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For Immediate Release– Nov. 6, 2007

Foothills Park & Recreation District events

Free Nutrition Seminar – Nov. 16, 11:45 a.m. – 1 p.m.

Foothills Park & Recreation District invites you to learn tips on holiday meal planning. Learn how to cut calories and still take part in the festivities that surround this time of year at this free class, Nov. 16, 11:45 a.m. – 1 p.m. at the Peak Community & Wellness Center, 6612 S. Ward Street. Free drinks and food provided. For more information, call (303) 409-2114 or visit www.ifoohills.org

Thanksgiving Eve Public Skate - Nov. 21, 7:30-9 p.m.

Treat your friends and out-of-town guests with a fun family night at Foothills Park & Recreation District's Edge Ice Arena (6623 S. Ward Street). Take advantage of half priced admission on Wednesday, Nov. 21, with a non-perishable food donation. All food donations will go to the Jeffco Action Center. For more information or directions to our facility, call (303) 409-2222 or visit www.ifoohills.org

Take off the Turkey Workout Class – Nov. 23, 7-8:30 a.m.

Join Foothills Park & Recreation District at the 5th annual Take off the Turkey Workout Class at the Ridge Recreation Center (6613 S. Ward Street) on Friday, Nov. 23, 7-8:30 a.m. Try out this fun combo class focusing on cardio-burning moves while adding in intervals of resistance and toning exercises, concluding with a gentle series of flexibility enhancing stretches. Cost is a drop in fee of \$7.25 (District Rate: \$5.25) and senior rates are available. For more information call (303) 409-2114 or for directions to our facility visit www.ifoohills.org

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Find your fun at Foothills Park & Recreation District

Is just thinking about holiday feasting making you feel a little full? Plan to come to Foothills Park & Recreation District to work off the extra calories or to inspire your family to burn off that extra energy. Clement Park (7306 W. Bowles) and Harriman Lake Park (S. Kipling & W. Quincy Ave.) are great, scenic locations to walk your dog, snap your family holiday picture, or take a family hike. The Ridge Recreation Center (6613 S. Ward St.) provides an indoor track, open swim in two indoor pools, racquetball and drop-in gym for shooting hoops. The Peak Community & Wellness Center (6612 S. Ward St.) offers numerous aerobic classes and a 7,000 sq. ft. cardiovascular and weight room to start your New Year's resolutions early. Bundle up and enjoy the Edge Ice Arena's (6623 S. Ward St.) public open ice skating hours. Drop in at Lilley Gulch Recreation Center (6147 S. Holland Way) for a swim or work out in our renovated weight room, or just play and be a kid with your kids in the gymnastics studio. All of these and many more opportunities await you at Foothills Park & Recreation District's award winning facilities. For more information or for directions to our facility visit www.ifoohills.org or call (303) 409-2100.

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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 , or call (303) 409-2100.