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For Immediate Release– December 23, 2008

Foothills Park & Recreation District events

Kids' Nite Out

Plan 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 720.232.5615.

- Ages 9-14: Jan. 10 and 24, 7-11 p.m. at Ridge Recreation Center, 6612 S. Ward St.
- Ages 8-13: Jan. 17 and 31, 7-10:30 p.m. at Lilley Gulch Recreation Center, 6147 S. Holland Way.

'Fit in 50' program at Foothills

To commemorate Foothills Park & Recreation District turning 50 in 2009, Foothills' fitness programs will be hosting a new, year-round fitness challenge. 'Fit in 50' will help you get fit in 50 weeks, 50 minutes a day, 3 times a week. Fee is \$50 and includes a pre and post assessment and weekly fitness tips/challenges. Program begins the week of January 12. All participants will be eligible for additional discounts on services throughout the year, and will receive a 50-square participation card. After filling up the card (50 visits to Foothills for classes, drop in use and golf) the participant will be entered into a drawing for a free annual membership. For more information, call 303.409.2114 or visit www.ifoohills.org.

Senior Adults Strength Training classes

Join us at Foothills Park & Recreation District for an excellent class for senior adults to learn the A-to-Z's of strength training concepts including using free weights and balance exercises. Classes held at the Peak Community & Wellness Center (6612 S. Ward St.). Beginning students meets on M/ W at 9-9:50 a.m.; continuing students meet M/W at 10-10:50 a.m. or T/TH 2:15-3:05 p.m. Cost is \$55 (District Rate \$42). For more information, call 303.409.2114 or visit www.ifoohills.org.

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Fab Fit pass includes new agility classes

Present your middle or high school i.d. and receive a Fab Fit Pass good at Foothills Park & Recreation District's facilities. Open gym and swim, work out, racquetball and indoor track available at the Ridge Recreation Center, Lilley Gulch Recreation Center and Peak Community & Wellness Center. New sport, speed and agility classes added Valid until May 31, 2009. Cost is \$18/month. Ages 15 and under required to complete a cardio room orientation. For more information, call 303.409.2114 or visit www.ifoohills.org.

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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.