

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

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Foothills Park & Recreation District events

Plan your next party at Clement Park

Clement Park shelter and amphitheater reservations will be open to the public starting Monday, January 4. Book early for your family reunion, graduation party, or other special occasion. For more information, call 303.409.2600 or visit www.ifoohills.org.

Free Fitness Frenzy, coming Jan. 4-14

Have you wanted to sample a number of fitness classes to determine which offerings best suit your needs in a good workout – and better yet, all for free? Enjoy doing so during Foothills Park & Recreation District's Fitness Frenzy. From January 4-14, 2010, Foothills will offer a wide variety of group fitness classes that can be sampled free of cost. Try as many classes as you like to determine what best meets your fitness needs. Another benefit you receive is the opportunity to meet the staff and find which instructors inspire you to get fit and stay fit. Classes are offered at a variety of times throughout each day and are offered at all Foothills facilities, as well as Southwest Plaza Mall. Visit www.ifoohills.org for a full listing of classes offered throughout the 10-day Fitness Frenzy. For more information, call 303.409.2114.

Adult Volleyball and Basketball Leagues

Foothills Park & Recreation District is currently accepting registration for 2010 adult winter volleyball and basketball leagues. Volleyball leagues offered: Women's 6x6, coed recreational and coed competitive. Basketball leagues offered: men's open, recreational, competitive and 40+ or women's 3v3 and 5v5. Registration deadline is January 11. For information or to register, call 303.409.2615; www.ifoohills.org.

Foothills holiday hours

Foothills Park & Recreation District's Peak Community & Wellness Center and Lilley Gulch Recreation Center will be closed on Thursday, December 24. All Foothills facilities will be closed on Friday, December 25. Happy Holidays from Foothills!
www.ifoohills.org

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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.