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**For Immediate Release – September 16, 2009**

**Foothills Park & Recreation District events**

**Broomball leagues and rentals**

Do you like hockey, but don't know how to ice skate or simply don't feel comfortable on ice skates? Broomball is a cross between ice hockey and lacrosse and has the same heart pounding action and excitement – no ice skates needed! Try it out at Foothills Park & Recreation District's Edge Ice Arena. Adult and youth leagues begin in October and rentals are available year round. For more information visit [www.ifoohills.org](http://www.ifoohills.org) or call 303.409.2222.

**Indoor youth soccer registration**

Foothills Park & Recreation District will begin registration on September 28 for late fall youth soccer and 2010 winter youth soccer. Leagues held at Foothills' Indoor Sports Arena. For information or to register, call 303.409.2444; [www.ifoohills.org](http://www.ifoohills.org).

**Free Adult Senior Open House, coming Oct. 9**

Mark your calendars and prepare to join Foothills Park & Recreation District for a day filled with fun and useful health and wellness information for adult seniors on Friday, October 9, 9 a.m. – 1p.m. at the Peak Community & Wellness Center (6612 S. Ward St.). Activities include booths representing senior resources and community organizations, give-aways, chair massage, lunch and entertainment. For information visit [www.ifoohills.org](http://www.ifoohills.org) or call 303.409.2264.

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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.*