



# Boulder Parks & Recreation

Registration for fall programs opens August 3

## FALL 2021

Look inside for:

Dance | Fitness | Gymnastics  
Swimming | Tennis | Pilates  
Sports & More!

[BoulderParks-Rec.org](http://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.pmpreserve.com/facility](https://cuboulder.pmpreserve.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](https://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](https://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 is 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](https://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](https://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](https://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](https://apm.activecommunities.com/boulderparksrec/Home) starting Tuesday, Sept 7 to learn how and where to access classes.



# Thank you to our Boulder Community!



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](http://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.



# TABLE OF CONTENTS

Play Boulder Duck Race . . .	4
Arts in the Park . . . . .	5
Open Space & Mountain Parks . . . . .	7
Aquatics/Aqua Fitness . . . .	8-10
Camps . . . . .	11
Dance . . . . .	12-14
EXPAND . . . . .	15-17
Golf . . . . .	18-19
Gymnastics . . . . .	20-22
Fitness/Weight Training . . .	23-24
Drop-In Fitness . . . . .	25
Training & Nutrition . . . . .	26
Pilates Reformer . . . . .	27
Active Older Adults - SilverSneakers® and Silver&Fit® . . . . .	28
Pottery . . . . .	29
Adult Sports Leagues . . . . .	30-31
Youth Sports . . . . .	32
Tennis . . . . .	33-35
Valmont Bike Park . . . . .	36-37
Staff Contact Information . .	38
Policies & Information . . . .	39
Registration . . . . .	40
Entry Fees . . . . .	41-43
Rooftop Fitness . . . . .	44

## 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](http://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](http://BoulderParks-Rec.org), ask our center staff or call 303-413-7200.

# Open Space & Mountain Parks



photo credit: Melanie Hill

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

## 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](#)
- Storytime Hikes
- Ranger Paula's Wild Adventure Series
- Nature for Kids & Families Series

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

## Discover Open Space through our Public Programs

Free educational, recreation and wellness programming hikes, programs and resources.

### Visit [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](#)

# 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](http://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.

26305	9/11-10/9	Sa, 10:25-10:55am	5	East	\$32/\$40
26325	9/11-10/9	Sa, 11-11:30am	5	East	\$32/\$40
26306	10/23-11/20	Sa, 11-11:30am	5	East	\$32/\$40
26307	10/23-11/20	Sa, 10:25-10:55am	5	East	\$32/\$40

## 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.

26321	9/11-10/9	Sa, 9:50-10:20am	East	5	\$65/\$81
26313	10/23-11/20	Sa, 9:15-9:45am	East	5	\$65/\$81

### 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.

26322	10/23-11/20	Sa, 9:15-9:45am	East	5	\$65/\$81
26324	9/11-10/9	Sa, 9:50-10:20am	East	5	\$65/\$81

### 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.

26315	10/23-11/20	Sa, 9:15-9:45am	East	5	\$32.\$40
26323	9/11-10/9	Sa, 9:15-9:45am	East	5	\$65/\$81



# 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.

26312	9/11-10/9	Sa, 9:15-9:45am	East	5	\$32/\$40
26314	10/23-11/20	Sa, 9:50-10:20am	East	5	\$32/\$40

### 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.

26326	9/11-10/9	Sa, 11-11:30am	East	5	\$32/\$40
26332	10/23-11/20	11-11:30am	East	5	\$32/\$40

### 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.

26316	9/11-10/9	Sa, 11-11:30am	East	5	\$32/\$40
26317	10/23-11/20	Sa, 11-11:30am	East	5	\$32/\$40



## 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.

26308	10/23-11/20	Sa, 10:25-10:55am	East	5	\$32/\$40
26327	9/11-10/9	Sa, 10:25-10:55am	East	5	\$32/\$40
26328	9/11-10/9	Sa, 9:15-9:45am	East	5	\$32/\$40

### 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.

26329	9/11-10/9	Sa, 9:50-10:20am	East	5	\$32/\$40
26334	10/23-11/20	Sa, 9:50-10:20am	East	5	\$32/\$40

### 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.

26330	9/11-10/9	Sa, 9:50-10:20am	East	5	\$32/\$40
26333	10/23-11/20	Sa, 9:50-10:20am	East	5	\$32/\$40

### 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 strokes and will also introduce breaststroke and butterfly. Students will increase endurance by swimming longer distances and will be introduced to the basics of wall turns.

26309	9/11-10/9	Sa, 10:25-10:55am	East	5	\$32/\$40
26331	10/23-11/20	Sa, 10:25-10:55am	East	5	\$32/\$40

### 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.

26310	9/11-10/9	Sa, 10:25-10:55am	East	5	\$32/\$40
26311	10/23-11/20	Sa, 10:25-10:55am	East	5	\$32/\$40

# 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](mailto: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 & Sa/Su, 9am-6pm	North	4	\$102/\$127
-------	-------------	----------------------------------	-------	---	-------------

26567	11/20-11/23	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](http://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](mailto:langerakm@bouldercolorado.gov)

### BVSD -School Day Off

26186	10/18	M, 8:30am-5pm	East	\$68/\$85
26187	11/11	Th, 8:30am-5pm	East	\$68/\$85

### Thanksgiving Break Camp

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

26188	11/22	M, 8:30am-5pm	East	\$68/\$85
26189	11/23	Tu, 8:30am-5pm	East	\$68/\$85
26190	11/24	W, 8:30am-5pm	East	\$68/\$85
*26588	11/22-11/24	M-W, 8:30am-5pm	East	\$184/\$230

### 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](http://MissJoanieDrama.com) or call 303-902-9106  
Location: Salberg Park, 3045 19th St.



## 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.

**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)

## Adult Dance | Ages 13+

\*Register online at [KinesisDance.com](http://KinesisDance.com) or call 720-515-6268.

### Adult Ballet Elementary Pointe

\* W, 8:15-8:45pm South  
\* M, 9pm-9:30pm South

## FUNDamentals 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

## 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](http://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
---	-----------------	---------

**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)

## Dance for Actors

\* Tu, 4:30-5:15pm Kinesis

## Hip Hop

A high-energy class that infuses the latest styles of street dancing, breaking, popping, and locking. Bring your own style to this fun class!

### 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

## 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
-------	-----------	-----------	-------	-----------

# EXPAND



*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](mailto:cernyc@bouldercolorado.gov).

25958 11/2-11/16 Tu, 5-6pm East \$30/\$36

## 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](mailto:cernyc@bouldercolorado.gov)

25948 11/30-12/14 Tu, 5-6pm East \$30/\$36

## 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](mailto:nelsene@bouldercolorado.gov).

25943 9/15-10/20 W, 4-5pm East \$60/\$72

## 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](mailto:nelsene@bouldercolorado.gov).

26375 9/15-12/15 W, 5-6pm East \$91/\$113

## 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](mailto:cernyc@bouldercolorado.gov).

25959 9/15-10/20 W, 6-7pm East \$60/\$72

## 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](mailto:nelsene@bouldercolorado.gov)

25938 11/3-12/15 W, 4pm-5pm East \$72/\$90

## 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](mailto:cernyc@bouldercolorado.gov).

25953 11/3-12/15 W, 6-7pm East \$60/\$75

## 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](mailto:nelsene@bouldercolorado.gov).

25944 9/9-12/16 Th, 3-4:15pm East \$156/\$188

## 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](mailto:nelsene@bouldercolorado.gov).

25945 9/9-12/16 Th, 4:30-5:30pm East \$130/\$162

## Halloween Party | Ages 14+

We'll have music, dancing, games and a costume contest. Its sure to be a Spooktacular event. Contact Chelsea at [cernyc@bouldercolorado.gov](mailto:cernyc@bouldercolorado.gov).

26496 10/22 F, 6-8pm South \$15/\$18

## Bingo Night | Ages 14+

B-21 and I-35. Bring your game face out to our bingo night!

Contact Chelsea at [cernyc@bouldercolorado.gov](mailto:cernyc@bouldercolorado.gov) with questions.

26575 12/17 F, 6-8pm South \$15/\$18

## 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](mailto:cernyc@bouldercolorado.gov).

25957 11/6-12/18 Sa, 3-3:50pm North Boulder Park \$95/\$118

## Special Olympics Gymnastics Training | Ages 12+

This session will focus on fun and conditioning for gymnastics in the spring. Its 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](mailto:cernyc@bouldercolorado.gov).

25954 11/6-12/18 Sa, 4-5pm North \$72/\$86

## 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@bouldercolordado.gov](mailto:nelsene@bouldercolordado.gov).

25947 9/19-11/14 Su, 1-2pm East 7 \$84/\$105





## 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
-------	-----------	----------------	-------	-----------

# VOLUNTEER



## 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)



## 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)

### Weekday Player Fees

	Adult (M-Th/F-Su)	Senior   Ages 60+ (M-Th/F-Su)	Junior   up to Age 17 (All Days)
9 Holes	\$27 / \$29	\$22 / \$25	\$19
18 Holes	\$40 / \$45	\$35 / \$41	\$27

- 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](http://Flatironsgolf.com)



## Flatirons Golf Pass Options

Visit [Flatironsgolf.com](http://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

Pass	Adult	Senior	Student	Junior (10-14 / 15-17)
Annual	\$1199	\$999	\$599	\$349 / \$449
Value	\$599	\$499	n/a	n/a
9-hole	\$499	\$399	n/a	n/a

## 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](mailto:jvelez.cometgolf@gmail.com).

Visit the golf shop today for more information or check us out online at [Flatironsgolf.com](http://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](mailto: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](https://bouldercolorado.gov/gymnastics) for “Class Protocols.pdf” for the updated COVID guidelines.

## 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](https://BoulderParks-Rec.org), ask our center staff or call 303-413-7200.



## 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.

25960	8/23-11/15	M, 9:30-10:15am	North	12	\$226/\$254
25961	8/23-11/15	M, 10:30-11:15am	North	12	\$226/\$254
25962	8/24-11/16	Tu, 9:30-10:15am	North	13	\$245/\$275
25963	8/24-11/16	Tu, 10:30-11:15am	North	13	\$245/\$275
25964	8/24-11/16	Tu, 3:30-4:15pm	North	13	\$245/\$275
25965	8/25-11/17	W, 9:30-10:15am	North	13	\$245/\$275
25966	8/25-11/17	W, 10:30-11:15am	North	13	\$245/\$275
25967	8/26-11/18	Th, 9:30-10:15am	North	13	\$245/\$275
25968	8/26-11/18	Th, 10:30-11:15am	North	13	\$245/\$275
25969	8/26-11/18	Th, 3:30-4:15pm	North	13	\$245/\$275
25970	8/28-11/20	Sa, 9-9:45am	North	13	\$245/\$275
25971	8/28-11/20	Sa, 10-10:45am	North	13	\$245/\$275

# 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.

25972	8/23-11/15	M, 9:30-10:15am	North	12	\$226/\$254
25973	8/23-11/15	M, 10:30-11:15am	North	12	\$226/\$254
25974	8/23-11/15	M, 3:30-4:15pm	North	12	\$226/\$254
25975	8/23-11/15	M, 4:30-5:15pm	North	12	\$226/\$254
25976	8/24-11/16	Tu, 9:30-10:15am	North	13	\$245/\$275
25977	8/24-11/16	Tu, 10:30-11:15am	North	13	\$245/\$275
25978	8/24-11/16	Tu, 3:30-4:15pm	North	13	\$245/\$275
25979	8/24-11/16	Tu, 4:30-5:15pm	North	13	\$245/\$275
25980	8/24-11/16	Tu, 5:30-6:15pm	North	13	\$245/\$275
25981	8/25-11/17	W, 9:30-10:15am	North	13	\$245/\$275
25982	8/25-11/17	W, 10:30-11:15am	North	13	\$245/\$275
25983	8/25-11/17	W, 4:30-5:15pm	North	13	\$245/\$275
25984	8/26-11/18	Th, 9:30-10:15am	North	13	\$245/\$275
25985	8/26-11/18	Th, 10:30-11:15am	North	13	\$245/\$275
25986	8/26-11/18	Th, 3:30-4:15pm	North	13	\$245/\$275
25987	8/26-11/18	Th, 4:30-5:15pm	North	13	\$245/\$275
25988	8/26-11/18	Th, 5:30-6:15pm	North	13	\$245/\$275
25989	8/28-11/20	Sa, 9-9:45am	North	13	\$245/\$275
25990	8/28-11/20	Sa, 10-10:45am	North	13	\$245/\$275

## 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, 4:30-5:15pm	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.

26029	8/24-11/18	Tu Th, 5:30-6:45pm	North	26	\$554/\$611
-------	------------	--------------------	-------	----	-------------

### 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.** 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.

26028	8/24-11/18	Tu Th, 5:30-6:45pm	North	26	\$554/\$611
-------	------------	--------------------	-------	----	-------------

### 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.

Depending on enrollment, athletes will be split into groups by age and ability.

26010	8/23-11/15	M, 3:15-4:15pm	North	12	\$226/\$245
26011	8/23-11/15	M, 4:15-5:15pm	North	12	\$226/\$245
26012	8/24-11/16	Tu, 3:15-4:15pm	North	13	\$245/\$275
26013	8/24-11/16	Tu, 4:15-5:15pm	North	13	\$245/\$275
26014	8/24-11/16	Tu, 5:30-6:30pm	North	13	\$245/\$275
26015	8/26-11/18	Th, 3:15-4:15pm	North	13	\$245/\$275
26016	8/26-11/18	Th, 4:15-5:15pm	North	13	\$245/\$275
26017	8/26-11/18	Th, 5:30-6:30pm	North	13	\$245/\$275
26018	8/28-11/20	Sa, 10-11:00am	North	13	\$245/\$275

### 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.

26030	8/25-11/17	W, 4pm-5:15pm	North	13	\$307/\$338
-------	------------	---------------	-------	----	-------------

### 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.

26019	8/23-11/15	M, 3:15-4:15pm	North	12	\$226/\$254
26020	8/23-11/15	M, 4:15-5:15pm	North	12	\$226/\$254
26021	8/24-11/16	Tu, 3:15-4:15pm	North	13	\$245/\$275
26022	8/24-11/16	Tu, 4:15-5:15pm	North	13	\$245/\$275
26023	8/24-11/16	Tu, 5:30-6:30pm	North	13	\$245/\$275
26024	8/26-11/18	Th, 3:15-4:15pm	North	13	\$245/\$275
26025	8/26-11/18	Th, 4:15-5:15pm	North	13	\$245/\$275
26026	8/26-11/18	Th, 5:30-6:30pm	North	13	\$245/\$275
26027	8/28-11/20	Sa, 10-11:00am	North	13	\$245/\$275

## 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**  
ferrarc@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.

# Health & Wellness: Fitness & Weights



**DROP-IN  
FITNESS CLASSES**  
.....  
Visit us online for a  
full class schedule  
[BPRfitness.org](http://BPRfitness.org)

## 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.

26345	9/7-10/28	Tu/Th, 11am-12pm	East	16	\$224/\$280	Chris
26346	11/2-12/16	Tu/Th, 11-12pm	East	13	\$182/\$228	Chris
26347	9/7-10/28	Tu/Th, 2-3pm	East	16	\$224/\$280	Chris
26348	11/2-12/16	Tu/Th, 2-3pm	East	13	\$182/\$228	Chris

## 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.

26343	9/7-10/28	Tu/Th, 5:30-6:30pm	East	16	\$224/\$280	Michael
26344	11/2-12/16	Tu/Th, 5:30-6:30pm	East	13	\$182/\$228	Michael

## Women’s Weight Training

Specifically designed for women. Build muscle, improve bone density, burn calories, and boost metabolism.

26349	9/8-10/27	M/W, 9-10am	North	15	\$210/\$263	Michael
26350	11/1-12/15	M/W, 9-10am	North	14	\$196/\$245	Michael
26351	9/8-10/27	M/W, 10-11am	North	15	\$210/\$263	Michael
26352	11/1-12/15	M/W, 10-11am	North	14	\$196/\$245	Michael
26353	9/7-10/28	Tu/Th, 9-10am	South	16	\$224/\$280	Michael
26354	11/2-12/16	Tu/Th, 9-10am	South	13	\$182/\$228	Michael
26355	9/7-10/28	Tu/Th, 8:30-9:30am	North	16	\$224/\$280	Chris
26356	11/2-12/16	Tu/Th, 8:30-9:30am	North	13	\$182/\$228	Chris
26357	9/7-10/28	Tu/Th, 9:30-10:30am	North	16	\$224/\$280	Chris
26358	11/2-12/16	Tu/Th, 9:30-10:30am	North	13	\$182/\$228	Chris

## Group Strength Training

Learn how to use weight and cardio equipment safely and effectively in these one hour workouts. Returning, intermediate, and advanced students will continue to progress their workouts under the supervision of a trainer.

26593	9/7-10/28	Tu/Th, 4:30-5:30pm	South	16	\$224/\$280	Chris
26595	9/7-10/28	Tu/Th, 5:30-6:30pm	South	16	\$224/\$280	Chris
26594	11/2-12/16	Tu/Th, 4:30-5:30pm	South	16	\$196/\$245	Chris
26596	11/2-12/16	Tu/Th, 4:30-5:30pm	South	16	\$196/\$245	Chris

# Health & Wellness: Fitness & Weights



## Gentle Yoga

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

26341	9/9-10/28	Th, 4:15-5:15pm	East	8	\$112/\$140	Lori
26342	11/4-12/16	Th, 4:15-5:15pm	East	6	\$84/\$105	Lori

## Therapeutic Yoga

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

26339	9/8-10/27	W, 5-6pm	North	8	\$112/\$140	Cassandra
26340	11/3-12/15	W, 5-6pm	North	7	\$98/\$123	Cassandra

## 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.



## 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.

26501	10/13-12/15	W, 9-10am	Virtual	10	\$70/\$85	Dora
-------	-------------	-----------	---------	----	-----------	------

### 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.

26502	9/8-10/27	W, 4-5pm	Virtual	8	\$56/\$68	Karen
26504	11/3-12/15	W, 4-5pm	Virtual	7	\$49/\$60	Karen

### 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.

26503	9/9-10/28	Th, 5:30-6:30pm	Virtual	8	\$56/\$68	Lidia
26505	11/4-12/16	Th, 5:30-6:30pm	Virtual	6	\$42/\$51	Lidia

### 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.

26498	10/11-12/13	M, 9-10am	Virtual	10	\$70/\$85	Dora
26499	10/14-12/16	Th, 9-10am	Virtual	9	\$63/\$77	Dora
26500	10/16-12/18	Sa, 9-10am	Virtual	10	\$70/\$85	Dora

### 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.

26576	9/8-10/27	W, 1:30-2:30pm	Virtual	8	\$56/\$68	Leslie
26577	11/3-12/15	W, 1:30-2:30pm	Virtual	7	\$49/\$60	Leslie



# Health & Wellness: Fitness & Weights

## 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.

## STRENGTH



## CORE



## CARDIO & INDOOR CYCLING



**W**e 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](http://BPRfitness.org)

### East Boulder Community Center

Gentle Yoga  
Yoga for Strength (Flow)  
Yoga Sculpt  
The Ride Indoor Cycling  
Booty Sculpt  
Cardio Express  
Bolly X Dance  
Fitness  
Nia  
Zumba  
Outdoor Bootcamp



Fit & Strong  
Chair Yoga

### North Boulder Recreation Center

Barre Fusion  
Total Body Fitness  
HIIT  
Step Interval  
Yoga Flow  
Gentle Yoga  
Rest and Restore  
Yoga  
Zumba



Fit and Strong

### South Boulder Recreation Center

Gentle Yoga  
Yoga Flow  
Total Body Fitness  
The Ride Indoor Cycling



Fit and Strong

# Health & Wellness: Training & Nutrition

PERSONAL TRAINING & NUTRITION CAN BE OFFERED IN-PERSON OR VIRTUALLY.

## 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](http://bprfitness.org) and submit the session request form on the training page.

*Personal training paperwork and payment must be received prior to starting your exercise program. A 24-hour cancellation is required or you will be charged for your session. To cancel, please contact your trainer directly.*

## Private Personal Training

**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.

## Youth Weight Room Orientation

All youth under the age of 16 must complete a personal trainer led 60 minute weight room orientation in order to use the weight room with the supervision of an adult. Youth Weight Room Orientations are offered to youth age 12-15 years and are required for them to use the space and equipment with adult supervision. These 60 minute orientations provide an opportunity to teach youth how to use the weight room equipment safely, goal setting, human anatomy, how to create a program, and weight training protocols. Following the orientation, a note is put on the account of the member for use of the equipment. **Cost: \$30**

## Adult Weight Room Orientation

These 60 minute orientations provide an opportunity to teach members how to use the weight room equipment safely, goal setting, human anatomy, how to create a program, and weight training protocols. Following the orientation, members will have the knowledge and tools to safely and effectively utilize our weight and cardio equipment on their own to achieve their fitness goals. **Cost: \$30**

## Fitness Assessment and Consultation:

This initial Fitness Assessment and consultation includes a series of fitness tests and review of results that help determine your current fitness level and provides a baseline with which to chart your progress. The assessment covers all the components of fitness, including: body composition, cardiovascular fitness, flexibility, and muscular strength and endurance. After the assessment, your trainer will review your results and provide resources to help you set and achieve your fitness goals. Plan on spending at least 30 minutes to an hour to complete your fitness assessment and consultation. **Cost: \$30**

## 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](http://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 lessons are a great way to learn the basic concepts or hone your skills in a private environment!*

## 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 empowers 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 Orientation

This course will introduce you to the Pilates Reformer apparatus, and get you started on learning the basic Level 1 exercises. Proper and safe use of the equipment is emphasized. This form of exercise is often recommended by physical therapists, doctors and chiropractors. It effectively tones the whole body. See if Pilates Reformer is the right workout for you.

26367	9/7-10/19	Tu, 11:30-12:30pm	South	7	\$147/\$184	Joan
26368	11/2-12/14	Tu, 11:30-12:30pm	South	7	\$147/\$184	Joan

## 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.

26365	9/13-10/18	M, 10:10-11:10am	South	6	\$126/\$158	Sheri
26366	11/1-12/13	M, 10:10-11:10am	South	7	\$147/\$184	Sheri
26369	9/7-10/19	Tu, 10:15-11:15am	South	7	\$147/\$184	Joan
26370	11/2-12/14	Tu, 10:15-11:15am	South	7	\$147/\$184	Joan
26371	9/8-10/20	W, 10:15-11:15am	South	7	\$147/\$184	Joan
26372	11/3-12/15	W, 10:15-11:15am	South	7	\$147/\$184	Joan
26359	9/9-10/21	Th, 9-10am	South	7	\$147/\$184	Sheri
26360	11/4-12/16	Th, 9-10am	South	6	\$126/\$158	Sheri
26573	9/10-10/22	F, 11am-12pm	South	7	\$147/\$184	Joan
26574	11/5-12/17	F, 11am-12pm	South	6	\$126/\$158	Joan

## 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.

26361	9/9-10/21	Th, 10:10-11:10am	South	7	\$147/\$184	Sheri
26362	11/4-12/16	Th, 10:10-11:10am	South	6	\$126/\$158	Sheri
26363	9/13-10/18	M, 9-10am	South	6	\$126/\$158	Sheri
26364	11/1-12/13	M, 9-10am	South	7	\$147/\$184	Sheri
26373	9/8-10/20	W, 11:30-12:30pm	South	7	\$147/\$184	Joan
26374	11/3-12/15	W, 11:30-12:30pm	South	7	\$147/\$184	Joan

# 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](http://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!

**NEW**

## 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](http://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.

26433	9/8	W, 2-3pm	East	\$15	Chris
26615	9/22	W, 2-3pm	East	\$15	Chris

# Pottery Classes

after  
school  
programs



**Hand-building**



**Wheel-throwing**



**Weekdays**  
**Ages: 6 - 16**

[www.studioartsboulder.org](http://www.studioartsboulder.org) | (720) 379-6033

# Adult Sports Leagues

## 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](mailto:bulgerc@bouldercolorado.gov)**

To read about COVID-19 protocol levels and policies and what we're doing to keep you safe! [BPRsports.org](https://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](http://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 Sports*.

### 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](http://skyhawks.com/colorado) **ULAX Lacrosse:**

## ULAX Youth Lacrosse | Ages 5-10

\*Register online at [ulax.org/bouldercounty](http://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](http://skyhawks.com)

[NFL Flag Football](http://nflflagfootball.com)

[ULAX Youth Lacrosse](http://ulax.org)

## NFL Youth Flag Football | Ages 4-14



\*Register online at [ColoradoFlagFootball.com](http://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](http://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](mailto: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 [gonzog@gonzotennis.com](mailto:gonzog@gonzotennis.com)**

**Program Info: Connor 303-413-7465 or [bulgerc@bouldercolorado.gov](mailto:bulgerc@bouldercolorado.gov)**

**For inclement weather and cancellation information please check: [Gonzotennis.com/weather-update](http://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](mailto: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](http://BoulderParks-Rec.org) or call 303-413-7200.



# Tennis

New fall classes added!

## 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](http://Gonzotennis.com/weather-update).

### Mini Gonzos | Ages 5-6

26275	9/1-10/20	W, 3:15-3:45pm	East	8	\$75/\$90
26276	9/2-10/21	Th, 3:15-3:45pm	East	8	\$75/\$90
26277	9/1-10/20	W, 3:15-3:45pm	North	8	\$75/\$90
26278	9/4-10/23	Sa, 9:45-10:15am	East	8	\$75/\$90

#### In the Gym

26943	11/2-12/21	Tu, 3:15-3:45pm	North - Gym	8	\$75/\$94
26942	11/4-12/23	Th, 3:15-3:45pm	East - Gym	7	\$62/\$78

### Tiny Gonzos | Ages 7-8

26281	9/1-10/20	W, 3:45-4:30pm	East	8	\$90/\$108
26282	9/2-10/21	Th, 3:45-4:30pm	East	8	\$90/\$108
26283	9/1-10/20	W, 3:45-4:30pm	North	8	\$90/\$108
26284	9/4-10/23	Sa, 10:15-11:00am	East	8	\$90/\$108

#### In the Gym

26946	11/1-12/20	M, 3:15-4pm	East - Gym	8	\$90/\$113
26944	11/2-12/21	Tu, 3:45-4:30pm	North - Gym	8	\$90/\$113
26945	11/4-12/23	Th, 3:45-4:30pm	East - Gym	7	\$78/\$98

### Mighty Gonzos | Ages 9-10

26269	9/1-10/20	W, 4:30-5:30pm	East	8	\$120/\$144
26270	9/2-10/21	Th, 4:30-5:30pm	East	8	\$120/\$144
26271	9/1-10/20	W, 4:30-5:30pm	North	8	\$120/\$144
26272	9/4-10/23	Sa, 11-12pm	East	8	\$120/\$144

#### In the Gym

26939	11/1-12/20	M, 4-5pm	East - Gym	8	\$120/\$150
26941	11/2-12/21	Tu, 4:30-5:30pm	North - Gym	8	\$120/\$150
26948	11/3-12/22	W, 4-5pm	East - Gym	8	\$120/\$150
26940	11/4-12/23	Th, 4:30-5:30pm	East - Gym	7	\$105/\$131

## 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.

For inclement weather and cancellation information please check: [Gonzotennis.com/weather-update](http://Gonzotennis.com/weather-update).



### Beginner

26262	9/2-10/21	Th, 4pm-5pm	North	8	\$120/\$144
26263	9/4-10/23	Sa, 10-11:00am	East	8	\$120/\$144

#### In the Gym

26937	10/27-12/15	W, 5-6pm	East - Gym	8	\$120/\$150
27079	10/29-12/17	F, 4-5pm	East - Gym	8	\$120/\$150

### Intermediate

26264	9/4-10/23	Sa, 11-12pm	East	8	\$120/\$144
26266	9/2-10/21	Th, 5pm-6pm	North	8	\$120/\$144

#### In the Gym

26938	10/27-12/15	W, 6-7pm	East - Gym	8	\$120/\$150
27080	10/29-12/17	F, 5-6pm	East - Gym	8	\$120/\$150

### 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](http://Gonzotennis.com/weather-update).

26287	9/4-10/23	Sa, 3pm-5pm	Centennial M.S.	48	\$220/\$264
-------	-----------	-------------	-----------------	----	-------------

### 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](mailto: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/](http://Gonzotennis.com/weather-update/)

### Beginner with Gonzo

26243	9/1-9/22	W, 9-10:30am	East	8	\$130/\$156
26244	9/2-9/23	Th, 9-10:30am	North	8	\$130/\$156
26245	10/6-10/27	W, 9-10:30am	East	8	\$130/\$156
26246	10/7-10/28	Th, 9-10:30am	North	8	\$130/\$156

### Beginner

26247	9/1-9/22	W, 5:30-7pm	North	8	\$108/\$130
26248	8/31-9/21	Tu, 5:30-7pm	East	4	\$108/\$130
26249	10/6-10/27	W, 5:30-7pm	North	8	\$108/\$130
26250	10/5-10/26	Tu, 5:30-7pm	East	4	\$108/\$130
26251	9/2-9/23	Th, 5:30-7pm	East	4	\$108/\$130
26252	10/7-10/28	Th, 5:30-7pm	East	4	\$108/\$130

### Intermediate with Gonzo

26253	9/2-9/23	Th, 10:30-12pm	North	8	\$130/\$156
26254	10/7-10/28	Th, 10:30-12pm	North	8	\$130/\$156
26255	9/1-9/22	W, 10:30-12pm	East	8	\$130/\$156
26256	10/6-10/27	W, 10:30-12pm	East	8	\$130/\$156

### Intermediate

26257	8/30-9/20	M, 5:30-7pm	East	8	\$108/\$130
26258	10/4-10/25	M, 5:30-7pm	East	8	\$108/\$130
26259	9/1-9/22	W, 5:30-7pm	East	8	\$108/\$130
26260	10/6-10/27	W, 5:30-7pm	East	8	\$108/\$130



# Valmont Bike Park



Tackle the trails, jumps and features of Boulder's world-renowned Valmont Bike Park this fall, we have something for all skill levels.

## 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](http://ValmontBikePark.org) or the Facebook page at [facebook.com/ValmontBikePark](https://facebook.com/ValmontBikePark)

Check out the "know before you go" video for Valmont Bike Park at [Valmontbikepark.com](http://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](http://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](mailto: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](http://303dirt.com)



# Valmont Bike Park



## Clinics with Lee Likes Bikes

[leelikesbikes.com](http://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](http://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](http://Avid4.com) or contact [vbp@avid4.com](mailto:vbp@avid4.com) or call 720-249-2412.



# Staff Contacts

## PARKS & RECREATION STAFF PHONE NUMBERS

### Parks & Recreation

.....303-413-7200

### Community Programs

#### (EXPAND, Youth & Families, Camps)

Lori Goldman, Supervisor .....303-413-7256

Chelsea Cerny, EXPAND.....303-441-3416

Emily Nelsen, EXPAND.....720-726-0984

Youth & Families.....303-413-7217

Molly Langerak, Camps .....303-413-7441

### Community Building + Partnerships

Bryan Beary, Manager .....303-413-7273

Justin Greenstein, Supervisor.....303-413-7222

Mary Malley,  
Volunteer Coordinator .....303-413-7245

Cassy Bohnet,  
Volunteer Coordinator.....303-441-4404

Community Access .....303-441-4468

Jonathan Thornton,  
Communications .....303-413-7258

### Recreation

Megann Lohman, Manager .....303-441-4427

Summer Kennedy, Supervisor.....303-413-7264

Kate Doering, Health & Wellness...303-413-7280

Keely Miller, Gymnastics.....303-413-7265

Program Information.....303-441-3410

Connor Bulger, Leagues .....303-413-7465

Sports Programs.....303-413-7207

### Recreation Centers

Maxen Jones, Supervisor, EBCC ....303-413-7463

Matt Pilger, Supervisor, SBRC .....303-441-3449

Matt Gazdik, Supervisor, NBRC.....303-413-7468

### Aquatics

Tim Stabbe, Aquatics Supervisor...303-441-3435

Sara Schmalfeldt, Coordinator .....303-441-4380

Phil Henry, Aquatics Maintenance..303-413-7478

### Park Operations

Urban Forestry & Parks.....303-441-4406

#### Dennis Warrington

Urban Parks Manager .....303-413-7184

### Regional Facilities

Stephanie Munro, Manager .....720-564-2307

### Flatirons Golf Course

Tom Buzbee, Director of Golf.....303-442-7851

### Boulder Reservoir

Stacy Cole, Manager.....303-441-3461

### Valmont City Park

Mike Rossi, Manager .....303-413-7219

### Administration

Alison Rhodes, Director of Parks & Recreation

.....303-413-7200

**VOLUNTEER**



**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)

# Policies & Information

## 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](mailto: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](http://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
- Before 2nd class \$15
  - After 2nd class No Refund
- 1 Meeting Programs
- One week prior to start date No Refund
- 2 Meeting Programs
- Before 1st Meeting \$15
  - After 1st Meeting 50%
- Camps
- Monday two weeks prior to start of camp No Refund
  - More than two weeks prior to start date \$15
- Leagues
- Before league registration deadline \$15
  - After league registration deadline No Refund

## 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.

## Pass Refund Policy

### Fee

- Annual Pass**
- Cancellation Fee \$25
- Monthly Annual Pass**
- Payments stopped upon request. N/A
- 10-Visit Pass**
- Cancellation Fee \$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.

## 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.**
- 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.

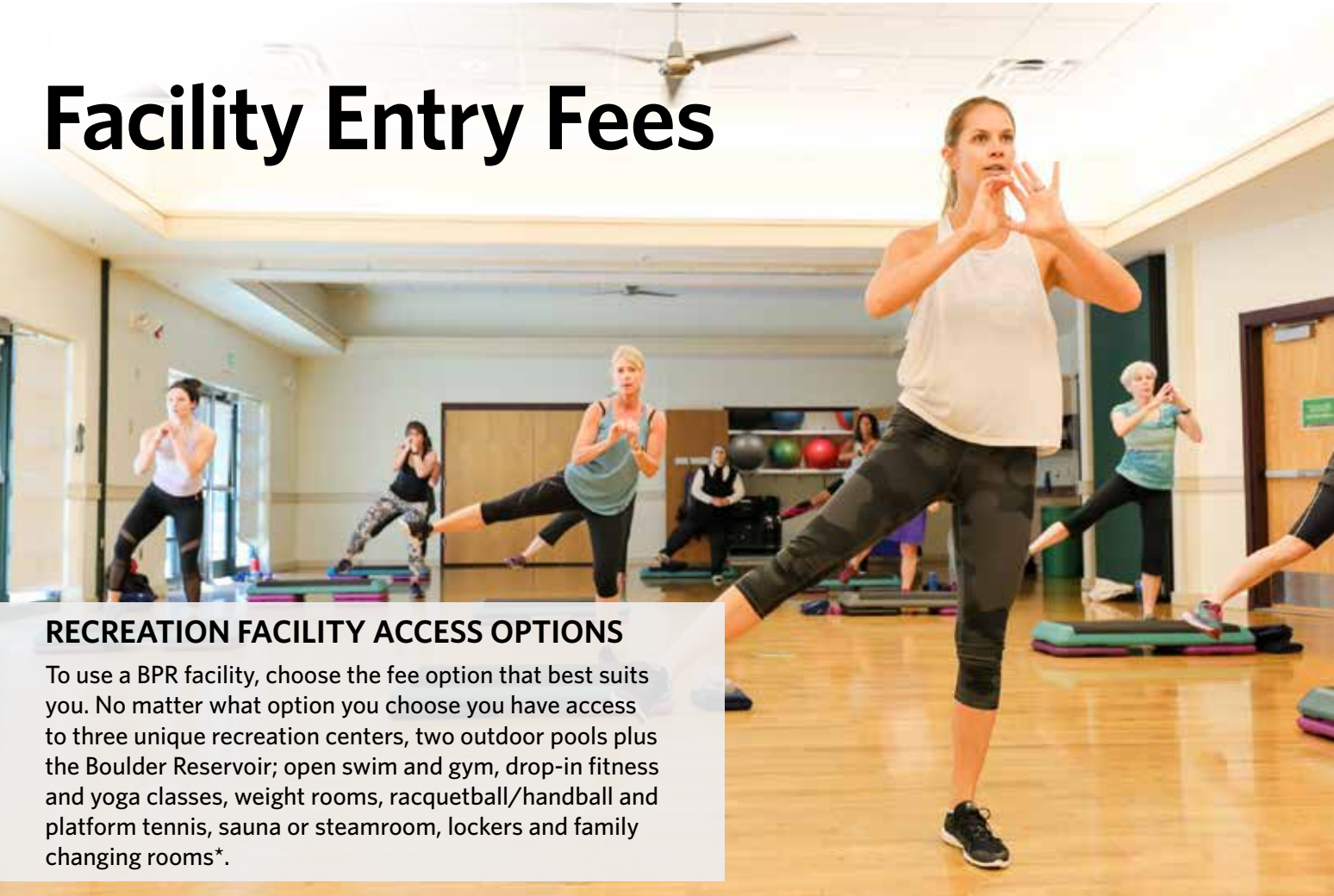
For immediate registration confirmation and for popular classes, we recommend online registration. Assistance is available at all facilities.

- ▶ Go to [BoulderParks-Rec.org](http://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!





# Facility Entry Fees



## 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\*.

## BENEFIT COMPARISON CHART

Pass Type	Annual	Monthly	10-Visit Pass	Single Visit
	Visit regularly and get the best deal.	Visit frequently, pay monthly, cancel anytime.	Visit occasionally, enjoy the benefit of a scan pass.	Infrequent facility user or visitor to Boulder.
<b>Facility Entry:</b> All Recreation Centers, Scott Carpenter Pool, Spruce Pool, Boulder Reservoir	✓	✓	✓	✓
<b>Fitness Classes:</b> Access to weekly drop-in fitness classes	✓	✓	✓	✓
<b>Express Access:</b> Scan and go!	✓	✓	✓	
<b>Easy Billing:</b> Options to meets your needs.	Paid in full	Credit card only. Auto-renews every 31 days until cancelled.		
<b>Savings:</b>	15% less than monthly	The more you visit, the more you save.	10% less than Single Visit	Standard Entry Fee

\*Visit us online for updates on COVID-19

# Choose Your Plan & Come Play

## DAILY ENTRY OPTIONS

### SINGLE VISIT - *Reservation per activity*

	Pass Fee	Resident/Worker*
Adult (19-59)	\$11	\$9
Senior (60+)	\$8.25	\$6.75
Youth (3-18)	\$6.50	\$5.50
Group Daily (4 entries; max 2 adults)	\$33	\$24

### 10 VISIT PASS - *No expiration and transferable.*

	Pass Fee	Resident/Worker*
Adult (19-59)	\$99	\$81
Senior (60+)	\$74	\$61
Youth (3-18)	\$59	\$50

## UNLIMITED ENTRY OPTIONS

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

	Pass Fee	Resident/Worker*
Adult (19-59)	\$76	\$62
Senior (60+)	\$57	\$47
Youth (3-18)	\$45	\$38
Household**	\$122	\$99

### ANNUAL PASS - *Paid in full, non-transferable.*

	Pass Fee	Resident/Worker*
Adult (19-59)	\$792	\$648
Senior (60+)	\$594	\$486
Youth (3-18)	\$468	\$396
Household**	\$1,267	\$1,037

## Additional Access Options

### \*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](http://BoulderParks-Rec.org), ask our center staff or call 303-413-7468.

### 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.



Full access to Boulder's six recreation and fitness facilities!



Safe spaces to workout!



Enjoy access to Boulder's brand new Scott Carpenter Aquatics Center and Boulder Reservoir Visitor's Center this summer!

### 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.

Discover fun, new ways to stay fit and active.

# LOVE YOUR WORKOUT. START HERE!



A FRIENDLY, WELCOMING ENVIRONMENT  
FOR ALL ABILITIES, AGES AND INTERESTS.



BOULDER'S BEST  
FITNESS VALUE.



## 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](http://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](http://Boulderaquatics.org)



MUSEUM OF  
BOULDER



# ROOFTOP FITNESS

Now Through - September 25 | Every Saturday at 9 a.m.

Fee: \$18

Museum of Boulder, 2205 Broadway

[BPRfitness.org](http://BPRfitness.org)



BOULDER PARKS & RECREATION

# Master Plan Update



## *Restore | Connect | Sustain*

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

[BPRmasterplan.org](https://BPRmasterplan.org)

*For more information,  
please visit the project page:  
[BPRmasterplan.org](https://BPRmasterplan.org)  
or take a picture of the QR code*

