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**For Immediate Release – March 4, 2009**

**Foothills Park & Recreation District events**

**Foothills' batting cages open March 14**

Foothills Park & Recreation District's batting cages at Clement Park and Schaefer Athletic Complex will open March 14 (weather permitting). Pitching machines range from slow-pitch to fast-pitch for softball and baseball with speeds of 45-80 mph. Spring hours of operation will be Monday-Friday 4-7 p.m. and Saturday-Sunday 10 a.m.-7 p.m. Fees are: 1 round (16 pitches) - \$1.50; 5 rounds - \$6; Heavy Hitters Card (30 rounds) - \$30; Half hour rental \$20; One hour rental \$30. For more information please contact 303-409-2444 or visit [www.foothills.org](http://www.foothills.org).

**Don't be a slave to your lawn**

Not enough hours in your weekend to take care of your lawn properly? Do you have challenges with dead grass, insects, weeds, diseases and watering? Get a jumpstart this season with this lawn care class. Bring your pictures and questions, leave with answers. Class will be held Saturday, March 14 from 10-11 a.m. at Jared's Nursery and Garden Center (10500 West Bowles Ave., Littleton). Pre-register at [www.foothills.org](http://www.foothills.org); cost \$9 (District Rate \$6). For information call 303.409.2612.

**Foothills 50<sup>th</sup> anniv. family special – March 18**

Foothills Park & Recreation District will be offering numerous discounts and specials during 2009 as part of the 50<sup>th</sup> anniversary celebration. On Wednesday, March 18 from 6:30-9:30 p.m., Foothills will host a Family Night at the Ridge Recreation Center Pools (6613 S. Ward St.). Entry fee is reduced to \$5 District household admission (\$10 Non-District household admission). For information call 303.409.2333.

**Spring sports season – register now**

Foothills Park & Recreation District offers many adult and youth spring sports programs. Registration is available now for leagues starting in April. For adults: Women's Hockey Skills and Scrimmage, Soccer and Men's Flag Football. For youth: Middle School Hockey League, Youth Soccer Leagues and Youth Baseball Leagues. For information call 303.409.2100 or register at [www.foothills.org](http://www.foothills.org).

- MORE -

**Release, page 2**

**Youth art and clay classes begin March 16-20**

Find the perfect art class for your child at Foothills Park & Recreation District. Classes geared for ages 1-12 and include; Art Start Mommy & Me, Creative Arts for Tots, Drawing, Exploring Art, Clay Time Mommy & Me, Clay Arts for Tots, Clay Fun 101, and Clay Creations. For more information call 303.409.2612 or register at [www.ifoohills.org](http://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](http://www.ifoohills.org) , or call 303.409.2100.*