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Foothills Park & Recreation District events

Fab Fit middle and high school pass

Present your middle or high school i.d. and receive a Fab Fit Pass good at Foothills Park & Recreation District's facilities. Open gym and swim, work out, racquetball and indoor track available at the Ridge Recreation Center, Lilley Gulch Recreation Center and Peak Community & Wellness Center. Valid September 1, 2008 – May 31, 2009. Cost is \$129 per school year, or \$18/month. Ages 15 and under required to complete a cardio room orientation. For more information, call 303.409.2100 or visit www.ifoohills.org.

Learn to Swim Lessons

It's not too late to sign up for Foothills Park & Recreation District's nationally recognized and award winning swimming programs. All instructional staff are professional, enthusiastic, American Red Cross certified and dedicated to providing a fun, friendly and safe experience for you and your family. Instructional classes begin the week of October 6 at the Ridge Recreation Center (6613 S. Ward St.) and Lilley Gulch Recreation Center (6147 S. Holland Way). For more information call 303.409.2590 or register online at www.ifoohills.org.

Indoor Sports Arena, registering fall leagues

Come indoors for your sporting needs during the fall and winter weather. Foothills Park and Recreation District's Indoor Sports Arena (3608 S. Kipling Parkway) is accepting registration beginning on September 22 for Youth and Adult Soccer Leagues and Youth Lacrosse Leagues. Leagues will begin in late October. Enjoy the "New Generation Synthetic Turf" that looks, feels and plays like real grass. For more information call 303.409.2444 or visit www.ifoohills.org.

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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.ifoohills.org, or call 303.409.2100.