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Foothills Park & Recreation District events

Fitness assessments and personal training options

Discover and understand your health status by getting a fitness check with Foothills Park & Recreation District's fitness and wellness staff. Foothills offers a variety of fitness assessments and personal training opportunities available for all ages and abilities. For more information call 303.409.2200 or visit www.ifoohills.org.

Crocodile Rock music class for kids – begins April 3

Foothills Park & Recreation District offers Crocodile Rock classes, a unique music program geared for ages 18 months to five years old. Children will be led by the class instructor, a singer and folk guitarist, while they play musical instruments and sing, helping to develop an appreciation for music in a social atmosphere. Songs have age appropriate visual aids to stimulate learning. Classes begin April 3 and are held at the Peak Community & Wellness Center (6612 S. Ward St.) and Lilley Gulch Recreation Center (6147 S. Holland Way). Pre-registration is required; cost is \$36 per child (District Rate \$27). Classes are offered year round. A parent (or both) must accompany their child(ren) to class. For more information call 303.409.2612 or visit www.ifoohills.org.

Container Gardening Class – Sat. April 5

Foothills Park & Recreation District has teamed up with Jared's Nursery & Garden Center for over ten years to offer quality instructional classes to teach indoor and outdoor gardening techniques. On Saturday, April 5 learn to decorate patios and entryways with overflowing containers of vibrant color. Class is hands-on and will cover how to plant, the kinds of plants and flowers that work well together and how to fertilize for maximum growth. Pre-registration is required, class fee is \$9 (District Rate \$6). Class held at Jared's Nursery & Garden Center (10500 Bowles Ave.). For more information call 303.409.2612 or register at www.ifoohills.org.

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What is Bosu fitness? Try it out!

The Bosu is a piece of equipment designed to enhance core strength and balance. It has a solid base with a rounded, dome-shaped fit ball on the top. Through a variety of exercises using this apparatus, participants will add a whole new dimension to their exercise routines. Foothills Park & Recreation District is offering an introductory course on Tuesdays and Thursdays, April 1, 3, 8 and 10, from 5:30-6:20 p.m. at the Peak Community & Wellness Center (6612 S. Ward St.). Fee for the introductory course is free with an annual facility pass or multi-visit card. Otherwise, the daily drop-in fee of \$7.25 (District Rate \$5.25) applies. This course will be added to Foothills fitness schedule in summer 2008. For more information call 303.409.2114 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.