

WINTER/SPRING 2012

AQUATICS SCHEDULES

- RIDGE RECREATION CENTER (303-409-2333)



SCHEDULES & FEES ARE SUBJECT TO CHANGE. ALL AREAS OF THE POOL NOT AVAILABLE FOR EACH ACTIVITY.

| RIDGE ACTIVITY Pool • 86°- 87° • JAN 2 – MAY 25, 2012 | | | | | | | |
|--|----------------|--|--|--|--|---------------------------------|--------------|
| ACTIVITY | SUN | MON | TUE | WED | THU | FRI | SAT |
| OPEN SWIM | 10:00am-5:30pm | 10:30am-9:00pm ¹ | 10:30am-9:00pm ¹ | 10:30am-9:00pm ¹ | 10:30am-9:00pm ¹ | 10:30am-9:00pm | Noon-5:30pm |
| WATER WALKING | | 7:00-10:30am Current Channel | 7:00-10:30am Current Channel | 7:00-10:30am Current Channel | 7:00-10:30am Current Channel | 7:00-10:30am Current Channel | |
| SWIM LESSONS | 9:00-10:00am | 9:00-10:00am 4:30-6:30pm ¹ | 9:00-10:00am 4:30-6:30pm ¹ | 9:00-10:00am 4:30-6:30pm ¹ | 9:00-10:00am 4:30-6:30pm ¹ | | 9:00am-Noon |
| INFANT SWIM RESOURCE | | 6:00-10:30am | 6:00-10:30am | 6:00-10:30am | 6:00-10:30am | 6:00-10:30am | |
| RENTALS | 5:30pm-CLOSE | | | | | | 5:30pm-CLOSE |

¹ Water features will be turned off 4:30-6:30pm Mondays through Thursdays during lessons.

| RIDGE LAP Pool • 81°- 83° • JAN 2 – MAY 25, 2012 | | | | | | | |
|--|----------------|--|--|--|--|---------------------------------|---------------|
| ACTIVITY | SUN | MON | TUE | WED | THU | FRI | SAT |
| ADULT LAP SWIM (Ages 18 & up) | Noon-5:30pm | 5:30am-3:00pm 7:00-9:00pm | 5:30am-3:00pm 7:00-8:00pm | 5:30am-3:00pm 7:00-9:00pm | 5:30am-3:00pm 7:00-8:00pm | 5:30am-3:00pm 7:00-9:00pm | 9:00am-5:30pm |
| OPEN* SWIM | 1:00-5:30pm* | 11:30am-3:00pm* 8:00-9:00pm* | 10:30am-3:00pm* 7:30-9:00pm* | 11:30am-3:00pm* 8:00-9:00pm* | 10:30am-3:00pm* 7:30-9:00pm* | 10:30am-3:00pm* 4:30-9:00pm* | 1:00-5:30pm* |
| *Diving Boards are available upon request and are subject to availability. | | | | | | | |
| WATER WALKING | | | 10:30am-12:30pm | | 10:30am-12:30pm | 10:30am-12:30pm | |
| FITNESS | | 8:35-9:30am Splash Aerobics | 8:35-9:30am Splash Aerobics 7:05-8:00pm Splash Aerobics | 8:35-9:30am Splash Aerobics | 8:35-9:30am Splash Aerobics 7:05-8:00pm Splash Aerobics | | |
| MASTERS | 9:00-11:00am | 5:30-7:00am | 5:30-7:00am | 5:30-7:00am | 5:30-7:00am | 5:30-7:00am | 7:30-9:00am |
| SWIM LESSONS | | 4:30-6:40pm | 4:30-6:40pm | 4:30-6:40pm | 4:30-6:40pm | | 9:00am-Noon |
| FOOTHILLS SWIM TEAM | | 4:30-7:00pm | 4:30-7:00pm | 4:30-7:00pm | 4:30-7:00pm | 4:30-7:00pm | |
| HIGH SCHOOL (JAN – MAY) | | 3:00-4:30pm 8:30-9:30pm Share w/Open Swim | 3:00-4:30pm 8:00-9:30pm Share w/Open Swim | 3:00-4:30pm | 3:00-4:30pm 8:00-9:30pm Share w/Open Swim | 3:00-4:30pm | |
| DIVE TEAMS | | Mile High 6:40-8:00pm 8:00-8:30pm Share w/Open Swim | | Mile High 6:40-8:00pm 8:00-8:30pm Share w/Open Swim | | | |
| SCUBA | 9:00am-1:00pm | | | | | | 8:30am-1:00pm |
| CARA SWIM TEAM | | 4:30-5:30pm | 5:30-6:30pm 6:30-7:30pm | 4:30-5:30pm | 5:30-6:30pm 6:30-7:30pm | | |
| ELITE TRI/ KIDS THAT TRI | 11:00am-1:00pm | 10:00-11:30am | | 10:00-11:30am | | | |

| RIDGE THERAPY Pool • 90°- 91° • JAN 2 – MAY 25, 2012 | | | | | | | |
|--|----------------|--|---|--|---|---|------------------------------|
| (NOTE: THERAPY POOL USE IS DESIGNED ONLY FOR THOSE WITH THERAPUTIC NEEDS & SCHEDULED CLASSES.) | | | | | | | |
| ACTIVITY | SUN | MON | TUE | WED | THU | FRI | SAT |
| OPEN THERAPY/ WATER WALKING | 11:00am-5:30pm | 8:00-10:30am 11:30am-1:00pm 2:00-5:15pm 5:45-9:00pm | 8:00-10:00am 11:00am-5:15pm 5:45-9:00pm | 8:00-10:30am 11:30am-1:00pm 2:00-5:15pm 7:00-9:00pm | 8:00-10:00am 11:00am-5:15pm 5:45-9:00pm | 8:00-10:00am 11:00am-1:00pm 2:00-9:00pm | 11:00am-5:30pm |
| ARTHRITIS AQUATICS | | | | | | 10:00-11:00am | |
| SWIM LESSONS | | 5:15-5:45pm | 5:15-5:45pm | 5:15-5:45pm | 5:15-5:45pm | | 9:00-9:30am 10:30-11:00am |
| ADAPTIVE SWIM | | | | | | | 9:30-10:30am |
| POOLATES | | | 10:00-11:00am | 10:30-11:30am 6:00-7:00pm | 10:00-11:00am | | |
| MOVING FOR LIFE | | 1:00-2:00pm | | 1:00-2:00pm | | 1:00-2:00pm | |
| RENTAL | | 10:30-11:30am | | | | | |

WINTER/SPRING 2012



AQUATICS SCHEDULES

- LILLEY GULCH RECREATION CENTER (303-409-2333)

SCHEDULES & FEES ARE SUBJECT TO CHANGE. ALL AREAS OF THE POOL NOT AVAILABLE FOR EACH ACTIVITY.

| LILLEY GULCH Pool • 84°- 86° • JAN 2 – JUN 1, 2012 | | | | | | | |
|---|--------------|--|--|--|--|---|-------------|
| ACTIVITY | SUN | MON | TUE | WED | THU | FRI | SAT |
| ADULT LAP SWIM (Ages 18 & up) | Noon-1:00pm | 6:00-8:30am ¹ 10:30am-1:00pm ² 6:00-7:00pm 3 lanes | 11:30am-1:00pm ² 4:00-5:30pm 3 lanes 7:30-8:00pm 6 lanes 8:00-8:30pm 3 lanes | 6:00-8:30am ¹ 10:30am-1:00pm ² 6:00-7:00pm 3 lanes | 11:30am-1:00pm ² 4:00-5:30pm 3 lanes 7:30-8:00pm 6 lanes 8:00-8:30pm 3 lanes | 6:00-8:30am ¹ 10:30am-1:00pm ² 6:30-8:00pm 3 lanes | Noon-1:00pm |
| OPEN SWIM | 1:00-3:00pm | | | | | 6:30-8:00pm 3 lanes | 1:00-3:00pm |
| PARENT/CHILD OPEN SWIM (2½ ft water ONLY) | | 11:30am-1:00pm ² | 11:30am-1:00pm ² | 11:30am-1:00pm ² | 11:30am-1:00pm ² | 11:30am-1:00pm ² | |
| WATER WALKING | 10:30am-Noon | | | | | | |
| SWIM LESSONS | | 4:00-6:00pm 3 lanes | | 4:00-6:00pm 3 lanes | | | 9:00am-Noon |
| FOOTHILLS SWIM TEAM | | | 4:30-5:30pm 3 lanes 5:30-6:30pm 6 lanes | | 4:30-5:30pm 3 lanes 5:30-6:30pm 6 lanes | 4:30-6:30pm 6 lanes | |
| CARA SWIM TEAM | | 5:00-6:00pm 3 lanes | 6:30-7:30pm 6 lanes | 5:00-6:00pm 3 lanes | 6:30-7:30pm 6 lanes | | |
| HIGH SCHOOL (JAN-MAY) | | 5:30-6:00am 6 lanes 6:00-7:00am 3 lanes 3:00-4:00pm 6 lanes 4:00-5:00pm 3 lanes 7:00-9:30pm 6 lanes | 5:30-7:00am 6 lanes 3:00-4:00pm 6 lanes 4:00-4:30pm 3 lanes 8:00-8:30pm 3 lanes 8:30-9:30pm 6 lanes | 5:30-6:00am 6 lanes 6:00-7:00am 3 lanes 3:00-4:00pm 6 lanes 4:00-5:00pm 3 lanes 7:00-9:30pm 6 lanes | 5:30-7:00am 6 lanes 3:00-4:00pm 6 lanes 4:00-4:30pm 3 lanes 8:00-8:30pm 3 lanes 8:30-9:30pm 6 lanes | 5:30-6:00am 6 lanes 6:00-7:00am 3 lanes 3:00-4:30pm 6 lanes | |
| FITNESS | | 8:35-9:30am Splash Aerobics 1:05-2:00pm Deep Water | 1:05-2:00pm Arthritis Aquatics | 8:35-9:30am Splash Aerobics 1:05-2:00pm Deep Water | | 8:35-9:30am Splash Aerobics 1:05-2:00pm Deep Water | |
| FLIP N DIP | | 2:00-2:30pm | | 2:00-2:30pm | | | Noon-1:00pm |
| MILE HIGH DIVE | | 6:15-7:00pm Diving Board | | 6:15-7:00pm Diving Board | | | |
| CLOSED | | 9:30-10:30am 2:30-3:00pm | 6:00-11:30am 2:00-3:00pm | 9:30-10:30am 2:30-3:00pm | 6:00-11:30am 1:00-3:00pm | 9:30-10:30am 2:00-3:00pm | |

¹ Three lanes available 6:00-7:00am (FEB – MAY)

² 2½ ft. section available to parents with children ages five and under. **Parents MUST accompany child into the water.**

WINTER/SPRING 2012

AQUATICS LESSONS - RIDGE RECREATION CENTER (303-409-2333)



YOU MUST REGISTER FOR THESE CLASSES. SCHEDULES & FEES ARE SUBJECT TO CHANGE.

| RIDGE POOL LESSON PROGRAM | | | | | | | | |
|--|---|----------------------------|--|----------------------------|--|--------------------------------|--|----------------------|
| These classes are progressive. Swimmers must show competency in skills before advancing to the next level. | MON/WED SESS# 1: JAN 9 – FEB 8 2: FEB 13 – MAR 14 3: APR 2 – MAY 2 Fee: \$60 (District Rate: \$48) 5 weeks - 10 lessons | | TUE/THU SESS# 4: JAN 10 – FEB 9 5: FEB 14 – MAR 15 6: APR 3 – MAY 3 Fee: \$60 (District Rate: \$48) 5 weeks - 10 lessons | | SAT SESS# 7: JAN 14 – FEB 11 8: FEB 18 – MAR 17 9: APR 7 – MAY 5 Fee: \$30 (District Rate: \$24) 5 weeks - 5 lessons | | SUN SESS# 7: JAN 15 – FEB 12 8: FEB 19 – MAR 18 9: APR 15 – MAY 13 Fee: \$30 (District Rate: \$24) 5 weeks - 5 lessons | |
| ACTIVITY | ACT# | TIME | ACT# | TIME | ACT# | TIME | ACT# | TIME |
| MOMMY, DADDY & ME (Ages 6 months-3 years) | 3200 | 5:15-5:45pm | 3220 | 5:15-5:45pm | 3240 3241 | 9:00-9:30am 10:30-11:00am | | |
| LEVEL I | TINY TUNAS (Age 3 ONLY) | 3201 3202 3203 | 9:30-10:00am 4:30-5:00pm 5:15-5:45pm | 3221 3222 | 9:30-10:00am 5:15-5:45pm | 3242 3243 | 9:45-10:15am 11:15-11:45am | 3278 9:00-9:30am |
| | GOLDFISH (Ages 3-5) | 3204 3205 3206 | 9:00-9:30am 4:30-5:00pm 6:00-6:30pm | 3223 3224 3225 | 9:00-9:30am 5:15-5:45pm 6:00-6:30pm | 3244 3245 3246 | 9:45-10:15am 10:30-11:00am 11:15-11:45am | 3279 9:00-9:30am |
| | SEALS (Ages 6 & up) | 3207 | 4:30-5:10pm | | | 3247 | 9:45-10:25am | |
| LEVEL II | ANGELFISH (Ages 4-5) | 3208 3209 3277 | 9:00-9:30am 5:15-5:45pm 6:00-6:30pm | 3226 3227 3228 | 9:00-9:30am 5:15-5:45pm 6:00-6:30pm | 3248 3249 | 9:00-9:30am 10:30-11:00am | 3280 9:30-10:00am |
| | WHALES (Ages 6 & up) | 3210 | 4:30-5:10pm | 3229 3230 | 4:30-5:10pm 6:00-6:40pm | 3250 3251 | 9:00-9:40am 10:30-11:10am | |
| LEVEL III | STARFISH (Ages 4-5) | 3211 3212 | 9:30-10:00am 5:15-5:45pm | 3231 3238 | 9:30-10:00am 6:00-6:30pm | 3252 3261 | 9:00-9:30am 11:15-11:45am | 3281 9:30-10:00am |
| | DOLPHINS (Ages 6 & up) | 3213 | 5:15-5:55pm | 3233 3234 | 4:30-5:10pm 5:15-5:55pm | 3253 3254 3255 | 9:00-9:40am 9:45-10:25am 11:15-11:55am | |
| LEVEL IV - INTERMEDIATE SWIMMER (passed Level III – Dolphins) | 3214 3215 | 4:30-5:10pm 6:00-6:40pm | 3235 3236 | 4:30-5:10pm 6:00-6:40pm | 3256 3257 | 9:45-10:25am 10:30-11:10am | | |
| Level V - ADVANCED SWIMMER (passed Level IV) | 3216 | 6:00-6:40pm | 3237 | 4:30-5:10pm | 3258 3259 | 10:30-11:10am 11:15-11:55am | | |
| LEVEL VI - COMPETITIVE SWIMMER (passed Level V) | 3219 | 6:00-6:40pm | 3239 | 4:30-5:10pm | 3260 | 11:15-11:55am | | |
| ADULT/TEEN BEGINNING SWIMMER (Ages 13 & up) | | | | | 3262 | 9:45-10:25am | | |
| ADULT/TEEN SWIMMING REFINEMENT (Ages 13 & up) | | | | | 3263 | 9:00-9:40am | | |

• LESSON FEES DO NOT INCLUDE OPEN SWIM FEES •

WINTER/SPRING 2012



AQUATICS LESSONS - LILLEY GULCH

RECREATION CENTER (303-409-2500)

You MUST REGISTER FOR THESE CLASSES. SCHEDULES & FEES ARE SUBJECT TO CHANGE.

| LILLEY GULCH POOL LESSON PROGRAM | | | | |
|---|--|----------------------------|---|--------------------------------|
| <p>These classes are progressive. Swimmers must show competency in skills before advancing to the next level.</p> | MONDAY/WEDNESDAY | | SATURDAY | |
| | <p>SESS# 1: JAN 9 – FEB 8 2: FEB 13 – MAR 14 3: APR 2 – MAY 2 Fee: \$60 (District Rate: \$48) 5 weeks - 10 lessons</p> | | <p>SESS# 7: JAN 14 – FEB 11 8: FEB 18 – MAR 17 9: APR 7 – MAY 5 Fee: \$30 (District Rate: \$24) 5 weeks - 5 lessons</p> | |
| ACTIVITY | ACT# | TIME | ACT# | TIME |
| MOMMY, DADDY & ME (Ages 6 months-3 years) | 4103 | 5:30-6:00pm | 4129 4130 | 9:45-10:15am 10:30-11:00am |
| LEVEL I TINY TUNAS (Age 3 only) | 4102 | 4:45-5:15pm | 4131 4132 | 9:00-9:30am 9:45-10:15am |
| | 4105 4106 | 4:00-4:30pm 5:30-6:00pm | 4133 4134 | 10:30-11:00am 11:15-11:45am |
| SEALS (Ages 6 & up) | | | 4135 | 9:00-9:40am |
| LEVEL II ANGELFISH (Ages 4-5) | 4108 | 5:30-6:00pm | 4136 4137 | 9:45-10:15am 11:15-11:45am |
| | 4109 | 4:00-4:40pm | 4138 4139 | 9:45-10:25am 10:30-11:10am |
| LEVEL III STARFISH (Ages 4-5) | 4111 | 5:30-6:00pm | 4140 | 10:30-11:00am |
| | 4112 4113 | 4:00-4:40pm 4:45-5:25pm | 4141 | 9:00-9:40am |
| LEVEL IV - INTERMEDIATE SWIMMER (passed Level III - DOLPHINS) | 4114 | 4:00-4:40pm | 4142 | 9:00-9:40am |
| Level V - ADVANCED SWIMMER (passed Level IV) | 4115 | 4:45-5:25pm | 4143 | 11:15-11:55am |
| LEVEL VI - COMPETITIVE SWIMMER (passed Level V) | 4149 | 4:45-5:25pm | 4151 | 11:15-11:55am |

• LESSON FEES DO NOT INCLUDE OPEN SWIM FEES •

WINTER/SPRING 2012



AQUATICS

– **COMPETITIVE/TRAINING/SPECIALIZED CLASSES (YOU MUST REGISTER FOR THESE CLASSES)**

– **CARA TEAM PRACTICE SCHEDULES**

SCHEDULES & FEES ARE SUBJECT TO CHANGE.

AQUATICS – COMPETITIVE / TRAINING / SPECIALIZED CLASSES SCHEDULES

• **ADAPTIVE SWIM – FEE: \$30 (DISTRICT RATE: \$24)**

303-409-2333 • Ridge Recreation Center
3272-1 APR 7 – MAY 5 SAT 9:30 – 10:15 a.m.

• **LIFEGUARD TRAINING – FEE: \$235 (DISTRICT RATE: \$185)**

303-409-2333 • Ridge Recreation Center
3265-1 JAN 21 – FEB 18 SAT 9 a.m. – 5 p.m.
3265-2 MAR 26 – 30 MON – FRI 9 a.m. – 5 p.m.
3265-3 APR 7 – MAY 5 SAT 9 a.m. – 5 p.m.

• **LIFEGUARD TRAINING INSTRUCTOR – FEE: \$235 (DISTRICT RATE: \$185)**

303-409-2333 • Ridge Recreation Center
3266-1 JAN 7 – 17 SAT and TUE/THU 10 a.m. – 5 p.m.
5 – 7:30 p.m.

• **SWIM INSTRUCTION & ENDURANCE TRAINING – FOR ADULTS & TRIATHLETES**

– FEE: \$75 (DISTRICT RATE: \$60) 4-WK CLASS 720-373-7694 • Ridge Recreation Center
3273-1 APR 15 – MAY 6 SUN 10:45 a.m. – Noon

• **FLIP N DIP (AGES 3 – 4) – FEE: \$60 (DISTRICT RATE: \$48)**

303-409-2506 • Lilley Gulch Recreation Center
(See Page 35 in current Fall 2011 – Winter/Spring 2012 District Catalog for details)

| | | | |
|--------|-----------------|-----|--|
| 2130-1 | JAN 9 – FEB 6 | MON | 1:30 – 2:30 p.m. (pool 2 – 2:30 p.m.) |
| 2130-2 | FEB 13 – MAR 12 | MON | 1:30 – 2:30 p.m. (pool 2 – 2:30 p.m.) |
| 2130-3 | APR 2 – 30 | MON | 1:30 – 2:30 p.m. (pool 2 – 2:30 p.m.) |
| 2132-1 | JAN 11 – FEB 8 | WED | 1:30 – 2:30 p.m. (pool 2 – 2:30 p.m.) |
| 2132-2 | FEB 15 – MAR 14 | WED | 1:30 – 2:30 p.m. (pool 2 – 2:30 p.m.) |
| 2132-3 | APR 4 – MAY 2 | WED | 1:30 – 2:30 p.m. (pool 2 – 2:30 p.m.) |
| 2131-7 | JAN 14 – FEB 11 | SAT | 11:30 a.m. – 12:30 p.m. (pool 12 – 12:30 p.m.) |
| 2131-8 | FEB 18 – MAR 17 | SAT | 11:30 a.m. – 12:30 p.m. (pool 12 – 12:30 p.m.) |
| 2131-9 | APR 7 – MAY 5 | SAT | 11:30 a.m. – 12:30 p.m. (pool 12 – 12:30 p.m.) |

• **FLIP N DIP II (AGES 5 – 6) – FEE: \$60 (DISTRICT RATE: \$48)**

303-409-2506 • Lilley Gulch Recreation Center
(See Page 34 in Fall 2011 – Winter/Spring 2012 District Catalog for details)

| | | | |
|--------|-----------------|-----|-------------------------------------|
| 2133-7 | JAN 14 – FEB 11 | SAT | Noon – 1 p.m. (pool 12:30 – 1 p.m.) |
| 2133-8 | FEB 18 – MAR 17 | SAT | Noon – 1 p.m. (pool 12:30 – 1 p.m.) |
| 2133-9 | APR 7 – MAY 5 | SAT | Noon – 1 p.m. (pool 12:30 – 1 p.m.) |

AQUATICS – CARA TEAM PRACTICE SCHEDULES

PRACTICES ARE HELD AT THE FOLLOWING LOCATIONS:

• **LILLEY GULCH POOL**

303-409-2500 • 6147 S. Holland Way (Kipling and Bowles) Littleton
4191-1 JAN 9 – MAY 2 MON/WED 5 – 6 p.m.
4190-1 JAN 10 – MAY 3 TUE/THU 6:30 – 7:30 p.m.

• **RIDGE RECREATION CENTER POOL**

303-409-2333 • 6613 S Ward Street (Ward Street & Simms) Littleton
3269-1 JAN 9 – MAY 2 MON/WED 4:30 – 5:30 p.m.
3271-1 JAN 10 – MAY 3 TUE/THU 5:30 – 6:30 p.m.
3268-1 JAN 10 – MAY 3 TUE/THU 6:30 – 7:30 p.m.

FEE: \$200 (District Rate: \$165) No practices MAR 26 – 30 (Spring Break)

WINTER/SPRING 2012

ARTS CLAY & VISUAL ARTS SCHEDULES



NOTE: YOU MUST REGISTER FOR THESE CLASSES.

INFORMATION: 303-409-2100 OR 303-409-2612

ALL CLAY & VISUAL ARTS CLASSES LISTED BELOW MEET AT VARIOUS LOCATIONS.

| | | MON | SESS #1: JAN 9 – FEB 13 | | SESS #2: FEB 27 – APR 9* | | SESS #3: APR 16 – MAY 21 | | | | | |
|---|-------------|---------|---------------------------------|-----------------------|--|-----------------------|---------------------------------|------------------------|---------------------------------|--|--------------------------------|--|
| | | TUE | SESS #1: JAN 10 – FEB 14 | | SESS #2: FEB 28 – APR 10* | | SESS #3: APR 17 – MAY 22 | | | | | |
| ADULT | | WED | SESS #1: JAN 11 – FEB 15 | | SESS #2: FEB 29 – APR 11* | | SESS #3: APR 18 – MAY 23 | | | | | |
| | | THU | SESS #1: JAN 12 – FEB 16 | | SESS #2: MAR 1 – APR 12* | | SESS #3: APR 19 – MAY 24 | | | | | |
| *No class MAR 26 – 31 | | SAT | SESS #1: JAN 14 – FEB 18 | | SESS #2: MAR 3 – APR 14* | | SESS #3: APR 21 – MAY 26 | | | | | |
| | | LOC | AGE | MON | WED | | FRI | SAT | | | | |
| Pottery – All Levels | RIDGE | 18+ | 9:00am-Noon #4214 | | 9:00am-Noon #4204 | 12:30-3:30pm #4202 | | 9:00am-Noon #4213 | | | | |
| | RIDGE | 18+ | 6:30-9:30pm #4203 | 6:00-9:00pm #4201 | 6:00-9:00pm #4215 | 6:30-9:30pm #4208 | | | | | | |
| TEEN | | FRI | SESS #1: JAN 13 – FEB 17 | | SESS #2: MAR 2 – APR 13 (No class MAR 30) | | SESS #3: APR 20 – MAY 25 | | | | | |
| | | LOC | AGE | MON | TUE | WED | THU | FRI | SAT | | | |
| Teen Pottery | RIDGE | 11-17 | | | | | | 4:30-6:30pm #4226 | | | | |
| FAMILY CLAY | | TUE | SESS #1: JAN 24 Class # 4217 | | SESS #2: FEB 28 Class # 4218 | | SESS #3: MAR 20 Class # 4219 | | SESS #4: APR 17 Class # 4220 | | SESS #5: MAY 1 Class # 4229 | |
| | | LOC | AGE | MON | TUE | WED | THU | FRI | SAT | | | |
| See www.foothills.org for descriptions (1 class each) | RIDGE | 3+ | | 4:30-6:00pm | | | | | | | | |
| YOUTH | | TUE | SESS #1: JAN 17 – FEB 7 | | SESS #2: FEB 28 – MAR 20 | | SESS #3: APR 10 – MAY 1 | | | | | |
| | | WED | SESS #1: JAN 18 – FEB 8 | | SESS #2: FEB 29 – MAR 21 | | SESS #3: APR 11 – MAY 2 | | | | | |
| | | FRI | SESS #1: JAN 20 – FEB 10 | | SESS #2: MAR 2 – 23 | | SESS #3: APR 13 – MAY 4 | | | | | |
| | | LOC | AGE | MON | TUE | WED | THU | FRI | SAT | | | |
| Clay Time Mommy & Me | RIDGE | 1-4 | | | | | | 9:15-9:45am #4229 | | | | |
| Clay Arts for Tots | RIDGE | 3-5 | | | | | | 10:00-10:45am #4230 | | | | |
| Clay Fun 101 | RIDGE | 5-7 | | | | 4:00-4:45pm #4225 | | | | | | |
| Home School Clay Time | RIDGE | 5-12 | | 11:00-Noon #4350 | | | | | | | | |
| Clay Creations | RIDGE | 8-12 | | | | 5:00-5:45pm #4227 | | | | | | |
| ADULT/TEEN | | TUE | SESS #1: JAN 17 – FEB 7 | | SESS #2: FEB 28 – MAR 20 | | SESS #3: APR 10 – MAY 1 | | | | | |
| | | SAT | SESS #1: JAN 21 – FEB 11 | | SESS #2: MAR 3 – 24 | | SESS #3: APR 14 – MAY 5 | | | | | |
| | | LOC | AGE | MON | TUE | WED | THU | FRI | SAT | | | |
| Drawing for Teens & Young Adults | SW PLAZA | 12 - 17 | | | | | | | 10:30-Noon #4205 | | | |
| Drawing for Adults | | 14 & up | | 6:00-8:00pm #4206 | | | | | | | | |
| Drawing & Painting in Multi-Media | | 14 & up | | | | | | | 1:00-3:00pm #4210 | | | |
| Painting w/Oils & Acrylics | | 16 & up | | 1:30-3:30pm #4207 | | | | | | | | |
| YOUTH | | TUE | SESS #1: JAN 17 – FEB 7 | | SESS #2: FEB 28 – MAR 20 | | SESS #3: APR 10 – MAY 1 | | | | | |
| | | SAT | SESS #1: JAN 21 – FEB 11 | | SESS #2: MAR 3 – 24 | | SESS #3: APR 14 – MAY 5 | | | | | |
| | | LOC | AGE | MON | TUE | WED | THU | FRI | SAT | | | |
| Art Start Mommy & Me | RIDGE | 1-3 | | 9:00-9:30am #4228 | | | | | | | | |
| Creative Arts for Tots | RIDGE | 3-5 | | 9:45-10:30am #4794 | | | | | | | | |
| Magical World of Art | SW PLAZA | 6-14 | | 4:00-5:30pm #4209 | | | | | 9:00-10:30am #4243 | | | |

WINTER/SPRING 2012

ARTS DANCE CLASS SCHEDULES



NOTE: YOU MUST REGISTER FOR THESE CLASSES (WWW.IFOOTHILLS.ORG)
INFORMATION: 303-409-2100 OR 303-409-2612

ALL DANCE CLASSES LISTED BELOW MEET AT RIDGE RECREATION CENTER.

| Ballet | MON | SESS #1: JAN 9 – FEB 13 | | SESS #2: FEB 27 – APR 9* | | SESS #3: APR 16 – MAY 21 | | |
|--------------------------------|-------|--------------------------|--------------------------|--|----------------------|---|----------------------|--------------------------|
| | TUE | SESS #1: JAN 10 – FEB 14 | | SESS #2: FEB 28 – APR 10* | | SESS #3: APR 17 – MAY 22 | | |
| * No class MAR 26 – 31 | WED | SESS #1: JAN 11 – FEB 15 | | SESS #2: FEB 29 – APR 11* | | SESS #3: APR 18 – MAY 23 | | |
| | THU | SESS #1: JAN 12 – FEB 16 | | SESS #2: MAR 1 – APR 12* | | SESS #3: APR 19 – MAY 24 | | |
| | FRI | SESS #1: JAN 13 – FEB 17 | | SESS #2: MAR 2 – APR 13* | | SESS #3: APR 20 – MAY 25 (No class MAY 18) | | |
| | SAT | SESS #1: JAN 14 – FEB 18 | | SESS #2: MAR 3 – APR 14* | | SESS #3: APR 21 – MAY 26 | | |
| ACTIVITY | TIME | AGE | MON | TUE | WED | THU | FRI | SAT |
| Parent-Tot Creative Movement | AM/PM | 2-4 | 10:50-11:35am #4224 | | 4:15-5:00pm #4256 | 10:30-11:15am #4274 | | 11:25am-12:10pm #4223 |
| Creative Movement | AM | 3-4 | 11:40am-12:25pm #4273 | 10:00-10:45am #4272 | | 11:20am-12:05pm #4276 | | 9:45-10:30am #4251 |
| | PM | 3-4 | | 4:15-5:00pm #4279 | 5:05-5:50pm #4246 | | | |
| Pre-Ballet | AM | | | 10:50-11:35am #4278 | | | | 10:35-11:20am #4235 |
| | PM | 4-5 | 6:00-6:45pm #4255 | 5:00-5:45pm #4263 | | 5:05-5:50pm #4280 | | |
| Ballet Company | PM | 5-12 | | | | | 4:15-5:15pm #4264 | |
| Ballet I | PM | 5-7 | | 4:00-4:55pm #4281 | 5:05-6:00pm #4231 | 4:00-4:55pm #4330 | 4:00-4:55pm #4249 | |
| Ballet I (Continuing) | PM | 5-7 | | | | | 5:00-5:55pm #4283 | |
| Ballet II | PM | 7-12 | | | | 6:00-6:55pm #4275 | | |
| Ballet II (Continuing) | PM | 7-12 | | | | 5:00-5:55pm #4237 | | |
| Ballet III (meets 2 X/week) | PM | 11+ | | 6:00-6:55pm #4269 | | 6:00-6:55pm #4269 | | |
| Adult Ballet Basics | AM/PM | 16+ | | | 6:00-6:55pm #4240 | 9:30-10:25am #4279 | | |
| Adult Ballet (Continuing) | PM | 16+ | | 6:00-6:55pm #4244 | | 6:00-6:55pm #4282 | | |
| Adult Ballet Level III | PM | 11+ | | | | | | |
| Tap & Ballet Combo | PM | 4-5 | | 5:05-5:50pm #4222 | 4:15-5:00pm #4265 | | | |
| | | 6-8 | | | | 4:15-5:00pm #4260 | | |
| Tap ONLY | | 6-9 | | 6:00-6:45pm #4236 | | | | |
| Belly Dance | TUE | SESS #1: JAN 10 – FEB 14 | | SESS #2: MAR 6 – APR 17 (No class MAR 27) | | SESS #3: MAY 8 – JUN 12 | | |
| ACTIVITY | TIME | AGE | MON | TUE | WED | THU | FRI | SAT |
| Belly Dance - Beginning | PM | 13+ | | 7:00-7:55pm #4286 | | | | |
| Belly Dance - Continuing | PM | 13+ | | 8:00-9:30pm #4258 | | | | |
| HIP HOP / JAZZ / TAP | MON | SESS #1: JAN 9 – FEB 13 | | SESS #2: FEB 27 – APR 9* | | SESS #3: APR 16 – MAY 21 | | |
| * No class MAR 26 – 31 | WED | SESS #1: JAN 11 – FEB 15 | | SESS #2: FEB 29 – APR 11* | | SESS #3: APR 18 – MAY 23 | | |
| | FRI | SESS #1: JAN 13 – FEB 17 | | SESS #2: MAR 3 – APR 13* | | SESS #3: APR 20 – MAY 25 | | |
| ACTIVITY | TIME | AGE | MON | TUE | WED | THU | FRI | SAT |
| Hip Hop Dance | PM | 6-9 | 4:00-4:55pm #4285 | | | | 6:00-6:55pm #4284 | |
| | PM | 9-13 | 5:00-5:55pm #4266 | | | | 7:00-7:55pm #4287 | |
| Teen Hip Hop Dance | PM | 13-17 | | | 6:00-6:55pm #4247 | | | |
| Jazz & Tap Combo | PM | 10-15 | 4:30-5:25pm #4232 | | | | | |
| Adult Tap Beginning | PM | 16+ | 5:30-6:25pm #4267 | | | | | |
| Adult Tap Continuing | PM | 16+ | 6:30-7:25pm #4268 | | | | | |

WINTER/SPRING 2012



ARTS DANCE COUPLES CLASS SCHEDULES

INSTRUCTOR: JOHN AARON

NOTE: YOU MUST REGISTER FOR THESE CLASSES (WWW.IFOOTHILLS.ORG)

INFORMATION: 303-409-2100 OR 303-409-2612

ALL DANCE CLASSES LISTED BELOW MEET AT RIDGE RECREATION CENTER.

| DANCE CLASSES SESS #1 | MON | SESS #1: JAN 9 – FEB 13 | | | | | |
|--------------------------|-----|-------------------------|-----|-----|-----|-----|-----|
| | AGE | MON | TUE | WED | THU | FRI | SAT |
| Ballroom | 16+ | 7:00-8:00pm #4250-1 | | | | | |
| Salsa & Merengue | 16+ | 8:00-9:00pm #4254-1 | | | | | |

| DANCE CLASSES SESS #2 | MON | SESS #2: FEB 27 – APR 9 (No class MAR 26) | | | | | |
|--------------------------|-----|---|-----|-----|-----|-----|-----|
| | AGE | MON | TUE | WED | THU | FRI | SAT |
| Ballroom | 16+ | 7:00-8:00pm #4250-2 | | | | | |
| Latin Ballroom | 16+ | 8:00-9:00pm #4245-2 | | | | | |

| DANCE CLASSES SESS #3 | MON | SESS #3: APR 16 – MAY 21 | | | | | |
|--------------------------|-----|--------------------------|-----|-----|-----|-----|-----|
| | AGE | MON | TUE | WED | THU | FRI | SAT |
| Ballroom | 16+ | 7:00-8:00pm #4250-3 | | | | | |
| Swing & Jitterbug | 16+ | 8:00-9:00pm #4253-3 | | | | | |

WINTER/SPRING 2012

ARTS MUSIC & THEATRE CLASS SCHEDULES



**NOTE: YOU MUST REGISTER FOR THESE CLASSES (WWW.IFOOTHILLS.ORG)
INFORMATION: 303-409-2100 OR 303-409-2612**

MUSIC – ADULT/TEEN • YOUTH • TODDLER/PRESCHOOL

MUSIC CLASSES LISTED BELOW MEET AT VARIOUS DISTRICT LOCATIONS.

| MUSIC – ADULT/TEEN | THU | | SESS #1: JAN 12 – FEB 16 | | SESS #2: MAR 1 – APR 12 | | SESS #3: APR 26 – MAY 31 | | | | | |
|-------------------------|-------|------------------|--------------------------|-----|--|-----------------------|--------------------------|-----|-------------------------|--|---------------------|--|
| | LOC | AGE | MON | TUE | WED | THU | FRI | SAT | | | | |
| Adult Guitar I | LG | 13+ | | | | 7:00-7:45pm #4261 | | | | | | |
| Adult Guitar II | LG | 13+ | | | | 7:45-8:30pm #4262 | | | | | | |
| – YOUTH | THU | | SESS #1: JAN 12 – FEB 16 | | SESS #2: MAR 1 – APR 12 (No class MAR 29) | | SESS #3: APR 26 – MAY 31 | | | | | |
| | FRI | | SESS #1: JAN 13 – FEB 17 | | SESS #2: MAR 2 – APR 13 (No class MAR 30) | | SESS #3: APR 27 – JUN 1 | | | | | |
| | LOC | AGE | MON | TUE | WED | THU | FRI | SAT | | | | |
| Youth Guitar I | LG | 7-12 | | | | 6:00-6:30pm #4291 | 4:30-5:00pm #4270 | | | | | |
| Youth Guitar II | LG | 7-12 | | | | 6:30-7:00pm #4292 | | | | | | |
| – TODDLER/ PRESCHOOL | THU | | SESS #1: JAN 5 – 26 | | SESS #2: FEB 2 – 23 | | SESS #3: MAR 1 – 22 | | SESS #4: APR 5 – 26 | | SESS #5: MAY 3 – 24 | |
| | FRI | | SESS #1: JAN 20 – FEB 10 | | | SESS #2: MAR 2 – 23 | | | SESS #3: APR 13 – MAY 4 | | | |
| | LOC | AGE | MON | TUE | WED | THU | FRI | SAT | | | | |
| Crocodile Rock | PEAK | 18 mos - 5 yr | | | | 9:15-10:00am #4288 | | | | | | |
| Munchkin Music | RIDGE | 3-5 | | | | | 11:00-11:45pm #4290 | | | | | |

THEATRE – Youth/TEEN

THEATRE CLASSES LISTED BELOW MEET AT PEAK COMMUNITY & WELLNESS CENTER.

| THEATRE – YOUTH/TEEN | WED | | SESS #1: JAN 11 – FEB 15 | | SESS #2: FEB 29 – APR 11 (No class MAR 28) | | SESS #3: APR 25 – MAY 23 | |
|---------------------------|------|-------|--------------------------|-----|---|----------------------|--------------------------|-----|
| | THU | | SESS #1: JAN 12 – FEB 16 | | SESS #2: MAR 1 – APR 12 (No class MAR 29) | | SESS #3: APR 26 – MAY 31 | |
| | LOC | AGE | MON | TUE | WED | THU | FRI | SAT |
| Acting for Young Adults | PEAK | 9-14 | | | 5:00-6:30pm #4211 | | | |
| Broadway Babies | | 7-13 | | | | 3:45-4:30pm #4212 | | |
| Musical Theatre Workshops | | 13-18 | | | | | 4:30-5:30pm #4295 | |

WINTER/SPRING 2012 CLIMBING WALL SCHEDULES*



CLASSES AT RIDGE RECREATION CENTER – INFORMATION: 303-409-2337

NOTE: CLIMBING WALL CLASSES ARE NOT DROP-IN.

YOU MUST REGISTER FOR THESE CLASSES (WWW.IFOOTHILLS.ORG)

***CLASSES THAT DO NOT MEET MINIMUM ENROLLMENT ONE WEEK PRIOR TO START WILL BE CANCELLED.**

| LEARN TO CLIMB CLASSES | SUN | SESS #1: JAN 8 – 29 | SESS #2: FEB 12 – MAR 4 | SESS #3: APR 1 – 22 | SESS #4: MAY 6 – 27 | | | | |
|----------------------------------|-------------------------------|-------------------------|--------------------------|--------------------------|------------------------------|-----|-----------------------|--------------------------|------------------------|
| | MON | SESS #1: JAN 9 – 30 | SESS #2: FEB 13 – MAR 5 | SESS #3: APR 2 – 23 | SESS #4: APR 30 – MAY 21 | | | | |
| | TUE | SESS #1: JAN 10 – 31 | SESS #2: FEB 14 – MAR 6 | SESS #3: APR 3 – 24 | SESS #4: MAY 1 – 22 | | | | |
| | WED | SESS #1: JAN 11 – FEB 1 | SESS #2: FEB 15 – MAR 7 | SESS #3: APR 4 – 25 | SESS #4: MAY 2 – 23 | | | | |
| | THU | SESS #1: JAN 12 – FEB 2 | SESS #2: FEB 16 – MAR 8 | SESS #3: APR 5 – 26 | SESS #4: MAY 3 – 24 | | | | |
| | SAT | SESS #1: JAN 14 – FEB 4 | SESS #2: FEB 18 – MAR 10 | SESS #3: APR 7 – 28 | SESS #4: MAY 12 – 26 (3 wks) | | | | |
| | ACTIVITY | AGE | FEE | SUN* | MON | TUE | WED | THU | SAT |
| | Mommy & Me / Daddy & Me | 3-5 | \$48 D: \$36 | | | | 9:45-10:45am #4934 | | 9:00-10:00am #4935 |
| | Building Blocks to Bouldering | 3-5 | | | | | 4:45-5:45pm #4952 | | 10:15-11:15am #4930 |
| | Parent/Child Climb | 5-10 | | 11:45am-12:45pm #4965 | | | | | |
| Learn to Climb | 6-10 | | | | 5:30-6:30pm #4931 | | | 11:30am-12:30pm #4954 | |
| Learn to Climb | 11-15 | | | | 6:45-7:45pm #4932 | | | BOTH AGE GROUPS | |
| Continuing Recreational Climbing | 6-10 | | | 5:30-6:30pm #4937 | | | | | |
| Continuing Recreational Climbing | 11-15 | | | 7:00-8:00pm #4938 | | | | | |
| Advanced Climbing Techniques | 11-15 | | | | | | | 5:30-6:30pm #4933 | |

| CLIMBING CLUB | THU | SESS #1: JAN 12 – FEB 2 | SESS #2: FEB 16 – MAR 8 | SESS #3: APR 5 – 26 | SESS #4: MAY 3 – 24 | |
|---------------|---------------|-------------------------|-------------------------|---------------------|---------------------|----------------------|
| | ACTIVITY | AGE | FEE | THU | | |
| | Cliff Hangers | 6-15 | \$48 D: \$36 | | | 4:00-5:00pm #4945 |

| SUPERVISED CLIMB | THU | SESS #1: JAN 12 – FEB 2 | SESS #2: FEB 16 – MAR 8 | SESS #3: APR 5 – 26 | SESS #4: MAY 3 – 24 | |
|------------------|--|-------------------------|-------------------------|---------------------|---------------------|----------------------|
| | ACTIVITY | AGE | FEE | THU | | |
| | Supervised Climb (Includes Belay Certification) | 16 & UP | \$48 D: \$36 | | | 6:30-8:00pm #4953 |

| SPRING BREAK | TUE – THU | SESS #1: MAR 26 – 28 | | | | |
|--------------|----------------------------|----------------------|-----------------|---|---|---|
| | ACTIVITY | AGE | FEE | MON | TUE | WED |
| | Spring Break Camp (3 days) | 5-12 | \$65 D: \$50 | 2:00-4:00pm #4950 11:45am-1:45pm #4951 | 2:00-4:00pm #4950 11:45am-1:45pm #4951 | 2:00-4:00pm #4950 11:45am-1:45pm #4951 |

| ORIENTATIONS BELAY CERTIFICATIONS | WED | NEW! Orientations and Certifications are now DROP-IN times. | | | | | | |
|--------------------------------------|----------|--|-----|--|--|-----------------|------------------|-----|
| | | ORIENTATIONS: One-Time Session | | | | | | |
| | | BELAY CERTIFICATIONS: Participants attend one class and three skill set sessions to receive certification. See instructor for details. | | | | | | |
| | SAT | BELAY RE-CERTIFICATIONS: One-Time Session. | | | | | | |
| | ACTIVITY | AGE | FEE | | | | WED | SAT |
| Climbing Wall Orientation | 5-15 | \$2 | | | | 6:00pm #4957 | 12:30pm #4955 | |
| Belay Certification | 16 & up | \$13 D: \$10 | | | | 6:00pm #4956 | 12:30pm #4958 | |
| Belay Re-Certification | 16 & up | \$7 D: \$5 | | | | 6:00pm #4959 | 12:30pm #4960 | |

| HOME SCHOOL CLASSES | WED | SESS #1: JAN 11 – FEB 1 | SESS #2: FEB 15 – MAR 7 | SESS #3: APR 4 – 25 | SESS #4: MAY 2 – 23 | |
|---------------------|------------------------------|-------------------------|-------------------------|---------------------|---------------------|-----------------------|
| | ACTIVITY | AGE | FEE | WED | | |
| | Home School – Learn to Climb | 6-15 | \$48 D: \$36 | | | 11:00am-Noon #4939 |

WINTER/SPRING 2012



FITNESS & WELLNESS DROP-IN SCHEDULES

– LAND & WATER CLASSES: AGES 15 & UP (INFORMATION – ANN: 303-409-2264)

Drop-In Classes below are included with Annual Facility Passes and DO NOT require registration.

Drop-In Fee: \$7.25 (District Rate: \$5.25) OR use Multi-Visit Card or pass.

GROUP EXERCISE CLASSES RUN JAN 2 – JUN 1 (STABILITY BALL CLASS BEGINS FEB 7)

(SEE SPRING BREAK SCHEDULE FOR MAR 26 – 31, NO CLASSES MAY 28)

SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE.

| LOC LAND FITNESS CLASSES – PEAK | | | | | | | | |
|---------------------------------|---------------------------------------|---------------|------------------------------|---------------|---------------|---------------|-------------|---|
| | ACTIVITY | MON | TUE | WED | THU | FRI | LEVEL | |
| P E A K | Jump Start | 6:00-6:50am | | 6:00-6:50am | | 6:00-6:50am | ♥ | |
| | Step-N-Strength | AM | 9:00-9:50am | | 9:00-9:50am | | 9:00-9:50am | ♥ |
| | | PM | 5:30-6:20pm | | 5:30-6:20pm | | | |
| | Cardio Challenge | | 9:00-9:50am | | 9:00-9:50am | | ♥ | |
| | Stability Ball (Core Conditioning) | | 10:00-10:50am <i>NEW!</i> | | | | ♥ | |
| | Stretch | 10:00-10:50am | 10:10-11:00am | 10:00-10:50am | 10:10-11:00am | | ★ | |
| | Silver Sneakers® Muscular Strength | 11:00-11:50am | | 11:00-11:50am | | | ★ | |
| | Silver Sneakers® Cardio Circuit | | | | | 11:00-11:50am | ★ | |
| | Aeroboxing | | 5:30-6:20pm | | 5:30-6:20pm | | ★★ | |
| Body Lift | Noon-12:50pm | 7:30-8:20pm | Noon-12:50pm | 7:30-8:20pm | Noon-12:50pm | ♥ | | |

| LOC LAND FITNESS CLASSES – RIDGE | | | | | | | |
|----------------------------------|--------------|-------------|-----|-------------|-----|-------------|-------|
| | ACTIVITY | MON | TUE | WED | THU | FRI | LEVEL |
| R I D G E | Fit for Life | 8:40-9:30am | | 8:40-9:30am | | 8:40-9:30am | ★ |

| LOC AQUA FITNESS CLASSES – RIDGE (CLASSES RUN JAN 2 – MAY 25) | | | | | | | |
|---|---------------------------------|-------------|----------------------------|---------------|----------------------------|---------------|-------|
| | ACTIVITY | MON | TUE | WED | THU | FRI | LEVEL |
| R I D G E | Splash Aerobics (Lap Pool) | AM | 8:35-9:30am <i>NEW!</i> | 8:35-9:30am | 8:35-9:30am <i>NEW!</i> | 8:35-9:30am | ♥ |
| | | PM | | 7:05-8:00pm | | 7:05-8:00pm | |
| | Moving-4-Life (Therapy Pool) | 1:00-2:00pm | | 1:00-2:00pm | | 1:00-2:00pm | ★ |
| | Poolates (Therapy Pool) | AM | | 10:00-11:00am | 10:30-11:30am | 10:00-11:00am | |
| PM | | | | 6:00-7:00pm | | | |

| LOC AQUA FITNESS CLASSES – LILLEY GULCH | | | | | | | |
|---|-----------------|-------------|-----|-------------|-----|-------------|-------|
| | ACTIVITY | MON | TUE | WED | THU | FRI | LEVEL |
| L I L L E Y G U L C H | Splash Aerobics | 8:35-9:30am | | 8:35-9:30am | | 8:35-9:30am | ♥ |
| | Deep Water | 1:05-2:00pm | | 1:05-2:00pm | | 1:05-2:00pm | ♥ |

| FITNESS & WELLNESS INTENSITY LEVEL CHART | | | | | |
|--|-------|---|--------|-------|------------------------------|
| SYMBOL | LEVEL | DESIGNED FOR | SYMBOL | LEVEL | DESIGNED FOR |
| ★ | 1 | BEGINNER / 1 ST TIME EXERCISER | ♥ | ALL | ALL SKILL LEVELS & ABILITIES |
| ★★ | 2 | CONTINUING EXERCISER | | | |

WINTER/SPRING 2012



FITNESS & WELLNESS REGISTRATION CLASS SCHEDULES

PILATES • YOGA • TRAINING WITHOUT LIMITS • YOUTH TRAINING

AGES 15 & UP – UNLESS OTHERWISE NOTED. SCHEDULE IS SUBJECT TO CHANGE.

NOTE: YOU MUST REGISTER FOR THE CLASSES BELOW • INFORMATION: 303-409-2263 (GERI)

| | | | |
|------------------------|-------------------------|--|--------------------------|
| SESS #1: JAN 2 – FEB 4 | SESS #2: FEB 6 – MAR 10 | SESS #3: MAR 12 – APR 21 (No classes MAR 26-31) | SESS #4: APR 23 – MAY 26 |
|------------------------|-------------------------|--|--------------------------|

| PILATES CLASSES | | | | | | | | | |
|---------------------------|------------|------------------------|-----------------------------|------------------------|------------------------------|---|----------------------|----------------------|-------|
| ACTIVITY | LOC | FEE | MON | TUE | WED | THU | FRI | SAT | LEVEL |
| Pilates Matwork | PEAK | \$55 D: \$44 | | | | 9:05-9:55am #4493 (PEAK) (AO/SS Discount) | | | ♥ |
| Pilates Core Conditioning | | | 6:00-6:50pm #4491(RIDGE) | | 6:00-6:50pm #4492 (RIDGE) | | | | |
| PILATES - REFORMER | AM PEAK | \$80 D: \$66 | | 6:00-6:50am #4457 | | 6:00-6:50am #4470 | | | ♥ |
| | | | | 7:00-7:50am #4458 | | 7:00-7:50am #4471 | | | |
| | | | 9:00-9:50am #4451 | 9:30-10:20am #4459 | 9:00-9:50am #4465 | 9:30-10:20am #4472 | 9:00-9:50am #4477 | 8:30-9:20am #4481 | |
| | | 10:00-10:50am #4452 | 10:30-11:20am #4460 | 10:00-10:50am #4466 | 10:30-11:20am #4473 | 10:00-10:50am #4478 | | | |
| | | 11:00-11:50am #4453 | 11:30am-12:20pm #4461 | 11:00-11:50am #4467 | 11:30am-12:20pm #4474 | 11:00-11:50am #4479 | | | |
| | | PM PEAK | \$80 D: \$66 | Noon-12:50pm #4454 | | | | | |
| | | 5:30-6:20pm #4462 | | 5:30-6:20pm #4468 | 5:30-6:20pm #4475 | | | | |
| | | 6:30-7:20pm #4463 | | 6:30-7:20pm #4469 | 6:30-7:20pm #4476 | | | | |
| PILATES Gentle Reformer | PEAK | \$40 D: \$33 | | 1:00-1:30pm #4485 | | 7:30-8:00pm #4486 | | | ♥ |
| Jumpboard Pilates | PEAK | \$80 D: \$66 | 5:30-6:20pm #4487 | 8:30-9:20am #4488 | | 8:30-9:20am #4489 | | | ♥ |

| YOGA CLASSES – Wear loose clothing, and bring a blanket to class | | | | | | | | | |
|--|-------|-----------------|-----------------------|------------------------|-----------------------|----------------------|--------------------------|-----|-------|
| ACTIVITY | LOC | FEE | MON | TUE | WED | THU | FRI | SAT | LEVEL |
| Cardio Yoga | PEAK | \$55 D: \$44 | 5:30-6:30pm #4496 | | | | | | ★★ |
| Sunrise Yoga | | | | | | 7:00-8:00am #4503 | | | |
| Yoga for a Better Back | | | | | | 4:00-5:00pm #4497 | | | ★ |
| Yoga Fusion | PEAK | \$60 D: \$48 | | | 6:00-7:15pm #4500 | | | | ♥ |
| | RIDGE | | 9:15-10:30am #4498 | | 9:15-10:30am #4499 | | | | |
| Yoga for All Levels | PEAK | \$60 D: \$48 | | 6:30-7:45pm #4501 | | | | | ♥ |
| Yoga for Athletes | | | | | | | 11:30am-12:30pm #4506 | | |
| Yoga Stretch (AO/SS Discount)** | | | | 8:30-9:30am #4502** | | | | | |
| Yoga Bootcamp | | \$55 D: \$44 | | | | | 8:00-9:00am #4504 | | ★★ |

| TRAINING WITHOUT LIMITS | | | | | | | | | |
|----------------------------------|------|-----------------|-----------------|----------------------|------------------------|----------------------|------------------------|------------------------|-------|
| ACTIVITY | LOC | FEE | MON | TUE | WED | THU | FRI | SAT | LEVEL |
| Cycle Fusion (1x/wk) | PEAK | \$42 D: \$34 | | | | | | 10:00-10:50am #4539 | |
| Brand New You (2x/wk) | | | | 6:00-7:00pm #4537 | | 6:00-7:00pm #4537 | | | ♥ |
| Strong to the Core (2x/wk) | | | \$83 D: \$67 | | 10:00-11:00am #4536 | | 10:00-11:00am #4536 | | ♥ |
| Functional Core Training (2x/wk) | | | | 6:30-7:30pm #4538 | | 6:30-7:30pm #4538 | | | ♥ |

| YOUTH TRAINING | | | | | | | | | |
|---------------------|------|-----------------|----------------------|-----|----------------------|----------------------|-----|-----|-------|
| ACTIVITY | LOC | FEE | MON | TUE | WED | THU | FRI | SAT | LEVEL |
| Body Dynamics | PEAK | \$30 D: \$25 | 4:00-5:00pm #4549 | | | | | | ♥ |
| Functional Training | | | | | | 4:00-5:00pm #4546 | | | ♥ |
| Jumpboard Pilates | | | \$45 D: \$40 | | | 4:00-5:00pm #4547 | | | ♥ |
| Yogalates | | | \$30 D: \$25 | | 4:00-4:50pm #4548 | | | | ♥ |

WINTER/SPRING 2012



FITNESS & WELLNESS REGISTRATION CLASS SCHEDULES

ARTHRITIS FOUNDATION AQUATICS PROGRAM • GROUP EXERCISE CLASSES

SENIOR ADULT FITNESS & WELLNESS (AGES 15 & UP – UNLESS OTHERWISE NOTED)

INFORMATION: 303-409-2264 (ANN)

NOTE: YOU MUST REGISTER FOR THE CLASSES BELOW • SCHEDULE IS SUBJECT TO CHANGE.

| | | | |
|-------------------------------|--------------------------------|---|---------------------------------|
| SESS #1: JAN 2 – FEB 4 | SESS #2: FEB 6 – MAR 10 | SESS #3: MAR 12 – APR 21 (No classes MAR 26-31) | SESS #4: APR 23 – MAY 26 |
|-------------------------------|--------------------------------|---|---------------------------------|

ARTHRITIS FOUNDATION AQUATICS PROGRAM

– Active Options & SilverSneakers® 40% Discounts apply to classes below.

| ACTIVITY | LOC | TIME | FEE | MON | TUE | WED | THU | FRI | SAT | LEVEL |
|--|---------------|------|-----------------|-----|----------------------|-----|-----|------------------------|-----|-------|
| Arthritis Foundation Aquatics Program (1x/wk) Therapy Pool | RIDGE THERAPY | AM | \$30 D: \$25 | | | | | 10:00-11:00am #4903 | | ♥ |
| | LG | PM | | | 1:05-2:00pm #4902 | | | | | |

GROUP EXERCISE CLASSES – Active Options & SilverSneakers® 40% Discounts apply to classes below.

| ACTIVITY | LOC | TIME | FEE | MON | TUE | WED | THU | FRI | SAT | LEVEL |
|-------------------------------|-------|----------|-----------------|------------------------|-----------------------|-----------------------|------------------------|------------------------|------------------------|-------|
| Flirty Girl Fitness | PEAK | AM | \$30 D: \$25 | | | | | 10:00-10:50am #4526 | | |
| Barre Revolution | PEAK | AM | \$30 D: \$25 | | | | | | 10:30-11:20am #4516 | ♥ |
| | | PM | | | Noon-12:50pm #4515 | | | | | |
| Nia® (1 x / wk) | RIDGE | AM | \$30 D: \$25 | | | | | 9:45-10:35am #4532 | | ♥ |
| Nia® (2 x / wk) | | | \$57 D: \$46 | 9:45-10:35am #4528 | | 9:45-10:35am #4528 | | | | |
| Tai Chi - Beginning | PEAK | PM | \$30 D: \$25 | | | 1:15-2:05pm #4529 | | | | ♥ |
| Tai Chi - Continuing | PEAK | PM | | | | 2:15-3:05pm #4530 | | | | ★★ |
| ZUMBA® (1 x / wk) | PEAK | AM or PM | \$30 D: \$25 | | | | 10:00-10:50am #4524 | 5:00-5:50pm #4519 | 8:30-9:20am #4525 | ♥ |
| ZUMBA® (2 x / wk) | PEAK | PM | \$57 D: \$46 | 6:30-7:20pm #4517 | 6:30-7:20pm #4518 | 6:30-7:20pm #4517 | 6:30-7:20pm #4518 | | | ♥ |
| ZUMBA® (Beginners – 1 x / wk) | PEAK | AM | \$30 D: \$25 | 10:00-10:50am #4521 | | | 10:00-10:50am #4522 | | 9:30-10:20am #4520 | ★ |

SENIOR ADULT FITNESS & WELLNESS – Active Options & SilverSneakers® 50% Discounts apply to classes below.

| ACTIVITY | LOC | TIME | FEE | MON | TUE | WED | THU | FRI | SAT | LEVEL | |
|--|------|------|-----------------|---|------------------------|----------------------|------------------------|----------------------|-----|-------|----|
| N'Balance | PEAK | AM | \$30 D: \$25 | | | | 11:30-12:20pm #4895 | | | ★ | |
| Senior Adult Strength Training – Beginning (2 x / wk) | | AM | | | 9:00-9:50am #4890 | | 9:00-9:50am #4890 | | | | ★ |
| | | PM | | | | 6:00-6:50pm #4893 | | 6:00-6:50pm #4893 | | | |
| Senior Adult Strength Training – Continuing (2 x / wk) | | AM | | \$38 D: \$30 | 10:00-10:50am #4891 | | 10:00-10:50am #4891 | | | | ★★ |
| | | PM | | | | 2:15-3:05pm #4892 | | 2:15-3:05pm #4892 | | | ★★ |
| Senior Adult Strength Training – Basic Orientations | PM | | \$7 D: \$5 | One 60-Minute Class designed to teach basic guidelines for resistance training, weight room etiquette and safety in the Cardio/Weight Room. Classes on select FRIDAYS at NOON-12:50pm (#4909) Schedule available on Fitness Bulletin Boards or call 303-409-2264. | | | | | | ★ | |

*Active Options & SilverSneakers® Members
MUST REGISTER AT FRONT DESK
to receive Discounts
on classes indicated above.

| FITNESS & WELLNESS INTENSITY LEVEL CHART | | | | | |
|--|-------|---|--------|-------|------------------------------|
| SYMBOL | LEVEL | DESIGNED FOR | SYMBOL | LEVEL | DESIGNED FOR |
| ★ | 1 | BEGINNER / 1 ST TIME EXERCISER | ♥ | ALL | ALL SKILL LEVELS & ABILITIES |
| ★★ | 2 | CONTINUING EXERCISER | | | |

WINTER/SPRING 2012



GYMNASTICS & CHEERLEADING CLASS SCHEDULES

NOTE: YOU MUST REGISTER FOR THE CLASSES BELOW (WWW.IFOOTHILLS.ORG)

INFORMATION: 303-409-2506

ALL GYMNASTICS CLASSES MEET AT LILLEY GULCH RECREATION CENTER.

| GYMNASTICS * No classes MAR 25 - 31 | SUN | SESS #1: JAN 8 - FEB 12 | SESS #2: FEB 19 - APR 1* | SESS #3: APR 15 - MAY 20 |
|--|-----|--------------------------|---------------------------|--------------------------|
| FLIP N DIP SESSIONS: MON Sess #1: JAN 9 - FEB 26 Sess #2: FEB 13 - MAR 12 Sess #3: APR 2 - 30 WED Sess #1: JAN 11 - FEB 8 Sess #2: FEB 15 - MAR 14 Sess #3: APR 4 - MAY 2 | MON | SESS #1: JAN 9 - FEB 13 | SESS #2: FEB 27 - APR 9* | SESS #3: APR 16 - MAY 21 |
| | TUE | SESS #1: JAN 10 - FEB 14 | SESS #2: FEB 28 - APR 10* | SESS #3: APR 17 - MAY 22 |
| | WED | SESS #1: JAN 11 - FEB 15 | SESS #2: FEB 29 - APR 11* | SESS #3: APR 18 - MAY 23 |
| FLIP N DIP & FLIP N DIP II SESSIONS: SAT Sess #7: JAN 14 - FEB 11 Sess #8: FEB 18 - MAR 17 Sess #9: APR 7 - MAY 5 | THU | SESS #1: JAN 12 - FEB 16 | SESS #2: MAR 1 - APR 12* | SESS #3: APR 19 - MAY 24 |
| | FRI | SESS #1: JAN 13 - FEB 17 | SESS #2: MAR 2 - APR 13* | SESS #3: APR 20 - MAY 25 |
| | SAT | SESS #1: JAN 14 - FEB 18 | SESS #2: MAR 3 - APR 14* | SESS #3: APR 21 - MAY 26 |

| YOUTH CLASSES | ACTIVITY | FEE | LEVEL | AGE | SUN | MON | TUE | WED | THU | FRI | SAT |
|---|-----------------|-----------------|-------|------------------------|-----|----------------------|----------------------|------------------------|------------------------|------------------------|--------------------------|
| | Parent-Tot I | \$58 D: \$45 | ☺ | 10-24 mo | | | 9:00-9:45am #4550 | 9:00-9:45am #4551 | | | |
| Parent-Tot II | ☺ | | 2-3 | 10:00-10:45am #4553 | | | | 9:00-9:45am #4556 | 9:00-9:45am #4557 | 9:00-9:45am #4558 | 9:15-10:00am #4555 |
| Tiny Tumblers | \$60 D: \$48 | ☺ | 3 | | | 6:10-6:55pm #4563 | 2:45-3:30pm #4561 | 10:00-10:45am #4562 | 2:00-2:45pm #4564 | 10:00-10:45am #4567 | 10:15-11:00am #4560 |
| Preschool | | ☺ | 4 | | | 2:15-3:00pm #4597 | 5:15-6:00pm #4595 | 2:45-3:30pm #4596 | 10:00-10:45am #4592 | 2:45-3:30pm #4593 | 10:15-11:00am #4594 |
| Flip N Dip**(5 wks) • Gymnastics & Swim | \$60 D: \$48 | ☺ | 3-4 | | | 1:30-2:30pm #2130 | | 1:30-2:30pm #2132 | | | 11:30am-12:30pm #2131 |
| Flip N Dip II**(5 wks) • Gymnastics & Swim | | ☺ | 5-6 | | | | | | | | Noon-1:00pm #2133 |

| GIRLS CLASSES | ACTIVITY | FEE | LEVEL | AGE | SUN | MON | TUE | WED | THU | FRI | SAT | |
|-------------------|-----------------|-----------------|-------|-----|-----|----------------------|----------------------|----------------------|----------------------|----------------------|--------------------------|--------------------------|
| | Basic | \$63 D: \$49 | ☺ | 5-6 | | | 3:30-4:30pm #4566 | | 6:10-7:10pm #4568 | 3:30-4:30pm #4569 | | 11:15am-12:15pm #4565 |
| Beginning I | ☺ | | 7-10 | | | 3:30-4:30pm #4570 | | | 5:00-6:00pm #4571 | | 11:15am-12:15pm #4572 | |
| Beginning II | ☺ | | 11-15 | | | | 7:15-8:15pm #4585 | | | | | |
| Hot Shots | ☼ | | 5-6 | | | | | 3:40-4:40pm #4580 | | | | |
| Intermediate I | ☼ | | 7-10 | | | 6:10-7:10pm #4575 | | | | 3:40-4:40pm #4576 | 4:30-5:30pm #4577 | |
| Intermediate II | ☼ | | 11-15 | | | | 7:15-8:15pm #4579 | | | | | |
| Pre-Team (2 x wk) | \$98 D: \$80 | ★ | 6-15 | | | | 5:45-7:00pm #4640 | 3:45-5:00pm #4641 | 5:45-7:00pm #4640 | 3:45-5:00pm #4641 | | |

| BOYS CLASSES | ACTIVITY | FEE | LEVEL | AGE | SUN | MON | TUE | WED | THU | FRI | SAT |
|-------------------|------------|-----------------|--------|-----|-----|-----|----------------------|----------------------|----------------------|-----|-----|
| | Boys Basic | \$62 D: \$48 | ☺ | 5-6 | | | | | 3:40-4:40pm #4603 | | |
| Boys Beginning | ☺ | | 7-15 | | | | 3:40-4:40pm #4639 | 6:10-7:10pm #4637 | | | |
| Boys Intermediate | ☼ | | 7 & up | | | | | | 6:15-7:15pm #4588 | | |

| COED CLASSES | ACTIVITY | FEE | LEVEL | AGE | SUN | MON | TUE | WED | THU | FRI | SAT |
|------------------------------------|---------------------------------|-----------------|--------|--------|-----|----------------------|----------------------|-----|-----|-----|-----|
| | Beginning Tumbling & Trampoline | \$58 D: \$45 | ☺ | 5 & up | | | 3:30-4:15pm #4613 | | | | |
| Intermediate Tumbling & Trampoline | \$63 D: \$49 | ☼ | 5 & up | | | | 6:10-7:10pm #4612 | | | | |
| Advanced Tumbling | | ★ | 7 & up | | | 6:10-7:10pm #4615 | | | | | |

| CHEERLEADING | ACTIVITY | FEE | LEVEL | AGE | SUN | MON | TUE | WED | THU | FRI | SAT |
|------------------|-----------------------|-----------------|--------|--------|-----|-----|-----|----------------------|---|-----|-----|
| | Adaptive Cheerleading | \$55 D: \$43 | ☺ | 5 & up | | | | | 4:00-4:45pm #4622-3 (SESS 3 ONLY) | | |
| Spirits Level I | ☺ | | 5-10 | | | | | 5:00-5:45pm #4623 | | | |
| Spirits Level II | \$57 D: \$45 | ☼ | 5 & up | | | | | 6:00-7:00pm #4626 | | | |

NOTE:
ALL CLASSES MEET 1XWK
EXCEPT PRE-TEAM MEETS 2XWK

| SYMBOL | LEVEL | CLASS DESIGNED FOR |
|--------|--------------|---|
| ☺ | BEGINNING | Beginner |
| ☼ | INTERMEDIATE | Has passed Beginning Level gymnastics classes. Instructor recommendation required. |
| ★ | ADVANCED | Has passed Beginning & Intermediate Level gymnastics classes. Instructor recommendation required. |

WINTER/SPRING 2012

GYMNASTICS - CARA TEAM SCHEDULES

INFORMATION: 303-409-2506



ALL CARA TEAM PRACTICES MEET AT LILLEY GULCH RECREATION CENTER.

| GYMNASTICS CARA SCHEDULES | MON / WED | MON/WED/FRI | TUE / THU | TUE / THU / FRI | | | | |
|--|--|---|--|--|--------------|-------------|--------------|--|
| | SESS # 1: JAN 2-25 2: JAN 30-FEB 22 3: FEB 27-MAR 21 4: APR 2-25 5: APR 30-MAY 23 GIRLS OPTIONALS FEE: \$128 (District Rate: \$113) 4 WEEKS BOYS TEAM FEE: \$116 (District Rate: \$101) 4 WEEKS * No class MAR 26 – 31 | SESS # 1: JAN 2-27 2: JAN 30-FEB 24 3: FEB 27-MAR 23 4: APR 2-27 5: APR 30-MAY 25 FEE: \$143 (District Rate: \$128) 4 WEEKS | SESS # 1: JAN 3-26 2: JAN 31-FEB 23 3: FEB 28-MAR 22 4: APR 3-26 5: MAY 1-24 FEE: \$116 (District Rate: \$101) 4 WEEKS | SESS # 1: JAN 3-27 2: JAN 31-FEB 24 3: FEB 28-MAR 23 4: APR 3-27 5: MAY 1-25 FEE: \$131 (District Rate: \$116) 4 WEEKS | | | | |
| ACTIVITY | ACT # | TIME | ACT # | TIME | ACT # | TIME | ACT # | TIME |
| GIRLS OPTIONALS 2 days/wk | 4630 | 4:00-6:30pm | | | | | | |
| GIRLS OPTIONALS 3 days/wk | | | 4631 | M/W: 4:00-6:30pm FRI: 4:00-6:00pm | | | | |
| GIRLS COMP 4 2 days/wk | | | | | 4634 | 4:00-6:00pm | | |
| GIRLS COMP 4 3 days/wk | | | | | | | 4635 | 4:00-6:00pm |
| GIRLS COMP 5 2 days/wk | | | | | 4628 | 5:30-7:30pm | | |
| GIRLS COMP 5 3 days/wk | | | | | | | 4629 | TUE/THU: 5:30-7:30pm FRI: 4:00-6:00pm |
| BOYS TEAM 2 days/wk | 4633 | MON: 5:15-7:15pm WED: 5:15-7:15pm | | | | | | |

12-6-11

WINTER/SPRING 2012



HOME SCHOOL ART & PHYSICAL EDUCATION SCHEDULES

Foothills

You **MUST** REGISTER FOR THESE CLASSES (WWW.IFOOTHILLS.ORG).

Park & Recreation District

CLASSES ARE LOCATED AT VARIOUS DISTRICT LOCATIONS AS SHOWN BELOW.

INFORMATION – 303-409-2355 OR kennethw@fhprd.org

| CLASS | AGES | ACT # | SESSIONS | DAY | TIME | LOC | RATE | DESCRIPTION |
|------------------------|--------|-------|--|-----|-------------------------|--|-------------------|---|
| Home School Athletics | 5 – 15 | 4660 | SESS 1: JAN 11 – FEB 15 | WED | 10 – 11 a.m. | Ridge Recreation Center | \$61 (D: \$47) | Introductory class to teach a variety of sports and to develop skill sets including: Volleyball, Basketball, Baseball, Soccer, Flag Football and Raquetball. CONTACT: 303-409-2613 |
| | | | SESS 2: FEB 29 – APR 11* *No class MAR 28 | | | Ridge Recreation Center | | |
| | | | SESS 3: APR 18 – MAY 23 | | | Foothills Sports Arena | | |
| Home School Gymnastics | 5 – 15 | 4643 | SESS 1: JAN 9 – FEB 13 | MON | 11:15 a.m. - 12:15 p.m. | Lilley Gulch Recreation Center | \$63 (D: \$49) | Introductory class to encourage skill development, coordination & strength. Boys & Girls learn basics in a structured environment. CONTACT: 303-409-2506 |
| | | | SESS 2: FEB 27 – APR 9* *No class MAR 26 | | | | | |
| | | | SESS 3: APR 16 – MAY 21 | | | | | |
| Learn to Climb | 6 – 15 | 4939 | SESS 1: JAN 11 – FEB 1 | WED | 11 a.m. – Noon | Climbing Wall at Ridge Recreation Center | \$48 (D: \$36) | Learn the essential skills and techniques needed to begin rock climbing in this 5-week class. Our trained staff will provide instruction and guidance in a safe and comfortable environment. Wear loose clothing that will not restrict movement. CLOSED TOE SHOES ONLY ON THE WALL. HARNESS & BELAY/SAFETY EQUIPMENT WILL BE SUPPLIED. CONTACT: 303-409-2333 |
| | | | SESS 2: FEB 15 – MAR 7 | | | | | |
| | | | SESS 3: APR 4 – 25 | | | | | |
| | | | SESS 4: MAY 2 – 23 | | | | | |
| Home School Clay Time | 5 – 12 | 4350 | SESS 1: JAN 17 – FEB 7 | TUE | 11 a.m. - Noon | Ridge Recreation Center | \$46 (D: \$35) | Students learn how to build and create three dimensional sculpture using clay. Dress for mess! Class is designed to be taken a number of times. CONTACT: 303-409-2612 |
| | | | SESS 2: FEB 28 – MAR 20 | | | | | |
| | | | SESS 3: APR 10 – MAY 1 | | | | | |
| Swimming Lessons | 5 – 14 | 3276 | SESS 4: JAN 10 – FEB 7 | TUE | 10 a.m. OR 10:30 a.m. | Ridge Recreation Center | \$30 (D: \$24) | These 30-minute classes are designed especially for home school students with various skill levels. CONTACT: 303-409-2355 |
| | | | SESS 5: FEB 14 – MAR 13 | TUE | | | | |
| | | | SESS 6: APR 3 – MAY 1 | TUE | | | | |

| | | | | | | | | |
|-------------------------------------|--------|------|--|-----|--------------------|----------------|-------------------|---|
| Learn to Skate (Snowplow Sam 1 – 3) | 3 – 5 | 7086 | SESS 1: JAN 11 – FEB 15 | WED | 11:15 - 11:45 a.m. | Edge Ice Arena | \$87 (D: \$70) | Classes are designed for Pre-School age children to develop preliminary coordination and strength necessary to move on skates. Includes rental skates and 6 free practice sessions. |
| | | | SESS 2: FEB 22 – APR 4* *No class MAR 26-31 | | | | | |
| | | | SESS 3: APR 11 – MAY 16 | | | | | |
| Learn to Skate (Basic 1 – 4) | 6 – 16 | 7087 | SESS 1: JAN 11 – FEB 15 | WED | 11:15 - 11:45 a.m. | Edge Ice Arena | \$87 (D: \$70) | Classes teach the fundamentals of the sport. The first four levels teach forward and backward skating, turns, stops and balance maneuvers. Includes rental skates and 6 free practice sessions. |
| | | | SESS 2: FEB 22 – APR 4* *No class MAR 26-31 | | | | | |
| | | | SESS 3: APR 11 – MAY 16 | | | | | |

| | | | | | | | | |
|--|--------|------|--|-----|--------------------|----------------|-------------------|---|
| Learn to Skate for Hockey (Hockey 1 – 4) | 6 – 16 | 7088 | SESS 1: JAN 11 – FEB 15 | WED | 11:15 - 11:45 a.m. | Edge Ice Arena | \$87 (D: \$70) | Classes teach the fundamentals of hockey skating. The four levels focus on skating techniques rather than stick and puck skills. Includes rental skates and 6 free practice sessions. |
| | | | SESS 2: FEB 22 – APR 4* *No class MAR 26-31 | | | | | |
| | | | SESS 3: APR 11 – MAY 16 | | | | | |

| | | | | | | | | |
|-----------------------|-------|------|-------------------------|-----|-------------------|-------------------------|-------------------|--|
| Kids in the Kitchen* | 3 – 6 | 4412 | SESS 1: JAN 23 – FEB 13 | MON | 10:30 a.m. – Noon | Ridge Recreation Center | \$55 (D: \$45) | Kids learn about foods, nutrition, manners and cooking skills in this hands-on class in our kitchen classroom. CONTACT: 303-409-2507 |
| | | | SESS 2: FEB 27 – MAR 19 | | | | | |
| | | | SESS 3: APR 9 – 30 | | | | | |
| Adventures in Sports* | 3 – 6 | 4415 | SESS 1: JAN 23 – FEB 13 | MON | 9 – 10:15 a.m. | Ridge Recreation Center | \$52 (D: \$40) | This fun, active class provides a place to explore sports and games and focuses on teamwork and sportsmanship. Children learn about basic fitness as they develop skills in different areas. CONTACT: 303-409-2507 |
| | | | SESS 2: FEB 27 – MAR 19 | | | | | |
| | | | SESS 3: APR 9 – 30 | | | | | |

WINTER/SPRING 2012



EDGE ICE ARENA

– EDGE HOCKEY ACADEMY CLASS SCHEDULES

INFORMATION: 303-409-2222

NOTE: YOU MUST REGISTER FOR THESE CLASSES (WWW.IFOOTHILLS.ORG)

| YOUTH HOCKEY LESSONS | SUNDAY SESS #1: JAN 8 – FEB 12 Fee: \$125 (District Rate: \$100) | SUNDAY SESS #2: FEB 26 – APR 1 Fee: \$125 (District Rate: \$100) | SUNDAY SESS #3: APR 15 – MAY 20 Fee: \$125 (District Rate: \$100) |
|-----------------------------|--|--|---|
| | ACTIVITY | AGE | CLASS # |
| HOCKEY 101 | 5-8 | #7000 | 5:45 – 7:00pm |
| HOCKEY 102 | 9-10 | #7001 | 5:45 – 7:00pm |
| HOCKEY 103 | 11-15 | #7002 | 5:45 – 7:00pm |
| HOCKEY 104 | 16 & up | #7003 | 5:45 – 7:00pm |

| ADULT HOCKEY LESSONS | SUNDAY SESS #1: JAN 8 – FEB 12 Fee: \$125 (District Rate: \$100) | SUNDAY SESS #2: FEB 26 – APR 1 Fee: \$125 (District Rate: \$100) | SUNDAY SESS #3: APR 15 – MAY 20 Fee: \$125 (District Rate: \$100) |
|-----------------------------|--|--|---|
| | ACTIVITY | AGE | CLASS # |
| ADULT HOCKEY 201 | 18 & up | #7004 | 5:45 – 7:00pm |

WINTER/SPRING 2012

EDGE ICE ARENA

– EDGE SKATING SCHOOL CLASS SCHEDULES



INFORMATION: 303-409-2222

NOTE: YOU MUST REGISTER FOR THESE CLASSES (WWW.IFOOTHILLS.ORG)

RECOMMENDED: HELMET, GLOVES AND APPROPRIATE COLD WEATHER ATTIRE

| U.S. FIGURE SKATING BASIC SKILLS PROGRAM *No CLASSES MAR 27 – 31 | TUE | | WED | | THU | | SAT | |
|---|--|-------------|--|---------------|--|-------------|---|---------------|
| | SESS #1: JAN 10 – FEB 14 SESS #2: FEB 21 – APR 3* SESS #3: APR 10 – MAY 15 Fee: \$87 (District Rate: \$70) 6 weeks (Includes Skate Rental & 6 Public Skate Sessions) | | SESS #1: JAN 11 – FEB 15 SESS #2: FEB 22 – APR 4* SESS #3: APR 11 – MAY 16 Fee: \$87 (District Rate: \$70) 6 weeks (Includes Skate Rental & 6 Public Skate Sessions) | | SESS #1: JAN 12 – FEB 16 SESS #2: FEB 23 – APR 5* SESS #3: APR 12 – MAY 17 Fee: \$87 (District Rate: \$70) 6 weeks (Includes Skate Rental & 6 Public Skate Sessions) | | SESS #1: JAN 7 – FEB 11 SESS #2: FEB 25 – APR 7* SESS #3: APR 21 – MAY 26 Fee: \$87 (District Rate: \$70) 6 weeks (Includes Skate Rental & 6 Public Skate Sessions) | |
| | ACT# | TIME | ACT# | TIME | ACT# | TIME | ACT# | TIME |
| SNOWPLOW SAM 1 (Ages 3 – 5) | #7010 | 4:30-5:00pm | #7011 | 11:15-11:45am | #7012 | 4:30-5:00pm | #7013 | 10:45-11:15am |
| SNOWPLOW SAM 2 (Ages 3 – 5) | #7014 | 4:30-5:00pm | #7015 | 11:15-11:45am | #7016 | 4:30-5:00pm | #7017 | 10:45-11:15am |
| SNOWPLOW SAM 3 (Ages 3 – 5) | #7018 | 4:30-5:00pm | #7019 | 11:15-11:45am | #7020 | 4:30-5:00pm | #7021 | 10:45-11:15am |
| BASIC 1 (Ages 6-16) | #7022 | 4:30-5:00pm | #7023 | 11:15-11:45am | #7024 | 4:30-5:00pm | #7025 | 10:45-11:15am |
| BASIC 2 (Ages 6-16) | #7026 | 4:30-5:00pm | #7027 | 11:15-11:45am | #7028 | 4:30-5:00pm | #7029 | 10:45-11:15am |
| BASIC 3 (Ages 6-16) | #7030 | 5:00-5:30pm | | | #7032 | 5:00-5:30pm | #7033 | 11:15-11:45am |
| BASIC 4 (Ages 6-16) | #7034 | 5:00-5:30pm | | | #7036 | 5:00-5:30pm | #7037 | 11:15-11:45am |
| BASIC 5 (Ages 6-16) | #7038 | 5:00-5:30pm | | | #7040 | 5:00-5:30pm | #7041 | 11:15-11:45am |
| BASIC 6 (Ages 6-16) | #7042 | 5:00-5:30pm | | | #7044 | 5:00-5:30pm | #7045 | 11:15-11:45am |
| BASIC 7 (Ages 6-16) | #7046 | 5:00-5:30pm | | | #7048 | 5:00-5:30pm | #7049 | 11:15-11:45am |
| BASIC 8 (Ages 6-16) | #7050 | 5:00-5:30pm | | | #7052 | 5:00-5:30pm | #7053 | 11:15-11:45am |
| FREESKATE 1 (Ages 6 & up) | #7054 | 5:00-5:30pm | | | #7056 | 5:00-5:30pm | #7057 | 11:15-11:45am |
| FREESKATE 2 (Ages 6 & up) | #7058 | 5:00-5:30pm | | | #7060 | 5:00-5:30pm | #7061 | 11:15-11:45am |
| FREESKATE 3 (Ages 6 & up) | #7062 | 5:00-5:30pm | | | #7064 | 5:00-5:30pm | #7065 | 11:15-11:45am |
| FREESKATE 4 (Ages 6 & up) | #7066 | 5:00-5:30pm | | | #7068 | 5:00-5:30pm | #7069 | 11:15-11:45am |
| ADULT 1 (Ages 16 & up) | #7070 | 5:00-5:30pm | | | #7072 | 5:00-5:30pm | #7073 | 11:15-11:45am |
| ADULT 2 (Ages 16 & up) | #7074 | 5:00-5:30pm | | | #7076 | 5:00-5:30pm | #7077 | 11:15-11:45am |
| ADULT 3 (Ages 16 & up) | #7078 | 5:00-5:30pm | | | #7080 | 5:00-5:30pm | #7081 | 11:15-11:45am |
| ADULT 4 (Ages 16 & up) | #7082 | 5:00-5:30pm | | | #7084 | 5:00-5:30pm | #7085 | 11:15-11:45am |
| SYNCHRONIZED SKATING 1 & 2 (Ages 6 & up) | | | | | | | #7089 | 10:45-11:15am |
| SPEED 1 & 2 (Ages 6 & up) | | | | | | | #7093 | 10:45-11:15am |

WINTER/SPRING 2012 SPECIAL INTERESTS CLASS SCHEDULES



BRIDGE / LANGUAGE / FIRST AID / BABYSITTER TRAINING

NOTE: YOU MUST REGISTER FOR THESE CLASSES (WWW.IFOOTHILLS.ORG)

INFORMATION: 303-409-2100 OR 303-409-2612

| BRIDGE | FRI | | SESS #1: JAN 13 – MAR 16 | | | SESS #2: MAY 4 – JUL 13 (no class MAY 25) | | |
|--------------------------|------|-----|--------------------------|-----|-----|---|--|-----|
| | LOC | AGE | MON | TUE | WED | THU | FRI | SAT |
| Advanced Beginner Bridge | PEAK | 18+ | | | | | 10:00am-12:30pm #4300 SESS #1 ONLY | |
| Play of the Hand Bridge | PEAK | 18+ | | | | | 10:00am-12:30pm #4305 SESS #2 ONLY | |

| LANGUAGE | TUE | | SESS #1: JAN 10 – FEB 14 | | SESS #2: FEB 28 – APR 10* | | SESS #3: APR 17 – MAY 22 | |
|-------------------------------------|-------|-----|--------------------------|----------------------|---------------------------|-----|--------------------------|-----|
| | LOC | AGE | MON | TUE | WED | THU | FRI | SAT |
| American Sign Language - All Levels | RIDGE | 14+ | | 7:00-9:00pm #4304 | | | | |

| FIRST AID CPR / AED | SAT | | SESS #1: FEB 11 | | SESS #2: MAY 12 | | SESS #3: JUN 2 | |
|------------------------|------|-----|-----------------|-----|-----------------|-----|----------------|------------------------|
| | LOC | AGE | MON | TUE | WED | THU | FRI | SAT |
| First Aid CPR/AED | PEAK | 14+ | | | | | | 9:00am-3:00pm #4400 |

| BABYSITTER TRAINING – Hands for Hearts (CPR Certification and Babysitter Certification) | MON | | SESS #1: FEB 20 | | | | | | |
|--|-----------------|-------|-----------------|----------------------|-----|----------------|-----|----------------|----------------------|
| | SAT | | | | | SESS #2: APR 7 | | SESS #3: MAY 5 | |
| | FEE | LOC | AGE | MON | TUE | WED | THU | FRI | SAT |
| | \$84 D: \$67 | RIDGE | 11-16 | 9:00-3:00pm #4751 | | | | | 9:00-3:00pm #4751 |

| BABYSITTER TRAINING – Heart Smart (Babysitter Certification) | SAT | | SESS #1: MAR 3 | | | | | | |
|--|-----------------|-------|----------------|-----|-----|-----|-----|-----|------------------------|
| | FEE | LOC | AGE | MON | TUE | WED | THU | FRI | SAT |
| | \$67 D: \$54 | RIDGE | 11-17 | | | | | | 9:00am-3:00pm #4748 |

WINTER/SPRING 2012



SPORTS YOUTH/ADULT INDIVIDUAL SCHEDULES

NOTE: YOU MUST REGISTER FOR THE CLASSES BELOW (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 |
| BASEBALL | T-BALL 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 |
| | COACH/PITCH 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 |
| BASKETBALL Various Locations | INSTRUCTIONAL LEAGUE 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 |
| | INSTRUCTIONAL LEAGUE 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 | GAMES begin JAN 14 GAMES begin JAN 14 |

| 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 |
| FLAG FOOTBALL Easton Regional Park | PEE-WEE | 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 |
| | JUNIOR FLAG | 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 |
| SOCCER Easton Regional Park | INSTRUCTIONAL LEAGUES | 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 |
| | AGES 12-13**** 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 | GAMES begin MAY 12 GAMES begin MAY 12 |
| | AGES 12-13*** | 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)

| BASKETBALL | | SESS #1: JAN 14 - FEB 25 | | | | | | |
|--|--------|--|----------------------|----------------------|----------------------|----------------------|-----|----------------------------------|
| | LOC | AGE | MON | TUE | WED | THU | FRI | SAT |
| LITTLE HOOPSTERS | LG | 3-4 | | | | | | TIMES VARY 8:00-NOON #4650 |
| SOCCER | | SESS #1: MAY 12 - JUN 30 | | | | | | |
| | LOC | AGE | MON | TUE | WED | THU | FRI | SAT |
| LITTLE KICKERS | EASTON | 3-4 | | | | | | TIMES VARY 8:00-NOON #4695 |
| CARA TRACK | | SESS #1: JUN 4 - JUL 28 (No class JUL 4) | | | | | | |
| | 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 | | |
| CARA VOLLEYBALL | | SESS #1 & #2: MAR 19 - MAY 19 • SESS #3 & #4: MAR 20 - MAY 19 | | | | | | |
| | 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)

INFORMATION: 303-409-2613

| FENCING | | SESS #1: JAN 5 - FEB 9 | | | SESS #2: FEB 16 - MAR 22 | | SESS #3: APR 12 - MAY 17 | |
|--------------------|-------|--------------------------------|-----------------|----------------------|---------------------------------|--------------------------------|---------------------------------|-----|
| | 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 | |
| RACQUETBALL | | SESS #1: JAN 9 - FEB 13 | | | | SESS #2: FEB 27 - APR 9 | | |
| | 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)

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)

WINTER/SPRING 2012



TEEN / PRE-TEEN (AGES 11 – 18) EXCURSIONS SCHEDULES (DURING SPRING BREAK)

NOTE: YOU MUST REGISTER FOR THESE EXCURSIONS (WWW.IFOOTHILLS.ORG)

INFORMATION: 303-409-2510 (MEET AT RIDGE RECREATION CENTER FOR EXCURSIONS)

| EXCURSION NAME & DESCRIPTION | DATE | FEE | DISTRICT RATE | TIME/CLASS # |
|--|---------------|------|---------------|-------------------------|
| XTREME CHALLENGE (Lunch Included) Come with us to encounter a variety of games using skill, wit and determination. | MON MAR 26 | \$53 | \$41 | 9am – 2:30pm #4752-1 |
| JUMP STREET Join your friends and jump around on numerous trampolines, bounce around in a game of dodgeball and try to get through the laser field without touching anything! | TUE MAR 27 | \$42 | \$30 | 10am – 3pm #4757-1 |
| BOWLING & MOVIE (Lunch Included) See if you have what it takes to bowl a perfect game, grab some pizza and soft drinks, then when you're done . . . kick back and watch a movie. | WED MAR 28 | \$35 | \$23 | 9:30am – 3pm #4758-1 |
| A DAY WITH A HERO (Lunch Included) Find out what it's like to be a hero. Meet every day heroes – a firefighter and a police officer. Tour the fire house and see where future fire fighters train. | THU MAR 29 | \$34 | \$22 | 9am – 2:30pm #4759-1 |
| A DAY DOWNTOWN (Lunch Included) We will head downtown to tour Coors Field, home of the Colorado Rockies, then we'll grab a bite to eat at one of the numerous restaurants along 16th Street Mall. | FRI MAR 30 | \$42 | \$30 | 9:30am – 4pm #4760-1 |

TEEN / PRE-TEEN (AGES 11 – 18) BABYSITTER / SPECIALTY TRAINING SCHEDULES

NOTE: YOU MUST REGISTER FOR THESE CLASSES (WWW.IFOOTHILLS.ORG)

INFORMATION: 303-409-2510

| BABYSITTER TRAINING – Hands for Hearts (CPR Certification and Babysitter Certification) | SAT | | | SESS #1: FEB 20 | | SESS #2: APR 7 | | SESS #3: MAY 5 | |
|--|-----|-----|-----|-----------------|-----|----------------|-----|----------------|----------------------|
| | FEE | LOC | AGE | MON | TUE | WED | THU | FRI | SAT |
| | | | | | | | | | 9:00-3:00pm #4751 |

| BABYSITTER TRAINING – Heart Smart (Babysitter Certification) | SAT | | | SESS #1: MAR 3 | | | | | | |
|--|-------|-------|-----|----------------|-----|-----|-----|-----|------------------------|--|
| | FEE | LOC | AGE | MON | TUE | WED | THU | FRI | SAT | |
| \$67 D: \$54 | RIDGE | 11-16 | | | | | | | 9:00am-3:00pm #4748 | |

WINTER/SPRING 2012



CHILDREN'S PROGRAMS TOTS SPECIALTY CLASS SCHEDULES

NOTE: YOU MUST REGISTER FOR THESE CLASSES (WWW.IFOOTHILLS.ORG)
INFORMATION: 303-409-2507

| | | | | | | | | |
|---------------------------------|--------------------------|--------------|--------------------------|------------------------|---------------------|------------------------|------------------------|-----|
| TODDLERS ON THE GO | SESS #1: FEB 3 – 24 | | SESS #2: MAR 2 – 23 | | SESS #3: APR 6 – 27 | | | |
| | LOC | AGE | MON | TUE | WED | THU | FRI | SAT |
| | RIDGE | 18-30 mos | | | | | 10:00-11:30am #4416 | |
| SIGN & PLAY | SESS #1: JAN 5 – FEB 9 | | | | | | | |
| | LOC | AGE | MON | TUE | WED | THU | FRI | SAT |
| | RIDGE | 6 mos - 3 | | | | 10:30-11:15am #4441 | | |
| I'M A BIG KID NOW! | SESS #1: JAN 31 – FEB 21 | | SESS #2: FEB 28 – MAR 20 | | SESS #3: APR 3 – 24 | | | |
| | LOC | AGE | MON | TUE | WED | THU | FRI | SAT |
| | RIDGE | 2½ - 3½ | | 10:00-11:30am #4413 | | | | |
| ADVENTURES IN SPORTS | SESS #1: JAN 23 – FEB 13 | | SESS #2: FEB 27 – MAR 19 | | SESS #3: APR 9 – 30 | | | |
| | LOC | AGE | MON | TUE | WED | THU | FRI | SAT |
| | RIDGE | 3-6 | 9:00-10:15am #4415 | | | | | |
| KIDS IN THE KITCHEN | SESS #1: JAN 23 – FEB 13 | | SESS #2: FEB 27 – MAR 19 | | SESS #3: APR 9 – 30 | | | |
| | LOC | AGE | MON | TUE | WED | THU | FRI | SAT |
| | RIDGE | 3-6 | 10:30am-Noon #4412 | | | | | |
| PARENTS NIGHT OUT | SESS #1: FEB 10 | | SESS #2: MAR 16 | | SESS #3: APR 20 | | | |
| | LOC | AGE | MON | TUE | WED | THU | FRI | SAT |
| | LG | 3-12 | | | | | 6:00-9:00pm #4417 | |