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### **For Immediate Release– Dec. 4, 2007**

#### **Foothills Park & Recreation District events**

##### **Winter fun at Sledding Hill Park**

Foothills Park & Recreation District this year completed a 50-space parking lot at Kipling Parkway just north of Ken Caryl Avenue to provide safe community access to its popular Sledding Hill Park, which has been a south Jeffco landmark for more than 30 years. The 30.4 acre park features a 75 feet elevation gain from bottom to top, making it a fun gathering spot for kids of all ages after every snow storm. The land was originally slated for development, but was acquired by Jefferson County Open Space in 1999 after several neighboring HOAs convinced the County Commissioners to preserve the land. The entrance and parking lot, built with Open Space and State Land Water Conservation funds, also provide access to regional trails, including the Kipling Trail, said Colin Insley, Foothills Director of Parks, Planning & Construction. For more information on numerous parks and trails visit [www.ifoohills.org](http://www.ifoohills.org)

##### **New Foothills pass packages - more options and group classes now included**

Foothills Park & Recreation District's 2008 annual facility pass packages have been revamped to offer more options and group exercise classes. The new restructured pass packages – available January 1, 2008 – allow patrons to buy a pass valid at all four District facilities (Peak Community & Wellness Center, Ridge Recreation Center, Edge Ice Arena, and Lilley Gulch Recreation Center) or a combination of the Peak and Ridge only or just Lilley Gulch. All annual pass packages will be valid at the four outdoor pools during the summer as well as for select group exercise classes at the facilities where the pass is valid. Payment for your passes can be paid in monthly installments that are automatically withdrawn from checking or savings accounts. Pay for two months up front, and the additional 10 months will automatically be deducted. Passes are valid for one year from the date of purchase. A \$2 monthly administrative service charge will be assessed.

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**Foothills pass... continued**

Those who purchase an annual pass between Jan. 2-16, will receive a pedometer or Foothills water bottle (available while supplies last). Monthly pass, Summer Fun pass, 12 or 24-visit card, or daily drop-in admissions are also available. For more information or directions, call (303) 409-2100 or visit [www.foothills.org](http://www.foothills.org)

**Holiday workout classes**

Let Foothills Park & Recreation District help you with your early New Year's resolution and continue your workout routine during the holidays. During the hustle and bustle of the season, catch a refreshing workout to reduce stress and burn off calorie laden meals. Foothills creative and non-traditional holiday-themed classes provide a fun opportunity to avoid the holiday winter weight gain. Courses will be taught by Foothills Fitness & Wellness Administrative staff, giving our regular instructors a break over the holiday season. All classes will be held at the Peak Community & Wellness Center, 6612 S. Ward Street. Cost is daily drop in admission of \$7.25 (District Rate: \$5.25), senior rates available. For additional information call (303) 409-2263 or visit [www.foothills.org](http://www.foothills.org)

**Monday/Wednesday, Dec. 17 & 19**

10-11 a.m. Holiday Stretch: stretching  
5:30-6:30 p.m. Yuletide Cardioburn: circuits of cardio endurance

**Tuesday/Thursday, Dec. 18 & 20**

10-11 a.m. Havin' a Ball: balance ball toning and strengthening  
5:30-6:30 p.m. Icy Intervals: resistance and cardio

**Friday, Dec. 21**

10-11 a.m. Step to the Tune: aerobic steps

**Thursday, Dec. 27**

10-11 a.m. Stressed & Stretchin': stretching  
5:30-6:30 p.m. Afterburn Cardio Challenge: hi/lo cardio

**Friday, Dec. 28**

6-7 a.m. Cycle through the New Year: indoor cycling  
Noon-1 p.m. Give Me Strength: strength and toning

**Foothills activity pool maintenance**

Foothills Park & Recreation District is planning for necessary mechanical repairs to be completed at the Ridge Recreation Center's activity pool Dec. 20-25. During that time the activity pool will be closed, however the lap pool and therapy pool will continue to operate on the normal schedule. All pools will be closed on Tuesday, December 25. The activity pool will re-open on Wed., Dec. 26. For more information call (303) 409-2508. For hours of operation, please visit [www.foothills.org](http://www.foothills.org) or call (303) 409-2333.

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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 70 park sites totaling more than 2,400 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.ifoohills.org](http://www.ifoohills.org) , or call (303) 409-2100.*