Registration for fall programs opens August 3

FALL 2021

Look inside for:
Dance | Fitness | Gymnastics
Swimming | Tennis | Pilates
Sports & More!

BoulderParks-Rec.org

Come play kickball!
What’s Happening

Take a moment to learn the latest news and fun events from Boulder Parks & Recreation (BPR)!

SWIM UPDATES

Scott Carpenter Pool lifeguards save a life

On July 12, the city’s Fire-Rescue Department honored Trew Mundy, Mick Konstantopoulos, and Nicole Carnelli with Life Saving Awards for their quick response to a cardiac event at Scott Carpenter Pool on June 17. Chief Michael Calderazzo presented the awards.

On June 17, Scott Sorenson had a seizure at the pool. Carnelli, an ICU nurse, checked Sorenson for a pulse and, finding none, began chest compressions. Lifeguards Konstantopoulos, Mundy and Recreation Supervisor Tim Stabbe applied an AED, took over compressions and applied supplemental oxygen. Emergency personnel arrived and, because of Konstantopoulos, Mundy and Stabbe’s efforts, Sorensen is anticipated to make a full recovery.

Sorensen joined us for the award presentation and met those who gave him a second chance at life.

BPR lifeguards are live savers!

Additional parking for Scott Carpenter Pool now available at CU Boulder

There are now alternatives to parking in the lot at Scott Carpenter Pool. The city has coordinated with CU Boulder and pool visitors can now park in the university’s lot 560, across 30th Street from the pool.

The lot is accessible via 30th Street or Marine Street.

The cost for parking is $10/day and can be paid through CU’s Parkmobile website at cuboulder.pmreserve.com/facility.

Community members should safely cross the street at the intersection of 30th Street and Arapahoe Avenue to and from the pool and CU parking lot.

Pool operations for the rest of the summer

Due to the constant shift in staffing levels, BPR won’t be able to safely operate all five city pools this summer.

East, North and Scott Carpenter pools are open and operating for the maximum community benefit. Spruce Pool and South Boulder Rec Center Pool will remain closed through late August.

Also, due to low participation, we will be reducing vulnerable population lap lane reservation times soon. Check the city’s website for updates.

CONSTRUCTION

Renovated Chautauqua playground brings out community to celebrate and have fun

Kids and adults climbed on Boulder’s newest “flatiron” at Chautauqua Park playground on July 13 to celebrate the play area renovation project’s completion. The event commemorated several years of work as the playground had exceeded its life expectancy and was ready for a facelift.

Construction on the playground started in August 2020 and was completed recently. The playground is now ADA accessible, meets safety regulations and includes:

• A large climbing boulder, dubbed the “sixth flatiron”
• A renovated playhouse
• A large, new play structure
• Renovated hill slides with a new flatirons mural underneath
• Accessible roller slide
• New swing set
• New play area surfaces
• New sand area by the playhouse
• New picnic tables
• Tennis court is now striped to be convertible to a pickleball court

Read more on the city’s website at BoulderColorado.gov.

East Boulder Community Park to get year-round restroom, shade shelter

A new year-round restroom facility, shade shelter with seating, and a year-round drinking fountain with bottle filling station will be installed this summer at East Boulder Community Park.

The sports field parking lot will be closed for the construction until approximately July 30.

The pre-fabricated restroom should arrive around August 16.

See updates at bouldercolorado.gov/projects/east-boulder-community-park-restrooms.
North Boulder Recreation Center to shut down for annual maintenance
From Saturday, Aug. 14-22, the North Boulder Recreation Center will close for its annual maintenance. The facility will not hold any recreation classes and the indoor bathrooms will be closed, however outdoor tennis lessons will still happen. Thanks for your understanding and we’ll see you when we reopen!

Skate park construction is happening at Howard Heuston Park and Valmont Park.
The Howard Heuston mini skate area is going in next to the basketball court. Construction in anticipated to be completed in mid-August.
At Valmont, the skate park is under construction and should also wrap up in mid-August. Bike pump track construction is complete, but the areas around the track are being seeded with grass, so the area is still closed. The bike track and skate park will open when other park improvements are complete, including parking lot renovations, stormwater quality garden, and dog park improvements.
Learn more about both projects at bouldercolorado.gov/projects/skate-park-improvements-and-pump-track-project.

SPECIAL EVENTS AND NEWS
Arts in the Park performances run through Sept. 26
The Band Shell is the place to be for Arts in the Park performances. From free shows featuring music from the “Roaring 20s” by MahlerFest Chamber Orchestra to live music, dance, physical theater, and circus arts by Boulder Arts Outdoors, there’s something for everyone! See pg. 5.

City renames “Settler’s Park” to “The Peoples’ Crossing”
The city has renamed “Settler’s Park” in west Boulder to “The Peoples’ Crossing” – a name developed by representatives from federally recognized American Indian Tribes. The name honors the area as a crossroads for Indigenous Peoples who have traversed and lived in the mountains and plains of the Boulder area since time immemorial.
The city plans to officially implement the name change – with new trailhead signs and website changes – before Indigenous Peoples Day in October. The city also anticipates installing temporary signs on current interpretative panels in the area to help inform visitors of the name change, its meaning and how Tribal Nations helped rename the area.
The city extends its gratitude to Tribal Representatives for developing a consensus recommendation to rename Settler’s Park.

City launches new website
The city launched a new website on July 12 that’s designed to be faster and easier for the public to use.
The new bouldercolorado.gov is shaped by user input, research and testing to better serve the needs of the community. The project has been several years in the making and city staff audited, consolidated and revised more than 5,500 webpages down to 1,000 as part of the process. The new website is designed to be:
• user-centered and service-driven;
• intuitive and easy to use;
• more efficient for staff to update;
• modern and visually engaging; and
• built on user research and iteratively improved based on user research.
Come see the sleek, modern look of the city’s website at BoulderColorado.gov and give us your feedback.

Recreation classes transitioning from virtual back to in-person after Labor Day
BPR will be transitioning virtual, drop-in classes back to in-person classes starting this fall.
With this transition, our Virtual Drop-in Class Pass Membership will end on Friday, Sept. 3. All classes on the virtual drop-in class schedule will either transition to an in-person drop-in class included with a facility membership or will become a fee-based, virtual registered class.
An annual pass, punch card, or drop in visit, SilverSneakers, Renew Active and Silver and Fit passes are all accepted for the drop-in classes.
Please reference our website at apm.activecommunities.com/boulderparksrec/Home starting Tuesday, Sept 7 to learn how and where to access classes.
The 2021 Great Boulder Duck Race was a huge success, and we couldn’t have done it without the support of our fantastic Boulder community. We are so grateful to everyone who participated and made the 33rd year of this beloved Boulder tradition so quacktastic!

In total, over 1200 ducks were adopted and we raised over $21,000! All proceeds from the Duck Race will help fund Boulder Parks & Recreation’s programming for low-income families and people with disabilities. Proceeds will also support the betterment and maintenance of our communal recreation spaces. Thank you for quacking for a great cause!

We couldn’t have done this without the generous help from our local business sponsors and in-kind prize donors, as well as the many adoption teams who competed to adopt the most ducks.
Upcoming Performance and Event Schedule

July 19, 7-10 p.m. | Discotheque at the Bandshell, Happy Tap
July 22, 6-7:30 p.m. | Boulder Arts Outdoors
July 25, 10:30 a.m.-12 p.m. | eTown presents Nick Forster’s Hippy Bluegrass Church
July 26, 5-6 p.m. | Meadow Music
July 29, 6-7:30 p.m. | Boulder Arts Outdoors
July 31, 7 p.m. | Colorado Music Festival presents Ivalas Quartet
Aug. 1, 2-5 p.m. | Zivanai Masango presented by The Cultural Caravan
Aug. 5, 6-7:30 p.m. | Boulder Arts Outdoors
Aug. 7, 11 a.m.-5 p.m. | Sustainable Summer DAZE
Aug. 9, 5-6 p.m. | Meadow Music
Aug. 12, 6-7:30 p.m. | Boulder Arts Outdoors
Aug. 13, 5:30-10 p.m. | Concertize: The Boulder Bandshell Revival
Aug. 14, 7-9:30 p.m. | Opera in the Park
Aug. 15, 10:30 a.m.-12 p.m. | eTown presents Nick Forster’s Hippy Bluegrass Church
Aug. 16, 7-10 p.m. | Discotheque at the Bandshell, Happy Tap
Aug. 19, 6-7:30 p.m. | Boulder Arts Outdoors
Aug. 26, 6-7:30 p.m. | Boulder Arts Outdoors
Aug. 27, 8-9:30 p.m. | MahlerFest - “Roaring 20s - Decadence and Debauchery”
Sept. 4-6 | Hometown Festival
Sept. 12, 6-7:15 p.m. | Miguel Espinoza Flamenco Fusion Trio
Sept. 13, 7-10 p.m. | Discotheque at the Bandshell, Happy Tap
Sept. 19, 10:30 a.m.-12 p.m. | eTown presents Nick Forster’s Hippy Bluegrass Church
Sept. 24-26 | Oktoberfest

Tickets and information available at Boulderartsinthepark.com.
Accessible tickets available online or at the Boulder Public Library.

NOTICE - The fenced area is subject to closure during performances (including setup and teardown). The area will remain open to the public during all other park hours.
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Stay Informed with FREE eNews!
Want to learn more about the latest classes, events, community
meetings, weather or construction-related closures and more?
Join our eNews list. It’s easy, just 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 Twitter & Like us on Facebook!
Get the latest news, special offers and information.
Follow us on social media @Boulderparksrec

NEW! BPR is now on YouTube!

RECREATION CENTER LOCATIONS & HOURS

East Boulder Community Center
5660 Sioux Dr., Boulder, CO 80303 | 303-441-4400
*Hours: Mon. - Fri., 7 a.m. - 7 p.m.
Sat.-Sun., 8 a.m. - 1 p.m.

North Boulder Recreation Center
3170 Broadway, Boulder, CO 80304 | 303-413-7260
*Hours: Mon.-Fri., 6 a.m. - 6 p.m.
Sat.-Sun., 9 a.m. - 4:30 p.m.

South Boulder Recreation Center
1360 Gillaspie, Boulder, CO 80305 | 303-441-3448
*Hours: Mon.-Fri., 7 a.m. - 1 p.m.

*The pools close at least one-half hour before the center’s
closing time. Check the pool schedules before your visit.

For the most accurate facility information, please listen to the
recreation center voicemail recording and follow
@BoulderParksRec on Twitter.

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 convenient bus routes are available to
each of the recreation facilities and outdoor pools.

Financial Assistance
The City of Boulder offers financial aid to assist community
members living in the city limits who cannot otherwise
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 303-413-7200.
Open Space & Mountain Parks

Discover Open Space through our Public Programs
Free educational, recreation and wellness programming hikes, programs and resources.

Visit [NatureHikes.org](http://NatureHikes.org) for a full schedule of upcoming virtual and in-person programs and to sign up for our email list to get a monthly reminder about upcoming programs and activities.

Follow us on Instagram, Twitter and Facebook at @boulderosmp

Youth & Family Programs
OSMP offers a variety of FREE virtual and in-person programs and activities that help families reconnect with Boulder’s wild side.

- Kids Activity Pages [OSMP](http://OSMP)
- Storytime Hikes
- Ranger Paula’s Wild Adventure Series
- Nature for Kids & Families Series

Visit [NatureHikes.org](http://NatureHikes.org) for details on these great outdoor opportunities!

Time in nature can be therapeutic for your mind and body. Come out and enjoy a beautiful hike in Boulder!
Aquatics

Private Lessons

Private swim lessons give a chance for the participant to work one-on-one with an instructor. Classes will be focused on the individual’s needs from teaching the beginners learning the basics to advance swimmers improving technique.

Visit us online at Boulderaquatics.org for more information and to schedule a private lesson.

Swim Lessons | Under 3 Yrs Old

Jelly Monkey

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

Small Group Swim Lessons | Ages 3-5

Small Group classes provide a more personalized interaction with instructors, running in a semi-private format of no more than (3) students per instructor and are great for children new to the swim lesson setting. Instructors will focus on a personal lesson plan for each child and skills will vary by individual swimming ability.

**Preschool 1 | Ages 3-5**

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

<table>
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<tr>
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**Preschool 2 | Ages 3-5**

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

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**Preschool 3 | Ages 3-5**

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

<table>
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</table>
### Aquatics

#### Group Swim Lessons | Ages 3-5

**Preschool 1 | Ages 3-5**
This is the class to take if your preschooler has not yet taken swimming lessons. This course will focus on introductory skills to help build his/her foundation in swimming while gaining confidence in the class structure. Students will be taught basic water safety skills and basic arm and leg movements to help develop comfort in the water. In addition, students will learn to enter and exit the water independently and float with support.

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</table>

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

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

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#### Learn to Swim | Ages 6-13

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

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

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**Level 3 | Ages 6-13**
Prerequisites: Successful completion of level 2 class or child must be able to successfully perform front and back floats independent of support, five yards of front crawl and five yards of backstroke. **Class Focus:** Level 3 will continue to develop the front crawl and back strokes. Students will also be introduced to treading water, elementary backstroke, and deep water orientation.

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**Level 4 | Ages 6-13**
Prerequisites: Successful completion of Level 3 class or child must be able to successfully perform 15 yards of front crawl and backstroke with rhythmic breathing, 15 yards of elementary backstroke and one minute of treading water. **Class Focus:** Level 4 will continue to refine basic stokes and will also introduce breaststroke and butterfly. Students will increase endurance by swimming longer distances and will be introduced to the basics of wall turns.

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**Level 5 | Ages 6-13**
Prerequisites: Successful completion of Level 4 class or child must be able to successfully perform 25 yards of front crawl and backstroke with rhythmic breathing, 15 yards of breaststroke, and five yards of butterfly. **Class Focus:** Level 5 will refine all strokes and increase the distances students swim. Students will be introduced to flip turns and diving from starting blocks.

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Aquatics

Youth Swim Clinic | Ages 7-13
Clinics are great for swimmers looking for fitness and improving swimming technique. The minimum requirements to participate in the swim clinic is the ability to swim 50-yard freestyle with side breathing, 50 yards backstroke, and 25 yards breaststroke.

26318  9/11-10/9  Sa, 11-12pm  East 5  $50/$62
26319  10/23-11/20  Sa, 11-12pm  East 5  $50/$62

Lifeguard Training Classes | Ages 15+
This is a blended learning course that combines online learning with in-person skills. You must attend every class and pass all skills and written tests to receive Red Cross Certification (valid for two years).

Prerequisites must be completed/met before attending the course.
Contact Sara at Schmalfeldts@bouldercolorado.gov to setup a time.
- Must be 15 years old on or before the final scheduled session of the course
- Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke, or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
- Tread water for two minutes using only the legs. Candidates should place their hands under the armpits or above the head.
- Complete a timed event within 1 minute and 40 seconds: Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
- Surface dive, feet-first or head-first, to a depth of seven to 10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water. Exit the water without using a ladder or steps.

26566  10/12-10/17  Tu/Th, 5-9pm  North 4  $102/$127
26567  11/21-11/23  Sa-Tu, 9:30am-4pm  South 4  $102/$127

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

26583  9/11-10/9  Sa, 11:35-12:20pm  East 5  $45/$56
26584  10/23-11/20  Sa, 11:35-12:20pm  East 5  $45/$56

Drop-In Aquatic Fitness Classes

Warm Water Fitness
Improve your cardiovascular endurance, strength, balance and flexibility through a variety of warm water exercises. This class is held in the shallow, warm water leisure pool at the East Boulder Community Center. No swimming ability is required.

Online reservations required, visit BPRfitness.org for a current schedule.
BPR School Day Off Camps | Ages 5-11

When school is out, CAMP is IN! BPR school day off camps are a place kids can come and be kids! Let’s get silly, have some fun and learn a thing or two along the way. Campers will spend the day participating in a variety of both active and non-active games. From gym games, to arts and crafts and everything in between, we will have something for all to enjoy.

Information:
Questions: langerakm@bouldercolorado.gov

BVSD - School Day Off

<table>
<thead>
<tr>
<th>Camp Code</th>
<th>Date(s)</th>
<th>Hours</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>26186</td>
<td>10/18</td>
<td>M, 8:30am-5pm</td>
<td>East</td>
<td>$68/$85</td>
</tr>
<tr>
<td>26187</td>
<td>11/11</td>
<td>Th, 8:30am-5pm</td>
<td>East</td>
<td>$68/$85</td>
</tr>
</tbody>
</table>

Thanksgiving Break Camp

*New Bundle and save option! Register for all 3 days (26588) and get 10% off

<table>
<thead>
<tr>
<th>Camp Code</th>
<th>Date(s)</th>
<th>Hours</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>26188</td>
<td>11/22</td>
<td>M, 8:30am-5pm</td>
<td>East</td>
<td>$68/$85</td>
</tr>
<tr>
<td>26189</td>
<td>11/23</td>
<td>Tu, 8:30am-5pm</td>
<td>East</td>
<td>$68/$85</td>
</tr>
<tr>
<td>26190</td>
<td>11/24</td>
<td>W, 8:30am-5pm</td>
<td>East</td>
<td>$68/$85</td>
</tr>
<tr>
<td>26588</td>
<td>11/22-11/24</td>
<td>M-W, 8:30am-5pm</td>
<td>East</td>
<td>$184/$230</td>
</tr>
</tbody>
</table>

Future School day off camps:
(Dates are subject to change)

Winter Break Camp: Dec 20-23 & December 27-29
January 3-4
February 7
Spring Break Camp: March 21-25
April 22 & 25

Miss Joanie Drama Camps | Ages 4-11

Miss Joanie drama camps in conjunction with the City of Boulder’s Parks & Recreation Department are held at Salberg Park, corner of 19th St. and Elder Ave. Each week is different and uses the technique of “play making”, which lets the children use their imagination to adapt a familiar story or write their own script... so the children’s plays are always original and unique! Each day consists of drama workshops, writing and reviewing of the script, creation of sets and costumes, rehearsal, and outdoor playtime. There is a lovely playground/park at the drama camp site that we use for lunch and breaks.

Veterans Day - School Day off Camp

* 11/11 Th, 8:30am-4:30pm Salberg Park $80

Thanksgiving Break Camp - Dr. Seuss

* 11/22-26 M, Tu, W, F, 8:30am-4:30pm Salberg Park $280
(No camp on Thursday, Nov. 25)

*Register at MissJoanieDrama.com or call 303-902-9106
Location: Salberg Park, 3045 19th St.
Dance

Dance Punch Cards
Cards can be purchased from Kinesis Dance and are valid for six months from date of purchase for adult dance classes only.

- 1 hour $85 for 5 classes
- 1.5 hours $120 for 5 classes
- Drop-In Fee: $25 per class (cash/check only)

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

Dance | Ages 13+
*Register online at KinesisDance.com or call 720-515-6268.

funamentals of tap
Mixed levels.

* W, 7:30-8:30pm Iris Studio

ballet barre

* Tu, 9:45-10:45am North
* Th, 9:45-10:45am East

ballet barre plus
Enrollment in Ballet Barre required.

* Tu, 10:45-11:15am North
* Th, 10:45-11:15am East

adult ballet level 1

* Th, 7:30-9pm South

adult ballet level 1/2

* M, 6pm-7:30pm South

adult ballet level 2
Beginning of intermediate level technique.

* M, 7:30-9pm South
* W, 6:30-8pm South

all classes run August 23 - May 28
and will be billed monthly.
More information can be found at kinesisdance.com/monthlybilling
## Adult Ballet Level 2/3 | Ages 14+
For dancers with strong intermediate ballet technique.
- Tu, 6:30-8pm South
- Sa, 1-2:30pm South

## Adult Ballet Level 3 | Ages 14+
Advanced intermediate level ballet technique.
- Th, 6pm-7:30pm South

## Adult Ballet Pointe Extension | Ages 14+
Intermediate level pointe work. Instructor permission required.
- Tu, 8:15-8:45pm South
- Sa, 2:45-3:30pm South

## Adult Ballroom | Ages 13+
Explore the exciting world of social dancing with the Foxtrot, Waltz and Swing. No partner required.
**Level 1**
- Sa, 2:30-3:30pm Kinesis

## Adult Ballroom Level 2 | Ages 13+
A continuation of Adult Ballroom, delving deeper into patterns and musicality of social dance.
**Level 2**
- Sa, 3:45-4:45pm Kinesis

## Adult Contemporary & Lyrical Combo | Ages 13+
(Ages 13+) A free-flowing class focusing on freedom of movement and the basics of lyrical technique.
- Th, 12pm-1pm East

## Adult Cuban Dance | Ages 16+
Experience the flow of Cuban dance: Salsa, Cha Cha Cha, Rumba and Mambo.
- Tu, 6:30-7:30pm East

## Adult Hula | Ages 13+
Come learn basic hula steps, ancient and modern hula dances.
**Level 1**
- W, 5:30-6:30pm Iris Studio
**Level 2**
- W, 6:30-7:30pm Iris Studio

## Adult Intermediate Tap | Ages 13+
A class for tappers with some knowledge of tap working on continuing tap techniques.
- M, 7-8pm Iris Studio

## Adult Jazz | Ages 18+
A fun up-beat jazz class set to the level of the participants.
- Tu, 12pm-1pm East

## Adult Open Ballet | Ages 13+
Beginning ballet technique for those interested in ballet for the first time or with some past experience looking to get back into it.
- M, 7-8:30pm East

## Adult Popular Line Dances | Ages 16+
Come learn popular line dances. Including the Electric Slide, Cupid Shuffle, Hillbilly Girl and Cowboy Cha Cha!
- F, 2:30-3:45pm East

## All classes run August 23 - May 28 and will be billed monthly.
More information can be found at [kinesisdance.com/monthlybilling](http://kinesisdance.com/monthlybilling)

---

## Preschool Dance
*Register online at KinesisDance.com or call 720-515-6268.

### Mini Ballet & Tap Combo | Ages 4-5
Designed to introduce students to basic ballet and tap dance skills with fun.
- Tu, 3:45-4:30pm East

### Ballet & Tap Combo | Ages 6-8
Basic technique of ballet and tap.
- Th, 4:30-5:15pm Iris Studio

### Contemporary | Ages 8-12
This class will introduce contemporary movements with floor work, focuses on spacial and body awareness, use of body weight, musicality and safe body alignments. Learning fun choreography will be included for performing skill enhancement.
- Tu, 5:30-6:30pm Kinesis
- Th, 5:30-6:30pm Iris Studio

### Contemporary & Jazz Combo | Ages 6-7
Basic techniques of Contemporary and Jazz dance forms.
- M, 4-5pm Kinesis

### Creative Movement | Ages 3-5
Creative Movement is a joyful way for children to explore movement through music and dance. Imagery and the use of props are used in this creative class.
- M, 10-10:45am Iris Studio
- Tu, 3:45-4:30pm Kinesis
**Dance**

*All classes run August 23 - May 28 and will be billed monthly.*

More information can be found at [kinesisdance.com/monthlybilling](http://kinesisdance.com/monthlybilling)

<table>
<thead>
<tr>
<th>Dance for Actors</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tu, 4:30-5:15pm</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Hip Hop</th>
</tr>
</thead>
<tbody>
<tr>
<td>A high-energy class that infuses the latest styles of street dancing, breaking, popping, and locking. Bring your own style to this fun class!</td>
</tr>
</tbody>
</table>

Ages 7-9

| Sa, 10:30-11:15pm | Iris Studio |

Ages 10-12

| Sa, 11:30-12:15pm | Kinesis |

| Kinder Ballet | Ages 5-6 |
|----------------|
| Learn the basic elements of ballet in a creative and fun way. |

| M, 3:45-4:30pm | Kinesis |
| Sa, 11:30-12:15pm | Kinesis |

| Kinder Ballet & Contemporary | Ages 5-6 |
|-----------------------------|
| This enriching combo class will combine learning basic steps and terminology for ballet and contemporary. |

| Tu, 4:45-5:30pm | East |

| Kinder Hip Hop | Ages 5-7 |
|----------------|
| Calling all kids for this fun high-energy hip hop dance class that enables dancers to let loose, while having great fun. This non-stop, action-packed class includes hip hop, basic break dancing, and dance games that will have your kid movin’ to the beats! All music and moves are age appropriate. |

| Sa, 9:30-10:15am | Iris Studio |

| Mini Acro | Ages 3-5 |
|------------|
| This class follows the Pre-School Acrobatic Arts Syllabus and is taught by a certified Instructor. Work on increasing flexibility, balance, strength, muscle control, discipline, body awareness, coordination and concentration. |

| Tu, 11:30-12:15pm | Kinesis |
| Th, 3:45-4:30pm | Kinesis |

| Youth Acro | Ages 7-9 |
|------------|
| Th, 4:30-5:30pm | Kinesis |

<table>
<thead>
<tr>
<th>Youth Ballet</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Level 1</strong></td>
</tr>
<tr>
<td>Students will study the performance art of ballet.</td>
</tr>
</tbody>
</table>

| M, 4:45-5:45pm | Kinesis |

| Level 2 | Ages 8-10 |
| This class begins to transition young dancers into the full structure of a standard ballet class with increased exercises and vocabulary. The focus of this class is to create good technical habits while building strength and flexibility. |

| Tu, 5:30-6:30pm | East |
| M, 5:45-6:45pm | Kinesis |

| Mini Stars Ballet | Ages 4-5 |
|-------------------|
| This fun-filled class introduces dancers to the joys of ballet through imaginative and creative exercises designed to develop active listening, coordination, spatial awareness and the beginnings of technical training. |

| M, 11-11:45am | Iris Studio |
| Sa, 10:30-11:15am | Kinesis |

**Mini Ballet & Jazz | Ages 4-6**

This combo ballet & jazz class is designed to introduce students in our preschool program to basic ballet and jazz dance skills with all of the fun and fast paced elements of a creative movement class! Students will develop strength, dance technique, rhythm, and body awareness in a caring, nurturing environment. This class is an excellent way for children to gain self-confidence, listening and learning skills, all while having so much fun.

| Th, 3:30-4:15pm | Iris Studio |

**Sing, Dance, Play**

This cheerful Monday/Friday mini camp combines imaginative play, singing, movement and crafting to introduce and establish the building blocks of the performing arts, foster creativity, and nurture self-esteem. Through positive and imaginative class experiences, our students will develop confidence, learn new skills and have a wonderful time during this 1.5 hr fun filled mini camp. Please bring snacks and water!

| M, 9:30-11am | Kinesis |
| F, 9:30-11am | Kinesis |

**Tiny Stars | Ages 2.5-3**

Through dance and music exploration, all of our Tiny Stars Classes provide enrichment in a child’s physical, social, emotional, language, and cognitive development. Every class provides child-centered, and age appropriate activities taught by very loving and skilled instructors. At Kinesis, we strive to create a magical place where children learn to dance through imagination and creativity. This is a ballet-based creative movement class, where children learn the basics of ballet, basic positions of arms and feet, while exploring their own movement potential.

| Tu, 9:30-10:15am | Kinesis |
| W, 3:45-4:30pm | Kinesis |
| Sa, 9:30-10:15am | Kinesis |

**Toddler Time | Ages 10 mos.-3 years**

(Age 18 mos- 3 years) Does your toddler love to dance? This 45 minute class is an excellent introduction to dance, incorporating creative movement and promoting body awareness and coordination.

| Tu, 3pm-3:45pm | Kinesis |
| F, 10-10:45am | Kinesis |
| M, 9-9:45am | Iris Studio |

**Youth Ballet**

**Level 1 | Ages 7-9**

Students will study the performance art of ballet.

| M, 4:45-5:45pm | Kinesis |

**Level 2 | Ages 8-10**

This class begins to transition young dancers into the full structure of a standard ballet class with increased exercises and vocabulary. The focus of this class is to create good technical habits while building strength and flexibility.

| Tu, 5:30-6:30pm | East |
| M, 5:45-6:45pm | Kinesis |
EXPAND  Creating a community of ALL ABILITIES through recreation. Please contact Lori Goldman at 303-413-7256 or email at goldmanl@bouldercolorado.gov with any questions. Unless otherwise noted, programs are for all ability levels.

Scholarships & Financial Aid
For more information contact Lori Goldman at 303-413-7256.

EXPAND 3rd Party Funding
At this time, EXPAND is unable to accept Medicaid payment. We can accept 3rd Party Payments from other places. If you wish to use this option, please contact Lori Goldman, 303-413-7256 or GoldmanL@bouldercolorado.gov.

Participant Support and 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 participant registered. If you require additional support above these ratios please contact the program coordinator. Giving EXPAND a 2 week notice allows us to set up the proper supports so everyone can be safe and included in the program.

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.

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 Cerny at 303-441-3416.

Staff:
Lori 303-413-7256 or GoldmanL@bouldercolorado.gov
Chelsea 303-441-3416 or CernyC@bouldercolorado.gov
Emily Nelsen, 720-726-0984 or nelsene@bouldercolorado.gov

Adventure Outing

Camp Cheley Co-op  Ages 18+
Our favorite overnight is BACK!! Meet people from around the metro area on this fun weekend trip full of fishing, hiking, rock walls and more. Campers must be independent with all hygiene skills and safe with a 4:1 staff ratio. The campsite is not wheelchair accessible.

25949  10/1-10/3  F/Sa/Su, 2pm-11:30am Iris Center  $220/$255

Due to the close proximity and sleeping arrangements during this program, proof of being fully vaccinated for COVID will be required. We will continue to monitor the public health situation and work with Camp Cheley on additional details to provide the safest experience possible, and will update you with any changes. If you have any questions or concerns, please contact Chelsea or Lori.

Community Involvement Classes
No classes the week of October 25-30 or Thanksgiving week.

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, nelsene@bouldercolorado.gov with questions.

25904  9/13-12/13  M, 5:15-6:15pm East  $144/$180

Unified Youth Flag Football  Ages 8-15
Join us as we practice for the Special Olympics Flag Football tournament. Each team will consist of Special Olympics athletes and their peers from local schools. Contact Chelsea Cerny, 303-441-3416.

25952  9/7-10/19  Tu, 4-4:50pm South  $84/$104

Flag Football  Ages 15+
Fall means football! We’ll play flag football with our friends with an option to play at the Special Olympics Flag Football Tournament.

25928  9/7-10/19  Tu, 5-6pm South  $70/$87
It's football season! Come have some fun with flag football!

**Pickleball | Ages 16+**
Back by popular demand! Our outdoor pickleball league will be 3 weeks of fast and furious fun. All levels welcome!
Contact Chelsea at cernyc@bouldercolorado.gov.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>25958</td>
<td>11/2-11/16</td>
<td>Tu, 5-6pm</td>
<td>East</td>
<td>$30/$36</td>
</tr>
</tbody>
</table>

**Basketball Practice | Ages 16+**
Get ready for the basketball season. We’ll work on skills, learn rules and scrimmage. Contact Chelsea Cerny at cernyc@bouldercolorado.gov.

<table>
<thead>
<tr>
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<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>25948</td>
<td>11/30-12/14</td>
<td>Tu, 5-6pm</td>
<td>East</td>
<td>$30/$36</td>
</tr>
</tbody>
</table>

**Twist and Shout (and Sweat it Out) | Ages 16+**
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.

<table>
<thead>
<tr>
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<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>25943</td>
<td>9/15-10/20</td>
<td>W, 4-5pm</td>
<td>East</td>
<td>$60/$72</td>
</tr>
</tbody>
</table>

**Chat and Chow | Ages 16+**
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!
Contact Emily Nelsen at nelsene@bouldercolorado.gov.

<table>
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<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>26375</td>
<td>9/15-12/15</td>
<td>W, 5-6pm</td>
<td>East</td>
<td>$91/$113</td>
</tr>
</tbody>
</table>

**Signing with Sam | Ages 16+**
An introductory course to american Sign Language. We will learn some basic signs and then get the chance to practice them through games and other activities. All levels welcome.
Contact Chelsea Cerny at cernyc@bouldercolorado.gov.

<table>
<thead>
<tr>
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<th>Time</th>
<th>Location</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>25959</td>
<td>9/15-10/20</td>
<td>W, 6-7pm</td>
<td>East</td>
<td>$60/$72</td>
</tr>
</tbody>
</table>

**Button Crafts | Ages 16+**
In this hands on creative program we’ll be making a variety of winter/holiday themed art pieces that showcase buttons!
Contact Emily Nelsen, nelsene@bouldercolorado.gov

<table>
<thead>
<tr>
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<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>25938</td>
<td>11/3-12/15</td>
<td>W, 4pm-5pm</td>
<td>East</td>
<td>$72/$90</td>
</tr>
</tbody>
</table>

**More Than Notes & Noise | Ages 14+**
Let’s make music! A fun beginner music class exploring music and instruments. No experience necessary. Contact Chelsea Cerny at cernyc@bouldercolorado.gov.

<table>
<thead>
<tr>
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<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>25953</td>
<td>11/3-12/15</td>
<td>W, 6-7pm</td>
<td>East</td>
<td>$60/$75</td>
</tr>
</tbody>
</table>

**Spin and Lift | Ages 14+**
Come get in a solid cardio spinning workout AND use weights for strength training! Contact Emily at nelsene@bouldercolorado.gov.

<table>
<thead>
<tr>
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<th>Dates</th>
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<th>Location</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>25944</td>
<td>9/9-12/16</td>
<td>Th, 3-4:15pm</td>
<td>East</td>
<td>$156/$188</td>
</tr>
</tbody>
</table>

**Smile and Stretch | Ages 14+**
Stretch and Smile gives us the space we need to relax, reset, and appreciate who we are! We will accomplish this through yoga movements, meditation, breathing strategies, and so much more!
Contact Emily Nelsen at nelsene@bouldercolorado.gov.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Time</th>
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<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>25945</td>
<td>9/9-12/16</td>
<td>Th, 4:30-5:30pm</td>
<td>East</td>
<td>$130/$162</td>
</tr>
</tbody>
</table>

**Halloween Party | Ages 14+**
We’ll have music, dancing, games and a costume contest. It’s sure to be a Spooktacular event. Contact Chelsea at cernyc@bouldercolorado.gov.

<table>
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<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>26496</td>
<td>10/22</td>
<td>F, 6-8pm</td>
<td>South</td>
<td>$15/$18</td>
</tr>
</tbody>
</table>

**Bingo Night | Ages 14+**
B-21 and I-35. Bring your game face out to our bingo night! Contact Chelsea at cernyc@bouldercolorado.gov with questions.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>26575</td>
<td>12/17</td>
<td>F, 6-8pm</td>
<td>South</td>
<td>$15/$18</td>
</tr>
</tbody>
</table>

**EXPAND Ninjas | Ages 6-14**
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 Chelsea Cerny at cernyc@bouldercolorado.gov.

<table>
<thead>
<tr>
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<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>25957</td>
<td>11/6-12/18</td>
<td>Sa, 3-3:50pm</td>
<td>North Boulder Park</td>
<td>$95/$118</td>
</tr>
</tbody>
</table>

**Special Olympics Gymnastics Training | Ages 12+**
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 Chelsea Cerny at cernyc@bouldercolorado.gov.

<table>
<thead>
<tr>
<th>Course Code</th>
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<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>25954</td>
<td>11/6-12/18</td>
<td>Sa, 4-5pm</td>
<td>North</td>
<td>$72/$86</td>
</tr>
</tbody>
</table>

**Special Olympics Swim Training | Ages 12+**
There may be up to 2+ athletes per lap lane. You must be able to swim safely with a floatation belt. There are no fall swim meets. This is not a learn to swim program. Contact Emily Nelsen at nelsene@bouldercolorado.gov.

<table>
<thead>
<tr>
<th>Course Code</th>
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<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>25947</td>
<td>9/19-11/14</td>
<td>Su, 1-2pm</td>
<td>East</td>
<td>$84/$105</td>
</tr>
</tbody>
</table>
Friday Night Fun
Join us as we make new friends and hang out with old ones through games, swimming and more. Please bring a sack dinner.
Contact Chelsea Cerny, 303-441-3416.

Swimming | Ages 6-13  Elementary and Middle School Group
25927  10/8  F, 5:30-6:45pm  East  $15/$18
25955  11/5  F, 5:30-6:45pm  East  $15/$18
25956  12/3  F, 5:30-6:45pm  East  $15/$18

Swimming | Ages 14-21  High School/ Transition Group
25915  9/17  F, 5:30-6:45pm  East  $15/$18
25916  11/19  F, 5:30-6:45pm  East  $15/$18

Journeys through EXPAND
The following programs are specifically designed for independent adults who have acquired a Mild Traumatic Injury (MTBI) or other similar neurological condition. To inquire about Financial assistance and if this program is right for you. Contact Emily Nelsen 720-726-0984 or nelsene@bouldercolorado.gov

Meet and Greet Potluck | Ages 18+
Welcome back Journeys Through EXPAND! Cory Lasher has retired, but her former intern, Emily Nelsen, is here to bring it back! You will get to meet with Emily and all our long lost Journeys participants to chat about all the fun things we want to do together! Bring your favorite side to share and your personality!
25940  9/21  Tu, 6pm-7pm  North Boulder Park  $5/$6

Botanical Gardens | Ages 18+
Meet at the NBRC for a day at the botanical gardens! Designed for adults who have acquired a MTBI. Bring a lunch or money for lunch.
25946  10/5  Tu, 9-2pm  TBA  $32/$40

Watercolors | Ages 18+
Designed for adults who have acquired a MTBI. In this class you will learn basic watercolor and walk away with a painting. All materials will be supplied.
25941  11/3-12/8  W, 1:30-2:30pm  North  $72/$90

Make a Difference in Your Community!

Volunteer opportunities:
• EXPAND
• Youth Services
• Child Care
• Sports (coaching)
• Special Events
• Parks
• Urban Resources
• Outdoor Projects

More info: BPRvolunteer.org
Flatirons Golf Course | Flatironsgolf.com

Our consistently excellent playing conditions, our classic layout and convenient location make Flatirons a wonderful place to play. It’s the perfect site for your tournament or outing. Food and drink service available through our concessionaire at The Sand Wedge Bar & Grill. Let us help you plan your event! A brochure is available at the golf shop or online at flatironsgolf.com

Amenities:
- Scenic 18-hole golf course
- Driving range plus three practice greens
- Private and group instruction areas
- Sand Wedge Grill (food and beverages)
- Women’s leagues
- First Tee junior golf program, firstteecoloradorockymountains.org
- Tournaments and special events
- Accessible golf carts available
- Full club repair & fitting, including loft and lie adjustment
- Computerized (GHIN) handicapping system
- Book your tee time online!

Flatirons Staff:
Tom Buzbee, PGA Professional
Todd Calvin, Golf Operations Coordinator
Ross Gallagher, Asst. Mgr.

Golf Course Fees
(effective thru Nov. 30, 2021)

<table>
<thead>
<tr>
<th>Weekday Player Fees</th>
<th>Adult (M-Th/F-Su)</th>
<th>Senior</th>
<th>Ages 60+ (M-Th/F-Su)</th>
<th>Junior</th>
<th>up to Age 17 (All Days)</th>
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</thead>
<tbody>
<tr>
<td>9 Holes</td>
<td>$27 / $29</td>
<td>$22 / $25</td>
<td>$19</td>
<td></td>
<td></td>
</tr>
<tr>
<td>18 Holes</td>
<td>$40 / $45</td>
<td>$35 / $41</td>
<td>$27</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- Senior (age 60+)
- Student (18+ and valid student I.D.)
- Junior (under 18)

Practice Range / Cart & Club Rental

- Driving Range
  Small $5 (40 balls) | Medium $8 (75 balls) | Large $10 (100 balls)
  (Range cards available)

- Riding Carts (Fee Per Rider)
  9 holes $12 | 18 holes $17

- Sun Mountain and Bag Boy Push Carts
  9 holes $3 | 18 holes $5

- Golf Club Sets - Men’s & Women’s sets for left and right handed golfers.
  Standard Clubs: $9 (9) | $18 (18)
  Performance Clubs: $25 (9) | $35 (18)

For current specials and the most up to date information on Flatirons golf course, visit us online at Flatironsgolf.com

IT’S GOLF TIME!

Make a reservation today!
Flatironsgolf.com
Flatirons Golf Pass Options
Visit Flatironsgolf.com for details.

- Annual Pass (All You Can Play)
- Value Plan ($7 for 9 / $10 for 18)
- 9-hole Punch Card
- Student Pass
- Jr. Pass (Annual Pass for Juniors)

Golf Pass Fees

<table>
<thead>
<tr>
<th>Pass</th>
<th>Adult</th>
<th>Senior</th>
<th>Student</th>
<th>Junior (10-14 / 15-17)</th>
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<tr>
<td>Annual</td>
<td>$1199</td>
<td>$999</td>
<td>$599</td>
<td>$349 / $449</td>
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<tr>
<td>Value</td>
<td>$599</td>
<td>$499</td>
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<td>$399</td>
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</tr>
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</table>

Adult Golf Programs

Women’s League
Relaxed playing atmosphere concentrated on networking and fun over competition. All ladies welcome. 48 player max.

Individual & Group Lessons
Available through Comet Golf (Jeremiah Velez, Lead Instructor)
303-909-2507 or jvelez.cometgolf@gmail.com.

Visit the golf shop today for more information or check us out online at Flatironsgolf.com | 303-442-7851

Junior Golf Programs

Junior Pass Program | Ages 10-17
Unlimited walking play after 11a.m. Two price levels depending on age. Kids in programs listed above can upgrade to a junior pass at any time by simply paying the difference.

Junior Golf Lessons
Available through Comet Golf (Jeremiah Velez, Lead Instructor)
303-909-2507 or jvelez.cometgolf@gmail.com.
Gymnastics

Important Information for ALL Classes:
- Leotard or T-shirt and gym shorts required
- No street clothes, shoes, socks or jewelry
- Long hair must be securely tied back
- Cubby holes provided for shoes, etc.
- No make-ups for missed classes
- Check registration confirmation before first class
- Please list an email with your Active Registration account
- Participants 5 and older must wear a face covering

Visit bouldercolorado.gov/gymnastics for “Class Protocols.pdf” for the updated COVID guidelines.

Preschool Classes

2 Year Olds
Class Ratio (Maximum 1:6) Introduce your child to gymnastics in our structured 2-year old class that is also perfect for 3-year old’s who are having trouble separating from parents. Child must be accompanied by parent or other responsible adult. Twins must have two adults or attend separate classes.

<table>
<thead>
<tr>
<th>Code</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
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<td>25963</td>
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<td>25964</td>
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<tr>
<td>25966</td>
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</table>

Financial Assistance
The City of Boulder offers financial aid to assist community members living in the city limits who cannot otherwise 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 303-413-7200.
### Gymnastics

#### 3 & 4 Year Olds
Class Ratio (Maximum 1:4) 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.

<table>
<thead>
<tr>
<th>25972</th>
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<td>25977</td>
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<td>25978</td>
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<td>25982</td>
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<td>25983</td>
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<td>Sa, 10-10:45am</td>
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</table>

#### 5 & 6 Year Olds
Class Ratio (Maximum 1:5) 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. Depending on enrollment, athletes will be divided by gender to practice gender-specific events.

| 25991 | 8/23-11/15 | M, 9:30-10:15am | North 12 | $226/$254 |
| 25992 | 8/23-11/15 | M, 10:30-11:15am | North 12 | $226/$254 |
| 25993 | 8/23-11/15 | M, 3:30-4:15pm | North 12 | $226/$254 |
| 25994 | 8/23-11/15 | M, 4:30-5:15pm | North 12 | $226/$254 |
| 25995 | 8/24-11/16 | Tu, 9:30-10:15am | North 13 | $245/$275 |
| 25996 | 8/24-11/16 | Tu, 10:30-11:15am | North 13 | $245/$275 |
| 25997 | 8/24-11/16 | Tu, 3:30-4:15pm | North 13 | $245/$275 |
| 25998 | 8/24-11/16 | Tu, 4:30-5:15pm | North 13 | $245/$275 |
| 25999 | 8/24-11/16 | Tu, 5:30-6:15pm | North 13 | $245/$275 |
| 26000 | 8/25-11/17 | W, 9:30-10:15am | North 13 | $245/$275 |
| 26001 | 8/25-11/17 | W, 10:30-11:15am | North 13 | $245/$275 |
| 26002 | 8/25-11/17 | W, 3:30-4:15pm | North 13 | $245/$275 |
| 26003 | 8/26-11/18 | Th, 9:30-10:15am | North 13 | $245/$275 |
| 26004 | 8/26-11/18 | Th, 10:30-11:15am | North 13 | $245/$275 |
| 26005 | 8/26-11/18 | Th, 3:30-4:15pm | North 13 | $245/$275 |
| 26006 | 8/26-11/18 | Th, 4:30-5:15pm | North 13 | $245/$275 |
| 26007 | 8/26-11/18 | Th, 5:30-6:15pm | North 13 | $245/$275 |
| 26008 | 8/28-11/20 | Sa, 9-9:45am | North 13 | $245/$275 |
| 26009 | 8/28-11/20 | Sa, 10-10:45am | North 13 | $245/$275 |

### Privates & Semi Privates
**Punch passes available for both privates and semi-privates**

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

One hour sessions $60/hour

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

One hour sessions $35/hour
Gymnastics

Developmental Skills

Boys Pre-Team | Ages 5+ (Advanced Recreation)

Does your athlete have goals to make the gymnastics team? Are there still some skills they are trying to master? If that is the case, this is a perfect class to support your athlete in their goals. This two-day pre-team program will help your athlete develop the skills necessary to be promoted 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 of course, will always emphasize a fun-approach to learning and will strive to keep play and joy in this fun gymnastics environment.

Girls Pre-Team | Ages 5+ (Advanced Recreation)

Does your athlete have goals to make the gymnastics team? Are there still some skills they are trying to master? If that is the case, this is a perfect class to support your athlete in their goals. This two-day pre-team program will help your athlete develop the skills necessary to be promoted to our team program. This class is by invitation ONLY.

Co-ed Ninjas | Ages 7+

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 fun and playful ninja-style curriculum. Fostering a playful environment where student can burn energy, overcome obstacles, learn gymnastics, and develop skills and coordination.

Girls Team Prep - Future Flyers | Ages 7+

Girls Developmental Skills 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. 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.

Girls Developmental | Ages 7+

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. In this supportive environment students will be introduced to skills on vault, bars, balance beam, floor, and trampoline. Depending on enrollment, athletes will be split into groups by age and ability.

Boulder Flyers Gymnastics Team

Team classes are for intermediate and advanced gymnasts by INVITATION ONLY. Team tuition is paid monthly and will automatically renew every 30 days.

Coaches:

Keely Miller, Program Coordinator
millerk@bouldercolorado.gov

Cindy Ferrari, Recreation Coordinator
ferraric@bouldercolorado.gov

Andrew Ghizzone, Boys and Girls Teams
ghizzonea@bouldercolorado.gov

Girls Xcel Bronze/Silver

(Ages 6+) Xcel Bronze and Silver athletes will continue to develop basic skills that will prepare them for more advanced gymnastics. They will compete in USAG Xcel Bronze/Silver competitions.

Girls Xcel Gold/Platinum/Diamond

(Ages 6+) Xcel Gold + athletes will continue to develop more advanced gymnastics and compete in USAG Xcel competitions.

Boys Pre-Team

(Age 6+) Pre-team boys will continue developing basic skills in USAG Levels 1-3. Pre-team will prepare you for future competitive team involvement.

Boys Beginning Team- Advanced Team

(Age 6+) Team members will compete in USAG Levels 4-10.
Welcome
“Move Your Way” with our comprehensive, inclusive classes and training options that will help you achieve your optimal health and wellbeing. Our fitness staff includes exercise physiologists, dietitians, certified fitness specialists, and personal trainers. Our fitness program incorporates evidence-based programs to ensure that our classes and training options are safe for all ages and appropriate for the first-time exerciser, the seasoned athlete, and individuals transitioning from medically-supervised exercise programs.

In-Person Registered Classes
In-person and Virtual registered classes are taught by our certified fitness instructors in a small-group setting. They are developed to progressive in skill and technique throughout the duration of the class. Choose from a variety of formats designed for all levels of experience and fitness, duration of class ranges from 6-14 weeks in length. Please note these sessions are an additional fee outside of any membership or drop-in rate. All class dates and times are subject to change. Virtual classes are live-streamed through Zoom, class links will be sent out prior to the first class.

Weight Training for Older Adults
Join this class to 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.

TRX Total Body Workout
TRX Suspension Training develops core stability to improve movement, function, and performance. This is a total-body workout that leverages body weight for strength, conditioning, and mobility. Short rest intervals will get your heart rate up, longer intervals will allow recovery time following bouts of strength. The exercises are easily scalable to each individual’s appropriate level of difficulty, so all fitness levels are welcome.

DROP-IN FITNESS CLASSES
Visit us online for a full class schedule BPRfitness.org
Health & Wellness: Fitness & Weights

Virtual “Registered” Classes

This virtual registered class is live-streamed via ZOOM. Participant email is required for registration and the class link will be sent out prior to the start of the class.
Downloadable recorded classes will be emailed to all registered participants at the end of the session. If a class is missed during the session, the recording will be made available to the participant to complete on their own before the next class session.

Core and Stretch
Start with functional core training and abdominal exercises designed to improve inner core stability by strengthening abdominal and back muscles, toning glutes, conditioning inner and outer thighs, and improving balance and flexibility. End with therapeutic stretching to release tension and address musculoskeletal pain and stiffness.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
<th>Instructor</th>
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<tr>
<td>26501</td>
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<td>9-10am</td>
<td>Virtual</td>
<td>$70/$85</td>
<td>Dora</td>
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</tbody>
</table>

Yin Yoga
Yin yoga focuses primarily on floor poses with longer relaxed holds to deeply stretch the low back, hips, and legs. As we slowly work into the connective tissues of the body, you will find more freedom and mobility in your joints. The result is a greater ease, comfort, and flexibility in all of your activities. No prior experience necessary. Yin Yoga is a prop intensive practice, if you don’t have props, you can make your own with pillows from the couch and towels, rolled and folded.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
<th>Instructor</th>
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<td>26502</td>
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<tr>
<td>26504</td>
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<td>4-5pm</td>
<td>Virtual</td>
<td>$49/$60</td>
<td>Karen</td>
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Zumba
Zumba is for anyone needing a fun, safe, effective workout without the high impact. Take a musical trip around the world with easy-to-follow choreography that focuses on balance, range of motion, flexibility and coordination. Absolutely no dance background required. Zumba Gold is perfect for active older adults or people who are new to Zumba and want a gentler workout. No prior experience necessary.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
<th>Instructor</th>
</tr>
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<td>26505</td>
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<td>Lidia</td>
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Strength and Tone
Work all the major muscle groups safely in this progressive, well-rounded, total body sculpting class. Hand weights, bars, resistance tubes, and balls are all incorporated in this class. This is a great low-impact overall resistance workout to compliment your cardio routine.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
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</table>

Gentle Nia
Nia is a form of fusion fitness. It combines movements and concepts from yoga, martial arts, jazz and modern dance. Nia classes offer total body cardiovascular conditioning and cross-training for any sport or activity. All Nia movements are adaptable and can be personalized for any level of fitness and agility. No prior experience necessary.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
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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 or call 303-413-7200.
**Drop-In Classes:**
Get ready to move! Our group fitness classes will motivate you more than ever! With upbeat music, energizing instructors and a supportive community around you, group classes will keep you coming back for more. With a wide variety of fitness classes each week, there is something for everyone. Led by our professionally-certified instructor team, classes offer structure, variety and fun, as well as a safe place to make friends and build community.
Visit [BPRfitness.org](http://BPRfitness.org) for schedule, policies, and more information.

---

We are committed to guiding you through energizing and challenging workouts with a focus on building strength, cardiovascular fitness, and flexibility.

Our instructors ensure a safe and effective exercise progression while bringing their own individual expertise and personal style to every class.

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

We have a variety of drop-in classes so you can choose the level of participation that’s right for you. Happy sweating!

---

**Drop-In Classes - Visit our online schedule**

<table>
<thead>
<tr>
<th>East Boulder Community Center</th>
<th>North Boulder Recreation Center</th>
<th>South Boulder Recreation Center</th>
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</thead>
<tbody>
<tr>
<td>Gentle Yoga</td>
<td>Barre Fusion</td>
<td>Gentle Yoga</td>
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<tr>
<td>Yoga for Strength (Flow)</td>
<td>Total Body Fitness</td>
<td>Yoga Flow</td>
</tr>
<tr>
<td>Yoga Sculpt</td>
<td>HIIT</td>
<td>Gentle Yoga</td>
</tr>
<tr>
<td>The Ride Indoor Cycling</td>
<td>Step Interval</td>
<td>Rest and Restore Yoga</td>
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<tr>
<td>Booty Sculpt</td>
<td>Yoga Flow</td>
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<td>Cardio Express</td>
<td>HIIT</td>
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<tr>
<td>Bolly X Dance Fitness Nia</td>
<td>Gentle Yoga</td>
<td>Fit and Strong</td>
</tr>
<tr>
<td>Zumba Outdoor Bootcamp</td>
<td>Rest and Restore Yoga</td>
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</tr>
<tr>
<td>Fit &amp; Strong Chair Yoga</td>
<td>Yoga</td>
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</tr>
</tbody>
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---

Find a full drop-in fitness schedule at [BPRfitness.org](http://BPRfitness.org)
Meet Kat Frazier  
BS in Kinesiology & Physical Education  

With over 6 years of experience, I have trained a variety of clients with diverse backgrounds and needs. I have had considerable experience working with older adults, and those with chronic health conditions. I train with a philosophy of “form first”, addressing any dysfunction or asymmetries and building from a base. I believe that fitness should be functional, mimic daily patterns and improve overall quality of life. I am excited to support you in your goals.

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 in length and includes a consultation with optional cardiovascular, muscle strength and flexibility assessments - required for all new personal training clients. All follow-up appointments are 60 minutes in length.

To view trainer bios and request a personal training session, visit bprfitness.org and submit the session request form on the training page.

Personal training paperwork and payment must be received prior to starting your session. To cancel, please contact your trainer directly.

Private Personal Training

Initial Get Started appointment (required for all new personal training clients). $72 (90 minutes, includes consultation and assessment)

Follow up appointments (60 minutes in length)
1 session $60 • 3 sessions $171 • 6 sessions $333 • 12 sessions $648

Semi-Private Training (Two Individuals)

Initial Get Started appointment
$84 (90 minutes, includes consultation and assessment)

Follow up appointments (60 minutes in length)
1 session $70 • 3 sessions $200 • 6 sessions $389 • 12 sessions $756 (Fee includes two people.)

Transition from Therapy Personal Training

If you are returning to the gym from an injury and have specific orthopedic concerns, a trainer can assist you to transition to working out pain-free on your own.

Initial Get Started appointment
$86 (90 minutes, includes consultation and assessment)

Follow up 60 minute appointments $72 each
Contact our fitness program coordinator at 303-413-7280 for availability.
3 sessions $205

To Schedule A Private/Semi-Private Lesson

Private and semi-private personal training sessions are by appointment only. To schedule, please complete our session request form. Scheduling based on instructor availability.

Nutrition Consultation

Make the most of the fuel you use to power your body and mind with a private nutrition consultation with a registered dietitian nutritionist or nutrition coach. Our nutrition professionals will assist you in making lifestyle changes that can include how to plan, prepare and select nutritious foods that support your optimal health.

To view nutrition coach bios and request a personal training session, visit bprfitness.org and submit the session request form.

Nutrition paperwork and payment must be received prior to completing your appointment. A 24-hour cancellation is required or you will be charged for your session. To cancel, please contact your coach directly.

1 session $72 • 3 sessions $205 • 6 sessions $400 • Nutrition/PT combo $274

Personal Training & Nutrition Policies

*If a client cancels more than 24 hours prior to the lesson, he or she will have the opportunity to reschedule the personal training session and will not be charged. However, if the 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) 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 diagnosis.
Private and Semi-Private Pilates Reformer
These sessions are a great way to experiment with this mind-body discipline and be introduced to the Pilates Reformer (a non-impact system that works the whole body). You will receive individual instruction and learn the basic concepts and foundations of the method, which will help you fine-tune your movement patterns. You will also be taught how to use the equipment properly and safely. If you already have Pilates experience, Privates or Semi-Privates will support you in honing your skills. You and your instructor will tailor your session in order to facilitate improving your practice and achieving your goals. Expect your session to challenge you to work hard physically and to mentally focus so that your movement powers you.

Private and semi-private lessons by appointment only. To schedule a private or semi-private session, please complete our session request form. Scheduling based on instructor availability.

Pilates Reformer - Level 1

Exercises at this level, on this unique apparatus, best suit students who are familiar with the Pilates Reformer and who have either taken private lessons or completed the Introduction/Orientation Reformer class through the City of Boulder Pilates Program. Tower exercises may be included. Use of the reformer will quickly strengthen, stretch and reshape your body. Prerequisite: Three private or semi-private Pilates reformer lessons or coordinator approval.

<table>
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<tr>
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<th>End Date</th>
<th>Days</th>
<th>Time</th>
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</table>

Pilates Reformer - Level 2

Review Level 1 Pilates Reformer exercises such as footwork, hundreds, frog, tree front, and elephant. Incorporate and practice more challenging Pilates Reformer exercises such as short spine and teaser. Tower exercises may be included. Prerequisite: Completion of at least one session of Level 1 classes with the City of Boulder Pilates program or coordinator approval.

<table>
<thead>
<tr>
<th>Code</th>
<th>Start Date</th>
<th>End Date</th>
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<th>Time</th>
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</table>
Health & Wellness: Active Older Adults

SilverSneakers® Fitness for Boomers and Beyond
Tivity Health SilverSneakers® fitness program is provided at no cost by more than 60 health plans nationwide. Millions of members, with thousands of gyms. Classes designed for all abilities. Our community is active, welcoming, and fun. Are you in?

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™ - Fitness for Body and Mind
Welcome to Renew Active™ from United Healthcare, available with select Medicare Advantage plans. Designed around you and your goals, Renew Active™ 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.

SilverSneakers®, Silver&Fit® & Renew Active™
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. For more information contact: Kate Doering at 303-413-7280.

Check Eligibility
Begin working out with your SilverSneakers®, Silver&Fit® or Renew Active™ 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!

Boomer Trainers
As adults hit their 50’s and 60’s the demand for the seasoned trainer arises. We have older adult personal trainers on staff that understand the changes that occur with age. Our seasoned trainers have experience working with health issues that many older adults are faced with.

To be matched with a Boomer Trainer contact our fitness program coordinator at 303-413-7280 for availability.

Be Well Saturdays
Boulder Community Health’s new Virtual Wellness Series, Be Well Saturdays, is a new video series that will premiere on the second Saturday of each month throughout the summer. Join BCH Community Outreach Coordinator and host Gina Simmering, RN and guests to hear a variety of tips on how to stay active, eat healthy and be well from BCH physicians and some of our wonderful community partners.

BCH.org

Older Adult Functional Assessment
This fitness assessment is designed to provide feedback to new members regarding their current health and fitness status to find the best program fit for their individual needs and goals. Led by a fitness professional, the basic functional assessment consists of evaluating cardiovascular conditioning, strength, flexibility and balance. Activity and program recommendations will be given based on the results. This assessment and consultation is intended to help older adults maintain an active and fully functional lifestyle. Cost is $15 per person by registration only. Assessments are limited to 3 participants. Register in person at any recreation center front desk or call 303-441-3148 to make a reservation. Scheduled every two weeks so please call for available dates through the fall.

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<td>26615</td>
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</table>
Pottery Classes

after school programs

Hand-building

Wheel-throwing

Weekdays
Ages: 6 - 16

www.studioartsboulder.org | (720) 379-6033
JOIN YOUR FAVORITE BPR SPORTS LEAGUE TODAY!

Whether you’re in Boulder for a few months or a lifetime, don’t miss the opportunity to play in one of the most active, diverse, and exciting community sports programs in the area. Whether you’re looking for new ways to have fun with friends or co-workers, meet other active adults or just enjoy playing your favorite sport, BPR adult leagues offer something for everyone.

So gather your team**, find your league and join the fun!

** Individual and “free agent” lists available. Adult leagues are for ages 18+.

More Info: Connor 303-413-7465 or bulgerc@bouldercolorado.gov

To read about COVID-19 protocol levels and policies and what we’re doing to keep you safe! BPRsports.org

---

VOLLEYBALL
Join our fall league, open to all abilities, wide-open to epic digs, spikes, and serves!

Fall Indoor League:
Registration open: July 19
Play starts: Sept. 13*

*Schedule is subject to change due to inclement weather or COVID-19 guidelines.

KICKBALL
Looking for something a little less traditional, more relaxed and co-ed friendly? Join the fun!

Fall Session:
Registration open: July 26
Play starts: Sept. 8*

INDOOR KICKBALL

Fall Session:
Registration open: Sept. 13
Play starts: Nov. 8*
DODGEBALL
Join this co-ed indoor dodgeball league for all-out fun, as you run, duck, dip, dive and throw.

**Fall Session:**
Registration open: Sept. 13
Play starts: Nov. 4*

*Schedule is subject to change due to inclement weather or COVID-19 guidelines.

SOCCER
Choose from men’s or co-ed leagues for all skill/ability levels. All games are 90 minutes, played on full-sized award-winning fields with trained officials. Gather your team today!

**Fall League:**
Registration open: July 16
Play starts: Aug. 19*

*Schedule is subject to change due to inclement weather or COVID-19 guidelines.

SOFTBALL
Whether it’s your first time playing, you’re in your prime, or your glory days have passed, everyone is welcome! We have leagues for all levels of play.

**Fall League:**
Registration open: June 28
Play starts: Aug. 23*

*Schedule is subject to change due to inclement weather or COVID-19 guidelines.
Youth Sports

Skyhawks Sports | Ages 4-14
*Register online at skyhawks.com/colorado

Skyhawks provides a safe, fun, non-competitive environment designed to give each child a positive introduction into sports and ensure they walk away with a smile on their face wanting to learn more. Our knowledgeable and patient staff use a variety of games and activities to give each athlete an overview of the sport while building valuable skills. Since 1979, Skyhawks has taught over two million boys and girls Life Skills through Sport.

Beginning Volleyball Camp
The fundamental skills of volleyball are taught through game-speed drills and scrimmages that focus on passing, setting, hitting, and serving. This co-ed program is designed for the beginning and intermediate player.

Ages 8-10
* 9/8-10/13 W, 4-4:50pm East $89

Ages 11-13
* 9/8-10/13 W, 5-5:50pm East $89

Beginning Basketball Camp
This fun, skill-intensive co-ed program is designed for beginning to intermediate players. An active week of passing, shooting, dribbling, and rebounding makes this one of our most popular programs. No class 11/24.

Ages 5-8
* 10/20-12/1 W, 4-4:50pm East $89

Ages 7-11
* 10/20-12/1 W, 5-5:50pm East $89

*Register online at skyhawks.com/colorado ULAX Lacrosse:

ULAX Youth Lacrosse | Ages 5-10
*Register online at ulax.org/bouldercounty

The ULAX Co-Ed Youth Lacrosse 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. Players of all skill levels are welcome to join and will be placed in the age appropriate level (i.e., U7, U9, U11). ULAX was founded in Boulder, CO in 2005 and has been hosting lacrosse events throughout North America ever since.

Gear to bring: Lacrosse stick (available as a registration upgrade option), appropriate clothing, water bottle and sneakers or cleats.

Ages 5-6 (U7)
* 9/12-10/17 Su, 9-9:50am East Boulder Community Park $89

Ages 7-8 (U9)
* 9/12-10/17 Su, 10-10:50am East Boulder Community Park $89

Ages 9-10 (U11)
* 9/12-10/17 Su, 11-11:50am East Boulder Community Park $89

For more information and to register for each of these programs visit us online:

Skyhawks
NFL Flag Football
ULAX Youth Lacrosse

NFL Youth Flag Football | Ages 4-14
*Register online at ColoradoFlagFootball.com

Join the largest youth flag football organization in the country. This is a 5 v 5, non-contact, recreational, co-ed format. Teams are limited to 10-11 players to maximize playing time. This is an exceptional program for first time players who want to learn the fundamentals of football. This is also a wonderful opportunity for players who may want to continue to enhance their skills before taking the next leap into tackle football.

Games are played at Foothills Community Park on Sunday afternoons between 12-6 pm. Practices take place one hour prior to game time each week to ensure a convenient and fun experience for all. Participants will receive an NFL reversible jersey and flag belt.

* 9/12-10/31 Su, 12-6pm Foothills Park 7 $159.50

*Register online at NationalFlagFootball.com or call our office at 720-360-1600.

Payment plans and financial assistance is available. Partnered with Boulder Play Pass! For more information contact 720-360-1600 or email info.co@nationalflagfootball.com.
Tennis

Tennis Court Locations

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

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

Rec Center courts can be reserved for $5 per court per hour.
To reserve all other courts visit online at BoulderParks-Rec.org.
*Enjoy our lights at EBCC and NBRC.

Light fees: $1 per 30 minutes per court. Pay or purchase tokens at front desk. Must reserve court to purchase light tokens at East Boulder Community Center.

Gonzo Tennis

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

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

Questions: Gonzo Garcia at gonzo@gonzotennis.com
Program Info: Connor 303-413-7465 or bulgerc@bouldercolorado.gov
For inclement weather and cancellation information please check: Gonzotennis.com/weather-update

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 Gonzo@gonzotennis.com.

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 or call 303-413-7200.
Youth Tennis | Ages 5-10

The School of Tennis is a physical development program designed for children that uses a variety of fun games to develop motor skills, enjoy the game, and build self-confidence in a safe and friendly environment. It’s all about Tennis! [Gonzotennis.com](http://Gonzotennis.com)

For inclement weather and cancellation information please check: Gonzotennis.com/weather-update.

Mini Gonzos | Ages 5-6

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In the Gym

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Tiny Gonzos | Ages 7-8

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<th>Day(s)</th>
<th>Time</th>
<th>Location</th>
<th>Price ($)</th>
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<tbody>
<tr>
<td>26281</td>
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<td>W</td>
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<td>East</td>
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</tr>
<tr>
<td>26282</td>
<td>9/2-10/21</td>
<td>Th</td>
<td>3:45-4:30pm</td>
<td>East</td>
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</tr>
<tr>
<td>26283</td>
<td>9/1-10/20</td>
<td>W, Th</td>
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<tr>
<td>26284</td>
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In the Gym

<table>
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<th>Time</th>
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<th>Price ($)</th>
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Mighty Gonzos | Ages 9-10

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<tbody>
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<tr>
<td>26270</td>
<td>9/2-10/21</td>
<td>Th</td>
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<tr>
<td>26271</td>
<td>9/1-10/20</td>
<td>W</td>
<td>4:30-5:30pm</td>
<td>North</td>
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</tr>
<tr>
<td>26272</td>
<td>9/4-10/23</td>
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<td>11-12pm</td>
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In the Gym

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Junior Tennis | Ages 11-15

Divided into different levels determined by age and ability, these game-based programs use specific exercises and fun games to help students understand the various aspects of tennis. Must receive approval from Gonzo prior to registering for intermediate and/or advanced courses.


Beginner

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<thead>
<tr>
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<td>26262</td>
<td>9/2-10/21</td>
<td>Th</td>
<td>4pm-5pm</td>
<td>North</td>
<td>$120/$144</td>
</tr>
<tr>
<td>26263</td>
<td>9/4-10/23</td>
<td>Sa</td>
<td>10-11:00am</td>
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In the Gym

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<th>Price ($)</th>
</tr>
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<tbody>
<tr>
<td>26262</td>
<td>10/27-12/15</td>
<td>W</td>
<td>5-6pm</td>
<td>East - Gym</td>
<td>$120/$150</td>
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<tr>
<td>27079</td>
<td>10/29-12/17</td>
<td>F</td>
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Intermediate

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<tbody>
<tr>
<td>26264</td>
<td>9/4-10/23</td>
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<tr>
<td>26266</td>
<td>9/2-10/21</td>
<td>Th</td>
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In the Gym

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<tbody>
<tr>
<td>26264</td>
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<td>W</td>
<td>6-7pm</td>
<td>East - Gym</td>
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<tr>
<td>27080</td>
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Tennis - Fall Mix & Match | Ages 7-17

(Ages 7-17) A fun mix of activities: Singles and doubles round robin tournaments; meeting with other clubs; fun and innovative play; challenge matches; clinics.

For inclement weather and cancellation information please check: Gonzotennis.com/weather-update.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Date Range</th>
<th>Day(s)</th>
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<tr>
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<td>3pm-5pm</td>
<td>Centennial M.S.</td>
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Team Gonzo Tennis

- 10 & Under
- 12 & Under
- 14 & Under
- 16 & Under

Contact Gonzo for an evaluation prior to registration for the “training” classes at gonzo@gonzotennis.com.
**Adult Tennis Clinics | Ages 16+**

Clinics will introduce all the basic tennis strokes to beginners and improve skills for intermediate players. Appropriate games will be used for different levels, improving your stroke technique and consistency.

For inclement weather and cancellation information please check: Gonzotennis.com/weather-update/

### Beginner with Gonzo

<table>
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<td>$130</td>
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<tr>
<td>26245</td>
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<td>East</td>
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<tr>
<td>26246</td>
<td>10/7-10/28</td>
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### Beginner

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### Intermediate with Gonzo

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### Intermediate

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</table>
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 on the Valmont Bike Park website at ValmontBikePark.org or the Facebook page at facebook.com/ValmontBikePark.

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

Picnic Reservations & Private Parties at VBP

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

The Glades Shelter and Hub Plaza Shelter (covered shelters). Reservation Fees: $150 for 3 hours including set up and clean up time. Enjoy the bike trails and playground while hosting a party from the shelter. Book a party today at valmontbikepark.com!

We offer 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 2 hours of coaching (4 child minimum). Book your next special occasion today! Call Willow Rockwell at 720-552-4346.

For special events, programs, rentals, general information or questions regarding Valmont Park e-mail valmontbikepark@bouldercolorado.gov.

Biking Programs by Avid4 Adventure, 303 Dirt, and Lee Likes Bikes

303 Dirt | Ages 6-16

Offering youth bike skills clinics and camps at Valmont Bike Park from Spring until Fall. Improve your mountain bike and BMX skills including turning, braking, and jumping with our experienced coaches. Free Sunday clinics, private bike skills coaching, trail riding skills, and “day away” camps are also available for kids and adults.

303 Dirt was founded by MTB Downhill World Champion Myles Rockwell and BMX Freestyle Star Gurion Blattman.

After School Program
March-October (weather permitting) | M-F, 4-6pm
Register online at 303dirt.com

Tackle the trails, jumps and features of Boulder’s world-renowned Valmont Bike Park this fall, we have something for all skill levels.
Clinics with Lee Likes Bikes
leelikesbikes.com

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 written 11 mountain biking books and worked with more than 7,000 riders of all levels. Our classes are fun, simple, and effective. Give yourself the ultimate upgrade. Make yourself better!

Private & Semi-Private Clinics
Age 18+ | 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.

Public Mountain Biking Clinics with Lee Likes Bikes
Age 18+ | Level 1, Level 2, and more advanced public classes are the most proven and cost-effective way for adults to become safer, smoother, and faster riders. Improve your riding in just a couple hours!

We offer co-ed and women-only classes.

More details, dates, and registration for clinics with Lee Likes Bikes can be found online at leelikesbikes.com.

Avid4 Adventure Bike Programs

Through school programs, summer camps and special events, Avid4 Adventure has served over 100,000 children in the Front Range and Bay Area, California with incredible staff, the best equipment, un-paralleled customer service, and a safety record that is superior to industry standards.

Look for our programs and register online at Avid4.com or contact vbp@avid4.com or call 720-249-2412.
# Staff Contacts

## Parks & Recreation Staff Phone Numbers

<table>
<thead>
<tr>
<th>Department</th>
<th>Contact</th>
<th>Phone Number</th>
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</thead>
<tbody>
<tr>
<td>Parks &amp; Recreation</td>
<td></td>
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<tr>
<td>Community Programs (EXPAND, Youth &amp; Families, Camps)</td>
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<tr>
<td>Lori Goldman, Supervisor</td>
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<td>303-413-7256</td>
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<tr>
<td>Chelsea Cerny, EXPAND</td>
<td></td>
<td>303-441-3416</td>
</tr>
<tr>
<td>Emily Nelsen, EXPAND</td>
<td></td>
<td>720-726-0984</td>
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<tr>
<td>Youth &amp; Families</td>
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<td>303-413-7217</td>
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<tr>
<td>Molly Langerak, Camps</td>
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<td>303-413-7441</td>
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<tr>
<td>Community Building + Partnerships</td>
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<tr>
<td>Bryan Beary, Manager</td>
<td></td>
<td>303-413-7273</td>
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<tr>
<td>Justin Greenstein, Supervisor</td>
<td></td>
<td>303-413-7222</td>
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<tr>
<td>Mary Malley, Volunteer Coordinator</td>
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<td>303-413-7245</td>
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<tr>
<td>Cassy Bohnet, Volunteer Coordinator</td>
<td></td>
<td>303-441-4404</td>
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<tr>
<td>Jonathan Thornton, Communications</td>
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<td>303-413-7258</td>
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<td>Megann Lohman, Manager</td>
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<td>303-441-4427</td>
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<tr>
<td>Summer Kennedy, Supervisor</td>
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<td>303-413-7264</td>
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<tr>
<td>Kate Doering, Health &amp; Wellness</td>
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<td>303-413-7280</td>
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<td>Keely Miller, Gymnastics</td>
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<td>303-413-7207</td>
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<td>Recreation Centers</td>
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<tr>
<td>Maxen Jones, Supervisor, EBCC</td>
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<td>303-413-7463</td>
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<tr>
<td>Matt Pilger, Supervisor, SBRC</td>
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<td>303-441-3449</td>
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<td>Matt Gazdik, Supervisor, NBRC</td>
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<td>Aquatics</td>
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<td>Tim Stabbe, Aquatics Supervisor</td>
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<td>303-441-3435</td>
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<td>Sara Schmalfeldt, Coordinator</td>
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<td>303-441-4380</td>
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<td>Phil Henry, Aquatics Maintenance</td>
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<td>303-413-7478</td>
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<td>Dennis Warrington, Park Manager</td>
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<td>Flatirons Golf Course</td>
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<td>Tom Buzbee, Director of Golf</td>
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<td>Boulder Reservoir</td>
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<td>Stacy Cole, Manager</td>
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<td>303-441-3461</td>
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<td>Valmont City Park</td>
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<tr>
<td>Mike Rossi, Manager</td>
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<td>303-413-7219</td>
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<tr>
<td>Administration</td>
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<tr>
<td>Alison Rhodes, Director of Parks &amp; Recreation</td>
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<td>303-413-7200</td>
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### Make a Difference in Your Community!

**Volunteer opportunities:**

- EXPAND
- Youth Services
- Child Care
- Sports (coaching)
- Special Events
- Parks
- Urban Resources
- Outdoor Projects

More info: [BPRvolunteer.org](http://BPRvolunteer.org)
Recreation Center Holiday Closures:
9/6    Labor Day - North open 8am-1pm;  
       East and South closed.
11/25  Thanksgiving Day - All closed.

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.

Financial Assistance
The City of Boulder offers financial aid to assist community members living 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 or email gazdikm@bouldercolorado.gov.

Registered Class Visitor’s Fee
This pass allows you to drop into a registered class, if space is available. Cards can be purchased at centers and are valid for six months from date of purchase for the following programs: Adult Dance, Yoga, Swiss Ball, and Pilates Mat classes. $70 for 5 classes.

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!

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

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.

Children Under 12
For your child’s safety and well-being, the City of Boulder Parks and Recreation Department requests that children under 12 years of age not be left unsupervised at any recreation facility, or outdoor pool. It is acceptable to leave children participating in organized classes or programs, as they are under the care of an adult program leader or instructor.

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.

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 your accepting my entry into a City of Boulder recreation facility or program, I, for myself and anyone entitled to act on my behalf, waive and release the City of Boulder, all staff, volunteers, sponsors, and representatives from all claims or liabilities of any kind arising out of my participation in (or as a spectator of) any program or use of any facility.

NOTE: If a facility user or program participant is under 18 years of age, you as a parent or legal guardian, agrees to the same terms, conditions and waiver of liability set forth in this agreement.
Registration & Policies

Transfer Policy

| Fee   | • Same day of registration $0  
|       | • Before 2nd class date, if space is available $5  

Program Refund Policy

| Fee   | Programs $15  
|       | 1 Meeting Programs No Refund  
|       | 2 Meeting Programs $15  

Camps

| Fee   | Monday two weeks prior to start of camp No Refund  
|       | More than two weeks prior to start date $15  

Leagues

| Fee   | Before league registration deadline $15  
|       | After league registration deadline No Refund  

Pass Refund Policy

| Fee   | Annual Pass $25  
|       | Monthly Annual Pass N/A  
|       | 10-Visit Pass $15  

Pass Details

10-Visit

• Transferrable only between like categories. Example: Any adult may use adult pass. Maximum 40 entries per account.

Monthly Unlimited

• Love your monthly experience, but want more? Put your latest month paid towards any full price Annual Pass to extend for 11 months.

• Non-transferable; credit/debit payments only. Declined payments will cancel pass access at end of current billing cycle. Household members 19+ must provide proof of residency at same address.

Annual Unlimited Pass

• 50% off additional Annual Passes. First adult family member of the household (19-59) pays full price; additional household members qualify for 50% off. Must be purchased at the same time. See Household Pass for best value on 3+ member households.

Important

• No registration accepted by instructor.
• $25 will be charged for returned checks.
• For pass and program withdrawals, customer will receive a prorated refund less a withdrawal fee.
• Medical withdraw. If unable to complete a registered program due to a medical condition a doctor’s note may be required to request a pro-rated refund.
• All refunds will be credited in the original form of payment. No exceptions.

REGISTER ONLINE

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

• Online registration begins at 8:30 a.m. Tuesday, August 3.

• Online registration begins at 8:30 a.m. Tuesday, August 3.

• For registrations in which you have a discount or questions, please call the registration help line at 303-413-7200, Monday-Friday, 9 a.m.-5 p.m.

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

Go to BoulderParks-Rec.org

Click on “Register Online” Need help? See our FAQ’s online or call the registration help line at 303-413-7200, Monday-Friday, 9 a.m.-5 p.m.

Search for desired class or enter class code.

Payment must be completed at the time of registration.

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

Thank you for using our online registration system!
RECREATION FACILITY ACCESS OPTIONS

To use a BPR facility, choose the fee option that best suits you. No matter what option you choose you have access to three unique recreation centers, two outdoor pools plus the Boulder Reservoir; open swim and gym, drop-in fitness and yoga classes, weight rooms, racquetball/handball and platform tennis, sauna or steamroom, lockers and family changing rooms*.

Facility Entry Fees

<table>
<thead>
<tr>
<th>Pass Type</th>
<th>Annual</th>
<th>Monthly</th>
<th>10-Visit Pass</th>
<th>Single Visit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Facility Entry:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>All Recreation Centers, Scott Carpenter Pool, Spruce Pool, Boulder Reservoir</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>Fitness Classes:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Access to weekly drop-in fitness classes</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>Express Access:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Scan and go!</td>
<td>✔️</td>
<td>✔️</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Easy Billing:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Options to meets your needs.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Paid in full</td>
<td></td>
<td></td>
<td>Credit card only. Auto-renews every 31 days until cancelled.</td>
<td></td>
</tr>
<tr>
<td>Savings:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15% less than monthly</td>
<td></td>
<td></td>
<td>The more you visit, the more you save.</td>
<td>10% less than Single Visit</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Standard Entry Fee</td>
</tr>
</tbody>
</table>

*Visit us online for updates on COVID-19
Choose Your Plan & Come Play

DAILY ENTRY OPTIONS

SINGLE VISIT - Reservation per activity

<table>
<thead>
<tr>
<th></th>
<th>Pass Fee</th>
<th>Resident/Worker*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult (19-59)</td>
<td>$11</td>
<td>$9</td>
</tr>
<tr>
<td>Senior (60+)</td>
<td>$8.25</td>
<td>$6.75</td>
</tr>
<tr>
<td>Youth (3-18)</td>
<td>$6.50</td>
<td>$5.50</td>
</tr>
<tr>
<td>Group Daily (4 entries; max 2 adults)</td>
<td>$33</td>
<td>$24</td>
</tr>
</tbody>
</table>

10 VISIT PASS - No expiration and transferable.

<table>
<thead>
<tr>
<th></th>
<th>Adult (19-59)</th>
<th>Senior (60+)</th>
<th>Youth (3-18)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$99</td>
<td>$81</td>
<td>$59</td>
</tr>
<tr>
<td>Senior (60+)</td>
<td>$74</td>
<td>$61</td>
<td></td>
</tr>
<tr>
<td>Youth (3-18)</td>
<td>$59</td>
<td>$50</td>
<td></td>
</tr>
</tbody>
</table>

UNLIMITED ENTRY OPTIONS

MONTHLY PASS - Credit card only, auto-renews every 30 days, cancel anytime.

<table>
<thead>
<tr>
<th></th>
<th>Pass Fee</th>
<th>Resident/Worker*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult (19-59)</td>
<td>$76</td>
<td>$62</td>
</tr>
<tr>
<td>Senior (60+)</td>
<td>$57</td>
<td>$47</td>
</tr>
<tr>
<td>Youth (3-18)</td>
<td>$45</td>
<td>$38</td>
</tr>
<tr>
<td>Household**</td>
<td>$122</td>
<td>$99</td>
</tr>
</tbody>
</table>

ANNUAL PASS - Paid in full, non-transferable.

<table>
<thead>
<tr>
<th></th>
<th>Adult (19-59)</th>
<th>Senior (60+)</th>
<th>Youth (3-18)</th>
<th>Household**</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$792</td>
<td>$648</td>
<td>$486</td>
<td>$1,267</td>
</tr>
<tr>
<td>Senior (60+)</td>
<td>$594</td>
<td>$486</td>
<td>$396</td>
<td>$1,037</td>
</tr>
<tr>
<td>Youth (3-18)</td>
<td>$468</td>
<td>$396</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Household**</td>
<td>$1,267</td>
<td>$1,037</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Resident/Worker Fees
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 over 19 must provide proof of same address residence (sorry no exceptions).

Additional Annual Pass Family Members
First adult family member of the household (19-59) pays full price; additional family members qualify for 50% off.

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 303-413-7468.

Government & Public Service Discounts
A 15% discount on monthly or annual passes is available to: Active military & veterans; local, state, federal government employees; 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™
For adults 65+ Healthways SilverSneakers® Fitness Pass; Silver&Fit®, and Renew Active™ pass are accepted at all city of Boulder recreation facilities, including all recreation centers, two outdoor pools and the Boulder Reservoir. Eligibility based on health insurance plan participation, including many Medicare plans. Includes the Virtual Class Pass for free.

Virtual Class Pass (ends Sept. 3) * SCHEDULE
Our virtual classes are an additional membership fee: $30/$38 per month for unlimited classes. Free for SilverSneakers, Silver&Fit and Renew Active.

COVID-19 Notice
Please know after purchase of your pass it is possible operations could be impacted further as a result of COVID-19 restrictions. For this reason we are encouraging only punch pass or month-to-month membership sales. Should you desire to purchase an annual pass, please know that in the event of a closure passes would either be extended by the number of days closed, or the value of your pass would default to a set calculation of punches or a credit to your account upon request.

Additional Access Options
Discover fun, new ways to stay fit and active.

**LOVE YOUR WORKOUT. START HERE!**

**DROP-IN CLASSES**
Stay active your way on your schedule. Choose from dozens of drop-in group fitness, mind/body and sports play opportunities each day. All drop-ins are included free with each facility entry fee. Visit BPRfitness.org for a schedule today!

**CARDIO & WEIGHT ROOMS**
Achieve the strength, flexibility and cardio fitness you desire. Each of our three recreation centers feature the latest weight and cardio equipment for designing your ultimate workout.

**CLASSES**
Learn and master new skills in a supportive, social environment. Leading area instructors offer diverse, multi-week classes for youth and adults. Choose the classes that best suit your interests and schedule.

**POOLS**
Burn calories and enjoy the full-body benefits of aquatic fitness. Each center features a multi-lane, indoor lap pool and hot tub. North and East centers also feature fun leisure pools that kids love! Plus enjoy an outdoor pool in the summer!

**PERSONAL TRAINING +**
Get fit fast. Let our certified personal trainers and nutritionists guide you safely and effectively to your personal weight and fitness goals.

**SPORTS LEAGUES**
Play your way to fitness! Choose from softball, soccer, basketball, kickball, dodgeball or volleyball.

• Dodgeball  • Kickball  • Pickleball
• Spikeball  • Cornhole  • Softball  • Soccer
• Basketball  • Volleyball
SWIMMING
East, North and Scott Carpenter pools are open and operating for the maximum community benefit.
You still have time for more fun in the sun at our beautiful outdoor pool!
Check our pool schedules at Boulderaquatics.org

ROOFTOP FITNESS
Now Through - September 25 | Every Saturday at 9 a.m.
Fee: $18
Museum of Boulder, 2205 Broadway
BPRfitness.org
Master Plan Update

Thanks for all your feedback on the plan update!
Sign up to get future updates.

For more information, please visit the project page: BPRmasterplan.org or take a picture of the QR code