

Contact:
Kate Dragoo
Public Information and Outreach Supervisor
Foothills Park & Recreation District
(303) 409-2525
kate@fhprd.org

For Immediate Release– June 30, 2008

Foothills Park & Recreation District events

Personal Safety Skills for Girls, July 12

Foothills Park & Recreation District and the Rape Awareness and Assistance Program (RAAP) are offering girls ages 9-12 the opportunity to learn essential safety skills on Saturday, July 12 from 10 a.m. – 1 p.m. at the Ridge Recreation Center (6613 S. Ward St.). Pre-registration is required. Class topics include verbal safety skills, empowerment and physical self protection techniques. Cost is \$40 per person (District Rate \$32). For more information call 303.409.2612 or register at www.foothills.org.

Youth art and clay classes at Foothills

At any age, it's fun to play with clay and be artistic. Foothills Park & Recreation District offers a wide range of instructional clay and art classes for youth ages one and older. With youth class titles like Clay Time Mommy & Me, Creative Arts for Tots, Clay Fun 101 and Adventures in Clay there is something fun for every child. Youth classes begin in the week of July 7. For more information, call 303.409.2612 or visit www.foothills.org.

Deer Creek Pool Party, July 12

Join Foothills Park & Recreation District at the Deer Creek Pool Party on Saturday, July 12. Admission is only \$2 for all day open swim. Organized games, activities, food and prizes will be happening from 11 a.m. - 1 p.m. Deer Creek Pool is located at 8637 S. Garrison St. For more information call 720.981.8393 or visit www.foothills.org.

Have your party at Foothills

Plan the perfect holiday party, wedding or special event now. Foothills Park & Recreation District has lovely wedding and reception spaces to rent, some with outdoor patios and mountain views. Book your event at the Peak Community & Wellness Center (6612 S. Ward St.) by September 30 for November or December and receive 10% off your total. Some restrictions apply, for information call 303.409.2202.

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Find a fitness class for you

Foothills Park & Recreation District offers numerous fitness classes for all levels and interests. Improve your core strength, balance and flexibility in Yoga, Pilates or Bosu. Endurance Athlete Coaching and Sport, Speed & Agility aids your training and athletic needs while keeping you active and fit. Find these and many more fitness and wellness options for all abilities and interests. For more information, call 303.409.2100 or visit 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 , or call (303) 409-2100.