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Foothills Park & Recreation District events

Pumpkin Ball Softball Tournament

Get your team signed up for Foothills Park & Recreation District's last softball tournament of the year. Pumpkin Ball will be held at Clement Park on Saturday, October 10. Tournament is a one-pitch format, double elimination with coed and men's divisions available. Fee: \$175/team. For more information or to register, call 303.409.2615; www.foothills.org

Indoor Cycling Classes

Control your fitness and weight loss goals with a cardiovascular workout that's non-impact and fun. Foothills Park & Recreation District offers Indoor Cycling year round. It's challenging and rewarding with the bonus to burn 400-600 calories per class! To register, visit www.foothills.org or call 303.409.2114.

Special on multi-visit cards at Foothills

Get 15 visits when you buy a 12 multi-visit card or get 30 visits when you buy a 24 multi-visit card. Offer available October 1-31, 2009, limit two cards per person. Multi-visit cards valid for daily facility use, group land and water exercise and public skate. For more information, call 303.409.2100; www.foothills.org.

Free Child Care Open House

Come to Foothills Park & Recreation District's Lilley Gulch Recreation Center on Thursday, October 8 from 4:30 - 6:30 p.m. to learn about Foothills' child care options for ages 2 1/2 – 5 years old, or until your child begins kindergarten. This free open house allows you to bring your child(ren) to visit and experience the All Day Care and Preschool Program. Get to know our staff and learn how we can fill your child's day with safe, fun and enriching activities. For more information, call 303.409.2507; www.foothills.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.