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## **For Immediate Release – January 20, 2010**

### **Foothills Park & Recreation District events**

#### **Foothills' golf driving ranges open**

The driving ranges at Foothills Golf Course (303.409.2400) and Meadows Golf Club (303.409.2250) are open. Ranges will remain open as weather permits. Open status updated daily on front desk phone recordings. [www.foothillsgolf.org](http://www.foothillsgolf.org)

#### **Adopt a Park or Trail Program**

Help enhance Foothills Park & Recreation District's parks through community involvement in the Adopt a Park or Trail Program. HOA groups, civic and church groups, scout troops, businesses, schools, families and individuals can take an active role in beautification of our community. To discuss adopting a park or trail, or one-day projects please call 303.409.2304 or e-mail [insley@fhprd.org](mailto:insley@fhprd.org).

#### **Guitar classes for youth & adult**

Bring your guitar, and learn the fundamentals of guitar tuning, first position chords, basic strumming and picking patterns, guitar tablature and different playing styles at Foothills Park & Recreation District. Advanced techniques offered in Guitar II classes. To register, visit [www.ifoohills.org](http://www.ifoohills.org) or for more information call 303.409.2612.

#### **Spanish classes offered at Foothills**

No knowledge of Spanish is required to take this course that will introduce you to the basics of Spanish pronunciation, vocabulary, idiomatic expressions and grammar. Foothills Park & Recreation District's class is taught using conversational style. Everyday lively dialogues will enable you to communicate in Spanish from the very first class! For more information call 303.409.2612 or visit [www.ifoohills.org](http://www.ifoohills.org).

#### **Babysitter's training courses**

Learn the skills you need to be a confident and responsible babysitter. Classes offered through Foothills Park & Recreation District are open to ages 11 and older. Two separate course options available with different babysitting certifications upon completion of class, as well as an option for first aid/CPR certification. For more information and to register visit [www.ifoohills.org](http://www.ifoohills.org) or call 303.409.2510.

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*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.*