

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

For Immediate Release – April 7, 2009

Foothills Park & Recreation District events

Climbing wall open at Foothills

Foothills Park & Recreation District's climbing wall at the Ridge Recreation Center has been reopened to accommodate private rentals and birthday parties. For more information call 303.409.2114 or visit www.ifoohills.org.

Fun ways to get fit

One of the latest trends in fitness is exercise options with a flare. Classes that offer unique twists on traditional workouts have gained popularity and are a great way to enjoy exercise. Foothills Park & Recreation District invites you to try some of their classes offering a fun and unique aspect to working out. Nia is a total body cardiovascular training that fuses martial arts, yoga and dance. Zumba is an upbeat class of high energy music with a Latino beat and rhythmic movements. Try one class for free (space available), contact Ann for more details 303-409-2264 or register online at www.ifoohills.org.

Adopt a Park or Trail

Adopt a Park or Trail Program is in need of volunteers! Help improve and enhance Foothills Park & Recreation District's parks through community involvement and citizen partnerships. HOA groups, civic and church groups, scout troops, businesses, schools, families and individuals can take an active role in beautification of your community and park system. Simple weekly or monthly tasks available. For more information call 303.409.2304 or download forms at www.ifoohills.org.

The Incredible Foot Race, May 3

Register now for the most fun foot race involving mental and physical team challenges, obstacle courses, puzzle solving, team bingo and much more! The Incredible Foot Race is a community event presented by 6th Avenue West Stingrays Swim Team and hosted by Foothills Park & Recreation District on Sunday, May 3 at 9 a.m. at Ridge Recreation Center (6613 S. Ward St.) Check in begins at 8:30 a.m. Cost is \$30 for a team of four, pre-registration is required – registration deadline April 25. For more information call Heather Howe at 303.949.5913 or register online at www.ifoohills.org.

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Foothills Summer Entertainment Series released

Foothills Park & Recreation District has released the line-up for the 2009 Summer Entertainment Series held at Clement Park (corner of Bowles & Pierce). The 2009 Summer Entertainment Series, sponsored by Scientific & Cultural Facilities District and Bellco Credit Union, will showcase a wide variety of free, family-friendly concerts from June-August. For more information call Foothills Special Events Hotline at 303.409.2626 or visit www.ifoohills.org. Concert cards also available at all Foothills facilities.

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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.