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Foothills Park & Recreation District events

Flu shots available at Free Health Expo - Oct. 16

Flu shots will be available for \$25 per person at the Exempla Lutheran Medical Center and Foothills Park & Recreation District's free Community Health Expo at the Peak Community & Wellness Center, (6612 S. Ward St.) on Thursday, October 16 from 3:30 to 6:30 p.m. Flu shots are free to Medicare recipients with a valid card. Bring the whole family for free health screenings and information including; body mass index (BMI), heart and lung health, diabetes, sleep tips, nutrition advice, ask a doctor booth, fitness demonstrations and much more. For information call 303.409.2114.

Skate specials at Edge Ice Arena

Foothills Park & Recreation District's Edge Ice Arena has October skate specials. Public skate has been extended on weekdays; Mondays 11 a.m. – 5 p.m. and Tuesdays-Fridays 11 a.m.-4 p.m. Extended hours for Stick & Puck on Mondays and Wednesdays 1 p.m.-3:20pm and added hours on Tuesdays and Thursdays 11a.m.-2p.m. Out of School Specials on October 22-24. For more information, call 303.409.2222.

Dance like the stars at Foothills

Dance like the stars at Foothills Park & Recreation District. Couples dance classes - open to couples or singles - are offered in Ballroom, Latin, Salsa & Merengue, 40's Swing and West Coast Swing. All classes are beginner friendly in a relaxed and fun environment. Classes begin Monday, Oct. 27 and Thursday, Oct. 30 and are offered at the Ridge Recreation Center (6612 S. Ward St.). Private couples dance lessons also available. For more information and class costs call 303.409.2612.

Boys gymnastics classes

Foothills Park & Recreation District offers gymnastics classes specifically for boys ages 5-15. Classes encourage skill development, coordination and strength. Boys ages 5-6 focus on floor exercise, rings and more. Boys ages 7-15 focus on high bar, parallel bars and more. Classes offered at Lilley Gulch Recreation Center (6147 S. Holland Way); fee is \$60.00 (District Rate: \$46.00). For more information, call 303.409.2605.

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Foothills Park & Recreation District, founded in 1959, serves a community of 90,000 residents in 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, Edge Ice Arena, Lilley Gulch Recreation Center, 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.foothills.org , or call 303.409.2100.