

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

Child care savings in 2010

Foothills Park & Recreation District will be offering phenomenal savings for attendees in the All Day Care and Preschool Programs in 2010. There are two ways to save:

- New families – join and attend ADCAP for 30 days in 2010, your registration fee will be refunded.
- Current families - refer a friend in 2010, you receive two days of free care if your friend registers for ADCAP.

Offers are based on space availability. For more information, call 303.409.2507 or visit www.foothills.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.foothills.org for a full listing of classes offered throughout the 10-day Fitness Frenzy. For more information, call 303.409.2114.

Foothills 3 month pass option, new in 2010

Beginning January 1, Foothills Park & Recreation District will offer a new 3-month pass option valid at the Peak Community & Wellness Center, Ridge Recreation Center, Lilley Gulch Recreation Center and Edge Ice Arena good for general admissions, public skate and drop in group exercise classes. Individual or household options available! For more information, visit www.foothills.org or call 303.409.2100.

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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.foothills.org , or call 303.409.2100.