

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

**For Immediate Release– January 29, 2009**

**Foothills Park & Recreation District events**

**\$3 Thursdays at Foothills**

Foothills Park & Recreation District is bringing back the popular \$3 Thursday general admission fee February 5 – April 30. \$3 entry good toward swimming, work out facilities, racquetball and gymnasium use. Participating facilities include Ridge Recreation Center, Lilley Gulch Recreation Center and Peak Community & Wellness Center. For more information call 303.409.2100 or visit [www.ifoohills.org](http://www.ifoohills.org).

**Women's basketball league**

Women's Basketball 8+ game recreational league at Foothills Park & Recreation District begins February 10 on Tuesday nights at Lilley Gulch Recreation Center (6147 S. Holland Way). Team fee is \$225, for information or to register call 303.409.2615.

**Learn to teach swimming lessons**

Foothills Park & Recreation District offers a Water Safety Instructor class at the Ridge Recreation Center (6613 S. Ward St.). Learn the fundamentals of how to teach swimming lessons to infants through adults. This class is the employment standard for American Red Cross swimming lesson instructors. Participants must be able to demonstrate effective stroke technique for front crawl, back crawl, sidestroke, breaststroke, elementary backstroke and butterfly the first day of class. Class also includes Fundamentals of Instructor Training (FIT). Attendance at all classes is mandatory. Bring snacks and lunch to all classes as short breaks will be given. Class open to persons 16 years of age and older, cost is \$210 (District Rate \$ 160) – registration is required. Class runs on Sundays for five weeks, Feb. 15 – March 15, from 9 a.m. – 5 p.m. For more information, please call 303.409.2333 or visit [www.ifoohills.org](http://www.ifoohills.org).

**Kids art classes at Foothills**

Try out the wide variety of youth clay and art activities at Foothills Park & Recreation District including classes like; Creative Arts for Tots, Clay Arts for Tots, Clay Fun 101, Clay Creations and Mommy & Me offerings. Classes begin the week of February 9. For information, call 303.409.2612 or visit [www.ifoohills.org](http://www.ifoohills.org).

- MORE -

### **Indoor cycling open house, Feb. 9-14**

Visit the new cycling room at Foothills Park & Recreation District's Edge Ice Arena (6623 S. Ward St.). Free admission to select classes the week of February 9-14 with a variety of times available - call 303.409.2114 for specifics. Don't miss out on the three-month cycling registration discount - get 3 months of cycling classes for \$57 (District Rate, \$45), a 25 percent discount.

###

*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](http://www.ifoohills.org) , or call 303.409.2100.*