

# WINTER/SPRING 2010

## ATHLETICS MIDDLE SCHOOL SPORTS PROGRAM SCHEDULES

  
Foothills  
Park & Recreation District

**NOTE: YOU MUST REGISTER FOR THESE CLASSES (WWW.IFOOTHILLS.ORG)**  
**INFORMATION: 303-409-2613 / CHEERLEADING INFORMATION: 303-409-2506**

DEER CREEK MIDDLE SCHOOL				MON	TUE	WED	THU	
SESSION DATES »		FEE	GRADE	JAN 25 – MAR 10	JAN 19 – MAR 11	JAN 20 – MAR 10	JAN 21 – MAR 11	
DEER CREEK MIDDLE SCHOOL	GIRLS BASKETBALL	\$95	7 & 8	3:00-4:30pm #4670		3:00-4:30pm #4670		
	BOYS BASKETBALL	\$95	7 & 8		3:00-4:30pm #4671		3:00-4:30pm #4671	
	CHEERLEADING FOR BASKETBALL*	\$49	7 & 8		3:00-4:30pm #4605		3:00-4:30pm #4605	
	SESSION DATES »		FEE	GRADE	MAR 22 – MAY 19	MAR 23 – MAY 20	MAR 24 – MAY 19	MAR 25 – MAY 20
	COED SOCCER	\$95	7 & 8	3:00-4:30pm #4680		3:00-4:30pm #4680		
	COED TRACK & FIELD	\$95	7 & 8		3:00-4:30pm #4681		3:00-4:30pm #4681	

FALCON BLUFFS MIDDLE SCHOOL				MON	TUE	WED	THU	
SESSION DATES »		FEE	GRADE	JAN 25 – MAR 10	JAN 19 – MAR 11	JAN 20 – MAR 10	JAN 21 – MAR 11	
FALCON BLUFFS MIDDLE SCHOOL	GIRLS BASKETBALL	\$95	6 – 8	3:00-4:30pm #4676		3:00-4:30pm #4676		
	BOYS BASKETBALL	\$95	6 – 8		3:00-4:30pm #4677		3:00-4:30pm #4677	
	CHEERLEADING FOR BASKETBALL*	\$49	6 – 8		3:00-4:30pm #4606		3:00-4:30pm #4606	
	SESSION DATES »		FEE	GRADE	MAR 22 – MAY 19	MAR 23 – MAY 20	MAR 24 – MAY 19	MAR 25 – MAY 20
	COED SOCCER	\$95	6 – 8	3:00-4:30pm #4687		3:00-4:30pm #4687		
	COED TRACK & FIELD	\$95	6 – 8		3:00-4:30pm #4686		3:00-4:30pm #4686	

KEN CARYL MIDDLE SCHOOL				MON	TUE	WED	THU	
SESSION DATES »		FEE	GRADE	JAN 25 – MAR 10	JAN 19 – MAR 11	JAN 20 – MAR 10	JAN 21 – MAR 11	
KEN CARYL MIDDLE SCHOOL	GIRLS BASKETBALL	\$95	7 & 8	2:30-4:00pm #4672		2:30-4:00pm #4672		
	BOYS BASKETBALL	\$95	7 & 8		2:30-4:00pm #4677		2:30-4:00pm #4677	
	CHEERLEADING FOR BASKETBALL*	\$49	7 & 8		2:30-4:00pm #4607		2:30-4:00pm #4607	
	SESSION DATES »		FEE	GRADE	MAR 22 – MAY 19	MAR 23 – MAY 20	MAR 24 – MAY 19	MAR 25 – MAY 20
	COED SOCCER	\$95	7 & 8	3:00-4:30pm #4687		3:00-4:30pm #4687		
	COED TRACK & FIELD	\$95	7 & 8		3:00-4:30pm #4686		3:00-4:30pm #4686	

SUMMIT RIDGE MIDDLE SCHOOL				MON	TUE	WED	THU	
SESSION DATES »		FEE	GRADE	JAN 25 – MAR 10	JAN 19 – MAR 11	JAN 20 – MAR 10	JAN 21 – MAR 11	
SUMMIT RIDGE MIDDLE SCHOOL	GIRLS BASKETBALL	\$95	7 & 8	2:45-4:15pm #4674		2:45-4:15pm #4674		
	BOYS BASKETBALL	\$95	7 & 8		2:45-4:15pm #4675		2:45-4:15pm #4675	
	CHEERLEADING FOR BASKETBALL*	\$49	7 & 8		2:45-4:15pm #4608		2:45-4:15pm #4608	
	SESSION DATES »		FEE	GRADE	MAR 22 – MAY 19	MAR 23 – MAY 20	MAR 24 – MAY 19	MAR 25 – MAY 20
	COED SOCCER	\$95	7 & 8	2:45-4:15pm #4684		2:45-4:15pm #4684		
	COED TRACK & FIELD	\$95	7 & 8		2:45-4:15pm #4685		2:45-4:15pm #4685	

\*MSSP CHEERLEADING FOR BASKETBALL (Cheerleading Information: 303-409-2506)  
 - 1st 2 weeks of Practice: TUE/THU  
 - Beginning 3rd week: Practice & Games according to MSSP Game Schedule (Practice will be 2 days/wk MON – THU)

# WINTER/SPRING 2010

## ATHLETICS YOUTH LEAGUES SCHEDULES

NOTE: YOU MUST REGISTER FOR THESE CLASSES ([WWW.IFOOTHILLS.ORG](http://WWW.IFOOTHILLS.ORG))  
 INFORMATION: 303-409-2613

(LOCATIONS SUBJECT TO CHANGE)



		MON	TUE	WED	THU	FRI	SAT
SESSION DATES »		APR 26-JUN 26	APR 27-JUN 26	APR 28-JUN 26	APR 29-JUN 26	APR 30-JUN 26	MAY 8-JUN 26
<b>BASEBALL</b>	<b>T-BALL</b> AGES 4-5 at TRAPPERS	4:30-5:30pm #4690-1	4:30-5:30pm #4690-2	4:30-5:30pm #4690-3	4:30-5:30pm #4690-4	4:30-5:30pm #4690-5	GAMES begin MAY 8
		5:30-6:30pm #4690-6	5:30-6:30pm #4690-7	5:30-6:30pm #4690-8	5:30-6:30pm #4690-9	5:30-6:30pm #4690-10	GAMES begin MAY 8
	<b>COACH/PITCH</b> AGES 6-7 Jason Jennings at SAC	4:30-5:30pm #4691-1	4:30-5:30pm #4691-2	4:30-5:30pm #4691-3	4:30-5:30pm #4691-4	5:30-6:30pm #4691-5	GAMES begin MAY 8
		5:30-6:30pm #4691-6	5:30-6:30pm #4691-7	5:30-6:30pm #4691-8			GAMES begin MAY 8
	<b>MACHINE PITCH</b> AGES 8-10 at LG	4:30-5:30pm #4692-1	5:30-6:30pm #4692-2	5:30-6:30pm #4692-3	5:30-6:30pm #4692-4	5:30-6:30pm #4692-5	GAMES begin MAY 8
		5:30-6:30pm #4692-6					GAMES begin MAY 8

		MON	TUE	WED	THU	FRI	SAT
SESSION DATES »		JAN 4-FEB 27	JAN 5-FEB 27	JAN 6-FEB 27	JAN 7-FEB 27	JAN 8-FEB 27	JAN 16-FEB 27
<b>BASKETBALL</b>	<b>INSTRUCTIONAL LEAGUE</b> AGES 4-5 at RIDGE	4:30-5:30pm #4655-1	4:30-5:30pm #4655-2	4:30-5:30pm #4655-3	4:30-5:30pm #4655-4	4:30-5:30pm #4655-5	GAMES begin JAN 16
		4:30-5:30pm #4655-6	4:30-5:30pm #4655-7	4:30-5:30pm #4655-8	4:30-5:30pm #4655-9	4:30-5:30pm #4655-10	GAMES begin JAN 16
	<b>INSTRUCTIONAL LEAGUE</b> AGES 6-7 at LG/RIDGE	4:30-5:30pm #4656-1 (LG)	4:30-5:30pm #4656-2 (LG)	4:30-5:30pm #4656-3 (LG)	4:30-5:30pm #4656-4 (LG)	4:30-5:30pm #4656-5 (LG)	GAMES begin JAN 16
		5:30-6:30pm #4656-6 (LG)	5:30-6:30pm #4656-7 (LG)	5:30-6:30pm #4656-8 (LG)	5:30-6:30pm #4656-9 (LG)	5:30-6:30pm #4656-10 (RIDGE)	GAMES begin JAN 16
	<b>INSTRUCTIONAL LEAGUE</b> AGES 8-9 at RIDGE/LG	5:30-6:30pm #4657-1 (RIDGE)	5:30-6:30pm #4657-2 (RIDGE)	5:30-6:30pm #4657-3 (RIDGE)	5:30-6:30pm #4657-4 (RIDGE)	5:30-6:30pm #4657-5 (RIDGE)	GAMES begin JAN 16
						5:30-6:30pm #4657-6 (LG)	GAMES begin JAN 16
	<b>INSTRUCTIONAL LEAGUE</b> AGES 10-12 at ABIDING HOPE	5:30-6:30pm #4658-1	5:30-6:30pm #4658-2	5:30-6:30pm #4658-3	5:30-6:30pm #4658-4		

		MON	TUE	WED	THU	FRI	SAT
SESSION DATES »		MAR 1-APR 24	MAR 2-APR 24	MAR 3-APR 24	MAR 4-APR 24	MAR 5-APR 24	MAR 13-APR 24
<b>FLAG FOOTBALL</b> Easton Regional Park	<b>PEE-WEE</b> AGES 4-5	4:30-5:30pm #4703-1	4:30-5:30pm #4703-2	4:30-5:30pm #4703-3	4:30-5:30pm #4703-4	4:30-5:30pm #4703-5	GAMES begin MAR 13
		5:00-6:00pm #4703-6	5:00-6:00pm #4703-7	5:00-6:00pm #4703-8	5:00-6:00pm #4703-9	5:00-6:00pm #4703-10	GAMES begin MAR 13
	<b>PEE-WEE</b> AGES 6-7	5:00-6:00pm #4704-1	5:00-6:00pm #4704-2	5:00-6:00pm #4704-3	5:00-6:00pm #4704-4	5:00-6:00pm #4704-5	GAMES begin MAR 13
		5:30-6:30pm #4704-6	5:30-6:30pm #4704-7	5:30-6:30pm #4704-8	5:30-6:30pm #4704-9	5:30-6:30pm #4704-10	GAMES begin MAR 13
	<b>JUNIOR FLAG</b> AGES 8-9	5:00-6:00pm #4705-1	5:00-6:00pm #4705-2	5:00-6:00pm #4705-3	5:00-6:00pm #4705-4	5:00-6:00pm #4705-5	GAMES begin MAR 13
		5:30-6:30pm #4705-6	5:30-6:30pm #4705-7	5:30-6:30pm #4705-8	5:30-6:30pm #4705-9	5:30-6:30pm #4705-10	GAMES begin MAR 13
	<b>JUNIOR FLAG</b> AGES 10-12	5:30-6:30pm #4707-1	5:30-6:30pm #4707-2	5:30-6:30pm #4707-3	5:30-6:30pm #4707-4		GAMES begin MAR 13

		MON	TUE	WED	THU	FRI	SAT
SESSION DATES »		APR 26-JUN 26	APR 27-JUN 26	APR 28-JUN 26	APR 29-JUN 26	APR 30-JUN 26	MAY 8-JUN 26
<b>SOCCER</b> Easton Regional Park	<b>INSTRUCTIONAL LEAGUE</b> AGES 4-5	4:30-5:30pm #4700-1	4:30-5:30pm #4700-2	4:30-5:30pm #4700-3	4:30-5:30pm #4700-4	4:30-5:30pm #4700-5	GAMES begin MAY 8
		5:00-6:00pm #4700-6	5:00-6:00pm #4700-7	5:00-6:00pm #4700-8	5:00-6:00pm #4700-9	5:00-6:00pm #4700-10	GAMES begin MAY 8
	<b>INSTRUCTIONAL LEAGUE</b> AGES 6-7	4:30-5:30pm #4701-1	4:30-5:30pm #4701-2	4:30-5:30pm #4701-3	4:30-5:30pm #4701-4	4:30-5:30pm #4701-5	GAMES begin MAY 8
		5:30-6:30pm #4701-6	5:30-6:30pm #4701-7	5:30-6:30pm #4701-8	5:30-6:30pm #4701-9	5:30-6:30pm #4701-10	GAMES begin MAY 8
	<b>INSTRUCTIONAL LEAGUE</b> AGES 8-9	5:00-6:00pm #4702-1	5:00-6:00pm #4702-2	5:00-6:00pm #4702-3	5:00-6:00pm #4702-4	5:00-6:00pm #4702-5	GAMES begin MAY 8
		5:30-6:30pm #4702-6	5:30-6:30pm #4702-7	5:30-6:30pm #4702-8	5:30-6:30pm #4702-9	5:30-6:30pm #4702-10	GAMES begin MAY 8
	<b>INSTRUCTIONAL LEAGUE</b> AGES 10-12	5:00-6:00pm #4706-1	5:00-6:00pm #4706-2	5:00-6:00pm #4706-3	5:00-6:00pm #4706-4	5:00-6:00pm #4706-5	GAMES begin MAY 8
		5:30-6:30pm #4706-6					GAMES begin MAY 8

# WINTER/SPRING 2010



## ATHLETICS Youth Sports Individual

NOTE: YOU MUST REGISTER FOR THE CLASSES BELOW ([WWW.IFOOTHILLS.ORG](http://WWW.IFOOTHILLS.ORG))

<b>BASKETBALL</b>		<b>SESS #1: JAN 16 - FEB 27</b>						
	LOC	AGE	MON	TUE	WED	THU	FRI	SAT
LITTLE HOOPSTERS	RIDGE	3-4						TIMES VARY 8:00-NOON #4650
<b>SOCCER</b>		<b>SESS #1: MAY 8-JUN 26</b>						
	LOC	AGE	MON	TUE	WED	THU	FRI	SAT
LITTLE KICKERS	EASTON	3-4						TIMES VARY 8:00-NOON #4695
<b>CARA TRACK</b>		<b>SESS #1: JUN 2 - JUL 24 (No class JUL 1)</b>						
	LOC	AGE	MON	TUE	WED	THU	FRI	SAT
CARA TRACK 3 X per week	TBA	5-17	8:00-9:30am		8:00-9:30am	8:00-9:30am		
<b>CARA VOLLEYBALL</b>		<b>SESS #1 &amp; #2: APR 5 - MAY 23 • SESS #3 &amp; #4: APR 6 - MAY 23</b>						
	LOC	AGE	MON	TUE	WED	THU	FRI	SAT
CARA VOLLEYBALL 2 X per week	LG	4th - 5th Grade	4:30-5:30 #4590-1		4:30-5:30 #4590-1			
			5:30-6:30 #4590-2		5:30-6:30 #4590-2			
				4:30-5:30 #4590-3		4:30-5:30 #4590-3		
				5:30-6:30 #4590-4		5:30-6:30 #4590-4		
CARA VOLLEYBALL 2 X per week	RIDGE	6th - 8th Grade	4:30-5:30 #4591-1		4:30-5:30 #4591-1			
			5:30-6:30 #4591-2		5:30-6:30 #4591-2			
				4:30-5:30 #4591-3		4:30-5:30 #4591-3		
				5:30-6:30 #4591-4		5:30-6:30 #4591-4		
CARA UB CLINIC MAR 1-17 (2X/WK)	RIDGE	4th-5th Grade	4:30-6:00pm #4600		4:30-6:00pm #4600			
CARA UB CLINIC MAR 2-18 (2X/WK)		6th-8th Grade		4:30-6:00pm #4601		4:30-6:00pm #4601		
<b>RACQUETBALL</b>		<b>SESS #1: JAN 7 - FEB 11 • SESS #2: FEB 18 - MAR 25</b>						
	LOC	AGE	MON	TUE	WED	THU	FRI	
YOUTH RACQUETBALL	RIDGE	10-15				7:00-8:00pm #4928		

## ATHLETICS Youth/Adult Individual Schedules

NOTE: YOU MUST REGISTER FOR THE CLASSES BELOW ([WWW.IFOOTHILLS.ORG](http://WWW.IFOOTHILLS.ORG))

<b>FENCING</b>		<b>SESS #1: JAN 7- FEB 11 • SESS #2: FEB 18 - MAR 25</b>						
	LOC	AGE	MON	TUE	WED	THU	FRI	
YOUTH FENCING	RIDGE	8-14				7:00-7:45pm #4968		
ADULT FENCING	RIDGE	15 & up				8:00-9:00pm #4969		
<b>JUJITSU</b>		<b>SESS #1: JAN 5-28 • SESS #2: FEB 2-25 • SESS #3: MAR 2-25 • SESS # 4: APR 6-27 • MAY 4-27</b>						
	LOC	AGE	MON	TUE	WED	THU	FRI	
JUJITSU	RIDGE	13 & up		6:30-8:30pm #2120		6:30-8:30pm #2120		
<b>RACQUETBALL</b>		<b>SESS #1: JAN 7- FEB 11 • SESS #2: FEB 18 - MAR 25</b>						
	LOC	AGE	MON	TUE	WED	THU	FRI	
YOUTH RACQUETBALL	RIDGE	10-15				7:00-8:00pm #4928		
ADULT RACQUETBALL	RIDGE	16 & up				8:00-9:00pm #4929		

# WINTER/SPRING 2010

## ATHLETICS JUMP N ROPE CLASS SCHEDULES

NOTE: YOU MUST REGISTER FOR THESE CLASSES ([WWW.IFOOTHILLS.ORG](http://WWW.IFOOTHILLS.ORG))  
 INFORMATION: 303-409-2506



**CLASSES ARE 4-WEEK SESSIONS (EXCEPT WHERE INDICATED).**

**ALL CLASSES LISTED BELOW MEET AT RIDGE RECREATION CENTER.**

<b>TUE</b>	SESS #1: JAN 5-26	SESS #2: FEB 2-23	SESS #3: MAR 2-23	SESS #4: APR 6-27	SESS #5: MAY 4-25
<b>THU</b>	SESS #1: JAN 7-28	SESS #2: FEB 4-25	SESS #3: MAR 4-25	SESS #4: APR 8-29	SESS #5: MAY 6-27
<b>SAT</b>	SESS #1: JAN 9-30	SESS #2: FEB 6-27			SESS #5: MAY 8-22* (3 WKS)

CLASS	FEE	AGE	MON	TUE	WED	THU	FRI	SAT
Beginning	\$42 D: \$32	7 & up		4:00-5:00pm #2105		4:00-5:00pm #2101		
Intermediate (1 x wk)	\$42 D: \$32			5:00-6:15pm #2102		5:00-6:15pm #2103		
Intermediate (2 x wk)	\$63 D: \$50			5:00-6:15pm #2104 (2 x wk)		5:00-6:15pm #2104 (2 x wk)		
All Levels* *Sess #5 Fee: \$33 (D: \$24)	\$47 D: \$36							4:00-5:00pm* #2100
Mini Camp (MAR 13)	\$33 D: \$25							1:00-4:00pm #2106-1
Mini Camp (MAR 27)								1:00-4:00pm #2106-2
Mini Camp (APR 17)								1:00-4:00pm #2106-3