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**Foothills Park & Recreation District events**

**Indoor Sports Arena, registering leagues for 2009**

Come indoors for your sporting needs during winter weather. Foothills Park and Recreation District's Indoor Sports Arena (3608 S. Kipling Parkway) is accepting registration beginning on December 15 for Adult Soccer Leagues and December 22 for Adult Flag Football Leagues. Leagues will begin play in late January. Enjoy the "New Generation Synthetic Turf" that looks, feels and plays like real grass. For more information call 303.409.2444 or visit [www.ifoohills.org](http://www.ifoohills.org).

**Pilates classes at Foothills**

Foothills Park & Recreation District is adding a new class to its Pilates programs – Pilates Foundational Reformer. This specific class will aid those with limited flexibility or recovering from an injury, a great tool to help in injury recovery and prevention as well as increasing range of motion. Class will be instructed at a gentle pace, with concentration on proper form and alignment to maximize the exercise benefits. Classes offered at the Peak Community & Wellness Center (6612 S. Ward St.) and start the week of January 13. For information, call 303.409.2114 or register at [www.ifoohills.org](http://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](http://www.ifoohills.org), or call 303.409.2100.*