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Foothills Park & Recreation events

Aug. 26 – Doggy Dip

Foothills Park & Recreation District hosts its annual Doggy Dip at Deer Creek Pool, 8637 S. Garrison St. in Jefferson County, at the close of the outdoor pool season on Sunday, August 26 from 5:30 -7 p.m. This canine swim party caters specifically to your precious pooch (no people allowed in the pool). For information or to register call 720-981-8393 or www.ifoohills.org

Foothills Park & Recreation District Ski/Snow Sport Conditioning Workshop

Saturday, September 8, 10 a.m.-noon, Peak Community & Wellness Center, 6612 S. Ward St. in Jefferson County. \$5 to pre-register or \$7.25 at the door. Call (303) 409-2114 or visit www.ifoohills.org.

Foothills Park & Recreation District Baby & Me exercise class is Monday and Wednesday from 10-11 a.m. beginning Sept. 10 at Lilley Gulch Recreation Center, 6147 S. Holland Way, in Jefferson County. Bring your little one along and have a blast as you workout and wiggle your way to better health. Call (303) 409-2114 or visit www.ifoohills.org

Foothills Park & Recreation District 5th Annual Fall Classic - September 22 and 23, 36 holes, two person best ball, no handicap needed.

Saturday play at Foothills Golf Course, Sunday play at The Meadows Golf Club. Register or sign up with Foothills Golf Course at (303) 409-2400.

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The Foothills Park & Recreation District Fab Fit High School Pass is a great way for high school students to work out during the school year. It's valid from Sep. 1, 2007 – June 1, 2008 and good at Lilley Gulch Recreation Center, Ridge Recreation Center and Peak Community & Wellness Center. Simply present your school ID and get your pass for \$119 for the school year. Monthly payment option available for \$17/month. Youth 13-15 must attend a weight room orientation or complete a test. Call (303) 409-2100 or visit www.foothills.org

Drop-in fitness classes at Foothills Park & Recreation District require no pre-registration. Group exercise and aqua fitness classes are held throughout the day and evening at Lilley Gulch Recreation Center, Peak Community and Wellness Center and the Ridge Recreation Center. Visit www.foothills.org or call (303) 409-2114 for more information.

The Ridge will be closed Aug. 20-24, and Lilley Gulch will be closed Aug. 27-31, for annual cleaning and maintenance.

The Fall catalog for Foothills Park & Recreation District is out and registration for classes and programs is underway. Extra copies are available at any Foothills facility, or call (303) 409-2100 to have one mailed to you.

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Foothills Park & Recreation district, founded in 1959, serves a 28 square mile area of unincorporated Jefferson County generally bounded by Hampden Avenue south to C-470 from Sheridan Boulevard west to the Dakota Hogback. The District operates the Ridge Recreation Center, the Edge Ice Arena, Lilley Gulch Recreation Center, the Peak Community and Wellness Center, four outdoor swimming pools, Indoor Sports Arena, Foothills Golf Course complex, Meadows Golf Course, and 69 park sites totaling more than 2,410 acres and including four regional parks, 42 neighborhood and community parks and 24 greenbelts. In addition Foothills manages six regional trail corridors for public use, which, combined with park trails, total more than 31 miles. For more information visit www.foothills.org , or call (303) 409-2100.