

# WINTER/SPRING 2012



## SPORTS YOUTH/ADULT INDIVIDUAL SCHEDULES

NOTE: YOU MUST REGISTER FOR THE CLASSES BELOW ([WWW.IFOOTHILLS.ORG](http://WWW.IFOOTHILLS.ORG))

INFORMATION: 303-409-2506

JUDO	TUE/THU		SESS #1: MAR 6 – APR 5 No class MAR 27 – 29		SESS #2: APR 10 – MAY 3		SESS #3: MAY 8 – 31					
	LOC	AGE	FEE	MON	TUE	WED	THU	FRI	SAT			
JUDO (2 x/WK)	PEAK	4 – 8	\$81 D: \$70		6:30-7:30pm #2160		6:30-7:30pm #2160					
		9 & up			7:30-8:30pm #2161		7:30-8:30pm #2161					
JUJITSU	TUE/THU		SESS #1: JAN 10-FEB 2		SESS #2: FEB 7 – MAR 1		SESS #3: MAR 6 – 29		SESS #4: APR 3 – 26		SESS #5: MAY 1 – 24	
	LOC	AGE	FEE	MON	TUE	WED	THU	FRI	SAT			
JUJITSU (2 x/WK)	RIDGE	13 & up	\$69 D: \$55		6:30-8:30pm #2120		6:30-8:30pm #2120					
SELF DEFENSE	TUE/THU		SESS #1: JAN 10-FEB 2		SESS #2: FEB 7 – MAR 1		SESS #3: MAR 6 – 29		SESS #4: APR 3 – 26		SESS #5: MAY 1 – 24	
	LOC	AGE	FEE	MON	TUE	WED	THU	FRI	SAT			
SELF DEFENSE (2 x/WK)	RIDGE	8 & up	\$63 D: \$50		7:00-9:00pm #2150		7:00-9:00pm #2150					
JUMP N ROPE	LOC	AGE	FEE	MON	TUE	WED	THU	FRI	SAT			
	ALL LEVELS (2 x WK)	RIDGE	7 & up	\$63 D: \$50		5:00-6:15pm #2104 (2 x wk)		5:00-6:15pm #2104 (2 x wk)				
MINI CLINIC (JAN 14)									9:00am-Noon #2106-1			
MINI CLINIC (FEB 11)	\$33 D: \$25									9:00am-Noon #2106-2		
MINI CLINIC (MAR 28)							1:00-4:00pm #2106-3					

TENNIS at LILLEY GULCH	SAT		SESS #1: APR 28		SESS #2: MAY 12		SESS #2: MAY 26			
	LOC	AGE	FEE	MON	TUE	WED	THU	FRI	SAT	
MINI CLINIC - APR 28	LILLEY GULCH	7-9	\$39 D: \$30						1:15-3:15pm #4739-1	
		10 & up							3:30-5:30pm #4740-1	
7-9									1:15-3:15pm #4739-2	
10 & up									3:30-5:30pm #4740-2	
7-9										1:15-3:15pm #4739-3
10 & up										3:30-5:30pm #4740-3

# WINTER/SPRING 2012



## SPORTS YOUTH LEAGUES SCHEDULES

NOTE: YOU MUST REGISTER FOR THESE CLASSES ([WWW.IFOOHHILLS.ORG](http://www.ifoohills.org))

INFORMATION: 303-409-2613 (LOCATIONS SUBJECT TO CHANGE)

Foothills  
Park & Recreation District

SESSION DATES »			MON	TUE	WED	THU	FRI	SAT
SESSION DATES »			APR 30-JUN 30	MAY 1-JUN 30	MAY 2-JUN 30	MAY 3-JUN 30	MAY 4-JUN 30	MAY 12-JUN 30
<b>BASEBALL</b>	<b>T-BALL</b> at TRAPPERS	AGES 4-5	4:30-5:30pm #4690-1 5:30-6:30pm #4690-6	4:30-5:30pm #4690-2 5:30-6:30pm #4690-7	4:30-5:30pm #4690-3 5:30-6:30pm #4690-8	4:30-5:30pm #4690-4 5:30-6:30pm #4690-9	4:30-5:30pm #4690-5 5:30-6:30pm #4690-10	GAMES begin MAY 12 GAMES begin MAY 12
		AGES 6-7	4:30-5:30pm #4691-1 5:30-6:30pm #4691-6	4:30-5:30pm #4691-2 5:30-6:30pm #4691-7	4:30-5:30pm #4691-3 5:30-6:30pm #4691-8	4:30-5:30pm #4691-4 5:30-6:30pm #4691-9	4:30-5:30pm #4691-5 5:30-6:30pm #4691-10	GAMES begin MAY 12 GAMES begin MAY 12
	<b>COACH/PITCH</b> Jason Jennings at SAC	AGES 8-10	4:30-5:30pm #4692-1 5:30-6:30pm #4692-6	4:30-5:30pm #4692-2	4:30-5:30pm #4692-3	4:30-5:30pm #4692-4	4:30-5:30pm #4692-5	GAMES begin MAY 12 GAMES begin MAY 12

SESSION DATES »			MON	TUE	WED	THU	FRI	SAT
SESSION DATES »			JAN 2-FEB 25	JAN 3-FEB 25	JAN 4-FEB 25	JAN 5-FEB 25	JAN 6-FEB 25	JAN 14-FEB 25
<b>BASKETBALL</b> Various Locations	<b>INSTRUCTIONAL LEAGUE</b> Location: RIDGE/LG	AGES 4-5	4:30-5:30pm #4655-1 5:30-6:30pm #4655-6	4:30-5:30pm #4655-2 5:30-6:30pm #4655-7	4:30-5:30pm #4655-3 5:30-6:30pm #4655-8	4:30-5:30pm #4655-4 5:30-6:30pm #4655-9	4:30-5:30pm #4655-5 5:30-6:30pm #4655-10	GAMES begin JAN 14 GAMES begin JAN 14
		AGES 6-7	4:30-5:30pm #4656-1 5:30-6:30pm #4656-6	4:30-5:30pm #4656-2 5:30-6:30pm #4656-7 4:30-5:30pm #4656-12 (RIDGE*)	4:30-5:30pm #4656-3 5:30-6:30pm #4656-8	4:30-5:30pm #4656-4 5:30-6:30pm #4656-9 4:30-5:30pm #4656-11 (RIDGE*)	4:30-5:30pm #4656-5 4:30-5:30pm #4656-10	GAMES begin JAN 14 GAMES begin JAN 14 GAMES begin JAN 14
	<b>INSTRUCTIONAL LEAGUE</b> Location: RIDGE/AH**	AGES 8-9	4:30-5:30pm #4657-1 5:30-6:30pm #4657-6	4:30-5:30pm #4657-2 5:30-6:30pm #4657-7 (AH**)	4:30-5:30pm #4657-3 5:30-6:30pm #4657-8	4:30-5:30pm #4657-4 5:30-6:30pm #4657-9 (AH**)	4:30-5:30pm #4657-5 5:30-6:30pm #4657-10	GAMES begin JAN 14 GAMES begin JAN 14
			AGES 10-12	4:30-5:30pm #4658-1 5:30-6:30pm #4658-6	4:30-5:30pm #4658-2	4:30-5:30pm #4658-3	4:30-5:30pm #4658-4	4:30-5:30pm #4658-5

SESSION DATES »			MON	TUE	WED	THU	FRI	SAT
SESSION DATES »			MAR 5-APR 28	MAR 6-APR 28	MAR 7-APR 28	MAR 8-APR 28	MAR 9-APR 28	MAR 17-APR 28
<b>FLAG FOOTBALL</b> Easton Regional Park	<b>PEE-WEE</b>	AGES 4-5	4:30-5:30pm #4703-1 5:00-6:00pm #4703-6	4:30-5:30pm #4703-2 5:00-6:00pm #4703-7	4:30-5:30pm #4703-3 5:00-6:00pm #4703-8	4:30-5:30pm #4703-4 5:00-6:00pm #4703-9	4:30-5:30pm #4703-5 5:00-6:00pm #4703-10	GAMES begin MAR 17 GAMES begin MAR 17
		AGES 6-7	5:00-6:00pm #4704-1 5:30-6:30pm #4704-6	5:00-6:00pm #4704-2 5:30-6:30pm #4704-7	5:00-6:00pm #4704-3 5:30-6:30pm #4704-8	5:00-6:00pm #4704-4 5:30-6:30pm #4704-9	5:00-6:00pm #4704-5 5:30-6:30pm #4704-10	GAMES begin MAR 17 GAMES begin MAR 17
		AGES 8-9	5:00-6:00pm #4705-1 5:30-6:30pm #4705-6	5:00-6:00pm #4705-2 5:30-6:30pm #4705-7	5:00-6:00pm #4705-3 5:30-6:30pm #4705-8	5:00-6:00pm #4705-4 5:30-6:30pm #4705-9	5:00-6:00pm #4705-5 5:30-6:30pm #4705-10	GAMES begin MAR 17 GAMES begin MAR 17
	<b>JUNIOR FLAG</b>	AGES 10-12	5:30-6:30pm #4707-1	5:30-6:30pm #4707-2	5:30-6:30pm #4707-3	5:30-6:30pm #4707-4		GAMES begin MAR 17

SESSION DATES »			MON	TUE	WED	THU	FRI	SAT
SESSION DATES »			APR 30-JUN 30	MAY 1-JUN 30	MAY 2-JUN 30	MAY 3-JUN 30	MAY 4-JUN 30	MAY 12-JUN 30
<b>SOCCER</b> Easton Regional Park	<b>INSTRUCTIONAL LEAGUES</b>	AGES 4-5	4:30-5:30pm #4700-1 5:00-6:00pm #4700-6	4:30-5:30pm #4700-2 5:00-6:00pm #4700-7	4:30-5:30pm #4700-3 5:00-6:00pm #4700-8	4:30-5:30pm #4700-4 5:00-6:00pm #4700-9	4:30-5:30pm #4700-5 5:00-6:00pm #4700-10	GAMES begin MAY 12 GAMES begin MAY 12
		AGES 6-7	4:30-5:30pm #4701-1 5:30-6:30pm #4701-6	4:30-5:30pm #4701-2 5:30-6:30pm #4701-7	4:30-5:30pm #4701-3 5:30-6:30pm #4701-8	4:30-5:30pm #4701-4 5:30-6:30pm #4701-9	4:30-5:30pm #4701-5 5:30-6:30pm #4701-10	GAMES begin MAY 12 GAMES begin MAY 12
	<b>AGES 12-13****</b> PRACTICE AT WEAVER HOLLOW	AGES 8-9	5:00-6:00pm #4702-1 5:30-6:30pm #4702-6	5:00-6:00pm #4702-2 5:30-6:30pm #4702-7	5:00-6:00pm #4702-3 5:30-6:30pm #4702-8	5:00-6:00pm #4702-4 5:30-6:30pm #4702-9	5:00-6:00pm #4702-5 5:30-6:30pm #4702-10	GAMES begin MAY 12 GAMES begin MAY 12
			AGES 10-11	5:00-6:00pm #4706-1 5:30-6:30pm #4706-6	5:30-6:30pm #4706-2	5:30-6:30pm #4706-3	5:30-6:30pm #4706-4	5:30-6:30pm #4706-5
	<b>AGES 12-13***</b>	AGES 12-13***	5:30-6:30pm #4708-1	5:30-6:30pm #4708-2	5:30-6:30pm #4708-3	5:30-6:30pm #4708-4		GAMES begin MAY 12

# WINTER/SPRING 2012



## SPORTS Youth Sports Individual

NOTE: YOU MUST REGISTER FOR THE CLASSES BELOW ([WWW.IFOOTHILLS.ORG](http://WWW.IFOOTHILLS.ORG))

<b>BASKETBALL</b>		<b>SESS #1: JAN 14 - FEB 25</b>						
	LOC	AGE	MON	TUE	WED	THU	FRI	SAT
LITTLE HOOPSTERS	LG	3-4						TIMES VARY 8:00-NOON #4650
<b>SOCCER</b>		<b>SESS #1: MAY 12 – JUN 30</b>						
	LOC	AGE	MON	TUE	WED	THU	FRI	SAT
LITTLE KICKERS	EASTON	3-4						TIMES VARY 8:00-NOON #4695
<b>CARA TRACK</b>		<b>SESS #1: JUN 4 – JUL 28 (No class JUL 4)</b>						
	LOC	AGE	MON	TUE	WED	THU	FRI	SAT
CARA TRACK 3 x/wk	TBA	5-17	8:00-9:30am #5630		8:00-9:30am #5630	8:00-9:30am #5630		
<b>CARA VOLLEYBALL</b>		<b>SESS #1 &amp; #2: MAR 19 – MAY 19 • SESS #3 &amp; #4: MAR 20 – MAY 19</b>						
	LOC	AGE	MON	TUE	WED	THU	FRI	SAT
CARA VOLLEYBALL 2 x/wk	LG	4th-5th Grade	4:30-5:30 #4590-1		4:30-5:30 #4590-1			
			5:30-6:30 #4590-2		5:30-6:30 #4590-2			
				4:30-5:30 #4590-3		4:30-5:30 #4590-3		
				5:30-6:30 #4590-4		5:30-6:30 #4590-4		
CARA VOLLEYBALL 2 x/wk	RIDGE	6th-8th Grade	4:30-5:30 #4591-1		4:30-5:30 #4591-1			
			5:30-6:30 #4591-2		5:30-6:30 #4591-2			
				4:30-5:30 #4591-3		4:30-5:30 #4591-3		
				5:30-6:30 #4591-4		5:30-6:30 #4591-4		
CARA VB CLINIC FEB 27 – MAR 14 (2 x/wk)	RIDGE	4th-5th Grade	5:00-6:30pm #4600		5:00-6:30pm #4600			
CARA VB CLINIC FEB 28 – MAR 15 (2 x/wk)		6th-8th Grade		5:00-6:30pm #4601		5:00-6:30pm #4601		

## SPORTS Youth/Adult Individual Schedules

NOTE: YOU MUST REGISTER FOR THE CLASSES BELOW ([WWW.IFOOTHILLS.ORG](http://WWW.IFOOTHILLS.ORG))

INFORMATION: 303-409-2613

<b>FENCING</b>		<b>SESS #1: JAN 5 – FEB 9</b>		<b>SESS #2: FEB 16 – MAR 22</b>		<b>SESS #3: APR 12 – MAY 17</b>	
	LOC	AGE	MON	TUE	WED	THU	FRI
YOUTH FENCING	RIDGE	8-14	\$99 D: \$90			7:00-7:45pm #4968	
ADULT FENCING	RIDGE	15 & up				8:00-9:00pm #4969	
<b>RACQUETBALL</b>		<b>SESS #1: JAN 9 – FEB 13</b>				<b>SESS #2: FEB 27 – APR 9</b>	
	LOC	AGE	MON	TUE	WED	THU	FRI
YOUTH RACQUETBALL	RIDGE	10-15	\$55 D: \$41	7:00-8:00pm #4928			
ADULT RACQUETBALL	RIDGE	16 & up		8:00-9:00pm #4929			

# WINTER/SPRING 2012



## SPORTS MIDDLE SCHOOL SPORTS PROGRAM SCHEDULES

NOTE: YOU MUST REGISTER FOR THESE CLASSES ([WWW.IFOOTHILLS.ORG](http://WWW.IFOOTHILLS.ORG))

INFORMATION: 303-409-2613 / CHEERLEADING INFORMATION: 303-409-2506

DEER CREEK MIDDLE SCHOOL				MON	TUE	WED	THU	
SESSION DATES »		FEE	GRADE	JAN 16 – MAR 14	JAN 17 – MAR 15	JAN 18 – MAR 14	JAN 19 – MAR 15	
DEER CREEK MIDDLE SCHOOL	GIRLS BASKETBALL	\$99	7 & 8	3:15-4:45pm #4670		3:15-4:45pm #4670		
	BOYS BASKETBALL	\$99	7 & 8		3:15-4:45pm #4671		3:15-4:45pm #4671	
	CHEERLEADING FOR BASKETBALL*	\$69	7 & 8		3:15-4:45pm #4605		3:15-4:45pm #4605	
	SESSION DATES »		FEE	GRADE	MAR 19 – MAY 16	MAR 20 – MAY 17	MAR 21 – MAY 16	MAR 22 – MAY 17
	COED SOCCER	\$99	7 & 8	3:15-4:45pm #4680		3:15-4:45pm #4680		
	COED TRACK & FIELD	\$99	7 & 8		3:15-4:45pm #4681		3:15-4:45pm #4681	

FALCON BLUFFS MIDDLE SCHOOL				MON	TUE	WED	THU	
SESSION DATES »		FEE	GRADE	JAN 16 – MAR 14	JAN 17 – MAR 15	JAN 18 – MAR 14	JAN 19 – MAR 15	
FALCON BLUFFS MIDDLE SCHOOL	GIRLS BASKETBALL	\$99	6 – 8	3:00-4:30pm #4676		3:00-4:30pm #4676		
	BOYS BASKETBALL	\$99	6 – 8		3:00-4:30pm #4677		3:00-4:30pm #4677	
	CHEERLEADING FOR BASKETBALL*	\$69	6 – 8		3:00-4:30pm #4606		3:00-4:30pm #4606	
	SESSION DATES »		FEE	GRADE	MAR 19 – MAY 16	MAR 20 – MAY 17	MAR 21 – MAY 16	MAR 22 – MAY 17
	COED SOCCER	\$99	6 – 8	3:00-4:30pm #4687		3:00-4:30pm #4687		
	COED TRACK & FIELD	\$99	6 – 8		3:00-4:30pm #4686		3:00-4:30pm #4686	

KEN CARYL MIDDLE SCHOOL				MON	TUE	WED	THU	
SESSION DATES »		FEE	GRADE	JAN 16 – MAR 14	JAN 17 – MAR 15	JAN 18 – MAR 14	JAN 19 – MAR 15	
KEN CARYL MIDDLE SCHOOL	GIRLS BASKETBALL	\$99	7 & 8	2:30-4:00pm #4672		2:30-4:00pm #4672		
	BOYS BASKETBALL	\$99	7 & 8		2:30-4:00pm #4673		2:30-4:00pm #4673	
	CHEERLEADING FOR BASKETBALL*	\$69	7 & 8		2:30-4:00pm #4607		2:30-4:00pm #4607	
	SESSION DATES »		FEE	GRADE	MAR 19 – MAY 16	MAR 20 – MAY 17	MAR 21 – MAY 16	MAR 22 – MAY 17
	COED SOCCER	\$99	7 & 8	2:30-4:00pm #4682		2:30-4:00pm #4682		
	COED TRACK & FIELD	\$99	7 & 8		2:30-4:00pm #4683		2:30-4:00pm #4683	

SUMMIT RIDGE MIDDLE SCHOOL				MON	TUE	WED	THU	
SESSION DATES »		FEE	GRADE	JAN 16 – MAR 14	JAN 17 – MAR 15	JAN 18 – MAR 14	JAN 19 – MAR 15	
SUMMIT RIDGE MIDDLE SCHOOL	GIRLS BASKETBALL	\$99	7 & 8	2:45-4:15pm #4674		2:45-4:15pm #4674		
	BOYS BASKETBALL	\$99	7 & 8		2:45-4:15pm #4675		2:45-4:15pm #4675	
	CHEERLEADING FOR BASKETBALL*	\$69	7 & 8		2:45-4:15pm #4608		2:45-4:15pm #4608	
	SESSION DATES »		FEE	GRADE	MAR 19 – MAY 16	MAR 20 – MAY 17	MAR 21 – MAY 16	MAR 22 – MAY 17
	COED SOCCER	\$99	7 & 8	2:45-4:15pm #4684		2:45-4:15pm #4684		
	COED TRACK & FIELD	\$99	7 & 8		2:45-4:15pm #4685		2:45-4:15pm #4685	

\*MSSP CHEERLEADING FOR BASKETBALL (Cheerleading Information: 303-409-2506)

- 1st 2 weeks of Practice: TUE/THU
- Beginning 3rd week: Practice & Games according to MSSP Game Schedule (Practice will be 2 days/wk MON – THU)