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**For Immediate Release– Feb. 5, 2008**

**Foothills Park & Recreation District events**

**Learn to teach swimming lessons**

Foothills Park & Recreation District offers a Water Safety Instructor class at the Ridge Recreation Center (6613 S. Ward St.). Learn the fundamentals of how to teach swimming lessons to infants through adults. This class is the employment standard for American Red Cross swimming lesson instructors. Participants must be able to demonstrate effective stroke technique for front crawl, back crawl, sidestroke, breaststroke, elementary backstroke and butterfly the first day of class. Class also includes Fundamentals of Instructor Training (FIT). Attendance at all classes is mandatory. Bring snacks and lunch to all classes as short breaks will be given. Class open to persons 16 years of age and older, cost is \$210 (District Rate \$ 160) – registration is required. Class runs on Sundays for five weeks, Feb. 17 – March 16, from 9 a.m. – 5 p.m. For more information, please call 303.409.2333 or visit [www.ifoohills.org](http://www.ifoohills.org).

**Women's Hockey League at Foothills**

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.ifoohills.org](http://www.ifoohills.org).

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**Spring Camp for kids**

There is still time to register your child(ren) ages 5-12, for Foothills Park & Recreation District's Spring Camps, running March 24-28. Registration deadline is Friday, March 14. Foothills camps provide fun activities each day. Camp locations are the Ridge Recreation Center (6613 S. Ward St.) and Lilley Gulch Recreation Center (6147 S. Holland Way). For more information, call 303.409.2511 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.*