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### **For Immediate Release– Jan. 7, 2008**

#### **Foothills Park & Recreation District events**

##### **Sport Specific Training at Foothills**

Whether you are gearing up for the ski season or want to strengthen and condition your body, try out the new Sport Specific Training at Foothills Park & Recreation District. Private training sessions are scheduled with individuals or in groups. To schedule your training or for more information call 303.409.2263.

##### **Middle School Sports Programs offered by Foothills**

Foothills Park & Recreation District offers an after school sports program at Deer Creek, Ken Caryl, Summit Ridge and Falcon Bluffs Middle Schools. Sports offerings include boys and girls basketball, coed soccer and coed track & field. These activities are a great opportunity to learn more about sports in a safe, supervised environment. Programs begin the week of Jan. 21. No transportation is needed as Foothills coaches meet with participants at their school sites after the school day is over. For more information or costs, call 303.409.2613 or visit [www.ifoohills.org](http://www.ifoohills.org)

##### **Drama & Improv at Foothills Park & Recreation District**

Try a drama and improv class at Foothills Park & Recreation District. Enjoy having lots of laughs and fun while you learn the rules of improvisation and gain experience performing - no acting experience necessary. Classes are geared for youth ages 8-18 and begin on Jan. 24 at the Peak Community & Wellness Center (6612 S. Ward St.). Cost is \$52 (District Rate: \$40), classes run for five weeks. For more information call 303.409. 2612 or visit [www.ifoohills.org](http://www.ifoohills.org)

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**Sign & play class at Foothills**

Foothills Park & Recreation District offers a sign language communication skills class for young, hearing children ages six months to three years old. Proven to improve learning, this class allows them to communicate their needs before they can speak. Classes use music, games and books in an age appropriate setting. Parents are required to attend class with their child. Class begins Jan. 23 and cost is \$59 (District Rate: \$50). For more information, call 303.409.2301 or visit [www.ifoohills.org](http://www.ifoohills.org)

**Keep your new years resolution with Foothills fitness classes**

Foothills Park & Recreation District offers a wide variety of drop-in fitness classes every week to meet your workout needs. Classes include land and water fitness options such as Cardio Challenge, Aeroboxing, AquaTone, Poolates and much more. Daily drop in rates available, or purchase a multi-visit card to save money. For more information call 303.409.2200 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.*