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Foothills Park & Recreation District events

Middle School Hockey League, registration deadline March 20

Foothills Park & Recreation District's Edge Ice Arena (6623 S. Ward St.) is running a Middle School Hockey League for seventh and eighth grade students attending Deer Creek, Ken Caryl, Falcon Bluffs, Summit Ridge, or Conifer/ Evergreen schools, and three at-large teams for students from Littleton and Lakewood schools. Students from schools not listed are welcome to register as free agents and will be assigned to a team. League will run April 1-May 18. The open registration deadline is March 20 and is on a first come, first served basis. Full hockey equipment is required. Cost per player is \$235 and includes a jersey. Registration forms are available at the Edge Ice Arena or online at www.ifoohills.org. For more information, call 303.409.2211

Organic gardening, what is it? – Saturday, March 15

Foothills Park & Recreation District has teamed up with Jared's Nursery & Garden Center for more than ten years to offer quality indoor and outdoor gardening classes. On Saturday, March 15 learn about organic gardening, including benefits for you and your family and products available for dealing with insects and other gardening challenges. 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.

Adaptive Swim Program begins March 29

Foothills Park & Recreation District and Foothills Swim Team have collaborated to offer a truly unique, personalized swimming instructional program for children with special needs. The goals are to assist in improving swimming skills, safety and comfort in water. Cost is \$29 (District Rate: \$24) and classes are held at the Ridge Recreation Center (6613 S. Ward St.). For more information call 303.409.2508 or register at www.ifoohills.org.

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Get into the game of golf

Sign up now to reserve your spot for various golf classes beginning in April at Foothills Park & Recreation District's Meadows Golf Club (6937 S. Simms St.) and Foothills Golf Course (3901 S. Carr St.).

Learn or reinforce the fundamentals of golf in our Introductory Classes designed to create a fun environment for golfers learning how to play the game. Developmental Programs are for experienced golfers who play routinely and want to lower scores and improve overall consistency.

Specialty sessions will provide instruction for specific parts of the game. For the completely personal experience, private lessons will allow you to improve any problem with your game. State-of-the-art computer/video technology is available to assist you in understanding your progress.

Whether you have limited playing experience or want to refine your game, our highly trained and experienced PGA and LPGA professionals will use the most advanced training techniques and aids available in order to ensure your improvement. For information visit us online at www.ifoohills.org or call Foothills Golf Course 303.409.2400 or Meadows Golf Club, 303.409.2250.

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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.