Special Events Calendar

December-March

December

16 Holiday Dance Concert
5 p.m., Fairview High School, 1515 Greenbriar Blvd.
A fantastic evening of colorful dance performances for the whole family!
$7 Adults; $5 children.
Information: (303)413-7473

17 Men's 4 vs. 4 Basketball Tourney
8 a.m.-3 p.m. East Boulder Community Center.
Information: (303)441-4137 or go to www.bouldercolorado.gov/parks-recreation.

23 Flick & Float featuring 'Elf'
7-10 p.m. South Boulder Recreation Center. Watch the movie 'Elf' with your whole family while floating on a tube in our pool! $5 per person. Children of annual pass holders get in free!
Information: (303)413-7234.

January

6-7 FREE Adult Dance Days
Have you ever wanted to try dance without committing to weeks of classes? Not sure which class is right for you? Here's a great opportunity to sample a variety of dance classes– and discover a fun, new way to get fit, meet people and feel alive. No obligation- you don't even need special dance shoes or attire.

Sat, Jan. 6
East Boulder Community Center

Sun, Jan. 7
North Boulder Recreation Center

Information: Cynthia Burdine at (303)413-7473.

See page 5 for more details.

February

3 Day of Dance for Good Health
8 a.m.-1:30 p.m., East Boulder Community Center. Dance instruction to get you up and moving and lectures by prominent local physicians – free! Wide range of health screenings!
Information: www.bch.org.

Presented by Boulder Community Hospital and sponsored by City of Boulder.

10 Cross Country Race
9 a.m.-2 p.m. Flatirons Golf Course, 5706 Arapahoe. Watch the best runners in the US compete for $40,000 in prizes and a spot on the US Team. Spectators are FREE.
Information: www.Boulder2007.com

10 Father/daughter Dance
7-9 p.m. North Boulder Recreation Center. Treat your daughter or granddaughter to a very special evening of dancing and fun. A great holiday gift and Valentine's treat!
$10 per person, includes snacks, corsage and photo.

17 Gymnastics Meet - Boys Stiletto Invitational
North Boulder Recreation Center
Information: (303)413-7265.

March

17 Gymnastics Meet - Girls State Level 7.
North Boulder Recreation Center
Information: (303)413-7265.

24-25 Visiting Artist Workshop
9 a.m.-4 p.m. Pottery Lab
Information: (303)441-3446

See page 17 for details.

Father/Daughter Valentine's Dance

Fathers, grandpas, uncles and their little sweethearts can enjoy a special celebration that will be remembered for years to come.

February 10th, 2007
96377 Saturday, 7-9 pm
$10 per person -
includes light refreshments, corsage and photo

North Boulder Recreation Center
3170 Broadway

Information: (303)413-7263

CITY OF BOULDER

Parks & Recreation

Winter 2007

January • February March

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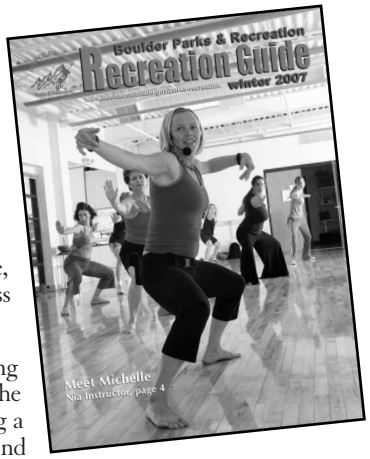
COLORADO LOTTERY

Your ticket to a more beautiful Colorado.

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

On The Cover



Meet Michelle, Certified Nia Instructor

"Some days I rise at 4am, brew coffee, put on my headphones and start moving – working out the cues for my next Nia routine, Michelle tells us. "Nia is my indulgence. It's my treat before the family wakes and daily demands take over."

An invigorating combination of aerobic dance, yoga, music, and martial arts – Nia is a fitness movement with a soul all its own.

Michelle discovered Nia one Saturday morning in 2003 when her youngest child was just 2. She visited the South Boulder Rec Center seeking a way to expand her fitness options, hoping to find a yoga class. There wasn't one. But there was a Nia class, so she decided to try something new. Within minutes she was sweating –and laughing – because she was so out of synch with the cues, but having a great time nonetheless – and so was everyone else. She was captivated.

A native Coloradan with a love of hiking, running, yoga, snowboarding, swimming, and lacrosse – Michelle immediately enjoyed the movement, stretching and music of Nia. Within a few weeks of regularly attending classes, she noticed her lower-back pain was gone and her joints felt more comfortable. With a masters degree in structural engineering, she also loves the mental focus and acuity Nia cultivates. And she loves the feeling of carrying the core fitness of Nia in her body.

Two years after discovering it, Michelle became a certified Nia instructor and joined Boulder Parks & Rec's team of talented fitness instructors.

Give Nia a Try!

Drop-in class schedule below begins January 3

(or see page 34 for registered classes)

EAST BOULDER COMMUNITY CENTER

Tuesday	12–1 pm	Michelle Considine
Wednesday	6-7 pm	Cyndy Lakowske
Thursday	12–1 pm	Laurie Pemberton
Friday	10:50–11:50 am	Karen Olsen
Saturday	10:30 am–11:30 am	Karen Olsen
Sunday	10:30 am-11:30 am	Cyndy Lakowske
Sunday	5 pm–6 pm	Michelle Considine

NORTH BOULDER RECREATION CENTER

Monday	8:15 am–9:15 am	Juliet Seskind
Monday	10:55 am–11:55 am	Karen Olsen
Monday	5:30 pm–6:30 pm	Laurie Pemberton
Tuesday	6:35 pm-7:35 pm	Karen Olsen
Wednesday	9:15 am–10:15 am	Juliet Seskind
Wednesday	10:55 am–11:55 am	Heather Nichols
Thursday	10:55 am–11:55 am	Juliet Seskind
Thursday	5:30 pm–6:30 pm	Juliet Seskind
Friday	10 am–11 am	Michelle Considine
Saturday	11 am–12 pm	Juliet Seskind
Sunday	12 pm–1 pm	Jackie Diner

SOUTH BOULDER RECREATION CENTER

Monday	10:55–11:55 am	Jackie Diner
Wednesday	12 pm–1 pm	Michelle Considine
Friday	9:15–10:15 am	Heather Nichols
Saturday	8 am–9 am	Laurie Pemberton

Sign up for our email newsletter, **RECREATION EXPRESS** at www.bouldercolorado.gov/parks-recreation

DANCE

2007 Holiday Dance Concert

A fantastic evening of colorful dance performances for the whole family. You'll be amazed!

Saturday, December 16, 2007

Fairview High School, 5 p.m.

1515 Greenbriar Blvd, Boulder
$5 Students and Seniors $7 Adults

Dance Concert Participants:

The annual Spring Dance Concert will take place on March 3&4, 2007 in the Niwot High School Auditorium. All concert classes are for continuing students only. In order to register for a concert class the participant must have been registered for the same class fall 2007. Please see your instructor for registration information, or call the Dance Program at (303) 413-7473 or (303) 413-7256.

FREE DANCE SAMPLER

Adult Dance Days

Saturday, Jan 6th & Sunday, Jan 7th

Have you ever wanted to try dance without committing to weeks of classes? Not sure which class is right for you? Here's an excellent opportunity to sample a variety of dance classes – and discover a fun, new way to get fit, meet people and teach your body some new tricks.

Please join us for any of these FREE, adult dance classes. Try the different styles of dance we offer and see if one is right for you. There's absolutely no obligation. You DON'T EVEN NEED SPECIAL DANCE SHOES OR ATTIRE. (See pages 6-7 for more details on each class.

Join us for a FREE sampling of adult dance classes on January 6&7! Bring a friend.

Schedule:

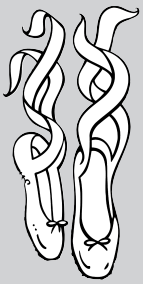
EAST BOULDER COMMUNITY CENTER: SATURDAY, JANUARY 6TH

9-9:45 am	Very Adult Jazz, Julie Schneidkraut
10-10:45 am	Ballet Barre, Sylvia Jensen
11-11:45 am	Tap Level 1, Mary Williams
12-12:45 pm	Modern Level 1, Marlene Strang
1-1:45 pm	Jazz Level 1, Lyle Nelson
2-2:45 pm	Ballet Level 1, Vanessa Gerhards
3-3:45 pm	Irish Step I, Elizabeth Barton
4-4:45 pm	Hip Hop Level 1, Dave Leopold

NORTH BOULDER RECREATION CENTER: SUNDAY, JANUARY 7TH

9-9:45 am	Very Adult Jazz, Julie Schneidkraut
10-10:45 am	Ballet Barre, Sylvia Jensen
11-11:45 am	Tap Level 1, Mary Williams
12-12:45 pm	Modern Level 1, Marlene Strang
1-1:45 pm	Jazz Level 1, Lyle Nelson
2-2:45 pm	Ballet Level 1, TBA
3-3:45 pm	Tap Level 1, Mary Williams
4-4:45 pm	Hip Hop Level 1, Dave Leopold

DANCE: ADULT (13 and up)



DANCE PUNCH CARDS

Cards can be purchased at the front desk at each of the recreation centers and are valid for three months from date of purchase for adult dance classes only. Please note – any punch cards for classes at the Iris Studio must be scanned at the North Boulder Recreation Center.

5 classes – $50(R) / $63(N)

DISCOUNT– ADULT DANCE

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

Ballet Barre

Include a "ballet workout" in your day with a traditional ballet barre and gentle stretching. For students with a knowledge of ballet basics.

Jan 9-Mar 6 9 classes
95322 **Tue, 9–10 a.m.**
North Boulder Recreation Center
Sylvia Jensen
$68(R) / $86(N)

Ballet Level 1 (Ages 16+)

Develop strength, coordination and grace. Introduce students to the vocabulary and basic technique of classical ballet. No previous training required.

Jan 9-Mar 6 9 classes
95324 **Tue, 6:45–8 p.m.**
North Boulder Recreation Center
Vanessa Gerhards
$81(R) / $102(N)

Ballet Level 1

Enjoy the graceful and challenging aspects of a ballet workout. Learn classical ballet technique and vocabulary through focus on alignment, strength, flexibility, musicality and performance energy.

Jan 10-Mar 7 9 classes
95323 **Wed, 9-10:15 a.m.**
North Boulder Recreation Center
Marlene Strang
$81(R) / $102(N)

Ballet Level 2

Advanced beginning ballet based on the Russian Syllabus for students developing a firm knowledge of dance vocabulary, placement, the classical poses, and the rudimentary forms of barre and center exercises and petit allegro.

Jan 10-Mar 7 9 classes
95325 **Wed, 7:30–9 p.m.**
Iris Studio
Elizabeth Ross
$81(R) / $102(N)

Ballet Level 2 (Adult–13+)

This advanced beginning ballet class will expand dance vocabulary, strengthen technique and apply attention to detail. Some previous training required.

Jan 11-Mar 8 9 classes
95757 **Thu, 7:30–9 p.m.**
Iris Studio
Alexis Pangborn
$81(R) / $102(N)

Ballet Level 3

This intermediate level class based on the Russian Syllabus will include attention to detail, precision, increased tempos, work on demi-pointe, sustained adagio, tours, batterie, and petit and grand allegro.

Jan 9-Mar 6 9 classes
95326 **Tue, 7:30-9 p.m.**
East Boulder Community Center
Elizabeth Ross
$81(R) / $102(N)

Time to dance for fitness and fun.

Ballet Level 3/4

A fun and rigorous intermediate/advanced level class based on the Russian Syllabus, focusing on strength, aplomb, presentation and extending movement vocabulary.

Jan 13-Mar 10 9 classes
95327 **Sat, 12-2 p.m.**
Iris Studio
Elizabeth Ross
$81(R) / $102(N)

Ballet Level 4

An advanced level class based on the Russian Syllabus emphasizing complexity of combinations, fluidity of movement, clarity of line, stamina, aplomb, and extensive petit and grand allegro. Performing opportunities available.

Jan 11-Mar 8 9 classes
95328 **Thu, 6:30-8 p.m.**
South Boulder Recreation Center
Elizabeth Ross
$81(R) / $102(N)

Pointe 1 (Adult–13+)

Beginning pointe technique for students who have little or no previous training en pointe. Attention will be given to careful strengthening, placement, and correct development and execution of basic fundamentals of pointe technique. Students should be enrolled in at least two other ballet technique classes per week or have instructor's permission. Please consult instructor at or before first class for information regarding pointe shoe purchase and preparation.

Jan 10-Mar 7 9 classes
95329 **Wed, 6:30-7:30 p.m.**
Iris Studio
Elizabeth Ross
$68(R) / $86(N)

Pointe 2

Advanced-beginning to intermediate level technique for those who have at least one year of previous training en pointe. Students should be enrolled in at least two other ballet technique classes per week or have instructor's permission.

Jan 13-Mar 10 9 classes
95330 **Sat, 2-3 p.m.**
Iris Studio
Elizabeth Ross
$68(R) / $86(N)

DANCE: ADULT (13 and up)

Pointe 3

High intermediate level technique for those with at least 3 years of previous pointe training. Excerpts from classical variations may be included. Students should be enrolled in at least two other ballet technique classes per week or have instructor's permission.

Jan 11-Mar 8 9 classes
95331 **Thu, 8-9 p.m.**
South Boulder Recreation Center
Elizabeth Ross
$68(R) / $86(N)

Modern Dance Level 1

Unearth your inner energy and natural movement through emphasis in strength, flexibility, alignment, breath, musicality and technique. Experience the joy of moving with confidence and fluidity through combinations and improvisations. No experience necessary.

Jan 10-Mar 7 9 classes
95332 **Wed, 10:15-11:30 a.m.**
North Boulder Recreation Center
Marlene Strang
$81(R) / $102(N)

Modern Dance Level 2

Unearth your inner energy and natural movement through emphasis in strength, flexibility, alignment, breath, musicality and technique. Experience the joy of moving with confidence and fluidity through combinations and improvisations. Intermediate level class.

Jan 8-Mar 5 9 classes
95333 **Mon, 7:45-9:15 p.m.**
North Boulder Recreation Center
Marlene Strang
$81(R) / $102(N)

Hip Hop Level 1

Learn the foundation of many Hip Hop styles and develop an understanding of movement.

Jan 11-Mar 8 9 classes
95334 **Thu, 8-9 p.m.**
East Boulder Community Center
Dave Leopold
$68(R) / $86(N)

Very Adult Jazz (Adult–18+)

Do you miss dance class? This gentle version is ideal for older adults, or those who are returning after an extended absence. Emphasis will be placed on thorough warming of the joints and core. Jazz combinations with exciting music will exhilarate you.

Jan 12-Mar 9 9 classes
95335 **Fri, 2:30-3:45 p.m.**
East Boulder Community Center
Julie Schneidkraut
$81(R) / $102(N)

Jazz Level 1 (Ages 18+)

No experience necessary. A high energy introduction to a variety of jazz techniques. Gain coordination, flexibility, rhythm and strength. A fun class to improve overall fitness.

Jan 8-Mar 5 9 classes
95336 **Mon, 7–8 p.m.**
South Boulder Recreation Center
Lyle Nelson
$68(R) / $86(N)

Tap Level 1

Beginning tap, for those with little or no experience. An introduction to tap technique. Tap shoes required. Gain rhythm, strength, balance and coordination. Students will learn flaps, shuffles, cramp rolls, and other basic steps in classic and modern styles.

Jan 8-Mar 5 9 classes
95338 **Mon, 7:30–8:30 p.m.**
Iris Studio
Mary Williams
$68(R) / $86(N)

Tap Level 2

Continuing beginning tap, for those with basic tap skills such as shuffles, flaps, cramp rolls and waltz clog. Students will polish basic steps, increase speed and clarity of taps, and be introduced to intermediate steps such as riffs and time steps.

Jan 8-Mar 5 9 classes
95339 **Mon, 6:30–7:30 p.m.**
Iris Studio
Mary Williams
$68(R) / $86(N)

Tap Level 3

Intermediate tap, for those who have completed Levels 1 and 2. Students will polish and intermediate steps and will begin work on complex combinations, rhythm, speed, and clarity of taps.

Jan 10-Mar 7 9 classes
95340 **Wed, 7:30–8:30 p.m.**
North Boulder Recreation Center
Mary Williams
$68(R) / $86(N)

Tap Level 4

A technique and repertory class for students with 2 or more years of experience at the intermediate/advanced level. Class will work on complex combinations, rhythm, speed, and clarity of taps. Many different styles of tap will be introduced along with a repertory of dances.

Jan 12-Mar 9 9 classes
95341 **Fri, 9:30 a.m.-11 a.m.**
North Boulder Recreation Center
Mary Williams
$81(R) / $102(N)

Irish Step Dance 1

Intrigued by Riverdance? This class is for you! Learn the basics of traditional Irish stepdancing and Ceili social dancing. Improve your physical dexterity, rhythm and posture while kicking up your heels to lively Irish reels and jigs. Ghillies, ballet slippers or jazz shoes recommended but not required. Wear loose, comfortable clothing, preferably shorts.

Jan 10-Mar 7 9 classes
95342 **Wed, 6:30-7:30 p.m.**
East Boulder Community Center
Elizabeth Barton
$68(R) / $86(N)

Irish Step Dance 2

A continuation of Level 1. Ghillies, ballet slippers or jazz shoes recommended. Wear loose, comfortable clothing, preferably shorts.

Jan 10-Mar 7 9 classes
95344 **Wed, 7:30-8:30 p.m.**
East Boulder Community Center
Elizabeth Barton
$68(R) / $86(N)

DANCE: YOUTH NON-CONCERT

Leap into the New Year with a Ballet class for you or your child.

Parent/Tot (Ages 18 mos–4 yrs)

New! You may use your Adult Dance Punch Card for all Parent/Tot classes that are not full! Please call the front desk to ask about registration before attending.

Creative movement, coordination exercises, songs, and finger plays to improve motor skills and rhythm. One adult participant (moms, dads, grandparents or caregivers) to each child.

Jan 8-Mar 5 9 classes
95351 **Mon, 9-9:45 a.m.**
North Boulder Recreation Center
Marlene Strang

Jan 11-Mar 8 9 classes
95353 **Thu, 10:45-11:30 a.m.**
East Boulder Community Center
Sylvia Jensen

Jan 13-Mar 10 9 classes
95355 **Sat, 10:30-11:15 a.m.**
North Boulder Recreation Center
Wendy Allen
$68(R) / $86(N)

Little Feats Ballet (Age 3)

Introduction to ballet and creative movement. Dance shoes not required.

Jan 8-Mar 5 9 classes
95345 **Mon, 10:30-11:15 a.m.**
North Boulder Recreation Center
Marlene Strang

Jan 9-Mar 6 9 classes
95346 **Tue, 9-9:45 a.m.**
East Boulder Community Center
Marlene Strang

Jan 10-Mar 7 9 classes
95347 **Wed, 2:15-3 p.m.**
North Boulder Recreation Center
Sylvia Jensen

Jan 11-Mar 8 9 classes
95348 **Thu, 10-10:45 a.m.**
East Boulder Community Center
Sylvia Jensen

Jan 12-Mar 9 9 classes
95349 **Fri, 2:30-3:15 p.m.**
North Boulder Recreation Center
Marlene Strang

Jan 13-Mar 10 9 classes
95350 **Sat, 9-9:45 a.m.**
North Boulder Recreation Center
Wendy Allen
$54(R) / $68(N)

Pre-Ballet Level 1 (Ages 4-5)

Introduction to ballet & movement exploration. Pink ballet slippers for girls and black ballet slippers for boys requested.

Jan 9-Mar 6 9 classes
95357 **Tue, 10:30-11:15 a.m.**
East Boulder Community Center
Marlene Strang

Jan 10-Mar 7 9 classes
95358 **Wed, 9:45-10:30 a.m.**
South Boulder Recreation Center
Sylvia Jensen

Jan 10-Mar 7 9 classes
95359 **Wed, 1:30-2:15 p.m.**
North Boulder Recreation Center
Sylvia Jensen

Jan 13-Mar 10 9 classes
95360 **Sat, 9:45-10:30 a.m.**
North Boulder Recreation Center
Wendy Allen
$54(R) / $68(N)

Kinder Ballet (Ages 5-6)

For kindergarten-age children who have taken at least two Pre-Ballet classes.

Jan 8-Mar 5 9 classes
95361 **Mon, 4-5 p.m.**
South Boulder Recreation Center
Lyle Nelson
$54(R) / $68(N)

Elementary Ballet Level 1

(Ages 6-12)

For beginners with little or no training. Basic technique, terminology, movement and musicality. Pink ballet slippers for girls and black ballet slippers for boys requested.

Ages 6–7
Jan 12-Mar 9 9 classes
95362 **Fri, 4–5 p.m.**
North Boulder Recreation Center

Ages 8–12
95363 **Fri, 5-6 p.m.**
North Boulder Recreation Center
Marlene Strang
$54(R) / $68(N)

DANCE: YOUTH NON-CONCERT

Elementary Ballet Level 2

(Ages 9-12)

A continuation of Ballet Level 1. Students should know the basics of ballet technique and be ready to explore more advanced exercises and concepts. Pink ballet slippers for girls and black ballet slippers for boys required.

Jan 13-Mar 10 9 classes
95364 **Sat, 9-10:30 a.m.**
East Boulder Community Center
Marlene Strang
$68(R) / $86(N)

Elementary Ballet Level 3

(Ages 10-13)

A continuation of Ballet Level 2. Students should know the basics of ballet technique and be ready to explore more advanced exercises and concepts.

Jan 13-Mar 10 9 classes
95365 **Sat, 10:30 a.m.-12 p.m.**
East Boulder Community Center
Marlene Strang
$68(R) / $86(N)

Pre-Tap and Ballet 1

(Ages 4-5)

Introduction to ballet, tap & movement exploration. Tap shoes, pink ballet slippers for girls, and black ballet slippers for boys requested.

Jan 9-Mar 6 9 classes
95366 **Tue, 9:45-10:30 a.m.**
East Boulder Community Center
Marlene Strang
Jan 8-Mar 5 **9 classes**
Jan 10-Mar 7 9 classes
95367 **Wed, 9-9:45 a.m.**
South Boulder Recreation Center
Sylvia Jensen
$54(R) / $68(N)

Tap 1 (Ages 6+)

A beginning class for students with little or no experience. An introduction to tap technique. Tap shoes required, talk to instructor before purchasing. Students will learn basic tap steps such as shuffles and flaps, and gain rhythm, musicality and coordination. A complementary class for students who sing, act or play musical instruments.

Ages 6-7
Jan 13-Mar 10 9 classes
95369 **Sat, 11:30 a.m.-12:30 p.m.**
North Boulder Recreation Center
Craig Dunning

Ages 7+
Jan 11-Mar 8 9 classes
95370 **Thu, 4-4:45 p.m.**
North Boulder Recreation Center
Mary Williams
$54(R) / $68(N)

Jazz 1 (Ages 6-8)

Jazz dance for children is a joyful, high energy dance form. These introductory classes provide students with knowledge of dance class format, and a special emphasis on music and rhythm. Traditional dance movement vocabulary is used to ensure that the building blocks are in place for smooth progression.

Ages 6-8
Jan 8-Mar 5 9 classes
95371 **Mon, 5-6 p.m.**
South Boulder Recreation Center
Lyle Nelson
$54(R) / $68(N)

Jazz 1/2 (Ages 9-12)

Jazz dance for children is a joyful, high energy dance form. These introductory classes provide students with knowledge of dance class format, and a special emphasis on music and rhythm. Traditional dance movement vocabulary is used to ensure that the building blocks are in place for smooth progression.

Jan 8-Mar 5 9 classes
95372 **Mon, 5:30-6:30 p.m.**
Iris Studio
Mary Williams
$54(R) / $68(N)

Jazz 2 (Ages 6-8)

Jazz dance for children is a joyful, high energy dance form. Learning new steps and technique are the focus of this continuation of Jazz Level 1.

Jan 8-Mar 5 9 classes
95373 **Mon, 5:15-6:15 p.m.**
North Boulder Recreation Center
Kate Kennelly
$54(R) / $68(N)

Beginning Teen Jazz

(Ages 12-18)

No experience necessary. A high energy introduction to a variety of jazz techniques. Gain coordination, flexibility, rhythm and strength. A fun class to improve overall fitness.

Jan 8-Mar 5 9 classes
95374 **Mon, 6-7 p.m.**
South Boulder Recreation Center
Lyle Nelson
$54(R) / $68(N)

Hip Hop 1/2 (Ages 8-11)

Students will learn the basic foundation of multiple Hip Hop styles and develop an understanding of movement.

Jan 8-Mar 5 9 classes
95375 **Mon, 6:15-7:15 p.m.**
North Boulder Recreation Center
Kate Kennelly
$54(R) / $68(N)

Hip Hop 1/2 (Ages 12-18)

Students will learn the basic foundation of multiple Hip Hop styles and develop an understanding of movement.

Jan 11-Mar 8 9 classes
95376 **Thu, 7:15-8 p.m.**
East Boulder Community Center
Dave Leopold
$54(R) / $68(N)

Irish Step Dance 1

(Ages 6-12)

Intrigued by Riverdance? This class is for you! Learn the basics of traditional Irish stepdancing and Ceili social dancing. Improve your physical dexterity, rhythm and posture while kicking up your heels to lively Irish reels and jigs. Ghillies, ballet slippers or jazz shoes recommended but not required. Wear loose, comfortable clothing, preferably shorts.

Ages 6-7
Jan 8-Mar 5 9 classes
95377 **Mon, 4-4:45 p.m.**
Iris Studio

Ages 8-12
Jan 8-Mar 5 9 classes
95378 **Mon, 4:45-5:30 p.m.**
Iris Studio
Elizabeth Barton
$54(R) / $68(N)

FITNESS/WELLNESS

Drop In Fitness Classes

Current class schedules can be found at the front desk of each recreation center and on line at www.bouldercolorado.gov/parks-recreation. Drop in fitness classes are included in the daily admission, with your punch card or annual pass! Aerobic Classes include step, toning, cycle, yoga, NIA, Kickboxing, and Jazzercise.

Twelve Weeks to Health

If you are over weight and out of shape, this is the class for you. We meet in a very private room and will start very slowly so you can start to drop the pounds, learn some basic exercises, and learn some healthy eating habits, too. Non-judgmental, caring instructors will help you on the way to a healthy life. Basic cardio and weight training will be introduced and practiced in each class.

Jan 9-Mar 29 24 classes
95820 **Tue/Thu, 12-1 p.m.**
North Boulder Recreation Center
$150(R) / $187(N)

Teen Kickboxing (Ages 12-18)

High intensity aerobic class incorporating kick boxing moves. No equipment necessary.

Jan 9-Feb 13 6 classes
96076 **Tue, 4-5 p.m.**
East Boulder Community Center
$30(R) / $38(N)

Feb 20-Mar 27 6 classes
96077 **Tue, 4-5 p.m.**
East Boulder Community Center
$30(R) / $38(N)

Adult Kick Boxing

High intensity aerobic class incorporating kick boxing moves. No equipment necessary.

Jan 8-Feb 14 12 classes
95821 **Mon/Wed, 5-6 p.m.**
South Boulder Recreation Center
$75(R) / $94(N)

Feb 19-Mar 28 12 classes
95822 **Mon/Wed, 5-6 p.m.**
South Boulder Recreation Center
$75(R) / $94(N)

Pre- & Post-Natal Fitness

Cardiovascular and body sculpting exercises will help women retain and regain strength and tone. Babies that are too young for childcare can be brought to class. For more pre-post options check the yoga section.

Jan 8-Mar 26 12 classes
95807 **Mon, 6:45-7:45 p.m.**
North Boulder Recreation Center
$75(R) / $94(N)
Classes are pro-rated after session starts or pay visitor fee of $8.25 per class

Fitness Instructor Training

Learn to lead a group exercise class from step to floor work to weights. This class will prepare you to take a national certification test and to teach a variety of group fitness classes. We will cover cueing, music selection, basic anatomy and physiology, and practice! Taught by our aerobics coordinator, Kristen Rupert who is currently taking applications for instructors.

Jan. 13-Feb 17 12 class
95792 **Sat, 11:30 a.m.-1 p.m.**
East Boulder Community Center
$114(R) / $140(N)

BolderBOULDER Training Club

This club offers a year-round solution for runners of all abilities to improve their running and look forward to a more rewarding BolderBOULDER each Memorial Day.

Register at race@bolderboulder.com or call 303.444.7223.

Sports Conditioning

Improve your conditioning to help improve your sports performance using stretching, agility, plyometrics, ballistics, and body weight resistance.

Jan 9-Mar 27 12 classes
96084 **Tue, 5:30-6:30 p.m.**
East Boulder Community Center
$75(R) / $94(N)

Red Cross First Aid/ CPR New Material

CPR certification for infant, child, and adult plus community 1st Aid certification.

95814 **Sat, Jan 6**
11 a.m.-7 p.m. 1 class

95815 **Sat, Feb 10**
11 a.m.-7 p.m. 1 class

95816 **Sat, Mar 17**
11 a.m. 7 p.m. 1 class
North Boulder Recreation Center
$56(R) / $70(N)

Back Care Class

Learn exercise and stretches to eliminate and prevent pain and soreness from work or exercise related activities.

Jan 9-Feb 15 16 classes
95792 **Tue/Thu, 5:30-6:30 p.m.**
East Boulder Community Center
$75(R) / $94(N)

Osteoporosis Resistance Exercise

Learn exercises using resistance equipment to increase bone density.

Feb 20-Mar 29 12 classes
95824 **Tue/Thu, 4:30-5:30 p.m.**
East Boulder Community Center
$75(R) / $95(N)

Stand Tall

Osteoporosis can be managed through certain types of exercise. Learn these exercises and also learn more about the disease and the most innovative ways to cope with it.

Jan 12-Mar 30 12 classes
95813 **Fri, 12:30-1:30 p.m.**
East Boulder Community Center
$75(R) / $94(N)

FITNESS / WELLNESS

Functional Fitness

Exercise will be conducted to maintain strength, balance, range of motion and flexibility. This class will assist you in maintaining the ability to accomplish daily activities, reduce the risk of falling and live independently.

Jan 9-Feb 15 12 classes
95798 **Tue/Thu, 9-10 a.m.**
North Boulder Recreation Center
$75(R) / $94(N)

Arthritis Osteoporosis Exercise

If you have osteoporosis or are at risk resistance exercises, strength bearing and weight bearing exercises are an essential to a healthy lifestyle. Develop better posture and balance and increase flexibility and mobility.

Jan 12-Mar 30 12 classes
95825 **Fri, 12-1 p.m.**
North Boulder Recreation Center
$75(R) / $94(N)

BACK CLINIC

Jan 18 1 class
95796 **Thu, 6:30-7:30 p.m.**

Feb 15 1 class
95801 **Thu, 6:30-7:30 p.m.**
$7(R) / $9(N)

KNEE CLINIC

Mar 8 1 class
95802 **Thu, 6:30-7:30 p.m.**
East Boulder Community Center
$7(R) / $9(N)

SHOULDER CLINIC

Mar 15 1 class
95803 **Thu, 6:30-7:30 p.m.**
East Boulder Community Center
$7(R) / $9(N)

Get Organized for Healthy Eating Series

Need to eat better but don't know how? Busy schedule got you in a diet dump? Whether you're trying to eat heart health-wise, bust the sugar in your diet, or live the low-carb way, here is the secret to success: Get organized! Taught by Mary Rodgers author of Take Control of Your Kitchen.

FOUNDATIONAL SKILLS

Organizing a can-do meal idea collection and getting in the plan-ahead habit give direction, inspiration and healthful focus to meal-making. Plus: The Common Denominator for Disease Prevention.

Jan 11 1 class
95826 **Thu, 1-3 p.m.**
North Boulder Recreation Center
$13(R) / $16(N)

SUPPORTIVE RESOURCES:

Equipping the kitchen for efficiency and setting up a helpful and healthful pantry make everyday cooking easy, even for non- cooks.

Feb 8 1 class
95827 **Thu, 1-3 p.m.**
North Boulder Recreation Center
$13(R) / $16(N)

TIMESAVING STRATEGIES

Shopping smart and organizing your kitchen spaces take the hassle and stress out of meal making.

Mar 8 1 class
95828 **Thu, 1-3 p.m.**
North Boulder recreation Center
$13(R) / $16(N)

Wellness Health Education Clinics

TAKING THE MYSTERY OUT OF MENOPAUSE AND HORMONES.

Free educational seminar on menopause and hormone replacement therapy. Q and A following the presentation. Presented by Dr. David Thayer of the Thayer Group for Women's Care P.C.

Feb 6 1 class
96075 **Tue, 12-1 p.m.**
North Boulder Recreation Center
$7(R) / $9(N)

NUTRITION BASICS

Dispel the myths and learn the truth about fats, are carbs really evil? How often should I eat? Do I really have to eat breakfast? Do I really need to eat several small meals a day?

Jan 11 1 class
96073 **Thu, 6-7:30 p.m.**
North Boulder Recreation Center
$9(R) / $12(N)

DIABETES EDUCATION PLUS INCORPORATING EXERCISE

Interventions for diabetes may improve your health, quality of life, and may reduce your economic burden. Come to this one hour interactive workshop and learn ways to better manage your condition through diet tips and exercises.

Jan 24 1 class
95831 **Wed, 6:30-7:30 p.m.**
East Boulder Community Center
$7(R) / $9(N)

HEART HEALTH FOR WOMEN

Heart disease is the number one disease facing women each year in the United States. This lecture will help you identify your risk factors and learn ways to ensure your heart health.

Feb 6 1 class
95832 **Tue, 7-8:30 p.m.**
South Boulder Recreation Center studio or down dance

VISIT OUR WEBSITE FOR INFORMATION REGARDING CLASSES:

- BEAT THE SUGAR BLUES
- STRESS MANAGEMENT
- COMMUNITY HEALTH EDUCATION CLASSES
- DIABETES MANAGEMENT
- CARDIAC REHABILITATION PROGRAM
- HEARING AID PROGRAM
- EXERCISE & WEIGHT ROOM ORIENTATION
- HEALTH SCREENING
- MEMORY LOSS
- CHRONIC FATIGUE

EMPLOYMENT OPPORTUNITY

Certified aerobic and fitness instructors, personal trainers, physical therapists and health educators. Apply on line at: www.bouldercolorado.gov

GYMNASTICS

Our gymnastics program consistently produces some of Colorado's leading gymnasts. Each week, we train more than 1,000 young people in the specific skills and techniques which can lead them to Olympic competitions. More importantly, each of them gain the enduring skills of discipline, perseverance, strength, and balance.Our 12,000 square foot gymnastics facility is one of the largest and best equipped in the region. And though the walls are lined with literally hundreds of trophies, we consider our greatest achievements the confidence and self-esteem we instill in each program participant.

We invite you to enroll your child in an upcoming session. But act now, as most sessions fill quickly!

12,000 Sq. Ft. of gymnastic training nirvana surrounded by reality. Fit City's finest gymnastics training facility.

Beginner / Advanced Beginner

January 8-March 23 (no classes February 17, March 17 & 24)

The Beginner/Advanced Beginner classes are the perfect place for children ages 6 and over to learn basic gymnastics in a supportive, non-competitive environment. While these classes are a great continuation of our preschool program, no prior experience is necessary. Instructors will group children according to ability on the first day of class. Children will use tumbling, balance beam, uneven bars, parallel bars, horizontal bar, vaulting, pommel horse, rings, trampoline and foam pit to improve coordination, strength and self-confidence while emphasizing a fun approach to learning. Child must have been born on or before 1/8/01. Some classes may have already filled due to pre-registration of Fall participants.

Girls - Ages 6 & Over

CODE	DAY	TIME
95725	T/Th	3:45–5 p.m.
95726	M	3:45–5 p.m.
95727	W	3:45–5 p.m.
95728	F	3:45–5 p.m.
95729	F	5:15-6:30 p.m.
95730	S	11 a.m.–12:15 p.m.

Boys - Ages 6 & Over

CODE	DAY	TIME
95719	T/Th	3:45–5 p.m.
95720	M	3:45–5 p.m.
95721	W	3:45–5 p.m.
95722	F	3:45–5 p.m.
95723	F	5:15-6:30 p.m.
95724	S	11 a.m.–12:15 p.m.

FEES:

Mon, Wed, Fri	(11 classes)	$110(R) / $138(N)
Tue/Thu	(22 classes)	$209(R) / $262(N)
Sat	(8 classes)	$80(R) / $100(N)

Birthday Parties

Reserve your party now! Send your invites, order your cake and let us provide a great space for your child's next celebration. One hour of organized gymnastics activities and one hour in the party room.

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

Saturdays only

1-3 p.m. and 2:30-4:30 p.m.

Fees

up to 8 children	$125(R) / $156(N)
9-15 children	$175(R) / $219(N)

To book a party call 303-413-7218

Important Information for ALL Classes

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

GYMNASTICS

Preschool

January 8-March 23
(no Saturday classes March 17 & 24)

The preschool program is a combination of basic movement and gymnastics skills including tumbling, balance beam, uneven bars, parallel bars, vaulting, pommel horse, rings, trampoline, and the foam pit. All skills and equipment are scaled down to accommodate children's size and ability. Some classes may be filled due to pre-registration of Fall participants.

Fees

Mon-Fri (11 classes)
$110(R) / $138(N)

Sat (9 classes)
$90(R) / $113(N)

2 1/2 Year Olds

A structured class for 2 1/2-year-olds accompanied by one parent or other responsible adult, two adults allowed if both are parents of the child. Also for 3-year-olds who may have trouble separating from parent. No babies or other unregistered children allowed in the gym. Twins must have two adults or attend separate classes. Child must have been born on or before 7/8/04.

CODE	DAY	TIME
95559	Mon	9–9:45 a.m.
95560	Mon	10–10:45 a.m.
95561	Tue	9–9:45 a.m.
95562	Tue	10–10:45 a.m.
95563	Wed	9–9:45 a.m.
95564	Wed	10–10:45 a.m.
95565	Thu	9–9:45 a.m.
95566	Thu	10–10:45 a.m.
95567	Fri	9–9:45 a.m.
95568	Fri	10–10:45 a.m.
95569	Sat	9–9:45 a.m.
95570	Sat	10–10:45 a.m.

EMPLOYMENT OPPORTUNITY

Gymnastics Instructor
apply online at:

www.ci.boulder.co.us/hr/seasonal.html

3 Year Olds

Child attends independent of parents and must have been born on or before 1/8/04.

CODE	DAY	TIME
95571	Mon	9–9:45 a.m.
95572	Mon	10–10:45 a.m.
95573	Mon	11–11:45 a.m.
95574	Mon	2:45–3:30 p.m.
95575	Tue	9–9:45 a.m.
95576	Tue	10–10:45 a.m.
95577	Tue	11–11:45 a.m.
95578	Tue	2:45–3:30 p.m.
95579	Wed	9–9:45 a.m.
95580	Wed	10–10:45 a.m.
95581	Wed	2:45–3:30 p.m.
95582	Thu	9–9:45 a.m.
95583	Thu	10–10:45 a.m.
95584	Thu	11–11:45 a.m.
95585	Thu	2:45–3:30 p.m.
95586	Fri	9–9:45 a.m.
95587	Fri	10–10:45 a.m.
95588	Fri	2:45–3:30 p.m.
95589	Sat	9–9:45 a.m.
95590	Sat	10–10:45 a.m.

Start them young on a life-long path of fitness.

4 Year Olds

Child must have been born on or before 1/8/03

CODE	DAY	TIME
95591	Mon	9–9:45 a.m.
95592	Mon	10–10:45 a.m.
95593	Mon	11–11:45 a.m.
95594	Mon	2:45–3:30 p.m.
95595	Tue	9–9:45 a.m.
95596	Tue	10–10:45 a.m.
95597	Tue	11–11:45 a.m.
95598	Tue	2:45–3:30 p.m.
95599	Wed	9–9:45 a.m.
95600	Wed	10–10:45 a.m.
95601	Wed	2:45–3:30 p.m.
95602	Thu	9–9:45 a.m.
95603	Thu	10–10:45 a.m.
95604	Thu	11–11:45 a.m.
95605	Thu	2:45–3:30 p.m.
95606	Fri	9–9:45 a.m.
95607	Fri	10–10:45 a.m.
95608	Fri	2:45–3:30 p.m.
95609	Sat	9–9:45 a.m.
95610	Sat	10–10:45 a.m.

5 Year Olds

Child must have been born on or before 1/8/02

CODE	DAY	TIME
95648	Mon	9–9:45 a.m.
95649	Mon	10–10:45 a.m.
95650	Mon	2:45–3:30 p.m.
95651	Tue	9–9:45 a.m.
95652	Tue	10–10:45 a.m.
95653	Tue	11–11:45 a.m.
95654	Tue	2:45–3:30 p.m.
95655	Wed	9–9:45 a.m.
95656	Wed	10–10:45 a.m.
95657	Wed	2:45–3:30 p.m.
95658	Thu	9–9:45 a.m.
95659	Thu	10–10:45 a.m.
95660	Thu	11–11:45 a.m.
95661	Thu	2:45–3:30 p.m.
95662	Fri	9–9:45 a.m.
95663	Fri	10–10:45 a.m.
95664	Fri	2:45–3:30 p.m.
95665	Sat	9–9:45 a.m.
95666	Sat	10–10:45 a.m.

GYMNASTICS TEAM

A pommel horse protégé working towards another trophy.

Boulder Flyers Gymnastics Team

These classes are for intermediate to advanced gymnasts by TRYOUT ONLY. If you are unsure of your team level, call 303-413-7265 to be tested. Fees are due by the 15th of the month prior to the month for which the fees are to be applied. If the fees have not been paid by the 1st of the month, a $5 late fee will be charged and the gymnast will not be allowed to participate until fees are paid.

January 3-31 (no classes Jan 1-2)
February 1-28
March 1-23 (no classes Mar 24-31)

Girls' Pre-Team

Continuing development of basic skills (USAG Levels 1-4) in preparation for future team involvement.

Jan 95691 - Feb 95692 - Mar 95693
Tue/Thu, 5–6:30 p.m.
$90

Girls' Beginning Team

Includes competition in the Rocky Mountain League. Call for detailed information on class requirements and schedule.

Jan 95698 - Feb 95699 - Mar 95700
$90

Girls' Intermediate Team

Includes competition in USAG Levels 4-6. Call for detailed information on class requirements and schedule.

Jan 95709 - Feb 95710 - Mar 95711
$102

Girls' Advanced Team

Includes competition in USAG Levels 7-10. Call for detailed information on class requirements and schedule.

Jan 95713 - Feb 95714 - Mar 95715
$120

Boys' Pre-Team

Continuing development of basic skills using the USAG Basic Skills Achievement Program in preparation for future team involvement.

Jan 95667 - Feb 95668 - Mar 95669
Tue/Thu, 5–7 p.m.
$90

Boys' Beginning Team

Includes competition in USAG Levels 4-5. Call for detailed information on class requirements and schedule.

Jan 95671 - Feb 95672 - Mar 95673
$90

Boys' Intermediate Team

Includes competition in USAG Level 6. Call for detailed information on class requirements and schedule.

Jan 95675 - Feb 95676 - Mar 95677
$102

Boys' Advanced Team

Includes competition in USAG Levels 7-10. Call for detailed information on class requirements and schedule.

Jan 95681 - Feb 95682 - Mar 95683
$120

Parents look past trophies as their children learn life-long lessons in gymnastics.

SPECIAL INTEREST/ART

Drawing from Scratch
(Ages 16+)

Experience how to perceive an image by learning how to see. Instructions will focus on the line, values, positive shapes, negative spaces, textures, form and proportions. We will portray landscapes, still-lifes, the human figure, faces and animals, using different shading techniques.

Jan 11-Feb 15 6 classes
96284 **Thu, 7-9 p.m.**
West Boulder Senior Center
Barbara Cox
$80(R) / $100(N)

All photography classes are taught by Don Oberbeck and held at the Boulder Photo Center, 1815 Pearl Street. (Ages 16+)

Photoshop Beginning

Adobe Photoshop made easy to use for beginners. Many time saving tricks and more with 2 weeks access to a practice computer after the class is over.

Feb 5-12 2 classes + Lab Time
96285 **Mon, 7:30-9:30 p.m.**
$75(R) / $94(N)

Photoshop Intermediate

Advanced tricks, using Layers options, filter settings, preparing for printing and much more. Course includes 2 weeks of computer access after the class ends.

Feb 19-26 2 classes + Lab Time
96286 **Mon, 7:30-9:30 p.m.**
$75(R) / $94(N)

Digital Camera Basics
(Ages 16+)

Learn to really use your digital camera and all its shooting modes. Flash, close up macro, portraits, sports action and just having fun.

Jan 25-Feb 15 4 classes + Lab Time
96287 **Thu, 7:30-9:30 p.m.**
$150(R) / $186(N)

Digital Camera Intermediate

Enjoy creative photography with your digital camera. Composition, exposure, advanced techniques and much more. A very complete course.

Feb 22-Mar 15 4 Classes + Lab Time
96288 **Thu, 7:30-9:30 p.m.**
$150(R) / $186(N)

Beginning Photography

A complete 35 mm camera course plus how to make B&W and Color prints in the darkroom. Bring your camera, without film, to the first class. Includes 6 weeks of unlimited dark room use.

Jan 24-Feb 28 6 classes + Lab Time
96289 **Wed, 7:30-9:30 p.m.**
$225(R) / $275(N)

Studio Photography

The secrets of taking studio shots of people or products with electronic flash and any digital or film camera. Includes 2 hours of shooting time in the studio, outside class time.

Mar 7-14 2 classes + Studio Time
96290 **Wed, 7:30-9:30 p.m.**
$75(R) / $94(N)

Abrakadoodle Twoosy Doodlers (Ages 2-3)

This is a special art class just for toddlers (parents or helpers welcome!) Experiment with painting, gluing, sticking, printing and creating while developing fine motor, language and self-help skills. Each session has new activities based on the works of contemporary and master artists. (There is a $10.00 materials fee payable to the instructor on the first day of class.)

Jan 9-30 4 classes
96292 **Tue, 9-9:45 a.m.**
Feb 13-Mar 6 4 classes
96291 **Tue, 9-9:45 a.m.**
South Boulder Recreation Center
$40(R) / $50(N)
Jan 9-30 4 classes
96294 **Tue, 11-11:45 a.m.**
Feb 13-Mar 6 4 classes
96295 **Tue, 11-11:45 a.m.**
South Boulder Recreation Center
$40(R) / $50(N)

Abrakadoodle Mini Doodler (Ages 4-5)

Develop creativity through carefully designed lessons based on master artist's techniques & styles that ignite the imagination, foster creativity and develop skills. We'll use real artists' materials—watercolors, tempera paints, oil pastels and more. Each session has new activities. (There is a $10.00 materials fee payable to the instructor on the first day of class)

Jan 9-30 4 classes
96296 **Tue, 10-10:45 a.m.**
Feb 13-Mar 6 4 classes
96297 **Tue, 10-10:45 a.m.**
South Boulder Recreation Center
$40(R) / $50(N)
Jan 9-30 4 classes
96298 **Tue, 1-1:45 p.m.**
Feb 13-Mar 6 4 classes
96299 **Tue, 1-1:45 p.m.**
South Boulder Recreation Center
$40(R) / $50(N)

Piano/Keyboard (Ages 13+)

Now is the time to start making beautiful music with your keyboard. Play an easy song the first night, learn to improvise, then learn to read notes, chords, rhythms and understand what composers are trying to share with you.

Jan 10-Feb 7 5 classes
96326 **Wed, 7-8 p.m.**
Henry Sherman
East Boulder Community Center
$45(R) / $56(N)

Feb 14-Mar 21 6 classes
96327 **Wed, 7-8 p.m.**
Henry Sherman
East Boulder Community Center
$54(R) / $67(N)

Beginning Guitar (Ages 13+)

Learn to play some easy chords to strum and how to improvise a "solo" in the first class. Discover finger-picking theory, reading staff notes, tablature, chord symbols, counting rhythms, scales, plus an introduction to playing chords and melody at the same time.

Jan 11-Feb 8 5 classes
96328 **Thu, 7-8 p.m.**
$45(R) / $56(N)

Feb 15-Mar 22 6 classes
96329 **Thu, 7-8 p.m.**
Henry Sherman
Senior Center West
$54(R) / $67(N)

POTTERY

In 1956, Betty Woodman convinced the City of Boulder to do something very few city governments had done, support a pottery program, give it a dedicated facility, and provide a unique learning center for their citizens. Today, the City of Boulder Parks and Recreation Department runs one of the most successful Cultural Arts and Pottery programs in the country. This program has been nationally recognized as an innovative teaching facility and community service.

The Boulder Parks and Recreation Pottery program reflects the progressive and innovative spirit embodied by the citizens of Boulder. We offer five class sessions a year, with 7 adult, 2 teen, and 13 children's classes. We have been able to work with diverse groups, such as disadvantaged children and teens, students with disabilities and seniors. We are proud to work in an old fire station, built in 1908 located at 1010 Aurora. We have 20 wheels, 5 electric kilns, 4 gas kilns and while celebrating our 50th anniversary last year we built a new anagama wood kiln located at 63rd and the Diagonal.

A premier facility with great equipment, excellent teachers and vibrant students has given us 50 successful years. Please join us as we begin the next 50 years!

Let their imaginations expand, place some clay in their hand!

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

Child/Parent Pottery

(Ages 4+)

Here is a perfect opportunity to learn hand-built pottery with your child. Emphasis is on working on a project as a family unit. One parent with one child allowed. Enrollment is limited.

Jan 11-Mar 3 8 classes
96314 **Thu, 1-2 p.m.**
96315 **Thu, 2:15-3:15 p.m.**
Ryan Hamann
96316 **Sat, 9-10 a.m.**
96317 **Sat, 10:15-11: 15 a.m.**
96318 **Sat, 11:30 a.m.-12:30 p.m.**
Tammy Lynn
$80(R) / $100(N)

Children's Pottery (Ages 4-5)

Children play with clay and turn it into enjoyable or useful objects. While having fun is most important, group experience and individual attention are part of this class.

Jan 8-Feb 28 8 classes
96319 **Mon, 1-1:45 p.m.**
Tammy Lynn
96320 **Wed, 1-1:45 p.m.**
Rosemary Hegarty
$60(R) / $75(N)

Children's Pottery (Ages 6-7)

With an emphasis on having fun children learn the basics of hand-building slip decoration and glazing as they develop problem solving skills and have fun interacting with other students.

Jan 8-Feb 27 8 classes
96321 **Mon, 3:45-4:45 p.m.**
Tammy Lynn
96322 **Tue, 3:45-4:45 p.m.**
Ryan Hamann
$60(R) / $75(N)

Children's Pottery on the wheel (Ages 8-11)

This class is for students that have completed at least one hand-building class at the pottery lab and are ready to explore wheel throwing. Students will learn centering, cylinders and bowl forms, trimming and decorating.

Jan 11-Mar 1 8 classes
96324 **Thu, 3:45-5:15 p.m.**
Aaron Winston
$80(R) / $100(N)

Children's Pottery (Ages 8-10)

Students relax and discover the joy of clay as they develop hand-building techniques and carry out ideas using a craftsman-like approach that includes planning projects, building, decorating and glazing.

Jan 10-Feb 28 8 classes
96323 **Wed, 3:45-4:45 p.m.**
Rosemary Hegarty
$60(R) / $75(N)

Teen Pottery (Ages 11-16)

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

Jan 10-Feb 28 8 classes
96325 **Wed, 3:45-5:45 p.m.**
Aaron Winston
$80(R) / $100(N)

Fun Fridays (Ages 6-8)

This class offers an opportunity to explore creativity and have fun after working hard all week. Students will explore hand building techniques and projects that will allow freedom and fun.

Jan 12-Mar 2 8 classes
96330 **Fri, 3:45-4:45 p.m.**
Ryan Hamann
$60(R) / $75(N)

POTTERY

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

Adult classes include up to 75lbs of clay, glazes, firing and instruction. Students need to provide their own tools. The pottery lab has a basic beginning tool set for $20.00 which can be purchased at the time of registration or at your first class. Don't wear open toed shoes, bring a towel and enjoy!

Adult Beginner

Experience the fun and satisfaction of working with clay. Both hand-building and basic wheel throwing techniques will be demonstrated and students will work with slip, glazing and firing.

Jan 8-Mar 5 9 classes
96301 **Tue, 7-9:30 p.m.**
Johanna Oconnell
$170(R) / $212(N)

All Levels

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

Jan 8-Mar 10 9 classes
96303 **Mon, 7-9:30 p.m.**
96304 **Sat, 9-11: 30 a.m.**
Norb Smith
$170(R) / $212(N)

Porcelain

Introduction to throwing porcelain utilizing Japanese methods including: wedging, throwing "off the hump", use of Japanese style throwing and trimming tools and glazing methods.

Jan 10-Mar 7 9 classes
96307 **Wed, 7-9 p.m.**
Aaron Winston
$170(R) / $212(N)

Beginner/Intermediate Wheel Throwing and Hand Building Basics

Throwing on the potter's wheel involves learning how to wedge, center the clay, and perform shaping techniques to produce basic forms. Hand building techniques such as slab construction, pinch and coil will be demonstrated to help build beginning skills.

Jan 11-Mar 8 9 classes
96308 **Thu, 9-11:30 a.m.**
$170(R) / $212(N)

Intermediate Pottery

This class includes wheel throwing and hand building. Class is combined with Senior Pottery. Prerequisite: a beginning class at the pottery lab or the equivalent.

Jan 9-Mar 6 9 classes
96309 **Tue, 9-11:30 a.m.**
Nancy Utterback
$170(R) / $212(N)

Advanced Wheel Throwing

This class is for students with some experience throwing. Handles, lids, altered forms, slip decoration, glazing and an over view of firing will be explored. Both stoneware and porcelain will be available.

Jan 11-Mar 8 9 classes
96312 **Thu, 7-9:30 p.m.**
Nancy Utterback
$170(R) / $212(N)

Senior Pottery (Ages 60+)

This class combines all skill levels and includes the art of wheel throwing and hand-building.

Jan 9-Mar 6 9 classes
96311 **Tue, 9-11:30 a.m.**
Nancy Utterback
$170(R) / $212(N)

Visiting Artist Series

Visiting artist Sarah Jaeger will give a two day workshop demonstrating throwing, finishing and glazing functional porcelain ware. Sarah is a nationally recognized studio potter currently living and working in Montana.

Mar 24-25 2 classes
96313 **Sat /Sun, 9-4 p.m.**
$150(R) / $187(N)

SARAH JAEGER VISITING ARTIST WORKSHOP

Sarah Jaeger is a nationally known potter specializing in functional porcelain pieces. Her work is in many collections and exhibits around the country.

March 24 & 25 from 9 a.m.-4 p.m.

City of Boulder Pottery Lab
1010 Aurora

$150 for city residents
$187 for non-residents

For more information and to register call Nancy Utterback at (303) 441-3446

SPORTS - Youth

Holiday Basketball Camp

(Ages 7-11)

Our basketball camp is designed to work on basketball skills and focus on fundamentals with some scrimmages. Participants will be broken into age groups for a better learning environment.
Information: Dean 303-441-4427

95747 **Wed, Dec 20/Thur, Dec 21**
9-11 a.m.
East Boulder Community Center
$43(R) / $54(N)

Mini-Hoopers Basketball

(Ages 5-8)

Basketball fundamentals and fun are stressed in these classes through drills, games, and relay races. Baskets are lowered to bring the game to their level. Information: Dean, 303-441-4427.

Jan 6-Mar 3 6 classes
(no class Jan 13, Feb 3, Feb 17)
Ages 5-6
95744 **Sat, 9-10 a.m.**
Ages 7-8
95746 **Sat, 9-10 a.m.**
East Boulder Community Center
$33(R) / $41(N)

High School Basketball League

Continue to play hoops on a Thursday night league. Games will have officials, standings, and a tournament at the end of the season. Registration deadline Jan. 3.
Information: Kjersten 303-441-4137.

Jan 11 8 games
95686 **Thu, 6, 7, 8 p.m.**
South Boulder Recreation Center
$360 per team OR $56(R) / $70(N) per person

Sports Sampler (Ages 3-8)

An opportunity for young athletes to explore any of the following: soccer, football, floor hockey, basketball, t-ball, kickball, and different sporting games and activities! Each class will focus on one sport through many different activities. Space is limited so sign up quick! Information: Dean 303–441–4427

SESSION #1 $26(R) / $32(N)
Jan 9-Feb 2 4 classes

AGES 3-4			
Location	Code	Day	Time
SBRC	95731	Tue	10-10:45 a.m.
SBRC	95732	Tue	5:15-6 p.m.
NBRC	95733	Thu	10:30-11:15 a.m.
AGES 5-6			
SBRC	95734	Thu	3:30-4:30
NBRC	95735	Fri	3:30-4:30 p.m.
AGES 7-8			
NBRC	95736	Fri	4:30-5:30 p.m.

SESSION #2 $26(R) / $32(N)
Feb 12-Mar 9 4 classes

AGES 3-4			
Location	Code	Day	Time
SBRC	95737	Mon	10-10:45 a.m.
SBRC	95738	Tue	10-10:45 a.m.
SBRC	95739	Tue	5:15-6:00 p.m.
NBRC	95740	Thu	10:30-11:15 a.m.
AGES 5-6			
SBRC	95741	Thu	3:30-4:30
NBRC	95742	Fri	3:30-4:30 p.m.
AGES 7-8			
NBRC	95743	Fri	4:30-5:30 p.m.

Boys and Girls Volleyball

Designed for elementary, middle and high school students who are looking to build skills in the sport of volleyball. Practices stress fundamental skills, team strategies and team work to build confidence in participants. Information: Lenore 303-441-3416

Elementary School Volleyball (Ages 7-10)

Jan 6-Mar 10 8 classes
No classes Jan 13 and Feb 17
95793 Sat, 12 p.m.-1:30 p.m.
South Boulder Recreation Center
$96(R) / $120(N)

continued from previous column

Middle School-High School Volleyball

(Ages 11-18)

Jan 6-Mar 10 8 classes
No classes Jan 13 and Feb 17
95794 Sat, 10 a.m.-12 p.m.
South Boulder Recreation Center
$120(R) / $150(N)

Girls High School Volleyball Team

Designed for the competitive high school volleyball player. Participants must have previous high school team or club playing experience. Practices will build on current skills and maintain athletic conditioning from the fall season. Practices will be held Tuesdays and Saturdays. Tryouts will be held the first two meetings. Mandatory parent meeting Jan 6th, 10 a.m. at the East Boulder Community Center. Regiment to include either, Thursday evening games or regional weekend tournament play, yet to be decided. Information: Lenore 303-441-3416

Jan 6-Mar 10
No classes Jan 13, Feb 3, Feb 17
Tue, 3:30 p.m.-5:15 p.m.
South Boulder Recreation Center
Sat, 10 a.m.-12 p.m.
East Boulder Community Center
95864
$330(R) / $380(N)
No registrations after Jan. 6

Middle School Volleyball Preparation

(6th-8th grade)

Continuation for 6-8th graders who are interested in making the school volleyball team. Class will focus on building skills, increasing knowledge and conditioning. Participants must have previous experience and knowledge of the sport. This is a great way to keep skills sharp and make lasting friendships. Information: Lenore 303-441-3416

Jan 7- Mar 8 16 sessions
No classes Jan 14 and Feb 18
Thu, 4:30 p.m.-5:45 p.m.
Sun, 3 p.m.-4:45 p.m.
95962
$200(R) / $250(N)
South Boulder Recreation Center

SPORTS - Adult

December Volleyball (16+)

Are you ready to play volleyball in December? Make the most of the off season…stay in shape and avoid being bored… get involved with adult volleyball before the winter season starts. Discover what the City of Boulder has to offer for December volleyball on-line at www.bouldercolorado.gov/parks-recreation.

Free Agent Night!

If you're looking for a volleyball team to join, or looking for a player to complete your team, come join us at Free Agent Night. December 11th, 7-9p.m. at East Boulder Community Center. No registration required, just come and be ready to play!

Adult Volleyball Instruction (Ages 16+)

Learn and/or review the basic volleyball fundamentals of serving, passing, setting, and spiking. The class will also have an introduction of the basic offensive and defensive strategies. Information: Dean 303-441-4427.

Jan 14-Mar 25 10 classes
95718 **Sun, 6-8 p.m.**
East Boulder Community Center
$80 (R) / $100 (N)

Senior Volleyball League

(Ages 50+) Boulder Parks & Recreation sponsors (50 years old & over) volleyball teams that play in the Colorado Senior Volleyball Association. Players of all ability levels are welcome! Boulder teams will play against each other and different city teams in the association. Information: Dean 303-441-4427 East Boulder Community Center

Adult Women's Competitive Basketball

Competitive league for advanced level players. For information:
Sherri: 303-441-4933 or brownsh@bouldercolorado.gov

Jan 9 2 pick-up nights & 8 games
95717 **Mon, 6, 7, 8 p.m.**
South Boulder Recreation Center
$56(R) / $70(N) per person

Adult Volleyball (Ages 16+)

Registration: Dec 11-18, $25 late fee after Dec 18 • League play starts Jan 8-11.
One week of pre-season games (Jan 8-11), followed by 8 weeks of league play. Teams normally play one 3-game match each week. Information: Dean 303-441-4427

Code	League	Night	Location	Fee
95702	Men's 6's Comp	Mon	EBCC	$385
95703	Men's 6's A/BBB	Mon	EBCC	$385
95704	Coed 4's	Tues	SBRC	$270
95705	Coed 6's Comp	Wed	NBRC	$385
95706	Coed 6's A/BBB	Wed	NBRC	$385
95707	Women's 6's Comp	Thur	EBCC	$385
95708	Women' s 6's A/BBB	Thur	NBRC	$385

Men's 4 v 4 Basketball Tournament

Information: Kjersten, 303-441-4137

95690 **Sun, Dec. 17 8-3 p.m.**
East Boulder Community Center
$99 per team

Men's Basketball Leagues

Information: Kjersten, 303-441-4137
Two nights to choose from. Schedules will be on the website www.bouldercolorado.gov by January 5th. Team fee includes unlimited individuals on initial roster.
Registration deadline: January 3rd

TUESDAY NIGHT B LEAGUE

Jan 9 8 games
95679 **Tue, 7,8,9 p.m.**
North Boulder Recreation Center
$480 per team

WEDNESDAY NIGHT A LEAGUE

Jan 10 8 games
95680 **Wed, 6,7,8,9 p.m.**
South Boulder Recreation Center
$480 per team

Spring Adult Leagues

Registration information will be online in late January/early February, www.bouldercolorado.gov/parks-recreation . For additional information, call Lenore at 303-441-3416.

SOFTBALL

It's time to dust off your cleats and dig out your glove, our 8 week spring season begins the week of March 5th. Get your co-workers and friends together for some stimulating competition. All ability levels are welcome; we have the right men's or coed league for everyone.

KICKBALL

For a change of pace, get a team together for some kickball and unlock that inner child that is rearing to get out. These leagues are focused solely on having fun, with many teams dressing up in costume for games.

SOCCER

Enjoy the breathtaking views from our nationally known soccer complex. New team registration will be on a first come, first served basis.

Free Bike Races for Kids

(Ages 2-18)
An introductory series of age group bike races are being offered—beginner riders are welcome. There will be separate races ranging from 2-6 laps for boys and girls depending on the age group. For more information check the website, www.dbcevents.com **March 4, 11, 18, 25**

Adult Citizen Bike Races

(Ages 19 and older)
Now's your chance to see what the big deal is with bike racing in this racing series for adults without racing licenses. Beginner riders are encouraged to register. For more information check the website, www.dbcevents.com

March 4, 11, 18, 25
Sun, 9 am (registration closes at 8:15 am)
Stazio Ballfields
$20/day

GOLF

2007 Track and Field Cross Country Championship Hosts

Flatirons Golf Course and the City of Boulder Parks and Recreation Department are excited to play host to the 2007 Track and Field Cross Country Championships. The event is scheduled for February 10th, 2007. Spectators are encouraged to come out to support these national athletes, this event will be televised on ESPN.

Amenities & Services

- Full service club repair
- Full service pro shop
- Computerized handicapping system
- Accessible golf cart
- Tournaments/ League Play
- Public play
- Special Events
- Private Instruction Area

PGA Golf Instructors

Let us introduce you to the game of a lifetime! We offer first class instructional programs that help you improve your skills and enhance your golf experience.

Doug Cook, PGA Director of Golf
Tim Stevens, PGA Head Golf Pro
Brian Lavender, PGA Member Pro
Ben Friendly, PGA Apprentice

Our teaching philosophy centers on the traditional fundamentals to give you a clear understanding of the golf swing. Our goal is to ensure that you can continue to work and improve on your own after your lesson.

Private Lessons

Call the Pro Shop at 303-442-7851.

Juniors (16 yrs. & under)
$15 for 15 minutes

Adults (17yrs. & older)
$35 for 30 minutes

Take three individual lessons and receive your fourth lesson for 1/2 price!

20/20 Express Card

20% off all Players Fees, Electric Cart Rentals, and Range Balls. 20% off regular priced merchandise! Individual accounts for Adults and Students start at $625; Individual accounts for Seniors and Juniors start at $425; Family accounts start at $1,200; Discounts are valid 7 days a week, no restrictions for one year from purchase date. Simple, convenient, unbeatable value. Information brochure available at the golf shop or visit www.flatironsgolf.com .

Annual Pass

Annual Pass holders pay $3.00 for nine holes and $5.00 for eighteen holes when passes are valid. All passes expire at the end of the calendar year in which they were purchased.

ANNUAL PASS FAMILY DISCOUNT: 15% discount when passes are purchased together. Offer limited to immediate family members residing in the same household. Pro-Rate Discount: July 1st 40%

	Mon-Fri	Unrestricted
Adult	$640	$960
Junior	$300	$500
Senior	$525	$785
Student	$550	$865

Punch Cards

STUDENT			
9 Holes	M-TH	10 rounds	$139.50
18 Holes	M-TH	10 rounds	$207.00
9 Holes	F-SU	10 rounds	$162
18 Holes	M-TH	10 rounds	$252
JUNIORS			
9 Holes	M-TH	10 rounds	$99
18 Holes	M-TH	10 rounds	$162
9 Holes	M-TH	10 rounds	$117
18 Holes	F-SU	10 rounds	$180

Player Fees

*Prices subject to change in 2007

Standard Fees Friday - Sunday*	
Adult	
9 Holes	$20.00
18 Holes	$31.00
Junior	
9 Holes	$13.00
18 Holes	$20.00
Senior	
9 Holes	$16.50
18 Holes	$26.00
Student	
9 Holes	$18.00
18 Holes	$28.00

Discount Fees Monday - Thursday	
Adult	
9 Holes	$17.50
18 Holes	$26.00
Junior	
9 Holes	$11.00
18 Holes	$18.00
Senior	
9 Holes	$14.50
18 Holes	$22.00
Student	
9 Holes	$15.50
18 Holes	$23.00

PRACTICE RANGE	
ONE TOKEN	$3 (35 Balls)
FOUR TOKENS	$10
RANGE PASS KEY	$125 ($2.25 per token)

CLUBS AND CARTS	
CLUBS	9 holes $12 18 holes $18
RIDING CARTS FEE	(per rider) 9 holes $7 18 holes $13
HAND CARTS -	9 holes $3 18 holes $5

Reservations Reservations may be made year round one week in advance starting at 9 a.m. by calling 303-442-7851, using the internet by logging on to flatironsgolf.com or in person. Reservations are available for play each day between 7 a.m. and 4 p.m. Before 7 a.m. and after 4 p.m. play is scheduled exclusively on a first-come first-served basis. The tee times not reserved between 7 a.m. and 4 p.m. are also scheduled on a first-come first-served basis, no same day reservations are accepted. You can receive an estimated first-come first-served wait time for the current day by calling 303-442-7851.

TENNIS

Private Tennis Lessons

Youth and adult private lessons are available. The City of Boulder tennis instructors teach all lessons. A participant information sheet will be filled out upon registration for your lesson. This sheet will be used to arrange days and times of each lesson. Lessons expire six months after registration. Information 303-441-4137.

INDIVIDUAL

1 class (one hour)	$43
3 classes (one hour)	$122
6 classes (one hour)	$232

GROUP (one hour)

$67 for 2 people	$85 for 3 people
$103 for 4 people	$115 for 5 people
$124 for 6 people	

No more than four children (ages 7-10) per class. No more than six children (ages 11-15) per class.

GROUP PACKAGE

Groups of 2:

3 classes (one hour each)	$190

Platform Privates

Youth and adult group private lessons are available. A participant information sheet will be filled out upon registration for your lesson. This sheet will be used to arrange days and times of each lesson. Lessons expire six months after registration. Information 303-441-4137.

INDIVIDUAL

1 class (one hour)	$37
3 classes (one hour)	$105
Package of three for groups of two:	
3 classes (one hour each)	$152

www.gonzotennis.com

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

Tennis in the Gym (Ages 3-9)

Tennis in the Gym is a child physical development program that uses a variety of fun games to develop motor skills, enjoying the game of tennis and helping to create self confidence in a safe and friendly environment.

MINI GONZOS (Ages 3-4)

Jan 8-Mar 2
95982 Mon/Fri, 3-3:45 p.m.
East Boulder Community Center
$144(R) /$160(N)

TINY GONZOS (Ages 5-6)

Jan 8-Mar 2
95983 Mon/Wed/Fri, 3:45-4:30 p.m.
East Boulder Community Center
2 times a week $144(R) /$160(N)
3 times a week $ 192(R) / $216(N)

MIGHTY GONZOS (Ages 7-9)

Jan 8-Mar 2
96001 Mon/Wed/Fri, 4:30-5:30 p.m.
East Boulder Community Center
2 times a week $160(R) /$176(N)
3 times a week $ 216(R) / $237(N)

***Gonzalo** (AKA: Gonzo) is a certified teacher of the United States Professional Tennis Association (USPTA), as well as a Level 1 teacher of the Argentine Tennis Association. He has participated in several professional training courses and conferences in Argentina, Europe and the United States.*

JUNIORS DROP-IN LESSONS

(Ages 10-17)

$12 per person per drop-in (weather permitting)
Jan 8-Mar 3
Tue/Thu, 3:30-5 p.m.
East Boulder Community Center

JUNIORS DROP-IN PUNCH CARDS

96270

5 lessons	$50
10 lessons	$90

ADULTS DROP-IN LESSONS

$20 per person per drop-in

Tue, 10:30-noon (Beginner/Intermediate)
North Boulder Recreation Center

Thu, 10:30-noon (Beginner/Intermediate)
South Boulder Recreation Center

Sat, 11-12:30 a.m. (Advanced)
Martin Park

ADULT DROP-IN PUNCH CARDS

96271

5 lessons	$75
10 lessons	$130

TENNIS COURTS

To reserve these courts: call 303-441-4137 • Fee: $5/hour
Tennis Lessons Available for Kids 3 & up

Arapahoe Ridge, Eisenhower Dr. • 2 courts
Baseline Middle, 700 20th St. • 2 courts
Centennial Middle, 2205 Norwood • 8 courts
Chautauqua Park, Ninth & Baseline • 1 court
Columbine, 20th & Glenwood • 2 courts
East Center, 5660 Sioux Dr.
5 courts | $8/hour
Fairview High, Greenbriar & Knox • 8 courts
Knollwood, Fourth & Spruce • 2 courts
Manhattan Middle, 290 Manhattan • 4 courts
Martin Park, 36th & Dartmouth • 2 courts
North Center, 3170 Broadway
4 courts | $8/hour
Palo Park, N. 30th & Redwood • 2 courts
Platt Middle, 6096 Baseline • 2 courts
South Center, 1360 Gillaspie
4 courts | $8/hour
Tom Watson Park, 63rd & IBM Dr. • 4 courts (lights)

SWIMMING

Important!

Registration for swimming ends two working days prior to the start date of the class. Classes with low enrollment will be cancelled. NOTE: Makeups are not given for missed classes.

Group Policy

Groups of 10 or more must call ahead and make a group reservation. East Center will accept up to 70 persons, the North center will accept up to 50 persons. Groups of 10 people 10 or more require a reservation, we reserve the right to refuse admission to any group without a reservation. To make a reservation please call:
East Center: 303–441–4416
North Center: 303–413–7267

Pre-requisites

Registration for all classes that have a pre-requisites will end 2 weeks prior to start of class. You must be able to successfully complete all skills listed as pre-requisites on the first day of the class. Inability to do so will result in being with drawn from the class and forfeit of 50% of class fee.

Youth/Teen/Adult
Private Lessons

Need additional help with learning a stroke? Does your two–year–old not fit a certain class level? Try a special private lesson to meet your needs. There will be no refunds given for private lessons after 6 months from registration date. Lessons will not be available during group lesson times.

INSTRUCTION LEVELS

Level A - Instructor with 8+ years teaching experience
Level B - Instructor with 5+ years teaching experience or exceptional instructor status
Level C - New instructor with less than 5 years teaching experience

Semi-Private Lessons

Half price for additional children (up to 2 additional kids). No semi-privates are available at the A Level instruction.

All participants will have 6 months from date of registration to complete all private lessons. If you need to cancel a private lesson you must do so twenty four hours in advance, failing to do so will result in loss of a lesson. If you are 15 minutes late for a lesson, you lose that lesson. Lessons are not available during group lesson times.

30 Min. Lessons	A	B	C
1 class	$40	$30	$20
3 classes	$114	$87	$57
5 classes	$190	$140	$90
8 classes	$304	$216	$136
45 Min. Lessons	**A**	**B**	**C**
1 class	$50	$40	$30
3 classes	$144	$117	$87
5 classes	$237	$190	$140

New!

Open Kayaking

(Age 10+)
Knock off those cob webs and keep up those skills in a heated pool. Limited spots available please call 303-413-7260 to reserve a spot or take a chance and drop in.

Sundays
East Boulder Recreation Center
Ongoing until March 24, 2007
Fees:
Reserve a spot: $10
Drop in: $12
Equipment Rental: $15

Learn the kayak Basics

(Ages 12+) Learn the fundamentals of kayaking in a controlled atmosphere at the east Boulder Community Center. The class covers basic/ advanced strokes, wet exits, basic personal safety and ending with the Eskimo roll. All necessary equipment included or bring your own.

Code	Day	Date	Time	Class	Fees
96274	Su	3/4-3/25	5-6:30 p.m.	4	$160 (R) $200 (N)

Swimming is fun and fitness for any age. We offer indoor pools at each of our three Rec Centers.

Flick N Float

Come join us for some pre-holiday fun.
Relax and float around while watching
"**ELF**" the movie. Great family event.
Saturday, December 23 - Doors open at 6:30 p.m.
South Boulder Recreation Center
$5 fee includes one bag of pop corn,
floatation device and great holiday fun.
Children free with annual pass!

SWIMMING

Infant & Toddler Class Descriptions

INFANT/TODDLER–SEAMONKEY

(6mo- 20 mo.; parent participation)

Parent(s) and child create a fun learning environment in the water. Blowing bubbles, front and back kicking and interaction with others in the water. Please be sure your child is wearing tight fitting rubber pants or swim diapers, in addition to a bathing suit.

Fees: $28(R)/$35(N) 5 classes

Loc.	Day	Session 1	Session 2	Time
EBCC	Sat	**96125** 1/13-2/10	--	10:20-10:50 am
EBCC	Thu	**96123** 1/11-2/8	**96124** 2/15-3/15	5:40-6:05 p.m
EBCC	Tue	**96121** 1/9-2/6	**96122** 2/13-3/13	5-5:30 p.m.
NBRC	Fri	**96129** 1/12-2/9	**96130** 2/16-2/9	10:10-10:35 am
NBRC	Mon	96134 1/8-2/5	96135 2/12-3/12	5:40-6:05 p.m.
NBRC	Mon	**96132** 1/8-2/5	**96133** 2/12-3/12	1:40-2:10 p.m.
NBRC	Sat	--	**96131** 2/17-3/17	10:20-10:50 am
NBRC	Wed	**96127** 1/10-2/7	**96128** 2/14-3/14	5:40-6:05 p.m.

TODDLER–JELLYFISH

(21–36 mo.; parent participation)

Help your child learn the fundamentals of swimming. Join in an instructor–led class for front and back floats, glides, bobbing and interaction with other children in the pool. Please be sure your child is wearing tight fitting rubber pants or swim diapers in addition to a bathing suit.

Fees: $28(R)/$35(N) 5 classes

Loc.	Day	Session 1	Session 2	Time
EBCC	Sat	**96147** 1/13-2/10	--	9-9:30 a.m.
EBCC	Thu	**96145** 1/11-2/8	**96146** 2/15-3/15	6:15-6:45 p.m
NBRC	Fri	**96138** 1/12-2/9	**96139** 2/16-3/16	9:30 -10 a.m.
NBRC	Mon	**96140** 1/8-2/5	96141 2/12-3/12	6:15-6:45 p.m.
NBRC	Mon	**96142** 1/8-2/5	**96143** 2/12-3/12	1:00-1:30 p.m.
NBRC	Sat	--	**96144** 2/17-3/17	9:40 -10:10 a.m.
NBRC	Wed	**96136** 1/10-2/7	**96137** 2/14-3/14	6:15-6:45 p.m.

For specialized lessons see page 25

Red Group Ages 3-5 Group Lessons

Swimmers will be evaluated the first class and are then grouped by skill level.

Fees: $28(R)/$35(N) 5 classes

Loc.	Day	Session 1	Session 2	Time
EBCC	Tue	**96089** 1/9-2/6	**96090** 2/13-3/13	6:15-6:45 p.m.
EBCC	Thu	**96091** 1/11-2/8	**96092** 2/15-3/15	6:15-6:45 p.m.
EBCC	Tue	**96085** 1/9-2/6	**96086** 2/13-3/13	5-5:30 p.m.
EBCC	Sat	**96095** 1/13-2/10	--	9-9:30 p.m.
EBCC	Sat	**96097** 1/13-2/10	--	10:20 -10:50 p.m.
EBCC	Sat	**96099** 1/13-2/10	--	11-11:30 p.m.
EBCC	Thu	**96093** 1/11-2/8	**96094** 2/15-3/15	6:55-7:25 p.m.
EBCC	Tue	**96087** 1/9-2/6	**96088** 2/13-3/13	5:40-6:05 p.m.
NBRC	Fri	**96114** 1/12-2/9	**96115** 2/16-3/16	9:30 -10 a.m.
NBRC	Mon	**96102** 1/8-2/5	**96103** 2/12-3/12	1-1:30 p.m.
NBRC	Sat	--	**96101** 2/17-3/17	10:20 -10:50 pm
NBRC	Wed	**96112** 1/10-2/7	**96113** 2/14-3/14	6:15-6:45 p.m.
NBRC	Fri	**96116** 1/12-2/9	**96117** 2/16-3/16	10:10-10:35
NBRC	Mon	**96104** 1/8-2/5	**96105** 2/12-3/12	1:40-2:10 p.m.
NBRC	Mon	**96106** 1/8-2/5	**96107** 2/12-3/12	5:00-5:30 p.m.
NBRC	Mon	**96108** 1/8-2/5	**96109** 2/12-3/12	5:40-6:05 p.m.
NBRC	Mon	**96110** 1/8-2/5	**96111** 2/12-3/12	6:55-7:25 p.m.

Blue Group level 1 Sea Turtle (Ages 6-12)

Participants be become acquainted with an aquatic environment, learning basic swimming and safety skills. Skills include blowing bubbles, front and back crawl with assistance, intro to front crawl and rhythmic breathing and water safety.

Fee: $28(R) / $35 (N) 5 Classes

Loc.	Day	Session 1	Session 2	Time
EBCC	Sat	**96222** 1/13-2/10	--	9-9:30 a.m.
EBCC	Thu	**96220** 1/11-2/8	**96221** 2/15-3/15	5:40-6:05 p.m.
EBCC	Tue	**96218** 1/9-2/6	**96219** 2/13-3/13	6:15-6:45 p.m.
NBRC	Mon	**96214** 1/8-2/5	**96215** 2/12-3/12	6:15-6:45 p.m.
NBRC	Sat	--	**96213** 2/17-3/17	TBA
NBRC	Wed	**96216** 1/10-2/7	**96217** 2/14-3	5:40-6:05 p.m.

SWIMMING

Blue Group level 2 Rays (Ages 6-12)

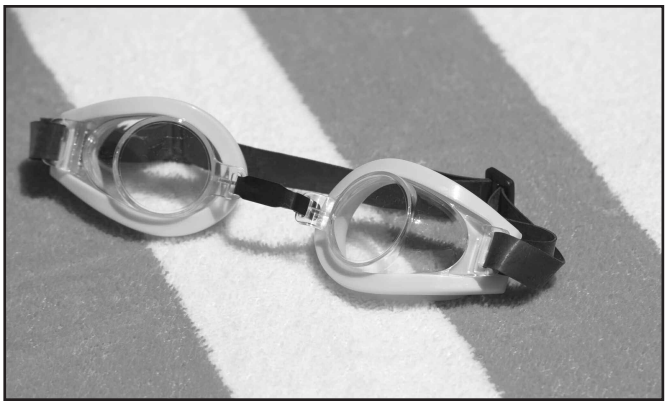
Participants continue to build fundamental aquatic and safety skills. Skills include submerging, front and back float unsupported, glides, front crawl, rhythmic breathing and water safety.
Fees: $28(R) $35(N) 5 Classes

Loc.	Day	Session 1	Session 2	Time
EBCC	Sat	**96227** 1/13-2/10	--	9:40-10:10pm
EBCC	Thu	**96225** 2/11-2/8	**96226** 2/15-3/15	5:40-6:05 p.m.
EBCC	Tue	**96223** 1/9-2/6	**96224** 2/13-3/13	6:15-6:45 p.m.
NBRC	Mon	**96230** 1/8-2/5	**96231** 2/12-3/12	6:15-6:45 p.m
NBRC	Sat	--	**96228** 2/17-317	9-9:30 a.m.
NBRC	Wed	**96232** 1/10-2/7	**96233** 2/14-3/14	5:40-6:05 p.m.
NBRC	Sat	--	**96229** **2/17-3/17**	11-11:30 p.m.

Blue Group level 3 Swordfish (Ages 6-12)

Participants continue to build confidence and improve strokes and safety. Skills include rotary breathing, front crawl, kneeling and sitting dives into deep water, intro to elementary backstroke and water safety.
Fees: $28(R) $35(N) 5 Classes

Loc.	Day	Session 1	Session 2	Time
EBCC	Sat	**96241** 1/13-2/10	--	9:40-10:10 a.m.
EBCC	Thu	**96239** 1/11-2/8	**96240** 2/15-3/15	6:55-7:25 p.m.
EBCC	Tue	**96242** 1/9-2/6	**96243** 2/13-3/13	5-5:30 p.m.
NBRC	Mon	**96235** 1/8-2/5	**96236** 2/12-3/12	6:55-7:25 p.m.
NBRC	Sat	--	**96234** 2/17-3/17	11-11:30 a.m.
NBRC	Wed	**96237** 1/10-2/7	**96238** 2/14-3/14	6:55-7:25 p.m.



Blue Group level 4 Porpoise (Ages 6-12)

Participants will build confidence and improve strokes and safety. Skills include kneeling dives, elementary backstroke, underwater swimming swimming, introduction to breaststroke arms and legs and water safety.
Fees: $28(R) $35(N) 5 Classes

Loc.	Day	Session 1	Session 2	Time
EBCC	Sat	**96248** 1/13-2/10	--	11-11:30 a.m.
EBCC	Thu	**96246** 1/11-2/8	**96247** 2/15-3/15	6:55-7:25 p.m.
EBCC	Tue	**96244** 1/9-2/6	**96245** 2/13-3/13	6:55-7:25 p.m.
NBRC	Mon	**96250** 1/8-2/5	**96251** 2/12-3/12	6:55-7:25 p.m.
NBRC	Sat	--	**96249** 2/17-3/17	9:40-10:10 a.m.
NBRC	Wed	**96254** 1/10-2/7	**96255** 2/14-3/14	6:55-7:25 p.m.
NBRC	Wed	**96252** 1/10-2/7	**96253** 2/14-3/14	5-5:30 p.m.

Level 5: Barracuda (Adult: 6-12)

Skills include coordination and endurance of crawl, back, breast and elementary strokes, turns, treading water, surface dives, introduction to butterfly, standing dives and water safety.
Fees: $28(R) $35(N) 5 Classes

Loc.	Day	Date	Code	Time
EBCC	Sat	Jan 8-Feb 10	**96257**	11-11:30 a.m.
NBRC	Sat	Feb 12-Mar 17	**96256**	9:40-10:10 a.m.

Adult Group (Adult: 16+)

You are never to young to explore the benefits of the water? This class will not only evaluate your needs and level but start you on a wonderful lifetime recreational activity.
Fees: $45(R) $56 (N)

Loc.	Day	Session 1	Session 2	Time
EBCC	Sat	**96149** 1/13-2/10	--	8-8:45 p.m.
EBCC	Tue	**96119** 1/9-2/6	**96120** 2/13-3/13	7:35-8:20 p.m.
NBRC	Sat	--	**96118** 2/17-3/17	8-8:45 a.m.

SWIMMING

Age 3 Specialized Lessons

Loc.	Day	Session 1	Session 2	Time
EBCC	Sat	**96161** 1/13-2/10	--	9:40 -10:10 a.m.
EBCC	Thu	**96155** 1/11-2/8	**96156** 2/15-3/15	5-5:30 p.m.
EBCC	Tue	**96151** 1/9-2/6	**96152** 2/13-3/13	5:40-6:05 p.m.
EBCC	Thu	**96157** 1/11-2/8	**96158** 2/15-3/15	6:15-6:45 p.m.
EBCC	Thu	**96159** 1/11-2/8	**96160** 2/15-3/15	6:55-7:25 p.m.
EBCC	Tue	**96153** 1/9-2/6	**96154** 2/13-3/13	6:55-7:25 p.m.
NBRC	Fri	**96175** 1/12-2/9	**96176** 2/16-3/16	9:30 -10 a.m.
NBRC	Mon	**96165** 1/8-2/5	**96166** 2/12-3/12	5-5:30 p.m.
NBRC	Sat	--	**96163** 2/17-3/17	9-9:30 a.m.
NBRC	Wed	**96169** 1/10-2/7	**96170** 2/14-3/14	5-5:30 p.m.
NBRC	Fri	**96177** 1/12-2/9	**96178** 2/16-3/16	10:10-10:35 a.m.
NBRC	Mon	**96167** 1/8-2/5	**96168** 2/12-3/12	5:40-6:05 p.m.
NBRC	Sat	--	**96164** 2/17-3/17	9:40-10:10 a.m.
NBRC	Wed	**96171** 1/10-2/7	**96172** 2/14-3/14	6:15-6:45 p.m.
NBRC	Wed	**96173** 1/10-2/7	**96174** 2/14-3/14	6:55-7:25 p.m.

Age 4 Specialized Lessons

Loc.	Day	Session 1	Session 2	Time
EBCC	Sat	**96199** 1/13-2/10	--	9:40 -10:10 a.m.
EBCC	Thu	**96195** 1/11-2/8	**96196** 2/15-3/15	5-5:30 p.m
EBCC	Tue	**96191** 1/9-2/6	**96192** 2/13-3/13	5:40-6:05 p.m.
EBCC	Thu	**96197** 1/11-2/8	**96198** 2/15-3/15	6:15-6:45 p.m.
EBCC	Tue	**96189** 1/9-2/6	**96190** 2/13-3/13	5-5:30 p.m.
EBCC	Tue	**96193** 1/9-2/6	**96194** 2/13-3/13	6:55-7:25 p.m.
NBRC	Mon	**96181** 1/8-2/5	**96182** 2/12-3/12	5-5:30 p.m.
NBRC	Sat	--	**96179** 2/17-3/17	9:40 -10:10 a.m.
NBRC	Wed	**96187** 1/10-2/7	**96188** 2/14-3/14	6:15-6:45 p.m.
NBRC	Mon	**96183** 1/8-2/5	**96184** 2/12-3/12	5:40-6:05 p.m.
NBRC	Sat	--	**96180** 2/17-3/17	11:00-11:30 a.m.
NBRC	Wed	**96185** 1/10-2/7	**96186** 2/14-3/14	5:00-5:30 p.m.

Specialized Lessons

These classes will be in semi-private format. 3 children per instructors. Fee: $55(R)/ $68(N) 5 Classes

Age 5 Specialized Lessons

Loc.	Day	Session 1	Session 2	Time
EBCC	Sat	**96201** 1/13-2/10	--	10:20 -10:50 pm
EBCC	Thu	**96204** 1/11-2/8	**96205** 2/15-3/15	5-5:30 p.m.
EBCC	Sat	**96203** 1/13-2/10	--	11:00-11:30 p.m.
NBRC	Mon	**96207** 1/8-2/5	**96208** 2/12-3/12	5-5:30 p.m.
NBRC	Sat	--	**96206** 2/17-3/17	10:20 -10:50 pm
NBRC	Wed	**96211** 1/10-2/7	**96212** 2/14-3/14	5-5:30 p.m
NBRC	Mon	**96209** 1/8-2/5	**96210** 2/12-3/12	6:55-7:25 p.m.

Age 6 Specialized Lessons

Loc.	Day	Session 1	Session 2	Time
EBCC	Sat	**96262** 1/13-2/10	--	10:20-10:50 a.m
EBCC	Thu	**96260** 1/11-2/8	**96261** 2/15-3/15	5-5:35 p.m.
EBCC	Tue	**96258** 1/9-2/6	**96259** 2/13-3/13	6:55-7:25 p.m.
NBRC	Wed	**96264** 1/10-2/7	**96265** 2/14-3/14	6:55-7:25 p.m
NBRC	Wed	**96263** 1/10-2/7	**96331** 2/14-3/14	5-5:35 p.m.

Age 7 Specialized Lessons

Loc.	Day	Session 1	Session 2	Time
EBCC	Thu	**96268** 1/11-2/8	**96269** 2/15-3/15	5-5:30 p.m.
EBCC	Tue	**96266** 1/9-2/6	**96267** 2/13-3/13	6:55-7:25 p.m.

SWIMMING/H_2O FITNESS

New! 5 punch pass card available for water fitness. Visit our website for details.

SPECIALTY CLASSES

Lifeguard Instructor and Fundamentals of Instructor Training (Ages 17+)

This course is designed to train instructor canidates to teach lifeguard training (including first aid, lifeguard management, CPR for the professional, AED, oxygen administration, preventing disease transmission, community water safety and basic water rescue.) Pre-requisites: Must be 17 years of age, pass the pre-course written exam and successfully perform all of the skills session. Including swimming, lifeguarding, CPR for the professional and first aid. Attendence is required at all sessions to receive your certification.

Loc.	Day/Time	Date	Barcode	(R)/(N)
NBRC	M/W, 3-5 p.m. Sat, 9-5	3/5-3/24	**96042**	$210(R)/$265(N) Employee $100
SBRC	T/Th 4-7:30 p.m. Sat, 9-5	2/17, 9-5 p.m. 2/6-3/3	**96029**	$210(R)/$265(N) Employee $100

Lifeguard Training (Ages 15+)

In cooperation with the American Red Cross, you will learn lifeguarding techniques, CPR for the professional, standard first aid and AED. You must attend all classes in order to receive your certification. Pre-requisites: 500 yard swim, surface dive in at least 9 ft of water to retrieve and swim 20 yds. with 10 lb object.

Loc.	Day	#Class	Date	Code	(R)/(N)
NBRC	M/W	6	3/5-3/21, 4-9 pm	**96026**	$147(R)/ $184(N)
SBRC	T/Th Sat	8	2/6-2/27, 5-7:30 pm 9/17, 9-5 pm	**96025**	$147(R)/ $184(N)

Lifeguarding Updates (Ages 15+)

Space is limited! Register now for the new updated American Red Cross lifeguarding program before your certification expires. You must currently have a current ARC certification.

Loc.	Day	Session 1	Session 2	(R)/(N)
NBRC	Sat	**96055** 1/13, 9-10 am	**96352** 2/10, 9-10 am	$50(R) / $65(N) Employee $10
SBRC	Sat	**96056** 3/17, 1-2 pm	**96353** 3/24, 1-2 pm	$50(R) / $65(N) Employee $10

Water Safety Instructor (WSI) (Ages 16+)

This course is dedicated to developing the skills and knowledge you will need to plan and teach courses in the American Red Cross Swimming and water Safety Program. Pre-requisites: Front crawl, back crawl, breaststroke, elementary backstroke, sidestroke, butterfly, back float and tread water.

Loc.	Day/Time	#Class	Date	Barcode	(R)/(N)
Iris	T/Th 4-7 pm Sat 8-12 pm	12	1/16-2/10	**96057**	$180(R)/$225(N) Employee $80

WATER FITNESS

Cardio/Core Water Workout

(Adult/Youth: 16+) Individually paced cardio progressions using speed, water surface area and equipment to achieve optimal muscle, strength and endurance. Core strength exercises for abdominal strength, improved posture, agility and balance will be included after the cardio portion. Fees: $90(R) $113(N) 12 Classes

Loc.	Day	Session 1	Session 2	Time
EBCC	M/TH	**96355** 1/8-2/15	**96356** 2/19-3/29	6:30-7:30 p.m.

Higher Intensity H20 / Cross Training

(Ages 16+) These classes are intended to provide a higher intensity workout conducted at a faster pace. There will emphasis on core strength, posture and abdominal strength.
Fees: $90(R) $112(N) 12 classes, $135 (R) $169(N) 18 Classes

Loc.	Day	Session 1	Session 2	Time
EBCC	M/W/F	**96064** 1/8-2/16	**96065** 2/19-3/30	8:30-9:30 a.m.
NBRC	T/TH	**96062** 1/9-2/15	**96063** 2/20-3/29	8-9 a.m.

Hydro$_2$GA® (Ages 16+)

Hydro$_2$GA® is a holistic therapeutic no-impact deep water exercise that is challenging, strengtheining, toning, aerobic, relaxing and balancing for the emotional, physical and mental body. Class will meet 3 times a month for 3 months.
Fees: $108 (R) $135 (N) 12 Classes

Loc.	Day	Date	Code	Time
NBRC	SA	Jan 6-Mar 31	**96332**	**5:30-6:30 p.m.**
SBRC	TH	Jan 4-Mar 29	**96283**	**7-8 p.m.**

Pre-Post Natal Water Fitness

(Ages 16+) Retain strength and tone through lap swimming and water aerobics. Exercise guidlines of the American College for Obstetricians and Gynecologists. Fee: $45(R) $56(N) 6 Classes $90(R) $112(N) 12 Classes

Loc.	Day	Session 1	Session 2	Time
EBCC	T/TH	**96066** 1/9-2/15	**96067** 2/20-3/29	8:30-9:30 a.m.
NBRC	W	**96068** 1/10-2/14	**96069** 2/21-3/28	6-7 p.m

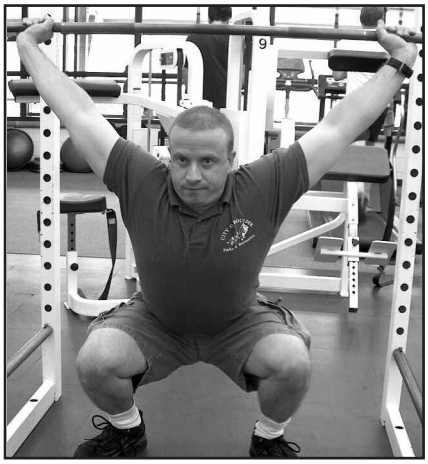
Water Aerobics / Cross Training

(Ages 16+) A variety of exercises in the deep and shallow water. Equipment provided.
Fees $90(R) $112(N) 12 Classes $135(R) $170 (N) 18 Classes

Loc.	Day	Session 1	Session 2	Time
NBRC	M/W/F	**96058** 1/8-2/16	**96061** 2/19-3/30	9 -10 a.m.
SBRC	T/Th	**96059** 1/9-2/15	**96060** 2/20-3/29	12:30-1:30 p.m.

WEIGHT TRAINING

Sessions expire 1 year after purchase date



Add weight training to your workout routine for strength and tone.

Weight Training

Information 303 413-7274
Registration 303 413-7270

We have a number of scheduled classes, or we can match you with one of our certified personal trainers. Our weight rooms are equipped with Body Master and Cybex machines, free weights, and cardiovascular equipment including stair climbers, rowers, treadmills, cycles, elliptical machines and Versa Climbers.

Weight Room Orientation

For those who would like an introduction to our weight room. Learn the basics –proper form, breathing, and equipment adjustment. You may also have your blood pressure and/or body composition checked. Use your annual pass, punch card, or the drop-in fee to attend.

Sat Jan 6, 10 a.m.
Wed Jan 10, 6 p.m.
Sat Feb 3, 10 a.m.
Wed Mar 14, 6 p.m.
North Boulder Recreation Center

Sat Jan 13, 10 a.m.
Wed Jan 17, 6 p.m.
South Boulder Recreation Center

Sat Jan 20, 10 a.m.
Thu Jan 25, 6:30 p.m.
Thu Feb 8, 6:30 p.m.
Sat Mar 10, 10 a.m.
East Boulder Community Center

Personal Training

One-on-one training for Adults & Youth (12 & older)

Improve sport-specific strength to enhance performance, improve functional strength to enhance day-to-day activities, or have your young athlete learn proper strength training technique. To select a trainer, see biographies in each weight room or at each front desk, visit our Web site at www.bouldercolorado.gov/parks-recreation, or call 303-413-7274.

*ID card required (no extra charge), which you receive at registration, and scan at each session

*Trainers are qualified to assist post-rehab clients, or those with other physical limitations.

*You must notify your trainer 24 hours in advance of cancellation. If there is not a 24 hour notice, you will be charged for the missed session.

1 Session	$39(R) / $49(N)
3 Sessions	$108(R) / $135(N)
6 Sessions	$198(R) / $252(N)
12 Sessions	$360(R) / $456(N)

Group Training

(Two or more participants)

Your group trains with one of our trainers at a time convenient for you and the trainer—weight training, aerobic conditioning, sport-specific conditioning, water classes, etc. Call 303 413-7274 for additional information, pricing for groups of four or more, or to arrange training.

95963 **6 Sessions**
(2 participants)
$108/person (R) / $135/person (N)
(3 participants)
$78/person (R) / $99/person (N)

95966 **12 Sessions**
(2 participants)
$192/person (R) / $240/person
(3 participants)
(N) $144/person (R) / $180/person (N)

Post-Rehab Transition

Licensed Physical Therapists may spend up to three sessions with their clients in our facility in order to transition those patients into the post rehab workout environment. Patients pay our normal admission fees. There is no cost to the therapist.

PHYSICAL THERAPY CONSULTATION

Meet with a Physical Therapist for ? hour for an injury evaluation and consultation.

North Boulder Recreation Center

$25(R) / $32(N)

HEALTHY SHOULDER CONSULTATION

Learn exercises to improve posture, and rehabilitate and stabilize the shoulders.

$39(R) / $49(N)

Fitness Evaluation and Consultation

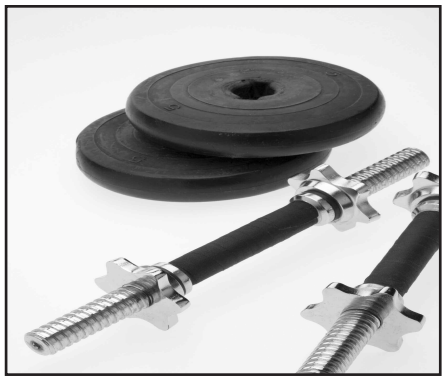
Receive a personal treadmill test, blood pressure and resting heart rate check, body composition measurement, and flexibility and strength tests. A certified personal trainer will review results and design an exercise program appropriate for you.

North Boulder Recreation Center

$39(R) / $49(N)

NUTRITION CONSULTATION

Are you consuming the correct balance of fat, protein, and carbohydrate? Receive a one–hour consultation to discuss dietary concerns and/or weight management. Receive a computer–generated analysis of your diet. $39(R) / $49(N)



WEIGHT TRAINING

Classes with insufficient enrollment will be canceled one week prior to start date.

Introduction to Free Weights

Studies show free weight resistance training to be one of the most beneficial modes of exercise. This class is for anyone who is curious about free weights but is intimidated to give them a try.

Jan 8-Feb 14 12 classes
89858 **Mon/Wed, 5:30-6:30 p.m.**
Feb 19-Mar 28 12 classes
89859 **Mon/Wed, 5:30-6:30 p.m.**
East Boulder Community Center
$75(R) / $94(N)

Weight Training for Weight Loss

This class will be after hours, and the weight room will be open only to those enrolled. All ability levels are welcome. Participants will use cardiovascular and strength training equipment to boost metabolism and facilitate weight loss.

Jan 12-Mar 30 12 classes
95869 **Fri, 6:30-7:30 p.m.**
North Boulder Recreation Center
$75(R) / $94(N)

Circuit Training

Keep your heart rate up and body toned in this demanding one hour workout. Weight training and cardiovascular activities are included in timed intervals.

Jan 8-Feb 16 12 classes
95870 **Mon/Fri, 10-11 a.m.**
Feb 19-Mar 30 12 classes
95871 **Mon/Fri, 10-11 a.m.**
Marti Harris
East Boulder Community Center
Jan 9-Feb 15 12 classes
95873 **Tue/Thu, 10-11 a.m.**
Feb 20-Mar 29 12 classes
95874 **Tue/Thu, 10-11 a.m.**
Marti Harris
East Boulder Community Center
$75(R)/$94(N)
*Children's Garden/Child Care Available.

Women's Workout

This is a coached workout. A trainer will motivate you and guide you through a new weight training workout each week.

Jan 9-Mar 27 12 classes
95876 **Tue, 6-7 p.m.**
North Boulder Recreation Center
$75(R) / $94(N)

Miracle Workout™
MiracleWorkout.com

Classes taught by the inventor, Dr. W. Jackson Davis.

Integrated Body Conditioning®

Is the most effective, enjoyable, and universal health and fitness system ever developed. Build your heart and lungs several times faster than aerobics alone, get twice as flexible, and lose twice the fat and gain twice the muscle in comparison with the best conventional exercise prescription – with no muscle soreness -- as shown in controlled scientific experiments at the University of California.

Integrated Body Conditioning® exercises your whole body system. It consists of self-paced aerobics, stretching, and resistance exercise integrated into an efficient, comprehensive workout that is ideal for anyone at any age or level who is in good health and able to exercise safely at moderate intensity. Heart rate monitor recommended.

Jan 6-Jan 27 4 classes
95860 **Sat, 9-10 a.m.**
North Boulder Recreation Center
$25(R) / $32(N)

Integrated Body Conditioning® for Seniors

An introduction to an exercise program for 50-plusers. You are never too old for the most effective health and fitness system known. No previous exercise experience required. Limited to moderate exercise. Prerequisites: good health, safety assessment (provided). Heart rate monitor recommended.

Mar 3-31 5 classes
95868 **Sat, 9-10 a.m.**
North Boulder Recreation Center
$32(R) / $40(N)

Integrated Body Conditioning® for Athletes

Take your physical conditioning to the next level with the most effective available exercise program for recreational or elite athletes of any age. Learn the basics (first 4 classes) plus sport-specific workouts for your sport (second 5 classes). Prerequisites: good physical condition and health, previous exercise experience, heart rate monitor, written medical clearance to exercise vigorously (70 – 89% of maximum heart rate; bring to first class). Nine classes:

Basics
Jan 6-27 4 classes
95862 **Sat,10:30 a.m.-12 p.m.**
East Boulder Community Center
$38(R) / $47(N)

Sport Specific
Mar 3-31 5 classes
95863 **Sat, 10:30 a.m.-12 p.m.**
East Boulder Community Center
$47(R) / $59(N)

Integrated Body Conditioning® for Coaches and Trainers

This one-day workshop certifies exercise professionals (practicing coaches, certified trainers, etc.) to use Integrated Body Conditioning® in your training or athletic programs. You must be able to do moderate intensity exercise safely (screening provided). Written medical clearance is required if you are taking prescribed medication(s) or have any health or medical condition. Wear workout clothes. Bring written evidence that you are an active coach or certified trainer, a check for $125 made to The Miracle Workout, and a bag lunch. Trainer agreement required (provided). Heart rate monitor recommended. Call 831.277.0737 with questions.

Jan 28
Sun, 8 a.m.-5 p.m.
One workshop.
North Boulder Recreation Center

WEIGHT TRAINING

Women's Weight Training

Use free weights and machines to improve strength, muscle tone, and posture while burning extra calories. All ability levels are welcome.

Jan 8-Feb 14 12 classes
95877 **Mon/Wed, 8:30-9:30 a.m.**
Feb 19- Mar 28 12 classes
95879 **Mon/Wed, 8:30-9:30 a.m.**
North Boulder Recreation Center

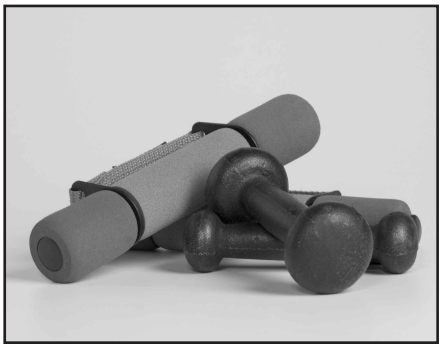
Jan 8-Feb 14 12 classes
95881 **Mon/Wed, 9:30-10:30 a.m.**
Feb 19-Mar 28 12 classes
95883 **Mon/Wed, 9:30-10:30 a.m.**
North Boulder Recreation Center

Jan 9-Feb 15 12 classes
95885 **Tue/Thu, 7:30-8:30 a.m.**
Feb 20 – Mar 29 12 classes
95887 **Tue/Thu, 7:30-8:30 a.m.**
South Boulder Recreation Center

Jan 9-Feb 15 12 classes
95888 **Tue/Thu, 8:30-9:30 a.m.**
Feb 20-Mar 29 12 classes
95889 **Tue/Thu, 8:30-9:30 a.m.**
South Boulder Recreation Center

Jan 9-Feb 15 12 classes
95878 **Tue/Thu, 10:45-11:45 a.m.**
Feb 20-Mar 29 12 classes
95890 **Tue/Thu, 10:45-11:45 a.m.**
South Boulder Recreation Center

Jan 8 – Feb 14 12 classes
95882 **Mon/Wed, 9:45-10:45 a.m.**
Feb 19 – Mar 28 12 classes
95880 **Mon/Wed, 9:45-10:45 a.m.**
East Boulder Community Center
$75(R)/$94(N)



Women's Weight Training Intermediate

For those who have had a class or are already familiar with weight training.

Jan 9-Feb 15 12 classes
95909 **Tue/Thu, 9:30-10:30 a.m.**
Feb 20-Mar 29 12 classes
95910 **Tue/Thu, 9:30-10:30 a.m.**
South Boulder Recreation Center

Jan 8-Feb 14 12 classes
95911 **Mon/Wed, 8:30-9:30 a.m.**
Feb 19-Mar 28 12 classes
95912 **Mon/Wed, 8:30-9:30 a.m.**
East Boulder Community Center
$75(R)/$94(N)

50+ Resistance Training

For men and women 50 years of age and older using free weights, resistance bands, and exercises to increase strength and bone density.

Jan 8-Feb 14 12 classes
96079 **Mon/Wed, 1:30-2:30 p.m.**
Feb 19-Mar 28 12 classes
96080 **Mon/Wed, 1:30-2:30 p.m.**
Melissa Pruitt
$75(R) / $94(N)

Jan 12 – Feb 16 6 classes
96078 **Fri, 11:30-12:30 p.m.**
Feb 23-Mar 30 6 classes
96081 **Fri, 11:30-12:30 p.m.**
East Boulder Community Center
Melissa Pruitt
$38(R) / $47(N)

Lift for Life Coed Weight Class

Increase strength and bone density while enhancing your posture and balance. This class is for individuals who have never used the weight room, need a refresher class, or just a workout time. Age15 and older.

Jan 9-Feb 15 12 classes
95921 **Tue/Thu, 5:30-6:30 p.m.**
Feb 20-Mar 29 12 classes
95924 **Tue/Thu, 5:30-6:30 p.m.**
South Boulder Recreation Center
$75(R)/$94(N)

Youth Junior Weight Training (Ages 12-14)

Learn safe technique and major muscle groups with others your age. Upon completion, youth receive an I.D. card* allowing use of the weight room. (Admission fees still required with ID card use) Youth must demonstrate knowledge of equipment, proper exercise technique, and maturity to pass the class.

*Can also receive I.D. card by training for three sessions with one of our trainers

Jan 10-Mar 28 12 classes
95946 **Wed, 4:30-5:30 p.m.**
North Boulder Recreation Center

Jan 11-Mar 29 12 classes
95948 Thu, 4:30-5:30 p.m.
South Boulder Recreation Center

Jan 9-Mar 27 12 classes
95950 **Tue, 4:30-5:30 p.m.**
East Boulder Community Center
$60(R)/ $75(N)

Look your finest – tone up at one of our three state-of-the-art weight and cardio rooms.

YOGA (AGE 12+)

Fees:

$88(R) / $110(N) 11 classes

Students may register for the second half of a session if space is available and they have previously been a student of the instructor. The fee is half of the full session price. Make-up policy: make-ups are approved and arranged through your instructor.

Yoga Program Registered Class Punchcard:

Pre-requisite: In order to purchase this card, you are required to be currently enrolled or previously completed a registered yoga class through the City of Boulder Parks and Recreation Yoga Program. Punchcards can be purchased through registration and are valid for 3 months from the date of purchase for registered yoga program classes only.

$50 (R) / $60(N) 5 classes

Visitors Fee: 1 1/4 - 1 1/2 hour Yoga, Feldenkrais, Tai Chi & Chi Kung classes: $12
1 hour Yoga & Nia classes: $8.25

The visitors' option is available for select classes which have space in them and are appropriate for visitation. Choose the level which is suitable for your experience and pay your admission fee at the front desk. Salberg & Iris classes may be purchased at North Boulder Recreation Center before class.

Beginner

Through yoga asana, you can learn stretching, muscle toning, breathing and relaxation exercises to release tension and enable you to feel more fit. (Also see Yoga/Pilates/Swiss Ball combinations on page 39)

Jan 5-Mar 16 11 classes
95645 **Fri, 9:15-10:45 a.m.**
East Boulder Community Center
Kathleen Murphy
95447 **Fri, 5:15-6:45 p.m.**
South Boulder Recreation Center
Kyle Curley

Jan 7-Mar 18 11 classes
95449 **Sun, 10-11:30 a.m.**
South Boulder Recreation Center
Angel Lin/Linda Turner

Jan 8-Mar 19 11 classes
95436 **Mon, 9-10:30 a.m.**
East Boulder Community Center
Tess Lorraine
95437 **Mon, 9:30-11 a.m.**
North Boulder Recreation Center
Angel Lin
95641 **Mon, 5:15-6:45 p.m.**
East Boulder Community Center
Ines Manteuffel
95438 **Mon, 5:30-7 p.m.**
Salberg Center
Kyle Curley
95439 **Mon, 7:15-8:45 p.m.**
North Boulder Recreation Center
Dan Michael

Jan 9-Mar 20 11 classes
95440 **Tue, 9:15-10:45 a.m.**
South Boulder Recreation Center
Kathleen Murphy
95441 **Tue, 1:15-2:45 p.m.**
North Boulder Recreation Center
Paula Scarborough
95642 **Tue, 7:15-8:45 p.m.**
North Boulder Recreation Center
Angel Lin

Jan 10-Mar 21 11 classes
95442 **Wed, 5:30-7 p.m.**
South Boulder Recreation Center
John Steele
95443 **Wed, 7:05-8:35 p.m.**
East Boulder Community Center
Bryan Burton
95444 **Wed, 7:15-8:45 p.m.**
North Boulder Recreation Center
Kyle Curley/Patrice Shakti

Jan 11-Mar 22 11 classes
95445 **Thu, 9-10:30 a.m.**
North Boulder Recreation Center
Louann Harlow
95643 **Thu, 1:10-2:40 p.m.**
East Boulder Community Center
Sharon Alexander
95644 **Thu, 6:45-8:15 p.m.**
South Boulder Recreation Center
Meredith Bladen

Senior Yoga classes:

Space is reserved for our senior yoga students in the two beginning classes on Tuesday and Thursday mornings. These classes are rejuvenating, limbering and yet gentle. They include energizing warm-ups, basic yoga poses for maintaining mobility and stability, and yogic breathing to revitalize mind, body and spirit. Students should be able to kneel and sit comfortably on the floor. Please also refer to Therapeutic Yoga.

Intermediate Yoga

This level transitions to a steady, breath-oriented workout with immediate calming and energizing effects. Continuing students refine and learn variations and sequencing of fundamental postures (standing and balance poses, back and forward bends, twists, sun salutations and full relaxation).

Jan 8-Mar 19 11 classes
95481 **Mon, 4-5:30 p.m.**
North Boulder Recreation Center
Ella Magnusson/ Louann Harlow
Jan 10-Mar 21 11 classes
95477 **Wed, 5:30-7 p.m.**
North Boulder Recreation Center
Matt Tomatz
95478 **Wed, 7:15-8:45 p.m.**
South Boulder Recreation Center
Tom Schweda
Jan 11-Mar 22 11 classes
95646 **Thu, 9:15-10:45 a.m.**
South Boulder Recreation Center
Kathleen Murphy
95647 **Thu, 5:15-6:45 p.m.**
North Boulder Recreation Center
Shawna Suzyn

Iyengar Beginner

This is hatha yoga based on the work of B.K.S. Iyengar which uses specific instructions to bring the essence of the pose deep into the body. This is yoga you can feel! This class is designed for the brand new beginner and those with limited experience. Starting from the basics, we will cover all the foundations of the postures using correct alignment of the structural body to increase flexibility and organic tone and build stamina.

Jan 6-Mar 19 11 classes
95482 **Sat, 9:15-10:45 a.m.**
North Boulder Recreation Center
Karen Dowling

YOGA (AGE 12+)

CLASS FEES: (11 Classes)
$88 (R) / $110 (N) - unless noted otherwise

Iyengar Beginner (cont.)

Jan 7-Mar 18 11 classes
95483 **Sun, 4-5:30 p.m.**
North Boulder Recreation Center
Garrel Herndon

Intermediate Iyengar

For those with a continuing yoga background; increasing awareness within each asana through deeper postures, including inversions, some of the most beneficial poses according to Mr. Iyengar. As you work with your physical experience, find connection of mind with action, in addition to body and mind with inner self.

Jan 8-Mar 19 11 classes
95484 **Mon, 5:30-7 p.m.**
North Boulder Recreation Center
Karen Dowling

Ashtanga Beginner

This course introduces the primary series in which a balanced sequence of flowing postures is linked by the breath. Practice builds inner form, heat, and opportunity for sustained awareness. Focus is on the fundamentals of Ashtanga yoga including synchronization of breath, gaze and internal alignment within the pose. (Also see Yoga, Breath and Meditation.)

Jan 7-Mar 18 11 classes
95432 Sun, **9:30-11 a.m.**
North Boulder Recreation Center
Dan Michael

Intermediate Ashtanga

One previous Iyengar or Ashtanga session required.

Jan 9-Mar 20 11 classes
95434 **Tue, 5:30-7 p.m.**
North Boulder Recreation Center
Martha Griffin
Jan 10-Mar 21 11 classes
95433 **Wed, 9-10:30 a.m.**
North Boulder Recreation Center
Susan Chiocchi
Jan 11-Mar 22 11 classes
95435 **Thu, 7-8:30 p.m.**
North Boulder Recreation Center
Dan Michael

Yoga, Breath and Meditation

We will explore the fundamental aspects of breathing and the internal movement that underlies all our motions through sun salutations, a sequence of aligning poses with core bandhas; pranayama; deep relaxation and mindful sitting and walking. Yoga practice grounded in meditative awareness reinforces calm, creativity and clarity in everyday life.

Jan 8-Mar 19 11 classes
95481 **Mon, 4-5:30 p.m.**
North Boulder Recreation Center
Louann Harlow/Ella Magnusson
Jan 16 –Mar 6 8 classes
95556 **Tue, 9:30-11 a.m.**
North Boulder Recreation Center
Louann Harlow / Ines Manteuffel
Fees: $65(R) / $81(N)

Early Bird Yoga

Start your day with an invigorating hatha yoga class to join body and mind. Restore your intrinsic balance by integrating breath awareness, sequenced postures and kindness toward self.

Jan 9-Mar 20 11 classes
95455 **Tue, 6:30-7:30 a.m.**
North Boulder Recreation Center
Kyle Curley
$60(R) / $75(N)

Therapeutic Yoga

Cultivate healing and relieve stress. Explore gentle, focused motions around yoga postures to balance the mind, bones, muscles and physiology. Suitable for those recovering from surgery or illness who have limited range of motion, or for anyone wanting a gentle, slow introduction to yoga.

Jan 5-Mar 16 11 classes
95547 **Fri, 3:45-5 p.m.**
Jan 10-Mar 21 11 classes
95549 **Wed, 3:45-5 p.m.**
North Boulder Recreation Center
Cassandra Field
$74(R) / $93(N)

Restorative Yoga

Give your body and spirit an hour of rejuvenating focus. Practice breathing and floor asanas supported by blankets and bolsters. This restorative method creates greater flexibility, balance, and inward connection, reducing stress and increasing clarity.

Jan 9-Mar 20 11 classes
95534 **Tue, 4-5:15 p.m.**
South Boulder Recreation Center
Garrell Herndon
Jan 11-Mar 22 11 classes
95533 **Thu, 4-5:10 p.m.**
North Boulder Recreation Center
Shawna Suzyn
$75 (R) / $94 (N)

Sunday Workshops

(also see Yoga with your Daughter)
Fees: $16(R) / $19(N)

Yoga for Shoulders

Learn a series of yoga variations that can help open, relax, increase range of motion and improve posture of shoulders and neck. Use of props and adjustments aid in gaining a fuller sense of natural alignment which eases stiffness and strain. Liberate your shoulders - how can you pass this one up!

Jan 21 1 class
95555 **Sun, 1:30-3:30 p.m.**
North Boulder Recreation Center
Garrell Herndon

Yoga for Hips

In this class we'll look at proper hip function and its relationship to breathing. You will learn asanas that improve mobility and stability in the psoas which is a key muscle in posture and hip flexion. Hips stiff from frequent chair sitting or imbalanced from repetitive sports will benefit.

Feb 25 1 class
95552 **Sun, 1:30-3:30 p.m.**
North Boulder Recreation Center
Garrell Herndon

YOGA Family/Pre/Postnatal

Yoga for Women

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

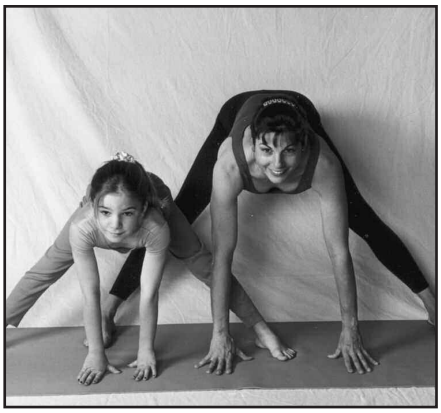
Jan 10-Mar 21 11 classes
95470 **Wed, 10:30 a.m.-12 p.m.**
East Boulder Community Center
Leigh Meislahn

Yoga with Your Daughter

(ages 7+)

Celebrate the relationship you value. Spend time with those most important to you by practicing basic postures that promote healthy body care. Balance the grace and strength of the feminine for a skillful journey through womanhood.

Jan 22 1 class
95749 **Mon, 1:15-2:30 p.m.**
Sharon Alexander
North Boulder Recreation Center
Mar 18 1 class
95750 **Sun, 1:15-2:30 p.m.**
Sharon Alexander
East Boulder Recreation Center
Fees: (includes 1 adult and 1 child)
Second child is one-half the fee.



Share the gift of yoga with your child.

Prenatal/Postnatal Yoga

Expectant mothers can strengthen the lower back, increase flexibility, and learn effective breathing and relaxation patterns. Prenatal Yoga tones pelvic floor muscles, alleviates common discomforts of pregnancy and aids in preparing for labor and delivery. Postpartum yoga refreshes and helps mothers regain tone in the pelvic floor and abdomen. Infants are welcome in class.

FEES:
$49(R) / $61(N) 6 classes
$40(R) / $50(N) 5 classes

Jan 6-Feb 10 6 classes
95524 **Sat, 10-11:30 a.m.**
Feb 17-Mar 17 5 classes
95527 **Sat, 10-11:30 a.m.**
South Boulder Recreation Center
Ines Manteuffel

Jan 16-Feb 20 6 classes
95519 **Tue, 9-10:30 a.m.**
North Boulder Recreation Center
Ines Manteuffel

Jan 9-Feb 13 6 classes
95528 **Tue, 5:30-7 p.m.**
Feb 20-Mar 20 5 classes
95529 **Tue, 5:30-7 p.m.**
East Boulder Community Center
Paula Self

Jan 10-Feb 14 6 classes
95520 **Wed, 5:30-7 p.m.**
Feb 21-Mar 21 5 classes
95521 **Wed, 5:30-7 p.m.**
North Boulder Recreation Center
Kassandra Genovesi

Jan 11-Feb 15 6 classes
95522 **Thu, 9:15-10:45 a.m.**
Feb 22-Mar 22 5 classes
95523 **Thu, 9:15-10:45 a.m.**
North Boulder Recreation Center
Kirsten Warner/Ines Manteuffel

Prenatal Partner Yoga

This workshop helps in preparing the pregnant couple for labor, childbirth and postpartum. Practicing yoga and breathing techniques together helps build strength, flexibility and a sense of balance during this special time. Connect with yourself, each other and your baby. Fees are per person.

Fees: $16(R) / $20(N)
Feb 11 1 class
95532 **Sun, 1:30-3:30 p.m.**
North Boulder Recreation Center
Arielle Schwartz

Prenatal/Postpartum Swiss Ball & Yoga

Learn how modified yoga postures combined with Swiss Ball exercises improve strength, flexibility, balance, and posture during and after pregnancy. Babies up to crawling are welcomed.

Fees: $27(R) / $34(N) 5 classes

Jan 12-Feb 9 5 classes
95518 **Fri, 10:30-11:30 a.m.**
Feb 23-Mar 23 **5 classes**
95756 **Fri, 10:30-11:30 a.m.**
East Boulder Community Center
Sharon Alexander/Carolyn Eberle

Feb 12-March 12 5 classes
96302 **Mon 10:30-11:30 a.m.**
East Boulder Community Center
Darcy Vanderbie, Physical Therapist

Postpartum Pilates

Strengthen, lengthen and align your body and mind in this restorative class for new moms. Special attention will be given to properly firming the pelvic floor and abdominal muscles with modified and classic Pilates exercises and stretching tight or tired areas such as the neck, shoulders and back. (Babies up to crawling welcome in class)

FEES:
$44(R) / $55(N) 5 classes
Feb 20-Mar 20 5 classes
96306 **Tue 9:15-10:30 a.m.**
North Boulder Recreation Center
Annelisa Pessetto

DISCOUNTS

All yoga program classes: Students enrolled in more than one class per session are given a 10% discount on the lesser of the two fees. You must register in person or by phone.

YOUTH YOGA

Parent/Child and Youth
(Under 12)

FEES: (includes 1 adult and 1 child
Second child is one-half the fee.)
$49(R) / $61(N) 6 classes
$33(R) / $41(N) 4 classes

Parent/Child Yoga (Ages 2-4)

Classes support parents in integrating the young child into yoga practice. Started at an early age, yoga education for the whole child helps focus our energy while developing our strength and flexibility.

Jan 4-25 4 classes
95517 **Thu, 10:45-11:30 a.m.**
Jan 10-31 4 classes
95514 **Wed, 4:40-5:25 p.m.**
North Boulder Recreation Center
Amy Desautell

Parent/Child Yoga (Ages 3-6)

Yoga movement is playfully presented through stories, songs, animal poses, creative art and games. A foundation is laid for limber, healthy bodies and respect for nature, self and others.

Jan 4-Feb 8 6 classes
95509 **Thu, 4:15-5 p.m.**
East Boulder Community Center
Meredith Bladen

Jan 8-Jan 29 4 classes
95506 **Mon, 4:15-5 p.m.**
Feb 12-Mar 19 6 classes
95762 **Mon, 4:15-5 p.m.**
North Boulder Recreation Center
Amy Desautel/Patrice Shakti

Jan 9-Feb 13 6 classes
95508 **Tue, 11:15-12 p.m.**
Feb 20-Mar 13 4 classes
95516 **Tue, 11:15-12 p.m.**
East Boulder Community Center
Caroline Goosman

Jan 10-Feb 14 6 classes
95505 **Wed, 10:05-10:50 a.m.**
Feb 21-Mar 14 4 classes
95513 **Wed, 10:05-10:50 a.m.**
North Boulder Recreation Center
Caroline Goosman

Feb 15-Mar 8 4 classes
95515 **Thu, 11-11:45 a.m.**
South Boulder Recreation Center
Caroline Goosman

Story Time Yoga (Ages 3-5)

Sweetpea yogis learn healthy exercises, communication and oral literacy skills. Multicultural wisdom stories that cultivate character and peace are heard and then the children retell them with yoga poses. Poetry and Spanish come alive with songs, games, puppets and more.

Jan 19-Feb 9 4 classes
95780 **Fri 11-11:45 p.m.**
South Boulder Recreation Center
Sydney Solis

Yoga for Children (Ages 5-8)

Through simple movements, boys and girls gain strength and flexibility, develop good coordination and posture, and learn how to relax and concentrate. This is a gentle, noncompetitive exercise that all children can enjoy. For children who can be independent and comfortable without their parents.

Jan 10-Feb 14 6 classes
95468 **Wed, 3:45-4:30 p.m.**
Feb 21-Mar 14 4 classes
95469 **Wed, 3:45-4:30 p.m.**
North Boulder Recreation Center
Caroline Goosman

Jan 11- Feb 2 4 classes
95467 **Thu, 3:40-4:25 p.m.**
Feb 15 – Mar 22 6 classes
95781 **Thu, 3:40-4:25 p.m.**
North Boulder Recreation Center
Amy Desautel/Patrice Shatki

Feb 15-Mar 8 4 classes
95466 **Thu, 4:30-5:30 p.m.**
East Boulder Community Center
Meredith Bladen

Story Time Yoga (Ages 6-11)

Stories and postures which especially address the needs and interests of school-age children encourage vibrant health and having fun with communication.

Jan 17-Feb 21 4 classes
95778 **Wed, 4:15-5:15 p.m.**
South Boulder Recreation Center
Sydney Solis

Yoga for Youth (Ages 7-12)

This age range is a perfect time to begin the practice of yoga for a strong, balanced body and a clear, focused mind. Class will emphasize basic yoga poses and alignment, use stories thematically and incorporate relevant aspects of learning and development from anatomy and geometry to feelings and time management. The physical and mental benefits of practicing the postures are a perfect complement to any young student's activities.

Jan 9-Feb 13 6 classes
95473 **Tue, 4-5 p.m.**
North Boulder Recreation Center
Louann Harlow

Middle & High School Yoga

These fun yoga classes will develop strength, flexibility, and balance; enhance athletic and dance skills; improve body confidence; increase concentration and reduce stress. Also see teen Nia.

Fees:
$39(R) / $48(N) 6 classes
$33(R) / $41(N) 5 classes

Jan 9-Feb 13 6 classes
95488 **Tue, 4-5 p.m.**
Feb 20-Mar 20 5 classes
95487 **Tue, 4-5 p.m.**
North Boulder Recreation Center
Shawna Suzyn

Jan 10-Feb 14 6 classes
95490 **Wed, 4:30-5:30 p.m.**
Feb 21-Mar 21 5 classes
95492 **Wed, 4:30-5:30 p.m.**
East Boulder Community Center
Leigh Meislahn

Jan 11-Feb 8 5 classes
95489 **Thu, 4:15-5:15 p.m.**
South Boulder Recreation Center
Eileen Benzel

NIA®

Dance, stretch, soar – with a Nia class.

Teen Nia

Why like doing Nia with Juliet? It is fusion fitness with the force of martial arts; free expression of voice and body while having fun in the group energy and just the right amount of challenge in learning some dance movements that you can do all your life in other scenes. At the end you stretch and do a short restful yoga.

Fee: $32(R) / $40(N) 4 classes
Jan 12-Feb 2 4 classes
95546 **Fri, 4:10-5:10 p.m.**
Feb 23-Mar 16 4 classes
95842 **Fri, 4:10-5:10 p.m.**
North Boulder Recreation Center
Juliet Seskind

"I've taken Nia classes in Massachusetts, San Diego and Los Angeles and I find the classes at Boulder's Parks & Rec to be the best. I love Nia because it's an infinitely interesting mix."

Sheila Lane

Nia® Basics (Ages 7 and up)

NIA blends expressive dance and martial art movements drawn from jazz, modern and Duncan dance; Aikido, Tai Kwan Do, Tai Chi and more. The danceable beats of world music and ending relaxing yoga poses offer grace, power and fun for all. No experience necessary.

Fees: $26(R) / $33(N) 4 classes

Jan 10-Jan 31 4 classes
95499 **Wed, 3:55-4:55 p.m.**
Feb 7-Feb 28 4 classes
95502 **Wed, 3:55-4:55 p.m.**
Iris Studio
Karen Olsen

Jan 11-Feb 1 4 classes
95500 **Thu, 4:30-5:30 p.m.**
East Boulder Community Center
Michelle Considine

Family Nia® (Ages 6-adult)

See Nia® basics description above. Cost is per student. No experience necessary. Babies up to crawling welcome

Jan 27-Feb 10 3 classes
95461 **Sat, 1:30 – 2:30 pm**
North Boulder Recreation Center
Karen Olsen
$31(R) / $39(N) for a family of two
$12(R) / $14(N) for each additional family member

Nia®

This class will expand upon the principles and patterns of Nia® through the consistency and intimacy of a smaller, registered class with a chance to go deeper as a group. Come join the fun, play, and creativity of mind, body and spirit.

Fees:
$60(R) / $75(N) 11 classes
$33(R) / $41(N) 6 classes

Jan 9-Mar 20 11 classes
96371 **Tue, 10:40-11:55 a.m.**
North Boulder Recreation Center
Juliet Seskind
Jan 16-Feb 20 6 classes
95843 **Tue, 5:30-6:30 p.m.**
South Boulder Recreation Center
Isabelle Kuan
Jan 10-Mar 21 11 classes
95493 **Wed, 1:15-2:15 p.m.**
North Boulder Recreation Center
Laurie Pemberton
Jan 12-Mar 23 11 classes
95494 **Fri, 5:30-6:30 p.m.**
South Boulder Recreation Center
Jackie Diner

52 Moves of Nia® Workshop

These moves are the building blocks of all Nia workouts: the Base (steps, kicks, stances); the Core (motions); and the upper Extremities (hand, arms and finger expressions, strikes and blocks).Learning to do the movement correctly enables you to dance freely, safely and with greater power! Every level of Nia student will benefit from this workshop.

Feb 4 1 classes
95503 **Sun, 1:30-3:30 p.m.**
North Boulder Recreation Center
Therese Spears
$16(R) / $20(N)

Drop-In Yoga, Nia & PIYO

Choose from 30 drop-in yoga and NIA classes held weekly listed in the Fitness Class schedules which are updated monthly and can be picked up at the recreation centers or online at www.ci.boulder.co.us/parks-recreation. Taking a registered session before attending the intermediate level classes is required. Patrons may also purchase a Yoga Program Registered Class Punchcard.

TAI CHI/CHI KUNG/FELDENKRAIS

To attend classes as a visitor see page 30.

T'ai Chi Ch'uan

This ancient exercise in which standing postures are practiced in a slow moving, relaxed manner cultivates tranquility and mental control and hence appreciation for each moment. Doing this gentle martial art increases energy and circulation; improves balance; strengthens the spine, internal organs and the brain itself; and promotes general life-long health. This is the first third of the simplified short "Yang" style as taught by Grand Master Cheng Man-ch'ing.

T'ai Chi Ch'uan Staff:
Bataan Faigao, Beth Rosenfeld, Darren Villeneuve, Jonathan Lears, Steve Bollinger

Fees: $89(R) / $111(N) 11 classes
Jan 6-Mar 17
95544 **Sat, 9:45-11 a.m.**
North Boulder Recreation Center
Jan 9-Mar 20
95545 **Tue, 7-8:15 p.m.**
East Boulder Community Center
Jan 11-Mar 22
95543 **Thu, 7-8:15 p.m.**
North Boulder Recreation Center

Continuing T'ai Chi Ch'uan – Level 2

Completion and review of the first third and continuing to the second third of the form.

Fees: $89(R) / $111(N) 11 classes
Jan 11-Mar 22
95542 **Thu, 7-8:15 p.m.**
North Boulder Recreation Center

Continuing T'ai Chi Ch'uan –Level 3

Completion and review of the second third and continuing to the remaining of the form.

Fees: $89(R) / $111(N) 11 classes
Jan 9-Mar 17
95541 **Tue, 7-8:15 p.m.**
East Boulder Community Center

T'ai Chi

Learn energizing Qi Gong warm-up exercises, the 5 element form and first circle as taught by Master Chungliang Al Huang. Inspirational music, poetry and guided stress-reducing relaxation are included to help awaken life force and in centering.

Fees: $46(R) / $57(N) 7 classes
Jan 4-Feb 15 7 classes
95538 **Thu, 12-1 p.m.**
Iris Center
Cynthia Ghiron
95537 **Thu, 5:30-6:30 p.m.**
East Boulder Community Center
Cynthia Ghiron
Jan 9-Feb 20 7 classes
95978 **Tue, 12-1 p.m.**
South Boulder Recreation Center
Cynthia Ghiron

Continuing Tai Chi – Level 2

Deepen your experience and bring rejuvenating chi through the body. The first circle will be reviewed and the second circle Tai Chi forms added. Knowledge of the 5 Element form is preferred.

Fees: $46(R) / $57(N) 7 classes
Jan 8-Feb 19 7 classes
96000 **Mon, 4-5 p.m.**
East Boulder Community Center
Cynthia Ghiron

Chi Kung

Chi Kung (or Qi Gong) practices are a Taoist Yoga which employ a combination of gentle movement, sound and visualization to nourish and circulate qi (life force) through the meridians (channels of awareness also used in acupuncture). This internal form with slight movements is practiced either standing or sitting in a chair.

Fees: $46(R) / $57(N)
Jan 10-Feb 21 7 classes
95451 **Wed, 12-1 p.m.**
Iris Center
Beth Reninger

Chi Kung Level 2

Practice extends to include the 8 extraordinary meridians, the deepest reservoirs of energy. We will learn specific acupressure points and circulate breath.

Feb 28-Mar 21 4 classes
96002 **Wed, 12-1 p.m.**
Iris Center
Beth Reninger
$26(R) / $33(N)

Trinity Chi Kung

This mind/body exercise class will help you use all movement to feel better emotionally, energetically and physically. Reduce stress and increase awareness, wellness and joy! Chi Kung modalities are learned along with the traditional use of balls, weights, bands, floor work and free movement.

Jan 8-Mar 19 11 classes
95550 **Mon, 12-1 p.m.**
North Boulder Recreation Center
Carolyn Eberle, Qi Gong & Reiki Cert.
$72(R) / $89(N)

Feb 2-Mar 16 7 classes
96003 **Fri, 12-1 p.m.**
South Boulder Recreation Center
Carolyn Eberle, Qi Gong & Reiki Cert.
$46(R) / $57(N)

Feldenkrais

What if you could move with more ease, coordination and freedom from pain. The Feldenkrais method offers safe, enjoyable exploratory exercises that enable you to dissolve tension and move efficiently in all of your activities. Slow guided movements are done while lying down, standing or sitting in a chair.

Jan 10-Mar 21 11 classes
95464 **Wed, 5:45-7 p.m.**
East Boulder Community Center
Gil Kelly $89(R) / $111(N)
Jan 26-Mar 9 7 classes
95465 **Fri, 12- 1 p.m.**
Iris Center
Gil Kelly $46(R) / $57(N)
Feb 26-Mar 15 4 classes
96373 **Thur, 11:15 a.m.-12:15 p.m.**
Iris Studio
Deborah Steinman
$26 (R) / $33 (N)

"We will call this art t'ai chi because it causes the opposing force to dissolve into emptiness"

PILATES MAT

Pilates Mat/Swiss Ball PiYo

REGISTERED CLASS PUNCHCARD:

Pre-requisite: In order to purchase this card, you are required to be currently enrolled or previously completed a registered Pilates Mat, Swiss Ball or PiYo class through the City of Boulder Parks and Recreation, and must purchase the punchcard for the same type of class. Punchcards may be purchased at Recreation Center front desks and are valid for 3 months from the date of purchase. Present your card to the front desk personnel and give your receipt to your instructor for admission. Salberg class punch card holders must present card at North Boulder Recreation Center and present receipt to instructor before admission to class.

$50(R) / $55(N) 5 classes

VISITORS FEE:

Pilates Mat, Pilates on the Ball, Swiss Ball and PiYo 1 hour class $12

The visitor's option is available for select classes which have space available and are appropriate for visitation. Choose the level which is suitable for your experience, check space availability at the Recreation Center front desk and pay your admission fee at the front desk. Salberg class fees must be paid at North Boulder Recreation Center before class. Give your receipt to your instructor for admission to class.

MAKE-UP POLICY for Pilates Mat, Pilates on the Ball, Swiss Ball and PiYo:

Make-up classes are approved and arranged through your instructor.

Discounts: Pilates Mat, Swiss Ball and PiYo classes only. Many Pilates classes are taught at the same level, time and center location twice a week to enhance student integration of the Pilates Method. Students who, at the time of registration, enroll in more than one Pilates Mat, Swiss Ball or PiYo class can receive a 10% discount on the lesser of the two fees. Register in-person or by phone only.

Fees:

$77(R) / $99(N)	11 classes
$63(R) / $81(N)	9 classes

Pilates Mat

This system of exercising, developed by physical therapy pioneer, Joseph Pilates, is a non-impact system that stabilizes and aligns the body. While focused on strengthening and balancing the core muscle groups, the Pilates Method develops greater flexibility, strength, concentration, coordination and control, and increases awareness of functional body mechanics. Great cross training tool for all sporting activities including skiing, bicycling, golfing and weight training.

Pilates Mat - Beginner

(Age 14+)

This class will give the novice an introduction to the Pilates Method, principles, and beginner level mat exercises which focus on overall body conditioning, emphasizing stabilization and strengthening of the muscles of the torso. Students should stay at this level until they can confidently perform all of the beginner level exercises with precision, centering, concentration and flow. All levels of fitness welcome.

Jan 5-Mar 16 11 classes
95991 **Fri, 8:45-9:45 a.m.**
North Boulder Recreation Center
Christine Guzy

Jan 7-Mar 18 11 classes
96300 **Sun, 4-5 p.m.**
Salberg Center
Eileen Benzel

Jan 8-Mar 19 9 classes
(no class Jan 15 and Feb 19)
95984 **Mon, 8:45-9:45 a.m.**
North Boulder Recreation Center
Christine Guzy

Jan 8-Mar 19 11 classes
95985 **Mon, 12-1 p.m.**
East Boulder Community Center
Therese Spears

Jan 8-Mar 19 11 classes
95986 **Mon, 7-8 p.m.**
East Boulder Community Center
Susan Danks

Jan 9-Mar 20 11 classes
95987 **Tue, 6:35-7:35 p.m.**
Salberg Center
Cynthia Huerta
(Se habla Espanol)

Jan 10-Mar 14 9 classes
(no class Feb 21)
95989 **Wed, 4:30-5:30 p.m.**
East Boulder Community Center
Annelisa Pessetto

Jan 10-Mar 21 11 classes
95988 **Wed, 5:30-6:30 p.m.**
South Boulder Recreation Center
Lisa Byron

Jan 11-Mar 22 11 classes
95990 **Thu, 11:15-12:15 p.m.**
South Boulder Recreation Center
Eileen Benzel

Try mat Pilates for exceptional core toning and overall conditioning.

PILATES MAT/BALL

Pilates Mat - Continuing Beginner

(Age 14+)

Continued practice of Pilates Method beginner mat exercises, directed toward more precisely coordinated movement, performed with full concentration, in a smooth and rhythmical, controlled manner, initiated from the center of the body. Introduction to intermediate mat exercises when appropriate. **Pre-requisite:** Ability to confidently perform and flow through all beginner mat exercises with control, coordination, and a deep, inward focus on physical movement, and regular practice of Pilates mat exercises.

Jan 5-Mar 16 11 classes
96006 **Fri, 4:30-5:30 p.m.**
Salberg Center
Annelisa Pessetto

Jan 10-Mar 21 11 classes
96005 **Wed, 10:30-11:30 a.m.**
Salberg Center
Risa Booze

Jan 10-Mar 21 11 classes
96004 **Wed, 6:30-7:30 p.m.**
South Boulder Recreation Center
Lisa Byron

Pilates Mat - Intermediate (Age 14+)

Introduction to and practice of Pilates Method intermediate mat exercises, with an emphasis on proper performance, utilizing all Pilates Method principles: Concentration, Control, Centering, Breathing, Precision, Flowing Movement. Introduction to advanced and full mat exercises when appropriate. **Pre-requisites:** Ability to confidently perform and flow through all beginner mat exercises with control, precision, and a deep, inward focus on physical movement, and regular practice of Pilates mat exercises.

Jan 5-Mar 16 11 classes
96009 Fri, 9:45-10:45 a.m.
North Boulder Recreation Center
Christine Guzy

Jan 8-Mar 19 9 classes
(no class Jan 15 and Feb 19)
96007 **Mon, 9:45-10:45 a.m.**
North Boulder Recreation Center
Christine Guzy

Jan 8-Mar 19 11 classes
96011 **Mon, 5:30-6:30 p.m.**
South Boulder Recreation Center
Joan Tomek

Jan 10-Mar 21 11 classes
96008 **Wed, 9:30-10:30 a.m.**
Salberg Center
Risa Booze

Pilates Mat - Advanced Intermediate (Age 14+)

Introduction to and practice of Pilates Method advanced intermediate mat exercises, with an emphasis on sequencing, transitions and proper performance, utilizing all Pilates Method principles: Concentration, Control, Centering, Breathing, Precision, Flowing Movement. Gain confidence to move to the next step: Full Mat! **Pre-requisites:** Ability to perform and flow through all intermediate mat exercises and transitions with control, precision, and a deep, inward focus on physical movement, and regular practice of Pilates intermediate exercises.

Jan 8-Mar 19 11 classes
96010 **Mon, 6:45-7:45 p.m.**
East Boulder Community Center
Janique Esrey

Pilates Mat - Full Mat

(Age 14+)

Complete practice of Pilates Method full mat sequence exercises and transitions, utilizing all Pilates Method principles. **Pre-requisites:** Ability to confidently perform all advanced intermediate mat exercises with concentration, control, centering, breath control, precision and flowing physical movement, and regular practice of advanced intermediate Pilates mat exercises.

Jan 9-Mar 20 11 classes
96012 **Tue, 12-1 p.m.**
East Boulder Community Center
Janique Esrey

Jan 9-Mar 20 11 classes
96013 **Tue, 5:30-6:30 p.m.**
Salberg Center
Ella Magnussen

Pilates on the Ball - Beginner (Age 14+)

A unique, safe and fun way to gain an understanding of Pilates principles, Pilates mat exercises and Swiss Ball conditioning methods. Great all-around conditioning class. Safe and proper technique will be emphasized. All fitness levels welcome.

Jan 9-Mar 20 11 classes
96014 **Tue, 4:30-5:30 p.m.**
Salberg Center
Roxolana Kramarchuk

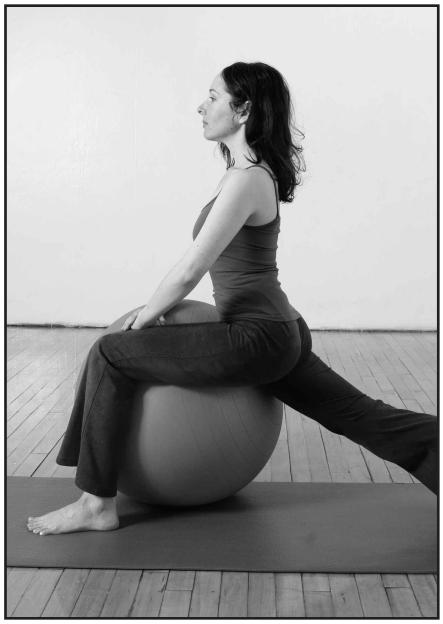
Pilates on the Ball - Continuing (Age 14+)

Continued practice of Pilates mat exercises combined with the Swiss Ball. Additional exercises will be introduced. **Pre-requisite:** Completion of one full session at the beginner level, or previous Pilates mat and Swiss Ball experience.

Jan 11-Mar 22 11 classes
96015 **Thu, 5:30-6:30 p.m.**
Salberg Center
Roxolana Kramarchuk

Postpartum Pilates

see page 32



Explore your range of motion and learn new fitness techniques using a Swiss Ball.

PILATES REFORMER

Pilates Reformer

Discover the philosophy, focus and benefits of exercising on the Pilates Reformer. Exercise on the state-of-the-art Peak PilateSystem® Reformer. The reformer adds resistance to the Pilates Method exercises and can provide support to beginners or challenges to more advanced students. Develop core strength, coordination and flexibility within this non-impact system of tension springs, ropes, poles and mats.

This is an excellent all-around conditioning apparatus, friendly to every body.

See the City of Boulder Parks and Recreation website for further details about the curriculum. www.bouldercolorado.gov/parks-recreation.

All Pilates Reformer Classes are held at Salberg Center, 19th & Elder in N. Boulder.

Sorry, no visitation, discounts or punch card entry.

Pre-requisite: Three private or semi-private Pilates Reformer lessons or one full 6-class Introduction/Orientation Reformer class through the City of Boulder Pilates Program will be required to participate in any Level 1 or higher Pilates Reformer class.

Make-up policy for Pilates Reformer Classes:

Students who miss a Pilates Reformer class may only attend a Pilates Mat class as a make-up. Make-ups for emergencies or medical reasons are approved and arranged through your instructor.

Fees:

$165(R) / $209(N)	11 classes
$90(R) / $114(N)	6 classes
$75(R) / $95(N)	5 classes

Definition of the Pilates Method principal of control:

"Mastery of the mind over the complete control of the body."
Joseph Pilates (1880-1967)

Pilates Reformer - Introduction/Orientation

(Age 14+) Introduction to the Pilates Method principles, parts of the Peak PilateSystem® reformer and their functions, safety, making the reformer fit your needs (individual settings), and introduction to Level 1 exercises and building blocks. All fitness levels welcome.

Jan 6-Feb 10 6 classes
96035 **Sat, 9:30-10:30 a.m.**
Cynthia Huerta
(Se habla Espanol)

Jan 7-Feb 11 6 classes
96036 **Sun, 10:30 – 11:30 a.m.**
Kerry Allison

Jan 8-Feb 12 6 classes
96027 **Mon, 9-10 a.m.**
Susan Danks

Jan 9-Feb 13 6 classes
96028 **Tue, 10:30–11:30 a.m.**
Jessy Babin

Jan 10-Feb 14 6 classes
96030 **Wed, 12-1 p.m.**
Susan Danks

Jan 11-Feb 15 6 classes
96032 **Thu, 10:30-11:30 a.m.**
Jessy Babin

Jan 11-Feb 15 6 classes
96033 **Thu, 6:45-7:45 p.m.**
Roxolana Kramarchuk

Jan 12-Feb 16 6 classes
96034 **Fri, 5:30-6:30 p.m.**
Annelisa Pessetto

Pilates Reformer - Level 1

(Age 14+)

Learn Pilates Reformer beginner level exercises such as hundred, tricep press, frog, leg circles, knee stretches, running and pelvic lift. Continue to practice beginner level exercises with greater concentration and control. Students should stay at this level until they can confidently perform all of the Level 1 exercises with precision, centering, concentration and flow. Pre-requisite: Three private or semi-private Pilates Reformer lessons or one full 6-class Introduction/Orientation Reformer class through the City of Boulder Pilates Program will be required to participate in any Level 1 or higher Pilates Reformer class.

Jan 6-Mar 17 11 classes
96046 **Sat, 10:30-11:30 a.m.**
Cynthia Huerta
(Se habla Espanol)

Jan 7-Mar 18 11 classes
96048 **Sun, 11:30-12:30 p.m.**
Kerry Allison

Feb 17-Mar 17 5 classes
96045 **Sat, 9:30-10:30 a.m.**
Cynthia Huerta
(Se habla Espanol)

Feb 18-Mar 18 5 classes
96047 **Sun, 10:30-11:30 a.m.**
Kerry Allison

Feb 19-Mar 19 5 classes
96037 **Mon, 9-10 a.m.**
Susan Danks

Feb 20-Mar 20 5 classes
96038 **Tue, 10:30-11:30 a.m.**
Jessy Babin

Feb 21-Mar 21 5 classes
96039 **Wed, 12-1 p.m.**
Susan Danks

Jan 10-Mar 21 11 classes
96040 **Wed, 7-8 p.m.**
Mary Bevington

Feb 22-Mar 22 5 classes
96041 **Thu, 10:30-11:30 a.m.**
Jessy Babin

Feb 22-Mar 22 5 classes
96043 **Thu, 6:45-7:45 p.m.**
Roxolana Kramarchuk

Feb 23-Mar 23 5 classes
96044 **Fri, 5:30-6:30 p.m.**
Annelisa Pessetto

REFORMER/PIYO/SWISS BALL

Pilates Reformer - Level 2 (Age 14+)

Introduction and practice of exercises such as coordination, rowing, chest expansion, thigh stretch and corkscrew with focus on more precise, coordinated movement initiated from the center of the body. Level 3 exercises will be introduced when appropriate. Pre-requisite: Ability to confidently perform and flow through all Level 1 reformer exercises with control, coordination, and a deep, inward focus on physical movement.

Jan 5-Mar 16 11 classes
96054 **Fri, 9-10 a.m.**
Susan Danks

Jan 9-Mar 20 11 classes
96052 **Tue, 11:30-12:30 p.m.**
Jessy Babin

Jan 11-Mar 22 11 classes
96053 **Thu, 11:30-12:30 p.m.**
Jessy Babin

Private and Semi-Private Pilates Reformer Lessons

(Age 14+)

Individual instruction for those who would like an introduction to the Pilates Reformer or for those who wish to focus on individual needs. Our instructors are highly qualified and able to customize the Pilates Method exercise system to every body.

Fees:
1-Hour Private Pilates Reformer Lesson Fee: $50

1-Hour Semi-Private Pilates Reformer Lesson Fee: $35/student. Must register two students together at the same time.

All private Pilates reformer lessons must be scheduled at least 48 hours in advance.

Lessons are available at South Boulder Recreation Center and Salberg Center.

Call Registration to schedule day and time.

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

Fees:	11 Classes
$96 (R) / $124 (N)	1-1/4 Hour
$77 (R) / $99 (N)	1 Hour

PiYo - Beginner (Age 14+)

Experience two complimentary disciplines in one class. Learn coordinated movement, initiated from the center of the body, utilizing Pilates mat exercises, followed by stretching and strengthening yoga. You'll feel wonderful. All fitness levels welcome.

Jan 6-Mar 17 11 classes
96020 **Sat, 12-1:15 p.m.**
Salberg Center
Eileen Benzel

Jan 10-Mar 21 11 classes
96016 **Wed, 11-12:15 p.m.**
East Boulder Community Center
Therese Spears

Jan 10-Mar 21 11 classes
96017 **Wed, 5:30-6:45 p.m.**
Salberg Center
Mary Bevington

Jan 11-Mar 22 11 classes
96018 **Thu, 5:20-6:35 p.m.**
South Boulder Recreation Center
Eileen Benzel

Jan 12-Mar 23 11 classes
96019 **Fri, 5:15-6:30 p.m.**
North Boulder Recreation Center
Eileen Benzel

PiYo - Continuing (Age 14+)

Experience the regular practice of rhythmical, controlled Pilates mat exercises, followed by classical yoga poses. Pre-requisite: Completion of one full session at the beginner level.

Jan 11-Mar 22 11 classes
96021 **Thu, 4:30-5:30 p.m.**
North Boulder Recreation Center
Ella Magnusson

Pre/Postnatal Swiss Ball & Yoga See page 32

Swiss Ball - Beginner

(Age 14+)

Stretch, bounce and roll into shape. Swiss ball improves strength, flexibility, balance, posture, coordination, and helps rehabilitate injuries. Swiss balls are provided. (The Wednesday class will combine balls with the use of weights and Pilates mat exercises.) All fitness levels welcome.

Jan 8-Mar 19 11 classes
96022 **Mon, 4-5 p.m.**
Salberg Center
Heidi Lynch, Physical Therapist

Jan 10-Mar 21 11 classes
96023 **Wed, 9:30-10:30 a.m.**
East Boulder Community Center
Lisa Byron

Swiss Ball - Continuing

(Age 14+)

Continuation of regular practice of beginner exercises with the addition of intermediate exercises. Pre-requisite: One previous session with this instructor or instructor's permission.

Jan 11-Mar 22 11 classes
96024 **Thu, 4-5 p.m.**
Salberg Center
Heidi Lynch, Physical Therapist

Jan 5-Mar 16 11 classes
96375 **Fri, 5:30-6:30 p.m.**
East Boulder Community Center
Darcy Vanderbie-Pace, Physical Therapist

Swiss Ball Meets Yoga

(Age 14+)

Yoga on the ball is a gentle way to build and maintain strength, flexibility, balance and concentration while enjoying the added novelty of the ball. Darcy Vanderbie, physical therapist, combines her knowledge of the body with her experience of teaching integrated movement on the ball through yoga postures. This is an enjoyable, non-impact exercise class. All fitness levels welcome.

Jan 9-Mar 20 11 classes
96305 **Tue, 5:30-6:30 p.m.**
East Boulder Community Center
Darcy Vanderbie, Physical Therapist

We've just acquired 6 of the finest Pilates Reformers made; let us train you on these state-of-the art Reformers for your rehab or progressive fitness needs.

EXPAND

What is EXPAND?

EXciting Programs Adventures and New Dimensions is designed to meet the unique needs of people with disabilities in specialized and inclusive programs. EXPAND helps people with disabilities improve and gain new recreation and leisure skills that will enhance their overall well being and improve their quality of life. Please call Colleen Fitzgerald, Recreation Administrator, 303-413-7216 or fitzgeraldc@bouldercolorado.gov with any questions. Programs are for all ability levels. Use the following codes when registering:

Group

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

1 on 1

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

Inclusion!

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

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

Party/Dances

Program	Age	Date	Time/Day	Code	Loc.	Contact / Fee
Party / Dances	18+	**Jan 26 New Year's** **Feb 16 Sweet Heart** **Mar 16 St. Pat's**	6-8 pm (Fri)	**95844** **95845** **95846**	SBRC	Cory 303-413-7269 $8(R) / $10(N)

Endless Summer at the Rez would like to THANK YOU!!!

Special thanks from the EXPAND, Journeys and the Youth Services Initiative (YSI), Programs to the following individuals and companies for their support of this benefit: Michael Feeney, Estey's Printing, Rental City, Superior Liquor Mart, Boulder Beer, JP Morgan/Chase Bank, Roche Colorado.

Adventure & Leisure Programs

Program	Age	Date	Time/Day	Code	Loc.	Contact / Fee
Eldora Skiing	6-17	Jan 21-Feb 18 5 classes	8:30 am- 1:30 pm (Sun)	**96276** Alpine **96277** Board **96278** Cross	EBCC	Lori 303-413-7467 $275(R) / $345(N) $250(R) / $315(N)
Snowshoeing	18+	Feb 4-Mar 4 5 classes	8:30 am-1:30 pm (Sun)	**96279**	EBCC	Lori 303-413-7467 $106(R) / $132(N)
Indoor Rock Climbing	6+	Mar 4-18 (6-12) Feb 11-25 (13-17) Jan 21-Feb 4 (18+)	2:45-4:45 pm (Sun)	**96280** (6-12) **96281** (13-17) **96282** (18+)	EBCC	Lori 303-413-7467 $30(R) / $37(N)
Lock-In	18+	Mar 3-4	4 pm (Sat) 9 am (Sun)	**96083** 1on1 **96074** group	EBCC	Maura 303-413-7217 $70(R) / $88(N)
Dance Performance	18+	Jan 19-Mar 9 8 classes	4-5 pm (Fri)	**95847** group	SBRC	Cory 303-413-7269 $65(R) / $78(N)

EXPAND

Out On The Towns (Ages 18+) Contact Cory 303-413-7269. Meet at EBCC.

More information online at www.bouldercolorado.gov/parks-recreation

Program	Date	Code	Fee
Night Out at the Broomfield Rec Center / Pizza	Feb 1 (Thu)	**95857** group only	$26(R) / $33(N)
Hammonds Candy Tour –plus pizza	Feb 10 (Sat)	**95855** 1on1, **95856** group	$29(R) / $36(N)
Buckets & Tap Shoes – Arvada Center	Mar 3 (Sat)	**95850** group only	$45(R) / $56(N)
Movie/Games Note: Meet at Iris	Mar 30 (Sat)	**95848** 1on1, **95849** group	$22(R) / $28(N)

Recreational Programs: More information www.bouldercolorado.gov/parks-recreation

Program	Age	Date	Time/Day	Code	Loc.	Contact / Fee
Bowling	8+	Jan 24 – Mar 14 8 classes	4:30-6pm (Wed)	**95760** 1on1 **95763** group	CU	Jennifer 303-413-7474 $80(R) / $100(N)
Swim Training	8+	Jan 11 - Mar 1 8 classes	6-7pm (Thu)	**95768** 1on 1 **95769** group	EBCC	Jennifer 303-413-7474 $55(R) / $69(N)
Gymnastics Team Training	8+	Jan 20 – Apr 28 15 classes	3:45- 5pm (Sat)	**96072** group	NBRC	Maura 303-413-7217 $105(R) / $131(N)
Teen Sports & Fitness	14-21yr	Jan 23 – Mar 13 7 classes	4:30-5:30pm (Tue)	**95752**	EBCC	Sherri 303-441-4933 $35(R) / $43(N)
Unified Basketball	16+	Jan – Mar	6-9pm (Tue)	Call Sherri	EBCC	Sherri 303-441-4933
Yoga	18+	Jan 23 –Feb 13 Feb20 – Mar 13 4 classes each	3-4pm (Tue)	**96070** group **96071** group	NRBC	Maura 303-413-7217 $25(R) / $30(N)
Spinning	18+	Jan 11 – Mar 15 10 classes	3:30-4:30pm (Thu)	**95751** group	EBCC	Sherri 303-441-4933 $55(R) / $68(N)
Weight Lifting	16+	Jan 11- Mar 15 10 classes	4:30-5:30pm (Thu)	**95960** group	EBCC	Sherri 303-441-4933 $55(R) / $68(N)
Water Aerobics	18+	Jan 8 - Mar 12 10 classes	4:30-5:30pm (Mon)	**95765** 1on 1 **95766** group	EBCC	Jennifer 303-413-7474 $63(R) / $79(N)

Activities for Individuals with Physical Disabilities

More information www.bouldercolorado.gov/parks-recreation

Program	Details	Contact
Journey's Through EXPAND	Program for adults with mild Traumatic Brain Injury.	Contact Cory 303-413-7269
Blaze Sports	Training programs for wheelchair sports: quad rugby, goal ball, tennis, and many other sports.	Contact Jen 303-413-7474
Warm Water Therapy	Tue/Fri 9:30-10:30 @ EBCC	Contact Jen 303-413-7474
Aquatic Fitness	Mon/ Wed/Fri 8-9am @EBCC	Contact Jen 303-413-7474

EXPAND provides quality social, recreation and inclusion opportunities for youth and adults with disabilities.

Help give our children (and yourself) space to play, learn and grow

With your help, everything you loved as a child—baseball on hot summer days, running barefoot through the park, playing basketball or even learning to dance—is assured to be available to all of us.

Simply put, providing the kinds of parks, recreation facilities and programs the people of Boulder want the most often costs more than the city can afford. This is why the Boulder Parks and Recreation Foundation (BPRF) needs your help.

What is the Boulder Parks and Recreation Foundation?

It's a nonprofit organization that provides opportunities for individuals and organizations to support parks and recreation in Boulder, and give us all the wonderful experiences that make us glad to call Boulder our home. Your dollars go toward enhancing these open spaces, facilities and programs– and, in turn, help build a stronger community.

Become a BPRF member!

Support our efforts and give back to an important cause. Visit the BPRF website at www.boulderprf.org, write us at BPRF@ci.boulder.co.us, or BPRF, PO Box 791, Boulder, CO 80306-0791

Boulder Parks & Recreation FOUNDATION

Online Registration: eConnect

It's quick, convenient, and easy! Register online from the convenience of your own home or office 24 hours a day, 7 days a week! Registration starts at 8:30 a.m. on **Tuesday, December 5th**

WWW.BOULDERCOLORADO.GOV/PARKS-RECREATION

To use eConnect you will need:

1. Microsoft Internet Explorer version 4.01 or higher OR Netscape version 4 or higher
2. A PIN (Personal Identification Number) and client bar code number issued by Boulder Parks and Recreation's registration system

If you do not already have a PIN or bar code number, please stop by one of our recreation centers or call the registration office at 303-413-7270 before the first day of registration, Tuesday, December 5.

You can also register using...

Mail-In

begins December 5
Mail to: Recreation Registration
c/o East Boulder Community Center
5660 Sioux Drive, Boulder, CO 80303

Drop-off Box

begins December 5
All City Recreation Centers
Mon–Fri, 7 a.m.–8 p.m.
Sat-Sun, 9 a.m.–5 p.m.

Phone In

begins December 13
303-413-7270
Mon-Fri, 9 a.m.–5 p.m.
(credit card & course code required)

Walk In

Begins December 13
East & North & South Centers:
Mon–Fri, 8:30 a.m.–5:30 p.m.
South Center: Mon–Fri, 9 a.m.–1 p.m.

Touch Tone and Fax
Registration is no longer available.

Acknowledgment of Risk & Model Release

We want the registrants in our program to be aware that when they participate in certain activities, there is a natural element of risk of injury which each participant must assume. As a loss prevention measure and risk management standard, participants are required to sign an Acknowledgment of Risk form for certain classes and activities. If a participant is under 18 years of age, the signature of a parent or legal guardian is necessary. Photographs, digital images, or videotape of program participants and spectators may be used for future promotional or marketing material. Thank you for your cooperation.

Important Information

1) No registration accepted by instructor.
2) The department has the right to cancel classes.
3) $15 will be charged for returned checks.
4) Wait lists are taken for filled classes. We'll call if a spot becomes available.
5) How to read course info:
   Course fees are at the bottom of each course listing, or in fee boxes.
   $28(R) / $35(N)
   (Resident / Non-Resident)
   Course codes are listed after Course Day & Time:
   34567 Mon, 10-11:30 a.m.
6) Payment is due at time of registration.

REGISTRATION

Transfers, Cancellations and Refunds:

1. The Boulder Parks and Recreation Department reserves the right to cancel, postpone or combine courses, or change instructors to best provide service. In the event the Department cancels any course, workshop or camp, a full refund will be issued.

2. Participants may transfer between programs prior to the second course meeting provided there is room in the course. There will be a $5 processing charge assessed for all transfers.

3. If any patron is not satisfied regardless of reason, with any Boulder Parks and Recreation course (excluding two-meeting workshops or courses) prior to the second course meeting, a refund may be requested and given (less a $15 processing charge per course).

4. In the event a refund is requested after the first meeting of any two-meeting workshop or course, a refund will be given (less 50% the cost of the workshop or course). After the second course meeting, fees will not be refunded.

5. Due to the demand for participation in summer day camps and the limited number of spaces available, refunds for any Boulder Parks and Recreation camp require a minimum two week cancellation notice to be eligible for refund.

6. In the event a patron or their dependent falls ill, becomes injured, or does not possess necessary skills, inhibiting their ability to participate in or continue participation in a program or utilize a facility pass or punch card, a pro-rated refund may be given based upon the date of the refund request. Documentation (i.e., doctor's note) is requested for illnesses or injury claims.

	Time of Request	Refund
Annual Pass	Within 3 days of purchase	100%
	Within 14 days of purchase	75%
	Within 30 days of purchase	50%
	After 30 days	No refund
Outdoor Pool/Reservoir Pass	Within 7 days of purchase	75%
	After 7 days but prior to July 15	50%
	After July 15	No refund
40 Punch Card	Within 10 days	75%
	After 10 days but prior to 20 days	50%
	After 20 days	No refund
20 Punch Card	Within 5 days	75%
	After 5 days but prior to 10 days	50%
	After 10 days	No refund
10 Punch Card	Within 5 days	50%
	After 5 days	No refund

7. If a patron is not satisfied, regardless of reason, with any Boulder Parks and Recreation facility and requests a refund for a facility pass or punch card, a refund may be requested and given less a $15 processing charge (see refund chart above).

8. If a patron wishes to cancel a pre-scheduled rental at least two weeks prior to the scheduled rental date, a full refund may be requested and given.

9. If a refund is requested less than two weeks prior to the scheduled date, a refund may be requested and given (less 50% the cost of the rental). After seven days, fees will not be refunded.

10. If a patron wishes to change a scheduled rental at least seven days prior to the scheduled rental date, a $15 processing fee will be assessed. After seven days, changes will not be allowed. [The Department reserves the right to grant exceptions in situations including, but not limited to injury, illness or personal crisis.]

11. Patrons are asked to contact 303-413-7270 for transfer, refund or cancellation questions and inquiries.

12. In the event a patron requests a full refund and wishes not to be assessed a processing charge due to level of service or other legitimate factors, they are asked to submit this request in writing citing their reason for a full refund. Please send requests to: Boulder Parks and Recreation Department, ATTN: Superintendent of Recreation, 3198 N. Broadway, Boulder, CO 80304.

Registration Form: Winter 2007

See page 42 for ways to register!

Payer/Parent Name: _____

Address: _____

City: _____ Zip: _____

Home Phone: _____ Work Phone: _____

Contact Person: _____

Contact Person Phone: _____

☐ Check here if you have a disability and require an accomodation. Please allow two weeks.

Payment Information:

☐ Check or money order payable to: City of Boulder

☐ Visa ☐ MasterCard

Card No. _____ Exp. _____

Signature _____

☐ I have read the Refund and Transfer Policy (above)

Participant Name	Birthdate	M/F	Course Code	Course Name	Location	Date	Day	Time	Course Code (2nd Choice)	Fee

FACILITIES MAP LEGEND

1	Mountain Parks/ Chautauqua Ranger Cottage •	441-3440	9th & Baseline Road
2	Chautauqua Park	413-7200	9th & Baseline Road
3	Pottery Lab	441-3446	1010 Aurora
4	Scott Carpenter Pool, Park & Skate Park	441-3427	30th & Arapahoe
5	Eben G. Fine Park	413-7200	3rd & Arapahoe
6	Central Park		Btwn Araphoe & Canyon at Broadway
7	Spruce Pool	441-3426	21st & Spruce
8	North Boulder Park	441-7200	9th and Dellwood Ave.
9	Iris Center Administrative Office/Dance Studio	413-7200	3198 North Broadway
9	North Boulder Recreation Center	413-7260	3170 North Broadway
10	Salberg Center/Pilates Studio		19th & Elder
11	East Mapleton Ball fields	441-1938	30th St and Mapleton Ave.
12	Pleasant View Sports Complex	441-1938	3805 47th Street
13	Boulder Reservoir	441-3461	5565 North 51st Street
14	Stazio Ball fields	441-1938	2445 Stazio
15	Flatirons Golf Course	442-7851	5706 Arapahoe
16	East Boulder Community Center	441-4400	5660 Sioux Drive
17	Martin Park	441-7200	36th & Eastman
18	South Boulder Recreation Center	441-3448	1360 Gillaspie
19	Tantra Park	441-4406	46th & Hanover
20	Harlow Platts Park/ Viele Lake		1360 Gillaspie
21	Tom Watson Park	441-7200	6180 N. 63rd
22	West Senior Center	441-4150	909 Arapahoe Ave.
23	Foothills Community Park		800 Cherry Dr.
24	Valmont City Park		Valmont and Airport Roads
25	Burke Park		Pawnee and Mohawk Streets
26	Pearl Street Mall		Pearl St., btwn 11th & 14th

• This facilitiy is managed by the city of Boulder's Open Space & Mountain Parks Department, 303-441-3440.

PARKS AND RECREATION STAFF PHONE NUMBERS

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

Jan Geden CPRP, Director 303-413-7200
Jamie Sabbach, Recreation Superintendent 303-413-7208
Alice Guthrie, Parks/Planning Superintendent 303-413-7211

ACCESS & INCLUSION (EXPAND & YSI)
Colleen Fitzgerald, Administrator 303-413-7216
Maura Holden, EXPAND Acting Supervisor 303-413-7217
Alex Zinga, YSI Coordinator 303-413-7204

AQUATICS
Stacy Cole, Supervisor 303-413-7278

BOULDER RESERVOIR
Colleen Fitzgerald, Acting Manager 303-441-3461

COMMUNITY OUTREACH
Al Quiller, Administrator 303-413-7219
Recreation Volunteer Management
Ken Silva, Coordinator 303-413-7223
Mary Malley Coordinator of Volunteer Services 303-413-7245

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

PROGRAMS
Steve Whipple, Administrator 303-413-7262

ARTS/POTTERY LAB
Nancy Utterback, Coordinator 303-441-3446

DANCE COORDINATORS
Cynthia Burdine, Coordinator 303-413-7473

FITNESS
Summer Kennedy, Supervisor 303-413-7264

GYMNASTICS
Ron Crescentini, Supervisor 303-413-7265

YOGA/PILATES/SWISS BALL
LouAnn Harlow, Coordinator 303-413-7255

RECREATION CENTERS
Tom Kramer, Administrator 303-441-7465
East Boulder Community Center
Todd Calvin, Supervisor 303-413-7463
North Boulder Recreation Center .....
Kim Brooks, Supervisor 303-413-7263
South Boulder Recreation Center Supervisor
Alison Rhodes Supervisor 303-441-3449

SPORTS
Teri Olander, Administrator 303-441-3429

Get the latest Rec news and info - sign up for Recreation Express – our e-newsletter at www.bouldercolorado.gov/parks-recreation

FACILITIES MAP

North
CHERRY Ave
LOCUST Ave
9TH St.
VIOLET Ave.
BROADWAY
LINDEN
IRIS Ave.
N. 51st St
DIAGONAL Highwy.
JAY Rd.
Lookout Rd.
VALMONT Rd.
VALMONT Dr.
PEARL Prkwy.
PEARL
CANYON Blvd.
28TH ST.
30TH ST.
FOOTHILLS PKWY
55TH St.
75th St.
ARAPAHOE Ave.
COLORADO Ave.
BASELINE
BROADWAY
DARTMOUTH
CHERRYVALE Rd.
SOUTH BOULDER Rd.
U.S. 36
GREENBRIAR

North Boulder Recreation Center

3170 Broadway • 303-413-7260

Monday-Thursday, 6 am - 9:30 pm
Friday, 6 am - 6:30 pm
Saturday, 6:30 am - 7 pm
Sunday, 7:30 am - 8 pm

East Boulder Community Center

5660 Sioux Dr. • 303-441-4400

Monday-Friday, 5:30 am - 9:30 pm
Saturday, 7:30 am - 6 pm
Sunday, 8:30 am - 6 pm

South Boulder Recreation Center

1360 Gillaspie • 303-441-3448

Monday-Thursday, 6 am - 9:30 pm
Friday, 6 am - 8 pm
Saturday, 7:30 am - 2 pm
Sunday, 8 am - 5 pm

ENTRY PASSES, FEES & BENEFITS

You can have the best value in Boulder fitness for as little as $10 a week. Whether you live or work in Boulder – you can now take advantage of the low resident annual pass rate AND enjoy convenient monthly billing. Imagine unlimited access to 3 full rec centers including pools, state-of-the-art cardio and conditioning equipment, ball courts and FREE drop-in fitness classes for just $10 per week! Plus you'll gain unlimited entry to 2 seasonal outdoor pools and the Boulder Reservoir!

Start working out and feeling better – Register Today!

NEW!

Now get resident pass rates if you work in Boulder!

RESIDENT ANNUAL PASS VALUE

Unlimited Access $10 a Week*!

MONTHLY BILLING is available. Adult is $40/month*!

Individual	Initial Monthly(15%) *fees rounded to nearest dollar*		11 payments	
Senior (60+)	$49(R)	$59(N)	$25(R)	$30(N)
Adult (19-59)	$78(R)	$96(N)	$40(R)*	$50(N)
Teen (13-18)	$38(R)	$46(N)	$20(R)	$24(N)
Child (3-12)	$34(R)	$40(N)	$17(R)	$21(N)

	Annual Pass		40 - Punch Pass		20 - Punch Pass		10 - Punch Pass		Daily/ Drop-In
Seniors (60+)	$279(R)	$349(N)	$132(R)	$142(N)	$72(R)	$78(N)	$38.50(R)	$40.50(N)	$4.25
Adults (19-59)	$473(R)	$592(N)	$194(R)	$208(N)	$106(R)	$114(N)	$56.50(R)	$59.50(N)	$6.25
Teens (13-18)	$207(R)	$259(N)	$116(R)	$124(N)	$64(R)	$69(N)	$34(R)	$36(N)	$3.75
Children (3-12)	$179(R)	$224(N)	$100(R)	$108(N)	$55(R)	$59(N)	$29(R)	$31(N)	$3.25

$(R) = City Resident or employee of Boulder business / $(N) = Non Resident

Annual Pass Terms & Benefits

1) First adult family member of the household (19-59) pays full price; additional family members pay half price when purchased at the same time.

2) Includes unlimited use of outdoor pools and recreation centers; open swim and gym, drop-in fitness/yoga, weight room, racquetball/handball/platform tennis courts, sauna, lockers, fishing and swimming at Boulder Reservoir.

3) Complimentary towels at rec centers.

4) Racquets for indoor racquetball.

5) Discounts at participating merchants.

6) 10% savings on one class per session (as available one week before class begins).

7) 25% discount on a nutrition consultation and fitness evaluation.

Punch Pass Benefits

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

Children's Garden Child Care

Hourly child care including arts and crafts, dramatic play, reading, free choice time and more! Available at the East and North Recreation Centers only.

Mon-Fri, 8:45 am-1:30 p.m. NBRC
Mon/Wed/Fri, 8:45 am-1:30 pm EBCC
Tue/Thu, 8:45 am-1 pm EBCC

Price per 1 hour: $6.50 for first child
$3.50 for add'l child

Save money with a Children's Garden punchcard!

10 visits: $58.50 (you save 10%) addt'l $35
20 visits: $110.50 (you save 15%) addt'l $70
40 visits: $195 (you save 25%) addt'l $140

Court Reservations

• Reserve racquetball, tennis and platform tennis courts two days in adv. beginning at 8 a.m.

• Outdoor Courts- tennis, racquetball, squash and platform tennis – $8 per hour per court; $6 per hour per court with one annual pass; free if both people have annual passes.

Lock Policy

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

Reduced Rate Program

The Parks and Recreation Department offers simple guidelines for qualifying patrons who wish to use the recreation centers and programs at a reduced rate. For information on how to receive a reduced rate recreation pass, please call (303)413-7200.

Group Discount Program

Discounted rates are available for businesses and organizations with 5 or more employees; and for Boulder Chamber of Commerce members! For information: (303)413-7219 or www.bouldercolorado.gov/parks-recreation.

Recreation Center Closures

Christmas Eve: All open until 1:30 pm
Christmas Day: All closed
New Year's Eve: All open until 1:30 pm
New Year's Day: All closed