Reopening

JULY 1

There is Something for Everybody!
The facility will reopen on Wednesday, July 1!

We are excited to begin Phase 1 of our reopening!

The health and safety of our guests and staff is our top priority and we continue to work with rapidly changing state and local guidelines to bring you the highest level of service in the safest way possible.

Please note that upon reopening, the Recreation & Senior Center will be working to maintain strict COVID-19 safety guidelines in addition to working with reduced staff levels. As a result, some services and amenities will be unavailable or modified with additional guidelines for use. Please be patient as we are doing the best we can to bring you services as fast as we can.

Please read through the catalog carefully as there are many important details.

July Program Registration
Registration begins
Friday, June 26
12:00 pm
Resident & Non-Resident

Facility & Fitness Class
Time Slot Reservations
Reservations begin
Monday, June 29
7:00 am
Resident & Non-Resident

Modified Operating Hours
<table>
<thead>
<tr>
<th>Days</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday-Friday</td>
<td>7:00am-5:00pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>7:00am-11:00am</td>
</tr>
<tr>
<td>Sunday</td>
<td>Closed</td>
</tr>
</tbody>
</table>

Reservations are required.
The Senior Center remains closed at this time.
Memory Square Pool is closed for the 2020 season.

Directory

03 Recreation Center Information
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In accordance with City Ordinance, it is unlawful to enter this premises without wearing a facial covering. The owner or person in responsible control for the premises will be held liable for anyone who does not wear a facial covering while on-site. Exceptions may apply (i.e. children under the age of 2, persons with existing health conditions, etc.). For more information, please review the City Ordinance at LouisvilleCO.gov/COVID19.
Facilities

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

Senior Services Programming 303-335-4908
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

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

AQUATICS
No open swim.
• 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 for Aqua Walking Only
• Splash pool- CLOSED
• Sauna, steam room and hot tub- CLOSED
• Pool party rooms- CLOSED
• Slide- CLOSED
• 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=1 mile)- 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 (Dry change only. No lockers/showers/restrooms)
• Locker rooms- OPEN (No lockers. Restrooms & showers available.)
• Assessment rooms- CLOSED

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)
COVID-19 SAFETY GUIDELINES:
• Facial coverings are required while in the facility and while waiting outside to enter. Per Boulder County Public Health orders mask 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 FOUR different entrances to encourage social distancing:
  • Weight/cardio/track (second floor)- enter through front doors
  • Fitness classes-enter through south east lot entrance by the playground and turf gym
  • 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.
• Lockers will not be available for use, so please leave valuables at home.
• Family change area is available for changing only.
• Men’s and Women’s Locker rooms are open with restrooms and showers. Lockers are not available.

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 this premises without wearing a facial covering. The owner or person in responsible control for the premises will be held liable for anyone who does not wear a facial covering while on-site. Exceptions may apply (i.e. children under the age of 2, persons with existing health conditions, etc.).
For more information, please review the City Ordinance at LouisvilleCO.gov/COVID19.
HOW TO MAKE A RESERVATION TO USE: THE FACILITY, POOL, & GROUP EXERCISE CLASSES


Reservations are required.
Reservations start on Monday, June 29 at 7 am

The facility opens on Wednesday, July 1, 2020 at 7am

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

Reservations will begin on June 29th at 7 am and can be made for 7 days in advance.
You must have an account to login to register.
To cancel a reservation call 303-666-7400 or email recfrontdesk@louisvilleco.gov.

MEMBERSHIPS
Everybody must have an active membership, pass or pay daily fee admission to use the facility. To cut down congestion at the front desk, we highly recommend renewing or purchasing your membership before July 1.

Monday, June 22-Friday, June 26 the front desk will be available by phone to assist you from 9am-3pm. Please call 303-666-7400 for assistance.

• Auto Debits
  • Memberships with an auto-debit payment are active and will resume July 15. You do not need to do anything at this time.
  • If you wish to stop further payments, notice is required by July 5 to stop the July 15 debit. 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.
  • In-person renewals are not available until the facility opens on July 1.

New Memberships
• New memberships must be purchased in-person beginning July 1 so that a waiver can be signed.

www.louisvilleco.gov/residents/covid-19-reopening-information
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.

Pickleball

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

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
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<tbody>
<tr>
<td>Tuesday &amp; Thursday (starts Thursday, May 28)</td>
<td>8:30am-12:00pm</td>
</tr>
</tbody>
</table>

Indoor Pickleball will not be available in Phase 1.

Racquetball/Wallyball

Guests may reserve courts three days in advance. A three hour courtesy notice of cancellation is requested if unable to play at the reserved time. The court will be given to waiting guests after 10 minutes. Courts can be reserved for a maximum of a 2 hour block.

Permits

HARPER LAKE BOAT PERMITS | Ages 12+
Harper Lake Boat Permits are sold online through the Louisville Recreation & Senior Center Online Registration process is May 1st through September 1st. The boating season on Harper Lake begins May 1 of each year and ends when the first ice forms. Boat Permits are only valid for use in the calendar year(s) selected in the registration process. Visit www.LouisvilleCO.gov/boatrental for more information or call 303-335-4735 with questions.

<table>
<thead>
<tr>
<th>CODE</th>
<th>BOATS/YEARS</th>
<th>R/NR</th>
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<tbody>
<tr>
<td>20000-1</td>
<td>One Boat, One Year</td>
<td>$20/$40</td>
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<tr>
<td>20000-2</td>
<td>One Boat, Two Years</td>
<td>$35/$70</td>
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<tr>
<td>20000-3</td>
<td>Two Boats, One Year</td>
<td>$40/$80</td>
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<tr>
<td>20000-4</td>
<td>Two Boats, Two Years</td>
<td>$70/$140</td>
</tr>
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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.
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

<table>
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<th>Facilities</th>
<th>Resident</th>
<th>Non-Resident</th>
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<tr>
<td><strong>DAILY ADMISSION</strong></td>
<td></td>
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<tr>
<td>Youth (3*-17) / Senior (60+)</td>
<td>$5.25</td>
<td>$8.50</td>
</tr>
<tr>
<td>Adult (18-59)</td>
<td>$7.25</td>
<td>$10.75</td>
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<tr>
<td>Youth Group (10 or more)</td>
<td>$3.75</td>
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<tr>
<td>Adult Group (10 or more)</td>
<td>$5.75</td>
<td>$9.75</td>
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<tr>
<td>Family (2 adults + kids)</td>
<td>$15.00</td>
<td>$22.00</td>
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<tr>
<td><strong>10 VISIT PASS</strong></td>
<td><strong>Save money each visit! (non-refundable)</strong></td>
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<tr>
<td>Youth (3*-17) / Senior (60+)</td>
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<td>$75</td>
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<td></td>
<td>$3.75/visit</td>
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<tr>
<td>Adult (18-59)</td>
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<tr>
<td><strong>20 VISIT PASS</strong></td>
<td><strong>Save money each visit! (non-refundable)</strong></td>
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<tr>
<td>Youth (3*-17) / Senior (60+)</td>
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<td><strong>MONTHLY PASS</strong></td>
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<td>Adult (18-59)</td>
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<tr>
<td>Couple</td>
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<td>Family</td>
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<tr>
<td>Non-Resident Louisville Business Pass</td>
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<td><strong>ANNUAL PASS</strong></td>
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<tr>
<td>Senior (60+)</td>
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<td>Adult (18-59)</td>
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<tr>
<td>Non-Resident Louisville Business Pass Senior</td>
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<td>$372</td>
</tr>
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*Children under 3 years of age are admitted at no charge with an adult.*
AMENITIES & ACTIVITIES
Reservations are required to use the pools.

Lap Pool (25 M, 82°-83°)
- 6 lanes available for lap swimming (12 spots)
- Water aerobics (Max of 24 participants per class)

Program Pool (25 Y, 84°-85°)
- 4 lanes available for lap swimming (8 spots)

Lazy River (89°-90°)
- 5 spots available for Water Walking

Not Available:
- Slide, Play Features, Splash Pad, Hot Tub, Sauna, Steam Room, Lockers, Drinking Fountains.
- Swim Lessons
- Towels and Pool Deck furniture
- Lost and Found

ENTERING/ EXITING THE POOL AREA:
- New 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.

LANE USAGE GUIDELINES:
- There are 10 lanes (20 spots) available per time slot
  - Lap Pool: 6 lanes (12 spots)
  - Program Pool: 4 lanes (8 spots)
- Lanes are first come, first served.
- Two swimmers per lane. Expect to share a lane.
- Swimmers will enter on opposite sides of each lane, on the right side of their lane.
  - Lap Pool: 6 enter on the deep end, 6 enter on the shallow end.
  - Program Pool: 4 enter on the deep end, 4 enter on the shallow end
- Please choose a deep end spot if one is available and you are physically able. This will allow those needing to enter from the shallow end to have access.
- Swimmers will be notified of time with the usage of 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.

Visit www.louisvillerecreation.com for all reopening guidelines. Follow us on Facebook for updates!
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.
• Swimmers will be expected to enter at opposite sides of the pool.
• Two swimmers per lane. When using the lap lanes patrons will be expected to swim with one other swimmer. Please respect each other a

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 5 people at a time.

EQUIPMENT USAGE AND RETURN:
• Bring your own equipment if possible.
• Sanitized kickboards 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:
• Lockers are not available. Please leave all valuables at home.
• Where to put your belongings: A tables 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:
  • Only available for changing stall use.
  • No restrooms or showers available.
  • No lockers available.
• Men’s & Women’s Locker Rooms
  • Available for changing.
  • Restrooms and showers available.
  • No lockers available.
• 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.

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.

Remember a full water bottle! The water fountains are unavailable

Watch our video!
Aquatics

Water Aerobics Programming

HIIT WATER AEROBICS
Get ready to power it up! This class incorporates high-intensity intervals throughout the bulk of the class and finishes with a focus on core and upper body strength work.

<table>
<thead>
<tr>
<th>DAY/DATE</th>
<th>TIME</th>
<th>INSTRUCTOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>M F</td>
<td>9:00-9:45am</td>
<td>Anastasia</td>
</tr>
</tbody>
</table>

Classes will be offered in all lanes of the lap pool. Class is limited to 24. Registration opens Monday, June 29.

SWIM LESSON PROGRAMMING:
We are working with current state and county health guidelines. As of right now 6ft social distancing is still required so we are limited in our ability to offer swim lesson programming as it is a close contact activity. We are also limited in our staffing and pool usage options. We are working on programming ideas that address these concerns while still maintaining the safety needed for a swim lesson and are hopeful to have some kind of distanced swim lesson option in the future. We will continue to provide communication to the public about evolving programs and offerings via email, our online monthly catalog, social media, and our website.

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
23208 $30/$38

BLOOD BORNE PATHOGENS
This online course teaches staff how bloodborne pathogens are spread, how to avoid exposure and what to do if exposed to infectious material. It is designed for those who are at risk for on the job exposure to blood and other bodily fluids in the workplace and is one of the requirements of the OSHA Bloodborne Pathogens Standard. Those who complete the training receive a Bloodborne Pathogens Training certification valid for one year.

CODE R/NR
23210 $28/$35

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
23213 $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
23219 $20/$25

POOL CLOSED
August 12-August 26th.
Due to contractual obligations the Louisville Recreation Center will be having the main lap pool resurfaced August 12-August 26th. This work will require the entire aquatics area to be closed due to construction dust and debris. We realize this will be a disappointment to have the pool area closed. This work was originally scheduled to occur during our annual closure time but due to COVID the center will not be doing an annual closure in August 2020. The funds for this project were part of a 5 year Capital Improvement Projects and contracts were awarded and signed in early 2020. We apologize for this inconvenience.

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

Please visit the links below to pre-register for ZOOM classes.
Please visit the Registration webpage to pre-register for LIVE classes.
*Classes & Instructors are subject to change*

**JULY ZOOM CLASS INFORMATION**
Due to limited hours of operation, requests from the public, as well as being able to serve our vulnerable population, a limited number of ZOOM classes will continue in July.

Registration begins on Wednesday, June 24 for July ZOOM classes

![Renewal #1](https://example.com/registration)

- Links for ZOOM classes will be posted one day prior to registration.
- ALL participants need to register, even if you have taken classes in the past. Previous class registrants will expire on June 30, 2020 and will not be active for July classes.
- A Recreation & Senior Center pass will be required to register for July ZOOM classes. Passes include: Punch passes, Monthly, Annual, SilverSneakers, and Renew Active passes.
- All participants are required to enter Pass ID to register for a ZOOM class. Your pass ID is the number you use to enter the Recreation & Senior Center.

**LES MILLS BODYPUMP**

Les Mills BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit – fast. This class is held in the South Gym. Les Mills classes will only be held through August. Instructor: Nicole

**JULY LIVE IN-PERSON CLASS INFORMATION**
Reservations begin on Monday, June 29 for LIVE in-person classes

![Renewal #2](https://example.com/liveclass)

- Please see details on how to register for LIVE classes on page 5.
- Facial coverings are required entering and exiting the facility, while inside the building, including during class. Facial coverings are not required while in the pool.
- Fitness class participants should enter through southeast lot entrance by the turf gym.
- Classes will be held in the South Gym, Pool Patio, Cycling Studio or Lap Pool. The Grays and Mt. Elbert fitness rooms are closed.
- Cycling class sizes are limited to 14. All other classes are limited to 24.

**Make a Reservation**

**CODE** | **SESS** | **DAY/DATE** | **TIME** | **FEE**
--- | --- | --- | --- | ---
20044 | 1 | Tu 7/7-7/28 | 5:00-6:00pm | $40/$50
20044 | 2 | Tu 8/4-8/25 | 5:00-6:00pm | $40/$50
20045 | 1 | F 7/3-7/31 | 8:00-9:00am | $50/$62
20025 | 2 | F 8/7-8/28 | 8:00-9:00am | $40/$50

Effective 7/1, Zoom classes will require a Recreation pass to register. Monthly, Annual, Punch passes, SilverSneakers, & Renew Active

Live Class Max’s: 24 participants for most land & water classes. 14 participants for Cycling.

Fitness Class participants will enter through the south east doors by the turf gym and park by the playground.

Water Aerobics participants will enter through the west pool entrance by the ramp.
Youth Sports

Skateboarding

Private Skateboard Lessons
Louisville Skate Park | Ages 5-15

Be safe and learn at your own pace while having fun on a skateboard. Our private and semi-private lessons allow for the one-on-one attention that your child (and their sibling) might need to allow them to progress at a faster pace. We welcome skaters of all ages and skill levels as we cater to individual needs and focus on personal skills as we explore all aspects of skateboarding, from basic stance and board control to confidence and park riding up to exploring advanced tricks.

Day(s) of the week: Monday-Friday

Time: One hour sessions can be scheduled between 9-10am and 10-11am any day during the week that you register for. Once registered you will receive an email to set up your private lesson. Additional times/dates may be available.

Min/Max Participant #’s: 1/2

Equipment or supplies needed:

Please bring a skateboard, helmet (other pads recommended), water bottle, sunscreen and some good energy.

Any other Information needed:

Run by professional educators, Square State Skate has more experience engaging youth, directing programs and skating with kids than any other program around. Our commitment to families and the community is paramount and our techniques are unmatched when it comes to helping kids grow and learn, both on and off of their skateboard. Learn more on our website www.squarestateskate.com.

Anyone can learn tricks... we focus on the kids!

| CODE | SESS | DATE         | TIME  | R/NR
<table>
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<tr>
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<tbody>
<tr>
<td>26511</td>
<td>2</td>
<td>M-F 7/20-7/24</td>
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<td>$50/$63</td>
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<td>M-F 7/27-7/31</td>
<td>TBD</td>
<td>$50/$63</td>
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</table>

Youth Tennis

Lessons will be a 3-1 ratio with up to six participants and two instructors on two separate courts.

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.

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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.

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<td>26265</td>
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<td>Tu Th 7/7-7/30</td>
<td>10:45-11:30am</td>
<td>$51/$64</td>
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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.

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Adult Tennis

BEGINNING TENNIS | Ages 18+

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INTERMEDIATE | Ages 18+

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<td>W 7/8-7/29</td>
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<td>$35/$42</td>
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</table>
Skyhawks Outdoor Camps
Call Jesse DeGraw at 303-335-4909 or visit www.skyhawks.com for more information.

ALL CAMPS:
• Please bring TWO snacks & a water bottle.
• Wear appropriate clothing, shoes and sunscreen.
• All camps (except golf) include a t-shirt and merit award

BASKETBALL CAMP | Ages 5-12
This fun, skill-intensive program is designed for beginning to intermediate players. An active week of passing, shooting, dribbling, and rebounding makes this one of our most popular programs. Our basketball staff will also focus on respect, teamwork and responsibility. Includes basketball, and merit award. Held at Heritage Park. Gear to bring: Gym shoes

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<tr>
<th>CODE</th>
<th>SESS</th>
<th>AGE</th>
<th>DAY/DATEx</th>
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<td>26303</td>
<td>2</td>
<td>6-12</td>
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<td>9:00am-12:00pm</td>
<td>$140/$175</td>
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MINI-HAWK CAMP
This baseball, basketball, and soccer program gives children a fun and positive first step into athletics. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace. Includes ball. Held at Heritage Park.

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<tr>
<td>26304</td>
<td>3</td>
<td>M-F 7/27-7/31</td>
<td>9:00am-12:00pm</td>
<td>$140/$175</td>
</tr>
</tbody>
</table>

SKYHAWKS CAMP BASKETBALL/FLAG FOOTBALL | Ages 7-14
In this multi-sport camp, we combine Basketball and Flag Football into one fun-filled week. Athletes will learn the rules and essentials skills of each sport along with vital life lessons such as respect and teamwork.

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<tr>
<td>26311</td>
<td>1</td>
<td>M-TH 6/29-7/2</td>
<td>9:00-12:00pm</td>
<td>$112/$140</td>
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</table>

BEGINNING GOLF CAMP
Learn the fundamentals of swinging, putting, and body positioning. Using the SNAG (Starting New At Golf) system, we have simplified instruction so that young players can make an effective transition onto the golf course. All equipment provided. Held at Heritage Park. Does not include t-shirt and merit award.

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<td>M-F 7/6-7/10</td>
<td>9:00am-12:00pm</td>
<td>$140/$175</td>
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FLAG FOOTBALL CAMP | Ages 6-12
Campers learn skills on both sides of the football including the core components of passing, catching, and defense - all in a fun and positive environment. The week ends with the Skyhawks Super Bowl! Includes football. Held at Cottonwood Park.

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<td>$140/$175</td>
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</table>

SOCCER CAMP | Ages 6-12
The #1 camp for learning the fundamentals of soccer. Using our progressive curriculum, campers will gain the technical skills & sport knowledge required for that next step into soccer. Includes soccer ball. Held at Cottonwood Park. Sport-Specific Requirements: Shin guards

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<td>$140/$175</td>
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VOLLEYBALL CAMP | Ages 7-14
The fundamental skills of volleyball are taught through game-speed drills and daily scrimmages that focus on passing, setting, hitting, and serving. This co-ed program is designed for the beginning and intermediate player. Includes volleyball. Held at Heritage Park. Gear to bring: Gym shoes, knee pads.

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<td>M-F 7/20-7/24</td>
<td>9:00am-12:00pm</td>
<td>$140/$175</td>
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</tbody>
</table>

TRACK AND FIELD | Ages 6-12
Skyhawks Track & Field combines technical development, fundamental techniques, and safety with a major focus on fun! Using special equipment, our staff cover the fundamentals of body positioning, stride, proper stretching, and cool-down techniques. Held at Heritage Park.

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<td>26310</td>
<td>1</td>
<td>M-F 8/3-8/7</td>
<td>9:00am-12:00pm</td>
<td>$140/$175</td>
</tr>
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</table>

Physical Distancing Requirements*
• 10:1 class sizes
• Participants must preregister & pay for the entire session.
• NO walk-ins allowed.
• Participants must wear masks where 6ft cannot be adhered.
• Equipment will be disinfected at the beginning and end of each day, as well as during the day when necessary.
• Equipment disinfected daily, pinnies (if used) washed nightly in hot water.
• Coaches will have hand sanitizer & cleaning supplies every day at camp.
• Coaches will take precautions on how to use disinfectant to ensure children are not near the equipment.
• Campers must bring their own snack and water and may not share food with any other camper.
• Director asks health intake questions making sure no camper has any COVID-19 symptoms.
• Pre-camp emails will be sent to participants with our one-page safety guidelines. We will also post this on social media.
• Parents agree to NOT send their child(ren) if they have any symptoms or exposure risks as listed by the CDC guidelines.

www.LouisvilleRecreation.com | JULY 2020
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.

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<tr>
<td>22110</td>
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<td>W 8/5-8/26</td>
<td>5:00-6:00pm</td>
<td>$51/$64</td>
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</tbody>
</table>

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!

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<tr>
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<td>W 8/5-8/26</td>
<td>6:00-7:00pm</td>
<td>$51/$64</td>
</tr>
</tbody>
</table>

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 if required by local, county or state ordinances
- 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

LITTLE YOGIS OUTDOORS - PARENT/CHILD YOGA | 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! Class will be held distanced and outdoors at the shelter at the Louisville Arboretum (next to the skate park). Please bring yoga mats or towels.

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<td>22105</td>
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<td>Tu 7/14-8/11</td>
<td>9:45-10:30am</td>
<td>$36/$45 per person</td>
</tr>
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Both children and parents must register in advance. Fee is per person.

LITTLE YOGIS ELEMENTARY - OUTDOOR CAMP | Ages 5-11
This camp introduces children to the fundamentals of meditation, mindfulness, and yoga through dramatic play, games, music, art, and literature. It is a great opportunity for kids to build both bodily and social awareness, while also cultivating inner peace and kindness. Children will refine their gross motor skills while increasing strength, flexibility, and endurance. This camp helps to build confidence and resilience, and is total stress-relief for kids. Camp will be held distanced and outdoors at the shelter at the Louisville Arboretum (next to the skate park). Please apply sunscreen and use the restroom adjacent to the shelter before dropping off. Bring a yoga mat or towel.

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<td>12:00-1:30pm</td>
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There is a $10 fee for materials due on the first day of class. Materials will be packaged and distributed to children individually, ensuring proper distancing and non-sharing of supplies.

Preschool/Kindergarten

CREATIVE EXPLORERS | Age 3-4
Let your children’s mind soar! Activities will be based on fun children’s literature. Your child will be part of an amazing summer adventure through imagination and play, keeping those summer humdrums away! We will spend time both inside and out. Please apply sunscreen before class. No snack provided.

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<tr>
<td>22010</td>
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<td>MW 7/27-8/12</td>
<td>8:45-10:15am</td>
<td>$102/$126</td>
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SUMMER DISCOVERIES | Age 5-6
This class is designed for older kids who like to discover. We will spend time indoors and out, enjoying crafts, science experiments, games and activities. Activities will be based on fun children’s literature. Please apply sunscreen before class. No snack provided.

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<td>11:00am-12:00pm</td>
<td>$102/$126</td>
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All COVID-19 safety guidelines will be followed for in person classes. See page 13.
Youth Activities

MINI CAMPS

A fun alternative to full-day camp, and a chance for your elementary-age child to explore various topics. We will spend time both inside and out, but most of the class will be held outside. Please apply sunscreen before class. Lead by Ms. Larissa and Miss Lana.

BOOKS | Ages 6-10
Calling all future authors! We will focus our attention on creative writing through group and individual projects, then share our talent and imaginations.

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MUSIC | Ages 6-10
Crash! Boom! Bang! An amazing musical adventure through the world of percussion instruments awaits you! Discover the joys of these ever-pleasing noisemakers while learning basic musical concepts like tempo, dynamics and steady beat.

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SCIENCE | Ages 6-10
How? Why? Get the answers to these questions as we conduct crazy experiments and mix up some fun in our outdoor lab.

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<tbody>
<tr>
<td>22017</td>
<td>1</td>
<td>MW 7/27 &amp; 7/29</td>
<td>1:30-4:30pm</td>
<td>$68/$85</td>
</tr>
</tbody>
</table>

NATURE | Ages 6-10
Let’s get outside and use nature as we create art, explore, and play together. This class will be based out of the shelter at the Louisville Arboretum. Please use the parking lot next to the skate park and access the path over the bridge. Bathrooms and running water are available.

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MINI CAMPS apply sunscreen before dropping off and send a labeled water bottle and snack.

PRESCHOOL REGISTRATION IS IN PROCESS!

BUILDING BLOCKS | Age 3 by 9/30/20 - Waitlist

<table>
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<tr>
<th>CODE</th>
<th>SESS</th>
<th>DAY/DATE</th>
<th>TIME</th>
<th>ENROLL R/NR</th>
<th>DEPOSIT R/NR</th>
<th>TUITION R/NR</th>
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<tbody>
<tr>
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<td>1</td>
<td>MWF</td>
<td>8:15am-11:00am</td>
<td>$75/$94</td>
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<td>$280/$350 per month</td>
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<tr>
<td></td>
<td>2</td>
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<td>11:30am-2:15pm</td>
<td>$75/$94</td>
<td>$280/$350</td>
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STEPPING STONES | Age 4-5 by 9/30/20 - Waitlist

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<th>ENROLL R/NR</th>
<th>DEPOSIT R/NR</th>
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<tr>
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<td>MWF</td>
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<td>$75/$94</td>
<td>$280/$350</td>
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<td>11:30am-2:15pm</td>
<td>$75/$94</td>
<td>$280/$350</td>
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</tr>
</tbody>
</table>
Youth Activities

Little Medical School
Brought to you by Little Medical School
jessica@littlemedicalschool.com
www.littlemedicalschool.com/denverfrontrange
(720) 263-1056

LITTLE VETERINARIAN SCHOOL: EVERY DOG DESERVES A FRIEND | Ages 6-11
Explore the exciting world of veterinarians! Using role-playing, interactive demonstrations, crafts and games, kids learn how to take care of a pet and perform tasks that real veterinarians do in this fun-filled 5-Day camp. Each child will adopt a stuffed furry doggie friend that will be used throughout the camp. Children will take home their new companion, disposable white lab coat, water bowl, dog-friendly treat recipes, a graduation diploma, and more! Topics include: Roles & Responsibilities in the Veterinarian’s Office, Food and Water, Lacerations, Ticks, Radiology, The Immune System and Vaccinations, Canine and Body Language, animal digestion and more! (*No live animals are present during this program)

CODE SESS DAY/DATE TIME R/NR
22130 1 M-F 7/6-7/10 9:30-12:30pm $129/$162

LITTLE WILDERNESS CAMP | Ages 6-11
From the Library of Little Medical School®, Wilderness Medicine School® focuses on some of the most common outdoor emergencies and how to handle them with confidence. Come explore with us as we role-play and learn about water safety, tourniquets & broken bones, snake bites, the dangers of hypothermia, weather-related emergencies, and more! Enrolled campers will take home a disposable lab coat, multiple crafts and worksheets, a few items to start an at-home wilderness safety kit, and a LWS Graduation Certificate. We encourage campers to bring an allergy-free snack and drink to camp labeled with their name. Please note that some activities may be done outdoors depending on weather.

CODE SESS DAY/DATE TIME R/NR
22131 1 M-F 7/13-7/17 11:00-4:00pm $239/$299

JUMP ROPE CLUB | Ages 8+
This class is for beginner to intermediate jumpers looking to have jump rope fun! Each week jumpers will build on their single rope, partner, long rope, and double dutch skills. Group routines will be introduced in preparation for performances. Competition events will be introduced. Freestyle Jump Rope and T-shirt included.

CODE SESS DAY/DATE TIME FEE
20040 1 W 7/1-7/29 4:00-5:00pm $84/$105
20040 2 W 8/5-8/26 4:00-5:00pm $84/$105

IncrediFlix
Brought to you by IncrediFlix
www.incrediflix.com

ACTION MOVIE & LEGO FLIX | Ages 8-13
In the mornings, film a social distancing action-packed greenscreen live action adventure movie! In the afternoons, bring Legos to life using the magic of stop motion as students work in pairs to storyboard, film and add voice overs. *Flx downloadable within a month after camp ends.

CODE SESS DAY/DATE TIME R/NR
22190 1 M-F 7/27-7/31 9:30am-3:30pm $492/$618

Painting and Drawing
Brought to you by Young Rembrandts
michelle.brewer@youngrembrandts.com
www.youngrembrandts.com/DenverNW
(303) 997-4601

PASTEL CHALKS: ART HISTORY WITH THE MASTERS | Ages 6-12
This Young Rembrandts workshop is full of possibilities! Join us for five days of pastel fun as we learn about a new medium and explore art history by studying different artists and their work. We will create wonderful artwork while being inspired by Edvard Munch’s The Scream, Pablo Picasso’s Woman in Hat, Vincent Van Gogh’s Chair, Wassily Kandinsky’s Bavarian Market Square and Claude Monet’s Regatta at Argenteuil. The daily results will be truly frameable! No experience necessary. Please wear an old shirt or smock to class each day.

CODE SESS DAY/DATE TIME R/NR
22141 1 M-F 7/6-7/10 9:30-12:30pm $129/$162
Youth Activities

PlayWell

Brought to you by PlayWell
shay@play-well.org
970-645-6075


JEDI MASTER ENGINEERING WITH LEGO | Ages 5-10
Use the force and tens of thousands of LEGO® parts to raise your X-Wing from the Dagobah swamp, challenge the AT-AT walkers on Hoth, and fly the Millennium Falcon through the Kessel Run. Apply real-world concepts in physics, engineering, and architecture while you explore a galaxy, far, far away in this advanced engineering course.

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<td>M-F 7/20-7/24</td>
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<td>$193/$242</td>
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</table>

MINECRAFT ENGINEERING WITH LEGO | Ages 5-7
Bring Minecraft to life using tens of thousands of LEGO® parts! Build engineer-designed projects such as a Creeper, a Lava Trap, and a Minecart. Create your favorite Minecraft mobs, tools, and objects with the guidance of an experienced Play-Well instructor.

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<td>M-F 8/10-8/14</td>
<td>9:30am-12:30pm</td>
<td>$193/$242</td>
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</table>

MINECRAFT MASTER ENGINEERING WITH LEGO | Ages 7-12
Bring Minecraft to life using LEGO® parts! Build an Iron Golem, the Nether Portal, and the Ender Dragon. Students will explore real-world concepts in physics, engineering, and architecture while building their favorite Minecraft objects.

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<td>$193/$242</td>
</tr>
</tbody>
</table>

CodeSpire

Brought to you by CodeSpire
303-381-3741
CodeSpireInfo@gmail.com
www.CodeSpire.org

GAME DESIGN CODING | Ages 7-14
Students will work on computers, learning how to build characters, actions, backgrounds, leveling up, timers, interactive characters and more. First-time coders start with block-based coding building animated games. Software varies depending on students’ prior knowledge and functions necessary to challenge students at age and skill-appropriate levels. Advanced coders will work in Python or JavaScript line-coding, learning real-world languages while building game coding.

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</table>

Able to Sail

Brought to you by Able to Sail
www.abletosail.org
720-233-8969

ABLE TO SAIL CAMP | Ages 12-18
Learn to sail...and then some! This 4-day adventure and youth empowerment camp teaches the basic skills of sailing with a US Sailing Certified Instructor along with the added element of shifting negative thought patterns into an empowering mindset of possibility. At ABLE to Sail, campers develop skills to replace “I can’t” and “I’m not” with “I AM” and “I CAN!” Every lesson in sailing is used as a metaphor and teachable moment to address belonging, bullying, being good enough, depression, anxiety, letting go of mistakes, celebrating diversity, high risk behaviors, the “self” in self-esteem, negative thinking.

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<td>M-Th 7/20-7/23</td>
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<td>$275</td>
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</table>

Program is held at Union Reservoir in Longmont. Participants must meet there. COVID-19 safety modifications can be found at www.abletosail.org

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

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<th>FEE</th>
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<td>F 7/10*</td>
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<tr>
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<tr>
<td>22031</td>
<td>2</td>
<td>F 8/14</td>
<td>in person</td>
<td>$78/$97</td>
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*Virtual classes will consist of worksheets and may require adult assistance. Skills test must be done in person on Monday, 7/20 from 9:30-11:30am.
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.

Registration Information

Program registration begins at:

**12:00pm on Friday, June 26**

(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.

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.

Diane Evans, Community Resource Coordinator will be retiring on Friday, July 3. Please join us in thanking her for all she has done for our older adults and this community while working in Louisville the past 9 years and in aging services for over 40 years!

Congratulations on your retirement. Thank you for everything Diane!
WEEKLY VIRTUAL ZOOM CALLS

THURSDAY

Coffee Club
Thursdays at 9:00am
Join us for a virtual Social Coffee Club with others.
Register at: https://us02web.zoom.us/meeting/register/vpEl-deutqjojQuBQbuY3fUsKq9gbKlbspg

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 JULY

08 Bloomin Seniors Garden Club meeting
Wednesday, July 8 from 1:30-2:30pm
Bloomin Seniors Garden Club will be meeting to check in on July 8. Hope to see you there!
Register at: https://us02web.zoom.us/meeting/register/tZcrdOmqrDgi-HdGUMClAxn4gZFx42Z0MRQHU

16 RESOURCE TALK: Communications Technology
Thursday, July 16 from 1:00-2:00pm
JoAnne Hirsch, the Communications Technology Program Manager with the Colorado Commission for the Deaf, Hard of Hearing, and DeafBlind’s Communications Technology Program, will explain specialized equipment and devices for deaf and hard of hearing, such as amplified and captioned phones, signalers, mobile devices, and other technology.
Register at: https://us02web.zoom.us/j/87458260611?pwd=cjFQUU90RG5JZ010L1k2ODVsRG1FQT09
Meeting ID: 874 582 60611
BROOKS CAFÉ
MONDAY-FRIDAY AT NOON

Pick up a delicious and nutritious lunch at noon, Monday-Friday at the Louisville’s 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 July.

NUTRITIONAL COUNSELING:
See page 27 for more information.

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.

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.

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

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 in at Annette Brand Park in Louisville. **Class time may change due to weather.** Please email instructor at rtsui11@gmail.com for availability prior to registration.

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<tbody>
<tr>
<td>28101-2</td>
<td>Sa 7/11-7/25</td>
<td>9:30-10:30am</td>
<td>$30/$38</td>
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**Virtual Classes/Workshops**

**MAKE YOUR IPHONE SCREEN EASIER ON YOUR EYES**
Your iPhone is packed with tools and ways to make viewing the iPhone screen easier. Learn how accessibility features and larger text tools can make a difference for everyday use. No experience required. This workshop is sponsored by the Center for People with Disabilities. For more information, please contact David Law, Beyond Vision Skills Trainer, at David@cpwd.org or 303-442-8662 x 249.

**July 16 @ 1 pm - Communications Technology**
JoAnne Hirsch, the Communications Technology Program Manager with the Colorado Commission for the Deaf, Hard of Hearing, and DeafBlind’s Communications Technology Program, will explain specialized equipment and devices for deaf and hard of hearing, such as amplified and captioned phones, signalers, mobile devices, and other technology.

Register at: https://us02web.zoom.us/j/87458260611?pwd=cjFQUU90RG5JZ010L1k2ODVvSOG1FQ09

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<td>28208-1</td>
<td>Th 7/9</td>
<td>6:00–7:30pm</td>
<td>Free</td>
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**COPING WITH THE DEATH OF A LOVED ONE IN 2020**
How COVID-19 has Impacted How We Grieve and Memorialize. With Charley Rosicky and Heili Lehr, Grief counselors with TRU Community Care Hospice. For more information, call 303-604-5283.

**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.

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

Join us at: https://us02web.zoom.us/j/97498582326
Meeting ID: 974 9858 2326
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.

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.BoulderCountyHelp.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, homecare, 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.
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 Louisville 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

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.

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-4:00pm 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.

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/faithinactionco/
**Nutrition**

**BROOKS CAFÉ (SEE PAGE 21)**
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 22.

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
Medical Foot Care provided by a Registered Nurse from the Visiting Nurse Association (VNA) is offered the 4th TUESDAY of every month. Toenails trimmed, calluses filed, foot sensation, circulation and overall foot health checked. Blood Pressure checked. Cost: $45 first extended visit only, $35 returning visits. Fingernails $15. Credit cards preferred, cash and checks 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 Kaiser plan.
PARKING LOT CHALK ART CONTEST

Sign up for a 2-hour time slot
Satu_rday July 4

8-9:45am
10-11:45am
12-1:45pm

Rules: Each contestant will draw their masterpiece within the space of one single parking spot. You will be assigned a spot after you register and spots will be clearly numbered. Don’t forget to sign your artwork!

The winner will have 1) their artwork posted on the Recreation Center website and Facebook page 2) name/photo included in the next issue of the recreation catalog 3) a 10-visit pass to the center. A limited amount of chalk will be provided to each registrant and you can also bring your own. Open to kids and adults (children 12 and under must be supervised)

Please maintain appropriate social distancing for the duration of this event. Parking spaces will be numbered and you will be assigned a space. This activity is free of charge but you must register in advance. For questions please email Kathy Martin at kathym@louisvilleco.gov.

Your art will be judged on:
1) First Impression
2) Originality
3) Use of Color
4) Creativity

*All attempts will be made to hold the chalk art contest. In the event of inclement weather we will reschedule.

Register online at www.louisvillerecreation.com Activity #20003