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Foothills Park & Recreation District events

Clay Arts for Tots

Introduce your tot ages 4-6 to simple projects in clay to help improve fine motor skills, while providing a fun environment for socialization. At Foothills Park & Recreation District all supplies are included, just dress for mess. Classes offered on Thursdays from 10:45-11:30 a.m. beginning on September 18. Fee is \$40 (District rate \$30), classes run year round in 4 week sessions. For more information call 303.409.2612 or register at www.foothills.org.

Swap & Shop, September 6

Bring your gently used clubs or golf equipment that you want to sell or swap to Foothills Park & Recreation District's Meadows Golf Club driving range (6937 S. Simms St.) on Saturday, September 6, 11 a.m. – 4 p.m. Meadows Golf Pro Shop will also feature a huge sale. Even if you don't have anything to sell or swap, don't miss this opportunity to grab some great deals! Cash sales only; Foothills is not responsible for transactions between private parties. For more information call 303.409.2250 or www.foothills.org.

\$3 Thursdays at Foothills

Foothills Park & Recreation District will be offering \$3 admission on Thursdays to the Ridge Recreation Center, Lilley Gulch Recreation Center and Peak Community & Wellness Center from September 4 – November 20, 2008. For more information call 303.409.2100 or www.foothills.org.

Little Black Dress fitness class

Foothills Park & Recreation District offers this ideal women's workout to get your body toned and shapely while increasing your head-to-toe fitness. Workouts will focus on cardio circuits, strength drills, and challenging weight lifting exercises designed to tone specific muscles – it's never too late to dust off your little black dress. Fee is \$90 (District rate \$70); class is for ages 15 and older beginning September 8. For more information call 303.409.2264 or www.foothills.org.

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Comprehensive dance programs at Foothills

Make dance classes part of your routine by enjoying Foothills Park & Recreation District's comprehensive dance classes for youth and adults. Class offerings vary and include ballet, hip hop, belly dance and country swing. Couples dance classes (open to couples or singles) provide a wide genre such as ballroom, Latin, 40's swing and much more. Classes begin the week of September 8 and run year round. Private couples dance lessons also available. For more information and class costs visit www.ifoohills.org or call 303.409.2612.

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Foothills Park & Recreation District, founded in 1959, serves a community of 90,000 residents in 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, Edge Ice Arena, Lilley Gulch Recreation Center, 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.