the results.

| | | | | |
|-------|-------|-----------|------|----------------------|
| 42840 | 9/3 | W: 2–3 PM | East | \$20 (R) / \$25 (NR) |
| 42841 | 9/17 | W: 2–3 PM | East | \$20 (R) / \$25 (NR) |
| 42842 | 10/1 | W: 2–3 PM | East | \$20 (R) / \$25 (NR) |
| 42843 | 10/15 | W: 2–3 PM | East | \$20 (R) / \$25 (NR) |
| 42844 | 10/29 | W: 2–3 PM | East | \$20 (R) / \$25 (NR) |
| 42845 | 11/12 | W: 2–3 PM | East | \$20 (R) / \$25 (NR) |
| 42867 | 11/26 | W: 2–3 PM | East | \$20 (R) / \$25 (NR) |
| 42868 | 12/10 | W: 2–3 PM | East | \$20 (R) / \$25 (NR) |

Weight Training for Older Adults

Learn safe weight training protocols specifically designed for older adults. Build muscular strength and endurance and improve flexibility, balance and coordination while using free weights and machines in the weight room. Emphasis is on safety, posture, body control and awareness.

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|-------|-------------|--------------------|------|---------------------------|
| 42850 | 9/2–10/23 | Tu Th: 11 AM–12 PM | East | \$272 (R) / \$340 (NR) |
| 42851 | 5/27–6/26 | Tu Th: 2–3 PM | East | \$272 (R) / \$340 (NR) |
| 42852 | 10/28–12/18 | Tu Th: 11 AM–12 PM | East | \$255 (R) / \$318.75 (NR) |
| 42853 | 10/28–12/18 | Tu Th: 2–3 PM | East | \$255 (R) / \$318.75 (NR) |

Cross Training for Endurance Sports

Improve your performance and recovery from endurance sports as you learn exercises to help improve agility, mobility and strength. The class is led by a physical therapist and focuses on strength, stability and core. The class is being held in the EBCC Aerobics Room. No class Oct. 13. You will not be charged for it.

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|-------|------------|-----------------|------|------------------------|
| 42873 | 9/8–10/27 | M: 8:15–9:15 AM | East | \$182 (R) / \$217 (NR) |
| 42874 | 11/3–12/29 | M: 8:15–9:15 AM | East | \$208 (R) / \$248 (NR) |

Group Strength Training

Build muscles and community. Get a full body resistance workout in the weight room— plus a core training routine at the end of each one-hour class. Class meets in the weight room.

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|-------|-------------|---------------------|-------|----------------------------|
| 42834 | 9/2–10/23 | Tu Th: 4:30–5:30 PM | South | \$270 (R) / \$340 (NR) |
| 42835 | 9/2–10/23 | Tu Th: 5:30–6:30 PM | South | \$272 (R) / \$340 (NR) |
| 42836 | 10/28–12/18 | Tu Th: 4:30–5:30 PM | South | \$255 (R) / \$318. 75 (NR) |
| 42837 | 10/28–12/18 | Tu Th: 5:30–6:30 PM | South | \$255 (R) / \$318. 75 (NR) |

Harmonious Sound Bath

Rest, relax and restore. If relaxing or meditating feels difficult, a sound bath offers an effortless way to find calm. This immersive experience involves simply lying down on a mat or sitting in a chair while listening to resonant sounds from gongs and crystal singing bowls. As the tones echo and ripple, you are “bathed” in soothing sound waves that help quiet the mind and relax the body. Yoga mats, bolsters, blankets and chairs will be provided to support your comfort. Instructor: Janna Yost, LCSW, NBC-HWC Holistic Health and Wellbeing Coach.

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|-------|-------------|------------|-------|--------------------------|
| 42838 | 9/13–9/13 | Sa: 1–2 PM | North | \$17 (R) / \$21. 25 (NR) |
| 42862 | 10/25–10/25 | Sa: 1–2 PM | East | \$17 (R) / \$21. 25 (NR) |
| 42864 | 11/15–11/15 | Sa: 1–2 PM | North | \$17 (R) / \$21. 25 (NR) |
| 42865 | 12/6–12/6 | Sa: 1–2 PM | East | \$17 (R) / \$21. 25 (NR) |

Monthly Yoga

Move. Rest. Renew. Monthly yoga to the rescue! Move with energy, and rest with purpose. This guided monthly yoga experience blends energizing movement with restorative rest designed to help you reset, refocus and restore balance in both body and mind. We begin with gentle movement to build strength, mobility and balance, then ease into restful floor poses that encourage deep relaxation. Throughout the practice, conscious breathing supports a calm, mindful state of being.

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|-------|-------------|-----------------|-------|--------------------------|
| 43507 | 9/3–9/3 | W: 5:30–6:30 PM | North | \$17 (R) / \$21. 25 (NR) |
| 43509 | 10/1–10/1 | W: 5:30–6:30 PM | North | \$17 (R) / \$21. 25 (NR) |
| 43510 | 11/12–11/12 | W: 5:30–6:30 PM | North | \$17 (R) / \$21. 25 (NR) |
| 43511 | 12/3–12/3 | W: 5:30–6:30 PM | North | \$17 (R) / \$21. 25 (NR) |

Restorative Yoga

Explore in-depth classic yoga postures individually rather than moving through a flow of postures. We will use yoga props such as blankets, blocks and bolsters to allow us access to all dimensions of the body. Each class finishes with relaxing postures designed to rest, rejuvenate and integrate the body, breath and mind. Suitable for all levels looking for a gentle, mindful class.

| | | | | |
|-------|------------|--------------------|-------|-------------------------------|
| 42846 | 9/6–10/25 | Sa: 10:30–11:45 AM | North | \$170 (R) / \$212 (NR) |
| 42847 | 11/1–12/27 | Sa: 10:30–11:45 AM | North | \$191. 25 (R) / \$238. 5 (NR) |

Strength Training for Bone Health

Boost your bone density and overall strength with this specialized class. Designed for individuals of all ages and fitness levels. This class focuses on exercises that enhance bone health, improve muscle strength and increase joint stability.

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|-------|------------|-------------------|-------|----------------------------|
| 42848 | 9/3–10/29 | W: 10:30–11:30 AM | North | \$153 (R) / \$191. 25 (NR) |
| 42849 | 11/5–12/17 | W: 10:30–11:30 AM | North | \$141 (R) / \$176.45 (NR) |

Winter Sports Conditioning

Winter sports (ski & snowboard) season is upon us. Get ready or simply stay conditioned throughout the season by increasing mobility, muscular strength and balance.

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|-------|------------|-----------|------|------------------------|
| 42871 | 9/4–10/30 | Th: 8–9AM | East | \$234 (R) / \$279 (NR) |
| 42872 | 11/6–12/18 | Th: 8–9AM | East | \$156 (R) / \$186 (NR) |

Women’s Strength & Cardio Circuit

Our women’s circuit workout is designed by a woman for women! It is a series of eight to 10 strength training and cardio exercises repeated two to three times. This full-body workout is efficient, allowing you to work several muscle groups in one workout without burnout. You work one muscle group, then move on to another right away, giving your muscles time to recover between sets while training others.

| | | | | |
|-------|------------|---------------------|-------|----------------------------|
| 42810 | 9/4–10/30 | Tu Th: 8:45–9:45 AM | North | \$289 (R) / \$361. 25 (NR) |
| 42811 | 11/4–12/30 | Tu Th: 8:45–9:45 AM | North | \$272 (R) / \$340 (NR) |

Women’s Weight Room Training (with Chris Hedman)

Specifically designed for women of all ages to find inspiration in numbers with progressive whole-body strength training classes that not only build and maintain muscle, but also improve bone density and balance, help reduce back pain and boost metabolism. This is an intermediate class for women, and previous experience in the weight room is highly recommended.

| | | | | |
|-------|-------------|----------------------|-------|----------------------------|
| 42854 | 9/2–10/23 | Tu Th: 8:30–9:30 AM | North | \$272 (R) / \$340 (NR) |
| 42855 | 9/2–10/23 | Tu Th: 9:30–10:30 AM | North | \$272 (R) / \$340 (NR) |
| 42856 | 10/28–12/18 | Tu Th: 8:30–9:30 AM | North | \$255 (R) / \$318. 75 (NR) |
| 42857 | 10/28–12/18 | Tu Th: 9:30–10:30 AM | North | \$255 (R) / \$318. 75 (NR) |

Women’s Group Weight Training

Specifically designed for women of all ages to find inspiration in numbers, with progressive whole-body strength training classes that not only build and maintain muscle, but also improve bone density, balance, help reduce back pain and boost metabolism. This is an intermediate class for women, and previous experience in the weight room is highly recommended.

| | | | | |
|-------|-------------|---------------------|-------|----------------------------|
| 42858 | 9/2–10/30 | Tu Th: 9AM–10AM | East | \$289 (R) / \$361. 25 (NR) |
| 42869 | 9/4–10/30 | Tu Th: 8:45–9:45 AM | South | \$289 (R) / \$361. 25 (NR) |
| 42870 | 11/4–12/30 | Tu Th: 8:45–9:45 AM | South | \$255 (R) / \$318. 75 (NR) |
| 43332 | 9/8–10/22 | M W: 8:30–9:30 AM | North | \$238 (R) / \$361. 25 (NR) |
| 43333 | 10/27–12/17 | M W: 8:30–9:30 AM | North | \$272 (R) / \$340 (NR) |

Strength Training for Women

Designed by a woman, for women who want to get stronger, together. This class is all about building full-body strength, boosting metabolism, improving bone density & balance, easing body aches and pains and connecting with a supportive, inspiring community.

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|-------|------------|---------------|------|---------------------------|
| 42859 | 11/4–12/18 | Tu Th: 9–10AM | East | \$158 (R) / \$197.50 (NR) |
|-------|------------|---------------|------|---------------------------|

DROP IN & GET FIT

with Boulder Parks & Recreation

Full-Body Fitness

Total-Body Fitness

Strength and cardio become one in this calorie-burning, muscle-toning class. Activate more muscles, strengthen the core and keep the heart rate at an effective training level. Offered at South Boulder Recreation Center only.

Outdoor Bootcamp

Outside in nice weather and inside in bad weather—increase your strength, power, balance, mobility and aerobic capacity. Get your heart pumping and burn calories for hours afterward in only 45 minutes! Offered at East Boulder Community Center only.

Body Sculpt

This cardio strength-building workout uses body weight, resistance bands and dumbbells to gain definition and strengthen the whole body. Modifications will be available, and every skill level is welcome. Offered at North Boulder Recreation Center and East Boulder Community Center.

Step & Sculpt

Take your cardio training to the next level with energetic music and step choreography. Thirty minutes of cardio mixed with strength training and abdominal work will keep you at a steady aerobic state while gaining lean muscle. Offered at South Boulder Recreation Center only.

Step Cardio

Take your cardio training to the next level with energetic music and step choreography. This training will keep you at a steady aerobic state while gaining lean muscle. Offered at East Boulder Community Center only.

Pilates Mat

Strengthen and balance core muscle groups, developing great flexibility, strength, concentration, coordination and control through this non-impact class. Increase your awareness of functional body mechanics with the intention of building a stronger you. Offered at East Boulder Community Center only.

Cardio Sculpt

Class includes a steady aerobic-state workout designed to take your cardio training to the next level. Class will keep you moving and strengthen your fitness level. Class includes at least 30-minutes of cardio movement along with strength and abdominal work and cool down stretching. Offered at the South Boulder Recreation Center only.

Yoga

Chair Yoga & Balance

Through use of a chair, practice seated and standing postures that improve breath, balance, strength and flexibility. Offered at East Boulder Community Center only.

Yoga Flow

Honor your mind-body connection in this all-level class while focusing on strength building, balance and breath per movement. Offered at all three recreation centers.

Yin Yoga

Gain mobility in your joints through floor poses with longer relaxed holds to deeply stretch. Leave with greater ease, comfort and flexibility in all your activities. Offered at North Boulder Recreation Center and East Boulder Community Center.

Kaiut Yoga

Address the challenges of our modern lifestyle and counter the effects of aging. Improve joint health and general vitality. All levels welcome. Offered at North Boulder Recreation Center only.

Gentle Yoga

Experience a slower-paced, meditative class. Learn breathing techniques, warmups and yoga poses for strength, flexibility, coordination and balance. Offered at South Boulder Recreation Center only.

Flow Yin Yoga

Wow, what a great combo! The beautiful challenges of a solid Flow (Vinyasa) class teamed with the nourishing, meditative attention to the joints of a Yin class. This class begins with Flow followed by a winding down of Yin. Offered at East Boulder Community Center only.

Indoor Cycling

Cycle, Strength & Stretch

Combine the cardio blast of cycle, strength, core work and stretching rolled into one action-packed hour. Offered at North Boulder Recreation Center only.

The Ride —Indoor Cycling

This high-energy class will burn calories as it builds endurance. Your instructor will lead you up over hills, into valleys and over peaks and plateaus. This is a fast, efficient, overall calorie burner! Offered at North Boulder Recreation Center and East Boulder Community Center.

Barre Fitness

Barre Fusion/Barre

Strengthen, tone and balance the entire body. Each class includes several highly effective sequences of toning and resistance exercises with an emphasis on the core, arms, glutes and thighs. Offered at both North and South Boulder Recreation Centers.

Barre Foundations

Safely and slowly discover different techniques to help you feel the benefits of a full-body barre workout. Small, low-impact movements strengthen and tone your whole body. Offered at East Boulder Community Center only.

Active Older Adults

Fit & Strong / SS BOOM

Aging well doesn't have to be boring! Improve cardiovascular fitness, muscular strength, flexibility and balance with low-impact movements. All levels welcome. Offered at all three recreation centers.

Silver Sneakers® Classic

Increase muscle strength and range of movement while improving activities of daily living. You'll have a chair for seated exercises and standing. Your instructor can modify exercises for your fitness level. Offered at East Boulder Community Center only.

Zumba Gold™

Zumba Gold™ is perfect for active older adults or people who are new to Zumba™ and want a gentler workout. Take a musical trip around the world with easy-to-follow choreography that focuses on balance, range of motion, flexibility and coordination. No dance background required. Offered at East Boulder Community Center only.

Dance Fitness

Joy of Movement Dance Fitness

Enjoy low-impact, energetic and easy-to-follow dance routines with music from around the world. Improve flexibility, agility, balance and strength in a fun and friendly environment. Offered at East Boulder Community Center only.

Yoga Dance Fusion

Warm up with yoga and breath work, then slip into rhythmic movements that progress naturally into fun, energetic and easy-to-follow dance, finishing with a stretch and cooldown on the floor. Offered at North Boulder Recreation Center only.

Nia

Low-impact dance fitness combining movements from dance, martial arts (including Tai Chi) and yoga. Appropriate for all fitness levels. Offered at North Boulder Recreation Center and East Boulder Community Center.

LaBlast

Experience and learn a diverse mix of famous ballroom dances set to your favorite music—everything from pop and rock to hip-hop and country. This partner-free dance fitness workout seen on ABC's "Dancing with the Stars" is for any fitness/dance level. Offered at South Boulder Recreation Center only.

Zumba

Take a musical trip around the world with easy-to-follow choreography that focuses on balance, range of motion, flexibility and coordination. No dance background required. Offered at North Boulder Recreation Center only.

Holistic Wellness

Stretching 101

Learn whole-body stretching techniques that will make you feel better in the simplest way. This is not yoga; it's just stretching. Offered at South Boulder Recreation Center only.

With 100+ drop-in fitness classes each week, we encourage you to find your favorites! Each class is led by a certified instructor. Join a class for structure, variety and fun. Be a part of our Fitness and Wellness community by visiting BPRFitness.org for schedules, policies and more information.

Classes provide a supportive community for all fitness levels ages 12 and up. Try a class today!

Private Training Sessions with a Nationally Certified Coach!

To view trainer bios and request a personal training session, visit BPRFitness.org and submit the session request form. Personal training paperwork and payment must be received prior to starting your exercise program. A 24-hour cancellation is required, or you will be charged for your session. To cancel, please contact your trainer directly.

Private Personal Training

Have a nationally certified fitness professional design a results-driven program with you to achieve your personal health and fitness goals. The initial "Get Started" appointment is 90 minutes and includes a consultation with optional cardiovascular, muscle strength and flexibility assessments. This is required for all new personal training clients. All follow-up appointments are 60 minutes in length.

Initial Get Started appointment (required for new clients)
\$81 (90 minutes, includes consultation and assessment)
Follow-up appointments (60 minutes in length)

- ➔ 1 session \$67
- ➔ 3 sessions \$192
- ➔ 6 sessions \$373
- ➔ 12 sessions \$726

Semi-Private Training (Two Individuals)

Initial Get Started appointment (90 minutes for two individuals)

\$94 (includes consultation and assessment)
Follow-up appointments (60 minutes for two individuals)

- ➔ 1 session \$78
- ➔ 3 sessions \$224
- ➔ 6 sessions \$436
- ➔ 12 sessions \$847

Fitness Assessment & Consultation

This initial fitness assessment and consultation includes a series of fitness tests and a review of results that help determine your current fitness level and provide a baseline with which to chart your progress. After the assessment, your trainer will review your results and provide resources to help you set and achieve your fitness goals. Assessments will last 30-45 minutes.

➔ Cost: \$34

Running Assessment

Led by a physical therapist and intended for the uninjured runner looking to improve running form and performance. This 90-minute, one-on-one session will include an analysis of running form and cadence and evaluation of strength and flexibility crucial for running. Receive an individualized exercise plan to improve form and address specific areas of weakness in muscular strength and flexibility.

Cost: \$96

Nutrition Coaching "Get Started"

Kickstart your nutrition with this four-session intro package to achieve all your health and fitness goals! A 60-minute initial session and three 30-minute follow-up sessions are scheduled every two weeks with your coach. Follow-up sessions must be used within six weeks of your initial session. Choose virtual or in-person. All sessions and packages are non-transferable and expire one year from date of purchase.

Get Started (four sessions) | \$208

Nutrition Coaching

Work with a nationally certified nutrition coach who can help you optimize your health and well-being. A coach will help you create an individualized plan to achieve your health and nutrition goals. Plans can include instruction on planning, selecting and preparing nutritious foods for optimal performance, healthy families or disease prevention and management. To view nutrition coaching bios and request a coaching session, visit BPRFitness.org and submit the request form.

- ➔ 1 session \$81
- ➔ 3 sessions \$230
- ➔ 6 sessions \$448

Four-Week Nutrition/Training Combo Pack

Work with our nationally certified nutrition coaches and personal trainers to kick-start and succeed in your new routine. Whether you are new to exercise, want to learn to build healthy habits or maximize your performance, this customized four-week program can help you achieve your nutrition and fitness goals.

This program includes access to weekly one-on-one nutrition coaching sessions and personal fitness training coaching sessions over the course of four weeks.

➔ Cost: \$344



Fill out our private session request form to get started.



Weight Room & Cardio Equipment Orientations

Youth Weight Room Orientation

All youth aged 12 and 13 must complete a personal trainer led 30-minute weight room orientation to use the weight room and cardio area with a recommended, but not required, chaperone. No one under the age of 12 is allowed in the weight room or cardio area. Youth aged 14+ are not required to take the orientation, but it is still recommended. These 30-minute orientations provide an opportunity to teach youth how to use the weight room and cardio equipment safely and learn weight training policies and protocols. Following the orientation, a note is put on the account of the member for use of the equipment.

Adult Weight Room Orientation

These 30-minute orientations provide an opportunity to teach members how to use the weight room equipment safely and learn weight training policies and protocols. Following the orientation, members will have the knowledge and tools to safely and effectively utilize our weight and cardio equipment on their own to achieve their fitness goals.

Personal Training & Nutrition Policies

If a client cancels more than 24 hours prior to the lesson, they will have the opportunity to reschedule the personal training session and will not be charged. However, if the client cancels the session within 24 hours, or a client does not arrive for the lesson within 15 minutes of the start time, they may be charged for that session. All sessions expire one year from purchase date and are non-transferable. Refunds per coordinator discretion only.

Disclaimer: The information provided during a nutrition consult is not intended or implied to be a substitute for medical advice, diagnosis or treatment from your physician. Neither registered dietitians nor nutrition coaches make medical diagnoses.



2 Year Olds

Introduce your child to gymnastics in our structured two-year-old class that is also perfect for three-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.

| | | | | |
|-------|------------|--------------------|-------|--------------------------|
| 43064 | 8/19–11/18 | Tu: 9:30–10:15 AM | North | \$346.5 (R) / \$434 (NR) |
| 43065 | 8/19–11/18 | Tu: 10:30–11:15 AM | North | \$346.5 (R) / \$434 (NR) |
| 43066 | 8/20–11/19 | W: 9:30–10:15 AM | North | \$346.5 (R) / \$434 (NR) |
| 43067 | 8/20–11/19 | W: 10:30–11:15 AM | North | \$346.5 (R) / \$434 (NR) |
| 43068 | 8/21–11/20 | Th: 9:30–10:15 AM | North | \$346.5 (R) / \$434 (NR) |
| 43069 | 8/21–11/20 | Th: 10:30–11:15 AM | North | \$346.5 (R) / \$434 (NR) |
| 43070 | 8/22–11/21 | F: 9:30–10:15 AM | North | \$346.5 (R) / \$434 (NR) |
| 43071 | 8/22–11/21 | F: 10:30–11:15 AM | North | \$346.5 (R) / \$434 (NR) |
| 43072 | 8/23–11/15 | Sa: 9–9:45 AM | North | \$297 (R) / \$372 (NR) |
| 43073 | 8/23–11/15 | Sa: 10–10:45 AM | North | \$297 (R) / \$372 (NR) |
| 43074 | 8/24–11/16 | Su: 9–9:45 AM | North | \$297 (R) / \$372 (NR) |
| 43075 | 8/24–11/16 | Su: 10–10:45 AM | North | \$297 (R) / \$372 (NR) |

3 & 4 Year Olds

Join our preschool program to explore a combination of basic movement and gymnastics events that will help your child build strong foundations for gymnastics, other sports and lifelong skills. All skills and equipment are scaled down to accommodate children's size and ability. Children attend independent of their parents.

| | | | | |
|-------|------------|--------------------|-------|---------------------------|
| 43076 | 8/18–11/17 | M: 3:15–4 PM | North | \$321.75 (R) / \$403 (NR) |
| 43077 | 8/18–11/17 | M: 4:15–5 PM | North | \$321.75 (R) / \$403 (NR) |
| 43078 | 8/19–11/18 | Tu: 9:30–10:15 AM | North | \$346.5 (R) / \$434 (NR) |
| 43079 | 8/19–11/18 | Tu: 10:30–11:15 AM | North | \$346.5 (R) / \$434 (NR) |
| 43080 | 8/19–11/18 | Tu: 4:40–5:25 PM | North | \$346.5 (R) / \$434 (NR) |
| 43081 | 8/19–11/18 | Tu: 5:35–6:20 PM | North | \$346.5 (R) / \$434 (NR) |
| 43082 | 8/20–11/19 | W: 9:30–10:15 AM | North | \$346.5 (R) / \$434 (NR) |
| 43083 | 8/20–11/19 | W: 10:30–11:15 AM | North | \$346.5 (R) / \$434 (NR) |
| 43084 | 8/21–11/20 | Th: 9:30–10:15 AM | North | \$346.5 (R) / \$434 (NR) |
| 43085 | 8/21–11/20 | Th: 10:30–11:15 AM | North | \$346.5 (R) / \$434 (NR) |
| 43086 | 8/21–11/20 | Th: 4:40–5:25 PM | North | \$346.5 (R) / \$434 (NR) |
| 43087 | 8/21–11/20 | Th: 5:35–6:20 PM | North | \$346.5 (R) / \$434 (NR) |
| 43088 | 8/22–11/21 | F: 9:30–10:15 AM | North | \$346.5 (R) / \$434 (NR) |
| 43089 | 8/22–11/21 | F: 10:30–11:15 AM | North | \$346.5 (R) / \$434 (NR) |
| 43090 | 8/23–11/15 | Sa: 9–9:45 AM | North | \$297 (R) / \$372 (NR) |
| 43091 | 8/23–11/15 | Sa: 10–10:45 AM | North | \$297 (R) / \$372 (NR) |
| 43092 | 8/24–11/16 | Su: 9–9:45 AM | North | \$297 (R) / \$372 (NR) |
| 43093 | 8/24–11/16 | Su: 10–10:45 AM | North | \$297 (R) / \$372 (NR) |

5 & 6 Year Olds

Join our preschool program to explore a combination of basic movement and gymnastics events that will help your child build strong foundations for gymnastics, other sports and lifelong skills. All skills and equipment are scaled down to accommodate children's size and ability. Children attend independent of their parents.

| | | | | |
|-------|------------|--------------------|-------|---------------------------|
| 43094 | 8/18–11/17 | M: 3:15–4 PM | North | \$321.75 (R) / \$403 (NR) |
| 43095 | 8/18–11/17 | M: 4:15–5 PM | North | \$321.75 (R) / \$403 (NR) |
| 43096 | 8/19–11/18 | Tu: 9:30–10:15 AM | North | \$346.5 (R) / \$434 (NR) |
| 43097 | 8/19–11/18 | Tu: 10:30–11:15 AM | North | \$346.5 (R) / \$434 (NR) |
| 43098 | 8/19–11/18 | Tu: 4:40–5:25 PM | North | \$346.5 (R) / \$434 (NR) |
| 43099 | 8/19–11/18 | Tu: 5:35–6:20 PM | North | \$346.5 (R) / \$434 (NR) |
| 43100 | 8/20–11/19 | W: 9:30–10:15 AM | North | \$346.5 (R) / \$434 (NR) |
| 43101 | 8/20–11/19 | W: 10:30–11:15 AM | North | \$346.5 (R) / \$434 (NR) |
| 43102 | 8/21–11/20 | Th: 9:30–10:15 AM | North | \$346.5 (R) / \$434 (NR) |
| 43103 | 8/21–11/20 | Th: 10:30–11:15 AM | North | \$346.5 (R) / \$434 (NR) |
| 43104 | 8/21–11/20 | Th: 4:40–5:25 PM | North | \$346.5 (R) / \$434 (NR) |
| 43105 | 8/21–11/20 | Th: 5:35–6:20 PM | North | \$346.5 (R) / \$434 (NR) |
| 43106 | 8/22–11/21 | F: 9:30–10:15 AM | North | \$346.5 (R) / \$434 (NR) |
| 43107 | 8/22–11/21 | F: 10:30–11:15 AM | North | \$346.5 (R) / \$434 (NR) |
| 43108 | 8/23–11/15 | Sa: 9–9:45 AM | North | \$297 (R) / \$372 (NR) |
| 43109 | 8/23–11/15 | Sa: 10–10:45 AM | North | \$297 (R) / \$372 (NR) |
| 43110 | 8/24–11/16 | Su: 9–9:45 AM | North | \$297 (R) / \$372 (NR) |
| 43111 | 8/24–11/16 | Su: 10–10:45 AM | North | \$297 (R) / \$372 (NR) |

Ages 6.5 - 10.5 Girls Developmental

Introductory, all inclusive and fun gymnastics experience. Students will participate in a range of gymnastics activities and learn the foundations of safe gymnastics training. In this supportive environment, students will be introduced to skills on vault, bars, balance beam, floor and trampoline. Athletes will be split by age and ability dependent on enrollment.

| | | | | |
|-------|------------|------------------|-------|---------------------------|
| 43119 | 8/18–11/17 | M: 4–5 PM | North | \$321.75 (R) / \$403 (NR) |
| 43120 | 8/19–11/18 | Tu: 4:30–5:30 PM | North | \$346.5 (R) / \$434 (NR) |
| 43121 | 8/19–11/18 | Tu: 5:40–6:40 PM | North | \$346.5 (R) / \$434 (NR) |
| 43122 | 8/21–11/20 | Th: 4:30–5:30 PM | North | \$346.5 (R) / \$434 (NR) |
| 43123 | 8/21–11/20 | Th: 5:40–6:40 PM | North | \$346.5 (R) / \$434 (NR) |
| 43124 | 8/23–11/15 | Sa: 9–10 AM | North | \$297 (R) / \$372 (NR) |
| 43125 | 8/23–11/15 | Sa: 10–11 AM | North | \$297 (R) / \$372 (NR) |
| 43126 | 8/24–11/16 | Su: 9–10 AM | North | \$297 (R) / \$372 (NR) |
| 43127 | 8/24–11/16 | Su: 10–11 AM | North | \$297 (R) / \$372 (NR) |

Ages 10.5 - 13 Girls Fly High Non-Competitive

This class meets twice a week as a non-competitive class for athletes who are 10.5 to 13 years old. We will help your athlete develop more advanced gymnastics skills, flexibility and strength with the added social benefits of being in a group with similar age friends. The athletes in this class will have opportunities to work on individual skill goals. We emphasize a fun approach to learning, and strive to keep play and joy in the gymnastics environment—this sport is fun!

Fly High Plus

| | | | | |
|-------|------------|---------------------|-------|------------------------|
| 43116 | 8/19–11/20 | Tu Th: 5:40–6:40 PM | North | \$693 (R) / \$868 (NR) |
|-------|------------|---------------------|-------|------------------------|

Fly High Thursday

| | | | | |
|-------|------------|------------------|-------|--------------------------|
| 43117 | 8/21–11/20 | Th: 5:40–6:40 PM | North | \$346.5 (R) / \$434 (NR) |
|-------|------------|------------------|-------|--------------------------|

Fly High Tuesday

| | | | | |
|-------|------------|------------------|-------|--------------------------|
| 43118 | 8/19–11/18 | Tu: 5:40–6:40 PM | North | \$346.5 (R) / \$434 (NR) |
|-------|------------|------------------|-------|--------------------------|

Ages 7+ Co-ed Ninjas

Co-ed Ninjas is an introductory, all inclusive and fun gymnastics experience. Students will participate in a range of gymnastics activities and learn the foundations of safe gymnastics training. We will partner gymnastics foundations with a ninja-style curriculum, fostering a playful environment where students can burn energy, overcome obstacles, learn gymnastics and develop skills and coordination.

| | | | | |
|-------|------------|------------------|-------|---------------------------|
| 43128 | 8/18–11/17 | M: 4–5 PM | North | \$321.75 (R) / \$403 (NR) |
| 43129 | 8/19–11/18 | Tu: 4:30–5:30 PM | North | \$346.5 (R) / \$434 (NR) |
| 43131 | 8/21–11/20 | Th: 4:30–5:30 PM | North | \$346.5 (R) / \$434 (NR) |
| 43133 | 8/23–11/15 | Sa: 9–10 AM | North | \$321.75 (R) / \$403 (NR) |
| 43134 | 8/23–11/15 | Sa: 10–11 AM | North | \$321.75 (R) / \$403 (NR) |
| 43135 | 8/24–11/16 | Su: 9–10 AM | North | \$321.75 (R) / \$403 (NR) |
| 43136 | 8/24–11/16 | Su: 10–11 AM | North | \$321.75 (R) / \$403 (NR) |

Flip & Dip

The class is a combination of gymnastics and swim lessons. Participants will get both classes back-to-back in the same day. Classes start in gymnastics for 25 minutes followed by five minutes to walk to the pool for a 30-minute preschool swim lesson. In gymnastics, children will explore a combination of basic movement and gymnastic events including tumbling, balance beam, vaulting, pommel horse, rings, trampoline and the foam pit. During the swim lesson, children will learn both basic water skills (floating, kicking and water safety) and advanced skills (front crawl, back crawl and elementary back crawl) depending on ability.

| | | | | |
|-------|------------|------------------|-------|--------------------------|
| 43171 | 8/20–9/24 | W: 9:30–10:30 AM | North | \$150 (R) / \$187.5 (NR) |
| 43137 | 10/1–11/19 | W: 9:30–10:30 AM | North | \$200 (R) / \$250 (NR) |

Pre-Team

Does your athlete have goals to make the gymnastics team? This two-day pre-team program will help your athlete develop the needed skills, flexibility, strength and coachability to promote to our team program. This class is by INVITATION ONLY. Athletes who are invited to join this two-day, more intensive developmental gymnastics class will be expected to be committed to their attendance, listen to their instructors and work hard in class! We will always emphasize a fun approach to learning and strive to keep play and joy in the gymnastics environment—this sport is fun!

Boys

| | | | | |
|-------|------------|------------------|-------|--------------------------|
| 43138 | 8/19–11/20 | Tu Th: 5:45–7 PM | North | \$724 (R) / \$926.8 (NR) |
|-------|------------|------------------|-------|--------------------------|

Girls

| | | | | |
|-------|------------|------------------|-------|--------------------------|
| 43139 | 8/19–11/20 | Tu Th: 6:45–8 PM | North | \$742 (R) / \$926.8 (NR) |
|-------|------------|------------------|-------|--------------------------|

Team Prep - Future Flyers

This one-day team preparation program will help your athlete develop the needed skills: flexibility, strength and coachability to promote to our team program. This class is by INVITATION ONLY. Athletes who are invited to join this one-day, more intensive developmental gymnastics class will be expected to be committed to their attendance, listen to their instructors and work hard in class! We will always emphasize a fun approach to learning and strive to keep play and joy in the gymnastics environment—this sport is fun!

Girls Future Flyers

| | | | | |
|-------|------------|--------------|-------|------------------------|
| 43140 | 8/20–11/19 | W: 4–5:30 PM | North | \$455 (R) / \$567 (NR) |
|-------|------------|--------------|-------|------------------------|

Boys Future Flyers 1

| | | | | |
|-------|------------|--------------|-------|------------------------|
| 43141 | 8/20–11/19 | W: 4–5:30 PM | North | \$455 (R) / \$567 (NR) |
|-------|------------|--------------|-------|------------------------|

Boys Future Flyers 2

| | | | | |
|-------|------------|--------------------|-------|---------------------------|
| 43142 | 8/18–11/20 | M Th: 5:30–6:30 PM | North | \$668.25 (R) / \$837 (NR) |
|-------|------------|--------------------|-------|---------------------------|





Flip, jump, play & stretch
your way to a healthier,
stronger you!

Gymnastics isn't just for kids—it's a fantastic way for adults to stay active, learn new skills and have fun, too. We'll meet you where you're at: from basic stretches or getting air on the trampoline to advanced skills.

Check out the options and choose the best one for you!

Adult Gymnastics Classes

August

| | | | | |
|-------|----------|------------------|-------|----------------------|
| 43157 | 8/7–8/28 | Th: 12–1 PM | North | \$60 (R) / \$75 (NR) |
| 43156 | 8/5–8/26 | Tu: 7:45–8:45 PM | North | \$60 (R) / \$75 (NR) |

September

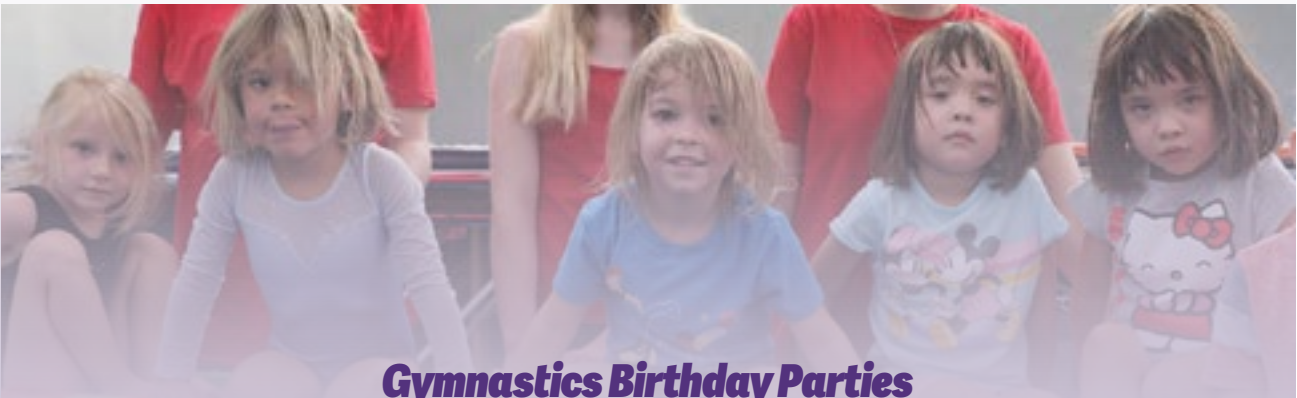
| | | | | |
|-------|----------|------------------|-------|------------------------|
| 43113 | 9/4–9/25 | Th: 12–1 PM | North | \$80 (R) / \$100 (NR) |
| 43112 | 9/2–9/30 | Tu: 7:45–8:45 PM | North | \$100 (R) / \$125 (NR) |

October

| | | | | |
|---------|------------|------------------|-------|------------------------|
| 4 43115 | 10/2–10/30 | Th: 12–1 PM | North | \$100 (R) / \$125 (NR) |
| 3114 | 10/7–10/28 | Tu: 7:45–8:45 PM | North | \$80 (R) / \$100 (NR) |

November

| | | | | |
|-------|------------|------------------|-------|----------------------|
| 43159 | 11/6–11/20 | Th: 12–1 PM | North | \$60 (R) / \$75 (NR) |
| 43158 | 11/4–11/18 | Tu: 7:45–8:45 PM | North | \$60 (R) / \$75 (NR) |



Gymnastics Birthday Parties

Send your invites, order your cake and let us provide a great space for your child's next celebration. View our party packages and options below:

| Gymnastics Birthday Party Packages | | | | |
|------------------------------------|-------|--|-------------|--------------|
| Package | Cost | Guests | Time in Gym | Time in Room |
| Basic Party Package | \$325 | Up to 15 children \$10 per guest after 15 | 1 hour | 1 hour |
| Premier Party Package | \$395 | Up to 20 children \$10 per guest after 20 | 1.5 hours | 1 hour |

Class Reminders

- ➔ Please review your registration confirmation receipt for important dates and information before the first class.
- ➔ Ensure your athlete(s) have an updated email address and phone number on their online account, as this is essential for communication.
- ➔ Participants should wear comfortable clothing that allows them to move freely and go upside down.
- ➔ Please no shoes, socks, large earrings, necklaces, bracelets or watches.
- ➔ Long hair must be securely tied back.
- ➔ Cubby holes are available for shoes, water bottles and other personal items.
- ➔ Make-up classes are not available for missed sessions.

Friend Requests

If your child would like to be with a friend, please email Coach Cindy at FerrariC@bouldercolorado.gov THE DAY YOU REGISTER YOUR ATHLETE. We will try our best, but cannot guarantee that all friend requests will be accommodated.

Open Gyms

Open gym is time for practice and play in the North Boulder Gymnastics Facility. Coaches are available to supervise, and may be able to spot or aid in participants' use of equipment as they are available. Open gym costs and updates can be found on our website: BoulderColorado.gov/gymnastics.

Public Open Gym Drop-In

Tu / Th: 3–4 p.m.
Sa: 11:15 a.m.–12:15 p.m. | 12:30–1:30 p.m.

Team Open Gym Drop-In

Sa: 1:30–3:30 p.m.

Adult Open Gym Drop-In

Th: 7:45–8:45 p.m. | F: 12–1 p.m.

Privates & Semi-Privates

(Teams ONLY)

Punch passes available for both privates and semi-privates

Private Session | One hour session \$60

This opportunity allows gymnasts to receive one-on-one focused gymnastics instruction from our high-caliber USAG-certified gymnastics instructor.

Semi-Private Session | One hour session \$35

(Class ratio maximum 1:4) This opportunity allows gymnasts to receive focused gymnastics instruction while maintaining the social benefits of being in a class setting. Semi-privates will be taught in groups of ability level by USAG-certified instructors.

Refund & Make-Up Policy

Participants can withdraw from a class for any reason before the second class and receive a prorated refund, minus a \$15 processing fee. If the City cancels a class due to reasons such as weather or facility closure, participants will be notified promptly and will receive a prorated refund for the canceled class. Due to the high demand of our program, we are unable to offer make-up classes.

Questions?

General questions about class expectations, friend requests and policies should be directed to Cindy Ferrari (FerrariC@bouldercolorado.gov).



ULAX Co-Ed Youth Lacrosse

(Ages 5-10) The ULAX Co-Ed Youth Lacrosse Clinics are a perfect introductory or developmental program for your child to learn the sport, make friends and, most importantly, HAVE FUN! These clinics consist of fun/engaging lacrosse drills, games and activities aimed at introducing the sport to your child in a safe environment. Our goal is to foster an environment that is safe, fun and full of encouragement, teaching respect for others along with the value of team play.

Gear to bring: Lacrosse stick (not included with registration but available as a registration upgrade option), appropriate clothing, water bottle and sneakers or cleats.

Register today at ulax.org/bouldercounty/.

Questions? Email Neema Kassaii at boulder@ulax.org.



Warrior Ninja Challenge

(Ages 3–15) Build confidence, courage and athletic excellence while encouraging “out of the box thinking” and enhanced decision making. Warrior Challenge Arena's program combines Intelligence, Education, Teamwork and Athletics into one exciting program! Utilizing a large variety of fun games, challenging obstacle courses and unique equipment, we bring out the best in each and every student and create well-rounded athletes. Register today at thewarriorarena.com/boulder-satellite-location.



Skyhawks

(Ages 6-12) Skyhawks Sports programs are a safe, non-competitive and positive introduction to sports! A variety of games and activities are used to give each child an overview of the sport while building valuable skills and ensuring they walk away with a smile every time! Respect, teamwork, sportsmanship and more are discussed daily to ensure Skyhawks' goal of teaching life skills through sports is a top priority!

To find programs in your neighborhood, visit skyhawkscolorado.com.



NoCo Flag Football

Our story is simple. We love the game of football and we love how it has a way of developing life lessons beyond the game—so we decided to create a safe environment where everyone can play and reap the rewards of being involved in the greatest life lesson game on earth. We look forward to serving your family!

Pre-K–8th grade | Also offering a HS division
NoCoFootball.com | EliteYouthSports.org
Inquiry@EliteYouthSports.org
970-460-4004



Get in the game—all skill levels welcome! Join a sports league this season!

| | | | |
|---------------------------|--------------------------|----------------------------|--------------------|
| Kickball | Registration Opens: 7/28 | Registration Closes: 8/25 | Play Starts: 9/8 |
| Coed Volleyball | Registration Opens: 7/30 | Registration Closes: 9/2 | Play Starts: 9/11 |
| Womens' Volleyball | Registration Opens: 7/30 | Registration Closes: 9/2 | Play Starts: 9/12 |
| Dodgeball | Registration Opens: 8/5 | Registration Closes: 10/13 | Play Starts: 10/30 |
| Basketball | Registration Opens: 8/18 | Registration Closes: 9/22 | Play Starts: 10/6 |
| Softball | Registration Opens: 1/12 | Registration Closes: TBD | Play Starts: TBD |

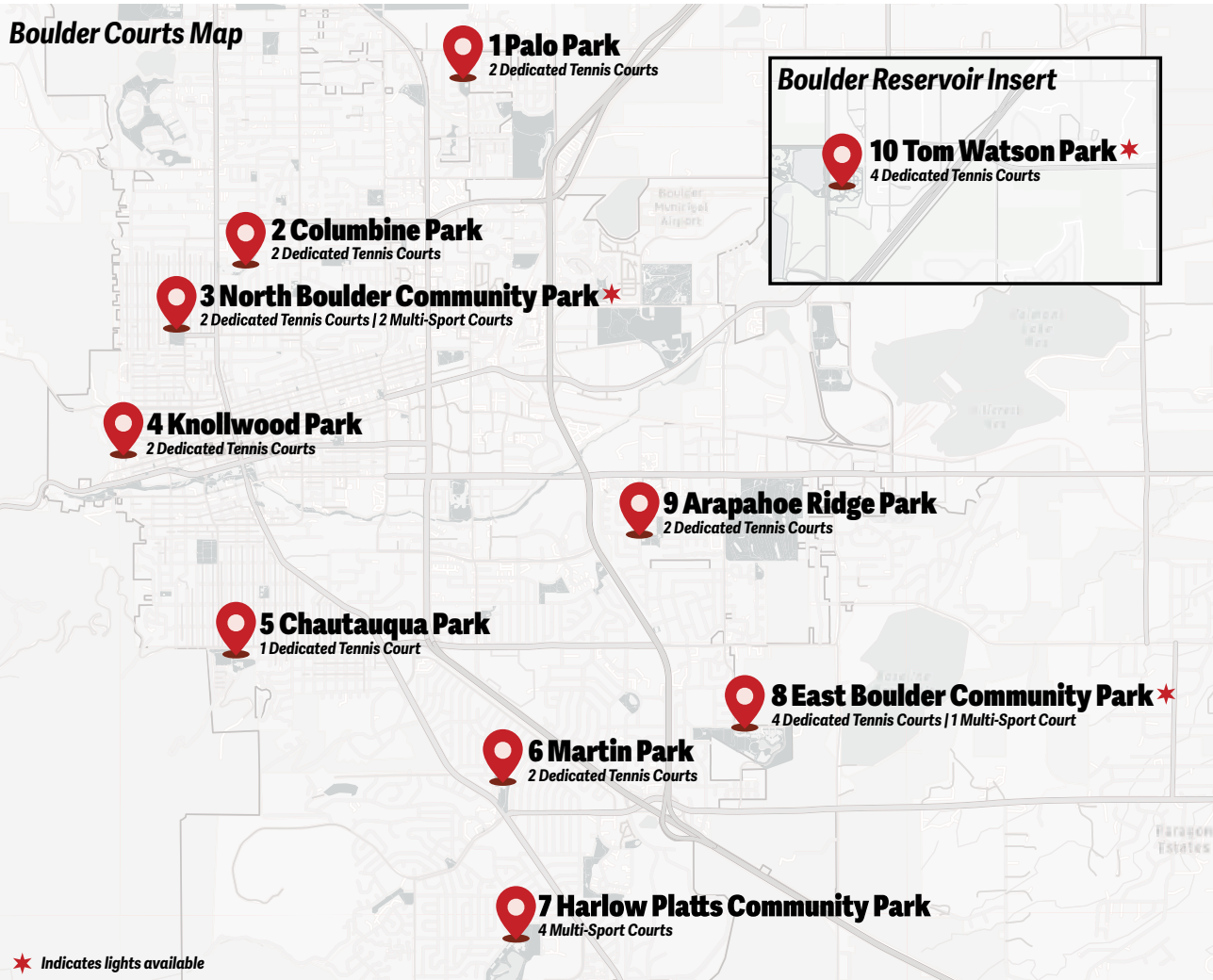
Register online at BPRSports.org.
Contact Evan Kessman at 303-441-1819 or KessmanE@bouldercolorado.gov.



Mamanet (Ages 18+)

Join women of all ages for a fun sport with a simple learning curve (no experience needed) and great vibes! Mamanet (or Catchball) is like volleyball, but you “catch the ball.” Beginners and all levels welcome, with optional tournaments in and out of Colorado and a super fun and vibrant community. Come play with us!

Register at MamanetColorado.org.



To reserve a recreation center court, visit us online or contact:

- ➔ East 303-413-7460
- ➔ North 303-413-7260
- ➔ South 303-441-3448

Recreation center courts can be reserved for \$7.50 for 1.5 hours (no fee if you have an annual, monthly, SilverSneakers™, Renew Active™ or Silver & Fit™ pass). To reserve all other courts, visit BPRSports.org.

Court lights are available at East Boulder Community Center and North Boulder Recreation Center.

Gonzo Tennis

We want the joy of racket sports to be available to all. Whether you want to try out or develop your skills in pickleball and/or tennis, Gonzo Tennis has partnered with us and is committed to fostering players of all ages and abilities. We want the community to enjoy and see what the “racket” is all about.

Questions: info@GonzoTennis.com

Program Info: DuffyC@BoulderColorado.gov

For Inclement Weather: check GonzoTennis.com

Private Tennis Lessons: Sign up for youth and adult private lessons to get focused attention and improve skills.

To set up a private lesson, email info@GonzoTennis.com.

Pickleball Lessons (Ages 16+)

Come give this easy-to-learn sport a try! The goal of Gonzo Tennis is to not only teach our youth the wonderful game of pickleball but also to build character and self-confidence in a friendly, safe and healthy environment.

Beginner: Designed for those who have little to no pickleball experience. Includes: basic mechanics, serve/return, proper positioning, rules, scoring and dinking. Begin with this course if you have NOT taken a pickleball class through Gonzo Tennis.

Intermediate: Prerequisites: Gonzo Tennis beginner class OR participants can show: they understand the rules, scoring, positioning and can get 60% of their serves and returns in. Includes: serve/return placement and accuracy, the 3rd shot drop technique and dinking technique and strategy.

Instructor reserves the right to move participants to an appropriate level for the betterment of the entire class. This benefits the student and others in the class while creating the best experience possible for all involved.

Youth (Advanced Beginner)

| | | | | |
|-------|-----------|------------------|-------|------------------------|
| 43561 | 8/21–10/9 | Th: 4:30–5:30 PM | North | \$130 (R) / \$150 (NR) |
|-------|-----------|------------------|-------|------------------------|

Youth (Beginner)

| | | | | |
|-------|-------------|------------------|-------|------------------------|
| 43559 | 8/20–10/8 | W: 4:30–5:30 PM | South | \$130 (R) / \$150 (NR) |
| 43560 | 10/22–12/17 | M: 4:30–5:30 PM | South | \$130 (R) / \$150 (NR) |
| 43562 | 10/23–12/18 | Th: 4:30–5:30 PM | North | \$130 (R) / \$150 (NR) |

Adults (Beginner)

| | | | | |
|-------|------------|---------------|-------|------------------------|
| 43547 | 8/18–9/8 | M: 5–6:30 PM | North | \$98 (R) / \$120 (NR) |
| 43548 | 8/19–9/9 | Tu: 5–6:30 PM | East | \$130 (R) / \$163 (NR) |
| 43549 | 8/20–9/10 | W: 9–10:30 AM | North | \$130 (R) / \$163 (NR) |
| 43550 | 9/22–10/13 | M: 9–10:30 AM | East | \$130 (R) / \$163 (NR) |
| 43551 | 9/30–10/14 | Tu: 5–6:30 PM | South | \$130 (R) / \$163 (NR) |
| 43552 | 9/24–10/15 | W: 9–10:30 AM | East | \$130 (R) / \$163 (NR) |

Adults (Intermediate)

| | | | | |
|-------|------------|-------------------|-------|------------------------|
| 43553 | 8/18–9/8 | M: 6:30–8PM | North | \$98 (R) / \$120 (NR) |
| 43554 | 8/19–9/9 | Tu: 6:30–8PM | East | \$130 (R) / \$163 (NR) |
| 43555 | 8/20–9/10 | W: 10:30 AM–12 PM | North | \$130 (R) / \$163 (NR) |
| 43556 | 9/22–10/13 | M: 10:30 AM–12 PM | East | \$130 (R) / \$163 (NR) |
| 43557 | 9/30–10/21 | Tu: 6:30–8PM | South | \$130 (R) / \$163 (NR) |
| 43558 | 9/24–10/15 | W: 10:30 AM–12 PM | East | \$130 (R) / \$163 (NR) |



Pickleball League (Ages 18+)

Find yourself a partner and sign up for this 8-week league. One-hour matches every week with a playoff round at season end! Register as a team. This pickleball league is geared for teams that have experience playing and are looking to compete at an intermediate level. Teams must have at least two players, but we recommend finding a sub in case you can't field a team each week.

Advanced Intermediate

| | | | | |
|-------|-----------|------------------|-------|----------------|
| 43563 | 8/21–10/9 | Th: 5:30–7:30 PM | North | \$150 (R)/(NR) |
| 43564 | 8/20–10/8 | W: 5:30–7:30 PM | South | \$150 (R)/(NR) |

Advanced Intermediate (In the Gym)

| | | | | |
|-------|-------------|------------------|-------|----------------|
| 43566 | 10/23–12/18 | Th: 5:30–7:30 PM | North | \$150 (R)/(NR) |
| 43565 | 10/20–12/15 | M: 5:30–7:30 PM | South | \$150 (R)/(NR) |



Youth Tennis (Ages 5–10)

The goal of Gonzo Tennis is to not only teach our youth the wonderful game of tennis but also to build character and self-confidence in a friendly, safe and healthy environment. Developmentally appropriate equipment (balls, racquets, cones etc.) is used to introduce beginning movement and skills. Session lengths vary with season, so please confirm with your instructor or prior to registering.

Mighty Focus (Ages 5–6): Introduction to scoring and strategy using game-based activities.

Mini Focus (Ages 7–8): Game-based activities will help to develop coordination.

Tiny Focus (Ages 9–10): Fun activities will introduce more advanced aspects of the game. Further attention to stroke development and movement.

Mini Gonzos

| | | | | |
|-------|------------|-------------------|-------|-----------------------|
| 43234 | 8/19–10/7 | Tu: 3:30–4:15 PM | East | \$140 (R) / \$160(NR) |
| 43235 | 8/20–10/8 | W: 3:30–4:15 PM | East | \$140 (R) / \$160(NR) |
| 43236 | 8/20–10/8 | W: 3:30–4:15 PM | North | \$140 (R) / \$160(NR) |
| 43237 | 8/21–10/9 | Th: 3:30–4:15 PM | East | \$140 (R) / \$160(NR) |
| 43238 | 8/23–10/11 | Sa: 9:30–10:15 AM | East | \$140 (R) / \$160(NR) |
| 43240 | 8/18–10/6 | M: 3:30–4:15 PM | East | \$122 (R) / \$140(NR) |

Mini Gonzos in the Gym

| | | | | |
|-------|-------------|------------------|-------|-----------------------|
| 43241 | 10/23–12/18 | Th: 3:30–4:15 PM | East | \$140 (R) / \$160(NR) |
| 43242 | 10/21–12/16 | Tu: 3:30–4:15 PM | North | \$140 (R) / \$175(NR) |

Tiny Gonzos

| | | | | |
|-------|------------|-----------------|-------|-----------------------|
| 43243 | 8/18–10/6 | M: 4:15–5 PM | East | \$122 (R) / \$140(NR) |
| 43244 | 8/19–10/7 | Tu: 4:15–5 PM | East | \$140 (R) / \$160(NR) |
| 43245 | 8/20–10/8 | W: 4:15–5 PM | East | \$140 (R) / \$160(NR) |
| 43246 | 8/20–10/8 | W: 4:15–5 PM | North | \$140 (R) / \$160(NR) |
| 43247 | 8/27–10/8 | W: 4:15–5 PM | East | \$140 (R) / \$160(NR) |
| 43248 | 8/23–10/11 | Sa: 10:15–11 AM | East | \$140 (R) / \$160(NR) |

Tiny Gonzos in the Gym

| | | | | |
|-------|-------------|---------------|-------|-----------------------|
| 43249 | 10/21–12/16 | Tu: 4:15–5 PM | North | \$140 (R) / \$160(NR) |
| 43250 | 10/23–12/18 | Th: 4:15–5 PM | East | \$140 (R) / \$160(NR) |

Mighty Gonzos

| | | | | |
|-------|------------|--------------|-------|-----------------------|
| 43464 | 8/18–10/6 | M: 5–6 PM | East | \$140 (R) / \$160(NR) |
| 43465 | 8/19–10/7 | Tu: 5–6 PM | East | \$160 (R) / \$200(NR) |
| 43466 | 8/20–10/8 | W: 5–6 PM | East | \$160 (R) / \$200(NR) |
| 43467 | 8/20–10/8 | W: 5–6 PM | North | \$160 (R) / \$200(NR) |
| 43468 | 8/21–10/9 | Th: 5–6 PM | East | \$160 (R) / \$200(NR) |
| 43469 | 8/23–10/11 | Sa: 11–12 PM | East | \$160 (R) / \$200(NR) |

Mighty Gonzos in the Gym

| | | | | |
|-------|-------------|-----------------|-------|-----------------------|
| 43470 | 10/20–12/15 | M: 3:30–4:30 PM | East | \$140 (R) / \$175(NR) |
| 43471 | 10/21–12/16 | Tu: 5–6 PM | North | \$160 (R) / \$200(NR) |
| 43472 | 10/23–12/18 | Th: 5–6 PM | East | \$160 (R) / \$200(NR) |

Junior Tennis (Ages 11–15)

The goal of Gonzo Tennis is to not only teach our youth the wonderful game of tennis but also to build character and self-confidence in a friendly, safe and healthy environment.

Beginner: Developmental equipment is used to introduce the basic skills and movements. Game-based activities provide a fun approach to development.

Intermediate: Includes additional stroke development and basic tactics.

Beginner

| | | | | |
|-------|------------|--------------|-------|-----------------------|
| 43473 | 8/19–10/7 | Tu: 4–5 PM | East | \$160 (R) / \$200(NR) |
| 43474 | 8/21–10/9 | Th: 4–5 PM | North | \$160 (R) / \$200(NR) |
| 43475 | 8/23–10/11 | Sa: 10–11 AM | East | \$160 (R) / \$200(NR) |

Beginner in the Gym

| | | | | |
|-------|-------------|-----------|------|-----------------------|
| 43476 | 10/24–12/19 | F: 4–5 PM | East | \$160 (R) / \$200(NR) |
|-------|-------------|-----------|------|-----------------------|

Intermediate

| | | | | |
|-------|------------|------------|-------|-----------------------|
| 43477 | 8/19–10/7 | Tu: 5–6 PM | East | \$160 (R) / \$200(NR) |
| 43478 | 8/21–10/9 | Th: 5–6 PM | North | \$160 (R) / \$200(NR) |
| 43479 | 8/23–10/11 | Sa: 5–6 PM | East | \$160 (R) / \$200(NR) |

Intermediate in the Gym

| | | | | |
|-------|-------------|-----------|------|-----------------------|
| 43480 | 10/24–12/19 | F: 5–6 PM | East | \$160 (R) / \$200(NR) |
|-------|-------------|-----------|------|-----------------------|



Adult Tennis (Ages 16+)

All Gonzo Tennis classes use a game-based, solution-focused style of development that keeps participants engaged in fun-filled activities while learning the sport of a lifetime.

The beginner class will offer participants basic stroke techniques and the movement required for the game. Scoring and strategy will be introduced.

The intermediate class will emphasize improving existing skills and movement. Game-based activities will further develop skills and strategy.

Instructor reserves the right to move participants to an appropriate level for the betterment of the class. This benefits the student and others in the class while creating the best experience possible for all involved.

Beginner with Gonzo

| | | | | |
|-------|------------|----------------|-------|-----------------------|
| 43535 | 8/20–9/10 | W: 9–10:30 AM | East | \$150 (R) / \$188(NR) |
| 43536 | 8/21–9/11 | Th: 9–10:30 AM | North | \$150 (R) / \$188(NR) |
| 43537 | 9/24–10/15 | W: 9–10:30 AM | East | \$150 (R) / \$188(NR) |
| 43538 | 9/25–10/16 | Th: 9–10:30 AM | North | \$150 (R) / \$188(NR) |

Beginner

| | | | | |
|-------|------------|---------------|-------|-----------------------|
| 43481 | 8/19–9/9 | Tu: 6–7:30 PM | North | \$130 (R) / \$163(NR) |
| 43482 | 8/20–9/10 | W: 6–7:30 PM | North | \$130 (R) / \$163(NR) |
| 43483 | 8/21–9/11 | Th: 6–7:30 PM | East | \$130 (R) / \$163(NR) |
| 43484 | 9/23–10/14 | Tu: 6–7:30 PM | East | \$130 (R) / \$163(NR) |
| 43485 | 9/24–10/15 | W: 6–7:30 PM | North | \$130 (R) / \$163(NR) |
| 43486 | 9/25–10/16 | Th: 6–7:30 PM | East | \$130 (R) / \$163(NR) |

Intermediate with Gonzo

| | | | | |
|-------|------------|--------------------|-------|-----------------------|
| 43539 | 9/24–10/15 | W: 10:30 AM–12 PM | East | \$150 (R) / \$188(NR) |
| 43540 | 9/25–10/16 | Th: 10:30 AM–12 PM | North | \$150 (R) / \$188(NR) |
| 43541 | 8/20–9/10 | W: 10:30 AM–12 PM | East | \$150 (R) / \$188(NR) |
| 43546 | 8/21–9/11 | Th: 10:30 AM–12 PM | North | \$150 (R) / \$188(NR) |

Intermediate

| | | | | |
|-------|------------|--------------|------|-----------------------|
| 43542 | 8/18–9/8 | M: 6–7:30 PM | East | \$98 (R) / \$120(NR) |
| 43543 | 8/20–9/10 | W: 6–7:30 PM | East | \$130 (R) / \$163(NR) |
| 43544 | 9/22–10/13 | M: 6–7:30 PM | East | \$130 (R) / \$163(NR) |
| 43545 | 9/24–10/15 | W: 6–7:30 PM | East | \$130 (R) / \$163(NR) |





CITY OF BOULDER AND YMCA YOUTH SPORTS

The City of Boulder and the YMCA of Northern Colorado are proud to partner to jointly offer youth sports leagues for the community.

YOUTH SOCCER

Our youth soccer programs build confidence, inspire passion and nurture skills. Designed to support players at every developmental level, this program allows players to learn soccer fundamentals and grow their skills while nurturing their passion for the sport.

Preschool to 6th Grade

Locations: City of Boulder Fields

Pricing: \$115-\$145

Practices run Aug 25-Oct 9; games run Sept 6-Oct 11

YOUTH BASKETBALL

For more than a century, youth basketball programs have taught young people confidence, teamwork, and leadership through sport. These programs give players exposure to competition as they grow as athletes and individuals. Players develop skills — including ball handling, shooting, and defense — while focusing on sportsmanship, teamwork and fair play.

Preschool to 8th Grade

Location: City of Boulder Recreation Centers

Pricing: \$85-\$230

Practices run Oct 20-Dec 12; games run Nov 1-Dec 13

Financial assistance is available for those who qualify.

YMCA of Northern Colorado
ymcanoco.org/sports



Flatirons Staff

David DiMartino, Director of Golf
Todd Calvin, Golf Coordinator
Ian Costello, Golf Operations Lead

Flatirons Golf Fees

Visit FlatironsGolf.com for more details.

Adult and Youth Lessons

Contact the Golf shop at 303-442-7851.



**Visit FlatironsGolf.com
for details or scan here.**

Come check us out!

Our consistently excellent playing conditions, classic layout and convenient location make Flatirons a wonderful place to play.

The new Ironwood Bar & Grill is now open! Go to ironwoodbarandgrille.com for more info.

Let us help you plan your event!

Flatirons Golf Course amenities:

- Scenic 18-hole golf course
- Driving range plus two practice greens
- Private and group instruction area
- Women's leagues
- Junior golf program
- Tournaments and special events
- Accessible golf cart available
- Full club repair
- GHIN handicaps available





Valmont Bike Park

Valmont Bike Park is a 42-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 through Boulder Parks and Recreation text notifications! **Text "BPRValmont" to 888-777** for the fastest updates on trail conditions and closures.

Check out the **"know before you go" video** for Valmont Bike Park. 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

Two picnic areas are available for rent at Valmont Bike Park:

The Glades Shelter and Hub Plaza Shelter (covered shelters). Reservation fees: \$150 for three hours including set up and clean up time. Enjoy the bike trails and playground while hosting a party from the shelter. Book a shelter today at ValmontBikePark.com.

For special events, programs, rentals, general information or questions regarding Valmont Bike Park, email RossiM@bouldercolorado.gov.

Volunteer at VBP

Support your favorite 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.

303 Dirt | Ages 6–16

Offering youth bike skills clinics and camps at Valmont Bike Park from spring until fall. Private and semi-private coaching is also available. 303 Dirt was founded by MTB Downhill World Champion Myles Rockwell and BMX Freestyle Star Gurion Blattman. Visit 303dirt.com for details.

Birthday Parties!

Gurion and Myles are ready to rock for special occasions! The pavilion is also available to rent for food, drinks and cake. \$45 per child for two hours of coaching (four child minimum). Book your next special occasion! Call 720-552-4346.

Avid4 Adventure

Through school programs, summer camps and special events, Avid4 Adventure serves children with incredible staff, the best equipment, unparalleled customer service and a safety record that is superior to industry standards. Sign up for our summer camps online at Avid4.com or call 720-249-2412.

Clinics with Lee Likes Bikes | Ages 18+

Lee McCormack of Lee Likes Bikes is widely considered one of the world's top bicycle skills instructors. His teaching method helps all sorts of riders ride better, safer and faster. A passionate rider, journalist and instructor, Lee has worked with more than 7,000 riders of all levels. Our classes are fun, simple and effective.

Private/Semi-Private Clinics & Public Mountain Bike Clinics

Working with a Lee Likes Bikes instructor by yourself or with a small group is the ultimate way to become a safer, more confident, faster and more capable rider. Register online at leelikesbikes.com.



Policies & Practices

Class Size

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

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 online to 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 & 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.

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. Locks are available for rent at the front desk.

Youth Policy

Children of all ages may be left under the supervision of an instructor in a registered class or program. At age 10, youth are allowed in the facility without chaperone* supervision, except the weight room/cardio area and pool area. At age 12, youth are allowed in pool areas and aquatic facilities without chaperone supervision. For the youth weight room policy, please visit the fitness section of the brochure. For more details, visit <https://bouldercolorado.gov/youth-recreation-centers>

*Chaperones must be age 16 or older

Financial Assistance

The City of Boulder offers financial aid to assist community members living or residing in the city limits who cannot otherwise participate due to financial limitations. To find out more about our financial aid programs and how to qualify, ask our center staff by calling 303-413-7270.

Why Register Now?

Why wait when you can lead the way? TODAY is the best day to register for the classes you want. Why? Because under-enrolled classes get canceled and might be dropped entirely to make space for more popular programs. Registering early is the best way to prevent your favorite class from cancellation. Under-enrolled classes will be canceled prior to the first session. Thanks for registering today!

Access for All

Boulder Parks and Recreation is committed to supporting people of all abilities in recreation through both specialized and inclusive programs. We strive to exceed the requirements set forth in the Americans with Disabilities Act and to create a welcoming and supportive community. If you require an accommodation, please notify us at least two weeks in advance. For more information, contact Lori Goldman at 303-413-7256.

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 as a spectator 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 entering into a City of Boulder recreation facility or program, you and anyone entitled to act on your 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 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.

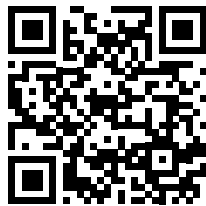
Contact Us

Phone: 303-413-7200

Website: BoulderParks-Rec.org



Claim your FREE
class and sign up!



Welcome to FIT4MOM® Boulder, where your first class is always FREE!

FIT4MOM is the nation's leading prenatal and postnatal fitness program. From pregnancy, through postpartum and beyond, our Boulder fitness and wellness offering will start with Stroller Strides, Stroller Barre and Strides 360, with other classes being added as we continue to grow! **Scan the QR code above for our full schedule and to claim your FREE class**

Outdoor classes run from the end of August / September through Oct. 31.

| Class | Locations | Time |
|------------------|---|----------------------------|
| Stroller Strides | East Boulder Community Park, North Boulder Park | 9–10 AM (M T F) |
| Play Group | East Boulder Community Park, North Boulder Park, Harlow Platts | 10–11 AM (following class) |
| Stroller Barre | Harlow Platts Park, North Boulder Park | 9–10 AM (W Th) |
| Strides 360 | TBD | 4:45–5:45 PM (M W) |



Fall Volunteer Opportunities

with Boulder Parks and Recreation



Boulder Creek Path Fall Clean Up

Join BPR Sunday, Sept. 7, from 10 a.m.–12 p.m., to help clean up the Boulder Creek path corridor. There is space for 50 participants—two groups of 25. One group will start from Eben G. Fine Park and walk east to 19th St. The other group will start at an office park near Foothills and Arapahoe and walk west to 19th.



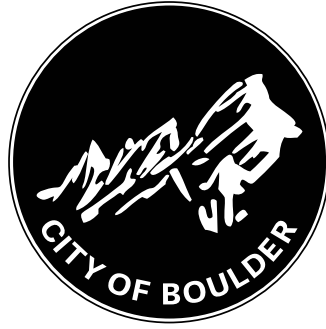
Weedy Wednesdays

Help keep Boulder Parks and flowerbeds beautiful! To promote community health, Boulder does not use herbicides or pesticides to control weeds in our parks. Volunteers like you can help by joining our staff every Wednesday to keep weeds under control.



Looking for other opportunities?

Visit our GivePulse page to explore opportunities from coming out with your company to signing up to be a regular volunteer.



Save the date

What's Up Boulder?

Let's sh▲pe our future together!



Scott Carpenter Park



Sunday, Sept. 7



1-4 p.m.

For more information, visit:

bldr.fyi/whats-up-bldr

