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## **For Immediate Release – January 6, 2010**

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

#### **Adult Hockey Skills and Scrimmage**

Foothills Park & Recreation District's Edge Ice Arena offers Adult Hockey Skills and Scrimmage classes taught by highly renowned professional staff. Learn power skating, passing, puck handling, shooting and team tactics. Class involves 40 minutes of skills and a 20 minute scrimmage. Full equipment required and individuals must be able to skate. For more information, visit [www.ifoohills.org](http://www.ifoohills.org) or call 303.409.2222.

#### **Foothills offers Drop-In Child Care**

Have you heard? Foothills Park & Recreation District will be offering Drop-In Child Care beginning January 11 for parents using facilities, working out or taking classes at Peak Community & Wellness Center, Ridge Recreation Center and Edge Ice Arena. The new Drop-In Child Care Center is located at the Peak Community & Wellness Center. Available to children ages 6 months to 8 years old, two hour maximum per day. Cost: \$3.50/hr (\$2.50/hr District rate). For more information, call 303.409.2200; [www.ifoohills.org](http://www.ifoohills.org)

#### **Dance programs at Foothills**

Make dance classes part of your routine by enjoying Foothills Park & Recreation District's comprehensive dance classes for youth and adults. Class offerings vary and include ballet, hip hop, belly dance, couples dance and more. Classes begin in January and run year round. Private couples dance lessons also available. For more information and class costs visit [www.ifoohills.org](http://www.ifoohills.org) or call 303.409.2612.

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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.*

