

LOUISVILLE

RECREATION & SENIOR CENTER

September 2020

**NEW
EXTENDED
HOURS!**

**Open on Labor Day
6am-12pm**

There is Something for Everybody!

900 W Via Appia
Louisville CO 80027 303-666-7400

www.louisvillerecreation.com

Facial covering required

Wear your mask all the way up, close to the bridge of your nose and all the way down under your chin.



Do not wear the mask below the nose



Do not push your mask on your neck



Do not wear your mask such that it only covers the tip of your nose



Louisville City Ordinance

In accordance with City Ordinance, it is unlawful to enter a place of public accommodation without wearing a facial covering. All patrons ages 3 and older are required to wear a facial covering at all times while inside a City facility until further notice.

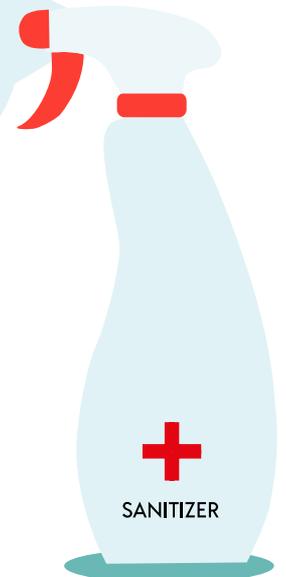
If a person meets one of the exceptions of the ordinance and cannot wear a mask, they still may not enter a City facility without a mask. For those patrons, we strive to offer the best service and can discuss other options for accommodation (i.e. online service, remote service, curbside, etc.). If you have questions, please contact the City at 303.666.6565.

If an individual refuses to comply with the City's requirements, the Police Department may be contacted to assist with enforcement.

Remember to wipe down your equipment after use.

This includes weights, benches, and all touch points on equipment.

For more information visit www.LouisvilleCO.gov/COVID19



Louisville Recreation & Senior Center

What's new in September...

- New extended operating hours
- Drop-Ins allowed if space available
- One lap swimmer per lane (in accordance with a change to Boulder County Health COVID-19 recommendations)
- More open swim times
- Swim lessons are back!
- More water aerobics classes
- Reservations now 2-days in advance for pool area
- NEW Fitness Focus small group fitness classes

September Program Registration

Registration begins
Friday, August 28
at 12:00 pm
Resident & Non-Resident

REGISTER

MAKE A RESERVATION

CANCEL A RESERVATION

[Open Swim >](#)

[Lap Swim >](#)

[River Walking \(age 14+\) >](#)

[In-Person Fitness Class >](#)

[Racquetball >](#)

[Weight Room >](#)

[Cardio Area >](#)

[Turf Gym >](#)

[Gymnasium >](#)

Reservations are required to use the facility or in-person fitness class. Drop-ins are allowed if there is space available. See page 4 for details.

NEW Extended Operating Hours

Monday, Wednesday	6:00am-5:00pm
Tuesday, Thursday	7:00am - 7:00pm
Friday	7:00am-5:00pm
Saturday	7:00am-1:00pm
Sunday	Closed

Open Labor Day! 6:00am-12:00pm

**Reservations required. Drop-ins if space available.
The Senior Center remains closed at this time.**

Directory

- 04** Reservation Information
- 05** Aquatics
- 10** Fitness & Wellness
- 13** Sports
- 14** Youth Activities
- 19** Senior Services
- 32** Facility Information
- 33** Pricing & Policies



HOW TO MAKE A RESERVATION TO USE: THE FACILITY, POOL, & GROUP EXERCISE CLASSES

Reservations are required.

Reservations can be made 7-days in advance for fitness areas and 2-days in advance for the pool area.

[MAKE A RESERVATION](#)

[CANCEL A RESERVATION](#)

Drop-ins are allowed if there is space available.

ACCOUNT LOG IN

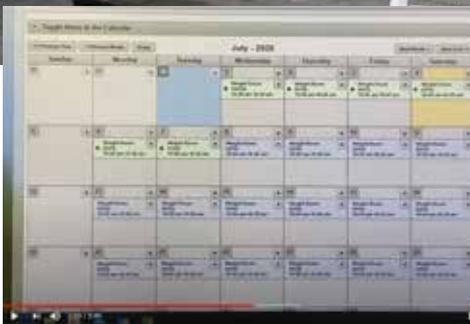
Username

Password

[Log In](#)

[Forgot Password](#)

[Create an Account](#)



Watch our tutorial on how to register.

MAKE A RESERVATION

Reservations will be required to use the facility in order to adhere to state and local maximum capacity guidelines.

You must have an account to login to register.

To cancel a reservation email reservation@louisvilleco.gov or call 303-666-7400

- [Reservations can be made online here >](#)
 - **Need help?** [View our step by step instruction guide >](#)
 - **Don't have access to the internet?** Call 303-666-7400 and someone from the front desk will assist you.
- You must have an account to login to the registration page.
 - Forgotten your User Name or Password? You can reset it online, email recfrontdesk@louisvilleco.gov, or call 303-666-7400 to get assistance.
 - If you are a new user you can create an account. You will not be able to use the facility without an account.
- **Your reservation is for a 45-min block but can be extended if there is space in the time slot following your reserved time.**
- **Use is restricted to the specific class or area (zone) reserved.** The track and stretching area will now be available to anyone who has a reserved area. If you are wanting to utilize only the track and stretching area, that can be done on a drop in basis.
- **A reservation is necessary to participate in group exercise classes.** A schedule of ZOOM and LIVE in-person classes with additional details on how to register for classes is available on the fitzone page.

MEMBERSHIPS

Everybody must have an active membership, pass or pay daily fee admission to use the facility.

Please call 303-666-7400 for assistance.

• Auto Debits

- Memberships with an auto-debit payment are active and will continue on the 15th of each month.
- If you wish to stop further payments, email julies@louisvilleco.gov to stop payment.

• Renew Online

- Current punch passes or individual monthly passes can be renewed [online](#), as well as in person or over the phone. To renew, login to the online portal, click SEARCH, click Membership Renewal. All eligible renewable passes for your account will populate.

• Renew On the Phone or In-Person

- Couple and Family one-month passes must be renewed over the phone or in-person so that dependents can be attached to those types of memberships.

New Memberships

- New memberships must be purchased in-person so that a waiver can be signed.

[MAKE A RESERVATION](#)

[Open Swim >](#)

[Lap Swim >](#)

[River Walking \(age 14+\) >](#)

[In-Person Fitness Class >](#)

[Racquetball >](#)

[Weight Room >](#)

[Cardio Area >](#)

[Turf Gym >](#)

[Gymnasium >](#)

Drop-ins are allowed if there is space available.

Welcome Back

What to expect at the indoor pool...

[View Pool Schedule >](#)

OPEN

- **Open Swim** (on select days with reservation)
- **Lap swimming & H2O aerobics in the Lap & Program Pool**
- **Lazy River H2O Walking** (14+)
- **Locker Rooms**
- **Family Change**

CLOSED

- **Hot Tub**
- **Steam Room & Sauna**
- **Splash Pad**
- **Water Fountains**



- | | |
|---------------|--------|
| 6:00am-5:00pm | M, W |
| 7:00am-7:00pm | Tu, Th |
| 7:00am-5:00pm | F |
| 7:00am-1:00pm | Sa |

[CANCEL A RESERVATION](#)

[MAKE A RESERVATION](#)

See page 4 for reservation details.

NEW for September

Thank you for your patience during the pool area closure. The lap pool is re-plastered, our annual maintenance is complete, and we are excited to have you back in the water!

Please read below for a few important updates:

Single Swimmer per Lane

Due to a change in Boulder County Health COVID-19 guidelines, there will now be one swimmer per lane for recreational lap swimming, even if swimmers are from the same household. Patrons should swim in the middle of the lane to allow for maximum social distancing. There are ten lanes total available for lap swimming per time slot, six in the lap pool and four in the program pool.

Reservations

Reservations for the pool area can be made up to 2-days in advance.

Cancellations

Due to high demand, it is important to cancel your pool reservation if you cannot attend. To cancel call 303-666-7400 or email reservation@louisvilleco.gov.

Extended Hours

Starting in September facility and pool hours will be extended to offer more availability. See hours above.

Swim Lessons

We are excited to offer parent-led swim lessons starting in September. Registration will begin Friday, August 28th at noon. See page 6 for details.

Now Offering MORE Open Swim!

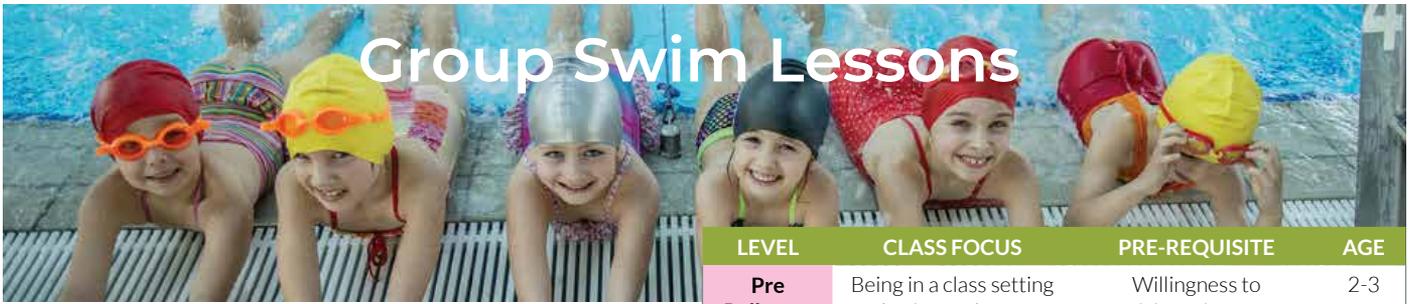
OPEN SWIM FOR SEPTEMBER:

- Monday.....10:45am - 4:30pm
- Tuesday.....3:45pm - 6:30pm
- Wednesday.....10:45am - 3:00pm
- Thursday.....10:45am - 3:00pm
3:45pm - 6:30pm
- Friday.....10:45am-3:00pm
- Saturday.....8:15am-12:30pm

Reservations
Required.
Limited
Availability.

[MAKE A RESERVATION](#)

- Reservations Required for everyone in the pool area.
- Space is limited to 20 people at a time for open swim.
- Areas Available: Splash Pool (89°-90°), Pool Patio (splash pad still closed), Lazy River, Water Features, Basketball Hoop and Slides
- Masks will need to be worn at all times unless in the water.
- All families will be expected to maintain 6ft distancing while using the pool



Group Swim Lessons

UNSURE WHICH LEVEL YOUR CHILD BELONGS IN?
 Schedule a 5 minute swim assessment with a certified instructor. Contact Kate Meyer at katem@louisvilleco.gov

PARENT/TOT | Age 6-18 months

Develop a high comfort level in the water while training parents in water safety and drowning prevention. This class is a fun and confidence building experience. One parent must be in the water with each child. Swim diapers required.

PARENT/CHILD | Age 1½ - 2 years

Student will learn to float, blow bubbles, put their face in the water independently and be introduced to deeper water. One parent must be in the water with each child. Swim diapers required.



LEVEL	CLASS FOCUS	PRE-REQUISITE	AGE
Pre Pollywog (Maximum 4 participants)	Being in a class setting and going underwater independently. Pre-K focused.	Willingness to participate in a group setting without a parent in the water. Needs to be able to follow simple directions.	2-3
Pollywog (Maximum 5 participants)	Floating, breath control, underwater and forward movement in the water. Pre-K focused.	Comfortable in a group setting. Willingness to submerge underwater.	3-5
Tadpole (Maximum 5 participants)	Front crawl stroke with breathing and being comfortable in deep water. Pre-K focused.	Ability to jump into the pool go under water and come back up and float on back independently	3-5
Toad (Maximum 5 participants)	Improving strokes, endurance and comfort in deep water. Pre-K focused.	Ability to swim 15 yards with coordinated arm and leg movement on front and back independently.	3-5
Level 1 (Maximum 6 participants)	Being in a class setting and going underwater independently, learning floats	Being ready to participate in a group setting	5+
Level 2 (Maximum 6 participants)	Floating, breath control, underwater and forward movement in the water	Comfortable with going underwater without hesitation. Ability to float with assistance.	5+
Level 3 (Maximum 6 participants)	Front crawl with breathing, elementary backstroke and diving basics	Can swim front crawl. Be comfortable in deep water. Capable of rolling front to back independently.	5+

The purpose of the American Red Cross Swimming and Water Safety program is to teach individuals of different ages and abilities how to swim and be safe in, on and around the water. The program covers the knowledge and skills needed for aquatic skill development. All instructors are American Red Cross certified.





Register | Pick your session. Pick your time!

ALL LESSON FEES | \$50 R / \$63 NR

REGISTRATION | August 28 @ 12:00pm

Now Offering PARENT-LED Swim Lessons!

In accordance with Boulder County Health COVID-19 recommendations, swim instructors are not allowed to provide in water physical support to participants. The aquatics division has altered all beginner classes to include a parent to aid the instructor using the parent & tot format.

What are Parent-Led Group Swim Lessons?

Due to County COVID-19 pool recommendations, we have adjusted our swim lesson to continue to meet you and your child's swimming needs. To ensure proper social distancing, parents are asked to participate in the class with their children. Each parent will help the instructor with their child's body position in the water to eliminate physical contact with non-family members.

- A parent or guardian is required to be in the water to provide the physical hands on support for their child during the lesson.
- The parent or guardian will be taught how to properly support the child and how to keep them safe in the water while learning how to swim.
- The instructor will be on deck, or in the water 6ft apart, wearing a mask.
- The instructor will provide verbal guidance, demonstrations, corrections and feedback. They will be teaching not only the student, but the parent as well.
- There will be four students per class. Each student will have one adult in the water properly supporting them for the 30-minute swim lesson instruction.
- Exceptions: In Level 3 and Toad the instructor may determine adult support is not needed. Adults will need to be in the pool during the lesson until the instructor feels that the child is able to safely complete the lesson without assistance. This will be evaluated on a case by case basis. If the instructor determines no in-water adult support is need, the parent or guardian needs to remain on deck but must be ready to enter the water at any time to assist the child.

MONDAY "NO SCHOOL" LESSONS | Sept. 14-Nov. 2

TIME	CLASS/CODE	CLASS/CODE
8:50am-9:10am	Level 1 33113	Pollywog 33033
9:20 am- 9:50am	Level 2 33123	Tadpole 33044
10:00am- 10:30am	Level 3 33133	Toad 33053
10:40am-11:10am	Level 1 33114	
11:20pm- 11:50am	Level 2 33124	
12:00pm-12:30pm	Level 3 33134	

WEDNESDAY/FRIDAY | Sept.9 - Oct. 2

TIME	CLASS/CODE	CLASS/CODE
9:25am-9:55am	Parent/Tot 33000	Pre-Pollywog 33020
10:00am-10:30am	Pre-Pollywog 33021	Parent/Child 33010
11:00am-11:30am	Tadpole 33040	
11:40am-12:10pm	Toad 33050	
12:15pm-12:45pm	Pollywog 33030	

SATURDAY | Sept. 12-Oct. 31

TIME	CLASS/CODE
8:50am-9:10am	Level 1 33118
9:20 am- 9:50am	Pollywog 33038
10:00am- 10:30am	Level 2 33128
10:40am-11:10am	Tadpole 33048
11:20am- 11:50am	Level 3 33138
12:00pm-12:30pm	Toad 33058

PRIVATE SWIM LESSON "MINIS"

TO REGISTER:

1. Go to www.louisvilleco.gov/SWIMLESSONS
2. Key Word Search "Mini"

MONTH	REGISTRATION DATES	FEE/15 MINUTES R/NR
September Lessons	8/28	\$15/\$19

**15 MINUTE
PRIVATE
LESSONS
FOR \$15**

**No Wait List!
No Limit!
SIGN UP ONLINE!**

First come first served. At this time, Private Minis are parent-led lessons.

Aquatics

AMENITIES & ACTIVITIES

Reservations are required to use the pools.

Lap Pool (25 M, 82°-83°)

- 6 lanes available for lap swimming
- Water aerobics

Program Pool (25 Y, 84°-85°)

- 4 lanes available for lap swimming
- Water aerobics

Lazy River (89°-90°)

- 6 spots available for Water Walking (age 14 +)

Not Available:

- Splash Pad, Hot Tub, Sauna, Steam Room, Drinking Fountains
- Towels and Pool Deck furniture
- Lost and Found

ENTERING/ EXITING THE POOL AREA:

- **Entrance:** Patrons will enter from the parking lot, up the ramp, to the exterior side door closest to the slide.
- **Arrive Swim Ready:** Patrons get 45-minutes in the building. Come to the pool swim ready so that the time allotted can be used primarily for in-water time.
- **Exiting:** Patrons will now exit out onto the patio and into the parking lot. Do not exit through the locker rooms.
- Swimmers will not have access to other areas of the facility.

LAP SWIM LANE USAGE GUIDELINES:

- There are 10 lanes available per time slot
 - **Lap Pool:** 6 lanes
 - **Program Pool:** 4 lanes
- Lanes are first come, first served.
- **One swimmer per lane.**
- **Swimmers will be notified of time with colored cones.**
 - A **yellow cone** signals that you have 15 minutes left to exit the building.
 - A **red cone** signals that you have 5 minutes left to exit the building and you must exit the pool when the red cone is displayed.

AQUATICS SOCIAL DISTANCING GUIDELINES AND EXPECTATIONS:

- **Facial coverings required at all times, unless in the water.** Patrons will need to wear a mask to the pool edge and immediately reapply mask as soon as they leave the pool edge.
- **6ft distancing will be required at all times.**
- Patrons will be given routes to follow to get to the pool that they plan to use for their time slot.

LAZY RIVER USAGE:

- The lazy river will be available for water walking.
- All walkers will be expected to collectively decide if they will walk with or against the current.
- The space is limited to 6 people at a time.

EQUIPMENT USAGE AND RETURN:

- **Bring your own equipment if possible.**
- Sanitized kick boards and pool buoys will be available for use if needed.
- Used equipment should be placed in the bin on the path when exiting the pool. Staff will disinfect used pool equipment at the end of each workout session.

LOCKER ROOM/ SHOWER USAGE:

- **Limited lockers available.** Please leave all valuables at home.
- **Where to put your belongings:** A table and a chair will be at the end of each lane to put personal belongings. These tables will be sanitized after usage.
- **Family Changing Area is open.**
- **Men's & women's locker rooms are open.**
- **On-deck showers available.** We encourage all swimmers to shower prior to using the pool.
- **Please arrive swim ready.** Amenities are available but keep in mind the usage of these areas does cut into your allotted 45 minute time in the building.

OPEN SWIM

- Reservations required for everyone in the pool area.
 - [Watch Reservation Tutorial Video here >](#)
- **Space is limited to 20 people at a time.**
- Areas Available: Splash Pool (89°-90°), Pool Patio (splash pad still closed), Lazy River, Water Features, Basketball Hoop and Slides
- Masks will need to be worn at all times unless in the water.
- All families will be expected to maintain 6ft distancing while using the pool.
- Patrons can bring their own noodles and soft balls for use while visiting. These items will not be provided.
- Tables and chairs will be provided around the pool to place items on. The patio will also be available for use. Patio furniture is not available.
- **Limited lockers available.** Please leave valuables at home.
- Come swim ready! Locker rooms are available but we encourage you to arrive in your swim attire and shower at home.
- Child supervision rules still apply.
 - Children ages 9 and under must be directly supervised by an individual 12 or older at all times
 - Children 6 and under must be accompanied by an adult who is actively supervising in the water.

WAYS WE ARE KEEPING PATRONS SAFE:

- **Facial coverings are required for staff and patrons while in the facility, except when in the water.**
- We are following current CDC and Boulder County Health Guidelines for sanitization, water chemistry, and air circulation.
- The doors and windows for the pool patio will be open at all times to allow for an increase in fresh air circulation.
- Areas of usage will be disinfected by staff after each time slot. Staff will also disinfect used pool equipment at the end of each workout session.

American Red Cross Online

Designed by experts, our online-only classes provide an interactive and engaging method to learning essential safety and preparedness information and skills.

VIRTUAL-COMMUNITY FIRST AID/CPR/AED

This is a blended online and in-person learning opportunity. Within 48 hours of registering you will receive an email with a link for the online simulation course.

1. Complete online 2.5 hour, self-paced course where you will gain the knowledge needed to successfully perform the required skills in the class. Upon successful completion of the online portion you will receive a 90 day provisional certification.
2. You will be contacted to schedule an in-person skills check at the Louisville Recreation/ Senior Center.
3. Complete the 1 hour in-person practical, instructor led portion where you put your skills to use in a real life setting. Upon completion of the in person skills session you will receive a 2 yr certification for Adult Pediatric First Aid/ CPR/ AED through the American Red Cross.

Please email katem@louisvilleco.gov with any questions.

CODE	R/NR
33208-2	\$50/\$63

CAT AND DOG FIRST AID

In this 35-minute online course, you will learn the basics of providing first aid care for your cat or dog, and will learn how to best give care for common emergency situations including understanding your pet's vital signs, breathing and cardiac emergencies, wounds and bleeding, seizures, and preventative care. This course is desktop and tablet compatible.

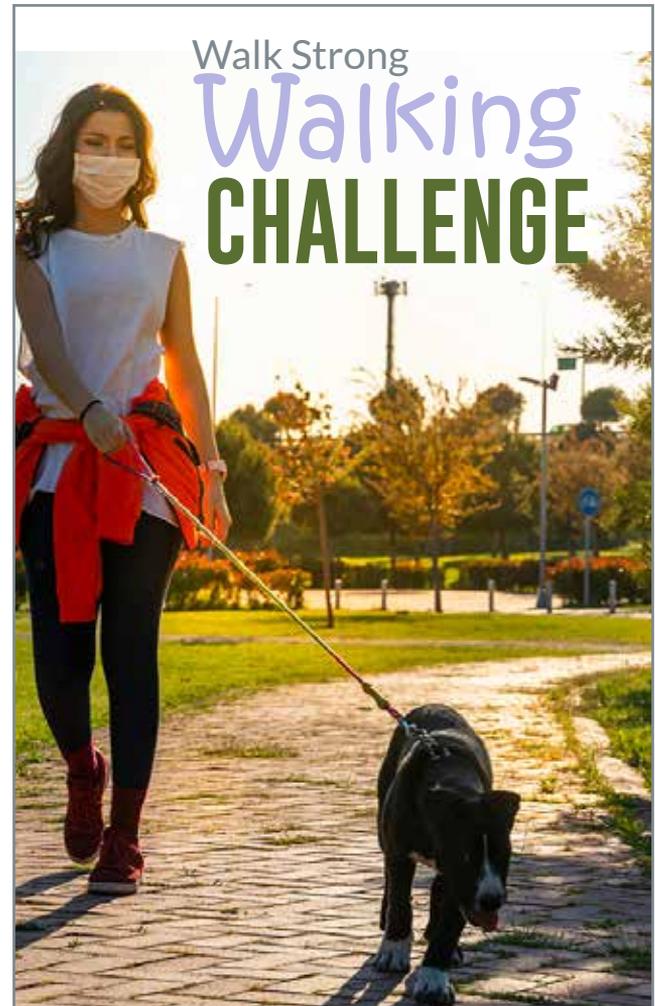
CODE	R/NR
33213	\$28/\$35

RETURNING TO WORK DURING COVID-19: SAFE WORK PRACTICES

The COVID-19 Pandemic is challenging employees and businesses in new ways. The Red Cross offers an online course designed to help individuals review measures that employees and employers can take to continue to prevent a resurgence in cases of COVID-19 and keep individuals, families and communities safe as businesses reopen and workers return to workplaces.

CODE	R/NR
33219	\$20/\$25

As of right now lifeguard training is not being offered and we are currently not hiring lifeguards.



Challenge yourself during September and go for your best goal yet!

Join our challenge and receive a calendar log, and compete for prizes.

Prizes awarded to top three for most miles during the month of September.

Double points for walking a Louisville Trail and walking the track at the Recreation & Senior Center!

CODE	DAY/DATE
38100-1	9/1-9/30

Fitness and Wellness

-Please visit the links under each class to pre-register for ZOOM classes.
 -Please visit the Fitness Webpage (link below this box) to reserve your spot for the In-Person classes.
 Classes & Instructors are subject to change

Louisville Recreation & Senior Center
 Sept Zoom Online & In-Person Class Schedule

<https://processing.louisvilleco.us/webtrac/wbwbwsc/webtrac.wsc/search.html?display=detail&module=AR&primarycode=81000,%2081001>

NO Zoom or In-Person classes on Mon Sept 7.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7:30am HYBRID Sunrise yoga w/ Becky Turf Gym/south lot https://us02web.zoom.us/j/83139984965 Meeting ID: 831 3998 4965 7-8am Bootcamp w/ Helene South gym/Outside 9-9:45am Water HIIT w/ Anastasia Lap Pool 10:15-11am Balance & Stability w/ Terry https://us02web.zoom.us/j/81305217520 Meeting ID: 813 0521 7520 12-1pm HYBRID Strength & Stretch w/ Molly South Gym https://us02web.zoom.us/j/85814510357 Meeting ID: 858 1451 0357 1:15-2:15pm Zumba w/ Anastasia https://us02web.zoom.us/j/89495895012 Meeting ID: 894 9589 5012 2:30-3:30pm Butts & Guts w/ Terry https://us02web.zoom.us/j/81147715865 Meeting ID: 811 4771 5865 5:15-6:15pm Step w/ Christine https://us02web.zoom.us/j/84694554615 Meeting ID: 846 9455 4615 7:30-8:30pm SAME Code NEW time! starts 9/14 Mon Gentle Yoga w/ Becky https://us02web.zoom.us/j/85973003342 Meeting ID: 859 7300 3342	7-8am Cycle w/ Gregg Turf Gym/south lot 8-9am Barre w/ Anastasia https://us02web.zoom.us/j/87883776054 Meeting ID: 878 8377 6054 9-9:45am NEW! starts 9/8 AquaFit Combo- Deep/Shallow w/ Mary Program Pool 9:30-10:30am Senior Cardio, Strength & Balance w/ Terry https://us02web.zoom.us/j/88043668103 Meeting ID: 880 4366 8103 10:45-11:45am NIA Moving to Heal w/ Jill F https://us02web.zoom.us/j/8962116511 Meeting ID: 896 2111 6511 12-12:45pm NEW! starts 9/8 AquaFit Combo- Deep/Shallow w/ Ronda Program Pool 2-3pm ZOOM ONLY starts 9/1 Zumba w/ Laura https://us02web.zoom.us/j/85368445809 Meeting ID: 853 6844 5809 5-6pm Body Pump w/ Nicole Turf Gym/south lot 6:30-7:30pm Pilates w/ Anastasia https://us02web.zoom.us/j/85707315802 Meeting ID: 857 0731 5802	7-8am Bootcamp w/ Helene South gym/Outside 7:15-8:15am Cycle w/ Gregg https://us02web.zoom.us/j/84986525472 Meeting ID: 849 8652 5472 9-10am Zumba Gold w/ Anastasia https://us02web.zoom.us/j/86856228730 Meeting ID: 868 5622 8730 10-10:45am NEW! starts 9/9 Aqua Zumba w/ Laura Program Pool 10:15-11am Balance & Stability w/ Anastasia https://us02web.zoom.us/j/84839962353 Meeting ID: 848 3996 2353 11:15-11:45am HYBRID Ultimate Core w/ Helene South Gym https://us02web.zoom.us/j/88095224191 Meeting ID: 880 9522 4191 12-1pm HYBRID Zonetone w/ Helene South Gym https://us02web.zoom.us/j/82679648060 Meeting ID: 826 7964 8060 4-5pm SAME Code NEW time! Starts 9/2 Yoga Burn w/ Becky https://us02web.zoom.us/j/85283351213 Meeting ID: 852 8335 1213 4-4:45pm AquaFit Combo- Deep/Shallow w/ Anastasia Program Pool 6:30-7:30pm Barre w/ Laura https://us02web.zoom.us/j/87233497905 Meeting ID: 872 3349 7905	7-8am Cycle w/ Gregg Turf Gym/south lot 9:30-10:30am Senior Cardio, Strength & Balance w/ Terry https://us02web.zoom.us/j/88043668103 Meeting ID: 880 4366 8103 9-9:45am NEW! starts 9/10 AquaFit Combo- Deep/Shallow w/ Mary Program Pool 10:45-11:30am NEW! starts 8/27 NIA Moving to Heal w/ Jill F https://us02web.zoom.us/j/83819853568 Meeting ID: 838 1985 3568 12-1pm HYBRID Pilates Mat w/ Anastasia Gray's Studio https://us02web.zoom.us/j/84562974648 Meeting ID: 846 6297 4648 2-3pm Barre w/ Molly https://us02web.zoom.us/j/83854038288 Meeting ID: 838 5403 8288 4-5pm HYBRID Zumba w/ Anastasia Mt. Elbert Studio https://us02web.zoom.us/j/8265095260 Meeting ID: 826 5059 5260 7:30-8:30pm SAME Code NEW time! Starts 9/3 Thurs Gentle Yoga w/ Becky	6:30-7:30am HYBRID Sunrise yoga w/ Becky Turf Gym/south lot https://us02web.zoom.us/j/83139984965 Meeting ID: 831 3998 4965 7-8am HYBRID Bootcamp w/ Helene South gym/Outside https://us02web.zoom.us/j/87832217188 Meeting ID: 878 3221 7188 8-9am Body Pump w/ Nicole Turf Gym/south lot 9-9:45am HIIT AquaFit Combo w/ Anastasia Lap Pool 9:30-10:30am Senior Core & More w/ Terry https://us02web.zoom.us/j/845656818329 Meeting ID: 846 4681 8329 10:45-11:45am Zumba Gold w/ Anastasia https://us02web.zoom.us/j/84136789497 Meeting ID: 841 3678 9497 4-5pm Yoga w/ Alyx https://us02web.zoom.us/j/85608086795 Meeting ID: 856 0808 6795	8-8:45am Cycle w/ Ashleigh Turf Gym/south lot 8:15-9am HYBRID Step w/ Christine South Gym https://us02web.zoom.us/j/87996696719 Meeting ID: 879 9669 6719 9:45-10:45am Sat Yoga Burn w/ Becky Join Zoom Meeting https://us02web.zoom.us/j/81885252261 Meeting ID: 818 8525 2261	8-9am Body Pump w/ Nicole Turf Gym/south lot 10:30-11:30am NIA w/ Jill F https://us02web.zoom.us/j/84990946690 Meeting ID: 849 9094 6690



Zoom & In-Person classes will require a Recreation pass ID to register. (Monthly, Annual, Punch passes, SilverSneakers, & Renew Active)
 Fitness Class participants will enter through the front doors.
 Water Aerobics participants will enter through the west pool entry up the ramp.

LIVE classes Hybrid class (Zoom & Live)
 No equipment, Step, Indoor Bike, Mat/blocks/straps/blanket/band/weights, Chair/mat/ weights/bands/ball
 Modified props or no props are welcome

MAKE A RESERVATION

AQUAFIT COMBOS-DEEP/SHALLOW | Age 16+

AQUAFIT COMBOS-Deep/Shallow
 These classes incorporate both deep & shallow water interval workout mixed in with body movements to build muscle, flexibility core strength & stamina in all parts of the body. This class is a fun workout without impact on your joints.

Lap Pool

CODE	SESS	CLASS	DAY/TIME	INSTRUCTOR
81001	1	HIIT Shallow*	M 9:00-9:45am	Anastasia
81001	2	HIIT Deep*	M 9:00-9:45am	Anastasia

*Class is limited to 24 (20 spots in the shallow and 4 spots in the deep).

Program Pool

CODE	SESS	CLASS	DAY/TIME	INSTRUCTOR
81002	1	Shallow*	W 4:00-4:45pm	Anastasia
81002	2	Deep*	W 4:00-4:45pm	Anastasia
81003	1	Shallow*	Tu 9:00-9:45am	Mary
81003	2	Deep*	Tu 9:00-9:45am	Mary
81004	1	Shallow*	Th 9:00-9:45am	Mary
81004	2	Deep*	Th 9:00-9:45am	Mary
81005	1	Shallow*	Tu 12:00-12:45pm	Ronda
81005	2	Deep*	Tu 12:00-12:45pm	Ronda

*Class is limited to 18 (14 spots in the shallow and 4 spots in the deep).



Water Aerobics

AQUA ZUMBA | STARTS SEPTEMBER 9!

This class brings a new meaning to the idea of an invigorating workout. It combines the South American Zumba rhythm and dance steps with a pool party. It offers a fun but challenging, water-based, body-toning workout.

CODE	SESS	CLASS	DAY/TIME	INSTRUCTOR
81006	1	Shallow	W 10:00 10:45am	Laura

Classes offered in all lanes of the program pool. Class is limited to 14.



FITNESS FOCUS



Get back into a consistent fitness routine!

In-person, small group fitness classes that will get you moving again in a personalized setting to keep you safe! Classes will have indoor/outdoor options.

COST

Pass Holder: \$3/class
 Resident: \$10/class
 Non-Resident: \$12.50/class



BACK ON TRACK

CODE	SESS	CLASS	DAY/TIME
30010	1	Muscle conditioning w/ Anne	M 8:30-9:30am
30011	1	Walk Strong w/ Donna	Tu 8:30-9:30am
30011	2	Walk Strong w/ Donna	Th 8:30-9:30am
30012	1	Ski Prep w/ Anastasia	Tu 4:00-5:00pm
30012	2	Ski Prep w/ Anastasia	F 7:45-8:45am
30013	1	Intro to Weight Training w/ Felicia	W 8:30-9:30am
30014	1	Cycle Intro w/ Felicia	W 10:00-10:45am

GET THE FAMILY MOVING!

CODE	SESS	CLASS	DAY/TIME
30015	1	Family Fitness w/ Joy	W 5:00-6:00pm

LEVEL UP

CODE	SESS	CLASS	DAY/TIME
30016	1	TRX w/ Anastasia	Tu 5:00-6:00pm
30016	2	TRX w/ Anastasia	Th 11:00am-12:00pm
30017	2	Power Interval Cycle w/ Burt	Tu 4:00-4:45pm

CREATE YOUR OWN!

CODE	SESS	CLASS	DAY/TIME
N/A	1	Pre/Post-Natal w/ Molly	Contact Lindsey
N/A	1	Water Mat w/ Ronda	Contact Lindsey

TRY ONE OF OUR OUTSIDE CLASSES!



LES MILLS BODYPUMP | Age 16+

Les Mills BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit – fast. This class is held outside in the South lot, by Turf Gym. Max 24 participants. Instructor: Nicole.

CODE	SESS	DAY/DATE	TIME
81000	4	Tu 9/1-9/29	5:00-6:00pm
81000	5	F 9/4-9/25	8:00-9:00am
81000	5	Su 9/6-9/27	8:00-9:00am

Included with membership, pass, or daily fee.



Sunrise Yoga	M/F	6:30-7:30am
Cycle	Tu/Th Sa	7:00-8:00am 8:00-8:45am
Bootcamp	M/W/F	7:00-8:00am



DROP-IN

Middle School & High School Open Gym

MIDDLE SCHOOL OPEN GYM

DAY	TIME
Mondays	1:00-3:00pm

HIGH SCHOOL OPEN GYM

DAY	TIME
Mondays	3:15-5:00pm

No reservations required! Come drop-in and meet your friends for some shoot around time, games of horse, practice those free throws and 3 pointers. Daily admission or Rec Center pass required for admission. Bring your own basketballs. No organized 5v5 games.

PLAY Pickleball

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		7am-12 pm 5:00-7:00pm	8:30am-12:30pm	7am-12 pm 6pm-8pm		8am-10am 5pm-8pm Family Pickleball

OUTDOOR Five courts at the Inline Rink

OUTDOOR PICKLEBALL COURT RULES

- Pickleball only during designated times
- **BYOB&P** (Bring your own Balls & Paddles)

*The City of Louisville will set up nets at 8.30am on Tuesday & Thursday (due to limited staffing). If you would like to use the courts before 8.30am you will need to set the nets up on your own. Evening times participants will need to set up, and take down, nets on their own. Nets are in a large orange storage box on south side of rink. To access the code to box please email jessed@louisvilleco.gov



Schedule subject to change based on usage and request. For questions call Jesse DeGraw at 303-335-4909.

Sports

Sports Action

Designed to introduce your sports star to the basic rules of the sports and exercise, including more specialized skills necessary for game time. We develop your child's athletic and social skills in a fun and encouraging atmosphere. This is a co-ed camp. Masks will be required by instructors and participants at all times

KICKBALL/TBALL | Ages 4-7

CODE	SESS	DAY/DATE	TIME	R/NR
36030	2	9/8-10/1	10:00-11:00am	\$60/\$75

BROOMBALL/SOCCER | Ages 4-7

CODE	SESS	DAY/DATE	TIME	R/NR
36030	3	10/6-10/29	10:00-11:00am	\$60/\$75

BASKETBALL (2-WEEKS) | Ages 4-7

CODE	SESS	DAY/DATE	TIME	R/NR
36030	4	11/3-11/12	10:00-11:00am	\$30/\$38

GYM GAMES | Ages 4-7

CODE	SESS	DAY/DATE	TIME	R/NR
36030	5	11/17-12/17*	10:00-11:00am	\$60/\$75

*No camp 11/24, 11,26

Skyhawks



SKYHAWKS PE AND SPORT | Ages 6-11

A combination of physical education, sports and playground games. Examples may include strength, speed, agility, baseball, basketball, no contact football, soccer, track and field, volleyball, dodgeball, kickball, ultimate and more. Something new every week! All classes will be outside and will be held if there is no precipitation and 40 degrees or above. In the event of inclement weather, we will notify participants of a cancellation 2 hours in advance and a credit will be applied to your account. No give-aways included. Held at Cottonwood Park. Class max 24.

- Participant-to-coach ratio: 12:1
- Gear to bring:
 - o Appropriate clothing for possible weather changes
 - o Appropriate shoes for physical activity (gym shoes)
 - o Water (shared fountains NOT available, bring plenty)
 - o Hand sanitizer
 - o Mask (for non-active times & where 6' distancing is not possible)
 - o Sunscreen

CODE	SESS	DAY/DATE	TIME	R/NR
36401	1	M 9/14-9/28	2:00-4:00pm	\$75/\$94
36401	2	M 10/5-10/26	2:00-4:00pm	\$100/\$125
36401	3	M 11/2-11/16	2:00-4:00pm	\$75/\$94

Virtual Camps also available! For more information and to register for Skyhawks virtual camps please visit skyhawks.com/colorado.

Youth Tennis

LOBBERS | Ages 4-7

This program is designed for young children with activities geared towards movement skills such as running, chasing, balancing, transferring weight, jumping and swinging. In addition, leadup skills to the game of tennis such as pre-striking and striking will be taught in order to work on the child's movement and coordination skills.

CODE	SESS	DAY/DATE	TIME	R/NR
36261	3	Tu Th 9/8-10/1	4:00-4:30pm	\$48/\$60
36261	4	Tu Th 9/8-10/1	4:30-5:00pm	\$48/\$60

HITTERS | Ages 8-10

Before entering the class, students should be able to toss and catch a tennis ball and have some success with movement skills using the tennis racket and ball.

CODE	SESS	DAY/DATE	TIME	R/NR
36265	3	Tu Th 9/8-10/1	5:00-5:45pm	\$51/\$64
36265	4	Tu Th 9/8-10/1	5:45-6:30pm	\$51/\$64

ACERS | Ages 11-18

Teens with little or no experience with the game of tennis. The basic skills and terminology of the game will be taught.

CODE	SESS	DAY/DATE	TIME	R/NR
36272	2	Tu Th 9/8-10/1	6:30-7:15pm	\$51/\$64

Adult Tennis

BEGINNING TENNIS | Ages 18+

CODE	SESS	DAY/DATE	TIME	R/NR
36610	3	W 9/9-9/30	9:00-10:00am	\$35/\$42

INTERMEDIATE | Ages 18+

CODE	SESS	DAY/DATE	TIME	R/NR
36611	3	W 9/9-9/30	10:00-11:00am	\$35/\$42

NOTE: All tennis classes will be held at the Louisville Recreation & Senior Center Courts. In the event of inclement weather, please call the RAIN line at (303) 335-4998 to find out the status of lessons. Lessons cannot be held on wet courts, even if the sun is out. An attempt will be made to make up rain-outs if time and court availability permit.



KARATE



Brought to you by International Martial Arts
(303) 665-0339. www.imakarate.com



LITTLE DRAGONS | Ages 6-8

Introduce your child to the sport of self-discipline and concentration. This class promotes coordination, self-esteem, and increased attention in the young child. And, this class is a lot of fun! Children must earn their “gi” through active listening and participation.

CODE	SESS	DAY/DATE	TIME	R / NR
32110	1	W 9/2-9/30	5:00-6:00pm	\$51/\$64
32110	2	W 10/7-10/28	5:00-6:00pm	\$51/\$64

KARATE | Ages 9–adult

This introductory class is designed for those who are interested in karate techniques. The class promotes coordination, self-defense, self esteem, respect, increased attention, confidence levels and FUN!! Hanshi Cyrus Madani, a 8th degree Black Belt, and his instructors, have been teaching all the Karate classes at the Louisville Recreation Center since 1990. His 50+ years martial arts experience and special instruction method helps you succeed from the very first class. Parents, we encourage you to sign up for this class with your child and make karate a family event!

CODE	SESS	DAY/DATE	TIME	R / NR
32111	1	W 9/2-9/30	6:00-7:00pm	\$51/\$64
32111	2	W 10/7-10/28	6:00-7:00pm	\$51/\$64

Attend in person at the dojo (1340 Main St, Louisville) or virtual by contacting madani@imakarate.com



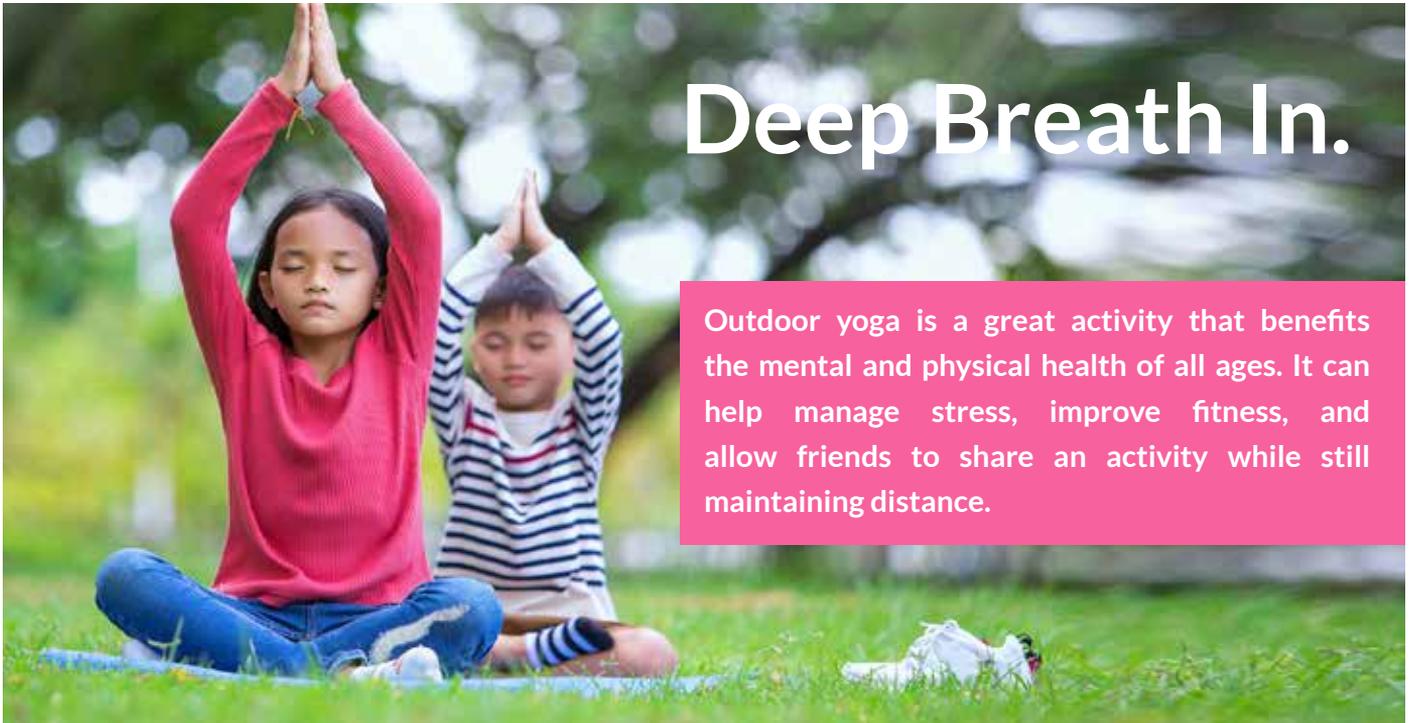
IN PERSON

Many programs are now able to meet in person.
We are excited to see you all soon!

COVID-19 Safety Modifications

Youth programs will follow state and local regulations and guidance for programs including:

- Health screenings for all staff prior to work
- Health screening for participants prior to drop off
- Outside class time and check-in/out whenever possible
- Smaller group sizes
- Consistent teachers and groups
- Experienced and trained teachers
- Hand washing
- Easily cleanable supplies and toys
- Disinfecting of high-touch surfaces
- Masks for teachers
- Masks for parents/children unless medically exempt. Children who struggle to wear a mask are allowed to participate and teachers will work with them individually.
- Please register early to ensure adequate time for communication. Classes that do not meet the minimum enrollment will be canceled approximately one week before start date.
- Participants with COVID-19 symptoms must stay home or provide an alternative diagnosis in writing from a medical provider.



Deep Breath In.

Outdoor yoga is a great activity that benefits the mental and physical health of all ages. It can help manage stress, improve fitness, and allow friends to share an activity while still maintaining distance.

Little Yogis

All classes will be held distanced and outdoors at the shelter at the Louisville Arboretum (next to the skate park). Please bring yoga mats or towels. Price includes individually packaged materials.



Brought to you by Haley Shapiro
haley@thepurplepiano.com

MINI YOGIS - PARENT CHILD/ YOGA OUTDOORS | Ages 3-6

This high-energy yoga class introduces children, ages 3-6, and parents, of any age, to mindfulness, meditation, and yoga postures, and is based in fun and dramatic play. Enjoy music, games, themes, and stories while practicing bodily awareness and breathing techniques. It is quality bonding time and stress-relief for the whole family! Both parent and child(ren) must register in advance.

CODE	SESS	DAY/DATE	TIME	R / NR
32105	1	Su 9/13-10/25	9:30-10:15am	\$55/\$69

LITTLE YOGIS OUTDOORS | Ages 6-11

This high-energy yoga class introduces kids ages 6-11 to the fundamentals of yoga postures, mindfulness, and meditation, and is based in fun and dramatic play. Kids will enjoy music, games themes, stories, and art while building strength, balance, confidence, and calm. It is a great way for friends to share an activity while still maintaining distance. Each class will include movement, mindfulness, and relaxation.

CODE	SESS	DAY/DATE	TIME	R / NR
32106	1	Su 9/13-10/25	10:30-11:30am	\$90/\$113

TWEEN YOGA & MINDFULNESS OUTDOORS |

Ages 11-14

This yoga class introduces tweens to the fundamentals of yoga postures, mindfulness, and meditation. Like an adult class, there will be movement, breathing, and relaxation, but being catered to tweens, it will also incorporate games and themes. This class helps build strength, balance, focus, confidence, and calm, while providing an outlet and coping skills for maturing minds. It is a great way for friends to share an activity while still maintaining distance. Feel free to also bring yoga blocks/blankets.

CODE	SESS	DAY/DATE	TIME	R / NR
32107	1	Su 9/13-10/25	3:15-4:15pm	\$105/\$132

YOGA & MINDFULNESS FOR TEENS | Ages 14-18

Start the week off right with outdoor and distanced sunset yoga! Yoga (meaning union) is exactly what this class will bring to local teens. Much like an adult class, there will be movement, breathing, and relaxation. This class helps build strength, balance, focus, confidence, and calm, while providing an outlet and coping skills for maturing minds. It is a great way for friends to share an activity while still maintaining distance. Each class will include mindfulness journaling and/or other exercises in mindfulness. Feel free to also bring yoga blocks/blankets.

CODE	SESS	DAY/DATE	TIME	R / NR
32108	1	Su 9/13-10/25	4:30-5:30pm	\$105/\$132

Preschool Ages 3-5



Is your preschooler ready to embark on a road full of fun and learning?

Building Blocks and Stepping Stones are educational, fun and nurturing classes where preschoolers can and learn and grow at their own pace. Lessons are fostered through play through framework provided by experienced and caring Early Childhood Educators.

COVID-19 Safety Modifications: Our staff is in regular communication with the state and local health departments as well as State Licensing to ensure we are meeting or exceeding all guidelines. Our classrooms offer bright, open areas to explore and our outdoor classroom offers a creative outdoor learning space which will be used regularly during COVID-19. The newly constructed classrooms have new HVAC systems to optimize outdoor airflow. Groups and teachers remain consistent, health screenings and temperatures are taken daily, and handwashing and disinfecting are done regularly. Facial coverings are required for teachers and students unless there is a medical exemption, but don't worry, if a child is struggling to keep their mask on, we will work with both the child and family for a solution. Let us know if you have any questions.

In-Person Preschool



BUILDING BLOCKS | Age 3 by 9/30/20

CODE	SESS	DAY/DATE	TIME	ENROLL R/NR	DEPOSIT R/NR	TUITION R/NR
62000	1	MWF Sept. 2020-May 2021	8:15am-10:50am	Waitlist	\$280/\$350	\$280/\$350 per month
62000	2	MWF Sept. 2020-May 2021	11:40am-2:15pm	\$75/\$94	\$280/\$350	\$280/\$350 per month

STEPPING STONES | Age 4-5 by 9/30/20

CODE	SESS	DAY/DATE	TIME	ENROLL R/NR	DEPOSIT R/NR	TUITION R/NR
62000	3	MWF Sept. 2020-May 2021	8:15am-10:50am	Waitlist	\$280/\$350	\$280/\$350 per month
62000	4	MWF Sept. 2020-May 2021	11:40am-2:15pm	\$75/\$94	\$280/\$350	\$280/\$350 per month

Bridges At-Home Preschool



BRIDGE TO BUILDING BLOCKS | Age 3 by 9/30/20

CODE	SESS	DAY/DATE	TIME	R/NR
62005	1	MWF 9/23-10/20	1:00-1:30pm ZOOM	\$150/\$150

BRIDGE TO STEPPING STONES | Age 4-5 by 9/30/20

CODE	SESS	DAY/DATE	TIME	R/NR
62006	1	MWF 9/23-10/20	8:50-9:30am ZOOM	\$150/\$150

Contact: Mandy Perera p:303-335-4902 e:mandyp@louisvilleco.gov or visit www.louisvilleco.gov.preschool for more information

Stay connected with fun learning activities through the Bridges At Home Preschool Program. A weekly activity pack will be provided, sharing materials and resources to include lessons in math, literacy, art, fine motor, and science to follow the in person curriculum at the Louisville Recreation Center. Enrolled students will also have the option to attend live Zoom circle times on Mondays, Wednesdays and/or Fridays-Attend as many or as few as you like. This program is very flexible.

Let's get moving!

Youth Activities



Webby Dance Company



Brought to you by Webby Dance Company
www.webbydancecompany.com
vgreen@webbydancecompany.com

New BALLET/TAP/TUMBLING COMBO | Ages 3-5

WEBBY Dance Company is now offering FUN and EXCITING weekly classes in Louisville. Children will benefit by building their concentration, memory skills, flexibility, coordination, creative movement and self-confidence in a positive atmosphere. We provide age-appropriate music and props that your child will dance with during their structured BALLET AND TAP time. Class will conclude Tumbling with Fun obstacle courses.

CODE	SESS	DAY/DATE	TIME	R/NR
32120	1	M 9/28-11/2	10:00-10:45am	\$80/\$100

Clean tap shoes available to borrow during class time



Jump Rope

JUMP ROPE-INDIVIDUAL | Ages 7+

Jump Rope is recommended by the World Health Organization as one of the best way to stay social distant and stay fit! In this one hour session, jumpers will have fun jumping "with" their friends and learning new skills in their own 8' x 8' space. Class will be held outside so jumpers are not required to wear masks while jumping. In case of bad weather, class will be held inside where face protection may be required.

Each jumper will receive a new, individually wrapped, jump rope. Jumpers are welcome to bring their own as well. This class will focus on individual jump rope skills only. All levels welcome as jump rope can be modified to challenge the athlete both physically and mentally. Athletic shoes, sunscreen, and water bottles encouraged!

CODE	SESS	DAY/DATE	TIME	FEE
30040	1	W 9/2-9/30	4:00-5:00pm	\$65/\$82

Location: Turf gym, south east lot



Cheer Central Sun



Brought to you by Cheer Central Suns
 All classes held at Cheer Central Suns Location,
 1756 Panorama Point, Lafayette Vel Green at
vel@cheercentralsuns.com
 970-305-0803

New PRESCHOOL DANCE POM | Ages 3-5

This new class is designed for our little ones to Dance/ Cheer their little hearts out with pom poms. This class is designed to help your child learn motions, dance and tumbling. A fun filled high energy class with obstacle courses while learning front rolls, handstands etc. Practicing body control and improving strength, flexibility, balance and coordination.

CODE	SESS	DAY/DATE	TIME	R / NR
32161	1	M 9/28-11/2	3:00-3:45pm	\$80/\$100

New CHEER & TUMBLING | Ages 5-11

This high energy Recreational Cheer Team is designed to help you learn jumps, motions, stunts, tumbling and dance through sportsmanship and teamwork. Additional fees may apply.

CODE	SESS	DAY/DATE	TIME	R/NR
32160	1	W 9/28-11/2	5:00-5:55pm	\$80/\$100

All classes held at Cheer Central Suns. \$15 cheer t-shirt fee



Youth Activities

Integral Steps



Brought to you by Integral Steps
Emma Shubin
info@integralsteps.org

- Program Location: Louisville Arboretum, adjacent to the skate park. Access over the bridge and please encourage your child to use restroom at the Arboretum before dropping your child off.
- All supplies for projects provided by Integral Steps.
- This is a drop off event.
- Please bring a snack, hat/wear sunscreen, & bring a water bottle.
- We will be creating art and experiencing biology & movement in a connected but socially distanced manner. Please check current local facial covering ordinances for requirements. If facial coverings are not required, we strongly encourage wearing one.

INSECTS & SPIDERS: COOL, CREEPY, & CRAWLY!

Did you know that spiders are not insects? They are arachnids along with scorpions and ticks. Spiders and insects can be helpful to us and are more than just creepy crawlers. Join us for a morning discovering what makes insects and spiders unique along with some fun facts about their body parts, habitats and behavior with world-renown spider expert, Dr. Paula Cushing (Senior Curator of Invertebrate Zoology, Denver Museum of Nature and Science) will join the older student's class. You'll be able to get an up-close look at some of these interesting creatures and then collect and/or craft some of your very own. Let's learn, observe and create together -- while distanced and outdoors.

CODE	SESS	AGE	DAY/DATE	TIME	R / NR
32180	1	3-6	Sa 9/19	9:00-10:15am	\$20/\$25
32180	2	7-11	Sa 9/19	10:30am-12:00pm	\$20/\$25

MOVEMENT, SOUND, AND TREES!

Have you ever wondered what sounds might look like if we could see them? Can you imagine what a musical ensemble made out of natural materials might sound like? Come join us for a morning of exploring the science of trees, movement, and sound, incorporating art projects as well as musical adventures! We will create multimedia art and instruments out of found natural materials, discover sound waves and tree life cycles, and move rhythmically to live music amongst the trees of the arboretum. Trees teach us that a community is strongest when it works patiently together, and we are so excited to get to play and learn with our community, as we practice socially distanced togetherness with you!"

CODE	SESS	AGE	DAY/DATE	TIME	R / NR
32181	1	3-6	S 9/26	9:00am-10:15am	\$20/\$25
32181	2	7-11	S 9/26	10:30am-12:00pm	\$20/\$25

Mad Science



Brought to you by Mad Science
info@madscience.tv
(303-404-0432)

UNDERGROUND EXPLORERS | Ages 6-11

Calling all Jr. Archaeologists and Paleontologists! Uncover the mysteries of ancient civilizations, explore the history of dinosaurs and dig up the ancient past! Solve real-life mysteries. Learn about archaeology and the techniques scientists use to excavate long lost cities. Discover ancient civilizations and the tools and artifacts they used in everyday life.

CODE	SESS	DAY/DATE	TIME	R / NR
32170	1	M 9/21	9:00am-12:00pm	\$45/\$57

SUPER SLEUTH ACADEMY | Ages 6-11

Do you think you have what it takes to discover "whodunnit"? This program explores the ins and outs of forensic science and encourages creative thinking and analytical skills as campers work together to solve a series of mock crime scenes.

CODE	SESS	DAY/DATE	TIME	R / NR
32171	1	M 9/28	9:00am-12:00pm	\$45/\$57

Babysitting



Brought to you by Advanced Care CPR
advancedcarecpr@comcast.net

BABYSITTING COURSE | Ages 11-13

This course is designed for 11-13 year olds, to give them the knowledge necessary for the first time babysitting. Bring a lunch and a pen. Instructor: Advanced Care CPR Training The skills covered are:

- Basic First Aide/Pediatric CPR 2-year certification
- Personal Safety
- Growth and Development
- Discipline
- Prevention
- Basic Childcare

CODE	SESS	DAY/DATE	TIME	FEE
32030	1	M 9/21	9:30am-3:30pm	\$78/\$97
32030	1	M 10/12	9:30am-3:30pm	\$78/\$97

All COVID-19 safety guidelines will be followed for in person classes.
See page 13 for details.

Seniors 60+



The Safer at Home order recommends that vulnerable individuals, including those ages 65+ continue to stay at home. Therefore, the Senior Center and most of its programs will remain closed until we are in a lower risk phase of the order.

Registration Information

Program registration begins at:

12:00pm on Friday, August 28

(Louisville Resident & Non-Resident)



ONLINE: at www.LouisvilleSeniorServices.com

MAIL: Mail form with check or credit card payment to:

Louisville Recreation Center
900 West Via Appia Way
Louisville, CO 80027

POLICIES: Activities that are canceled for low enrollment will be given a full refund or credit. No refunds or credits for cancellations made less than 3 working days before the start of activity. Special circumstances may be considered. Exceptions: if the event is a ticketed activity, no refunds will be given unless we can resell your ticket.

If you see a class or program offered in the catalog and would like to participate but need specialized assistance, please let us know. A minimum of four weeks is needed to allow us time to support your needs to attend. We do our best to accommodate requests for extra assistance.

There is no staff, leader or supervision provided for individuals. The Senior Center and its activities are geared toward independent adults who are able to manage their own care, decision making, and safety. No personal care or personal care assistance is provided. Companions may participate at participant's expense.



Welcome our new Community Resource Coordinator, Katie Tofte.

Katie has worked with us in Senior Programs over the past year and a half and brings a background in Human Services. She's excited for her new role as the Community Resource Coordinator. Please contact Katie if you are a Louisville senior resident and have resource needs. Ktofte@louisvilleco.gov or 303-335-4919.





Walk Strong Walking CHALLENGE

Challenge yourself during September and go for your best goal yet!

Join our challenge and receive a calendar log, and compete for prizes.

Prizes awarded to top three for most miles during the month of September.

Double points for walking a Louisville Trail and walking the track at the Recreation & Senior Center!

CODE	DAY/DATE
38100-1	9/1-9/30

Soul Massage

Soul massage involves energy work and is not a traditional massage

Seniors (60+)

\$35/half hour session. \$55/one hour session.

Non-seniors (under 60)

\$50/half hour session. \$85/one hour session

Appointments

Mondays & Wednesdays, 1-4 pm



Do you have anxiety, stress, aches, and pains?

Make 2020 your most soulful year yet! Stephen Wurzel, ECP (Emergency Care Practitioner), is a longtime healer and Zen practitioner.

Make an appointment: Call: 615-767-6551 email: stephenwurzel@gmail.com www.stephenwurzel.com

VIRTUAL ZOOM CALLS



WEDNESDAY

Virtual Happy Hour

Wednesdays, 5:00-6:30pm

Join us on zoom for a virtual happy hour! Reconnect with the Boomer group or join for the first time. All are welcome to this virtual event.

Register at: <https://us02web.zoom.us/meeting/register/tZUtfuqsqzksEtKsFmVqA3zXJgJSur5RvOzC>

FRIDAY

Art Club

Fridays at 10:00am

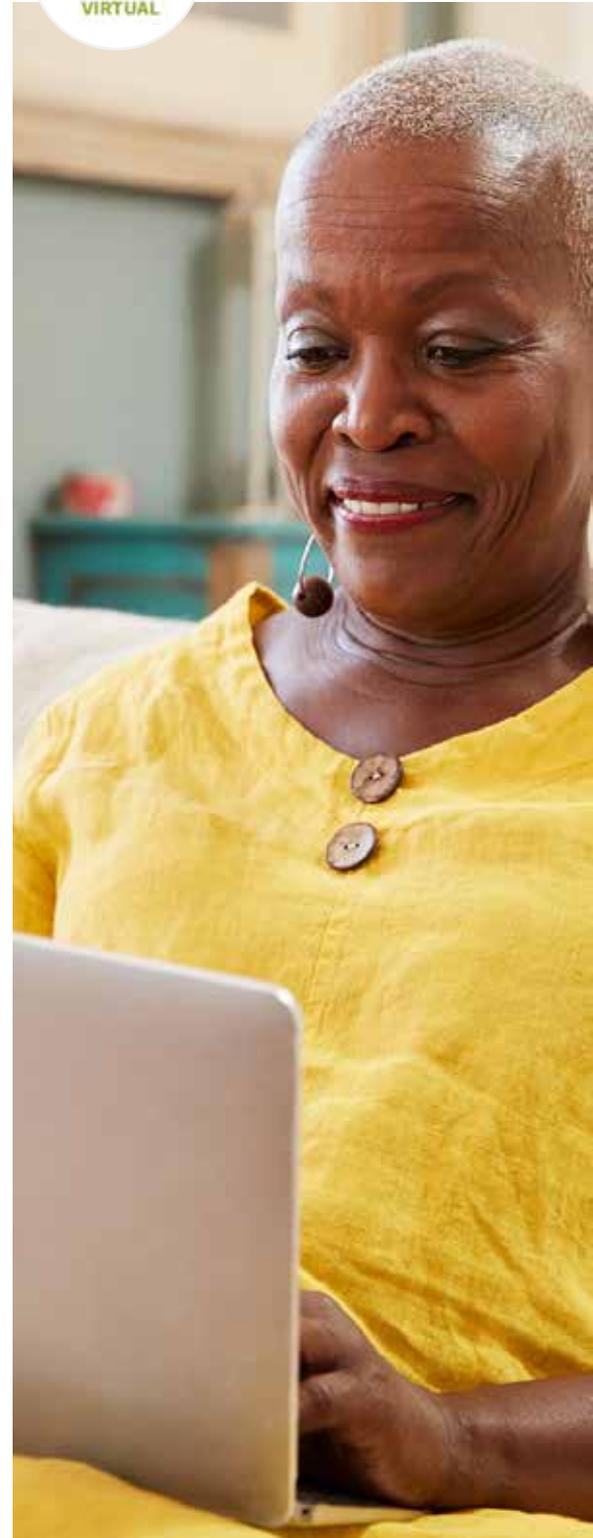
Join us on Zoom to share or work on your latest art projects.

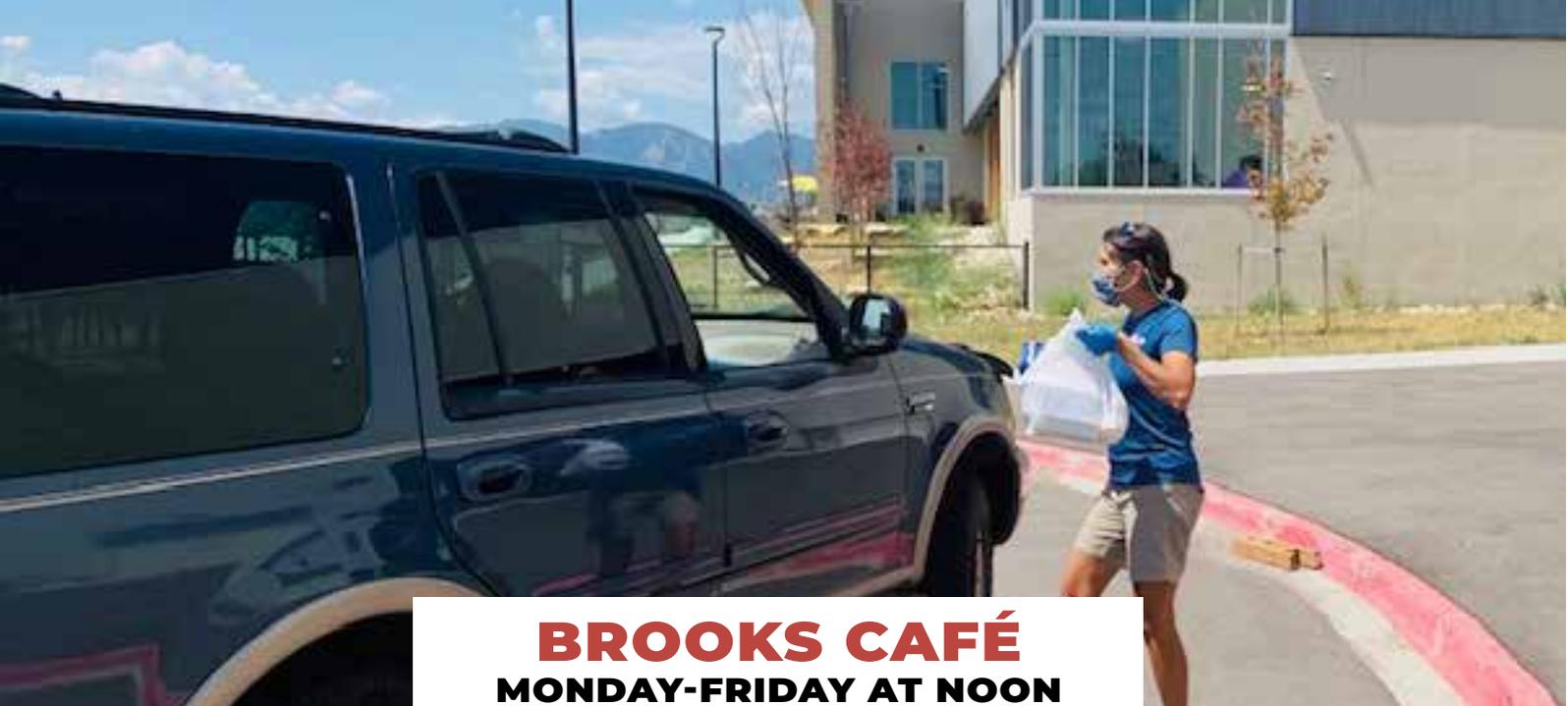
Register at: <https://us02web.zoom.us/meeting/register/tZQtf-CrqD0uFRCrp1-423snnch8r8xvHg>

SPECIAL VIRTUAL EVENTS IN AUGUST

09 **Bloomin Seniors Garden Club meeting** 
Wednesday, September 9 from 1:30-2:30pm
Register at:
<https://us02web.zoom.us/meeting/register/tZcrdOmqrDgiHdGUMCIAxn4gZFx42Z0MRQHU>

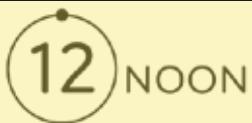
22 **Virtual Book Club**
Tuesday September 22 from 1:30-2:30pm
Book: Lady Clementine by Marie Benedict
Register at:
<https://us02web.zoom.us/meeting/register/tZYqcumrrD8oGNf625EX8sftcl8H-Oadllix>





BROOKS CAFÉ **MONDAY-FRIDAY AT NOON**

Pick up a delicious and nutritious lunch at noon, Monday-Friday at the Louisville Senior Center. Reservations required. See below for more information.



Lunch pickup is Monday-Friday from 12:00-12:30pm

RESERVATIONS:

- Advanced reservations required.
- Call Tricia at 303-335-4931 or email at BrooksCafe@louisvilleco.gov to make a reservation.
- Reservations must be made by 1:30pm the business day before.
- If a participant arrives after 12:30pm they are not guaranteed a meal.

LUNCH PICK UP:

While social distancing restrictions are in place, we will continue to offer curbside lunch pickup 5-days a week in September, at the Turf Gym entrance (South side of building).

NUTRITIONAL COUNSELING:

See page 29 for more information.

NEED A FREE PICKUP/DELIVERY?

VIA is available to pick up your lunch and deliver it to your door, Monday-Friday. Call VIA 303-447-2848.

COST:

- **Suggested donation for 60+: \$3.50, milk is included.**
- For 59 and under, cost is \$12.00.

Due to the need for contactless payment, please mail your donation check in to

Louisville Recreation & Senior Center
ATTN: Brooks Cafe
900 W Via Appia Way, Louisville, CO 80027

MENU:

- Menus available online at <https://www.louisvilleco.gov/brookscafe>.
- Call 303-335-4931 to request a hard copy of the menu for pickup curbside.
- Chef salad, grilled chicken salad, or vegetarian salad available upon advanced request.

BIRTHDAY DAY!

WEDNESDAY, SEPTEMBER 23

Celebrate this month's birthdays with a cupcake.

RSVP: *call* **303-335-4931** *or email* **BrooksCafe@louisvilleco.gov**

Classes/Workshops

TAI CHI 1

Tai Chi is a self-healing exercise focusing on the essence of our life. This is an outdoor beginning class for all ages who have no or very little exposure to Tai Chi. Class will be held outside and the instructor will email participants location. **Class time may change due to weather.** Please email instructor at rtsui11@gmail.com for availability prior to registration.

CODE	DAY/DATE	TIME	R / NR
38101-3	Sa 9/5-9/26	8:30-9:30am	\$40/\$50

Virtual Classes/Workshops

LOW VISION & COOKING: USEFUL HINTS AND ADAPTIVE TECHNOLOGY

Learn about helpful culinary techniques for the visually impaired offered by the book, Adaptive Culinary Techniques for the Visually Impaired. This workshop is sponsored by the Center for People with Disabilities. For more information, Contact David Law, Beyond Vision Skills Trainer, at david@cpwd.org or 303-442-8662 ext. 249

DAY/DATE	TIME	R / NR
Tu 9/15	11:00am-12:00pm	Free

This program will be held virtually using the following information. A few minutes before the start of the program, either log into the website or call and use the pin number to get into the class.

<https://meet.google.com/wkh-kzpb-kym>
tel:+1-863-866-7466
PIN 829873872#

MEDICARE BASICS

Learn about the benefits, costs, and choices under Medicare. The class will be conducted virtually by a Medicare Counselor through Boulder County Area Agency on Aging. This class is an excellent way to see just how Medicare works and what is the best plan for you. **Please register by September 9, 2020** to allow materials to be mailed to you prior to the class. Registrants will be sent an email with a link to join this class.

CODE	DAY/DATE	TIME	R / NR
38200-1	W 9/16	1:30-3:30pm	Free

LOUISVILLE HISTORICAL MUSEUM PRESENTS: A NEW TAKE ON DOING YOUR FAMILY HISTORY

The Louisville Historical Museum will lead this virtual session on how to make family history projects more fun and interactive. The goal of these modifications to the traditional family history research method are to get more family members involved and include all ages. Some of the topics that will be discussed include, capturing family histories through cooking family recipes, drawing maps of houses or neighborhoods, and acting out family stories. Registrants will be sent an email with a Zoom link for this program.

CODE	DAY/DATE	TIME	R / NR
38139-1	W 9/30	11:00am-12:00pm	Free

Virtual Support Groups

ALZHEIMER'S CAREGIVERS

This group is composed of trained facilitators from the Alzheimer's Association and other caregivers who care for people with Alzheimer's disease.

DAY/DATE	TIME	R / NR
Th 9/10	6:00-7:30pm	Free

To join the meeting on a computer or mobile phone:

<https://bluejeans.com/106799049?src=calendarLink>

A few best practices will ensure your meeting is a success:

1. Use a headset or earbuds for the best audio experience and mute yourself when not speaking.
2. Make sure you have a solid internet connection.
3. Ensure you have good camera angle and adequate lighting... and don't forget to smile!

Phone Dial-in

+1.408.740.7256 (US (San Jose))
+1.408.317.9253 (US (Primary))
+1.855.203.2730 (US (Toll Free))

Meeting ID: 106 799 049

Room System

199.48.152.152 or bjn.vc

Falls Prevention Week

Virtual Fitness Classes offered by the Louisville Recreation & Senior Center
September 21-25, 2020

Monday, September 21 | 10:15-11:00am

Balance & Stability with Terry

A stability skills training program for older adults that will improve your balance, mobility, agility and power. We will train with exercises that will improve your total body awareness.

<https://us02web.zoom.us/j/81305217520>

Meeting ID: 813 0521 7520

Tuesday, September 22 | 9:30-10:30am

Senior Cardio, Strength & Balance with Terry

A circuit where we alternate between cardio movement patterns and strength training exercises. Balance is incorporated into both the cardio and strength drills. Class is performed standing with options to utilize a wall or chair.

<https://us02web.zoom.us/j/88043668103>

Meeting ID: 880 4366 8103

Wednesday, September 23 | 10:15-11:00am

Balance & Stability with Anastasia

A stability skills training program for older adults that will improve your balance, mobility, agility and power. We will train with exercises that will improve your total body awareness.

<https://us02web.zoom.us/j/84839962353>

Meeting ID: 848 3996 2353

Thursday, September 24 | 9:30-10:30am

Senior Cardio, Strength & Balance with Terry

A circuit where we alternate between cardio movement patterns and strength training exercises. Balance is incorporated into both the cardio and strength drills. Class is performed standing with options to utilize a wall or chair.

<https://us02web.zoom.us/j/88043668103>

Meeting ID: 880 4366 8103

Friday, September 25 | 9:30-10:30am

Senior Core & More with Terry

A class designed to target all your muscles. We will use strength training exercises with equipment. Class is performed standing with options to utilize a wall or chair.

<https://us02web.zoom.us/j/84646818329>

Meeting ID: 846 4681 8329

To join a virtual fitness class, you need a membership with the Louisville Recreation & Senior Center. Call the Louisville Recreation & Senior Center Front desk to purchase a punch pass, monthly pass, or to sign up for a membership through Silver Sneakers or Renew Active, if eligible through your health insurance. If you need daily admission, contact Lindsey Witty 303-335-4906. To register, follow the zoom links listed below each class.

The coronavirus pandemic has changed a lot of things. One thing that's still the same? Falling is NOT a normal part of aging. There are steps you can take to reduce your risk



Boulder County Virtual Falls Prevention Week 2020

September 21-25, 2020 is Falls Prevention Week and Boulder County will be offering a variety of virtual opportunities to learn how you can reduce your risk of falling.

You'll be able to follow along with step-by-step instructions for getting down and up from the floor, participate in a virtual Tai Chi class, attend a virtual lecture on Hearing Loss and Balance, watch a demonstration of home safety and assistive devices and much more.

The full schedule of events will be available after Labor Day at:

<http://www.bouldercountyfallsprevention.org>

Programs will also be available through Boulder Community Hospital at <http://bchlectures.org/falls>

Once you register, you'll be sent the links for LIVE presentations.



Senior Resources | Age 60+

Boulder County Housing & Human Services

Boulder County Housing and Human Services offers a variety of programs, including Food Assistance, Medicare Savings, Old Age Pension and Long Term Nursing Home Care. All programs are based on income eligibility and may include a review of assets. For information and applications, please call 303-441-1000.



OLD AGE PENSION INCOME & MEDICAID:

Income under \$788, assets below \$2,000 (couple: income \$1,576, assets \$3,000). Age 60+, CO resident. Spouses qualify separately.

SSI INCOME & MEDICAID:

Income under \$771, assets below \$2,000 (couple \$1,157, assets below \$3,000). Age 65+, blind, or disabled.

FOOD ASSISTANCE (FOOD STAMPS):

Age 60+ or 18+ with a disability, gross income under \$1,316 (couple \$1,784).

LONG TERM CARE:

In-home and nursing home. Age 65+ or disabled. Income of \$2,250 or less, or set up an income trust. Must meet functional ability requirements.

EDUCATION AND SKILLS BUILDING

The Housing & Community Education Programming's mission is to provide our community with innovative (and fun!) educational opportunities to grow individuals and families toward a brighter future. Through free individual counseling and group workshops, we aim to help you build your skills, knowledge base, and confidence level to achieve the life you want, specifically in the areas of money management, housing and employment. For more information, see www.bouldercountyhc.org

Volunteer Opportunities

RSVP

Retired Senior Volunteer Program, coordinated through Cultivate. Join a diverse and talented team of volunteers who are making this community safe and comfortable for seniors and adults with disabilities. Volunteers are needed for: **Carry-Out Caravan**, grocery shop, deliver groceries, or take call-in orders; and **Fix-It**, minor home repairs. For more information call **303-443-1933**.

SENIOR PEER COUNSELING

Peer to peer volunteer program offering individual and group support to adults over 60 living in Boulder County. Peer counselors participate in an 8-week training and on going supervision. Peer counselors are warm and caring men and women with a special ability to listen and care and a desire to help others. For more information call **303-413-6377**.

LOOKING FOR A FRIEND - RESPITE AND COMPANION PROGRAM

Visit an older adult two hours a week. Help ease isolation, give a break to a caregiver, and make a new friend. Volunteers serve as companions; they do not provide hands-on care. Call **303-441-1543**, email infoRespite@bouldercounty.org or visit BoulderCountyVolunteers.org for more information.

Emergency Information

FILE OF LIFE

The File of Life is a free program, designed to help our Fire Department Paramedics obtain your necessary medical history and emergency contact information in an emergency... it could help save your life. The card, which is kept in a red plastic pocket labeled FILE OF LIFE, lists the patient's name, emergency medical contacts, other vital information, medications, dosages, allergies, recent surgeries, religion, doctor's name and a health care proxy. Pick yours up today in the resource rack at the senior center. Sponsored by Cultivate, **303-443-1933**

Seniors

Legal Services

BOULDER COUNTY LEGAL SERVICES

Boulder County Legal Services is available to assist those Boulder County residents 60+ with legal issues. For appointments, call **303-449-7575** or visit their website at www.ColoradoLegalServices.org

BOULDER COUNTY DISTRICT ATTORNEY'S COMMUNITY PROTECTION DIVISION

The Community Protection Division (CPD) responds to consumer complaints and works to resolve disputes between consumers and businesses. CPD provides information and resources on many consumer protection issues. CPD also investigates complaints and prosecutes cases involving abuse or exploitation of elder and vulnerable members of our community. Call: **303-441-3700**.

BOULDER COUNTY BAR ASSOCIATION

The Boulder County Bar Association can provide referrals to attorneys who practice in specific areas. They have developed a list of attorneys who will provide lower cost assistance. Call: **303-440-4758**.

BOULDER COUNTY FREE LEGAL CLINICS

Free legal clinics are offered every month in Boulder County: in Boulder, Longmont, or Lafayette. You can spend approximately 15 minutes with a lawyer talking about your legal issue. No pre-registration is required. Dates, times, and locations vary. For Boulder clinic dates and times, call: **303-441-4741**; Longmont clinic: **303-651-8444**; Lafayette clinic: **303-449-8623**.

BOULDER COUNTY COMBINED COURT CLINICS

Several free clinics relating to a variety of legal matters are offered each month at the Justice Center on 6th & Canyon in Boulder. The court hosts monthly clinics on procedures involving small claims court, collections, divorce and family proceedings, and probate matters. Call **303-441-4741** or go to www.courts.state.co.us/Courts/District/Custom.cfm?District_ID=20&Page_ID=519 for more information and clinic dates and times.

VICTIM OF A SCAM OR FRAUD

If you feel you are a victim, call Boulder County District Attorney Community Protection Division, **303-441-3700**.

ELDER ABUSE

Boulder County Adult Protective Services responds to reports of physical, emotional, or sexual abuse, neglect and self-neglect, and financial abuse or exploitation. **303-441-1000**

BOULDER COUNTY ADULT PROTECTIVE SERVICES

Boulder County Adult Protective Services investigates reports of abuse, neglect, self-neglect, and financial exploitation of at-risk adults who are unable to protect themselves due to a physical or mental limitation. **303-441-1000**.

BRIDGE TO JUSTICE

Bridge to Justice provides civil legal services to low- and moderate-income Coloradans who do not qualify for free legal aid. They deliver legal advice and services at significantly reduced rates in the areas of family law, landlord-tenant and consumer protection. **303-443-1038**.

ROCKY MOUNTAIN LEGAL CENTER

Rocky Mountain Legal Center is a non-profit community service organization with a primary mission of providing free or low-cost (starting at \$30/hr.) civil legal representation, mediation, and counseling services to qualifying low-income families, single parents, and seniors. Call: **720-242-8642**

SCAMS, FRAUDS AND FINANCIAL EXPLOITATION

The Community Protection Division of the Boulder County District Attorney's office responds to reports of scams, frauds and financial exploitation, and provides tips on how to avoid becoming a victim. **303-441-3700**.

Boulder County

AREA AGENCY ON AGING
www.bouldercountyhelp.org
(303) 441-1617



For more resources, contact Aging and Disability Resource Center (ADRC), a program of the Boulder County Area Agency on Aging (BCAAA). Visit their comprehensive online resource directory, and view additional resource publications at www.BoulderCounty-Help.org or the ADRC Resource Line: 303-441-1617

Financial Assistance

SENIOR ASSISTANCE PROGRAM

For information on local financial assistance options, please call **303-335-4919**.

VETERANS' SERVICES

Assistance with benefits, insurance, home care, widow's benefits, medical claims, and other concerns - **303-441-3890**.

COLORADO PROPERTY TAX/RENT/HEAT REBATE (PTC REBATE)

Available to full-year CO residents, age 65 or older, or a surviving spouse age 58 or older or disabled - regardless of age. CO residents who meet the requirement for the rebate should submit the rebate application, Form 104 PTC, available at the Colorado Department of Revenue Division of Taxation website **www.colorado.gov/tax**

TAX DEFERRAL PROGRAM

The senior tax deferral program is offered by the State of Colorado. It allows you to postpone your tax payments until you sell your property, or your estate is settled after your death. Interest is applied to the amount you defer. You can defer either the whole amount of your taxes, or half your taxes. Call the Boulder County Treasurer's office **303-441-3520** for more information and an application.

TAX WORK-OFF

Program Applications are **due June 15** for Boulder County property owners age 60 and over to work for county departments to earn a portion of their property taxes. Call **303-441-3500** for an application or information.

SENIOR WATER REBATE

Available to qualifying applicants who are residents of the City of Louisville. Pick up forms at City Hall or the Senior Center. Applications accepted **July 1-Nov. 30**.

PROPERTY TAX EXEMPTION

The Colorado Constitution establishes a property tax exemption for qualifying senior citizens, surviving spouses of senior citizens who previously qualified, and for disabled veterans. For those who qualify, 50 percent of the first \$200,000 in actual value of their primary residence is exempted, for a maximum exemption amount of \$100,000 in actual value. Senior exemption applications must be filed **no later than July 15th** to have the exemption apply to your tax bill the following year. Application forms are available at Boulder County Assessor website or you can call **303-441-3530**. The filing deadline for the veteran exemption with the Department of Veteran Affairs is July 1, 303-284-6077. **www.bouldercountyseniorexemption.org**

Employment

WORKFORCE BOULDER COUNTY

Workforce provides job seekers a Computer Resource Center, Career Counseling, Career Development Workshops, and self-directed training. The Boulder office is located at 2520 55th St., Suite 101. Call **303-413-7555** for more information.

Housing

AFFORDABLE AND SUBSIDIZED HOUSING

Boulder County Housing Authority,
303-441-3929, www.co.boulder.county.org

Boulder Housing Partners,
720-564-4610, www.boulderhousing.org

Longmont Housing Authority,
303-651-8581, www.longmonthousing.org

Thistle Communities,
303-443-0007, www.thistle.us

The Energy Resource Center

Provides improvements to safety, energy efficiency, comfort and general repair of the homes of eligible clients through a variety of different programs. Programs include Energy Conservation / Weatherization, Housing Rehabilitation. For more information, call **970-617-2801**.

Seniors

At Home Services

BOOKS ON WHEELS

The Louisville Public Library offers a service delivering books to homebound individuals. For more information, call **303-335-4820**.

YARDBUSTERS

Volunteers help with occasional spring cleanup, gardening, shrub-trimming, raking, and general yard cleanup. Call **303-335-4919**.

FIX-IT HANDY SERVICES

Cultivate offers volunteer-powered minor home repair services, such as grab bar installation, leaky faucets, minor plumbing repairs, hanging mirrors and pictures, weather stripping doors, smoke alarm installation/detectors, changing light bulbs, and much more. Call **303-443-1933** for more information.

MEDICAL EQUIPMENT LOANS

Basic medical equipment for Boulder County residents by appointment only. Includes wheel chairs, knee scooters, front wheel walkers, crutches, toilet seat risers, commodes, bath benches. Call **303-335-4919** for more information.

CARRY OUT CARAVAN

Grocery and delivery service for homebound seniors. Call Cultivate at **303-443-1933**

Medicare/Social Security

Medicare – www.medicare.gov or **1-800-633-4227**

Social Security – <http://ssa.gov/> or **1-800-772-1213**

Office hours: 9:00am-3:00pm M, Tu, Th, F and 9:00am-12noon on Wednesdays. Located at 480 W Dahlia St., Louisville.

MEDICARE COUNSELING

Through Boulder County Area Agency on Aging; provides objective information and assistance regarding Medicare benefits, HMO's, supplemental policies, and rights and appeals. For assistance or to schedule an appointment, call **303-441-1546**.

Transportation



FLEXRIDE LOUISVILLE

The RTD FlexRide is a door-to-door transportation service that takes you anywhere in Louisville. Call **303-434-8960** or visit <http://www.rtd-denver.com/callNRide.shtml> for more information on schedules, fares, and to make your appointment.

FLEXRIDE SUPERIOR

RTD FlexRide provides door-to-door transportation service that takes you anywhere in Superior and to key locations in Louisville. The service provides Superior residents with the ability to easily travel from their homes to places such as the Louisville Recreation & Senior Center and Post Office. Call **720-645-5128** or visit www.rtd-denver.com/callNRide.shtml for more information.

VIA MOBILITY SERVICES

VIA is a full-spectrum mobility manager providing accessible on-demand transportation, individual and group travel training and mobility options, information and referral for older adults, people with disabilities, low-income individuals and others living with mobility limitations.



To get started with any of Via's services or to find out more information, please call **303-447-2848** and ask to speak with one of our mobility specialists. www.viacolorado.org.

FAITH IN ACTION

Serving older adults and people with disabilities for rides within Boulder County. Volunteers do not have wheelchair-accessible vehicles. Call **303-666-9312** or visit <http://www.abilityconnectioncolorado.org/faithinaction/>

Nutrition

BROOKS CAFÉ (SEE PAGE 22)

Lunch is served at noon at the Louisville Recreation/ Senior Center.

COAL CREEK MEALS ON WHEELS

Serving Louisville, Lafayette, Erie & Superior

Josephine Commons, 455 N. Burlington Ave., Lafayette, CO 80026. Offering hot lunch congregate and delivery services to homebound seniors and individuals with disabilities or illnesses (any age). Monday-Friday, 11:30 am -12:30 pm. Cost for congregate meal: \$3.50 for 60+ adults; Cost for delivery: Sliding scale. Call 303.665.0566. Español: Llame al 303.946.8159

SISTER CARMEN COMMUNITY CENTER FOOD BANK

655 Aspen Ridge Dr., Lafayette. Residents of East Boulder County may receive emergency food assistance up to two times per month in a calendar year. **303-665-4342.**

CARRY OUT CARAVAN

Grocery and delivery service for homebound seniors. Call Cultivate at **303-443-1933**

COMMUNITY FOOD SHARE

Emergency food boxes available from the warehouse in Louisville. Call **303-652-3663** for more information.

ELDER SHARE PROGRAM

Supplemental groceries twice monthly to qualifying low income, 60 + senior. Call **303-652-3663x233**

LOUISVILLE COMMUNITY FOOD BANK

At United Methodist Church, 741 Jefferson. Hours: Tuesday 9am – 12pm. Call **303-666-8812**

NUTRITIONAL COUNSELING

To give you the support you need, up to two free nutrition counseling sessions are available to you if you are an older adult (60+years) or are a family caregiver for an older adult. Please call the Boulder County Older Adult Nutrition Line at **303-678-6115** and leave your name and phone number. You will soon be contacted by a Registered Dietitian to schedule an appointment.

Mental Health Services

Through Mental Health Partners at **303-443-8500**

- Senior Reach
- Support Groups
- Older Adult Specialized Services Team
- Peer Counseling **303-413-6377**

Hearing

FREE COMMUNICATIONS TECHNOLOGY OFFERED TO QUALIFIED RESIDENTS

Coloradans who are deaf, hard of hearing or deafblind may be eligible to receive free technology to make communication more accessible. Colorado Commission for the Deaf, Hard of Hearing, and DeafBlind (CCDHHDB), through its Communications Technology Program (CTP), provides free devices, such as amplified and captioned phones, wireless devices, ring signalers and amplified accessories, as well as specialized equipment for the deafblind to those who qualify. For more information go to <https://ccdhhdb.com/index.php/ctprogram/> or contact JoAnne Hirsch, CTP Manager, at **(303) 866-2097** (voice), **(720) 949-7457** (videophone) or email joanne.hirsch@state.co.us.

Respite Assistance

RESPITE ASSISTANCE FOR CAREGIVERS

Call **303-335-4919** for details and qualification information to access financial assistance to pay for care.

RESPITE AND COMPANION PROGRAM

Are you a caregiver looking for a break, or an older adult looking for a friend? The Respite & Companion Volunteer Program matches a trained volunteer with an older adult who is experiencing isolation or compromised health. Through two-hour weekly visits, volunteers provide companionship to the older adult and, when there is a caregiver, respite to the caregiver. No personal care is provided by the volunteer. For more information, contact the program coordinator at **720-864-6526** or infoRespite@bouldercounty.org

Seniors

Long Term Care

LONG TERM CARE OMBUDSMAN

Help and information for residents of nursing homes and personal care facilities and their families to address concerns, compare facilities, and resolve problems. Call **303-441-1173** for details.

Support Groups

ALZHEIMER'S CAREGIVERS

See page 23.

Other Support Groups

In the Louisville area: If you are interested in a support group that is not listed, please call 303-335-4919.

RAINBOW ELDERS OF BOULDER COUNTY

Provides connection for gay, lesbian, bisexual and transgender people aged 55+. Sponsored by the Boulder County Area Agency on Aging. For further information, contact infoLGBTelders@bouldercounty.org or **303-441-3583**.

EAST BOULDER COUNTY DIABETES EDUCATION & SUPPORT

11:00am-12:00pm

Third Monday

This monthly meeting provides education about nutrition, exercise, sleep and the effect of each on Diabetes. For questions, call **303-441-4995**. Sponsored by Boulder County Area Agency on Aging. Instructor: Lindsay Francis, MS, RD. Location: Lafayette Senior Center, 103 S Iowa Ave.

COPD SUPPORT GROUP

2nd Thursday, 2:00-3:00pm

The meetings will include an educational presentation (a different topic each meeting), followed by open discussion of any topic. This monthly event takes place at the National Jewish Health Main Campus (Room A01b, 1400 Jackson Street). For information, please call Elizabeth Langhoff, LCSW, at **303-270-2743**

KINSHIP SUPPORT SERVICES

Our community is seeing a growing number of grandparents, aunts, uncles and other family members raising relative children. Caring for these children can be a rewarding and sometimes challenging experience. Through community resources and education, Kinship Support Services strives to strengthen and empower these families, helping to create a secure, safe and stable home. For more information about support groups and services, contact Kinship Support Specialists: Suzanne Daniels, 303-441-1533; Elaine Purdy-Chivers; 303-441-1028; Angela Paras (Spanish Speaking), 303-441-1428 or e-mail: pssfrsvps@bouldercounty.org

EGSMC STROKE SUPPORT GROUP

2nd & 4th Thursdays, 10:00-11:00am

for those who have recovered from a stroke. The group is a great resource for information and encouragement. They provide support, help you problem solve, learn about stroke and recovery issues, help you find local resources, or just have fun. 2nd & 4th Thursdays, 10 – 11 a.m. at the Exempla Good Samaritan Conference Center in Lafayette. For more information, call **303-689-4000**.

PARKINSON'S SUPPORT GROUP

2nd Tuesday, 2:30pm

Helping people navigate the journey of Parkinson's Disease. Current and newly diagnosed patients and their care partners come together to share their experiences and learn from community and medical experts. The group meets the 2nd Tuesday of the month at 2:30 pm, at Exempla Good Samaritan Medical Center (200 Exempla Circle in Lafayette). Contact Tenaya Pieper, Group Facilitator, at **303-689-5214** or Tenaya.Pieper@sclhealth.org for more information.

Caregiving

TRAINING COURSES FOR FAMILY CAREGIVERS

Boulder County Area Agency on Aging offers two training programs for family caregivers of older adults, each held three times per year.

Powerful Tools for Caregivers: Caregivers is a 15-hour course, held over six weeks, that gives family caregivers the “tools” to ensure they take care of themselves while caring for others. Taught by trained leaders, the course helps caregivers learn to reduce stress, improve self-confidence, communicate their feelings, and more.

The National Caregiver Training Program: Acquire the practical skills to provide safe, confident home care for a frail older loved one. Learn to provide personal care, take vitals, manage medications, lift and transfer, use a wheelchair safely, and more. Book and resource info included.

Both courses are open to Boulder County residents caring for a relative, partner, or friend who is 60 or over, or of any age if the person has dementia. There is no charge, but donations are appreciated. Financial assistance for respite care (substitute elder care) during class periods is available. For class dates and locations or to register, call **303-678-6116** or email InfoCaregiver@bouldercounty.org

Foot Care

FOOT CARE

2nd & 4th Tuesdays (September 8 & September 22)

Medical Foot Care provided by a Registered Nurse from the Visiting Nurse Association (VNA) is offered the 2nd and 4th TUESDAYS of the month. Services provided include toenails trimmed; calluses filed; foot sensation, circulation, and overall foot health checked. Blood Pressure is also checked. Cost: \$45 first extended visit only, \$35 returning visits, Fingernails \$15. Credit cards preferred, cash and check accepted.

Call the Colorado Visiting Nurse Association at 303-698-6496 to schedule an appointment, for any questions, or to check if this is covered as a benefit of your Insurance plan.

LOCAL: Emergency 911



Louisville City Hall	303-335-4500
Non-Emergency Dispatch	303-441-4444
Recreation Center/ Senior Services	303-666-7400
Coal Creek Meals on Wheels	303-665-0566
Avista Hospital	303-673-1000
Boulder Community Health	720-854-7000
Exempla Good Samaritan Medical Center	303-689-4000
Police - Senior Liaison/non emergency	303-666-8633
Louisville Fire Dept/ non emergency Monday-Friday	303 666-6595
BOULDER COUNTY:	
Adult Protective Services	303-441-1309
Area Agency on Aging	303-441-3570
District Attorney Community Protection	303-441-3700 x1664
Housing Information	303-441-3929
Housing and Human Services	303-441-1000
Medicare Counselors	303-441-1546
Mental Health Partners	303-443-8500
Rainbow Elders of Boulder County	303-441-3583
Veterans Services	303-441-3890
Workforce Boulder County	303-413-7555
OTHER:	
Access - A - Ride	303-292-6560
Alzheimers Association	800-272-3900
Boulder County Legal Services	303-449-7575
Cultivate	303-443-1933
FlexRide/Louisville	303-434-8960
Sister Carmen	303-665-4342
Visiting Nurse Assoc. (foot care)	303-698-6496
Via Transportation	303-447-2848

Facilities

Recreation Center Policies

- Children ages 9 and under must be directly supervised by an individual 12 or older at all times unless the child is participating in a center supervised program.
- Please dress appropriately when in the center. Shoes and shirts are required at all times, unless in pool area.
- Smoking, chewing tobacco, drugs or alcoholic beverages are not allowed in the center.
- The Recreation Center is not responsible for guest's personal belongings. Lockers are not available. Please leave valuables at home.
- Weapons are prohibited at the center.
- Cell phone usage is restricted to the lobby areas only.
- All guests must be 14+ years of age to be on the track, unless participating in a center sponsored program or with an adult 18+.
- Individuals must be at least 14 years of age to use equipment in the weight room or any cardio equipment. Training is available for those 11-13 years of age who wish to use the equipment.
- Strollers or car seats are not permitted on the track or in any fitness area. Front or back carriers are permitted on the track.
- Disruptive or inappropriate behavior may result in suspension of privileges.

Code of Conduct

The Louisville Recreation & Senior Center strives to create a wholesome environment for all participants. The City of Louisville expects reasonable and appropriate behavior from those who visit and use facilities. The department reserves the right to deny admission and/or take disciplinary action against any person(s) violating our Code of Conduct or exhibiting action deemed inappropriate. The violation of the Code of Conduct includes, but is not limited to, the use of obscene language or gestures, bullying behavior, disorderly conduct, theft, public intoxication, use of drugs or alcohol, sexual misconduct, indecency, harassment, failure to cooperate with staff and/or leadership, possession of weapons of any kind, non-compliance with department rules and regulations, any unlawful activity and any other behavior deemed offensive or unacceptable. All individuals and organizations will be held to this Code of Conduct when using city facilities. Violating the code of conduct can result in expulsion from the Center for any period of time up to and including permanently.

No electioneering and/or petitioning of patrons within City buildings is allowed. Such activities may occur on public sidewalks outside the City building but shall not block passage by other users of the sidewalk and shall be conducted in accordance with applicable laws.

Racquetball/Wallyball

Guests may reserve courts seven days in advance. Courts can be reserved for a maximum of a two hour block. Play is limited to two players per court.

Pickleball

Outdoor Pickleball

- Five courts at the Inline Rink
- Pickleball only during designated times
- Nets provided
- BYOB&P (Bring your own Balls & Paddles)

DAY	TIME
Tuesday & Thursday*	7:00am-12:00pm 6:00-8:00pm
Wednesday	8:30am-12:30pm
Saturday	8:00-10:00am
Saturday (Family Pickleball)	5:00-8:00pm

*The City of Louisville will set up nets at 8.30am on Tuesday & Thursday (due to limited staffing). If you would like to use the courts before 8.30am you will need to set the nets up on your own. Evening times participants will need to set up, and take down, nets on their own. Nets are in a large orange storage box on south side of rink. To access the code to box please email jessed@louisvilleco.gov

Indoor Pickleball is currently not available.

See page 5 for membership/pass details.
Email julies@louisvilleco.gov with questions.

Policies

Resident Rate: Louisville Recreation and Senior Services recognize people living in Louisville's city limits support, through their taxes, the operations of the City's recreation programs. Because of this, the City offers residents a discount on memberships, daily admission and programs. To qualify for the resident fee, you must be able to provide verification of residency within Louisville. Acceptable forms of verification include one of the following: lease agreement or utility bill. A driver's license is not accepted as proof of residency. Failure to provide acceptable verification will result in the Non-Resident Fee being charged.

Monthly Auto Debit: Monthly passes may be purchased by auto-debit. We will automatically deduct the monthly amount of any monthly pass directly from a checking account. Please bring a voided blank check to sign up for passes. Automatic deductions occur on the 15th of the month, and will continue until notification is given by the member, which may be done at any time without penalty. You must cancel before the 5th of any month to avoid the fee being deducted on the 15th. **A \$25 fee will be charged for all returned debits.**

Non-Resident Louisville Business Pass: Non-Residents who work for a business in Louisville may purchase an individual monthly Recreation Center pass at a discounted rate. Proof of employment required. Not available to couples or other family members. Full time, part-time and seasonal employees of a Louisville business may participate in this program as long as gainfully employed by a Louisville business.

Refunds: No credits or refunds are given due to any closures, vacations or unused time. Before committing to an annual pass please note the center is closed all major holidays and will be closed 7-10 days for annual maintenance and construction. Punch passes are nonrefundable.

Family Pass: A family consists of two adults and their children under the age of 22 living in the same household/residence. Adult siblings, nannies, grandparents, grandchildren, aunts, uncles, and cousins do not fall under the classification of a family. Foreign exchange students can be included in family passes if they are under the age of 22.

Couple Pass: A couple consists of two adults or any combination of adult and child living in the same household. Because a finance contract is formed in purchasing a couple membership, two separate individuals living in different residences will not be considered a couple.

Family Rate: The daily admission rate includes 2 adults and children under the age of 19 who represent themselves as a family unit and live at the same address.

Group Rate: All visitors must check in at the same time to take advantage of the group rate. If your group is larger than 10 and will be using the pool, please email your request at least 7 days in advance to katem@louisvilleco.gov.

2020 Pricing

	Resident	Non-Resident
DAILY ADMISSION		
Youth (3*-17) / Senior (60+)	\$5.25	\$8.50
Adult (18-59)	\$7.25	\$10.75
Youth Group (10 or more)	\$3.75	\$7.50
Adult Group (10 or more)	\$5.75	\$9.75
Family (2 adults + kids)	\$15.00	\$22.00
10 VISIT PASS <i>Save money each visit! (non-refundable)</i>		
Youth (3*-17) / Senior (60+)	\$37.50 \$3.75/visit	\$75 \$7.50/visit
Adult (18-59)	\$57.50 \$5.75/visit	\$97.50 \$9.75/visit
20 VISIT PASS <i>Save money each visit! (non-refundable)</i>		
Youth (3*-17) / Senior (60+)	\$75 \$3.75/visit	\$150 \$7.50/visit
Adult (18-59)	\$115 \$5.75/visit	\$195 \$9.75/visit
MONTHLY PASS <i>Auto pay available</i>		
Youth (3*-17) / Senior (60+)	\$25	\$36
Adult (18-59)	\$42	\$60
Couple	\$63	\$80
Family	\$78	\$105
Non-Resident Louisville Business Pass	N/A	\$48
Non-Resident Louisville Business Pass Senior	N/A	\$31
ANNUAL PASS <i>Paid in Full (discount given when paid in full)</i>		
Youth (3*-17)	\$239	\$370
Senior (60+)	\$239	\$370
Adult (18-59)	\$441	\$640
Couple	\$693	\$890
Family	\$743	\$950
Non-Resident Louisville Business Pass	N/A	\$576
Non-Resident Louisville Business Pass Senior	N/A	\$372

*Children under 3 years of age are admitted at no charge with an adult.

COVID-19 FACILITY GUIDELINES:

COVID-19 SAFETY GUIDELINES:

- **Facial coverings are required while in the facility and while waiting outside to enter.** Per Colorado State orders and a Louisville City Ordinance facial coverings must be worn at all times while inside the facility including when you are working out. The only exception where a facial covering is not required is when you are in the pool.
- **Stay home if you are symptomatic**, don't feel well, have been around someone who tested positive for COVID-19 in the last 14 days, or are at risk for a severe illness.
- **Maintain 6ft social distancing** upon entering and exiting, as well as when in the facility. Compliant floor markers are in place to guide you to your space.

VISITING THE FACILITY:

- **There are now THREE different entrances** to encourage social distancing:
 - Fitness Amenities (second floor)- enter through front doors
 - Pool- enter through west entrance up the ramp
 - Youth Area- enter through west entrance by each room (Moose & Bear)
- Please do not enter the facility or line up outside more than 5 minutes before your scheduled time.
- **No towel service is available.** Bring your own towels.
- **Water fountains are not available.** Bottle fillers are available so please bring a water bottle.
- No shared equipment.
- Strive for contactless transactions.
- **Members will be required to know their pass number.** If you enter and have an expired pass, we will ask that you wait until all guests have entered, then a renewal can be processed.

CLEANING & SANITIZATION:

- You will receive a cleaning rag and cleaner upon entry into the facility.
- Wipe down each piece of equipment before and after use, including but not limited to machines, dumbbells, weight plates, belts, bands, benches, etc.
- Increased cleaning and sanitization of high touch-points such as handrails, water fountains, bathroom fixtures, equipment stands, glass, doorknobs, etc. is scheduled.
- Strength and cardio equipment is spaced out to allow for recommended social distancing
- Additional hand sanitizer stations are available throughout the center.
- No social spaces are available.

LOCKER ROOMS:

- Locker rooms are available but we highly encourage you come dressed in suitable wear for your reserved activity: swimsuit for the pool, workout clothes for the fitness area or class.
- **Limited lockers will be available.**
- Family change area is available for changing only.
- **Men's and Women's Locker rooms are open** with restrooms and showers.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, persons sixty-five (65) years of age or older and those with underlying medical conditions are especially vulnerable.

The Louisville Recreation & Senior Center is implementing reasonable measures to limit exposure, including restricting the number of visitors, requiring facial coverings and hand sanitizer for visitors and employees, requiring daily health screenings for employees, and regularly disinfecting high-touch surfaces. These actions may not be adequate to eliminate the risk for all visitors. By visiting the Louisville Recreation & Senior Center you voluntarily assume all risks related to exposure to COVID-19.



In accordance with City Ordinance, it is unlawful to enter a place of public accommodation without wearing a facial covering. All patrons ages 3 and older are required to wear a facial covering at all times while inside a City facility until further notice. For more information, please review the City Ordinance at LouisvilleCO.gov/COVID19.

Staff

Parks, Recreation & Open Space Director	303-335-4731
Nathan Mosley, nmosley@louisvilleco.gov	
Recreation Superintendent	303-335-4903
Kathy Martin, kathym@louisvilleco.gov	
Facility Operations Manager	303-335-4910
Julie Seydel, julies@louisvilleco.gov	
Facility Assistant	303-335-4907
Pam Lemon, plemon@louisvilleco.gov	
Parks & Recreation	
Senior Administrative Assistant	303-335-4735
Jim Gilbert, jgilbert@louisvilleco.gov	
Marketing Specialist	303-335-4734
Ginger Cross, gcross@louisvilleco.gov	
Recreation Supervisor/Sports	303-335-4909
Jesse DeGraw, jessed@louisvilleco.gov	
Recreation Supervisor/Aquatics (programs)	303-335-4927
Kate Meyer, katem@louisvilleco.gov	
Recreation Supervisor/Aquatics	303-335-4905
Paul Borth, paulb@louisvilleco.gov	
Head Guard	303-335-4627
Daniel Bidleman, dbidleman@louisvilleco.gov	
Dee Webster, dwebster@louisvilleco.gov	
Senior Services Supervisor	303-335-4914
Katie Beasley, katieb@louisvilleco.gov	
Community Resources Coordinator	303-335-4919
Katie Tofte, ktofte@louisvilleco.gov	
Meal Site Coordinator	303-335-4931
Tricia Morgan, brookscafe@louisvilleco.gov	
General Programmer/Rentals	303-335-4920
Peggy Jones, peggyj@louisvilleco.gov	
Recreation Supervisor/Youth/Teen	303-335-4902
Mandy Perera, mandyp@louisvilleco.gov	
Fitness Supervisor	303-335-4906
Lindsey Witty, lwitty@louisvilleco.gov	
Pool Technician	303-335-4913
James Vaughn, jvaughn@louisvilleco.gov	
Facility Maintenance	303-335-4957
Brian Garduno, briang@louisvilleco.gov	

Louisville Recreation & Senior Center – 900 W. Via Appia
 Louisville Parks & Recreation Main Office – 717 Main St.
 Louisville City Hall – 749 Main Street
 Louisville Sports Complex – 1200 North Courtesy Road
 Coal Creek Golf Course – 585 W. Dillon Road
 Cemetery – 2105 Empire Road
 Memory Square Pool – 801 Grant Street (closed for 2020)

Due to strict COVID-19 guidelines and reduced staffing levels some amenities are unavailable or have modified use.



AQUATICS

- Lap pool (6 lane, 25 meters)- **OPEN for lap swim & water aerobics**
- Program pool (4 lanes, 25 yards)- **OPEN for lap swim & water aerobics**
- Lazy river--**OPEN (limited times)**
- Splash pool-**OPEN (limited times)**
- Sauna, steam room and hot tub-**CLOSED**
- Pool party rooms-**CLOSED**
- Slide-**OPEN (limited times)**
- Outdoor splash pad-**CLOSED**



FITNESS

Reservations are required for each area.

- Circuit and free weight area-**OPEN**
- Cardio area-**OPEN**
- Active plyo area-**OPEN**
- Core and stretching area-**OPEN**
- Gymnasium-**OPEN**
- Indoor turf gym-**OPEN**
- Two racquetball courts-**OPEN**
- Indoor track (10 laps=1mile)-**OPEN**
- Two group exercise studios-**CLOSED**
- Dedicated spin studio-**OPEN**



SENIOR CENTER

The senior center is currently closed.

- Games room-**CLOSED**
- Library and computer area-**CLOSED**
- Lounge-**CLOSED**
- Billiards-**CLOSED**



OTHER

- Indoor play area-**CLOSED**
- Outdoor playground-**OPEN**
- Youth program rooms-**OPEN**
- Multi-purpose rooms-**CLOSED**
- Conference rooms-**CLOSED**
- Family change-**OPEN**
- Locker rooms-**OPEN**
- Assessment rooms-**CLOSED**

HAVE YOU GAINED THE QUARANTINE 15?



It's time to get back to your exercise routine!

Burn calories, manage stress, and have fun with...

- Fitness & Water Aerobics Classes
- Open Swim & Lap Swimming
- Swim Lessons
- Weight & Cardio Workouts
- Basketball, Racquetball, & Pickleball
- Youth Programs & Classes

*"This was just what I needed!
I am so grateful for the effort you all
put in to making me feel comfortable
and safe during my visit."*



Did you know we have extra safety policies in place?

- Staff and guests must wear masks at all times
- Improvements to the heating ventilation and air conditioning (HVAC) systems
- Increased cleaning and sanitization of high touch-points
- Reduced capacity in the facility
- Patrons receive their own spray bottle and rag to clean equipment before and after use.
- Options of indoor, outdoor, and ZOOM classes

