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### **For Immediate Release– Oct. 29, 2007**

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

##### **Foothills Winter Camps for kids – registration starts Nov. 5**

Foothills Park & Recreation District offers three different types of Winter Camp from Dec. 26 - Jan. 7 for children ages 5 to 13. Registration begins on Nov. 5 and is due by Dec. 17. Programs locations are Lilley Gulch Recreation Center, 6147 S. Holland Way; and Ridge Recreation Center, 6613 S. Ward St. For more information and registration forms, call (303) 409-2511 or visit [www.foothills.org](http://www.foothills.org)

##### **Family Drop-in Gymnastics – Mondays 7:15-8:15 p.m.**

Feel like a kid again. Jump in the foam pit, tumble on the spring floor and bounce on the trampoline at Foothills Park & Recreation District's Lilley Gulch Recreation Center, 6147 S. Holland Way. Your kids will burn energy and you will burn pounds. For children up to age 10 with parent/guardian - parents must be present in the gym. Offered on Mondays from 7:15-8:15 p.m. For more information call (303) 409-2500 or [www.foothills.org](http://www.foothills.org)

##### **Kids' Night Out**

Plan your Saturday night out while your child attends "Kids' Nite Out" at Foothills Park & Recreation District. This supervised, structured program offers a safe, social and recreational atmosphere. Participants are not permitted to enter or leave the facility without parental supervision or authorized adult permission. Win great prizes - meet new friends! Activities include basketball, dodge ball, swimming, dancing, board games, inflatable games, theme nights, special guests, concessions for purchase and more! Saturday dates alternate between two Foothills facilities and accommodate different age groups. Entry fee - \$15 per day. For more information, call (303) 621-2872.

Ages 9-14: Nov. 3 and Nov. 17, 7-11 p.m. at the Ridge Recreation Center, 6612 S. Ward St.

Ages 8-12: Nov. 10, 7-10:30 p.m. at Lilley Gulch Recreation Center, 6147 S. Holland Way.

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### **Swimsuit & Accessory Sale – Nov. 15-17**

Find great deals on swimwear and accessories for the entire family on Nov. 15-17, 8:30 a.m. – 5 p.m. at Foothills Park & Recreation District's Ridge Recreation Center, 6613 S. Ward Street. For more information call (303) 409-2580 or for directions to our facility visit [www.ifoohills.org](http://www.ifoohills.org)

### **Free Nutrition Series – Nov. 16**

Foothills Park & Recreation District invites you to learn tips on holiday meal planning and how to cut calories with all the festivities that surround this time of year will be covered. This free health series will run on 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](http://www.ifoohills.org)

### **Edge Ice Arena Merchandise Sale – Nov. 16-18**

Come to Foothills Park & Recreation District's Edge Ice Arena (6623 S. Ward Street) for your ice skating needs during our merchandise sale. Apparel, sticks, skates, protective gear and accessories will be discounted 25-40% off the original price. Free skate sharpening card comes with the purchase of skates. Sale runs Nov 16-18, 9 a.m. – 9 p.m. We also offer gift cards to suit your gift giving needs. For more information or directions to our facility, call (303) 409-2222 or visit [www.ifoohills.org](http://www.ifoohills.org)

### **Indoor Sports Arena**

Come indoors for your sporting needs during the fall and winter weather. Foothills Park and Recreation District's Indoor Sports Arena at the Schaefer Athletic Complex (3608 S. Kipling Parkway) is home to the "New Generation Synthetic Turf" that looks, feels and plays like real grass. We host a variety of events which include, but not be limited to; youth and adult soccer leagues and camps, youth and adult lacrosse leagues and camps, flag football, rugby, field hockey, field rentals for practices and tournaments, facility rentals for events such as after-prom. For more information call (303) 409-2444 or visit [www.ifoohills.org](http://www.ifoohills.org)

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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.*