

WINTER/SPRING 2010

HOME SCHOOL ART & PHYSICAL EDUCATION SCHEDULES

You **MUST** REGISTER FOR THESE CLASSES (WWW.IFOOTHILLS.ORG).

CLASSES ARE LOCATED AT VARIOUS DISTRICT LOCATIONS AS SHOWN BELOW.

INFORMATION – 303-409-2355 OR kennethw@fhprd.org



CLASS	AGES	ACT #	SESSIONS	DAY	TIME	LOC	RATE	DESCRIPTION
Home School Athletics	5 – 15	4660	SESS 1: JAN 6 – FEB 10	WED	10 – 11 a.m.	Ridge Recreation Center	\$61 (D: \$47)	Introductory class to teach a variety of sports and to develop skill sets including: Volleyball, Basketball, Baseball, Soccer, Flag Football and Raquetball. CONTACT: 303-409-2613
			SESS 2: FEB 24 – APR 7* *No class MAR 31			Ridge Recreation Center		
			SESS 3: APR 21 – MAY 26			Indoor Sports Arena		
Home School Gymnastics	5 – 15	4643	SESS 1: JAN 4 – FEB 8	MON	11:15 a.m. - 12:15 p.m.	Lilley Gulch Recreation Center	\$61 (D: \$47)	Introductory class to encourage skill development, coordination & strength. Boys & Girls learn basics in structured environment. CONTACT: 303-409-2506
			SESS 2: FEB 22 – APR 5* *No class MAR 29					
			SESS 3: APR 19 – MAY 24					
Golf Instructional Programs	6 – 12	4010	SESS 1: JAN 12 – 21	TUE & THU	11:15 a.m. - 12:15pm	Indoor Sports Arena	\$65 (D: \$55)	Introductory junior golf programs for learning or reinforcing basic fundamentals in a fun environment. PGA and LPGA professionals help you improve your game. Includes (4) 1-hour classes to learn chipping, pitching, full swing, safety, equipment, rules and etiquette. Ratio: 1 instructor to 12 students. Equipment provided for students without clubs. CONTACT: 303-409-2404
			SESS 2: FEB 16 – 25	TUE & THU	11:15 a.m. - 12:15pm			
			SESS 3: MAR 8 – 17	MON & WED	11:15 a.m. - 12:15pm			
Fitness & Conditioning	9 – 15	4530	SESS 1: JAN 5 – FEB 2	TUE	2 – 3 p.m.	Peak Community & Wellness Center	\$55 (D: \$44)	Class includes Youth Cardio Weight Room Orientation, Fitness Assessment and a medley of fitness related activities including conditioning, weight lifting – all designed to meet specific fitness/wellness objectives & requirements/standards for school-age youth. CONTACT: 303-409-2114
			SESS 2: FEB 9 – MAR 9					
			SESS 3: MAR 16 – APR 20* *No class MAR 29 – APR 3					
			SESS 4: APR 27 – MAY 25					
Learn to Climb	5 – 15	4939	SESS 1: JAN 6 – FEB 3	WED	11 a.m. - Noon	Climbing Wall at Ridge Recreation Center	\$45 (D: \$38)	Learn the essential skills and techniques needed to begin rock climbing in this 5-week class. Our trained staff will provide instruction and guidance in a safe, comfortable environment. Wear loose clothing that will not restrict movement. CLOSED TOE SHOES ONLY ON THE WALL. HARNESS & BELAY/SAFETY EQUIPMENT WILL BE SUPPLIED. CONTACT: 303-409-2114
			SESS 2: FEB 10 – MAR 10					
			SESS 3: MAR 17 – APR 21* *No class MAR 29 – APR 3					
			SESS 4: APR 28 – MAY 26					
	5 – 15	4940	SESS 1: JAN 5 – FEB 2	TUE	1 – 2 pm			
			SESS 2: FEB 9 – MAR 9					
			SESS 3: MAR 16 – APR 20* *No class MAR 29 – APR 3					
			SESS 4: APR 27 – MAY 25					
Home School Clay Time	5 – 12	4350	SESS 1: JAN 19 – FEB 9	TUE	11 a.m. - Noon	Ridge Recreation Center	\$45 (D: \$35)	Introductory classes to the clay arts experience. Students learn how to build and create three dimensional sculpture using clay. Dress for mess! CONTACT: 303-409-2612
			SESS 2: MAR 2 – 23					
			SESS 3: APR 13 – MAY 4					
Swimming Lessons	5 – 14	3276	SESS 1: JAN 11 – FEB 10	MON & WED	10 a.m. OR 10:30 a.m. (You will be contacted by Aquatics Staff prior to beginning class to determine student's skill level & class time.)	Ridge Recreation Center	\$60 (D: \$48)	These 30-minute classes are designed especially for home school students with various skill levels. CONTACT: 303-409-2390
			SESS 2: FEB 15 – MAR 17	MON & WED				
			SESS 3: APR 5 – MAY 5	MON & WED				
			SESS 4: JAN 12 – FEB 9	TUE		Ridge Recreation Center	\$30 (D: \$24)	
			SESS 5: FEB 16 – MAR 16	TUE				
			SESS 6: APR 6 – MAY 4	TUE				