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Foothills Park & Recreation District events

Summer Jobs - Lifeguard Training

Looking for a great summer job? Foothills Park & Recreation District's Aquatics Department is hiring for summer positions for lifeguards, swim instructors and cashiers. Download an application at www.ifoohills.org or call 303.409.2590 for more information.

If you're interesting in becoming a lifeguard, now is your chance to get certified. Register for Foothills Park & Recreation District's Lifeguard Training Class, an American Red Cross designed course that is one of the National Standards for Lifeguard Employment. Class offered Monday-Friday, March 24-28 from 9 a.m. – 5 p.m. at the Ridge Recreation Center (6613 S. Ward St.). Pre-registration is required, cost is \$210 (District Rate \$160). A water test must be passed on the first day of class and all participants must be age fifteen by the last day of class. For more information call 303.409.2333 or register at www.ifoohills.org.

Diversify your workouts

Refine your workouts at Foothills Park & Recreation District with our diverse group and personal training opportunities. Try out Boulder Boulder Team Training, Bridal Bootcamp, Triathlon Training and Group Swim Triathlon Training. Drop-in fitness classes are also available year round with pass options for cost savings. For more information call 303.409.2100 or visit www.ifoohills.org.

Country Swing Classes starting March 7

Learn the art of Country Swing dance at Foothills Park & Recreation District. Classes held at the Ridge Recreation Center (6613 S. Ward St.) spotlight foot work and basic moves for beginner and intermediate dancers. Seasoned dancers will focus on polishing footwork, lead and follow techniques, and adding new moves. A fun, upbeat class for all abilities, with plenty of time for practice and one-on-one coaching.

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Country Swing Classes, cont.

Classes are offered year round, next session begins March 7. Cost is \$45 per person (District Rate \$35) and class runs for four weeks. For more information call 303.409.2612 or visit www.foothills.org.

Women's Hockey League at Foothills – starting March 2

Ladies, are you tired of watching the game? Get geared up and become a player. Join the Edge Women's Hockey League offered by Foothills Park & Recreation District's Edge Ice Arena (6623 S. Ward St.). The women's spring season runs March 2 - May 18, skill sessions are included with league registration. Leagues should consist of 18 players per team, 16 skaters and 2 goalies and full equipment is required. Registration deadline is Monday, Feb. 25, open to women 18 years and older. Cost is \$235 per player (jersey and hockey socks included). For more information, call 303.409.2211 or visit www.foothills.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.foothills.org , or call (303) 409-2100.