

LOUISVILLE

RECREATION & SENIOR CENTER

October/November 2020

**HOT TUB OPENS
OCTOBER 1**

**SENIOR DRIVE UP
HEALTH FAIR**

**NO
RESERVATION
NEEDED***

**GET FIT
FOR FALL**



There is Something for Everybody!

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

www.louisvillerecreation.com



I am so excited to be back at the Louisville Rec Center!

I am happy to be back in the pool getting my much needed exercise, supporting the community with my dollars, and enjoying this beautiful facility. Plus lots of great social distancing. Thank you!
-Cory Nickerson

NO RESERVATION NEEDED*

COME SEE US!

Remember when you were able to just drop into the Recreation & Senior Center to work out at your convenience?

Starting October 1 you can!

Come lift weights, do a cardio workout, stretch, walk the track, play basketball, or take a class without making a reservation. Don't worry, we know you have appreciated the extra space while working out and we will still maintain our reduced maximum capacity for each area to help users maintain social distancing. Areas will be actively monitored and users may be asked to wait before entering an area if an area is full.

**Reservations are still needed to lap swim, open swim, river walk, or participate in H2O Fitness. Reservations for these areas can be made 3-days in advance.*



Louisville Recreation & Senior Center

HOT
TUB
OPEN



What's new...

- New extended operating hours
- No reservations needed (except for pool area, racquetball courts, & indoor pickleball)
- All patrons check-in at the front desk
- Hot tub is now open
- More open swim times
- Drive Up Senior Health Fair

Register for October/November Programs

Registration begins
Friday, September 25
at 12:00 pm
Resident & Non-Resident

REGISTER NOW

NO RESERVATIONS NEEDED!
(except for pool area, racquetball & indoor pickleball)

NEW Extended Operating Hours

Monday-Thursday	6:00am - 7:00pm
Friday	6:00am-5:00pm
Saturday	7:00am-3:00pm
Sunday	Closed

Thanksgiving Day **CLOSED**

The Senior Center remains closed at this time.

Directory

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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.

Access to the facility and programming is subject to public health orders. Any alterations or cancellations will be communicated to patrons and appropriate refunds or credits will be provided



**FACIAL COVERING
REQUIRED**

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.

[View Pool Schedule >](#)

Aquatics

OPEN

- Hot Tub (14+)
- Open Swim
- Swim Lessons
- Lap swimming & H2O aerobics
- Lazy River H2O Walking (14+)
- Locker Rooms & Showers
- Family Change & Showers

CLOSED

- Steam Room & Sauna
- Water Fountains

HOURS

6:00am-7:00pm	M-Th
6:00am-5:00pm	F
7:00am-3:00pm	Sa
CLOSED	Su

MAKE A RESERVATION

CANCEL A RESERVATION

Reservations can be made 3-days in advance

HOT TUB OPEN



NEW in October/November

Hot Tub Now Open! No reservation needed!

- Users must be 14 and older to utilize the Hot Tub.
- All users must wear masks while sitting in the hot tub
- Only 3 users allowed in the tub at a time one user per bench.
- Users must exit the hot tub after 15 minutes. We ask that patrons respect the time limits and stay courteous to others wanting to utilize the space.
- Hot tub use is first come first served and does NOT require a reservation. Patrons can use the hot tub in conjunction with use of any other part of the facility.

All Pool Patrons Now Check-In at the Front Desk.

Swimmers using the Lap and Program pool will enter and exit through main locker rooms. Swimmers using the lazy river/splash will enter through Family dressing room.

Reservations Required

Reservations for the pool area can be made up to 3-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

Facility and pool hours have been extended to offer more availability. See hours above.

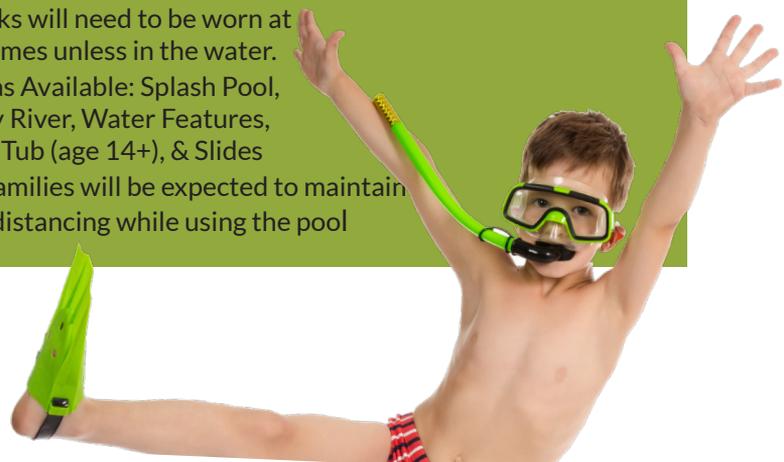
Now Offering MORE Open Swim!

Monday.....	10:45am - 3:00pm 3:45pm - 6:30pm
Tuesday.....	3:45pm - 6:30pm
Wednesday.....	10:45am - 12:00pm 1:45pm - 3:00pm 3:45pm - 6:30pm
Thursday.....	10:45am - 12:00pm 1:45pm - 3:00pm 3:45pm - 6:30pm
Friday.....	10:45am - 12:00pm 1:45pm - 3:00pm 3:15pm - 4:30pm
Saturday.....	9:00am - 2:45pm

Reservations Required.
Limited Availability.

MAKE A RESERVATION

- Reservations Required for everyone in the pool area except for using the hot tub.
- Space is limited to 20 people at a time for open swim.
- Masks will need to be worn at all times unless in the water.
- Areas Available: Splash Pool, Lazy River, Water Features, Hot Tub (age 14+), & Slides
- All families will be expected to maintain 6ft distancing while using the pool



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 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 needed, the parent or guardian needs to remain on deck but must be ready to enter the water at any time to assist the child.

WEDNESDAY/FRIDAY | Sess 2: Oct. 7 - Oct 30 (8 lessons) Sess 3: Nov. 4-Dec. 4* (8 lessons)

TIME	CLASS/CODE	R/NR
9:25am-9:55am	Parent/Tot 33000	\$50/\$63
10:00am-10:30am	Parent/Child 33010	\$50/\$63
*No class 11/25 & 11/27		

SATURDAY | Nov.7-Dec. 19 (7 lessons)

TIME	CLASS/CODE	R/NR
8:50am-9:10am	Level 1 33118-2	\$44/\$55
9:20am- 9:50am	Pollywog 33038-2	\$44/\$55
10:00am- 10:30am	Level 2 33128-2	\$44/\$55
10:40am-11:10am	Tadpole 33048-2	\$44/\$55
11:20am- 11:50am	Level 3 33138-2	\$44/\$55
12:00pm-12:30pm	Toad 33058-2	\$44/\$55

The parent involvement in the swim lessons is really great because we can take the activities that we did in one day and when we come to the pool the next time without the swim lessons we can work on them and we can see of a lot of progression in her swimming and her comfort in the pool.

PRIVATE SWIM LESSON "MINIS"

TO REGISTER:

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

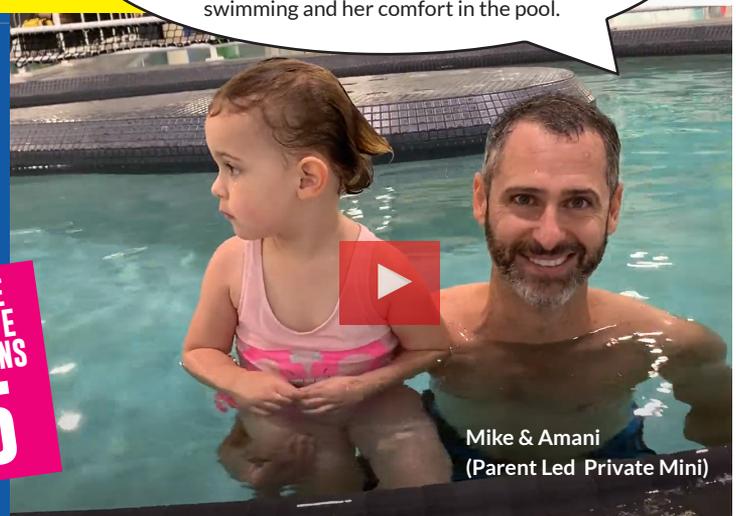
MONTH	REGISTRATION DATES	FEE/15 MINUTES R/NR
Oct/Nov Lessons	9/25	\$15/\$19

**No Wait List!
No Limit!**

SIGN UP ONLINE FOR AS MANY AS YOU WANT!

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

15 MINUTE PRIVATE LESSONS FOR \$15



Mike & Amani
(Parent Led Private Mini)

Parent-Led 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 1 ½ - 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.

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.



As of right now lifeguard training is not being offered.

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+

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
33208-3	\$50/\$63

OPEN SPACE FALL EVENTS

Registration is required for all programming. Please RSVP at: bit.ly/LouisvilleOpenSpaceEducationEvents

or call 303.335.4742. Participants will be required to maintain a 6-foot distance with anyone not in their household and wear a cloth face covering. Group size will be limited to twenty five individuals including City staff for in-person classes. Please stay home if you are sick.

DAVIDSON MESA NATURAL RESOURCE TOUR | Age 18+ Saturday, October 3, 9 AM-10 AM

Davidson Mesa Open Space (meet at trailhead, McCaslin Blvd.)

Join Open Space staff for a walk on Davidson Mesa to observe and discuss past resource management efforts on the property and learn about future conservation efforts.

[REGISTER >](#)

iNATURALIST RALLY | All ages Saturday, October 10, 9 AM-10:30 AM

Davidson Mesa Open Space (meet at trailhead, McCaslin Blvd.)

Join Open Space staff for a safari on Davidson Mesa Open Space. We will use the phone app iNaturalist to document and identify birds, plants, insects, spiders, and any other wildlife we encounter. Newcomers to iNaturalist are encouraged to attend and learn how to use the app to explore and enjoy local biodiversity.

[REGISTER >](#)

PAINT THE MESA | Age 12+ Wednesday, October 21, 5 PM-7 PM

Davidson Mesa Open Space (meet at trailhead, McCaslin Blvd.)

Do you enjoy painting landscapes? Or maybe you've only done still-life pieces and want to try something different. Bring your paint, canvas, and brushes for an informal paint event to mingle with other local painters. We'll bring beautiful views of Davidson Mesa!

[REGISTER >](#)

DOLA POOP PICK-UP (VOLUNTEER EVENT) | All ages Saturday, November 7, 9 AM-10 AM

Davidson Mesa Open Space, Dog Off-Leash Area (meet at Dog Off-Leash Area, McCaslin Blvd.)

Drop in for a casual poop clean-up event at the Davidson Mesa Dog Off-Leash area. Keeping our Parks and Open Spaces free of pet waste helps keep people and dogs alike safe and healthy!

[REGISTER >](#)

WALK WITH A RANGER NATURALIST/DARK SKY MONITORING | All ages

Sunday, November 15, 5:30 PM-6:30 PM

Davidson Mesa Open Space (meet at trailhead, McCaslin Blvd.)

We take it for granted that we can see the stars at night, but did you know that true darkness is an endangered resource? Parks and Open Space areas play a vital role in preserving pools of darkness in our urban landscape. Join the Ranger Naturalist(s) for a nighttime hike and an easy science project to measure the impact of Louisville's Open Spaces in preserving our dark skies.

[REGISTER >](#)

HOW TO MAKE YOUR YARD MORE WILDLIFE FRIENDLY (Virtual) | Ages 12+

Tuesday, November 10, 6 PM-6:45 PM

(Available online at <http://www.louisvilleco.gov/openspace>)

Whether you have a yard or an apartment, there are things that we can all do to help wildlife thrive. Join Open Space staff for a presentation provided on the Open Space Division webpage and learn on how to attract wildlife to your home, what to do with injured wildlife, and how to protect your home from nuisance wildlife.

[REGISTER >](#)

HOLIDAY CRAFTS (Virtual) | Kids November 20, 4 PM-4:45 PM

Materials available for pick-up November 19 & 20. Pick-up at the City Services Building located at 739 S. 104th Street

Pick up a bag of materials and interact with staff on Zoom to help you get ready for the holidays with some nature-themed crafts! Participants can create their own gift wrap, ornaments, and snowflake crafts.

[REGISTER >](#)



Get a Free Mask When you pledge to Protect & Respect Each Other & the Land

To learn how visit:
www.louisvilleco.gov/openspace



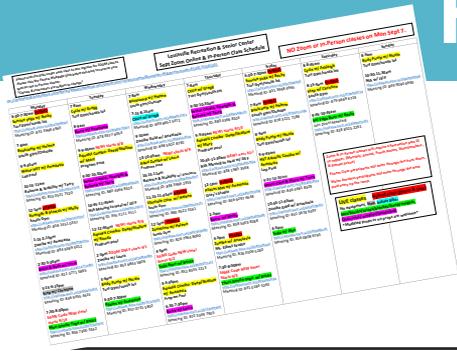
Special
Edition!
Quantities
Limited.

Fitness and Wellness

OVER 40 DIFFERENT GROUP EXERCISE CLASSES PER WEEK!

ZOOM, In-Person, Hybrid, or Outside Class options available.

[View our Group Fitness Calendar Online >](#)



Water Aerobics

AQUA ZUMBA

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.

AQUAFIT COMBOS-DEEP/SHALLOW

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
81007	1	Shallow*	Th 12:00-12:45pm	Ronda
81007	2	Deep *	Th 12:00-12:45pm	Ronda

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

Personal Training

Are you new to strength training, wishing to learn more about the cardiovascular equipment, circuit or free weights, or just wanting an exercise program tailored to fit your needs? Consider personalizing your program with the help of one of our certified personal trainers below. If you must cancel an appointment for any reason, please contact the trainer at least 24 hours in advance, or you may be charged for the session. Personal training is non-refundable and non-transferable. No more than 10 sessions can be purchased at a time.

SESSION	PRIVATE R/NR	SEMI-PRIVATE R/NR*
1 Session	\$50/\$60	\$38/\$48 person
3 Sessions	\$139/\$174	\$111/\$139 person
5 Sessions	\$225/\$281	\$175/\$219 person
10 Sessions	\$438/\$548	\$338/\$423 person

*Both participants must attend to receive this rate

MEET OUR TRAINERS

Anastasia Benson has worked in the fitness industry for 20 years. She is a certified personal fitness trainer and group exercise instructor through the Athletics and Fitness Association of America (AFAA) and holds numerous certifications including Zumba, water, yoga & many more. She worked for about seven years with Marines, Sailors and their dependents at bases in California, Hawaii and Virginia before moving back to the Louisville area in 2012. She specializes in core training, water & land based strength training, endurance and flexibility. Anastasia can be contacted at anastasia87@rocketmail.com.



Diana Walley is a certified personal trainer and group exercise instructor through the American Council of Exercise (ACE). She also holds a Master Nutrition Therapy certificate and is Board Certified in Holistic Nutrition®. Diana has been a wellness enthusiast for over a decade and her greatest satisfaction comes from having a positive impact on people's lives and seeing their health improve and confidence grow. She specializes in strength training and loves to work with individuals of all ages to build strong, capable bodies. Diana can be reached at diana@dianawalley.com.



MOVE IT! IMPROVE IT! HYBRID | Adult

This is a research-based, drop-in exercise program taught by an occupational therapist. It was specifically designed to target the motor and non-motor symptoms of Parkinson's disease, but can be beneficial for anyone who wants to improve balance, flexibility, posture, or functional mobility. The goal is to optimize brain health, prevent falls, and improve overall quality of movement in real life situations. We learn basic movement patterns in sitting, standing, on the floor, or walking. Then we add challenges to voice, coordination, balance, timing, and cognition to promote neuroplasticity and make it fun and interesting.

DAY/TIME	TIME
M/Th 11:15am-12:15pm	In-person or on ZOOM
Included with Membership or Daily Fee.	
In-person class meets in the Mt Elbert Studio and all participants are required to wear a mask at all times.	

PLANKSGIVING

30 DAYS OF PLANKS · THANKS · GIVING

DAY 1	STANDARD PLANK	DAY 16	STANDARD PLANK
DAY 2	SIDE PLANK	DAY 17	SIDE PLANK
DAY 3	KNEE TO ELBOW PLANK	DAY 18	KNEE TO ELBOW PLANK
DAY 4	LOW TO HIGH PLANK	DAY 19	LOW TO HIGH PLANK
DAY 5	PLANK SIDE WALK	DAY 20	PLANK SIDE WALK
DAY 6	MTN CLIMBERS	DAY 21	MTN CLIMBERS
DAY 7	PLANK JACKS	DAY 22	PLANK JACKS
DAY 8	STANDARD PLANK	DAY 23	STANDARD PLANK
DAY 9	SIDE PLANK	DAY 24	SIDE PLANK
DAY 10	KNEE TO ELBOW PLANK	DAY 25	KNEE TO ELBOW PLANK
DAY 11	LOW TO HIGH PLANK	DAY 26	LOW TO HIGH PLANK
DAY 12	PLANK SIDE WALK	DAY 27	PLANK SIDE WALK
DAY 13	MTN CLIMBERS	DAY 28	★ COMBO
DAY 14	PLANK JACKS	DAY 29	MTN CLIMBERS
DAY 15	YOUR CHOICE	DAY 30	PLANK JACKS

We're changing Thanksgiving to Planksgiving for this fun 30-day challenge. When you join us for this challenge each day in November we will all be doing a plank and giving thanks!

For the plank challenge, a different plank is listed each day for 30 days. You will hold (or do) each plank for 30 seconds to begin with. When you see that same plank listed again, try to increase your time by 10-30 sec.

On Thanksgiving, Thurs 11/26, you have a combo of planks. This means that you will do each type of plank that you have been working on (for a total of 7 different planks).



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.

Registration is required to ensure small and consistent class sizes.

Included with membership, pass or daily fee.



BACK ON TRACK

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

GET THE FAMILY MOVING!

CODE	CLASS	DAY/TIME
30015	Family Fitness w/ Joy	Contact Lindsey

LEVEL UP

CODE	CLASS	DAY/TIME
30016	TRX w/ Anastasia	Th 5:15-6:00pm
30017	Cycle w/ Burt	TBD

CREATE YOUR OWN!

CODE	CLASS	DAY/TIME
N/A	Pre/Post-Natal w/ Molly	Contact Lindsey
N/A	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 10/6-10/27 & 11/3-11/24	5:00-6:00pm
81000	5	F 10/2-10/30 & 11/6-11/27	8:00-9:00am
81000	5	Su 10/4-10/25 & 11/1-11/29	8:00-9:00am

Included with membership, pass, or daily fee.



Snowga	M/F	6:30-7:30am
Cycle	Tu/Th	7:00-8:00am
	Sa	8:00-8:45am
	Tu	5:00-5:45pm
Bootcamp	M/W/F	7:00-8:00am



Louisville Recreation & Senior

BLOOD DRIVE

Friday, October 2

9:30 am – 1:30 pm

Located in the CROWN MINE ROOM



**COVID-19
Antibody
Testing Now
Available**



Learn more at
vitalant.org/antibodytest



**Schedule an
Appointment**

To MAKE AN APPOINTMENT

- Visit www.donors.vitalant.org
- Search by Blood Drive Code 5552
- Or call 303.363.2300 or visit www.donors.vitalant.org and use Blood Drive Code 5552 to schedule.



Appointments required. Facial coverings required. Use Blood Drive Code 5552 to schedule.

Pickleball

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OUTDOOR			7am-12 pm 5:00-7:00pm	8:30am- 12:30pm	7am-12 pm 6pm-8pm		8am-10am 5pm-8pm Family Pickleball
INDOOR			11:30am - 2:30pm		11:30am - 2:30pm		

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.

INDOOR PICKLEBALL COURT RULES

- Pickleball only during designated times
- Space is limited to 12 people at a time. Please call the Recreation & Senior Center at 303-666-7400 or stop by the front desk to make a reservation. Reservations can be made three days in advance and for only one hour at a time.
- Nets will be provided but participant must bring their own balls and paddles.
- No food or drink except water bottles. Drinking fountains are not available.
- Mask are required at all times

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

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	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.

Game ON! Sports



MULTI-SPORT CLASS

Join Game On! for a positive and fun exploration of sports! With a focus on fundamental skills, form, and basic play, girls will work on a different sport every two weeks, which may include basketball, volleyball, soccer, softball, lacrosse, tennis, or flag football. The first four weeks of class will be outdoors at Community Park and the last four weeks will be indoors at the Louisville Recreation & Senior Center. Classes will need at least five participants enrolled in order to run.

CODE	AGE	DAY/DATE	TIME	R/NR
36500	5-7	Tu 9/29-11/10	4:00-5:00pm	\$125/\$156
36501	8-10	W 9/30-11/11	4:30-5:00pm	\$108/\$135
36502	11-13	Th 10/-1-11/12	4:00-5:00pm	\$125/\$156

Held outdoors until 10/16. Held indoors 10/17-11/22.
No Camp 11/11

INDOOR

BASKETBALL CAMP NOV 3 - 19

- Ages 8-12
- Camp will consist of skills and drills such as passing, shooting, dribbling and rebounding
- All campers and coaches will be required to wear masks at all times
- Equipment will be disinfected before and after every practice
- Requirements - tennis shoes, athletic clothing, water bottle (no drinking fountains)
- Located at the Louisville Recreation & Senior Center

CODE	AGE	DAY/DATE	TIME	R/NR
36210-1	8-12	Tu Th 11/3-11/19	5:00-6:00pm	\$45/\$57



INDOOR BOCCE BALL

Wednesdays 8:30-11:30 AM in the turf gym starting October 21

- o Space is limited to 12 people at a time.
- o No food or drink except water bottles. Drinking fountains are not available
- o Equipment will be disinfected before and after every use.
- o Mask are required at all times

A great way to meet new people while staying active in the most social of sports.

MONDAY DROP-IN

OPEN GYM

Middle School & High School Basketball

NEW!
Pick-up Games!

2 vs 2
3 vs 3

MIDDLE SCHOOL OPEN GYM

DAY	TIME
Mondays	1:00-3:00 pm

HIGH SCHOOL OPEN GYM

DAY	TIME
Mondays	3:15-5:00 pm

No reservations required! Bring your own basketballs.
Daily admission or pass required for admission.

Youth



KARATE



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



VIRTUAL



IN PERSON

KARATE | Ages 6–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
32110	2	M 10/5-10/26	6:00-7:00pm	\$51/\$64
32110	3	M 11/2-11/30	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 program recommendations and guidance including:

- Health screenings for all staff prior to work
- Health screening for participants prior to drop off
- Outside class time and check-in/out when 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.



Little Yogis



Brought to you by Haley Shapiro
haley@thepurplepiano.com

FAMILY YOGA | All ages

This yoga class is not your typical yoga class. It is open to all ages (really - babies, kids, teens, parents, caregivers, and grandparents are encouraged and welcomed to join!) and full of play, movement, creativity, breathing, and relaxation. Each week, receive a Zoom link for your household that you can optionally forward to your family members so they can join the class from their homes anywhere in the world. It is an opportunity for families to connect from near or far while having fun learning yoga and mindfulness. No yoga experience required. Need to miss a class? Email the teacher to receive a recording of the class.

CODE	SESS	DAY/DATE	TIME	R / NR
32104	1	Su 11/1-12/13	9:30-10:15am	\$100/\$125 per family

BEDTIME YOGA & MEDITATION | All ages

This class is the perfect wind-down for before bed. In fact, you can practice from your bed (and even fall asleep during class!). You'll be guided through calming breathing techniques, restorative yoga poses, and a yogic sleep (yoga nidra) meditation. Suitable for all ages, but best for tweens/teens and/or parents. Each Sunday receive a link to a pre-recorded class and practice whenever suites your schedule and however often you would like.

CODE	SESS	DAY/DATE	TIME	R / NR
32109	1	Su 11/1-12/13	pre-recorded	\$60/\$75

PlayWell



Brought to you by PlayWell
jennifer@play-well.org
602-317-7448



COVID SAFETY MODIFICATIONS: https://pwpublic.s3.amazonaws.com/files/Program_Safety_Modifications.pdf

STEM FUNDamentals WITH LEGO® MATERIALS | Ages 5-10

Master your engineering skills with Play-Well TECKnologies and tens of thousands of LEGO R parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects. Design and build as never before and explore your craziest ideas in this in person after school club!

CODE	SESS	DAY/DATE	TIME	R / NR
32175	1	Th 10/15-11/19	3:30-5:30pm	\$170/\$213

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

Harvest spice special. No enrollment fee if you enroll in October or November.

Bridges At-Home Preschool



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

CODE	SESS	DAY/DATE	TIME	R/NR
62005	2	MWF 11/2-12/18	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	2	MWF 11/2-12/18	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.

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 & TUMBLING | 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	2	M 11/9-12/14	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	2	M 11/9-12/14	5:00-5:55pm	\$80/\$100

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

Jump Rope



JUMP ROPE-INDIVIDUAL | Ages 7+

Jump Rope is recommended by the World Health Organization as one of the best ways 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
30050	1	MW 10/5-10/28*	4:30-5:30pm	\$78/\$98
30050	2	M 10/5-10/26*	4:30-5:30pm	\$52/\$67
30050	3	W 10/7-10/28	4:30-5:30pm	\$52/\$67
30050	4	MW 11/2-12/16*	4:30-5:30pm	\$117/\$146
30050	5	M 11/2-12/14*	4:30-5:30pm	\$78/\$98
30050	6	W 11/4-12/16*	4:30-5:30pm	\$78/\$98

*No class 10/12 or the week of Thanksgiving Break.

Get a Letter from SANTA

Fill out the online form and register (32023-1) by **MONDAY, NOVEMBER 16** to ensure letter delivery on time.



CODE	DATE	R/NR
32023-1	Return by M 11/16	\$5/\$7 per letter

Youth Activities

Integral Steps



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



Mad Science



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



Materials: We will use items accessible for all, however, we will happily drop a bag of materials at your house for an additional \$12 - checks made payable to Integral Steps.

SAMM: SPANISH | ART | MUSIC | MATH | Ages 3-6

Oh The Places You'll Go! Using Spanish, Art, Music & Math as our guide, come along on a journey around the world! Through Integral Steps' integrative programming, students will explore a multi-medium, artistic and kinesthetic environment through STEAM learning. Expand your horizons through Song, Art, Math, Spanish and creative thinking. Don't forget to "pack" your imagination! These classes will be held via Zoom and are uniquely interactive, joyful and engaging - learn more: <https://www.integralsteps.org/samm.html>

CODE	SESS	DAY/DATE	TIME	R / NR
32180	1	M 10/5-10/19	10:00-11:30am	\$60/\$75
32180	2	M 11/2-11/16	10:00-11:30am	\$60/\$75

BAMM: BIOLOGY | ART | MUSIC IN MOTION | Ages 4-8

Are your kids full of energy and curious about the world around them? Are "What's that?" and "Why?" the most common questions you hear? Help them explore and learn with BAMM using songs, dance, biology activities, and art. Integral Steps' unique curriculum, developed by a team of passionate education and child development specialists, makes learning fun! Children learn about the water cycle, plants, bugs and more while also expressing themselves creatively through the arts and music. These classes will be held via Zoom and are uniquely interactive, joyful and engaging - learn more: <https://www.integralsteps.org/bamm.html>

CODE	SESS	DAY/DATE	TIME	R / NR
32180	1	M 10/5-10/19	3:30-5:00pm	\$60/\$75
32180	2	M 11/2-11/16	3:30-5:00pm	\$60/\$75

ROCK, PAPER, SCISSORS | Ages 6-11

Leonardo Da Vinci: He was always wondering and watching the world around him. He wrote down all his questions and drew what he saw and what he dreamt about. Is there something that you've wondered about, such as why fish only live in water, or how a car engine works? I'll give you a moment to think about it. I'm going to challenge you to find an answer to your question all by yourself!

CODE	SESS	DAY/DATE	TIME	R / NR
32172	1	M 10/12	3:30-5:30pm	\$35/\$44

SPACE DAY | Ages 6-11

This day will send kids on an expedition to infinity and beyond as they explore our Earth's atmosphere, the outer reaches of our solar system, galaxies far, far away -- and everywhere in between! Explore exciting developments in space travel, technology and astronomy

CODE	SESS	DAY/DATE	TIME	R / NR
32173	1	M 11/9	3:30-5:30pm	\$35/\$44

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	3	M 11/23	9:30am-3:30pm	\$78/\$97
32030	4	M 12/28	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, September 25
(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.

\$100 Water Rebate

SENIOR WATER REBATE PROGRAM

Water rebates of \$100 are available for qualifying residents of the City of Louisville age 65+. Applications are accepted until November 30, 2020 and are available at City Hall (limited hours) or the Louisville Recreation & Senior Center.

Contact Katie Tofte for more information.
ktofte@louisvilleco.gov or 303-335-4919



SENIOR DRIVE-IN Oktoberfest



**Saturday, October 24, 2020
4:00-4:45 PM**

Join us in the parking lot of the Recreation & Senior Center for a drive-in event! We will serve up homemade pretzels with beer mustard and be dazzled by live entertainment from The Average Polka Band! Please bring a non-alcoholic refreshment to have in your car with your pretzel and be ready for a good time!

CODE	DAY/DATE	TIME	R / NR
38140-1	Sa 10/24	4:00-4:45pm	\$4/\$5



Colorado Ballot 2020 FREE Online Program presented by Active Minds

Thursday, October 8, 12 PM - 1 PM

Hosted by: Louisville Public Library and
Active Minds Denver

Cost: Free

RSVP: [Click here to register](#)

Join Active Minds for an objective review of the current initiatives and referenda on the Colorado statewide ballot this fall. We will review each proposal, presenting the arguments on both sides. We will also review the referendum and initiative process in Colorado, including its history, pros and cons, and significant legislation that has resulted from this process in the past. This event is sponsored by HealthONE and Tattered Cover Bookstore.

To Join Program: A few minutes before the program start time click here to join the live webinar (when prompted to join audio, select computer or internet audio).

Other: If for any reason you are unable to use the webinar link above, it is possible to join by phone with audio only. For info on dialing in using your phone click here for audio only dial-in instructions.



Soul Massage

Soul massage involves energy work and is not a traditional massage

Seniors (60+)

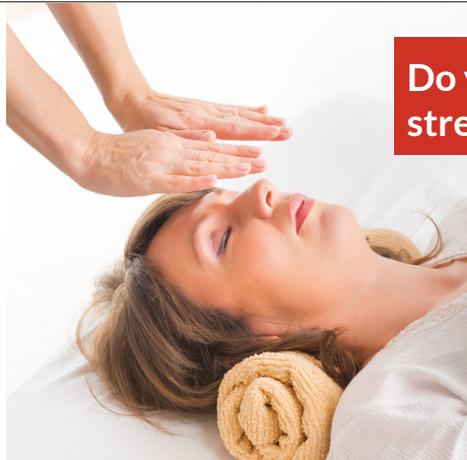
\$35/half hour session. \$55/one hour session.

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.

Register at: <https://us02web.zoom.us/meeting/register/tZUtuqsqzksEtKsFmVqA3zXJgJSur5RvOzC>

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

Bloomin Seniors Garden Club meeting

Wednesday, October 14 from 1:30-2:30pm

Register at:

<https://us02web.zoom.us/meeting/register/tZcrdOmqrDgiHdGUMCIAxn4gZFx42Z0MRQHU>

Wednesday, November 11 from 1:30-2:30pm

Register at:

<https://us02web.zoom.us/meeting/register/tZcrdOmqrDgiHdGUMCIAxn4gZFx42Z0MRQHU>



Virtual Book Club

Tuesday, October 27 from 1:00-2:00pm

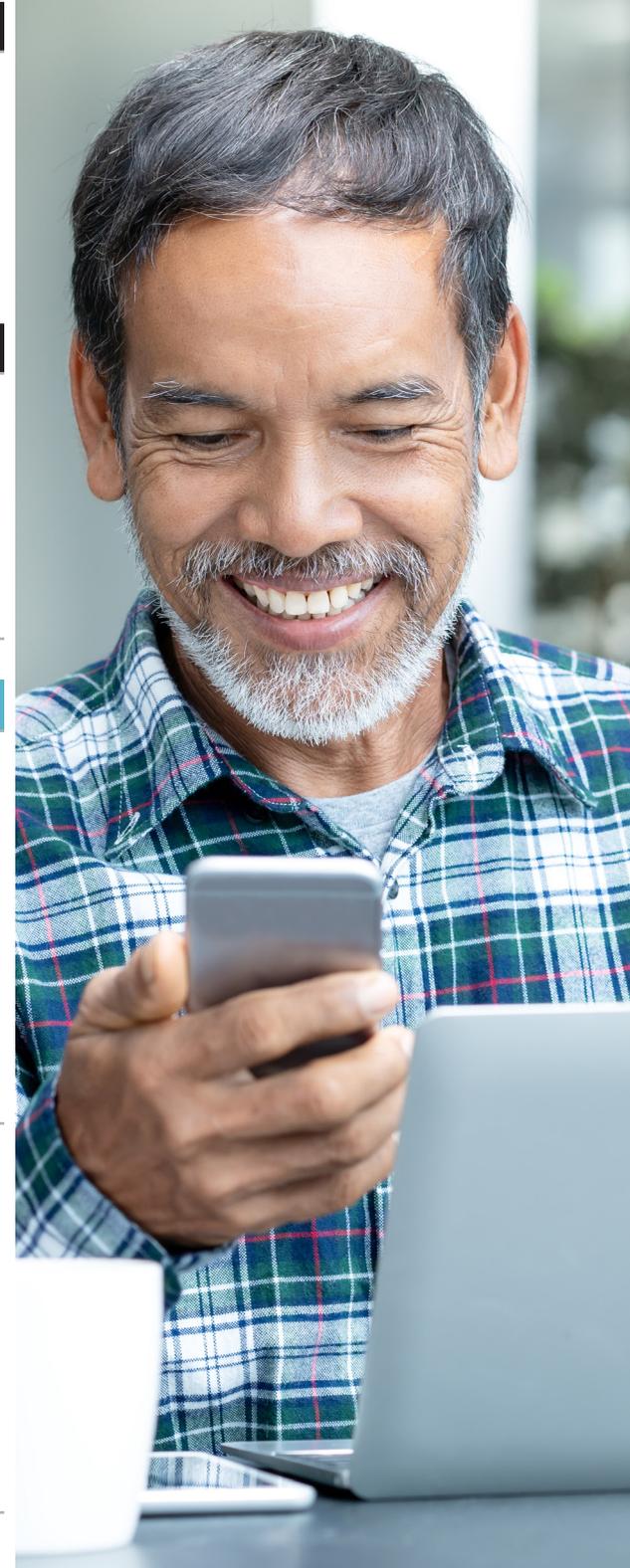
Book: *The Dutch House* by Anne Patchett

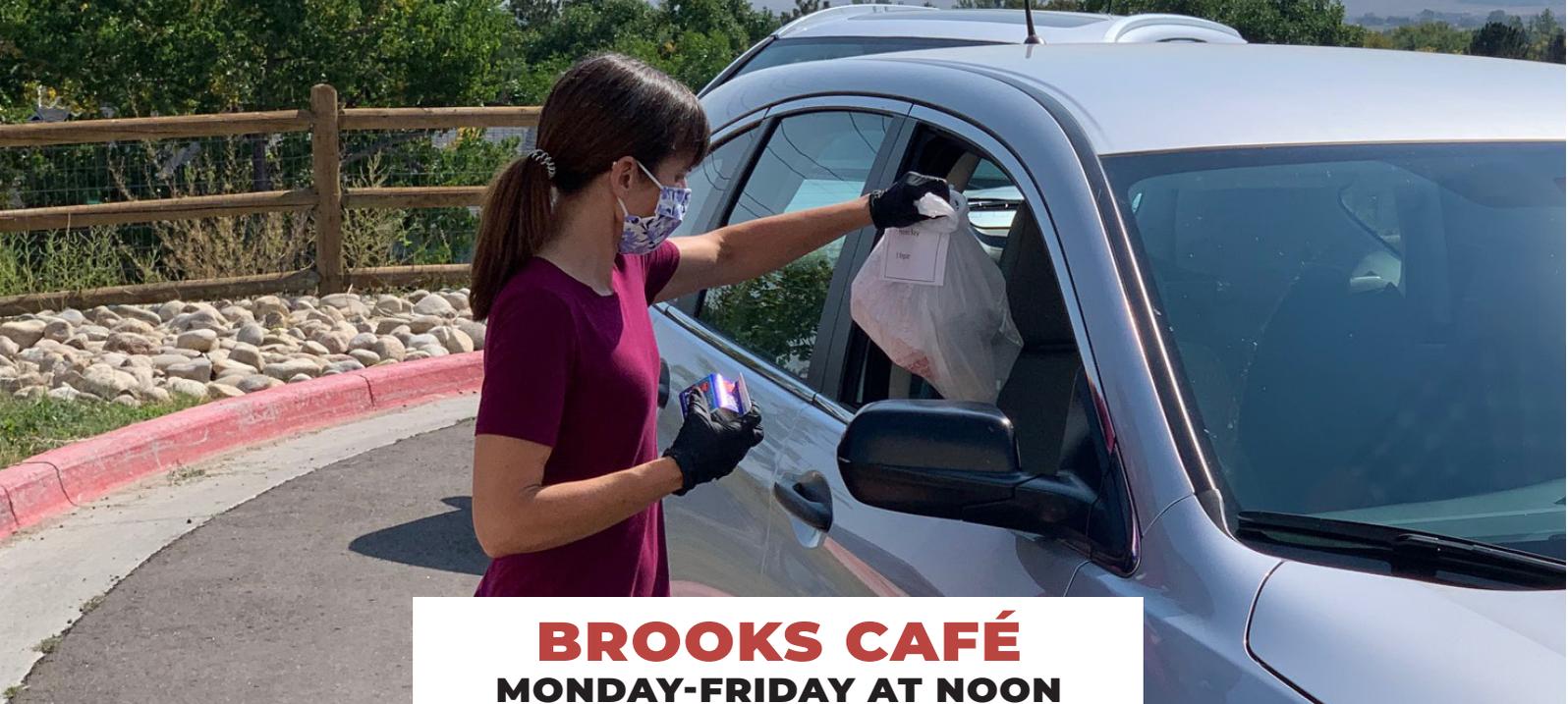
Tuesday, November 24 from 1:00-2:00pm

Book: *Founding Mothers* by Cokie Roberts

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
Please cancel by 10am if you are unable to pick up your lunch.

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.
- Please cancel by 10am.

LUNCH PICK UP:

While social distancing restrictions are in place, we will continue to offer curbside lunch pickup 5-days a week 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:

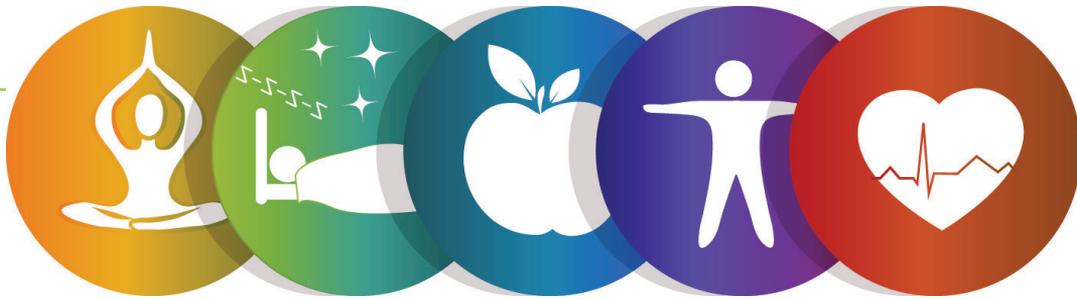
- Menus available online at <https://www.louisvilleco.gov/brookscafe>.
- Call 303-335-4931 to request a hard copy of the menu for pickup curbside.
- Chef salad, grilled chicken salad, or vegetarian salad available upon advanced request.

BIRTHDAY DAY!

THURSDAY, OCTOBER 22

WEDNESDAY, NOVEMBER 18

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



Drive Up Health & Wellness Fair

Friday, October 30, 12:00-12:30 PM

Get Lunch PLUS a Wellness & Resource Tote with Information & Giveaways.

WELLNESS & RESOURCE FAIR @ BROOKS CAFÉ CURBSIDE PICKUP

Join us for lunch on Friday, October 30 and receive a Wellness & Resource Tote with information and giveaways regarding aging in Boulder County. Vendors will include Home Health Care, Housing, Transportation, and many more. To receive a bag and lunch, call 303-335-4931 or email brookscafe@louisvilleco.gov by 1 PM, Thursday, October 29.

Menu: Creamy Pasta with Bacon & Chicken Breast, Roasted Brussels Sprouts, Whole Apple, Whole Wheat Roll.

COST: Lunch suggested donation for 60+ is \$3.50; under 60 cost \$12



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



Louisville Recreation & Senior

BLOOD DRIVE

Friday, October 2

9:30 am – 1:30 pm

Located in the CROWN MINE ROOM



**COVID-19
Antibody
Testing Now
Available**



Learn more at
vitalant.org/antibodytest

vitalant.

To MAKE AN APPOINTMENT

- Visit www.donors.vitalant.org
- Search by Blood Drive Code 5552
- Or call 303.363.2300 or visit www.donors.vitalant.org and use Blood Drive Code 5552 to schedule.

**Schedule an
Appointment**

Appointments required. Facial coverings required. Use Blood Drive Code 5552 to schedule.

Seniors

In-Person Classes



TAI CHI 3

Prolonged Tai Chi practice has proven to improve our physical and mental health, strengthen our balance, coordination and flexibility. This is an INDOOR class for returning students who have learned Tai Chi for 2+ years.

CODE	DAY/DATE	TIME	R / NR
38105-1	Sa 10/3 - 11/28	9:15 -10:15 am	\$90/\$113

Virtual Low Vision Workshops



These programs 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#

GUIDING EYES FOR THE BLIND

Learn about the guide dog organization Guiding Eyes for the Blind. You'll learn the process of applying and getting a guide dog, what to expect when having a guide dog and the rewards and responsibilities of guide dog ownership. 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 10/20	11:00am-12:00pm	Free

LEARN ABOUT PODCASTS

Learn about podcasts including what they are, how to get them, and how to access podcasts without a smart-phone. The presenter will offer recommendations of podcasts and help finding recommendations lists for future listening. 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 11/17	11:00am-12:00pm	Free

Virtual Classes/Workshops



MEDICARE BASICS

The Medicare Open Enrollment period for 2021 runs from October 15-December 7, 2020. Now is the time to get your questions answered about Medicare and all it offers. This class is designed to help you learn about the benefits, costs, and choices under Medicare. Classes are being offered virtually by a Medicare Counselor through the Boulder County Area Agency on Aging and are an excellent way to see just how Medicare works and what is the best plan for you. There are many classes being offered this fall. Follow this link to see the fall schedule www.bouldercountymedicarehelp.org

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 10/8 & 11/12	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

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

SENIOR WATER REBATE PROGRAM

Water rebates of \$100 are available for qualifying residents of the City of Louisville age 65+. Applications are accepted until November 30, 2020 and are available at City Hall (limited hours) or the Louisville Recreation & Senior Center. Contact Katie Tofte for more information. ktofte@louisvilleco.gov or 303-335-4919

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

October 13 & 27, November 10 & 24

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

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 3 days in advance. Courts can be reserved for a maximum of a two hour block. Reservations can be made in person or by calling 303.666.7400. Play is limited to two players per court. No equipment is available for use so please plan to bring your own racquet and racquetballs.

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 (starting October 20)

- Space is limited to 12 people at a time.
- Reservations can be made three days in advance and for one hour at a time. Call 303-666-7400 or stop by the front desk to make a reservation.
- Nets provided. Participant must bring their own balls and paddles.
- No food or drink except water bottles. Drinking fountains are not available.
- Mask are required at all times

DAY	TIME
Tuesday & Thursday*	11:30am-2:30pm

Indoor Bocce Ball

- Space is limited to 12 people at a time.
- No food or drink except water bottles. Drinking fountains are not available
- Equipment will be disinfected before and after every use.
- Mask are required at all times

DAY	TIME
Wednesday	8:30-10:30am

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	N/A	\$48
Non-Resident Louisville Business 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.

Facial covering required

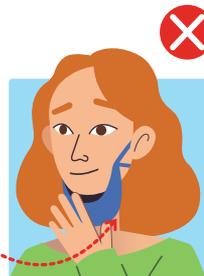
Wear your mask all the way up, close to the bridge of your nose and all the way down under your chin.



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.

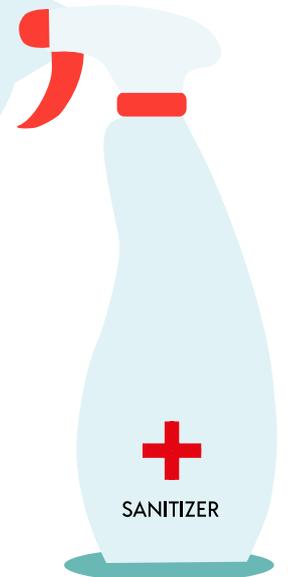
If a person meets one of the exceptions of the ordinance and cannot wear a mask, they still may not enter a City facility without a mask. For those patrons, we strive to offer the best service and can discuss other options for accommodation (i.e. online service, remote service, curbside, etc.). If you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



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	
Recreation Supervisor/Youth/Teen	303-335-4902
Mandy Perera, mandyp@louisvilleco.gov	
Fitness Supervisor	303-335-4906
Lindsey Witt, lwitty@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)**
- Hot Tub-**OPEN (limited times)**
- Sauna and steam room-**CLOSED**
- Pool party rooms-**CLOSED**
- Slide-**OPEN (limited times)**



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

