

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

Thursday, August 6, 7:00 - 8:30 p.m. - Foothills Park & Recreation District Free Summer Entertainment Series. Enjoy music by Soul Sacrifice, a tribute to Santana. Bring the family, enjoy a picnic and watch the sunset over beautiful Johnston Reservoir. Clement Park, 7306 W. Bowles Ave. 303.409.2626; www.ifoohills.org.

Doggy Dip coming on August 23

Dogs will rule the pool on August 23 when Foothills Park & Recreation District hosts the fourth annual Doggy Dip at Deer Creek Pool (8637 S. Garrison St.). Say goodbye to the summer swim season by treating your pooch to a swim party of their own. Owners must provide proof of their dog's current vaccinations. Event runs Sunday, August 23 from 5:30-7 p.m. The Doggy Dip is for dogs only; open swim for people is not available. Pre-registration is recommended. Fee is \$10 per dog; each dog must have its own handler 12 years of age or older. To register visit www.ifoohills.org or call 720.981.8393.

Free fitness equipment demo day

Come check out Foothills Park & Recreation District's new 21 pieces of cardio equipment at the Peak Community & Wellness Center. On Friday, August 7, 2009 facility admission is free all day at the Peak Community & Wellness Center only. Demonstration and equipment orientations provided at 6-9 a.m., 11 a.m. – 1 p.m., and 5:30-7:30 p.m.

Additional money saving offers on August 7: Save \$50 off an individual or \$75 off a household pass on the purchase of a Peak/Ridge Annual Pass. Valid for renewals expiring August 7, 2009 - September 7, 2009. Not valid for Active Options passes. Save \$5 on a 12 multi-visit pass (limit 1 per person). One-day offers available for purchase on August 7, 2009 at the Peak Community & Wellness Center only. The Peak Community & Wellness Center is a USAT Certified Training Center. For the elite runner, we have a new treadmill that provides speeds from .5 to 16 MPH. www.foohills.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.