

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

For Immediate Release – April 15, 2009

Foothills Park & Recreation District events

Annual Spring Pottery Sale, May 1-2

Find one-of-a-kind, handmade art for Mother's Day gifts, wedding gifts and more at Foothills Park & Recreation District's Annual Spring Pottery Sale at the Ridge Recreation Center (6613 S. Ward St.). Pottery sale hours are Friday, May 1 from 9 a.m. – 7 p.m. and Saturday, May 2 from 8 a.m. – 5 p.m. Support local artists - pottery items available for sale are all created by students and staff of the pottery classes offered at Foothills. For more information call 303.409.2612 or visit www.ifoohills.org.

Foothills 2009 Summer catalog released

Gear up for fun and exciting classes and events this summer with Foothills Park & Recreation District's 2009 Summer catalog. Foothills offers unique programs for all ages with qualified staff in sports, swimming, ice skating, art, dance, music, drama, golf, fitness, youth activities & camps, gymnastics and so much more. Online registration is available at www.ifoohills.org or visit any Foothills facilities to pick up a catalog. For more information or to find a facility near you, call 303.409.2100.

May Day for your Muscles & Joints

Learn to improve your range of motion and joint flexibility at Foothills Park & Recreation District's Peak Community & Wellness Center (6612 S. Ward St.) on May 1 from 9 a.m. – 12 p.m. This free, special event focusing on muscles and joints will feature 10-minute assisted stretching sessions, free information, smoothie tasting, fruit assortment, Joint Juice tasting, refreshments and more. Massage discounts offered during the event by appointment only; 10-minute chair massage only \$10, 30-minute massage only \$30. Massage appointments must be made by April 24. For more information, call 303.409.2264.

###

In 2009, Foothills Park & Recreation District is proudly celebrating 50 years of excellence and service!

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.