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For Immediate Release – November 18, 2009

Foothills Park & Recreation District events

Thanksgiving Happenings at Foothills

At Foothills Park & Recreation District, many fun and healthy offerings are available for you, your family and out-of-town guests to enjoy.

- **Nov 25 – Thanksgiving Eve half-price ice skating** at Edge Ice Arena from 7:30-9:30 p.m. Half-priced admission with a non-perishable food item donation. 303.409.2222
- **Nov. 26 – \$3 Family Fun on Thanksgiving** at Ridge Recreation Center from 5:30 a.m. – 1 p.m. with public swim from 10:30 a.m. – 1 p.m. - only \$3 per person. 303.409.2333
- **Nov. 27 – Take off the Turkey** after your feast at Peak Community & Wellness Center from 7:30-9 a.m. with this boot-camp style fitness class. 303.409.2264
- **Nov 27-28 – Foothills Pottery Sale** at Southwest Plaza will kick start your holiday shopping. Visit the Foothills storefront near the customer service center. Sale hours: Friday, Nov. 27, 6 a.m. – 10 p.m. and Saturday, Nov. 28, 8 a.m. – 10 p.m. 303.409.2612
- **Nov 27-29 - Edge Ice Arena Pro Shop Sale** will provide numerous discounts for the hockey player and ice skater in your. On Nov. 27 from 9 a.m. – 12 p.m. only pay cost plus 10% on all skates and hockey sticks. 25-40% discounts available all weekend on apparel, sticks, skates, protective gear, equipment bags and accessories. 303.409.2222

College Student Winter Break Pass

Foothills Park & Recreation District's new pass option for college students is valid at the Ridge Recreation Center, Peak Community & Wellness Center and Lilley Gulch Recreation Center for general facility admission to the pools, cardio/weight rooms, gymnasiums, track and racquetball. Pass is valid from November 23, 2009 - January 16, 2010 for only \$49 (with college ID). For more information call 303.409.2200 or visit www.ifoohills.org.

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Give the gift of life

Learn the skills to be pro-active in an emergency situation and become CPR/AED with a 2 year certification through American Safety and Health Institute. Class offered at Foothills' Peak Community and Wellness Center for ages 11 and older on Sat., Dec. 5 from 9 a.m. – 12 p.m. or Thur., Dec. 10 from 6-9 p.m.; fees: \$20 (\$15 District rate). For more information, call 303.409.2510 or register at 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.