

ATHLETICS ADULT LEAGUES

ADULT LEAGUES – AGES 18 & UP (303-409-2615)

NOTE: DATES, TIMES, LOCATIONS & FEES ARE SUBJECT TO CHANGE WITHOUT NOTICE.

BASKETBALL

FALL – 2009

MEN'S 5v5 COMP, OPEN & REC:

10+ Games / Ridge & LG
OPEN = TUESDAYS
COMP & REC = THURSDAYS
Registration Starts: JUL 13, 2009
Season: SEP 15 – DEC 10, 2009
Fee: \$550

MEN'S 40+ 5v5:

10+ Games / LG
WEDNESDAYS
Registration Starts: JUL 13, 2009
Season: SEP 16 – DEC 9, 2009
Fee: \$550

WINTER – BEGINS JAN 2010

MEN'S 5v5 COMP, OPEN & REC:

10+ Games / Ridge & LG
OPEN = TUESDAYS
COMP & REC = THURSDAYS
Registration Starts: NOV 2, 2009
Season: JAN 12 – APR 8, 2010
Fee: \$550

MEN'S 40+ 5v5:

10+ Games / LG
WEDNESDAYS
Registration Starts: NOV 2, 2009
Season: JAN 13 – APR 7, 2010
Fee: \$550

SPRING – 2010

MEN'S OPEN BASKETBALL TOURNAMENT

4+ Games / Ridge
THURSDAYS
Registration Starts: JAN 5, 2010
Season: APR 29 – JUN 3, 2010
Fee: \$250

WOMEN'S 5v5:

10+ Games / Ridge
WEDNESDAYS
Registration Starts: JUL 13, 2009
Season: SEP 16 – DEC 9, 2009
Fee: \$550

WOMEN'S 5v5:

10+ Games / Ridge
WEDNESDAYS
Registration Starts: NOV 2, 2009
Season: JAN 13 – APR 7, 2010
Fee: \$550



SOFTBALL

FALL – 2009

MEN'S & COED:

8 Games/14 Games* / CP & SAC
SUNDAY - FRIDAY
Registration Starts: JUN 22, 2009
Season: AUG 23 – OCT 30, 2009
Fee: \$475/\$825*
*Double-header league offered for Men's teams

SPRING – 2010

MEN'S & COED:

6-Games / CP
SUNDAY - FRIDAY
Registration Starts: JAN 12, 2010
Season: MAR 14 – APR 30, 2010
Fee: \$350

SUMMER – 2010

MEN'S & COED:

12-Games/20-Games* / CP & SAC
SUNDAY - FRIDAY
Registration Starts: FEB 9, 2010
Season: MAY 9 – AUG 20, 2010
Fee: \$640/\$1120*
*Double-header leagues offered for Men's & Coed teams

**MEN'S & COED
SOFTBALL
TOURNAMENTS
AUG & OCT 2009!
CALL 303-409-2615.**



WOMEN'S FAST PITCH:

10-Games / SAC
MONDAYS
Registration Starts: FEB 9, 2010
Season: MAY 31 – AUG 9, 2010
Fee: \$525

VOLLEYBALL – AGES 16 & UP

FALL – 2009

WOMEN'S & COED 6v6:

10+ Games / Ridge
WOMEN'S = SUNDAYS
COED'S = MONDAYS
Registration Starts: JUL 20, 2009
Season: SEP 27 – DEC 14, 2009
Fee: \$340

WINTER – BEGINS JAN 2010

WOMEN'S & COED 6v6:

10+ Games / Ridge
WOMEN'S = SUNDAYS
COED'S = MONDAYS
Registration Starts: NOV 2, 2009
Season: JAN 17 – APR 19, 2010
Fee: \$340

SPRING VOLLEYBALL TOURNAMENT – 2010

WOMEN'S & COED 6v6:

4+ Games / Ridge
WOMEN'S = SUNDAYS
COED'S = MONDAYS
Registration Starts: FEB 2, 2010
Season: APR 25 – JUN 7, 2010
Fee: \$200



FLAG FOOTBALL

FALL – 2009

MEN'S 8v8 COMP & REC:

7+ Games at Easton Regional Park
SUNDAYS
Registration Starts: JUL 13, 2009
Season: SEP 13 – NOV 8, 2009
Fee: \$550

SPRING – 2010

MEN'S 8v8 COMP & REC:

7+ Games at Easton Regional Park
SUNDAYS
Registration Starts: FEB 2, 2010
Season: APR 18 – JUN 13, 2010
Fee: \$550

LOCATION KEY

CP = CLEMENT PARK

LG = LILLEY GULCH RECREATION CENTER

SAC = SCHAEFER ATHLETIC COMPLEX

**ATTENTION FREE AGENTS! We help adults find a Sports Team to join!
Call TODAY! Sports Office: 303-409-2615 Indoor Sports Arena: 303-409-2444**

INDOOR SPORTS ARENA – ADULT LEAGUES

GET OUT OF THE WEATHER! Check out this state-of-the-art sports facility at Schaefer Athletic Complex. The 63,000 square foot, 100 x 60 yard Arena with synthetic turf that looks, feels and plays as nice as real grass is the perfect place to bring the outdoor game of your choice inside. We accommodate youth and adult activities and leagues such as soccer, lacrosse, field hockey, flag football and rugby. We also host facility rentals, including tournaments, after proms, birthday parties, camps and clinics.

FOR LEAGUE OR FIELD RENTAL INFORMATION, PLEASE CALL 303-409-2444.

ADULT FLAG FOOTBALL

Ages 18 & up

Foothills District will be organizing leagues for the following groups: Men's 8v8 (Competitive, Recreational), Men's and Coed 4v4 (Competitive, Recreational)

Team Fee: \$630 (8v8), \$315 (4v4) • Player Fees included.

(8 Games with play-offs)

League Starts: FALL (SEP) • LATE FALL (NOV-DEC)
WINTER (Mid-JAN) • SPRING (Mid-APR)

ADULT SOCCER

Ages 18 & up

Register your team early for our adult soccer leagues! Leagues will be played Sunday – Friday: Men's and Coed Divisions.

Team Fee: \$820 • Player Fees included.

(8 Games with play-offs)

League Starts: FALL (SEP) • LATE FALL (OCT-DEC)
WINTER (Mid-JAN) • SPRING (Mid-APR)

INDOOR SPORTS ARENA – YOUTH LEAGUES

YOUTH SOCCER

Look to the Indoor Sports Arena for a place to keep your soccer skills from getting stiff throughout the year! Foothills District will be organizing leagues in the following age groups: U9/U10, U11/U12, U13/U14 and High School divisions for both girls and boys.

Team Fees: \$710 (7 games – U9-U14)
\$780 (6 games – High School)
\$910 (7 games – High School)

League Starts: LATE FALL (NOV) • WINTER (JAN)

YOUTH LACROSSE

Get a stick-up on the competition! Does your team need a tune-up for the upcoming seasons? Foothills will organize leagues for 7th/8th grade, Sub-Varsity and Varsity High School girls and boys.

FALL SEASON:

Team Fees: \$945 (7th/8th Grade & HS Boys) 7 games – FULL FIELD
\$630 (High School Girls) 6 games – HALF FIELD

League Starts: NOV

WINTER SEASON:

Team Fees: \$735 (7th/8th Grade Girls) 7 games – HALF FIELD
\$945 (7th/8th Grade Boys) 7 games – FULL FIELD
\$850 (High School) 6 games – FULL FIELD

League Starts: JAN

BATTING CAGES at 2 LOCATIONS

Open MAR 14 - OCT 26, 2009!

FALL: AUG 1 - OCT 26

DAYS	HOURS*
MON – FRI:	4:00 – 8:00pm
SAT/SUN:	10:00am – 7:00pm

*Weather must be 45 degrees or higher & ground must be dry.

FEES

\$1.50 per round (16 pitches)

\$6.00 for 5 rounds

Heavy Hitters card: 25 rounds for \$30

RENTALS

\$20 per half hour

\$30 per hour

CLEMENT PARK CAGES:

303-973-3311

SCHAEFER CAGES:

303-980-1023

GENERAL INFORMATION: 303-409-2444

Batting Cages Re-Open MAR 2010!

Please check our website for 2010 details.

CLEMENT PARK SHELTERS

BIRTHDAY PARTIES

FAMILY REUNIONS

PICNICS

OFFICE GET TOGETHERS

WEDDINGS/RECEPTIONS

... JUST TO NAME A FEW!

DON'T WAIT! CALL TODAY AT

303-409-2600

TO RENT A SHELTER AT CLEMENT PARK!

**ATTENTION FREE AGENTS! We help adults find a Sports Team to join!
Call TODAY! Sports Office: 303-409-2615 Indoor Sports Arena: 303-409-2444**

LOOKING FOR CLASS SCHEDULES?

Please pick them up at our facilities or visit www.foothills.org.

ADULT/YOUTH ADAPTIVE BASEBALL

Foothills Park & Recreation District in conjunction with Sports Made Possible has built a 100% handicap accessible baseball field – the first of its kind in the State of Colorado! The Jason Jennings Mile High Adaptive Field has a cushioned synthetic turf to help prevent injuries and provide access to wheelchair bound or visually impaired athletes. This field was created to give everyone the chance to play baseball as a team member in an organized sport. The philosophy of the league is *“everyone bats, everyone scores, and everyone wins in a non competitive atmosphere.”* Buddies, coaches, and team parents assist most players.

FALL 2009 SEASON:

Information available in mid-JUN.
SEASON BEGINS: AUG 15, 2009.

SPRING 2010 SEASON:

Information available in mid-FEB.
SEASON BEGINS: APR 2010.

For more information, please call 303-409-2506, or visit www.foothills.org.

ADULT/YOUTH

ADULT/YOUTH RACQUETBALL Ages 10-15 & 16+

Racquetball is a great workout for any season. Join one of our classes, meet others, and receive instruction in a small group. Call 303-409-2613 for more information.

Fee: \$52 (District Rate: \$38) 6 weeks

ADULT/YOUTH FENCING Ages 8-15 & 16+

This safe and fun class offers mental and physical activity, teaches competition, respect and self discipline. One of the Olympic sports, this NCAA sanctioned class is taught by Tom Strzalkowski – a national fencing champion. (For complete bio, please go to www.foothills.org). Classes are held on Thursday nights at the Ridge Recreation Center. For more Information: 303-409-2613.

Fee: \$99 (District Rate: \$90) 6 weeks

TAE-KWON-DO

Ages 9 & Up

This traditional martial arts program is taught by Certified Black Belts. Our structured exercise program uses effective self-defense techniques to promote flexibility, balance, coordination, endurance and self discipline. To register, please call Master Mitchell at 720-252-5532 or Ms. Breiting at 303-809-3389. (Registration and fees are paid to instructor at class).

Fee: \$65 (District Rate: \$55) Monthly (Classes are held year-round.)

TENNIS AT COLUMBINE KNOLLS

Foothills Park & Recreation District and Columbine Knolls Recreation offers youth and adult instruction, junior team, tournaments and league play. Please call Columbine Knolls Recreation at 303-979-5120.

Foothills Park & Recreation District welcomes all levels and abilities, including individuals with special needs. Please call Kevin Brown at 303-409-2610, or
YOUTH ATHLETICS OFFICE: 303-409-2613
ADULT ATHLETICS OFFICE: 303-409-2615

YOUTH INDIVIDUAL

C.A.R.A. VOLLEYBALL

Grades 4-8

Get ready for High School Volleyball! Teams participate in at least 3 tournaments held on weekends between 8:00am and 4:00pm in the Denver Metro area.

DATES: AUG 31 – NOV 1

Fee: \$99 (District Rate: \$85) 8 weeks - includes shirt

VOLLEYBALL SKILLS CLINIC

Grades 4-8

Fine tune your volleyball skills before the season and be ready for the first game! Practice twice a week for 3 weeks.

DATES: AUG 10 – AUG 27

Fee: \$55 (District Rate: \$49)

JUMPNROPE

Ages 7-18

Jump rope with a 5-time world champion rope skipper and her staff of highly trained jumpers. This energetic class will get your kids hearts pumping with a “fun” and challenging environment focusing on the fundamentals of learning the ropes – covering single rope skills, double dutch, Chinese wheel and more! FREE jump rope with registration! To register and to view fees, please visit www.jumpnrope.com or contact MollyMetz@jumpnrope.com.

jumpNrope Mini-Camp AGES 7 & UP

Jump rope for 3 hours with National and World Champion rope skippers! We will focus on breaking down the areas of jump rope including single rope, freestyles, speed and power; double dutch freestyles, speed and power; performance based travelers, group routines, Chinese wheels and long rope. Choreography, contests and lots of FUN are also a part of this mini-camp! Kids must come prepared with running/athletic shoes, snacks and water. FREE jump rope with registration.

FEE: \$25

To Register: www.jumpnrope.com OR MollyMetz@jumpnrope.com

NFL PUNT, PASS & KICK LOCAL COMPETITION • FREE! AGES 8-15

(MUST BRING COPY OF BIRTH CERTIFICATE)

SEPTEMBER 19, 2009

10:00AM – NOON

EASTON REGIONAL PARK

(S. WARD @ COAL MINE AVENUE, LITTLETON)

- LONGEST PUNT, PASS AND KICK COMPETITION
- ALL PARTICIPANTS RECEIVE NFL CERTIFICATE
- 1ST, 2ND & 3RD PLACE RECEIVE RIBBONS

INFORMATION: 303-409-2613

ATHLETICS YOUTH – MIDDLE SCHOOL / LEAGUES

MIDDLE SCHOOL SPORTS PROGRAMS (303-409-2613 or westond@fhprd.org)

Foothills Park & Recreation District offers an 8-week after school sports program for 6th – 8th Grade Students at the following Middle Schools: **DEER CREEK • FALCON BLUFFS • KEN CARYL • SUMMIT RIDGE**

Participants learn about sports in a safe, supervised environment and play games against other middle schools in Jefferson County. Price includes facilities, coaching, officiating and transportation to and from away-games.
FEE: \$95 (Includes shirt)

FOR DETAILS, PLEASE CHECK SCHOOL WEBSITE OR CALL 303-409-2613.

FALL 2009

FLAG FOOTBALL: COED (6TH & 7TH GRADE)
AUG 31 – OCT 21, 2009 • MON/WED*

FLAG FOOTBALL: COED (8TH GRADE)
SEP 1 – OCT 22, 2009 • TUE/THU*

VOLLEYBALL: COED (6TH & 7TH GRADE)
OCT 26 – DEC 16, 2009 • MON/WED

VOLLEYBALL: COED (8TH GRADE)
OCT 27 – DEC 17, 2009 • TUE/THU*

* No practice: SEP 7, NOV 25-26

WINTER 2010 (BEGINS JAN)

BASKETBALL: BOYS – JAN 2010 • TUE/THU

BASKETBALL: GIRLS – JAN 2010 • MON/WED

SPRING 2010 (BEGINS APR)

SOCCER: COED – APR 2010 • MON/WED

TRACK & FIELD: COED – APR 2010 • TUE/THU

CHEERLEADING (303-409-2506)

FALL 2009: CHEER FOR FLAG FOOTBALL
AUG 31 – OCT 22 • 2 DAYS PER WEEK

WINTER/SPRING 2010: CHEER FOR BASKETBALL
BEGINS JAN • 2 DAYS PER WEEK

YOUTH LEAGUES – AGES 3 – 12 (303-409-2613 or westond@fhprd.org)

CLASS DESCRIPTION

Foothills Park & Recreation District Youth Athletics are recreational leagues where teams are built randomly to provide even competition. Teams practice once a week (pick your day), and games are held on Saturdays according to game schedule.

SEASON DATES:

FALL 2009: AUG 24 – OCT 17 (FLAG FOOTBALL & SOCCER)

LATE FALL 2009: OCT 26 – DEC 19 (BASKETBALL)

WINTER 2010: JAN 4 – FEB 27 (BASKETBALL)

SPRING 2010: MAR 1 – APR 23 (FLAG FOOTBALL) • APR 26 – JUN 26 (BASEBALL & SOCCER)

SUMMER 2010: JUL–AUG 2010 (BASEBALL & SOCCER)

REGISTRATION

Registration begins on the dates below online at www.ifoohills.org or in person at Lilley Gulch Recreation Center, the Ridge Recreation Center, or the Peak Community & Wellness Center for the following sports:

FALL 2009: APR 27 (SOCCER, FLAG FOOTBALL, CARA VOLLEYBALL) • JUL 10 (BASKETBALL & MIDDLE SCHOOL SPORTS)

WINTER 2010: OCT 30, 2009 (BASKETBALL) • DEC 7, 2009 (SPRING FLAG FOOTBALL)

SPRING 2010: JAN 11, 2010 (SOCCER, BASEBALL, CARA)

SUMMER 2010: MAR 26, 2010 (SOCCER & BASEBALL)

FEE (INCLUDES SHIRT & AWARD)

\$95 (District Rate: \$79) 8 weeks

LITTLE KICKERS / LITTLE HOOPSTERS: \$69 (District Rate: \$55) 7 weeks

CARA VOLLEYBALL CLINIC: \$55 (District Rate: \$49) • CARA VOLLEYBALL SEASON: \$99 (District Rate: \$85)

TEAM SHIRTS Team t-shirts will be available at the first practice.

PARENT INFORMATION & GAME SCHEDULES

Parent information will be available at www.quickcores.com/ifoohills before each season as follows:

FALL 2009: AUG 19 (FLAG FOOTBALL & SOCCER) • OCT 21 (BASKETBALL)

WINTER 2010: DEC 29, 2009 (BASKETBALL)

SPRING 2010: APR 20, 2010 (SOCCER & BASEBALL)

PROGRAM AVAILABILITY

When teams reach capacity, please email philg@fhprd.org to be placed on a wait list. Additional teams will be offered once coaches have been secured for all teams.

VOLUNTEER COACHES NEEDED!

Training is provided! Please call 303-409-2628 or download a Coach's Packet at www.ifoohills.org. All volunteer coaches will receive 50% credit towards another season of youth sports.