July 4th Fireworks
Coal Creek Golf Course
585 West Dillon Road
Monday, July 4th
6-10pm

Live Music
Food Trucks and Concessions
Jumpy Castles & Games
Free Face Painting and Henna
Fireworks to launch app. 9:30pm

There is no parking at the Golf Course. Free shuttle service provided from 6-11pm from the Louisville Recreation Center and Home Depot parking lots.

No outside alcohol, personal fireworks or glass containers allowed at the Golf Course.

Additional questions? Please call 303-335-4581

For up-to-date information about the Study, visit LouisvilleRecreation.com

Recreation/Senior Center Expansion & Aquatic Center Options

STUDY UPDATE
THANK YOU FOR YOUR INPUT IN THE PROCESS!

It’s an exciting time to be part of the Louisville Recreation and Senior Services! We’ve been busy the last couple of months, as have you from all your feedback we’ve collected! Take a look at our progress:

• Collected community input at two Open Houses and feedback from questionnaires
• The Task Force, Consultant, and City Staff toured various recreation facilities in the areas to see how we compare
• Conducted a statistically valid survey to determine components and amenities you want to see in the future of recreation in Louisville

NEXT STEPS
• Our consultants are developing several conceptual designs based on public feedback and Task Force direction
• The City will host Open Houses in late spring to present design concept for public feedback as well as to discuss potential funding options
• The Study and design results go to Council in early June for further direction

For up-to-date information about the Study, visit LouisvilleRecreation.com

Presented by
LOUISVILLE CULTURAL COUNCIL

Summer
CONCERTS IN THE PARK
2016

7:00PM
LOUISVILLE'S COMMUNITY PARK
955 BELLA VISTA DRIVE, LOUISVILLE
FREE ADMISSION

JUNE 23 FACE
JUNE 30 BLUEGRASS (TBD)
JULY 7 SHELL
JULY 14 LOS BOHEMIOS
JULY 21 MR. MAJESTYKS 8-TRACK REVIVAL

www.louisvilleco.gov
WELCOME  The mission of the City of Louisville Division of Recreation and Senior Services is to provide recreational activities and leisure services that contribute to the physical, mental, and social well being of the citizens.

RECREATION AND SENIOR CENTER

Director of Parks and Recreation .......................... 303-335-4731
Joe Stevens, joes@louisvilleco.gov

Recreation Superintendent ................................. 303-335-4903
Kathy Martin, kathy@louisvilleco.gov

Facility Operations Manager ............................... 303-335-4910
Julie Seydel, julies@louisvilleco.gov

Parks & Recreation
Senior Administrative Assistant .......................... 303-335-4735
Polly Boyd, pollyb@louisvilleco.gov

Marketing Specialist ........................................... 303-335-4734
Denise White, dwhite@louisvilleco.gov

Recreation Supervisor/Sports .............................. 303-335-4909
Jesse DeGraw, jessed@louisvilleco.gov

Facility Assistant ................................................ 303-335-4907
Kayla Feeney, kayla@louisvilleco.gov

Recreation Supervisor/Aquatics (lessons) .......... 303-335-4927
Kate Meyer, katem@louisvilleco.gov

Recreation Supervisor/Aquatics .......................... 303-335-4905
Paul Borth, paulb@louisvilleco.gov

Head Guard
Jo-Ann Marques, joannm@louisvilleco.gov 303-335-4912

Community Resource Coordinator ...................... 303-335-4919
Diane Evans, dianee@louisvilleco.gov

Senior Services Supervisor ................................. 303-335-4914
Katie Beasley, katieb@louisvilleco.gov

General Programmer/Rentals ............................. 303-335-4920
Peggy Jones, peggy@louisvilleco.gov

Recreation Supervisor/Youth/Teen ....................... 303-335-4902
Mandy Perera, mandyp@louisvilleco.gov

APRIL 2016 – REGISTRATION CALENDAR

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td></td>
</tr>
<tr>
<td>Resident Online</td>
<td>Resident Online</td>
<td>Online or Walk-In</td>
<td>Resident Online or Walk-In</td>
<td>Resident Online or Walk-In</td>
<td>Resident Online or Walk-In</td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
</tr>
<tr>
<td>Resident Online or Walk-In</td>
<td>Non-Res Online</td>
<td>Resident Online or Walk-In</td>
<td>Walk-in Beginners</td>
<td>Resident Online or Walk-In</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Register online: LouisvilleRecreation.com

The mission of the City of Louisville Division of Recreation and Senior Services is to provide recreational activities and leisure services that contribute to the physical, mental, and social well being of the citizens.

RESIDENT DISCOUNT FEE (RDF) | WWW.LOUISVILLERECREATION.COM | MAY-AUGUST 2016
Facilities

HOLIDAY HOURS
Memorial Day May 30 Closed
Fourth of July July 4 Closed
Maintenance Week August 17-24 Closed

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

WEIGHT ROOMS
Individuals must be at least 14 years of age to use equipment in the circuit weight room, free weight room or any cardio equipment. Training is available for those under 14 who wish to use the equipment.

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.

FAMILY CHANGING ROOM
As a convenience to our guests with children of the opposite gender, the center provides a family changing room. The room is located off the lobby by the glass doors to the pool. A code can be obtained at the front desk for access. Please utilize the Family Dressing Room for children who are 5 and older.

CODE OF CONDUCT
The Department of Parks and Recreation 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, disorderly conduct, theft, public intoxication, use of drugs, 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 by the Department of Parks and Recreation. 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.

FINANCIAL ASSISTANCE
Reduced fee rates are available to Louisville residents who demonstrate financial need. Confidential applications are available at the Recreation Center.
**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, or alcoholic beverages are not allowed in the center.
- Guests are encouraged to bring their own lock to secure valuables and clothing. Locks are also for sale at the center.
- Weapons are prohibited at the center.
- Cell phone usage is restricted to the lobby area only.
- All guests must be 13+ years of age to be on the track, unless participating in a center sponsored program.
- Individuals must be at least 14 years of age to use equipment in the circuit weight room, free weight room or any cardio equipment. Training is available for those 11-13 years of age who wish to use the equipment.
- Strollers or baby carriers are not permitted on the track or in any fitness area.
- The Recreation Center is not responsible for guest’s personal belongings. Please secure all items.
- In the best interest of all our patrons, children 5 and older are required to use the gender-appropriate locker room. Please utilize the Family Dressing Room for children of the opposite gender who are 5 years of age or older.
- Disruptive or inappropriate behavior may result in suspension of privileges.
- Please be aware of and follow all posted center rules and guidelines.
- If you see a class offered in the brochure and would like to participate but need assistance, please let us know. A minimum of three weeks is needed to allow us time to provide support you need to attend that class.

**ADMISSION FEES**

**DAILY ADMISSION**

<table>
<thead>
<tr>
<th></th>
<th>Resident Discount Fee</th>
<th>Daily Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth 3-18</td>
<td>$4.00</td>
<td>$6.00</td>
</tr>
<tr>
<td>Adult 19-59</td>
<td>$6.00</td>
<td>$8.00</td>
</tr>
<tr>
<td>Senior 60+</td>
<td>$4.00</td>
<td>$6.00</td>
</tr>
<tr>
<td>Group Rate (10+)</td>
<td>$2.50 youth/$4.50 adults</td>
<td>$5 youth/$7 adult</td>
</tr>
</tbody>
</table>
| Children under 3 years of age are admitted at no charge with an adult.  
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, email your request at least 7 days in advance to katem@louisvilleco.gov.  
*Towel rental $1.

**10 OR 20 VISIT PASS**

<table>
<thead>
<tr>
<th></th>
<th>10 Visit</th>
<th>20 Visit</th>
<th>Cost per visit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resident Discount Fee</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Youth 3-18 years | $25.00 | $50.00 | $2.50 |
| Adult 19-59    | $45.00   | $90.00   | $4.50 |
| Senior 60+     | $25.00   | $50.00   | $2.50 |
| Pass Fee       |  
Youth 3-18 years | $50.00 | $100.00 | $5.00 |
| Adult 19-59    | $70.00   | $140.00  | $7.00 |
| Senior 60+     | $50.00   | $100.00  | $5.00 |

Punch passes are non-refundable. Punches will not expire and can be transferred to another family member or friend.

**MONTHLY PASSES**

Monthly pass members enjoy unlimited recreation facility usage and Memory Square Pool admission. **Please note the center closure dates before purchasing a membership. The center will be closed in August for annual maintenance, in addition to all major holidays. No credits will be given for closure dates, vacations or unused time.**

|                |  
Resident Discount Fee | Fee |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth 3-18 years</td>
<td>$19</td>
</tr>
<tr>
<td>Youth Summer Special</td>
<td>$99/year</td>
</tr>
<tr>
<td>Adult 19-59</td>
<td>$35</td>
</tr>
<tr>
<td>Senior 60+</td>
<td>$19</td>
</tr>
<tr>
<td>Couple</td>
<td>$55</td>
</tr>
<tr>
<td>Family</td>
<td>$59</td>
</tr>
</tbody>
</table>

*Towel rental $1.

**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.

**CANCELLATIONS**

Cancellations must be processed by the 5th day of the month by completing a request form at the center. Cancellations will be effective on the 5th.

**DID YOU KNOW?**

The City offers a Resident Discount Fee (RDF) on program and pass fees, room, pool, and park shelters rentals? If you are a Louisville Resident, look for the fees marked “RDF” which reflect this discount.
MONTHLY PAID IN FULL
If you prefer, pick any number of months and pay in full for that amount of months. One month passes are non-refundable. If multiple months are purchased, unused months will be eligible for a refund if made in advance.

LOUISVILLE BUSINESS PASS FOR NON-RESIDENTS
Non-residents who work for a business in Louisville may purchase an individual Recreation Center pass at resident rates. Proof of employment includes current business ID, paycheck, letter or business roster on official business stationary. The Louisville business rate is 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.

Family
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
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.

RESIDENT DISCOUNT FEE
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 a Resident Discount Fee on program fees, pass fees, room, pool, and park shelters rentals.

You’ll note as of January 1, 2016, the fees for our recreation programs will reflect this as a Resident Discount Fee (RDF) and a Non-Resident Fee (NRF). The Resident Discount Fee reflects the fee charged to Louisville residents living within the jurisdictional boundary based on policy established by the City of Louisville. The Resident Discount Fee is approximately 25% percent.

To qualify for the Resident Discount 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. If you have questions related to residency, please call 303-666-7400.

LOUISVILLE RECREATION / SENIOR CENTER
The center is a 57,400 square foot facility which offers recreational opportunities for a variety of the population. The multipurpose rooms are adjacent to outdoor patios which are available for warm weather events. A residential style kitchen, designed for prepared food, is available for rent.

ROOMS
- 25 classroom style seating in small room
- 75 banquet style seating in large room
- 100 audience style seating in large room

Rental of both large rooms allows for 150 banquet seating and 200 audience style.

<table>
<thead>
<tr>
<th>Rooms</th>
<th>Resident Discount Fee / Hour</th>
<th>Fee/Hour</th>
</tr>
</thead>
<tbody>
<tr>
<td>Large Room (Brooks or Crown)</td>
<td>$35</td>
<td>$45</td>
</tr>
<tr>
<td>Small Room (Garibaldi or Imperial)</td>
<td>$25</td>
<td>$35</td>
</tr>
<tr>
<td>Small Meeting Room (Paramount)</td>
<td>$25</td>
<td>$35</td>
</tr>
<tr>
<td>Kitchen</td>
<td>$15</td>
<td>$20</td>
</tr>
<tr>
<td>Additional Setup Time (&gt;1 hour)</td>
<td>$35</td>
<td>$45</td>
</tr>
</tbody>
</table>

SOUTH GYM (3 HOOPS)
Rental Hours: Weds. 6:30-8:30pm, Friday 4-6pm, Saturday 4-6pm

Resident Discount Fee: $40 per hour
Fee: $60 per hour

To rent or for more information, contact Peggy Jones at 303-335-4920 or peggyj@louisvilleco.gov
LOUISVILLE PARK SHELTERS

The following Louisville park shelters are currently available to rent. Shelters are only rented May 1 - September 30:

- Annette Brand (Plum Circle & Azure Way)
- Arboretum (Via Appia south of skate park)
- Community (955 Bella Vista Drive)
- Cottonwood (S. Boulder Road & Via Appia)
- Keith Helart (200 Monarch Court)
- Heritage (561 W. Cherry Street)
- Meadows (Orchard Way off Cherry Street)
- Memory Square (Jefferson Avenue & Spruce Street)
- Pirates (corner of Lafayette & Jefferson)

Community Park Shelter (more than 100 attendees)

<table>
<thead>
<tr>
<th></th>
<th>Resident Discount Fee</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>First 4 Hours</td>
<td>$200</td>
<td>$250</td>
</tr>
<tr>
<td>Each Additional Hour</td>
<td>$50</td>
<td>$65</td>
</tr>
</tbody>
</table>

Community Park Shelter (less than 100 attendees)

<table>
<thead>
<tr>
<th></th>
<th>Resident Discount Fee</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>First 4 Hours</td>
<td>$110</td>
<td>$140</td>
</tr>
<tr>
<td>Each Additional Hour</td>
<td>$25</td>
<td>$35</td>
</tr>
</tbody>
</table>

All Other Park Shelters

<table>
<thead>
<tr>
<th></th>
<th>Resident Discount Fee</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>First 4 Hours</td>
<td>$70</td>
<td>$90</td>
</tr>
<tr>
<td>Each Additional Hour</td>
<td>$20</td>
<td>$25</td>
</tr>
</tbody>
</table>

For more information, and to check availability and rent a shelter online: www.louisvillerecreation.com click on “Park Shelter Rentals,” then “Online Registration.” You will need a login and password. Once logged in click ‘Search’ then ‘Facility’.

The first day to rent shelters for May-September is: February 3 (residents) February 16 (non-residents)

BOAT PERMITS

HARPER LAKE BOAT PERMITS (Age 12+)

Boating is allowed on Harper Lake, with a boat permit, from 6:00 a.m. to nightfall daily. The boating season begins every May 1st and runs until the first ice forms on the lake. Only the following boats are allowed on Harper Lake with a boat permit and they are: Open-Air (Touring) Kayaks, Canoes, Inflatable with a solid bottom and no self-bailing device. Stand-Up Paddle Boards, Belly Boats, Pontoon boats are not allowed on the lake. By purchasing an annual or two-year permit, you agree to the Harper Lake Boating Rules and Regulations, which can be found on the City of Louisville website. Permits are sold online at www.louisvillerecreation.com under program registration. Registration numbers are listed below next to fees.

<table>
<thead>
<tr>
<th></th>
<th>RDF Code</th>
<th>RDF</th>
<th>Code</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>One Year</td>
<td>10000-1</td>
<td>$20</td>
<td>10000-3</td>
<td>$40</td>
</tr>
<tr>
<td>Two Years</td>
<td>10000-2</td>
<td>$35</td>
<td>10000-4</td>
<td>$70</td>
</tr>
</tbody>
</table>

A boat permit sticker will be mailed to your mailing address upon purchasing an annual or two-year boat permit. Please keep receipt as your Proof of Purchasing a Boat Permit until you receive the sticker that will be mailed to you from the Parks and Recreation Department Administrative Office.

BIRTHDAY PARTY PACKAGE

Includes a party room for 1 hour, and pool admission for 10 children and 2 adults. Children under the age of 6 must be accompanied by an adult who is actively supervising in the water.

RDF $70 / FEE $90

Additional guests:
- RDF $2.50 youth/$4.50 adult
- FEE $5 youth/$7 adult

Payment due at time of reservation.

For more information, contact Kayla Feeney at 303-335-4907 or kaylaf@louisvilleco.gov
Kid's Corner Babysitting

KID'S CORNER

DROP-IN BABYSITTING SERVICES
Kid's Corner babysitting provides a stimulating environment for your child to explore and interact with other children while you enjoy the benefits of the facility. Babysitting offers no structured curriculum. Parents must remain in the facility to use the babysitting services and may not leave the building at any time for any reason. Children must be at least 6 months old to be cared for, and no older than 12 years of age.

The babysitting facility operates on a drop-in basis. Limited space available! No reservations are taken. The ratio of babysitters to children is 1 to 8, with additional consideration given to situations with a large number of babies. The decision on the number of children accepted will be at the discretion of the staff and management. Children may remain in the Kid's Corner for a maximum of 2 hours.

KID'S CORNER HOURS
Monday-Friday 8:30am-1pm
Monday-Thursday 4pm-7pm*
Saturday 8:30am-12pm
Sunday CLOSED
* From May 31 through August 26, the evening hours will be 4-6:30pm

Babies 3 months and older are now allowed during designated times in Kid's Corner:
Monday - Friday 11am - 1pm
Monday - Thursday 4pm - 6pm

Would your child enjoy taking a class while you are working out? Be sure to check youth activities and aquatics to see if there is a class for your child.

KID'S CORNER GUIDELINES
When placing an infant in Kid's Corner who is unable to sit up on his or her own, please bring an infant seat or chair. Staff will not provide diaper changing services. If a child has a soiled diaper the parents will be notified to change the child in the facility restrooms. You may bring a snack for your child. Please bring snacks in non-glass/non-breakable containers. No bubble gum, hard candy, pop, red juices, anything sticky, seeds or peanut products. Please label all items brought into Kid's Corner. Please do not bring small toys or games with tiny pieces. These small items could pose a risk for smaller children. If this is the child’s first time in Kid's Corner, or the child is having a hard time settling down, you may want to bring in a favorite/familiar toy or blanket from home to comfort them. As a courtesy to all, we ask that sick children not be brought into the facility. Children displaying symptoms of illness will not be permitted to remain under our service.

An open spot cannot be guaranteed for any guest. Wait lists will be formed if the maximum number of children is met.

PUNCH CARD FEES (non-refundable)
10 Hours / 40 Punches / Cost: $20.00
Each punch is equal to 15 minutes of babysitting

DROP-IN FEE
For those guests who do not wish to purchase a Kid's Corner punch card, the drop-in rates are as follows:

<table>
<thead>
<tr>
<th>TIME</th>
<th>FIRST CHILD</th>
<th>EACH ADDITIONAL CHILD</th>
<th>SAME FAMILY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Hour</td>
<td>$3</td>
<td>$2.50</td>
<td>$2.50</td>
</tr>
</tbody>
</table>

Minimum one hour. You will be charged for an additional hour for any time in addition to the first hour (i.e., 1 hour, 15 minutes–charged for 2 hours). Babysitting use must be paid on a daily basis at the front desk and a copy of the receipt must be presented when signing the child out of Kid's Corner. Parents will be asked to pick up their child on time: a $1 per minute late fee may be assessed.

ANNUAL KID'S CORNER PASS
Best buy! If you use Kid's Corner services 2 1/2 hours or more a week, it is more economical to purchase an annual pass. The savings are even greater if you have two or more children! No refunds. May be purchased at the Registration Desk.

<table>
<thead>
<tr>
<th>NUMBER OF CHILDREN</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Child</td>
<td>$250</td>
</tr>
<tr>
<td>Each additional child</td>
<td>$50</td>
</tr>
</tbody>
</table>

FOR MORE INFORMATION contact Peggy Jones at (303) 335-4920 or peggyj@louisvilleco.gov.
GENERAL POOL / FACILITY INFORMATION

Please refer to monthly pool schedule located at the front desk or online for up-to-date pool usage.

WATER SLIDE/Spray FEATURE/Diving BOARD
Spray feature, water slide and diving board will be operative during most open swim times.

LAP SWIMMING
Lap Swim is open to all age groups wishing to swim continuous lengths in the 25M pool. Persons 15 years of age and under must be accompanied by an adult. No diving will be allowed during these times. Please observe these guidelines when lap swimming:
1. Enter the water with care.
2. Please circle swim at all times. Circle swimming accommodates the greatest number of swimmers and lends itself to a friendly atmosphere.
3. Turns should be done at the T on each end wall. Swimmers resting or standing should position themselves as near as possible to the edge of the lane.
4. Be considerate of other swimmers in the lanes. Allow a swimmer to pass you safely when needed.
5. 32 laps = 1 mile

POOL SAFETY PRECAUTIONS
Please enjoy your swimming pool by following these safety precautions:
1. 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.
2. Children 6 and under must be accompanied by an adult who is actively supervising in the water.
3. Children 6 and under may not use the hot tub, sauna, or steam room.
4. Patrons between the ages of 7 and 11 may use the sauna, steam room, and hot tub only when accompanied by an adult.
5. Strollers and infant carriers must not be left unattended at any time.
6. No regular diapers are allowed in the swimming pool. Plastic pants or swim diapers must be worn if needed.
7. Swim instruction not taught by a Louisville Aquatics employee can only take place when a parent or legal guardian is the instructor.

SWIM LESSON REGISTRATION
• We encourage you to waitlist for the class you are interested in. You will be contacted if you are placed into a class from the wait list.
• Refund Policy. No refunds or credits for a cancellation made less than 7 days before the start of class. $5 cancellation fee if more than 7 days.
• If you are registering for more than one session, please register for the same level of each class for each session, as it is difficult to predict each individual’s rate of advancement. As your child advances, please notify us and we will work with you to make appropriate changes.
• Classes with insufficient registration will be cancelled or combined. If cancelled for low enrollment you will be given a full refund or credit.
• No refunds or make-ups for missed lessons

PRIVATE LESSONS POLICIES AND PROCEDURES

WHY:
Private lessons are available for individuals that are looking to achieve very specific goals within a certain time frame and or are not benefitting from a group lesson scenario.

HOW:
If a private lesson is needed please fill out a Private Lesson Request Card at the front desk. Lessons are scheduled based on instructor availability and facility schedules. We establish priority for lessons based on the order in which the request cards are received and we try to honor as many requests as possible. By filling out the card you are placed on our sometimes large waitlist.

WHEN:
When a spot opens up we look for the person that has been on the waitlist the longest as well as matching availability to fill the open spot. Please beware that private lessons are highly requested and instructors and pool space book fast. If you have not heard from an aquatics team member it is because there is not a spot available. Once you have received a spot and an instructor has contacted you that spot is yours until you have achieved your goals and or needs.

** CANCELLATION POLICY **:
If a private lesson is cancelled within less than 24 hours notice or a participant does not arrive for the lesson within 15 minutes of the start time, the participant may be charged for the lesson. If this were to become a continual problem the participant may lose their private lesson spot and need to go back on the waitlist.

PRIVATE / SEMI-PRIVATE SWIM LESSONS
The swim instructors at the Louisville Recreation Center offer fun, exciting, and effective private swim lessons. Lessons can be held for one or two people on their schedule and are 30 minutes in length. To sign up, please fill out a private lesson request form at the front desk.

<table>
<thead>
<tr>
<th>Class</th>
<th>Resident Discount Fee</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Private - 1 person</td>
<td>$20</td>
<td>$25</td>
</tr>
<tr>
<td>Semi-private - 2 people</td>
<td>$10/student</td>
<td>$12.50/student</td>
</tr>
</tbody>
</table>
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. Preschool classes strive for a 4:1 student to instructor ratio and a 6:1 ratio for school age levels 1-6.

**GROUP LESSONS**

**UNSURE WHICH LEVEL YOUR CHILD BELONGS IN?**
Schedule a 5 minute swim assessment with a certified instructor. Contact Kate Meyer at 303.335.4927.

**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.

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>CLASS FOCUS</th>
<th>PRE-REQUISITE</th>
<th>AGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre Pollywog</td>
<td>Being in a class setting and going underwater independently</td>
<td>Being ready to participate in a group setting</td>
<td>2-3</td>
</tr>
<tr>
<td>Pollywog</td>
<td>Floating, breath control, underwater and forward movement in the water</td>
<td>Going underwater without hesitation</td>
<td>3-5</td>
</tr>
<tr>
<td>Tadpole</td>
<td>Front crawl stroke with breathing and being comfortable in deep water</td>
<td>Floating on front and back independently and forward movement through water</td>
<td>3-5</td>
</tr>
<tr>
<td>Toad</td>
<td>Improving strokes, endurance and comfort in deep water</td>
<td>Swimming 15 yards with coordinated arm and leg movement</td>
<td>3-5</td>
</tr>
<tr>
<td>Level 1</td>
<td>Being in a class setting and going underwater independently, learning floats</td>
<td>Being ready to participate in a group setting</td>
<td>5+</td>
</tr>
<tr>
<td>Level 2</td>
<td>Floating, breath control, underwater and forward movement in the water</td>
<td>Going underwater without hesitation</td>
<td>5+</td>
</tr>
<tr>
<td>Level 3</td>
<td>Front crawl with breathing, elementary backstroke and diving basics</td>
<td>Front crawl and being comfortable in deep water</td>
<td>5+</td>
</tr>
<tr>
<td>Level 4</td>
<td>Stroke work on 4 competitive strokes and elementary backstroke</td>
<td>Swimming 15 yards of front crawl with breathing</td>
<td>5+</td>
</tr>
<tr>
<td>Level 5</td>
<td>Increasing swimming efficiency</td>
<td>Swimming 25 yards of front crawl with breathing, breast stroke, and elementary back stroke</td>
<td>5+</td>
</tr>
<tr>
<td>Level 6</td>
<td>Swimming skill proficiency</td>
<td>Swim 4 competitive strokes, complete at least 25 yards of each stroke and 50 yards of freestyle with side breathing</td>
<td>6+</td>
</tr>
</tbody>
</table>
Aquatics - Group Classes

Schedule
1. Pick your days
2. Pick your session
3. Pick your time

Cost
All Lessons:
$49 RDF
$62 FEE

Registration Dates
RESIDENTS: Monday, April 11
NON-RESIDENTS: Monday, April 18

MONDAY-THURSDAY MORNINGS
Session 1: June 6-16
Session 2: June 20-30
Session 3: July 11-21
Session 4: July 25-August 4

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS/ CODE</th>
<th>CLASS/ CODE</th>
<th>CLASS/ CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00-9:30am</td>
<td>Pollywog 23030</td>
<td>Tadpole 23040</td>
<td>Level 3 23130</td>
</tr>
<tr>
<td>9:40-10:10am</td>
<td>Pre-Pollywog 23020</td>
<td>Toad 23050</td>
<td>Level 2 23120</td>
</tr>
<tr>
<td>10:20-10:50am</td>
<td>Pollywog 23031</td>
<td>Toad 23051</td>
<td>Level 4 23140</td>
</tr>
<tr>
<td>11:00-11:30am</td>
<td>Pre-Pollywog 23021</td>
<td>Tadpole 23041</td>
<td>Level 1 23111</td>
</tr>
</tbody>
</table>

SATURDAY MORNINGS
Session 1: June 11-August 6
No Class July 2

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS/ CODE</th>
<th>CLASS/ CODE</th>
<th>CLASS/ CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00-9:30am</td>
<td>Pollywog 23038</td>
<td>Tadpole 23048</td>
<td>Level 3 23138</td>
</tr>
<tr>
<td>9:40-10:10am</td>
<td>Pre-Pollywog 23028</td>
<td>Toad 23058</td>
<td>Level 2 23128</td>
</tr>
<tr>
<td>10:20-10:50am</td>
<td>Parent/Tot 23008</td>
<td>Level 4 23148</td>
<td>Adult 23208</td>
</tr>
<tr>
<td>11:00-11:30am</td>
<td>Parent/Child 23018</td>
<td>Level 1 23118</td>
<td>Level 5 23158</td>
</tr>
</tbody>
</table>

TUESDAY / THURSDAY EVENINGS
Session 1: June 7-30
Session 2: July 12-August 4

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS/ CODE</th>
<th>CLASS/ CODE</th>
<th>CLASS/ CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:00-4:30pm</td>
<td>Pre-Pollywog 23023</td>
<td>Tadpole 23043</td>
<td>Level 1 23113</td>
</tr>
<tr>
<td>4:40-5:10pm</td>
<td>Pollywog 23033</td>
<td>Toad 23053</td>
<td>Level 2 23123</td>
</tr>
<tr>
<td>5:20-5:50pm</td>
<td>Pre-Pollywog 23024</td>
<td>Tadpole 23044</td>
<td>Level 3 23133</td>
</tr>
<tr>
<td>6:00-6:30pm</td>
<td>Pollywog 23034</td>
<td>Toad 23054</td>
<td>Level 4 23143</td>
</tr>
<tr>
<td>6:40-7:10pm</td>
<td>Level 2 23124</td>
<td>Level 3 23134</td>
<td>Level 5 23153</td>
</tr>
</tbody>
</table>

DISCOVER SCUBA DIVING For Ages 8 & Up
Sundays | 9:30-11:30am
Class Code # 23206 | RDF: $50 | FEE $63

Session 1: May 15
Session 2: June 12
Session 3: July 10
Session 4: August 7

Have you always wondered what it’s like to breathe underwater? If you want to try scuba diving, Louisville Recreation Center is offering a 2 hour program in the pool to give you the experience of a lifetime. No prior experience with scuba diving is necessary, but you need to be in reasonable physical health. A Weaver’s Dive & Travel Center PADI-certified instructor will teach you the basic safety guidelines and skills needed to dive. Under direct supervision, you will learn about scuba equipment and how to use it to have fun breathing and swimming underwater. All equipment will be provided. The first 30 minutes of each class is focused on education and preparing to enter the water. We need a minimum of 4 students (Max of 8 students per instructors).

Contact: Dave Locke for more info: 303-499-8500 http://www.weaversdive.com
Aquatics - Water Aerobics

AQUA FLEX
Want to become more flexible? Exercises in this class are designed to improve range of motion, muscle strength and endurance, improve joint flexibility and reduce pain and stiffness.

<table>
<thead>
<tr>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fridays Ongoing</td>
<td>10:30-11:30am</td>
<td>Drop in class - daily admission or annual membership</td>
</tr>
</tbody>
</table>

WATER AEROBICS
Exercise without the pounding and jolting on your joints! Water aerobics offers a healthy alternative for exercising, creating a total body workout. Course is designed for men and women. No swimming ability is required.

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>TYPE</th>
<th>INSTRUCTOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>9-10am</td>
<td>Shallow</td>
<td>Jenny</td>
</tr>
<tr>
<td></td>
<td>12-1pm</td>
<td>Deep</td>
<td>Ronda @ Memory Square*</td>
</tr>
<tr>
<td></td>
<td>6-7pm</td>
<td>Deep</td>
<td>Richard</td>
</tr>
<tr>
<td>Tue</td>
<td>8-9am</td>
<td>Shallow</td>
<td>Peggy</td>
</tr>
<tr>
<td></td>
<td>9-10am</td>
<td>Srs, Shallow</td>
<td>Jo-Ann</td>
</tr>
<tr>
<td></td>
<td>12-1pm</td>
<td>Deep</td>
<td>Mary @ Memory Square*</td>
</tr>
<tr>
<td>Wed</td>
<td>9-10am</td>
<td>Shallow</td>
<td>Jo-Ann</td>
</tr>
<tr>
<td></td>
<td>12-1pm</td>
<td>Deep</td>
<td>Mary @ Memory Square*</td>
</tr>
<tr>
<td></td>
<td>6-7pm</td>
<td>Deep</td>
<td>Richard</td>
</tr>
<tr>
<td>Thurs</td>
<td>8-9am</td>
<td>Shallow</td>
<td>Peggy</td>
</tr>
<tr>
<td></td>
<td>9-10am</td>
<td>Srs, Shallow</td>
<td>Jo-Ann</td>
</tr>
<tr>
<td></td>
<td>12-1pm</td>
<td>Deep</td>
<td>Donna @ Memory Square*</td>
</tr>
<tr>
<td>Fri</td>
<td>9-10am</td>
<td>Shallow</td>
<td>Anastasia</td>
</tr>
<tr>
<td></td>
<td>12-1pm</td>
<td>Deep</td>
<td>Mary @ Memory Square*</td>
</tr>
<tr>
<td></td>
<td>5:30-6:30pm</td>
<td>Deep</td>
<td>Richard</td>
</tr>
<tr>
<td>Sun</td>
<td>4:30-5:30pm</td>
<td>Deep</td>
<td>Mary</td>
</tr>
</tbody>
</table>

* MEMORY SQUARE AEROBICS STARTS MAY 31

MEET YOUR INSTRUCTORS

MARY ANDERSON
ANASTASIA BENSON
RICHARD COHEN
JENNY FALBO
RONDA FRANDSEN
PEGGY LEGGETT
JO-ANN MARQUES
MARLENE MURPHY
# Memory Square Pool

**Open May 28 - September 5**

## Pool Schedules

(May 28-August 16; Schedule is subject to change.)

<table>
<thead>
<tr>
<th>TIME</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>5am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**SWIM TEAM**
- 6-10am

**SWIM LESSONS**
- 10am-12pm

**FLUID RUNNING**
- 10:45-11:45am

**DEEP H2O AEROBICS**
- 12-1

**LAP SWIM**
- 5-6pm

**OPEN SWIM**
- 1-5pm

---

**MEMORY SQUARE POOL**

**Location:**
Downtown Louisville  
801 Grant Street  
303-666-7909

**Hours of Operation:**
May 28-September 5

*See schedules below*

The pool will open at 2:30 pm due to swim meets on the following days: June 11, June 28, and July 16.

## Daily Admission

<table>
<thead>
<tr>
<th>Age</th>
<th>Resident Discount Fee</th>
<th>Daily Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth 3-18 years</td>
<td>$4.00</td>
<td>$6.00</td>
</tr>
<tr>
<td>Adult 19-59</td>
<td>$6.00</td>
<td>$8.00</td>
</tr>
<tr>
<td>Senior 60+</td>
<td>$4.00</td>
<td>$6.00</td>
</tr>
<tr>
<td>Group Rate (10+)</td>
<td>$2.50 youth</td>
<td>$5.00 youth</td>
</tr>
<tr>
<td></td>
<td>$4.50 adult</td>
<td>$7.00 adult</td>
</tr>
</tbody>
</table>

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

Recreation Center pass members are eligible for Memory Square admission by presenting their Recreation Center pass.

All visitors must check in at the same time to take advantage of the group rate. Please contact Kate Meyer, katem@louisvilleco.gov, 7 days in advance if the group is larger than 10. (Children under 3 years of age are admitted at no charge with an adult).

---

**POOL OPENS MAY 28 - SEPTEMBER 5**

**BACK-TO-SCHOOL POOL SCHEDULE**
(Starting August 15; Schedule is subject to change.)

<table>
<thead>
<tr>
<th>DAY</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>M/W</td>
<td>11:45-1pm</td>
</tr>
<tr>
<td>T/Th</td>
<td>10:45-1pm</td>
</tr>
<tr>
<td>Sa</td>
<td>8:00-10am (All Lanes) 5:00-6:00pm</td>
</tr>
<tr>
<td>Su</td>
<td>8:00-9:15am (2 Lanes) 9:15-10:00am (4 Lanes) 5:00-6:00pm</td>
</tr>
</tbody>
</table>

**FLUID RUNNING**
- T/Th 10:45-11:45am

**DEEP H2O AEROBICS**
- M-F 12:00-1:00pm

**OPEN SWIM**
- Sa/Su 10:00am-5:00pm
**Schedule**

1. Pick your session
2. Pick your time

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>CLASS FOCUS</th>
<th>PRE-REQUISITE</th>
<th>AGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre Pollywog</td>
<td>Being in a class setting and going underwater independently</td>
<td>Being ready to participate in a group setting</td>
<td>2-3</td>
</tr>
<tr>
<td>Pollywog</td>
<td>Floating, breath control, underwater and forward movement in the water</td>
<td>Going underwater without hesitation</td>
<td>3-5</td>
</tr>
<tr>
<td>Tadpole</td>
<td>Front crawl stroke with breathing and being comfortable in deep water</td>
<td>Floating on front and back independently and forward movement through water</td>
<td>3-5</td>
</tr>
<tr>
<td>Toad</td>
<td>Improving strokes, endurance and comfort in deep water</td>
<td>Swimming 15 yards with coordinated arm and leg movement</td>
<td>3-5</td>
</tr>
<tr>
<td>Level 1</td>
<td>Being in a class setting and going underwater independently, learning floats</td>
<td>Being ready to participate in a group setting</td>
<td>5+</td>
</tr>
<tr>
<td>Level 2</td>
<td>Floating, breath control, underwater and forward movement in the water</td>
<td>Going underwater without hesitation</td>
<td>5+</td>
</tr>
<tr>
<td>Level 3</td>
<td>Stroke work on 4 competitive strokes and elementary backstroke</td>
<td>Front crawl and being comfortable in deep water</td>
<td>5+</td>
</tr>
<tr>
<td>Level 4</td>
<td>Stroke work on 4 competitive strokes and elementary backstroke</td>
<td>Swimming 15 yards of front crawl with breathing</td>
<td>5+</td>
</tr>
</tbody>
</table>

**Cost for Group Lessons**

- All Lessons: $49 RDF
- $62 FEE

**Registration Dates**

Residents: Monday, April 11
Non-residents: Monday, April 18

**MONDAY-THURSDAY MORNINGS**

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS/ CODE</th>
<th>CLASS/ CODE</th>
<th>CLASS/ CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30-11:00am</td>
<td>Pollywog 24030</td>
<td>Tadpole 24040</td>
<td>Level 2 24120</td>
</tr>
<tr>
<td>11:10-11:40am</td>
<td>Pre-Pollywog 24020</td>
<td>Toad 24050</td>
<td>Level 1 24110</td>
</tr>
</tbody>
</table>

**TRIATHLON AND FITNESS SWIMMING**

Training at Memory Square May 29-Sept. 4
Sunday Mornings | 8:00-9:15am

10 Punch Pass: RDF $70/FEE $88

**KIDS TRIATHLON TRAINING**

Ages 7-16
Train for the Lafayette Strong Kids Triathlon on July 23.
Land based session 8-9:15am focusses on agility, balance, coordination, running, and transitions coached by Alison Freeman USAT coach. Swim or Cycle session 9:15-10am is with Jared Berg and the Race Ready Team.

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>DATES</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>24207</td>
<td>1</td>
<td>Su 6/12-8/7</td>
<td>8-10am</td>
<td>$75/$94</td>
</tr>
<tr>
<td>No class 7/3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**DID YOU KNOW?**

The City offers a Resident Discount Fee (RDF) on program and pass fees, room, pool, and park shelters rentals. If you are a Louisville Resident, look for the fees marked “RDF” which reflect this discount.
The Louisville Recreation/Senior Center is CLOSED FOR MAINTENANCE August 17-24, 2016.
Louisville Recreation Center monthly passes can be used at Bob L. Burger Recreation Center during the facility closure period. Punch passes will not be valid at the Lafayette center. An issued Louisville Recreation Center pass must be presented for valid admission. Daily visit fee will apply if a Louisville ID card is not presented.

Information about Bob L. Burger Recreation Center can be found at www.cityoflafayette.com or call 303-665-0469.

Memorial Day & Independence Day
Memorial Day Weekend MAY 23-25
Independence Day JULY 4
10 AM - NOON: LAP SWIM
NOON - 5PM: OPEN SWIM
Bring your family and kick off summer!

The Louisville Recreation/Senior Center is CLOSED FOR MAINTENANCE August 17-24, 2016.
Louisville Recreation Center monthly passes can be used at Bob L. Burger Recreation Center during the facility closure period. Punch passes will not be valid at the Lafayette center. An issued Louisville Recreation Center pass must be presented for valid admission. Daily visit fee will apply if a Louisville ID card is not presented.

Information about Bob L. Burger Recreation Center can be found at www.cityoflafayette.com or call 303-665-0469.

Memorial Day Weekend MAY 23-25
Independence Day JULY 4
10 AM - NOON: LAP SWIM
NOON - 5PM: OPEN SWIM
Bring your family and kick off summer!
**Fit Zone**

**WELCOME TO THE “FITZONE”!**

Admission to “FitZone” fitness classes is included in your paid admission or membership at the Recreation Center. It is recommended that all persons starting an exercise program consult their physician prior to participation. Additionally, for everyone’s safety, participants must be at least 14 years of age.

**Class Schedules**
A current schedule is available online at [www.LouisvilleRecreation.com](http://www.LouisvilleRecreation.com) or at the Recreation Center front desk.

**FitZone Information / Help**
Please contact Peggy Jones at (303) 335-4920 or email peggyj@louisvilleco.gov

**FitZone Class Cancellation Line**
Call (303) 335-4949 or visit [www.LouisvilleRecreation.com](http://www.LouisvilleRecreation.com)

**CLASS DESCRIPTIONS**

**BOOT CAMP**
This 45-minute dynamic class utilizes various locations (inside and outside) and equipment (TRX, dumbbells, resistance bands, ropes, etc.) for a total body workout. The class will meet in the south gym and will begin with 5 minutes of warm-up and go, go, GO from there!

**CYCLE**
This class combines a foundation of basic cycling movements with motivational coaching techniques, breathing awareness and heart rate training. **Express** is a 45-minute class versus a 1 hour class. **Endurance** is a 90-minute class with longer duration sets.

**CYCLE-YOGA**
This 75-minute class brings together cycling and yoga in one well-rounded workout. By combining 35 minutes of cycling with 35 minutes of yoga, each class optimizes your endurance, balance, flexibility, and strength. Recommended attire: shoes appropriate for cycling, comfortable clothing for Yoga, a water bottle, and a small towel.

**KICKBOXING**
This high-energy class with a “punch” will sculpt your body using punches, kicks and cardiovascular training.

**LIFT ‘N RIDE**
Ride for the first 30 minutes and then finish up the hour with some weight lifting. A great workout for all levels.

**LUNCH CRUNCH**
Packed with muscular strength and conditioning, core strengthening, cardio conditioning and flexibility... get it all done over your lunch hour!

**PILATES MAT**
All are welcome to this mind-body class that focuses on increasing core strength as well as flexibility. Controlled exercises are done on a mat usually in a sitting or lying-down position. Some exercises will also challenge the upper body.

**POWER STEP**
An advanced-level, high intensity, low impact aerobic class using a step bench. Involves movements and combinations with varying speed, travel and choreography.

**SILVER SNEAKERS® CLASSIC**
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**SILVER SNEAKERS® CIRCUIT**
Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work, with hand-held weights, elastic tubing with handles and a ball, is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

**SILVER SNEAKERS® CARDIO**
This class offers a safe and effective low-impact cardiovascular workout. Easy-to-follow movements promote heart healthy, total body conditioning improvements to increase cardiovascular and muscular endurance. Hand-held weights or elastic tubing with handles can be used for the strength training segment that follows the cardio segment. The SilverSneakers® chair offers stability or support options for abdominal and stretching exercises from the floor.

**TRX (TOTAL BODY RESISTANCE)**
TRX suspension training body-weight exercises develop strength, balance, flexibility and core stability simultaneously. This class is held in the south gym.

**ULTIMATE CORE**
This class will focus on building abdominal and low back musculature, and enhancing surrounding muscle groups for stabilization and strength. Abs, back, glutes, hamstrings and quads will be the focus with enhancement in the upper body in areas of lats and arm workout.

**YOGA**
Traditional Hatha yoga, Vinyasa-style (flowing, continuous movement between postures) focuses on breathing techniques, relaxation and proper alignment in postures, which restores calm, balance, and enhances energy. The classes designated as Yoga are designed for all levels. **Gentle** classes are slower paced with gentle transitions between postures. **Intermediate** classes are for those who have been practicing yoga and are ready to move on to more challenging poses with longer poses and less resting in between. There will also be more balancing and inversions. Continuation of breathing practices allows participants to flow deeper into the awareness and release of physical and mental tension. These classes conclude with the guided, deep relaxation of Yoga Nidra. **Hips/Back** focuses on poses that bring greater flexibility to the hips and lower back. **Power** indicates a more vigorous, fitness-based approach. **Burn** incorporates light hand weights, at times holding poses to target and strengthen specific muscles. The occasional "cardio burst" creates an energizing and fun class!
### CLASS DESCRIPTIONS (CONTINUED)

#### ZONETONE
This class uses hand weights, bands and/or body bars for total body sculpting and toning. **Cardio** indicates an additional focus on increasing your heart rate.

#### ZUMBA®
A fusion of Latin and International music - dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. **Gold** indicates modified, easy-to-follow, low impact moves for active older adults and those who want to move at a slower pace.

### MEET YOUR “FIT ZONE” INSTRUCTORS

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Class</th>
<th>Certification</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHRISTINE BOTTAGARO</td>
<td><strong>Power Step</strong></td>
<td>IFA</td>
</tr>
<tr>
<td>C.M. BROWN</td>
<td><strong>Yoga</strong></td>
<td>Integral Yoga, Yoga Alliance</td>
</tr>
<tr>
<td>HELENE MARTINEZ</td>
<td><strong>Kickboxing, Toning, Zumba®, TRX</strong></td>
<td>AAAI/ISMA, NETA, Zumba®, TRX</td>
</tr>
<tr>
<td>CINDY MAYHEW</td>
<td><strong>Toning</strong></td>
<td>NETA</td>
</tr>
<tr>
<td>RONDA FRANDSEN</td>
<td><strong>Cycling, Yoga, Aqua, Toning</strong></td>
<td>AAAI/ISMA, Zumba®, SilverSneakers®</td>
</tr>
<tr>
<td>ANASTASIA BENSON</td>
<td><strong>Cycling, Pilates Mat, Zumba®, Zumba Gold, Aqua</strong></td>
<td>AFAA, Zumba®, YMCA, TRX SilverSneakers®</td>
</tr>
<tr>
<td>SETH KOSLOWSKI</td>
<td><strong>TRX, Boot Camp</strong></td>
<td>TRX, CorePower Yoga, SilverSneakers®</td>
</tr>
<tr>
<td>DONNA PARKER</td>
<td><strong>Toning, Aqua, SilverSneakers®</strong></td>
<td>ACE, SilverSneakers®</td>
</tr>
<tr>
<td>BEN PRYHODA</td>
<td><strong>Cycling</strong></td>
<td>AFAA</td>
</tr>
<tr>
<td>BURT HENRY</td>
<td><strong>Cycling</strong></td>
<td>CSCS, Spinning</td>
</tr>
<tr>
<td>FELICIA RENZ</td>
<td><strong>Cycling, Step, Toning</strong></td>
<td>AAAI/ISMA</td>
</tr>
<tr>
<td>ELLEN DeMONEY</td>
<td><strong>Cycling, Toning, SilverSneakers®</strong></td>
<td>Nautilus Institute, BTS</td>
</tr>
<tr>
<td>DANA HOWE</td>
<td><strong>Yoga</strong></td>
<td>Yoga Alliance</td>
</tr>
<tr>
<td>BECKY KNOTT</td>
<td><strong>Yoga, Cycle-Yoga</strong></td>
<td>CorePower, Yoga, Yoga Alliance, Fitour</td>
</tr>
<tr>
<td>SHANNON HUNT</td>
<td><strong>TRX</strong></td>
<td>ISSA</td>
</tr>
</tbody>
</table>

---

**RESIDENT DISCOUNT FEE (RDF)** | **WWW.LOUISVILLERECREATION.COM** | **MAY-AUGUST 2016** | **17**
**FLUID RUNNING**

Fluid Running is a deep water running technique that the Australians and Canadians have been using to supplement their land running, rehab injuries or use as cardio. Fluid Running provides all of the benefits of land running without any impact. This technique has now been introduced to a handful of certified instructors in the US and we are excited to be offering this class. Fluid Running is coached by Mary Ritter, Owner of Body Transformations, Certified Fluid Running Instructor, USAT Coach and CPT/CES/PES/SSI

The benefits:

- Burn up to 40% more calories than running on land
- Builds muscular strength and endurance
- Works the legs, core and arms
- No impact! Can participate even with many injuries
- Pre/Post Natal workout without the jarring or pounding
- Runners can improve strength and speed
- FUN!

You don’t have to be a runner, swimmer, or athlete to participate. Aqua-jogging belts are provided for flotation. All you need is your swim suit and water bottle! In addition to all the benefits above, you don’t even get your hair wet!!

**AMERICAN RED CROSS CPR & AED**

**ADULT, CHILD, INFANT CPR** (Ages 13+)

People need to know how to respond in an emergency before medical help arrives. This course covers American Red Cross methods of performing rescue breathing, aid for choking victims, and CPR on adults, children and infants. All participants will be eligible to receive a certification card. Instructor: Emily Vigmostad

**FIRST AID**

Learn how to respond to common first aid emergencies, including burns, cuts, head, neck, and back injuries and more.

---

**OUTDOOR BOOTCAMP!**

Come join us as we take our TABATA, TOTAL BODY BOOTCAMP outside! Enjoy fitness and fun out in the fresh air of the arboretum and trails behind the rec center. Class will be moved indoors in inclement weather. Please meet in the recreation center lobby. No class 7/4.

**ADULT FITNESS**

**PIYO - PILATES AND YOGA COMBINATION - OUTDOORS**

This peaceful, yet challenging class strengthens, tones and stretches your entire body in a complete and effective workout that invigorates the body and mind. Options will be given for all fitness levels. Great for beginners! Each practice ends with a guided relaxation and cool down. This summer come enjoy a refreshing morning outdoors in the Arboretum Pavilion.

**Instructor:** Amanda Hale Rogers, Certified Personal Trainer and President of Inside Out Health & Fitness Training, Inc.

**CODE** | **SESS** | **DATES** | **TIME** | **RDF/FEE**
--- | --- | --- | --- | ---
20027 | 1 | W 6/8-6/22 | 9:00-9:50am | $33/$41
20027 | 2 | W 7/13-7/27 | 9:00-9:50am | $33/$41

**BODY FAT TESTING (BIO-ANALOGICS)**

A complete analysis of your body composition using Bioelectrical Impedance is now available from A Way of Life Consulting. This technique was designed by Bio-Analogics and is used by health care workers around the world. Call (303) 335-4925 to schedule an appointment.

**CODE** | **SESS** | **DATES** | **TIME** | **RDF/FEE**
--- | --- | --- | --- | ---
27002 | 1 | Sa 5/7 | 10am-1pm | $77/$87
27002 | 2 | Sa 6/4 | 10am-1pm | $77/$87
27002 | 3 | Sa 8/27 | 10am-1pm | $77/$87

**CODE** | **SESS** | **DATES** | **TIME** | **RDF/FEE**
--- | --- | --- | --- | ---
27002 | 1 | Sa 5/7 | 9-10am | $10/$12
27002 | 2 | Sa 6/4 | 9-10am | $10/$12
27002 | 3 | Sa 8/27 | 9-10am | $10/$12

**CODE** | **SESS** | **DATES** | **TIME** | **RDF/FEE**
--- | --- | --- | --- | ---
27002 | 1 | by appointment | by appointment | $20/$25

**BODY FAT TESTING (CALIPER)**

This test is conducted by Amanda Hale-Rogers, president of Inside Out Health & Fitness Training, Inc. and nationally certified fitness trainer, using skin-fold calipers to measure your current level of body fat. A written body composition analysis will be included. Call 720-350-2303 to schedule an appointment.

**CODE** | **SESS** | **DATES** | **TIME** | **RDF/FEE**
--- | --- | --- | --- | ---
27002 | 1 | by appointment | by appointment | $15
WATER AEROBICS
Exercise without the pounding and jolting on your joints! Class is designed for men and women. No swimming ability is required. All classes are on a drop-in basis. Daily admission required. No registration required. See Aquatics Section for class details and schedule.

ADULT GENERAL INTEREST

BE FIT AFTER 50
Is it time to think about how our body is aging? At age 70, I have overcome age related dynamics and I know with a passion that this works. Allow your body to become more efficient. Whether it’s just getting up and down or picking up a 40lb. child. Learn how to do it safely and correctly. Individual training in a small group setting will be our format. My students range in age 50-70 and they have one thing in common. They are stronger, quicker, more agile and just plain happy to move through life with grace. The tools we use will be everything this center can offer. Take the time now to join us, so you don’t have to give back time later because of illness. Call Jack Wagner (ISSA Certified) at 720-291-4240 or jw18235@gmail.com.

T-FITNESS POWER TRAINING
Power Training eliminates the boredom of getting into peak shape by incorporating creativity and variability into a total body workout. You get a highly effective and motivating workout focusing on the strength training with cardio complement in every class. You will be integrating free weights, machines, toning work, and a wide range of track and outdoor drills (seasonally). Each group session is led by a Certified Professional Trainer to give you the results, training, and inspiration you need to help meet your personal fitness goals and geared toward your fitness level Bottom line- it’s good, hard, fun! Questions? Call Tina (720) 436-6037. Classes are run year round and session fees are monthly.

COME TRY YOUR FIRST CLASS FOR FREE!
You may start a session at anytime. Class meets in the gym. Classes run year round and session fees are monthly.

Looking for a way to reduce stress?
Try Tai Chi!

It’s meditation in motion!
All Ages Welcome, Details on Page 44.
STRENGTH IN NUMBERS
This class is designed to deliver serious fitness results. Proven fact: most people work out significantly harder and enjoy their workouts more when working with equally motivated people. This 10-15 member class is led by high energy Certified Professional Trainers providing a power-packed workout hour delivering measurable results. Sessions are highly varied, but consistently include machine and/or free weight strength training, cardiovascular endurance training and intense toning, interval and core strength work. Questions? Call Jillon (303) 748-4784.

<table>
<thead>
<tr>
<th>SESSION</th>
<th>DATES</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>TuThF Monthly</td>
<td>8:30-9:30am</td>
<td>$80/$100</td>
</tr>
</tbody>
</table>

CAMP GLADIATOR:
AWARD WINNING OUTDOOR GROUP FITNESS
Camp Gladiator is the national leader in group fitness. We are not limited by a title: gym, club, camp – the only word that does justice to what we are is a movement! We believe you are meant to run, jump, crawl, sweat, compete and challenge yourself! Camp Gladiator is a refuge where like-minded individuals, work together to accomplish something and be challenged from within. Campers should expect a total body workout. A typical session could include interval training, sprint and agility drills, stations, plyometrics, body weight strength drills, cardio mix, and much more. Camp Gladiator is designed to increase your functional strength, speed, stamina and, to deliver results. We want to show you how far you can go if you’d only let go and be fearless. Camp Gladiator reignites the flame that already burns inside of you—dimmed from years of neglect, but still burning. Unleash the fire, join the movement – become a Gladiator!

Coached by Patrick Howe 720-289-0427, patrickhowe@camp-cladiator.com.

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. Call (303) 666-7400, to schedule an appointment. If you must cancel an appointment for any reason, please call the Recreation Center at least 24 hours in advance, or be subject to a $10 cancellation fee.

<table>
<thead>
<tr>
<th>SESSION</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 Sessions</td>
<td>$96/$120</td>
</tr>
<tr>
<td>1 Session</td>
<td>$40/$50</td>
</tr>
</tbody>
</table>

MEET OUR PERSONAL TRAINERS:

ANASTASIA BENSON has worked in the fitness industry for 13 years. She is a certified personal fitness trainer and group exercise instructor through the Aerobics and Fitness Association of America (AFAA). She worked for about seven years with Marines, Sailors and their dependents at bases in California, Hawaii and Virginia before moving back to her home in the Louisville area in 2012. Anastasia holds numerous certifications and is schooled in many forms of exercise as varied as Zumba and yoga to water aerobics and distance running. She loves to help people find exercises that work for their particular needs and preferences. She specializes in core training, water and land based strength training, endurance and flexibility.

She was born and raised in Ireland and has an M.A. in English and Creative Writing from the University of Colorado at Boulder. She has been certified through American Council of Exercise in Personal Training since 1993. Donna is also certified in older adult exercise, Silver Sneakers Classic, cardio fit and circuit training and has many workshop hours in a variety of fitness classes.

Coached by Patrick Howe 720-289-0427, patrickhowe@camp-cladiator.com.

The Louisville Recreation/Senior Center is CLOSED FOR MAINTENANCE August 17-24, 2016
Louisville Recreation Center monthly passes can be used at Bob L. Burger Recreation Center during the facility closure period. Punch passes will not be valid at the Lafayette center. An issued Louisville Recreation Center pass must be presented for valid admission. Daily visit fee will apply if a Louisville ID card is not presented.

Information about Bob L. Burger Recreation Center can be found at www.cityoflafayette.com or call 303-665-0469

The Louisville Recreation/Senior Center is an approved HEALTHWAYS PRIMEmembership location. Call Guest Services for details!

EQUIPMENT ORIENTATION
Equipment orientation is available, please email Donna Parker at donnap@louisvilleco.gov to arrange an appointment. Cardiovascular equipment and circuit weights will be demonstrated.

Orientations are free with daily admission.
LoCo Fit began as The Running Group in 2004 as a way for runners in Louisville and the surrounding areas to enjoy the benefits of a quality training program with a certified coach, within the quaint community in which we live. Our goal is to connect local runners, provide great coaching, and encourage each other in our endeavors. We welcome runners of all abilities.

**MEMBERSHIP PROGRAMS**

These memberships are non refundable and non transferable. 2016 LoCo Fit memberships expire 12/31/16.

**FULL ROAD PACKAGE**

Cost: $380  Benefits: Automatic enrollment in Strength Training for Runners, Spring and Summer Training programs (a $180 savings), 15% discount at Runners Roost, 15% off any additional LoCO FIT training programs, 2 rainy day passes at the Louisville Recreation Center, massage discounts, 2 technical tees (spring and summer).

**ADULT PROGRAMS**

- **5K - MARATHON TRAINING** Ages 18+
  - Training for a 5K, 10K, 10Mile, 1/2 Marathon or Marathon? LoCO fit is the training group for you! Join us for a great summer of training to help you get fitter, faster and make some new friends along the way. We offer full training programs, as well as a speed work only option, to help tailor to each runners needs. Our Tu/Th program is longer in duration and is designed to suit individuals training from 5K-Marathon and ends just before the Boulder Marathon. Training plan extensions (for Denver Marathon, Chicago Marathon, etc.) are available through Coach Watson for an additional fee. Questions? Email Erin Watson: therunninggroup@gmail.com. All participants will receive a LoCO fit technical t-shirt.
  - No class 7/4-7/7.

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>20024</td>
<td>1</td>
<td>MW 6/6-8/31</td>
<td>6:15am</td>
<td>$192</td>
</tr>
<tr>
<td>20024</td>
<td>2</td>
<td>TuTh 6/7-9/29</td>
<td>6:30am</td>
<td>$256</td>
</tr>
<tr>
<td>20024</td>
<td>3</td>
<td>TuTh 6/7-9/29</td>
<td>5:45pm</td>
<td>$256</td>
</tr>
</tbody>
</table>

**SPEEDWORK ONLY**

Runners may attend any 1 or 2 of our scheduled workouts per week (Tu/Th 6:30am or Tu/Th 5:45pm) Program does not include a training program, but participants will receive a LoCO fit technical tee.

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>OPTION</th>
<th>DATES</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>20025</td>
<td>1</td>
<td>1 day M/W</td>
<td>6/6-8/31</td>
<td>$72</td>
</tr>
<tr>
<td>20025</td>
<td>2</td>
<td>2 day M/W</td>
<td>6/6-8/31</td>
<td>$144</td>
</tr>
<tr>
<td>20025</td>
<td>3</td>
<td>1 day T/Th</td>
<td>6/7-9/29</td>
<td>$96</td>
</tr>
<tr>
<td>20025</td>
<td>4</td>
<td>2 day T/Th</td>
<td>6/7-9/29</td>
<td>$192</td>
</tr>
</tbody>
</table>

**YOUTH TRACK AND FIELD**

**HAPPY TRAILS (MIDDLE SCHOOL XC PROGRAM)**

A co-ed group trail run club for teens (grades 6-8) meeting twice a week at various local trails. One meeting each week will be an easy group run, while the second will include a fun workout aimed at increasing strength, basic trail skills, and proper form. A great way to familiarize yourself with local trails, meet running peers and get ready for the fall XC season! First session will meet at the Louisville Rec Center; concurrent sessions will meet at local trailheads (schedule will be handed out at the first session) including such favorites as Teller Farms, Walden Ponds, Coal Creek, Davidson Mesa and Boulder’s own Bobolink Trail.

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>20029</td>
<td>1</td>
<td>T/Th 7/5-8/4</td>
<td>6-7pm</td>
<td>$80</td>
</tr>
</tbody>
</table>
**Yoga/Martial Arts**

**Yoga for Runners**
Yoga for runners is the perfect cross training tool for runners. Learn how to increase flexibility, strength, lung capacity and prevent injuries. We will focus on the muscles that are over used by runners, improve balance work, breath control, and increase core strengthening. Yoga will help the runner build muscle mass, while making the muscles more longer and more mobile. Join us for the full 4 weeks to learn postures that will assist your running. Carey has been a competitive runner who has been teaching yoga now for 14 years.

All levels yoga class with some flow incorporated. Please bring your own yoga mat if you have one.

**KARATE INFORMATION**
Classes due to Rec Center closures are made up at the dojo. Please speak with your instructor. Fee is based on a monthly tuition regardless of number of classes.

Additional Cost of Karate
- Uniform ("gi"): $35+ (depending on size)
- Manual (recommended but not mandatory): $30
- Testing for belts: TBD

Register no later than the day before the new session begins to avoid a $10 late fee. Only those students who are registered will be allowed to participate.

Participants require a quiet environment during karate instruction. To ensure a quiet environment, free of distractions, we ask all parents and siblings to wait in the lobby until class is over.

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

**LITTLE DRAGONS (Ages 6 – 7)**
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.

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEES</th>
</tr>
</thead>
<tbody>
<tr>
<td>22110</td>
<td>1</td>
<td>M 5/2-5/30*</td>
<td>6-7pm</td>
<td>$46/$58</td>
</tr>
<tr>
<td>22110</td>
<td>2</td>
<td>M 6/6-6/27</td>
<td>6-7pm</td>
<td>$46/$58</td>
</tr>
<tr>
<td>22110</td>
<td>3</td>
<td>M 7/4-7/25*</td>
<td>6-7pm</td>
<td>$46/$58</td>
</tr>
<tr>
<td>22110</td>
<td>4</td>
<td>M 8/1-8/29*</td>
<td>6-7pm</td>
<td>$46/$58</td>
</tr>
</tbody>
</table>

* 5/30, 7/4, 8/22 classes will have an arranged make up at dojo due to Recreation center Closure. Speak with instructor.

**KARATE (Ages 8 – 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 over 48 years of 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!

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEES</th>
</tr>
</thead>
<tbody>
<tr>
<td>22111</td>
<td>1</td>
<td>M 5/2-5/30*</td>
<td>7-8pm</td>
<td>$46/$58</td>
</tr>
<tr>
<td>22111</td>
<td>2</td>
<td>M 6/6-6/27</td>
<td>7-8pm</td>
<td>$46/$58</td>
</tr>
<tr>
<td>22111</td>
<td>3</td>
<td>M 7/4-7/25*</td>
<td>7-8pm</td>
<td>$46/$58</td>
</tr>
<tr>
<td>22111</td>
<td>4</td>
<td>M 8/1-8/29*</td>
<td>7-8pm</td>
<td>$46/$58</td>
</tr>
</tbody>
</table>
DANCING SOLES
brought to you by: Kirsten Beemer
website: www.dancingsoles.org
email: kirsten@dancingsoles.org

During the last class of each session, family and friends are invited to stay and watch class for a mini-performance.

*All classes are designed to be taken more than once.

ATTIRE:
For all classes, please pull hair out of eyes and off the neck.

Toddling Two-Two’s & Creative Movement
Please wear comfortable clothes you can move in. Bare feet are preferable.

Ballet
Females, please wear a leotard, tights and ballet slippers. Males, please wear long pants, a T-shirt and ballet slippers.

Star Performer
Please wear clothes you can move in and rubber soled shoes or bare feet.

Toddling Two-Two’s (Ages 2–3)
Don’t be fooled by the name, boys are welcome too! Basic movement aspects will be taught: directions, speed, levels, shapes and creativity.

ROYAL BALLET (Ages 3-5)
Come learn the basics of ballet, culminating with a performance about princes and princesses. Creativity and teamwork will also be explored. Dressing up as a prince or princess on the last day of class is encouraged. Each student will receive their very own crown. Additional class fee $5.00.

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>22120</td>
<td>1</td>
<td>M-Th 6/6-6/9</td>
<td>1-2pm</td>
<td>$48/$60</td>
</tr>
</tbody>
</table>

NUTCRACKER IN THE SUMMER (Ages 5-9)
Come learn the basics of ballet while learning a dance to a song in the Nutcracker. Creativity and teamwork will also be explored. Considering taking "Stressed Out in June? No Way!" alongside this for a more complete dance intensive.

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>22128</td>
<td>1</td>
<td>M-Th 6/6-6/9</td>
<td>2:15-3:45pm</td>
<td>$64/$80</td>
</tr>
</tbody>
</table>

STRESSED OUT IN JUNE? NO WAY! (Ages 5-9)
Summer is not the time to be stressed out, but we will have fun dancing like we are. Come learn an upbeat dance to the song "Stressed Out", by Twenty-One Pilots with a performance on the last day. Basic hip hop, jazz and pom technique will be taught as well as creativity. Consider taking "Nutcracker in the Summer" alongside this for a more complete dance intensive.

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>22129</td>
<td>1</td>
<td>M-Th 6/6-6/9</td>
<td>4-5:30PM</td>
<td>$64/$80</td>
</tr>
</tbody>
</table>

CREATIVE MOVEMENT - ANIMAL STYLE! (Ages 3-5)
Dance like a dog, giraffe, bunny and much more. Each class we will dance to a story about animals and perform one of the stories on the last day. Dressing up as an animal on the last day of class is encouraged. Each student will receive their very own stuffy. Additional class fee $5.00.

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>22123</td>
<td>1</td>
<td>T 7/5-8/9</td>
<td>4:30-5:15PM</td>
<td>$60/$75</td>
</tr>
</tbody>
</table>

ISABELLE’S DANCE JAM (Ages 6-11)
Get your groove on and learn American Girl Isabelle’s Dance Jam! Basic hip hop, jazz and pom moves will be taught and creativity will be explored. Each student will receive their very own dance outfit for an 18" doll. Additional class fee $5.00.

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>22126</td>
<td>1</td>
<td>W 7/6-8/10</td>
<td>5:15-6:45PM</td>
<td>$96/$120</td>
</tr>
</tbody>
</table>

The Louisville Recreation/Senior Center is
CLOSED FOR MAINTENANCE
August 17-24, 2016

Your LRC monthly passes can be used at Bob L. Burger Recreation Center during this time. See Page 4 for details.
YOUTH TENNIS PROGRAM

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

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. Lead-up 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. This is a four week program and each session will be a half hour. Held at the LRC courts.

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>26262</td>
<td>1</td>
<td>MW 5/2-5/25</td>
<td>4:40-4:30 pm</td>
<td>$43/$54</td>
</tr>
<tr>
<td>26261</td>
<td>1</td>
<td>MW 6/6-6/29</td>
<td>9:30-9:30 am</td>
<td>$43/$54</td>
</tr>
<tr>
<td>26261</td>
<td>2</td>
<td>MW 7/6-7/27</td>
<td>9:30-9:30 am</td>
<td>$43/$54</td>
</tr>
<tr>
<td>26261</td>
<td>3</td>
<td>MW 6/6-6/29</td>
<td>9:30-10 am</td>
<td>$43/$54</td>
</tr>
<tr>
<td>26261</td>
<td>4</td>
<td>MW 7/6-7/27</td>
<td>9:30-10 am</td>
<td>$43/$54</td>
</tr>
<tr>
<td>26264</td>
<td>1</td>
<td>TuTh 6/7-6/30</td>
<td>9:30-9:30 am</td>
<td>$43/$54</td>
</tr>
<tr>
<td>26264</td>
<td>2</td>
<td>TuTh 7/5-7/28</td>
<td>9:30-9:30 am</td>
<td>$43/$54</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>26263</td>
<td>1</td>
<td>MW 5/2-5/25</td>
<td>4:30-5 pm</td>
<td>$43/$54</td>
</tr>
<tr>
<td>26265</td>
<td>1</td>
<td>MW 6/6-6/29</td>
<td>10:10-10:30 am</td>
<td>$43/$54</td>
</tr>
<tr>
<td>26265</td>
<td>2</td>
<td>MW 7/6-7/27</td>
<td>10:10-10:30 am</td>
<td>$43/$54</td>
</tr>
<tr>
<td>26266</td>
<td>1</td>
<td>TuTh 6/7-6/30</td>
<td>9:30-10 am</td>
<td>$43/$54</td>
</tr>
<tr>
<td>26266</td>
<td>2</td>
<td>TuTh 7/5-7/28</td>
<td>9:30-10 am</td>
<td>$43/$54</td>
</tr>
</tbody>
</table>

FLATLINERS (Ages 8-10)
Designed for children with some instruction or play experience. Children should be able to accomplish short rallies from half court before entering the class. Held at the LRC courts.

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>26267</td>
<td>1</td>
<td>MW 6/6-6/29</td>
<td>10:45-11:15 am</td>
<td>$43/$54</td>
</tr>
<tr>
<td>26267</td>
<td>2</td>
<td>MW 7/6-7/27</td>
<td>10:45-11:15 am</td>
<td>$43/$54</td>
</tr>
</tbody>
</table>

HOT SHOTS! (Ages 6-10 & 11-18)
Do your ground strokes need power and accuracy? Have you tried to hit with spin but lost control of the shot? And what about a better serve? Well, CARA, USTA and high school league play is not far away. This new class will give you a head start to play that first match with confidence, form and fun!

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>26287</td>
<td>1</td>
<td>TuTh 5/3-5/26</td>
<td>4:45-5:30 pm</td>
<td>$50/$63</td>
</tr>
<tr>
<td>26287</td>
<td>2</td>
<td>TuTh 5/3-5/26</td>
<td>4:45-5:30 pm</td>
<td>$50/$63</td>
</tr>
</tbody>
</table>

TEEN TENNIS

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. Held at Louisville Recreation Center courts.

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>26272</td>
<td>1</td>
<td>MW 5/2-5/25</td>
<td>5-5:30 pm</td>
<td>$43/$54</td>
</tr>
<tr>
<td>26272</td>
<td>2</td>
<td>TuTh 6/7-6/30</td>
<td>10:15-11 am</td>
<td>$46/$58</td>
</tr>
<tr>
<td>26272</td>
<td>3</td>
<td>TuTh 7/5-7/28</td>
<td>10-11 am</td>
<td>$46/$58</td>
</tr>
</tbody>
</table>

SMASHERS (Ages 11-18)
Designed for teens who have had some tennis instruction or playing experience. Teens should be able to accomplish short rallies and have serving ability with some accuracy before entering the class. Held at Louisville Recreation Center courts.

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>26274</td>
<td>1</td>
<td>TuTh 6/6-6/30</td>
<td>11-11:45 am</td>
<td>$46/$58</td>
</tr>
<tr>
<td>26274</td>
<td>2</td>
<td>TuTh 7/5-7/28</td>
<td>11-11:45 am</td>
<td>$46/$58</td>
</tr>
</tbody>
</table>

CARA TENNIS (Colorado Association of Recreation Athletics) The League was created and designed to be a program with a strong recreational format for the non-ranked, non-sanctioned tournament player. All of the participants are encouraged to do their best, but winning is of secondary importance. The development of skills and sportsmanship is the main goal of this program. Practice begins week of June 6, first match is Friday, June 17. Divisions: The age of the player on July 30 of the current year determines the age division in which he/she will play. Five matches are played on Fridays and may require travel to other cities, with an opportunity to advance to the state tournament.

<table>
<thead>
<tr>
<th>CODE</th>
<th>AGE</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>26601</td>
<td>Girls &amp; Boys 10 &amp; under</td>
<td>TuTh 9-10:30 am</td>
<td>$100/$125</td>
<td></td>
</tr>
<tr>
<td>26602</td>
<td>Girls &amp; Boys 11-12</td>
<td>MW 9-10:30 am</td>
<td>$100/$125</td>
<td></td>
</tr>
<tr>
<td>26603</td>
<td>Girls &amp; Boys 13-14</td>
<td>TuTh 7-8:30 am</td>
<td>$100/$125</td>
<td></td>
</tr>
<tr>
<td>26604</td>
<td>Girls &amp; Boys 15-18</td>
<td>MW 7:30-9 am</td>
<td>$100/$125</td>
<td></td>
</tr>
</tbody>
</table>

Registration Deadline: Monday, May 23. Late Registration after May 22 deadline is additional $20 (only if space available).
SKYHAWKS CAMPS

INFORMATION: Call Jesse DeGraw at 303-335-4909

BASKETBALL CAMP
Designed for beginning and intermediate basketball players, participants learn new skills while building upon the fundamentals of passing, shooting, and dribbling. Participants put their skills to the test with an end-of-camp tournament. This camp will be held at Louisville Elementary School.

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>AGE</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>26303</td>
<td>1</td>
<td>6-12</td>
<td>6/20-6/24</td>
<td>9am-Noon</td>
<td>$124/$155</td>
</tr>
</tbody>
</table>

VOLLEYBALL CAMP
The Skyhawks Volleyball Academy teaches the basic fundamental skills using fun games and activities to engage the enthusiasm of the novice or experienced player. This program is co-ed and skill based. Participant-to-coach ratio is approximately 10:1. This camp will be held at the Louisville Elementary School.

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>AGE</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>26305</td>
<td>1</td>
<td>7-14</td>
<td>6/6-6/10</td>
<td>9am-Noon</td>
<td>$124/$155</td>
</tr>
</tbody>
</table>

FLAG FOOTBALL CAMP
Get ready for the fall flag football season in Louisville. A great way for kids to be introduced to football, a sport rich in tradition. Players learn valuable football skills – catching, passing, and de-flagging as well as the rules of offense and defense. This camp will be held at Cottonwood Park and is designed for kids who are ages 6-12.

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>AGE</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>26308</td>
<td>1</td>
<td>6-12</td>
<td>7/18-7/22</td>
<td>9am-Noon</td>
<td>$124/$155</td>
</tr>
</tbody>
</table>

SOCcer CAMP
Coaches at Skyhawks teach basic soccer skills while encouraging kids to enjoy the game. Each camp ends in a World Cup, giving the kids a chance to show off their skills. This camp will be held at Cottonwood Park.

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>AGE</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>26302</td>
<td>1</td>
<td>6-12</td>
<td>7/25-7/29</td>
<td>9am-Noon</td>
<td>$124/$155</td>
</tr>
</tbody>
</table>

LACROSSE CAMP
A fun class for 7-14 year-olds who are interested in learning the basics of lacrosse. Enjoy a fun week of skill building activities designed to improve your stick handling, cradling, passing, shooting, and defensive skills. This lacrosse program is non-contact and skill-based. Participant-to-coach ratio is approximately 12:1. This camp will be held at Cottonwood Park.

Participants must bring or rent: mouthpiece, protective gloves, helmet with full mask, shoes (running shoes are fine), lacrosse stick (*items included in Skyhawks rental equipment kits. To reserve a kit go to skyhawks.com.)

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>AGE</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>26306</td>
<td>1</td>
<td>7-14</td>
<td>6/27-7/1</td>
<td>9am-Noon</td>
<td>$124/$155</td>
</tr>
</tbody>
</table>

MINI-HAWK CAMP
Designed to introduce children, ages 4-7, to team sports of baseball/softball, soccer and basketball. This program will promote sportsmanship and fun while children learn elementary sports skills in soccer, baseball, and basketball. The camp will be held at Heritage Park in Louisville. Please bring water, apply sunscreen before coming to the camp, and be prepared for FUN, FUN, and more FUN. No camp on Memorial Day, Monday, 5/30.

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>AGE</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>26304</td>
<td>1</td>
<td>4-7</td>
<td>5/31-6/3</td>
<td>9am-Noon</td>
<td>$100/$125</td>
</tr>
<tr>
<td>26304</td>
<td>2</td>
<td>4-7</td>
<td>6/6-7/1</td>
<td>9am-Noon</td>
<td>$124/$155</td>
</tr>
<tr>
<td>26304</td>
<td>3</td>
<td>4-7</td>
<td>7/25-7/29</td>
<td>9am-Noon</td>
<td>$124/$155</td>
</tr>
</tbody>
</table>

BASEBALL CAMP
Designed to teach kids the fundamentals of baseball in a fun and supportive environment. This camp will be held at the City Park in Lafayette.

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>AGE</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>26307</td>
<td>1</td>
<td>6-12</td>
<td>6/13-6/17</td>
<td>9am-Noon</td>
<td>$124/$155</td>
</tr>
</tbody>
</table>

BASKETBALL CAMP
For 5-8 year-olds and is organized to introduce kids to the sport of basketball in a fun and exciting environment. This camp will be held at the Bob L. Burger Recreation Center in Lafayette.

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>AGE</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>26309</td>
<td>1</td>
<td>5-8</td>
<td>7/5-7/8</td>
<td>9am-Noon</td>
<td>$124/$155</td>
</tr>
</tbody>
</table>

SNAG GOLF CAMP
Golf can become a lifelong sport when you start building confidence through training and proper technique. Skyhawks Sports golf camps have adapted the SNAG (Starting New At Golf) technology to its curriculum, which results in a focus on building a foundation of skills while having fun. Held at Community Park. No camp on Monday, 7/4.

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>AGE</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>26301</td>
<td>1</td>
<td>5-8</td>
<td>7/5-7/8</td>
<td>9am-Noon</td>
<td>$100/$125</td>
</tr>
<tr>
<td>26301</td>
<td>2</td>
<td>5-8</td>
<td>8/1-8/5</td>
<td>1-4pm</td>
<td>$124/$155</td>
</tr>
</tbody>
</table>
SOCCER

REGISTRATION AND OTHER INFORMATION

1. Registration for Louisville residents: April 11. Online: April 18 for non-residents.
2. Early registration ends August 3. Regular registration ends August 7.
3. Coaches meeting will be Wednesday, August 10 at 5:30pm.
4. Teams created in the Fall 2016 will be kept together for the Spring 2017 season. We keep teams together for the academic year.
5. If unable to place a child, a refund or credit will be given.
6. We reserve the right to combine leagues, depending on the number of participants.
7. No refunds will be given after the first practice.
8. The season is based on a 7 game season. While every attempt will be made to make-up games that are cancelled, we do not guarantee 7 games.
9. Each participant must purchase a red and blue Louisville Soccer shirt for $20.00. Shirts are worn during games. Previous year’s participants may use shirts already purchased.
10. Practices are twice a week depending on team and coach.

YOUTH SOCCER

The Louisville Recreation Center continues to develop one of the best recreational soccer programs in the state by updating the format to allow kids to play with those more compatible in age. Stressing participation, development of skills and enjoyment, boys and girls ages 5-12 are encouraged to get involved. Practices will be twice per week, games on Saturdays with some games played with Lafayette to add to league variety. Age and division are determined by the chart below. VOLUNTEER COACHES are needed for this program. If interested, call Jesse DeGraw at 303-335-4909. Rainout line 303-335-4998.

AGE GROUPS

<table>
<thead>
<tr>
<th>Division</th>
<th>Birthday</th>
<th>Division</th>
<th>Birthday</th>
</tr>
</thead>
<tbody>
<tr>
<td>U7</td>
<td>8/1/09-7/31/11</td>
<td>U12</td>
<td>8/1/04-7/31/07</td>
</tr>
<tr>
<td>U9</td>
<td>8/1/07-7/31/09</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CODE</th>
<th>AGES</th>
<th>PRACTICE BEGINS</th>
<th>GAMES BEGIN</th>
<th>RDF/FEE</th>
<th>EARLY RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>26221</td>
<td>U7 Boys</td>
<td>8/15</td>
<td>8/27</td>
<td>$63/$74</td>
<td>$43/$54</td>
</tr>
<tr>
<td>26222</td>
<td>U9 Boys</td>
<td>8/15</td>
<td>8/27</td>
<td>$63/$74</td>
<td>$43/$54</td>
</tr>
<tr>
<td>26223</td>
<td>U12 Boys</td>
<td>8/15</td>
<td>8/27</td>
<td>$63/$74</td>
<td>$43/$54</td>
</tr>
<tr>
<td>26225</td>
<td>U7 Girls</td>
<td>8/15</td>
<td>8/27</td>
<td>$63/$74</td>
<td>$43/$54</td>
</tr>
<tr>
<td>26226</td>
<td>U9 Girls</td>
<td>8/15</td>
<td>8/27</td>
<td>$63/$74</td>
<td>$43/$54</td>
</tr>
<tr>
<td>26227</td>
<td>U12 Girls</td>
<td>8/15</td>
<td>8/27</td>
<td>$63/$74</td>
<td>$43/$54</td>
</tr>
</tbody>
</table>

ITY BITTY SOCCER

This class is designed to introduce your 3 or 4 year old to the basics of soccer while also developing social skills with kids of the same age. Location: Cleo Mudrock East field. Rainout line 303-335-4998.

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>26212</td>
<td>1</td>
<td>M 9/12-10/3</td>
<td>3-3:45pm</td>
<td>$30/$38</td>
</tr>
<tr>
<td>26212</td>
<td>2</td>
<td>Tu 9/12-10/3</td>
<td>3-3:45pm</td>
<td>$30/$38</td>
</tr>
</tbody>
</table>

PEEWEE SOCCER

This class is designed for 4 or 5 year-olds to continue developing soccer skills and prepare for league play. Classes will consist of drills, warm-ups, stretching and scrimmages. Location: Cleo Mudrock East field. Rainout line 303-335-4998.

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>26201</td>
<td>1</td>
<td>MW 9/12-10/5</td>
<td>4-4:45pm</td>
<td>$43/$54</td>
</tr>
<tr>
<td>26201</td>
<td>2</td>
<td>MW 9/12-10/5</td>
<td>5-5:45pm</td>
<td>$43/$54</td>
</tr>
<tr>
<td>26202</td>
<td>1</td>
<td>TTh 9/13-10/6</td>
<td>4-4:45pm</td>
<td>$43/$54</td>
</tr>
<tr>
<td>26202</td>
<td>2</td>
<td>TTh 9/13-10/6</td>
<td>5-5:45pm</td>
<td>$43/$54</td>
</tr>
</tbody>
</table>

DID YOU KNOW?

The City offers a Resident Discount Fee (RDF) on program and pass fees, room, pool, and park shelters rentals. If you are a Louisville Resident, look for the fees marked “RDF” which reflect this discount.
FLAG FOOTBALL (Ages 6-13)
Not ready for contact but still want to play football? Louisville and Lafayette are teaming up to create the Youth Flag Football League. Designed to teach football fundamentals in a fun and safe environment, this co-ed league will be for youth ages 6-8, 9-11 & 12-13 year-olds. Practices will be once a week and games played on Friday evenings with home and away games. Volunteer coaches are needed. Please call Jesse DeGraw at 303-335-4909 for further information about the league and coaching opportunities.

1. Registration for Louisville residents will begin online April 11 and non-residents Monday, April 18. Early registration ends July 27.
2. There will be a coaches meeting Wed, Aug. 3 at 5:30pm.
3. No refunds will be given after the first week of practice.
4. Waiting List: A waiting list is created after the league has filled. Participants are placed on a waiting list according to the date registered.
5. Teams will be created by the school players attending and practice times available.
6. Jerseys and equipment will be provided. Cleats (plastic) are recommended for participants, mouth guards are required.
7. This is a 5-on-5 league, played on a 60-yard field.
8. To ensure league play, some games may be in Lafayette or Boulder.
9. Practices are 1 night a week with games being played on Fridays.

<table>
<thead>
<tr>
<th>CODE</th>
<th>AGE</th>
<th>PRACTICE BEGINS</th>
<th>GAMES BEGIN</th>
<th>RDF/FEE</th>
<th>EARLY RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>26800</td>
<td>6-8</td>
<td>8/15</td>
<td>8/26</td>
<td>$63/$73</td>
<td>$43/$54</td>
</tr>
<tr>
<td>26801</td>
<td>9-11</td>
<td>8/15</td>
<td>8/26</td>
<td>$63/$73</td>
<td>$43/$54</td>
</tr>
<tr>
<td>26802</td>
<td>12-13</td>
<td>8/15</td>
<td>8/26</td>
<td>$63/$73</td>
<td>$43/$54</td>
</tr>
</tbody>
</table>

OTHER AREA SPORTS

MONARCH LITTLE LEAGUE BASEBALL
MLL is the Little League International local league that services Louisville and Superior. We are a non-profit organization dedicated to teaching baseball to boys and girls ages 4-16. Registration begins in December and runs through February. MLL offers developmental clinics beginning in January for registered players with practices starting in March when the weather permits. The season begins in April and runs through June. For further information, please visit our website at www.monarchll.org. Information on the divisions and specific deadlines can be found on the website. The league is funded entirely by fees and donations, and is not funded by any municipality.

LOUISVILLE YOUTH BASEBALL ASSOCIATION (LYBA)
LYBA provides a challenging and exciting baseball experience for players from 8 to 14 years of age living in Louisville, Superior, Lafayette and surrounding areas. LYBA typically fields two teams per age group and plays in the top two competitive leagues offered by Jefferson County Junior Baseball League (JCJBL). JCJBL provides 5,200 youth the best environment to play competitive baseball in the State of Colorado. The JCJBL season runs from April 1 through June 30. LYBA teams also participate in tournaments throughout the season. Tryouts for LYBA are held in September. Please visit the LYBA website at www.lyba.net for latest updates and contact information.

MONARCH YOUTH WRESTLING
The Monarch Miner Wrestling program is for youths ages 4-14. Participants practice 2 to 3 times a week and compete in tournaments throughout the season. For more information, go to www.monarchjuniorwrestling.com.

LOUISVILLE FOOTBALL ASSOCIATION (FALL)
The Louisville Football Association (LFA) is proud to offer competitive youth tackle football to the Louisville community. LFA is a member of the Coal Creek Midget Football League and forms teams in ages 7-13. Registration will be held in early May. For the latest information please check the LFA website at www.louisvillepirates.org or contact Gary Ferrera at (303) 995-3462 or Robert Ferrera at (303) 809-7596.

GIRLS SOFTBALL (Ages 4-6)
Monarch Fastpitch Club (MFPC) is a nonprofit softball organization for girls ages 8-16 that live in the Louisville, Lafayette and Superior areas. All teams will participate in league play through the Indian Peaks Girls Softball Association, and players will be placed on teams based on their age and ability.

Our mission is to teach the correct fundamentals and continually build the softball skills of all players in a safe and positive environment. In addition, we want to teach and prepare those players who want to play in high school and/or competitively.

More information on registration and teams will be made available on the MFPC website (www.eteamz.com/CoyoteSoftball) after Dec. 1.
SKATEBOARDING CAMPS & LESSONS
AGE: 5-15

SKATEBOARDING CAMPS & LESSONS!
Square State Skate provides skateboard instruction and guidance for children of all ages, allowing your youngsters’ skills, passion and personality to grow in a safe, fun environment. Learn how to be safe and have fun on your skateboard while skating some of the best parks in the Front Range.

5-DAY SUMMER SKATE LESSONS
at the Louisville Park
Learn how to be safe and have fun on your skateboard. We welcome skaters of all skill levels. We will work on everything from learning how to stand and roll on your skateboard up to advanced park riding. We will skate together, play some skate related games, learn about skateboard history and enjoy the unique and active skateboard community.

5-DAY FULL DAY SKATE CAMPS
with travel to other parks!
Learn how to be safe and have fun on your skateboard while riding some of the best parks in the Front Range. We’ll skate the Louisville park in the morning before jumping on our “Skate Bus” to check out different parks, explore a variety of terrain and visit multiple skater-owned skate shops. Explore all the different areas of street and skatepark riding, from safety and etiquette to advanced park riding. We will also go swimming at least once a week. Come join us for some laughs and be a part of our active skateboard community.

Camps

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEES</th>
</tr>
</thead>
<tbody>
<tr>
<td>25207</td>
<td>1</td>
<td>5/31-6/3</td>
<td>8:30am-3:30pm</td>
<td>$320/$400</td>
</tr>
<tr>
<td>25207</td>
<td>2</td>
<td>6/13-6/17</td>
<td>8:30am-3:30pm</td>
<td>$320/$400</td>
</tr>
<tr>
<td>25207</td>
<td>3</td>
<td>6/27-7/1</td>
<td>8:30am-3:30pm</td>
<td>$320/$400</td>
</tr>
<tr>
<td>25207</td>
<td>4</td>
<td>7/11-7/15</td>
<td>8:30am-3:30pm</td>
<td>$320/$400</td>
</tr>
<tr>
<td>25207</td>
<td>5</td>
<td>7/25-7/29</td>
<td>8:30am-3:30pm</td>
<td>$320/$400</td>
</tr>
<tr>
<td>25207</td>
<td>6</td>
<td>8/8-8/12</td>
<td>8:30am-3:30pm</td>
<td>$320/$400</td>
</tr>
</tbody>
</table>

Lessons

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEES</th>
</tr>
</thead>
<tbody>
<tr>
<td>25200</td>
<td>1</td>
<td>6/6-6/10</td>
<td>8:30-10am</td>
<td>$90/$113</td>
</tr>
<tr>
<td>25200</td>
<td>2</td>
<td>6/20-6/24</td>
<td>8:30-10am</td>
<td>$90/$113</td>
</tr>
<tr>
<td>25200</td>
<td>3</td>
<td>7/5-7/8</td>
<td>8:30-10am</td>
<td>$90/$113</td>
</tr>
<tr>
<td>25200</td>
<td>4</td>
<td>7/18-7/22</td>
<td>8:30-10am</td>
<td>$90/$113</td>
</tr>
<tr>
<td>25200</td>
<td>5</td>
<td>8/1-8/5</td>
<td>8:30-10am</td>
<td>$90/$113</td>
</tr>
</tbody>
</table>

* 1 & 3-day options available. Ask for more information.

Equipment needed: Please bring skateboard, helmet (other pads recommended), water bottle, sunscreen and good energy.

FAMILY FISHING FRENZY
Space is limited so please be sure to register!

For those ages 4 & Older

BVSD has cancelled school for the day! So grab your kids and your fishing gear and head down to the Warembourg fishing pond for a FREE fishing clinic sponsored by the Colorado Parks & Wildlife and the Louisville Parks and Recreation Department.

Topics will include knots, casting, fish identification and handling, habitat, laws and more. Once through all of the stations, you will receive your very own children’s fishing pole!

Fishing license is required for parents and children over the age of 15.

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>DATE</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>16999</td>
<td>1</td>
<td>F 4/15</td>
<td>9 am</td>
<td>$3</td>
</tr>
<tr>
<td>16999</td>
<td>2</td>
<td>F 4/15</td>
<td>11 am</td>
<td>$3</td>
</tr>
</tbody>
</table>
**TENNIS**

**ADULT TENNIS**
This instructional program is designed to provide weekly basic skills needed to play tennis. Instructor: Jim Gilbert

**BEGINNERS**

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FE</th>
<th>CODE</th>
<th>SESS</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FE</th>
</tr>
</thead>
<tbody>
<tr>
<td>26610</td>
<td>1</td>
<td>Tu 5/31-6/21</td>
<td>10:30-11:30am</td>
<td>$28/$35</td>
<td>26610</td>
<td>2</td>
<td>Tu 6/28-7/19</td>
<td>10:30-11:30am</td>
<td>$28/$35</td>
</tr>
<tr>
<td>26610</td>
<td>2</td>
<td>Tu 6/28-7/19</td>
<td>10:30-11:30am</td>
<td>$28/$35</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**INTERMEDIATE**

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FE</th>
<th>CODE</th>
<th>SESS</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FE</th>
</tr>
</thead>
<tbody>
<tr>
<td>26611</td>
<td>1</td>
<td>Th 6/2-6/23</td>
<td>10:30-11:30am</td>
<td>$28/$35</td>
<td>26611</td>
<td>2</td>
<td>Th 6/30-7/21</td>
<td>10:30-11:30am</td>
<td>$28/$35</td>
</tr>
</tbody>
</table>

**RACQUETBALL**

**CHALLENGE COURT**
Monday nights from 6-9pm. Courts 1 and 2 will be used for the challenge court and are run on a first come, first serve basis by writing your name on the white board outside the courts. See posted rules for more details.

**RACQUETBALL LESSONS**
Are you ready to bring your game to the next level? AmPro certified instructors are now available at the Louisville Recreation Center. For more information, call Jerry Siravo, 303-335-4925.

**ADULT SOFTBALL**

1. All registration is on a first-come, first-serve basis. The full cost of the league must be paid at the time of registration.
2. Stop by the Louisville Recreation Center or call 303-335-4909 to receive a league roster and registration form. Please include the complete mailing address and an email address on the registration form for the Team Manager.
3. All games are played at the Louisville Sports Complex.
4. A minimum of 5 teams are required to form a league.
5. Practice fields and facilities are not provided.
6. Alcohol is not permitted at Louisville Sports Complex.
7. This is a 7-week session. There will be an end-of-season tournament in October.

**COED RECREATIONAL - FALL (7 games)**

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>DATE</th>
<th>TIME</th>
<th>FEE</th>
<th>CODE</th>
<th>SESS</th>
<th>DATE</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>26211</td>
<td>1</td>
<td>D-Rec Wed 8/10</td>
<td>6-10pm</td>
<td>$450</td>
<td>26211</td>
<td>2</td>
<td>D-Rec Sun 8/14</td>
<td>4-8pm</td>
<td>$450</td>
</tr>
</tbody>
</table>

**ALL ADULT SPORTS WILL TAKE FREE-AGENTS**
If you are interested in playing a sport, sign-up at the Registration Center. We will create a full-team from free-agents if we get enough players or we will try to place you on an existing team if there is a need.

**KICKBALL**

**CO-ED KICKBALL**
Get a KICK with KICKBALL. Create a team, call in as a free agent, but get out and let’s have some fun! We will have a 7 week season with an end-of-season tournament. Games will be played at the Louisville Sports Complex in Louisville and Lamont Does field in Lafayette.

**Summer**

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>DAY/TIME</th>
<th>START_DATE</th>
<th>RDF/FE</th>
<th>CODE</th>
<th>SESS</th>
<th>DAY/TIME</th>
<th>START_DATE</th>
<th>RDF/FE</th>
</tr>
</thead>
<tbody>
<tr>
<td>26204</td>
<td>1</td>
<td>Th 6-8pm</td>
<td>6/2</td>
<td>$365</td>
<td>26204</td>
<td>2</td>
<td>Th 6-8pm</td>
<td>6/2</td>
<td>Free Agent</td>
</tr>
</tbody>
</table>

**FLAG FOOTBALL**

**ADULT FLAG FOOTBALL - FALL**
Louisville and Lafayette are putting together an adult flag football league in the area. Join us as we throw the pigskin and relive the glory days. Games are played 4-on-4 and on a 60-yard field. This is a non-contact league- unsportsmanlike conduct will result in the offending player being dismissed from the league. Game will be played on a rotating basis in both cities. Rainout line: 303-335-4998.

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>DAY/TIME</th>
<th>START_DATE</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>26203</td>
<td>1</td>
<td>Th 6-10pm</td>
<td>8/18</td>
<td>$365</td>
</tr>
<tr>
<td>26203</td>
<td>2</td>
<td>Th 6-10pm</td>
<td>8/18</td>
<td>Free Agent</td>
</tr>
</tbody>
</table>

**SENIOR VOLLEYBALL**

**COMING THIS FALL**
Interested in playing Fall Senior (50+) Volleyball on the Louisville team? If so, email katieb@louisvilleco.gov or call 303-335-4914 for information.
Is your preschooler ready to embark on a road full of fun and learning? Building Blocks and Stepping Stones are fun, supportive classes for 3 - 5 year-olds to play, learn, grow and socialize at their own pace. The part-day pre-school programs (classes are M,W,F and meet for less than 3 hours) are designed to meet the academic, social and physical needs of youngsters by providing a stimulating, safe and healthy environment. Lessons are fostered through play at this young age to develop a love of learning. Small classes promote social, emotional, fine and gross motor, cognitive and language development. The positive atmosphere increases self-esteem, creativity, risk taking and problem solving abilities and encourages the development of new ideas and new friends. Students will have access to both indoor and outdoor facilities of the Louisville Recreation Center. Our teachers have degrees in education and experience working in a preschool classroom setting. They are educated professionals who provide a well supervised and rich learning environment for your children in a state licensed program.

**2016-2017 School Year**

<table>
<thead>
<tr>
<th>Code</th>
<th>Day/Date</th>
<th>Time</th>
<th>RDF/Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>62500-1</td>
<td>MWF 9/2016-5/2017</td>
<td>8:15-11am</td>
<td>Wait List</td>
</tr>
<tr>
<td>62500-2</td>
<td>MWF 9/2016-5/2017</td>
<td>11:30am-2:15pm</td>
<td>$213/$266</td>
</tr>
</tbody>
</table>

**Stepping Stones (Age 4-5 by 9/30/16)**

<table>
<thead>
<tr>
<th>Code</th>
<th>Day/Date</th>
<th>Time</th>
<th>RDF/Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>62500-3</td>
<td>MWF 9/2016-5/2017</td>
<td>8:15-11am</td>
<td>Wait List</td>
</tr>
<tr>
<td>62500-4</td>
<td>MWF 9/2016-5/2017</td>
<td>11:30am-2:15pm</td>
<td>$213/$266</td>
</tr>
</tbody>
</table>

**2016-2017 Registration**

Registration began in March 2016 and some session may already be full.

**2017-2018 Registration**

Registration will begin in January 2017.

**Deposit/Cancellation Policy**

One month’s tuition is collected at time of registration as a deposit. If your child remains registered all 9 months of the program (Sept. 2016 - May 2017), your deposit will be applied to May’s tuition. If you cancel out of the program at any time after paying your deposit (even if the program has not begun yet), the deposit becomes non-creditable/non-refundable. Cancellation requests must be made in writing before the 1st of the month before or tuition will be collected.

Contact Mandy Perera for information or to schedule a visit (303) 335-4902, mandyp@louisvilleco.gov.
**YOUTH ACTIVITIES**

**PARENT/TOT SUMMER FUN (Age 2 by 9/30/16)**
This class allows parents to interact with their toddlers in an environment that promotes exploration, creativity, and fun! Each class during the 5-week session provides a different focus that may include music, art, dance and movement, or gym time. There will be time for play, time for stories and lots of time for parents and toddlers to laugh and learn together! Parents are expected to participate in all aspects of this class, which makes this a great introduction to classroom activities for families planning to enroll their kids in programs in the fall like Twoodles.

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS 1</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>22005</td>
<td>1</td>
<td>Tu 6/7-6/28</td>
<td>9-10am</td>
<td>$30/$38</td>
</tr>
<tr>
<td>22005</td>
<td>2</td>
<td>Tu 7/12-8/9</td>
<td>9-10am</td>
<td>$38/$48</td>
</tr>
</tbody>
</table>

Parent participates with child in class.

**CREATIVE EXPLORERS (Ages 3 by 9/30/16)**
Let your children’s mind soar! Your child will be part of an amazing summer adventure through imagination and play, keeping those summer humdrums away! A great class for incoming or previous Building Blocks students. Topics will vary by session, so sign up for one or all! This is the perfect “building block” for those students who will be in Building Blocks this fall. We will spend time both inside and out. Please apply sunscreen before class. No snack provided.

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS 1</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>22010</td>
<td>1</td>
<td>MW 6/6-6/15</td>
<td>8:30-10am</td>
<td>$44/$55</td>
</tr>
<tr>
<td>22010</td>
<td>2</td>
<td>MW 6/20-6/29</td>
<td>8:30-10am</td>
<td>$44/$55</td>
</tr>
<tr>
<td>22010</td>
<td>3</td>
<td>MW 7/11-7/27</td>
<td>8:30-10am</td>
<td>$66/$83</td>
</tr>
<tr>
<td>22010</td>
<td>4</td>
<td>MW 8/1-8/10</td>
<td>8:30-10am</td>
<td>$44/$55</td>
</tr>
</tbody>
</table>

**SUMMER DISCOVERIES (Ages 4-5 by 9/30/16)**
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 that promote awareness of our world. This is the perfect class for students moving on to Stepping Stones or Kindergarten in the fall. Please apply sunscreen before class. No snack provided.

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS 1</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>22012</td>
<td>1</td>
<td>MW 6/6-6/15</td>
<td>10:15-11:45am</td>
<td>$44/$55</td>
</tr>
<tr>
<td>22012</td>
<td>2</td>
<td>MW 6/20-6/29</td>
<td>10:15-11:45am</td>
<td>$44/$55</td>
</tr>
<tr>
<td>22012</td>
<td>3</td>
<td>MW 7/11-7/27</td>
<td>10:15-11:45am</td>
<td>$66/$83</td>
</tr>
<tr>
<td>22012</td>
<td>4</td>
<td>MW 8/1-8/10</td>
<td>10:15-11:45am</td>
<td>$44/$55</td>
</tr>
</tbody>
</table>

**SING & SIGN LANGUAGE**
Children of all ages love music, movement and fun! This interactive curriculum teaches parents, caregivers, and tots over 100 ASL signs using music, games and stories. Introducing ASL to a preverbal child provides an excellent bridge to verbal communication, and has been shown to reduce frustration and encourage fine motor skills. Sing and Sign is the FUN way to learn!

**PARENT/TOT LEVEL 1 (Ages 4-12 mos.)**

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS 1</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>22102</td>
<td>1</td>
<td>W 6/1 -6/22</td>
<td>10-11am</td>
<td>$70/$87</td>
</tr>
</tbody>
</table>

---

**YOUTH ACTIVITIES**

**CREATIVE EXPLORERS (Ages 3 by 9/30/16)**
Let your children’s mind soar! Your child will be part of an amazing summer adventure through imagination and play, keeping those summer humdrums away! A great class for incoming or previous Building Blocks students. Topics will vary by session, so sign up for one or all! This is the perfect “building block” for those students who will be in Building Blocks this fall. We will spend time both inside and out. Please apply sunscreen before class. No snack provided.

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS 1</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>22010</td>
<td>1</td>
<td>MW 6/6-6/15</td>
<td>8:30-10am</td>
<td>$44/$55</td>
</tr>
<tr>
<td>22010</td>
<td>2</td>
<td>MW 6/20-6/29</td>
<td>8:30-10am</td>
<td>$44/$55</td>
</tr>
<tr>
<td>22010</td>
<td>3</td>
<td>MW 7/11-7/27</td>
<td>8:30-10am</td>
<td>$66/$83</td>
</tr>
<tr>
<td>22010</td>
<td>4</td>
<td>MW 8/1-8/10</td>
<td>8:30-10am</td>
<td>$44/$55</td>
</tr>
</tbody>
</table>

**SUMMER DISCOVERIES (Ages 4-5 by 9/30/16)**
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 that promote awareness of our world. This is the perfect class for students moving on to Stepping Stones or Kindergarten in the fall. Please apply sunscreen before class. No snack provided.

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS 1</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>22012</td>
<td>1</td>
<td>MW 6/6-6/15</td>
<td>10:15-11:45am</td>
<td>$44/$55</td>
</tr>
<tr>
<td>22012</td>
<td>2</td>
<td>MW 6/20-6/29</td>
<td>10:15-11:45am</td>
<td>$44/$55</td>
</tr>
<tr>
<td>22012</td>
<td>3</td>
<td>MW 7/11-7/27</td>
<td>10:15-11:45am</td>
<td>$66/$83</td>
</tr>
<tr>
<td>22012</td>
<td>4</td>
<td>MW 8/1-8/10</td>
<td>10:15-11:45am</td>
<td>$44/$55</td>
</tr>
</tbody>
</table>

**SING & SIGN LANGUAGE**
Children of all ages love music, movement and fun! This interactive curriculum teaches parents, caregivers, and tots over 100 ASL signs using music, games and stories. Introducing ASL to a preverbal child provides an excellent bridge to verbal communication, and has been shown to reduce frustration and encourage fine motor skills. Sing and Sign is the FUN way to learn!

**PARENT/TOT LEVEL 1 (Ages 4-12 mos.)**

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS 1</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>22102</td>
<td>1</td>
<td>W 6/1 -6/22</td>
<td>10-11am</td>
<td>$70/$87</td>
</tr>
</tbody>
</table>
**MUSIC TOGETHER MIXED-AGE CLASS**
*(Newborn to kindergarten)*

All children are musical! This natural ability grows best in the early years from birth until five, a crucial time in a child's development. Music Together class provides a playful, musically rich and developmentally appropriate setting that helps children develop a love of music as well as the skills they need to participate confidently and joyfully in music making their whole life. Because very young children instinctively respond to and imitate their caregivers, adult participation is a crucial part of the musical environment we create. Adults, with or without a musical background, find that participating is non-threatening and fun. Parents learn how to play musically with their child and how to understand and enhance music development. Description of materials below. *Our summer programs runs seven weeks. Please consider the seventh week a make-up class. This way you can take off any week for vacation and still get all six classes in.*

Instructor: Shari Griswold

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>DAY/ DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>22118</td>
<td>1</td>
<td>Th 6/9-7/21</td>
<td>9-9:45am</td>
<td>$83/$104</td>
</tr>
<tr>
<td>22118</td>
<td>2</td>
<td>Th 6/9-7/21</td>
<td>10-10:45am</td>
<td>$83/$104</td>
</tr>
</tbody>
</table>

Additional registration fee of $33 due to instructor at first class. No class 7/2.

**MATERIALS**

Families, adults and kids alike, rave about the Music Together music collections. The CD you receive in class is of the highest quality, professionally recorded and developed by the Center for Music and Young Children based on research and years of parent and teacher feedback. Enrolled families receive a songbook, one CD and a code to access Music Together's brand new Family Music Zone. There, you'll be able to download the current song collection and fun content just for you. This way you can continue the music making fun at home. Families new to Music Together will also receive our “Music Together at Home: Helping Your Child Grow Musically” parent DVD.

An additional registration fee of $33 is due the first day of class to the instructor. Please make checks payable to Music Together of the Rockies. When you register a second child over the age of 8 months, the fee is waived. Infants 8 months and younger may attend FREE with a registered sibling. The additional registration fee for Moxie Moms is $21.
YOUNG REMBRANDTS

kathleen.briscoe@youngrembrandts.com
www.youngrembrandts.com/DenverNW
303-997-4601

YOUNG REMBRANDTS provides a fun and creative environment where your child will learn how to draw and explore his or her artistic skills.

HORSES, HORSES & MORE HORSES! (Ages 6-13)
Four fun-filled days await our students as we explore the wonderful world of horses. Horses are not only graceful and majestic animals, but they are also excellent subjects to draw and color. In our Young Rembrandts Horse Drawing Workshop, our students will learn how to draw horses of all shapes, sizes, and styles. Colorful compositions help our students strengthen their coloring skills. Challenging drawings reward our students with a greater sense of accomplishment. This workshop fills up fast, so enroll today!

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>22140</td>
<td>1</td>
<td>M-Th 5/30-6/2</td>
<td>1-3pm</td>
<td>$89/$112</td>
</tr>
</tbody>
</table>

MONSTERS, CREATURES & CREEPS! (Ages 6-13)
Laugh-out-loud funny! Mind-bendingly-creepy! Eerie-but-exciting! These are just some of the words that best describe our Monsters, Creatures and Creeps workshop. If your child is a fan of creepy, crawly monsters, this workshop is the perfect fit. Over the course of the week, your child will learn to draw and imagine a variety of characters and even complete a large composition using pastels. They will learn to draw monsters of all shapes, sizes and colors. There are big monsters...and little monsters! Furry monsters...and scaly monsters! If we can imagine a monster, we'll draw it! They will learn how to draw amazing cartoon characters with humorous expressions and animated poses. Be a part of something fun and special. Enroll your budding artist today!

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>22141</td>
<td>1</td>
<td>M-Th 6/13-6/16</td>
<td>1-3pm</td>
<td>$89/$112</td>
</tr>
</tbody>
</table>

OODLES OF OCEAN LIFE PASTEL (Ages 6-13)
Four fun-filled days await our students as we explore ocean life as they learn to draw and color with pastels. We will create detailed, pastel compositions on each day, focusing on a different ocean-themed subject. We will draw eye-catching sea stars along the shoreline and a pair of vibrant clown fish. We will illustrate a sea turtle with bold patterns, a blue crab and a wondrous scene of jellyfish. Our instruction will bring remarkable results, and you will want to head to the frame shop with your child’s finished pastel pieces. These pastel drawings will reward students with a great sense of pride and accomplishment. Enroll today!

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>22143</td>
<td>1</td>
<td>M-Th 7/11-7/14</td>
<td>1-3pm</td>
<td>$89/$112</td>
</tr>
</tbody>
</table>

PIRATE WORKSHOP (Ages 6-13)
Ahoy mates! Join us as we explore the world of pirates with new drawing adventures! Pirates, treasure maps, sunken treasures, parrots, a grand pirate ship and more will inspire us as we draw, using cartoon and realistic drawing techniques. Kids love drawing our playful, expressive characters and will complete several drawings each day using the unique Young Rembrandts drawing method. They will show you all they have learned over the week when they complete one large scene on the final day. Get ready for pirate fun and enroll today! All materials provided and include pencils, color pencils, Sharpies™ and markers.

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>22145</td>
<td>1</td>
<td>M-Th 8/8-8/11</td>
<td>1-3pm</td>
<td>$89/$112</td>
</tr>
</tbody>
</table>

SPACE ADVENTURES WITH SKETCH & FRIENDS (Ages 6-13)
Join Young Rembrandts as we travel to the farthest reaches of the galaxy in our Sketch and Friends in Space workshop. Futuristic scenes of other worldly adventures highlight the spectacular drawings our students will produce. We will join our colorful cast of cartoon characters, like Sketch the mouse, Shade the cat and Dave the elephant. Not only will our students learn how to illustrate science fiction-inspired characters and moments, but they will also strengthen their drawing and coloring skills. From astronauts in jetpacks to out-of-this-world alien lifeforms, our students will learn how to compose well-drawn cartoon figures in dynamic poses. Get ready for four days of exciting, intergalactic imagery!

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>22142</td>
<td>1</td>
<td>M-Th 6/27-6/30</td>
<td>1-3pm</td>
<td>$89/$112</td>
</tr>
</tbody>
</table>

GAIN VALUABLE EXPERIENCE AS A COUNSELOR IN TRAINING (CIT)
Youth age 14-17 can build experience working with youth as a CIT at the Louisville’s Recreation Center’s Summer Day Camp. $85 fee if accepted into program. 8 hours per week. Visit LouisvilleCO.gov > “Job Opportunities” for details!
GAME CONTROLLER MAKER LAB <MAKEY MAKEY> (Ages 7-12)
Can you guess what is missing from these equations? Carrots = Piano, Play Doh = Mouse, Frisbee + Golf ball + Foil = Motion controller...Do you want to make sense of this nonsense? Try Makey Makey! Exploit the electrical properties of ordinary objects to transform them into extraordinary computer controllers. Prepare to stretch your imagination and creativity; enroll now and watch the world around you morph into a ripening harvesting ground for innovative computer interaction tools.

CODE  | SESS | DAY/ DATE  | TIME      | RDF/FEE
22150  | 1    | M-Th 6/20-6/23 | 1:30-3pm | $105/$132

REAL WORLD CODING - BECOME A PYTHONEER! (Ages 9-14)
Get a great headstart in learning how to code using one of the key programming languages used by professional developers - Python. Tech giants such as Google, NASA and YouTube all use Python in critical applications within their businesses. Now is your chance to learn some real world coding skills while you create amazing graphics, program your own guessing game and have fun coding your own silly story generator. Are you ready for a new challenge? Join up and take your first steps to become a Pythoneer!

CODE  | SESS | DAY/ DATE  | TIME      | RDF/FEE
22151  | 1    | M-Th 6/20-6/23 | 3:30-5:30pm | $180/$225

LET'S DO ROBOTICS (Ages 6-8)
Yes, We CAN learn about Robotics! With the LEGO™ WeDo Robotics Kits, you can build and program your own robotic creations. Designed by the experts at MIT, this system teaches simple machines, engineering, and programming. In this hands-on class, robots rule!

CODE  | SESS | DAY/ DATE  | TIME      | RDF/FEE
22152  | 1    | T-F 7/5-7/8 | 1:30-3pm | $105/$132

INTRO TO MINDSTORMS ROBOTICS (EV3/NXT) (Ages 9-14)
Missions are NOT impossible when you use LEGO Mindstorm EV3 Robotics. Students will program robots to use a variety of sensors, motors and block-based programming to complete programming challenges they are given and challenges they create. Explore the new EV3 medium motor, gyro sensor, and castor wheel. Learn to apply EV3 programming to older NXT robots also. If you have an older NXT or newer EV3 Mindstorms kit, or are considering one, this is the class for you.

CODE  | SESS | DAY/ DATE  | TIME      | RDF/FEE
22153  | 1    | T-F 7/5-7/8 | 3:30-5:30pm | $180/$225

Build a Video Game (2Code) (Ages 6-8)
Students will begin learning basic coding skills divided into two monkey-themed skill sets: Chimp and Gibbon. Students will begin with basic movement commands then progress to actions such as "when clicked" and sounds. More advanced skills such as "collision detection" and 'If/Else" action commands will also be covered. Students will be asked to create coding scenes at the end of each session that covers skills learned in that particular session as well as previous sessions. The final project will be a game created and presented to friends and family via a sharable link.

CODE  | SESS | DAY/ DATE  | TIME      | RDF/FEE
22154  | 1    | M-Th 8/1-8/4 | 1:30-3pm | $105/$132

3D Animation - Dream it, Design it, Make it <Alice 3.1> (Ages 9-12)
Using Alice, an innovative 3D programming software you'll design animation for an interactive game, movie or story. This object-oriented program is fun and challenging, as you discover the worlds of computer science and programming using 3D graphics in a virtual world. Let your imagination soar...if you can dream-up a concept, you can design it!

CODE  | SESS | DAY/ DATE  | TIME      | RDF/FEE
22155  | 1    | M-Th 8/1-8/4 | 3:30-5:30pm | $180/$225

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. The skills covered are:
- Pediatric CPR/First Aid including 2 year certification
- Personal Safety
- Growth and Development
- Discipline
- Prevention
- Basic Childcare

Instructor: Advanced Care CPR Training

CODE  | SESS | DAY/ DATE  | TIME      | RDF/FEE
22030  | 1    | Sa 5/21 | 9am-3pm | $78/$97
22030  | 2    | Sa 7/30 | 9am-3pm | $78/$97
MINI SESSIONS (Ages 6-10)
This is the popular mini version of our standard Little Medical School Program combined in a fun-filled 3 hour session. Kids love to dress up and play doctor. This program encourages children to do this as they explore the exciting world of medicine. Using interactive demonstrations, role-playing, crafts and games, kids learn how the body and organs work and how to use instruments that real doctors use. Children are awarded a graduation diploma at the end of the session and get to take home a real medical stethoscope! Topics are different each session so sign up for one, two or all three sessions! Topics include:

Session 1 & 2: What’s in the Doctor’s Bag, The Wonderful Brain, Is there a surgeon in the house?
Session 3: Digestion Fun, That is Gross, Pharmacy
Session 4: All About the Heart, All About the Lungs, First Aid

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>DAY/ DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>22130</td>
<td>1</td>
<td>F 4/15</td>
<td>9am-Noon</td>
<td>$49/$62</td>
</tr>
<tr>
<td>22130</td>
<td>2</td>
<td>Sa 5/7</td>
<td>9am-Noon</td>
<td>$49/$62</td>
</tr>
<tr>
<td>22130</td>
<td>3</td>
<td>F 6/17</td>
<td>9am-Noon</td>
<td>$49/$62</td>
</tr>
<tr>
<td>22130</td>
<td>4</td>
<td>M 8/15</td>
<td>9am-Noon</td>
<td>$49/$62</td>
</tr>
</tbody>
</table>

Note: A $10 supply fee (cash or check made payable to: Little Medical School) is due to the instructor at the beginning of the course.

15 HR SUMMER CAMP (Ages 6-10)
Kids love to dress up and play doctor! The Little Medical School - 15hr Summer Camp program encourages children to explore the exciting world of medicine and the human body. Using interactive demonstrations, role-playing, crafts and games, kids learn how the body and organs work and how to use instruments that real doctors use. Children are awarded a graduation diploma at the end of the program and get to take home a real medical stethoscope!
Topics included in the Summer Camp program are:

- What’s in the Doctor’s Bag
- All about the Heart
- All about the Lungs
- Digesting Digestion
- Is There a Surgeon in the House
- First Aid
- The Wonderful Brain
- That is Gross
- Your Spine is Fine
- Bones
- Pharmacy
- The Exciting Eye

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>DAY/ DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>22131</td>
<td>1</td>
<td>M-F 7/18-7/22</td>
<td>1-4pm</td>
<td>$239/$299</td>
</tr>
</tbody>
</table>

Note: A $20 supply fee (cash or check made payable to: Little Medical School) is due to the instructor at the beginning of the course.

DO YOU WANT TO REPRESENT THE YOUTH OF LOUISVILLE?

Apply to be on the City of Louisville’s Youth Advisory Board! Work on various projects that are community related, provide a voice for the youth of the community to the city officials, make a difference! Applications are available on the City’s website, www.louisvilleco.gov. To be eligible:

- Must be a Louisville Resident who will be in the 6th-12th grade during the 2016-2017 school year.
- Must be available the first Thursday of each month in the evening for meetings during the school year.
- Must have additional availability for 2-5 hours a month to serve on projects.
- Must be able to serve on the board for two school years (2016-2018) unless a senior in High School. Applicants should have an interest in community issues for youth to include: volunteer work, safety, social, recreational and educational activities, community services and local government.

Visit the YAB on the City’s website to find out more.
Applications are due Sept. 1 www.louisvilleco.gov Under Boards and commissions/Youth Advisory Board.

YAB meet with Mayor Bob Muckle at their fall training.

Become a fan of the City of Louisville Youth Advisory Board on Facebook. See what we are up to!

DID YOU KNOW?
The City offers a Resident Discount Fee (RDF) on program and pass fees, room, pool, and park shelters rentals? If you are a Louisville Resident, look for the fees marked “RDF” which reflect this discount.
Mandatory Open House for Enrolled Families

Thurs., 5/12 • 6:30 - 7:30pm
Meet the staff, turn in forms, get your camp t-shirt and have your questions answered. All forms must be turned in as a complete packet or they will be returned. Forms are available at www.louisvillerecreation.com. If you are unable to attend the Open House or access the forms online, contact Mandy Perera, program supervisor, at mandyp@louisvilleco.gov or (303) 335-4902 to sign up for paperwork drop off on either Thurs., April 28, 6-7pm or Tues. 5/3, 10-11am.

Registration:
Registration began in February. All sessions are running wait lists.

Payment:
Full payment is due at registration. Families who qualify for the reduced rate program may receive partial assistance. Reduced rate families must already be enrolled in a government assistance program. Consult our website for more information and an application.

Cancellation / Transfer Policy:
Once a child is enrolled, there will be a cancellation surcharge for EVERY session cancellation or transfer. Cancellations must be requested in writing by 9am the Monday TWO WEEKS before the session begins, otherwise you will forfeit the ENTIRE session fee. Cancellation / Transfer fee: M – F fee $25; MWF or TuTh fee $15.

General Info
• View our Handbook, FAQ and camp forms on our website
• 1:10 ratio with increased supervision for field trips and swim days
• Campers will be separated into smaller groups, by age, for daily structured activities, approximately ½ of the day.
• Field Trips: Wednesdays
• Swim Days: Tues. afternoons at LRC and Fri. afternoons at Memory Square. Pick up at Memory Square on Friday afternoon swim days. (Except Session 9 and 10 will be at LRC.)
• Detailed 2016 calendars will be available at the May Open House

Questions?
Visit www.louisvillerecreation.com for program handbook and FAQ or contact Mandy Perera, program supervisor, at (303) 335-4902, mandyp@louisvilleco.gov.

Session Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Session Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 June 6-10</td>
<td>4 June 27-July 1</td>
</tr>
<tr>
<td>2 June 13-17</td>
<td>5 July 5-8*</td>
</tr>
<tr>
<td>3 June 20-24</td>
<td>6 July 11-15</td>
</tr>
<tr>
<td>7 July 18-22</td>
<td>8 July 25-29</td>
</tr>
<tr>
<td>9 August 1-5</td>
<td></td>
</tr>
</tbody>
</table>

End of Summer Bonus Blast
Summer camp may be over, but let’s have one more blast of fun together. Bonus week features many of the aspects you know from Summer Day Camp with your 2016 Summer camp counselors, same location and time, but for a smaller group of campers (due to staffing shortage in August). We will swim on Tuesday and Friday afternoons at the Recreation Center and have a field trip on Wednesday. Must have attended at least one session of Summer Day Camp 2016 to attend bonus week.

Basics of Swim for Camp
Campers learn the fundamentals of swimming and pool safety skills. Scoops, rolls, floating, getting to the side of the pool and calling for help will all be included in this session designed for campers who are new to swimming or who would like to build their confidence to take and pass the swim test. Must be enrolled in Summer Day Camp 2016. Parents drop campers off at the pool, dressed in their bathing suits with goggles and a towel. Counselors will pick up swimmers after class and bring them to camp. Please bring any clothes to change into after lessons.

Registration deadline for swim lessons is May 1, 2016.
Senior Services

REGISTRATION INFORMATION
Louisville resident registration begins at 8am on Wednesday, April 13
Non-resident registration begins at 8am on Wednesday, April 20

WALK-UP to Recreation Center front desk with cash, check, Visa/Mastercard/American Express/Discover.

MAIL form with check or credit card payment to:
Louisville Recreation Center
900 West Via Appia Way
Louisville, CO 80027

CANCELLATION/REFUND POLICY: Activities cancelled 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.

*Refunds of $20 and under must remain a household credit and no additional surcharge will be applied.
*$5 surcharge for check refunds.

REGISTER EARLY ONLINE!
with a major credit card
www.louisvilleseniorservices.com
Residents: Monday, April 11
Non-residents: Monday, April 18

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 class. For licensed programs such as Pre-school and Summer Day Camp as much advance notice as possible is appreciated but a minimum of 8 weeks is needed.

There is no staff, leader, or escort supervision of individuals provided. Activities are geared toward independent adults who are able to manage their own care, decision making, and safety. Companions may participate at participant’s expense.

REGISTRATION INFORMATION
Louisville resident registration begins at 8am on Wednesday, April 13
Non-resident registration begins at 8am on Wednesday, April 20

WALK-UP to Recreation Center front desk with cash, check, Visa/Mastercard/American Express/Discover.

MAIL form with check or credit card payment to:
Louisville Recreation Center
900 West Via Appia Way
Louisville, CO 80027

CANCELLATION/REFUND POLICY: Activities cancelled 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.

*Refunds of $20 and under must remain a household credit and no additional surcharge will be applied.
*$5 surcharge for check refunds.

REGISTER EARLY ONLINE!
with a major credit card
www.louisvilleseniorservices.com
Residents: Monday, April 11
Non-residents: Monday, April 18

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 class. For licensed programs such as Pre-school and Summer Day Camp as much advance notice as possible is appreciated but a minimum of 8 weeks is needed.

There is no staff, leader, or escort supervision of individuals provided. Activities are geared toward independent adults who are able to manage their own care, decision making, and safety. Companions may participate at participant’s expense.

REGISTRATION INFORMATION
Louisville resident registration begins at 8am on Wednesday, April 13
Non-resident registration begins at 8am on Wednesday, April 20

WALK-UP to Recreation Center front desk with cash, check, Visa/Mastercard/American Express/Discover.

MAIL form with check or credit card payment to:
Louisville Recreation Center
900 West Via Appia Way
Louisville, CO 80027

CANCELLATION/REFUND POLICY: Activities cancelled 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.

*Refunds of $20 and under must remain a household credit and no additional surcharge will be applied.
*$5 surcharge for check refunds.

REGISTER EARLY ONLINE!
with a major credit card
www.louisvilleseniorservices.com
Residents: Monday, April 11
Non-residents: Monday, April 18

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 class. For licensed programs such as Pre-school and Summer Day Camp as much advance notice as possible is appreciated but a minimum of 8 weeks is needed.

There is no staff, leader, or escort supervision of individuals provided. Activities are geared toward independent adults who are able to manage their own care, decision making, and safety. Companions may participate at participant’s expense.
A Note from Your Chair...
Heartfelt thanks to all who contributed to the success of our annual Heat Relief Dinner/Silent Auction!! Your generous donations of food, auction items and volunteer time as well as those who purchased dinner tickets and auction items allows the Seniors of Louisville to continue our support of seniors in need. We also greatly appreciate the generous financial donations made throughout the year. It is an honor to be serving as chair of the Senior Advisory Board. I encourage anyone with an interest in Louisville seniors to attend our meetings and give us your ideas. Our next meeting dates are May 17 and July 19 and we meet at 1pm in the senior center. We hope you enjoy the upcoming events and activities.

DEBBY FAHEY, Senior Advisory Board Chair
720-320-5539

You may be eligible for a FREE Recreation Center Membership.
Stop by the front desk or any senior services staff member to find out if you are eligible for SilverSneakers® or Silver & Fit. Pass members enjoy unlimited facility usage, FitZone classes including SilverSneakers® classes (see below) and racquetball court reservations. Drop by and find out if you are eligible for SilverSneakers® or Silver & Fit today!

SilverSneakers® Classic
Mondays & Wednesdays, 10:30-11:30am

SilverSneakers® Cardio
Mondays, 8-9am
Tuesdays & Thursdays, 1-2pm

Check out all the FitZone classes at louisvillerecreation.com.

Why become a Platinum member?
As a Platinum member, you will enjoy...
1. Continued subsidy on trips and programs offered by the City of Louisville
2. Continued free programs made possible by our volunteers
3. All drop-in activities free of charge
4. Senior Center amenities: coffee, snacks, computer lab, meeting rooms, library, TV, movies, lounge, staff support and resources
5. Free attendance to annual events: Older Americans Month Celebration, Ice Cream Social, Thanksgiving Day Feast and Holiday Dinner
6. Free loan closet rentals
7. Free name tag for day trips

COST PER YEAR:
$12 Resident Discount Fee ($1/month)
$24 Fee ($2/month)

Stop by the front desk and enroll in the PLATINUM membership program TODAY!

Please consider joining us at one of the following Board and/or Focus Group meetings.

ADVISORY BOARD MEETINGS
Tuesday, May 17, 1pm
Tuesday, July 19, 1pm

SOCIAL & CIVIC ENGAGEMENT
Programs: Thursday, May 12, 1pm
A NOTE ABOUT TRIP ETIQUETTE

• Please arrive on time. Be here 15 minutes before scheduled departure time.
• Please be considerate of those with limitations who may require the front seat or a window seat.
• Respect your trip escorts. They are trained by staff to lead your trip and are volunteering their time.
• Welcome new people and be an Ambassador for Louisville Senior Services!
• Please enjoy the ride and leave the driving to the driver and escort. They have the directions and will get you there the most efficient way they deem possible.
• Please be flexible. Sometimes things just don’t go as planned – traffic jams, weather, disappointing food... we encourage you to not let these things ruin your trip. Make the most of your time!
• Tipping the driver is not included in your fee. Feel free to tip the driver when you receive exceptional customer service!
• Stay hydrated! We recommend that you bring your own water bottle. Bottled water is available for purchase in the Rec Center lobby.

LUNCH BUNCH

PAPPADEAUX, GREENWOOD VILLAGE

Yumm- Let’s enjoy a Sunday Brunch... with made-to-order omelets, pancakes and waffles, and a carving station featuring prime rib and glazed ham at this at family owned and operated restaurant where innovation and quality is their main focus. Brunch on your own. Brunch cost: $32.95 per person.

EL RANCHO, EVERGREEN

El Rancho was built in 1948 and has seen many changes, but has maintained their unique dining atmosphere and quality food. Let’s check out this restaurant that is said to have the best view of the Continental Divide. Entrée range: $13-$25

EL RANCHO, EVERGREEN

VILLAGE

We’ll check out this unique fun filled restaurant. We will see their famous pink tower facade that is 85 feet tall. We will see the greatest show in Denver...30 foot waterfall & daring cliff divers, and exciting stage shows. Lunch includes anything on the menu (except the fajitas), All-you-can-eat Chips and Salsa, All-you-can-eat Sopapillas, refillable soft drinks. Meal is $15 per person.

BOULDER DEPOT, BOULDER

Railroads played an important role in the development of the City of Boulder. The depot is emblematic of that early era. Built in 1890, the depot is a gracious stone structure. Let’s enjoy lunch in this historic building. Entrée range: $10-$16.

DINNER GROUP

RUTH’S CHRIS STEAK HOUSE, DENVER

Let’s enjoy a wonderful dinner at this restaurant, known for their quality food and wonderful atmosphere. Dinner on your own. Entrée Range: $28-$55
ASSIGNMENTS RESTAURANT, DENVER
Assignments restaurant is a stepping stone of great hospitality, led by highly accredited chefs and service leaders. The professional and detail oriented student staff promote a genuine and heartfelt service. Their students are striving academic and culinary excellence as they transition into the culinary world. They offer cuisine of the highest standard and present the gift of food in the most nourishing of conditions. Their menu is influenced by classic International and New American cuisine and consists of authentic ingredients, authentically prepared by future chefs. Their tasting menu includes a choice of a starter, main course, and dessert. Price is $21 before drinks, tax and gratuity.

<table>
<thead>
<tr>
<th>CODE</th>
<th>DAY/DATE</th>
<th>TIME</th>
<th>RDF/FEES</th>
</tr>
</thead>
<tbody>
<tr>
<td>28052-2</td>
<td>W 6/15</td>
<td>5-7:45pm</td>
<td>$6/$8</td>
</tr>
</tbody>
</table>

WHITE FENCE, LAKEWOOD
Westword called it the “Best Fried Chicken” in Denver. You’ll call it great food and good fun, and will be a dining experience you won’t soon forget. We can explore the grounds after dinner and enjoy the gorgeous flowers or feed the fish in the pond. Dinner on your own. Entrée range: $11-$30

<table>
<thead>
<tr>
<th>CODE</th>
<th>DAY/DATE</th>
<th>TIME</th>
<th>RDF/FEES</th>
</tr>
</thead>
<tbody>
<tr>
<td>28052-3</td>
<td>Tu 7/26</td>
<td>3:30-8:30pm</td>
<td>$6/$8</td>
</tr>
</tbody>
</table>

FRESH FISH, DENVER
The Fresh Fish Co. has been serving over 20 varieties of the freshest seafood in Denver, for over 30 year. They are known for our mesquite wood grilling, live lobsters, four varieties of crab, melt in your mouth prime rib as well as homemade sides, desserts, sauces and dressings. They cater to specialized nutritional requirements from calories to gluten with informative menus and an accommodating staff. Dinner on your own. Entrée range: $16-$50.

<table>
<thead>
<tr>
<th>CODE</th>
<th>DAY/DATE</th>
<th>TIME</th>
<th>RDF/FEES</th>
</tr>
</thead>
<tbody>
<tr>
<td>28052-4</td>
<td>T 8/16</td>
<td>4-8pm</td>
<td>$6/$8</td>
</tr>
</tbody>
</table>

DAY TRIPS

HOW THINGS WORK TOUR
Presented by Denver History Tours, we look at the way things work in the background of your life. Ever wondered what happens when you flush? How about where the Stapleton tarmac went? They may not be glamorous, they may not smell pretty, but these services and more are essential aspects of any large city. These are backstage chances to learn about the structures underneath our lives, so don’t be squeamish. Tours entail some walking, so come prepared to get out and about, and let’s explore the framework of our lives together. (Tour includes a break for lunch, so please bring some money for your meal. Identification will also be needed.)

<table>
<thead>
<tr>
<th>CODE</th>
<th>DAY/DATE</th>
<th>TIME</th>
<th>RDF/FEES</th>
</tr>
</thead>
<tbody>
<tr>
<td>28020-1</td>
<td>M 5/2</td>
<td>9am-3pm</td>
<td>$16/$20</td>
</tr>
</tbody>
</table>

LITTLETON HISTORICAL MUSEUM
The Littleton Historical Museum is a unique link between Littleton’s past and present. Located on 14 acres adjacent to Ketring Lake, it features two living history farms. The 1860s homestead farm and the 1890s turn-of-the-century farm show how people lived and worked during the early years in Littleton and the South Platte Valley. There is also a working, early 1900s blacksmith shop, an ice house and Littleton’s first one room school house. There isn’t an admission fee, but they would appreciate a donation. After the tour the bus will take you to Main St, where you will have an opportunity to walk around & grab a bite to eat. Lunch on your own.

<table>
<thead>
<tr>
<th>CODE</th>
<th>DAY/DATE</th>
<th>TIME</th>
<th>RDF/FEES</th>
</tr>
</thead>
<tbody>
<tr>
<td>28021-1</td>
<td>F 5/13</td>
<td>8:15am-2pm</td>
<td>$6/$8</td>
</tr>
</tbody>
</table>

DENVER CAPITOL DOME & HISTORICAL TOUR AND TOUR OF THE CATHEDRAL BASILICA OF THE IMMACULATE CONCEPTION
We will head to Denver for a guided tour of the Capitol Building and the capitol’s signature dome. After our tour we will stop for lunch at Sassafras American Eatery (lunch on your own). After lunch we will walk to the Cathedral Basilica of the Immaculate Conception for a guided tour. Entrée range $11-$30.

<table>
<thead>
<tr>
<th>CODE</th>
<th>DAY/DATE</th>
<th>TIME</th>
<th>RDF/FEES</th>
</tr>
</thead>
<tbody>
<tr>
<td>28022-1</td>
<td>M 5/23</td>
<td>9:45am-3:45pm</td>
<td>$6/$8</td>
</tr>
</tbody>
</table>
COLORADO MODAL RAILROAD MUSEUM, GREELEY
Rave reviews from all over the world are flooding in about the Colorado Model Railroad Museum, located by the mainline of the Union Pacific Railroad in Greeley, Colorado. This one-of-a-kind facility features over 600 railroad-related artifacts ranging from a Virginia and Truckee Railroad switch key to a full-sized Colorado and Southern wooden Caboose available for examining both inside and out. We will receive a custom, private, behind the scenes guided tour. This is a unique immersive experience that will delight our group. After that, we will head to the Airport and watch the planes take off/land while eating lunch at the Barnstormer Restaurant. Lunch on your own. Entrée range: $10-$12.

<table>
<thead>
<tr>
<th>CODE</th>
<th>DAY/DATE</th>
<th>TIME</th>
<th>RDF/SEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>28023-1</td>
<td>T 6/7</td>
<td>9am-3:30pm</td>
<td>$17/$21</td>
</tr>
</tbody>
</table>

HISTORIC FRISCO
Museum staff will lead a historic tour of Frisco’s Bill’s Ranch community. Participants will discover how this unique residential area originated, learn the connection to Frisco’s survival and explore original pioneer cabins from the early 20th century. Warm and comfortable clothing and footwear encouraged. Lunch on your own.

<table>
<thead>
<tr>
<th>CODE</th>
<th>DAY/DATE</th>
<th>TIME</th>
<th>RDF/SEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>28024-1</td>
<td>Sat 6/25</td>
<td>8:30am-3:30pm</td>
<td>$15/$17</td>
</tr>
</tbody>
</table>

COORS FIELD TOUR, DENVER
Let’s go to the ballpark…we will get a behind-the-scenes look at one of the premier ballparks in Major League Baseball. Tour will cover about a mile. After that, lunch on your own and browsing 16th St. mall.

<table>
<thead>
<tr>
<th>CODE</th>
<th>DAY/DATE</th>
<th>TIME</th>
<th>RDF/SEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>28025-1</td>
<td>M 6/27</td>
<td>9am-am:2:30pm</td>
<td>$13/$16</td>
</tr>
</tbody>
</table>

SANTA FE ARTS DISTRICT
Within the Art District you can enjoy over 60 participating galleries, artist studios and restaurants. There are free guided shuttle coaches at marked locations. Dinner on your own. Wear comfortable shoes - lots of walking.

<table>
<thead>
<tr>
<th>CODE</th>
<th>DAY/DATE</th>
<th>TIME</th>
<th>RDF/SEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>28026-1</td>
<td>F 7/1</td>
<td>4:15-9:15pm</td>
<td>$6/$8</td>
</tr>
</tbody>
</table>

DUSTY ROSE, GEORGETOWN
The Dusty Rose Tea Room, located in the historic town of Georgetown, offers a charming Victorian experience. We will enjoy the Victorian High Tea and then have some time to walk around Georgetown. High Tea: $32, on your own.

<table>
<thead>
<tr>
<th>CODE</th>
<th>DAY/DATE</th>
<th>TIME</th>
<th>RDF/SEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>28027-1</td>
<td>W 7/13</td>
<td>10:30am-4:30pm</td>
<td>$6/$8</td>
</tr>
</tbody>
</table>

CIRQUE DU SOLEIL: TORUK - THE FIRST FLIGHT
We will be mesmerized by this live multimedia immersive spectacle that brings to the stage the breathtaking world of James Cameron’s Avatar like you have never seen before. We have great seats in Section 224, rows 1 & 2.

<table>
<thead>
<tr>
<th>CODE</th>
<th>DAY/DATE</th>
<th>TIME</th>
<th>RDF/SEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>28028-1</td>
<td>Sun 7/24</td>
<td>12-4:30pm</td>
<td>$94/$114</td>
</tr>
</tbody>
</table>

DID YOU KNOW?
The City offers a Resident Discount Fee (RDF) on program and pass fees, room, pool, and park shelters rentals? If you are a Louisville Resident, look for the fees marked "RDF" which reflect this discount.
LEADVILLE MINING MUSEUM

Let's head up to the 1880's silver boomtown of Leadville, Colorado. We will visit the National Mining Hall of Fame And Museum which is a monument to the memory of the men and women who pioneered the discovery, development and processing of our nation’s natural resources.

We will then take a tour or the Matchless Mine which was one of the richest silver mines of the era. There will also be time for lunch on your own in downtown Leadville. Elevation in Leadville, over 10,000 feet. Dress appropriately and bring water.

<table>
<thead>
<tr>
<th>CODE</th>
<th>DAY/DATE</th>
<th>TIME</th>
<th>RDF/FEES</th>
</tr>
</thead>
<tbody>
<tr>
<td>28030-1</td>
<td>Sat 8/31</td>
<td>8am-5pm</td>
<td>$31/$39</td>
</tr>
</tbody>
</table>

DANIELS & FISHER TOWER/LANNIE’S CLOACKETOWER CABARET, DENVER

You’ll journey upstairs to see behind the mysterious clock faces, take in the breathtaking views of the city and surrounding mountains from the 20th floor Observation Deck and see the original two story spiral staircase leading up to the bell inside the belfry, hearing Tower Tales along the way! Participants should wear comfortable shoes and be prepared to climb stairs. Then, we are off to Lannie’s Clocktower Cabaret which is located underground in the historic D&F Clocktower. Sensual decor, cocktails, appetizers, dessert, and the most eclectic entertainment around, make Lannie’s the coolest room in town. Don’t miss this great evening! Bring money for drinks, appetizers or desserts at Lannie’s. The show should be a tribute to Great Women of Song from Billie Holiday to Bette Midler.

<table>
<thead>
<tr>
<th>CODE</th>
<th>DAY/DATE</th>
<th>TIME</th>
<th>RDF/FEES</th>
</tr>
</thead>
<tbody>
<tr>
<td>28029-1</td>
<td>Sat 8/13</td>
<td>4:30-10:30pm</td>
<td>$53/$65</td>
</tr>
</tbody>
</table>

The Louisville Recreation/Senior Center is CLOSED FOR MAINTENANCE

August 17-24, 2016

Your LRC monthly passes can be used at Bob L. Burger Recreation Center during this time. See Page 4 for details.
SUMMERTIME PICNIC

Join us for an outdoor picnic at the Recreation/Senior Center to celebrate Summer! Menu: Grilled Cilantro-Lime Chicken with Avocado Salsa, Greek Pasta Salad, Fresh Melon Cup, Whole Wheat Roll. We will be entertained by Cody Qualls (from Face Vocal Band) and guest. Please dress appropriately for weather including sunscreen.

<table>
<thead>
<tr>
<th>CODE</th>
<th>DAY/DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>28041-1</td>
<td>W 6/22</td>
<td>12-1pm</td>
<td>Free*</td>
</tr>
</tbody>
</table>

*Suggested donation : $3.00

MAY CELEBRATION
AN OLDER AMERICANS MONTH CELEBRATION!

Celebrate National Older Americans Month with us! A fun-filled afternoon of celebration and festivities accompanied by a great meal. Please register by Monday, 5/16 to ensure we order enough food.

<table>
<thead>
<tr>
<th>CODE</th>
<th>DAY/DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Platinum Members 28043-1</td>
<td>W 5/18</td>
<td>12-1pm</td>
<td>Free</td>
</tr>
<tr>
<td>Non-Members 28043-1</td>
<td>W 5/18</td>
<td>12-1pm</td>
<td>$5/$7</td>
</tr>
</tbody>
</table>

ART SHOW

SATURDAY, MAY 7 | 2-4PM
LOUISVILLE RECREATION/SENIOR CENTER

Our senior artists created some beautiful art this past year! View a fantastic display of all their masterpieces.

BLOOMIN' SENIORS ANNUAL PLANT SALE

SATURDAY, MAY 14, 2016 8:30 AM UNTIL WE'RE SOLD OUT!

ANNUAL ICE CREAM SOCIAL/CONCERT
Thursday, July 14 at Community Park

Don’t miss out on this wonderful tradition. Enjoy an evening with an ice cream sundae served up by Louisville’s City Council and then be entertained at the Summertime Concert right after from 7:00-8:30pm by Los Bohemios. Bring your lawn chairs and be ready for a good time!

<table>
<thead>
<tr>
<th>CODE</th>
<th>DAY/DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>28044-1</td>
<td>Th 7/14</td>
<td>6:30-7pm</td>
<td>Free</td>
</tr>
</tbody>
</table>
Tai Chi Classes

Class times are carefully divided up so that students can be taught at their level. Questions? Contact Rebecca Tsui at rtsui11@gmail.com.

BEGINNER TAI CHI
Tai Chi uses our mind to practice the flow of ying and yang energy in our body. It is a self-healing exercise focusing on the essence of our life. This is the beginning class for students who have no or very little exposure to Tai Chi. Instructor: Rebecca Tsui

<table>
<thead>
<tr>
<th>CODE</th>
<th>DAY/DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>28001-1</td>
<td>Sa 5/14-5/28</td>
<td>10:30-11:30am</td>
<td>$24/$30</td>
</tr>
<tr>
<td>28001-2</td>
<td>Sa 6/4-6/25</td>
<td>10:30-11:30am</td>
<td>$32/$40</td>
</tr>
<tr>
<td>28001-3</td>
<td>Sa 7/2-7/30</td>
<td>10:30-11:30am</td>
<td>$40/$50</td>
</tr>
<tr>
<td>28001-4</td>
<td>Sa 8/6-8/27</td>
<td>10:30-11:30am</td>
<td>$24/$30</td>
</tr>
</tbody>
</table>

INTERMEDIATE TAI CHI
The quality of Tai Chi is in its slowness, lightness, balance and calmness. This class is for students who are interested to learn Yang style tai chi forms. Yang style is the most popular and widely practiced tai chi style worldwide for health improvement. Instructor: Rebecca Tsui

<table>
<thead>
<tr>
<th>CODE</th>
<th>DAY/DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>28004-1</td>
<td>Sa 5/14-5/28</td>
<td>9:15-10:30am</td>
<td>$27/$34</td>
</tr>
<tr>
<td>28004-2</td>
<td>Sa 6/4-6/25</td>
<td>9:15-10:30am</td>
<td>$36/$45</td>
</tr>
<tr>
<td>28004-3</td>
<td>Sa 7/2-7/30</td>
<td>9:15-10:30am</td>
<td>$45/$56</td>
</tr>
<tr>
<td>28004-4</td>
<td>Sa 8/6-8/27</td>
<td>9:15-10:30am</td>
<td>$27/$34</td>
</tr>
</tbody>
</table>

ADVANCED TAI CHI
Prolonged Tai Chi practice has proven to improve our physical and mental health, strengthen our balance, coordination and flexibility. This class is for students who are interested to learn Chen style tai chi and various tai chi weapon forms. Instructor: Rebecca Tsui

<table>
<thead>
<tr>
<th>CODE</th>
<th>DAY/DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>28005-1</td>
<td>Sa 5/14-5/28</td>
<td>8-9:15am</td>
<td>$30/$38</td>
</tr>
<tr>
<td>28005-2</td>
<td>Sa 6/4-6/25</td>
<td>8-9:15am</td>
<td>$40/$50</td>
</tr>
<tr>
<td>28005-3</td>
<td>Sa 7/2-7/30</td>
<td>8-9:15am</td>
<td>$50/$63</td>
</tr>
<tr>
<td>28005-4</td>
<td>Sa 8/6-8/27</td>
<td>No Class</td>
<td>$27/$38</td>
</tr>
</tbody>
</table>

TAI CHI DROP-IN TUESDAYS
5:00 - 6:00pm | Drop-in $8 each
No Drop-in 5/10, 5/17, 8/23
This is the Tai Chi class for students who are interested to have additional practice and refinement. Instructor: Rebecca Tsui

TAI CHI DROP-IN SUNDAYS
2:00-3:00pm Advanced/Beginning
3:00-4:00pm Intermediate Beginning
Drop-in $8 each | No Drop-in 8/21
This is the Tai Chi class for students who are interested to have additional practice and refinement. This drop in class will meet in the FitZone. Instructor: Rebecca Tsui.

BUILDING FLEXIBILITY
Building strength increases bone density and improves overall muscle strength. Stretching focuses on posture and breathing to increase flexibility. Instructor: Donna Parker

<table>
<thead>
<tr>
<th>CODE</th>
<th>DAY/DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>28002-1</td>
<td>TTh 5/3-5/26</td>
<td>9:45-10:45am</td>
<td>$8/$10</td>
</tr>
</tbody>
</table>

MODIFIED YOGA
In Yoga, the ultimate goal is balance, making sure that the body and mind work in harmony. As we age, it gets more difficult to maintain a good physical balance as well as a balance between the body, mind, and spirit. This class will focus on restoring that balance through proper breathing techniques and complementing poses. All levels of fitness will be accommodated. Instructor: CM Brown.

<table>
<thead>
<tr>
<th>CODE</th>
<th>DAY/DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>28003-1</td>
<td>TuTh 5/3-5/31</td>
<td>8:30-9:30am</td>
<td>$27/$34</td>
</tr>
<tr>
<td>28003-2</td>
<td>TuTh 6/2-6/30</td>
<td>8:30-9:30am</td>
<td>$27/$34</td>
</tr>
<tr>
<td>28003-3</td>
<td>TuTh 7/5-7/28</td>
<td>8:30-9:30am</td>
<td>$24/$30</td>
</tr>
<tr>
<td>28003-4</td>
<td>TuTh 8/2-8/30</td>
<td>8:30-9:30am</td>
<td>$27/$34</td>
</tr>
</tbody>
</table>

$4 drop-in fee on a space available basis.
June, July, and August at Annette Brand Park (Plum Circle & Azure Way)

WATER AEROBICS
See FitZone schedule for current water aerobic classes. Available at the front desk or online.

DROP-IN PICKLE BALL
Find schedule information at Louvissierecreation.com. Also check out our court at Mission Greens tennis court off Lois Court.
AARP SMART DRIVER CLASS
AARP’s half-day class is designed to sharpen driving knowledge and skills and to develop strategies that can reduce likelihood of having a crash. Learn how aging, medications, alcohol and other health-related issues affect driving ability, and ways to adjust for these changes. Learn how to drive safely when sharing the road with others. Graduates may be able to qualify for a discount on auto insurance.

*Cost is $15 for AARP members, $20 for all others, payable to AARP and accepted at class. Class taught by AARP Volunteers.

EXPLORING BRIDGE
Join a class that introduces you to join the card game Bridge. If you’ve played other card games, then you should be comfortable learning Bridge. It will be fun and a great learning experience for you and your mind! Fee includes materials needed for class. Instructor: Walt Oehlkers. Minimum class: 4.

DID YOU KNOW?
The City offers a Resident Discount Fee on program and pass fees, room, pool, and park shelters rentals? If you are a Louisville Resident, look for the fees marked “RDF” which reflect this discount.

ATTENTION
The Louisville Recreation/Senior Center is CLOSED FOR MAINTENANCE
August 17-24, 2016

Louisville Recreation Center monthly passes can be used at Bob L. Burger Recreation Center during the facility closure period. Punch passes will not be valid at the Lafayette center. An issued Louisville Recreation Center pass must be presented for valid admission. Daily visit fee will apply if a Louisville ID card is not presented.

Information about Bob L. Burger Recreation Center can be found at www.cityoflafayette.com or call 303-665-0469
These presentations are scheduled as part of the lunch program from 12:10–12:30pm in the Brooks Café. If you would like lunch, make your reservation the day before, by 1:30pm, by calling 303-335-4931. Suggested donation is $3 for 60+; $6.25 fee for under 60. If you do not wish to eat lunch, you are welcome to attend the presentation at 12:10 pm. No registration is necessary.

COAL CREEK MEALS ON WHEELS
Tuesday, May 10
Lesley Jackson from Coal Creek Meals on Wheels will update us on this very important service in our community.

MEDICARE
Monday, June 6
A Boulder County Medicare Counselor will be here to explain the various programs available and answer your questions.

BOULDER COUNTY ASSESSOR’S OFFICE
Wednesday, July 6
Discussion includes information on the Property Tax Exemption and more.

36 COMMUTING SOLUTIONS
Friday, August 5
Learn about all that is new on the US 36 Corridor.
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. The actual rebate total is based on applicants’ income and expenses. 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.

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. The Boulder County Treasurer’s Office collects the information and sends it to the State of Colorado who manages the program, makes all the decisions, and then notifies the county treasurers who has been approved or disapproved. 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.

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 at www.bouldercounty.org/dept/assessor/pages/seniors.aspx 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.

LEGAL SERVICES

BOULDER COUNTY LEGAL AID
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 investigates and pursues complaints on behalf of consumers, and also takes a lead role in prosecuting cases involving abuse or exploitation of vulnerable members of the community. Call 303-441-1700.

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.

ROCKY MOUNTAIN LEGAL CENTER
Opened in 2010, 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

METROPOLITAN LAWYER REFERRAL SERVICE
A non-profit referral service sponsored by the Bar Associations of Denver, Aurora, Adams, Arapahoe, Boulder, Jefferson and Larimer counties. It provides a 30-minute consultation with an attorney for a pre-paid fee of $75. Fees for additional legal services after the first 30 minutes are arranged between you and the attorney. Call: 303-831-8000.

FINANCIAL EXPLOITATION
Report this to Boulder County Adult Protection at 303-441-1000.
VICTIM OF A SCAM OR FRAUD
If you feel you are a victim, call Boulder County District Attorney Community Protection Division, 303-441-1700.

ELDER ABUSE
Boulder County’s Adult Protection Unit responds to reports of physical, emotional, financial, sexual abuse, neglect and self-neglect. Call 303-441-1000.

LEGAL QUESTIONS & ANSWERS
Attorney Sharon Svendsen will be here each month to privately answer simple legal questions for free. She will be able to refer you for more detailed legal help. Fifteen-minute appointments are available.

<table>
<thead>
<tr>
<th>CODE</th>
<th>DAY/DATE</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>28007-1</td>
<td>T 5/3</td>
<td>11am</td>
<td>FREE</td>
</tr>
<tr>
<td>28007-2</td>
<td>T 5/3</td>
<td>11:20am</td>
<td>FREE</td>
</tr>
<tr>
<td>28007-3</td>
<td>T 5/3</td>
<td>11:40am</td>
<td>FREE</td>
</tr>
<tr>
<td>28008-1</td>
<td>T 6/7</td>
<td>11am</td>
<td>FREE</td>
</tr>
<tr>
<td>28008-2</td>
<td>T 6/7</td>
<td>11:20am</td>
<td>FREE</td>
</tr>
<tr>
<td>28008-3</td>
<td>T 6/7</td>
<td>11:40am</td>
<td>FREE</td>
</tr>
<tr>
<td>28009-1</td>
<td>T 7/5</td>
<td>11am</td>
<td>FREE</td>
</tr>
<tr>
<td>28009-2</td>
<td>T 7/5</td>
<td>11:20am</td>
<td>FREE</td>
</tr>
<tr>
<td>28009-3</td>
<td>T 7/5</td>
<td>11:40am</td>
<td>FREE</td>
</tr>
<tr>
<td>28010-1</td>
<td>T 8/2</td>
<td>11am</td>
<td>FREE</td>
</tr>
<tr>
<td>28010-2</td>
<td>T 8/2</td>
<td>11:20am</td>
<td>FREE</td>
</tr>
<tr>
<td>28010-3</td>
<td>T 8/2</td>
<td>11:40am</td>
<td>FREE</td>
</tr>
</tbody>
</table>

HOUSING

AFFORDABLE AND SUBSIDIZED HOUSING –
- Boulder County Housing Authority, 303-441-3929, www.co.boulder.co.us
- Boulder Housing Partners, 720-564-4610, www.boulderhousing.org
- Longmont Housing Authority, 303-651-8581, www.longmontha.com
- Thistle Communities, 303-443-0007, www.thistlecommunities.org

LONGS PEAK ENERGY CONSERVATION
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, and Neighborhood Energy Sweeps. For more information, call 720-864-6401, www.longspeakenergy.org.

LOW-INCOME ENERGY ASSISTANCE PROGRAM (LEAP) AND HEATING PLUS PROGRAMS:
Both LEAP and Heat Plus are energy assistance programs intended to assist low income households with their winter heating fuel costs.

Accepting Applications through April 30, 2016 for the 2015-2016 Heating Season.

Basic Eligibility Criteria for LEAP:
- Application period November 1 thru April 30 annually
- Must be a resident of Colorado
- Must have at least 1 LEAP eligible household member = 1 person in the household must be a U.S. Citizen/Legal Permanent Resident of the United States
- Must be responsible to pay heating costs
- Must meet gross income limits of 165% of the Federal Poverty Level (FPL)

Heat Plus - Boulder County Funded Program includes the above criteria with the following:
- Higher gross income limits of 200% of FPL
- Must be a resident of Boulder County

Applications are available and can be obtained by calling 1-866-432-8435 or by calling your local LEAP Office at 303-678-6097. They are also available at the Louisville Senior Center. Applications can be mailed to 515 Coffman St. Longmont, CO 80501.

OLD AGE PENSION INCOME & MEDICAID: Income under $771, assets below $2,000 (couple: income $1,450, assets $3,000). Age 60+, CO resident. Spouses qualify separately.
SSI INCOME & MEDICAID: Income under $733, assets below $2,000 (couple $1,100, assets below $3,000). Age 65+, blind, or disabled.

FOOD ASSISTANCE (FOOD STAMPS): Age 60+ or 18+ with a disability, gross income under $1,276 (couple $1,726).

LONG TERM CARE: In-home and nursing home. Age 65+ or disabled. Income of $2,199 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. We believe that by setting goals that align with your core values, everyone can turn a vision into a reality and experience success. For more information, see www.bouldercountyhc.org

---

2016 CAREGIVING SYMPOSIUM
THURSDAY, MAY 19 | 9:30 AM TO 5 PM
Plaza Convention Center, 1850 Industrial Circle, Longmont

Join the 11th annual Caregiving Symposium, sponsored by Boulder County Area Agency on Aging (a division of Community Services). This educational event for family caregivers of older adults—or for anyone interested in caregiving issues—features a large resource fair of local service providers, informative handouts, complimentary lunch, and a dozen-plus workshops on topics such as dementia care, caregiver self-care, legal issues, and more. Caregivers are welcome to come for the full day or for only part of the event. General admission is free, but pre-registration is required.

Register at www.caregivingsymposium2016.eventbrite.com or by calling 303-441-1685.
Walk-in registration is permissible, but does not include lunch.
Free on-site respite care available by reservation; call 303-441-1543.
RECYCLING

EYEGlasses
Drop your used eyeglasses in the Lions’ Club recycling bin, located in the lobby.

AT HOME SERVICES

FIX-IT HANDY SERVICES
Boulder County Care Connect 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.

BOOKS ON WHEELS
The Louisville Public Library offers a service delivering books to homebound individuals. For more information, call 303-335-4805.

YARDBUSTERS
Volunteers help with occasional lawn mowing, gardening, shrub-trimming, raking, and general yard cleanup. Call Boulder County Care Connect at 303-443-1933.

MEDICAL EQUIPMENT LOANS
For those in need of a short-term loan of walkers, shower benches, crutches, or wheelchairs. Suggested donation: $10 resident/$15 non-resident. Call 303-335-4919 for more information.

NUTRITION

BROOKS CAFÉ (see page 54). Lunch is served at noon at the Louisville Recreation/Senior Center. Free Bread Wednesday mornings at 11 am, donated by Panera Bread in Superior. This program is a partnership to provide a portion of basic nutrition for those in greatest need. Limit one grocery bag per household. Bring your own bag.

NUTRITIONAL COUNSELING
Eating well contributes to better health and in preventing and managing chronic conditions. 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.

Nutrition Counseling is brought to you by Boulder County Area Agency on Aging and Boulder Nutrition and Exercise. Free, but donations are welcome!

CARRY OUT CARAVAN
Grocery and delivery service for homebound seniors. Call Boulder County Care Connect at 303-443-1933

COMMUNITY FOOD SHARE
Emergency food boxes available from warehouse in Louisville. Call 303-652-3663 for more information.

COMMUNITY FOOD SHARE ELDER SHARE PROGRAM:
Supplemental groceries twice monthly to qualifying low income, 60 + senior. Call 303-652-1307.

LOUISVILLE COMMUNITY FOOD BANK
At United Methodist Church, 741 Jefferson. Hours: Tuesday and Wednesday, 9am – Noon. Call 303-666-8812.

COAL CREEK MEALS ON WHEELS
Hot lunch delivery services to homebound seniors. Monday – Friday. Cost is on a sliding scale. Call 303-665-0566.

SISTER CARMEN COMMUNITY CENTER FOOD BANK
655 Aspen Ridge Dr., Lafayette. Residents of Louisville may receive emergency food assistance up to 12 times in a calendar year. 303-665-4342.

CAREGIVING

TRAINING COURSES FOR FAMILY CAREGIVERS
Boulder County Area Agency on Aging offers two training programs for family caregivers of older adults, each held four times per year.

The National Caregiver Training Program is a 18-hour course, held over six weeks, that helps family caregivers acquire the skills needed to provide safe, confident home care for older loved ones. Taught by a nurse, the
course provides detailed instruction, demonstration, and hands-on practice in a fun, no-pressure setting. Held July-August in Longmont. Date/location TBD.

Powerful Tools for Caregivers is a 15-hour course, held over six weeks, that gives family caregivers “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.

Held July-August in Longmont. Date/location TBD.

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 more information or to register, call 303-678-6116 or email InfoCaregiver@bouldercounty.org.

MENTAL HEALTH SERVICES

Through Mental Health Partners at 303-443-8500
- Peer Counseling
- Senior Reach
- Support Groups
- Older Adult Specialized Services Team

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
Providing constant care is physically and emotionally demanding; arranging regular respite breaks is essential. The Respite & Companion Volunteer Program matches a trained volunteer with a care recipient, providing two hours of weekly companionship while the caregiver is away. This program emphasizes consistent social contact, no personal care is provided by the volunteer. For more information, contact the program coordinator at 303.441.1543 or infoRespite@bouldercounty.org.

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.

EMPLOYMENT

WORKFORCE BOULDER COUNTY 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 303-301-2900 for more information.

SUPPORT GROUPS

AT THE LOUISVILLE SENIOR CENTER

ALZHEIMER’S CAREGIVERS
2nd Thursdays monthly, May 12, June 9, July 14, August 11, 6-7:30 pm
This group is composed of trained facilitators from the Alzheimer’s Association and other caregivers who care for people with Alzheimer’s Disease. Please call Katie Kerns, 970-390-6723, 1-800-272-3900 or katiekerns@yahoo.com for more information.

ALZHEIMER’S MEMORY CAFE
Memory Café is a gathering place where people living with Early Stage Alzheimer’s or a related disorder can come together to relax and enjoy discussion and socialization with others going through a shared experience over a cup of coffee. First Mondays of the month, Jan. 4, Feb. 1, Mar. 7, Apr. 4, from 10 – 11:30 am. To Register: Call Kera 303-813-1669 or email kmagarill@alz.org.

OTHER SUPPORT GROUPS

IN THE LOUISVILLE AREA: If you are interested in a support group that is not listed, please call 303-335-4919 for assistance.

LOW VISION SUPPORT GROUP
for 55+, their family members, and friends. 1st Wednesday, 1-2 pm at the Lodge at Balfour/Library, 1131 Hecla Drive. For more information, contact Amy Gaines at Center for People with Disabilities, 720-441-2123.
RAINFRO 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.

EGSMC STROKE SUPPORT GROUP

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.

THE CONVERSATION PROJECT IN BOULDER COUNTY

Free one-on-one, couple and family support aimed at "fostering meaningful and effective conversations about end-of-life care." Group presentations available. The Starter Kit can be downloaded at www.theconversationprojectinboulder.org or you may contact Constance Holden at 303-442-0436, ext. 133.

TRANSPORTATION

Learn how to access local and regional transportation services and mobility options through a free telephone consultation with a mobility specialist from Via. Call 303-447-2848, ext. 1047.

VIA MOBILITY SERVICES 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.

Via's on-demand transportation program provides a dedicated vehicle in Louisville Monday through Friday from 7:30 a.m. to 5 p.m. for any trip purpose within the community. Trips are also available to Lafayette and Superior Monday through Friday.

Via's on-demand transportation program also provides service to Louisville residents to travel to Boulder on Wednesdays and Fridays and to Longmont on Tuesdays on a space available basis. Ride requests may be made up to seven days in advance.

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.

Via is a private, nonprofit organization dedicated to promoting independence and self-sufficiency for people living with mobility limitations. www.viacolorado.org.

MEDICAL MOBILITY Volunteer-escorted rides to medical appointments. Call Boulder County Care Connect at 303-443-1933 to schedule your ride.

CALL-N-RIDE/LOUISVILLE The RTD Call-in-Ride is a curb to curb transportation service that takes you anywhere in Louisville. Call 303-434-8960 for more information on schedules, fares, and to make your appointment.

HEALTH & WELLNESS

FOOT CARE

Foot and toenail care is provided by registered nurses from SummerCares, with advanced training in foot care. Includes assessment, foot soak, nails trimmed, callous care, and short foot massage. Perfect for those with diabetes or other foot care needs.

2nd and 4th Thursday afternoon of each month

Call Summer Cares, LLC to schedule your appointment and further information, 303-651-5224

FEE: 1st visit and assessment $45; Follow up Visit $35

VOLUNTEER OPPORTUNITIES

SENIOR PEER COUNSELING is a 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 ongoing supervision. Peer counselors are warm and caring men and women with a special ability to listen and care and a desire to help others. Contact Helen Balis LCSW at 720-406-3661.

W.I.S.E. PROGRAM WITH LOUISVILLE ELEMENTARY SCHOOL

Seniors in Louisville exchange notes, jokes, riddles, poems or drawings with local fourth graders. Have fun, share stories from your own life, get connected with the next generation, and help eager young learners develop their writing skills. If you can write a grocery list or a letter to a grandchild, you can be a W.I.S.E. partner. For details, email WISE_Louisville@yahoo.com.
RSVP – RETIRED SENIOR VOLUNTEER PROGRAM, coordinated through Boulder County Care Connect. 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: **Medical Mobility**, transportation to and from medical appointments; **Carry-Out Caravan**, grocery shop, deliver groceries, or take call-in orders; **Fix-It**, minor home repairs; and **YardBusters**, yard cleanup. For more information, call 303-413-6379.

**WEEKLY CLUBS/EVENTS**

**BILLIARDS**  Monday – Friday, Facility Hours  
*No Billiards 11:30am -1pm M-F*

**BLOOMIN’ SENIORS GARDEN CLUB**  Wednesdays, Once Monthly  
Contact Katie for more information.

**BRIDGE**  Mondays and Thursdays, 1–4pm

**COMPUTER LAB**  Monday – Friday, 9am–4pm

**TAP DANCING**  Thursday, 2-3:30pm

**LINE DANCING (INTERMEDIATE)**  Wed., 1-2:30pm  
Platinum membership covers Line Dance or Drop-in for $4 each week.

**SCRABBLE**  Mondays 1-4 pm  
Players at any level are welcome to enjoy this word game.

**PICKLEBALL**  
The Recreation Center has up to three courts available for play. Look at the Gym schedule at www.LouisvilleRecreation.com for the scheduled times.

**BOOK CLUB**

*Meets the 4th Tuesday* of each month at 1pm  
*Except where noted*

Join us for this fun and informal group. Book titles listed each month, but if you haven’t read the book in time that’s OK too!

May  
**Belle** by Paul Byrne

June  
**The Empress Dowager Cixi Sale** by Jung Chan

July  
**Longbourn** by Jo Baker

August 16*  
**Without Reservation** by Alicia Steinbach

**REMINDER:**  
Platinum members enjoy drop-in activities FREE OF CHARGE (unless otherwise noted).

**BOOMERS/NEW TO RETIREMENT?**  
If you are interested in meeting other people in the same chapter in life, this social group meets monthly at local restaurants. Join them for friendly conversation and laughter. Email Katie Beasley at katieb@louisvilleco.gov or call 303-335-4914 for more information.

**LOVING HANDS CRAFT GROUP**  
**Thursdays, 9:30-11am**  
For those interested in knitting, crocheting, sewing, needlework, quilting, fiber arts, embroidery, and other crafts. Our group donates to many community service projects throughout the year, including Tree of Warmth, Head Huggers, Skilled Care facilities, and more. We are in special need of help with sewing and finishing quilts. We accept fabric and yarn donations.
Join us for a wonderful lunch at noon, Monday through Friday in Louisville’s Senior Center at Brooks Café. Did you know that we are in the same building as the Recreation Center? Work out and stay for lunch! Reservations required. See below for more information.

**LUNCH** Served promptly at noon, Monday through Friday. Menus available online, or stop by for a copy. If a participant arrives after 12:05 p.m., they are not guaranteed a meal.

**BIRTHDAY PARTY** Celebrating the month’s birthdays! Join us for lunch and birthday cupcake. If it’s your birthday that month, we’ll take care of the donation fee on the following dates:
May 25 | June 29 | July 20 | August 31

**LATTE DAY** Join us for conversation and flavored lattes or hot chocolate every Friday in the senior lobby. Meet old friends and make new ones! Open from 10:45-11:45am.

**NEED A RIDE?** Call Via at (303) 447-9636. $2 fare each way.

For reservations call 303-335-4931 or email BrooksCafe@louisvilleco.gov

**REGULAR HAPPENINGS**

**LUNCH ‘N LEARN**
Our Registered Dietician, Candace Johnson gives a short presentation on the latest topics during lunch.

* May 16 Nutrition and Depression
* June 20 Fighting Bacteria in Our Foods
* July 18 Water: Increasing Fluids
* August 15 Sweets: Sugar, Artificial Sweeteners

**BROOKS CAFÉ SPECIAL EVENTS**

**May 6** Celebrate Mom Lunch
**May 18** Older American Celebration
**May 30** Closed, Memorial Day
**June 17** Father’s Day Lunch
**June 22** Summer Outdoor Picnic
**July 4** Closed, Independence Day
**July 14** Annual Ice Cream Social
**August 17-24** Closed for Maintenance

*Nutritional Counseling, see page 50 for more information.*
Established in 1990, and redesigned in 2015, Coal Creek is a popular golfing destination for the Rocky Mountain region. Coal Creek provides golfers with a variety of appealing elements such as strategically placed bunkers, sparkling water features, elevation changes and dramatic views of the mountains. The combination of these attributes guarantees an exciting and memorable round for players of all levels.

Coal Creek offers:
- Online Tee Times
- Practice Facilities
- Golf Outings
- Memberships
- Golf Instruction
- Club Repair and Fitting
- Sweet Spot Café

Visit CoalCreekGolf.com, call 303.666.7888, or stop by the Golf Shop for more information or to book your tee time.

MAKE COAL CREEK YOUR HOME COURSE
We've got memberships to fit every golfer's needs! Visit CoalCreekGolf.com or visit with one of our golf pros to see what level of membership best suits your style of play. As an added value, Louisville residents receive a 10% discount on passes and memberships; seniors receive an 8% discount.

UPCOMING TOURNAMENTS
THE FIRECRACKER OPEN
July 4 | 8am Shotgun Start | $75/player
Start the holiday off with a bang at Coal Creek's Firecracker Open. The format of this event is two-man better ball Stroke Play with handicap. Entry fee of $75 per player includes green fee, entry fee, breakfast, prizes, and range balls. Divisions include Open; Men's - Junior, Senior (50+), Super Senior (60+); and Women's, Junior, Senior (50+), Super Senior(60+).

THE LOUISVILLE OPEN
August 19 | Tee times start at 11am | $75/player
The format of this event is individual stroke play gross and net. Entry fee of $75 includes green fee, entry fee, prizes, range balls, and cook-out after play. Divisions include Open; Men's - Junior, Senior (50+), Super Senior (60+); and Women's, Junior, Senior (50+), Super Senior(60+).

PLAY THE PUNCHBOWL AT COAL CREEK
Our newest addition to Coal Creek Golf Course, the Punchbowl designed by ASGCA Architect Kevin Norby, is a different animal. This 22,000 square foot undulating green is a great place for you and your family to putt over hills and through valleys. The 18-hole Punchbowl course is available every day.

What is a Punchbowl?
A Punchbowl green has a very undulating surface. The cups are located in the lowest portion and appear as a “bowl” with a relatively flat bottom. Golfers can find a variety of routes to the cups. Most holes will vary in lengths from day to day, so it's never the same course to play twice. The Punchbowl is a fun feature to play and appeals to golfers and non-golfers alike.

Do I need to make a tee time?
No tee time is needed; when you arrive to play, place your golf ball in the queue. It takes approximately 15 minutes to play.

What are the fees to play?
This feature is complimentary to play. You may bring your putter and golf balls as well. If you do need golf equipment, the golf shop rents putters and golf balls for $2 per person.

NEW THIS SUMMER
FAST PLAY FRIDAYS
Starting this May, play the first nine holes within 2 hours and 15 minutes, then receive a $5 voucher to use at Coal Creek.

PLAY THE WAVE
Start at 7AM & 11:50AM
Starting in May we are doubling the number of tee times that golfers request. The Wave, sometimes called double-tee start or crossover, starts play on #1 and #10 simultaneously for 2 hours starting at 7:00 a.m. A second wave follows at 11:50 a.m.

PLAY FOUR HOLES
Sunday-Friday, based on availability | Saturdays after 4PM
Starting on the first Saturday in May continuing through August, we'll have a four-hole course available for you to play. This course is available Sunday-Friday based on availability and Saturdays during the Wave after 4 p.m.

JUNIOR GOLF PROGRAMS
Starting in April throughout the summer, a variety of programs are offered for the Junior Golfer. Visit CoalCreekGolf.com for details on these programs and more:
- The Junior Player Development Program
  March-October | $400/person
  This program is designed for the junior who is serious about improving their skills and lowering their scores. The program is ideal for any junior interested in competition and High School golf.
- Junior Golf Schools | June-July
  Including Youth Camp for Grades K-2, Rookie Camp for Grades 3-6, and Advance Camp for Grades 5-8

CoalCreekGolf.com
585 West Dillon Road | 303.666.7888
Explore the great outdoors in your own neighborhood! Did you know the City owns or has an interest in 2,000 acres of open lands that serve a wide variety of values. Each open space property is designated with one or more classifications; Preserve, Protect, Visitor, and Other. These lands provide visual buffers between local municipalities and support many species of wildlife and diverse plant communities.

The City’s trail system meanders through some of these open space parcels, such as Davidson Mesa, Coyote Run, Aquarius, and the Leon A. Wurl Wildlife Sanctuary, to name just a few.

This summer - we’re excited to welcome a full-time Ranger to our staff. The Ranger will be out and about to monitor trail and open space and park usage, etiquette, and share information.

The Open Space Division also offers a number of educational programs throughout the year. For information about Louisville’s Open Space, program schedule and details, and resources like trail maps, visit: louisvilleco.gov/government/departments/parks-recreation/open-space-division

UPCOMING PROGRAMS
Here are some program highlights coming your way this summer. Programs are free, but space is limited. Locations vary.

- **BIRD WALK ON COAL CREEK GOLF COURSE:**
  - Saturday, April 23 | 7-9AM

- **NOXIOUS WEED IDENTIFICATION:**
  - Saturday, May 21 | 10-10:45AM

- **THE LIFE OF THE MONARCH BUTTERFLY:**
  - Thursday, June 23 | 2-3PM

- **GAZING AT THE STARS:**
  - Saturday, June 25 | 9-11PM

- **PULLING FOR COLORADO:**
  - Saturday, July 9 | 9-11AM

- **PAINTING & SKETCHING ON OPEN SPACE:**
  - August | Date and Time TBD

- **THE IMPORTANCE OF TREES:**
  - Saturday, September 10 | 10-11AM

TREK THE TRAILS

**JUNE 4 | 9-11:30 AM**

**Louisville Arboretum**

**SW of the Louisville Recreation Center**

The City of Louisville’s Youth Advisory Board (YAB) encourages you to get out and walk, run, or bike the trails in our community in celebration of National Trails Day. Make the Louisville Arboretum part of your loop and enjoy a raffle, games, prizes, and information booths.

THANK YOU TO OUR SPONSORS

Moxie Bread Co. | Bread & Pastries
740 Front | $50 Gift Card Prize
Louisville Recreation Center | 20-Visit Pass Prize
Louisville Cyclery | Free Tune Up
And More to Come!
ONLINE REGISTRATION
Online registration will have first priority for class registration. You need a user name and password to register online. If you have registered with our center in the past for any class or pass, we have set up an account and login for you. Visit our website at www.louisvillerecreation.com to register your household for a WebTrac account. Please allow up to two business days to receive your account information. Please call the front desk at 303-666-7400 to obtain the needed information to login if you have forgotten the login or password.

Online Resident registration begins April 11 at 8am
Online Non-Resident registration begins April 18 at 8am

The first 2 days of registration will be online only.

MAIL-IN / DROP OFF
You may pay by Check, Visa, Mastercard, Discover, American Express, cash or household credit. Mail or drop off completed registration forms and payment to:

Louisville Recreation Center
900 W. Via Appia
Louisville, CO 80027.

WALK-IN
Walk-in Resident registration begins April 13
Walk-in Non-Resident registration begins April 20

WHEN CANCELLING FROM PROGRAMS
A. Transfer to another class, or another session.
B. Receive a household credit, valid for any other program offered through the Department of Parks and Recreation. There is a $5 service charge per class for cancellations with a 7 day notice. No refunds for cancellation with less than 7 days notice.
C. Receive a credit to a credit card
D. Receive a refund by check, mailed directly to your home within 4-6 weeks.
E. Summer Day Camp and Pre-school cancellation fees differ. See those activities for specifics.

SPECIALIZED ASSISTANCE
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 class. For licensed programs such as Pre-school and Summer Day Camp as much advance notice as possible is appreciated but a minimum of 8 weeks is needed.

RESIDENT DISCOUNT FEE
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 a Resident Discount Fee on program fees, pass fees, room, pool, and park shelters rentals.

You’ll note as of January 1, 2016, the fees for our recreation programs will reflect this as a Resident Discount Fee (RDF) and a Non-Resident Fee (NRF). The Resident Discount Fee reflects the fee charged to Louisville residents living within the jurisdictional boundary based on policy established by the City of Louisville.

The Resident Discount Fee is approximately 25% percent.

To qualify for the Resident Discount 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. If you have questions related to residency, please call 303-666-7400.

Post Office Boxes All households that have a P.O. Box as an address will be considered non-residents unless proof of Louisville residency is attached to the registration form (water bill, lease agreement)

DID YOU KNOW?
The City offers a Resident Discount Fee (RDF) on program and pass fees, room, pool, and park shelters rentals? If you are a Louisville Resident, look for the fees marked “RDF” which reflect this discount.
Waiver and Release of Liability: By this agreement, I hereby waives, exempts, releases and discharges the City of Louisville, its officers, employees, insurers, instructors, volunteers, officials, coaches, sponsors, partners or representatives, from all or any claims, demands and actions of any kind for any bodily injury, personal injury, death, property damage or other damage that may occur in any way as a result of participating in or spectating at any activity of the Louisville Parks and Recreation Department. I hereby also voluntarily agree to assume all such risks of injury, death, loss or damage arising out of or related to my engaging in or spectating at such programs and activities, regardless of cause.

Acknowledgement and Assumption of Risk: In registering for the above-listed program(s) of the Louisville Department of Parks and Recreation, I realize that participation in recreation programs, fitness classes, sports leagues and other parks or recreation activities are or may be dangerous and do or may involve risks, including but not limited to risks of bodily injury, personal injury, death, and property loss or damage. I realize that these risks include without limitation potential physical injury or death from causes such as use, misuse or malfunction of recreation equipment; vehicle accident; slipping, falling or colliding with objects or other participants, and from a variety of other foreseeable and unforeseeable circumstances connected with parks or recreation activities. By this agreement, I hereby voluntarily agree to assume all such risks of injury, death, loss or damage arising out of or related to my engaging in or spectating at such programs and activities, regardless of cause.

Waiver and Release of Liability: By this agreement, I hereby waives, exempt, release and discharge the City of Louisville, its officers, employees, insurers, instructors, volunteers, officials, coaches, sponsors, partners or representatives, from any and all claims, demands and actions of any kind for any bodily injury, personal injury, death, property damage or other damage that may occur in any way as a result of engaging in or spectating at the above-listed recreation program(s), regardless of whether or not caused by the act, omission, negligence or other fault of the City, its officers, employees or any other of the above-listed persons or entities, or any other cause.

Indemnification: By this agreement, I further hereby voluntarily agree to indemnify and hold harmless the City of Louisville, its officers, employees, insurers, instructors, volunteers, officials, coaches, sponsors, partners or representatives, from and against all liabilities, claims and demands, including any third party claims for injury, death, loss, or damage resulting from my participation, to the extent such liabilities, claims or demands are the result my own negligence or intentionally misconduct, or that of my minor child.

Refunds must be requested one week before classes start. Cancellations after that time will result in 100% class fee surcharge. Please choose classes carefully! A service charge of $5 per class will be assessed on all cancellations, unless cancellations are due to low enrollment.

YOUTH SPORTS INFORMATION: What are your preference practice days (We do not guarantee) M T W TH F
Would you like to be a coach for this sport? YES NO

For team selection purposes, please let us know what school your children attends:
Name______________________________
School______________________________
Name______________________________
School______________________________

Consent for Publicity and Cancellation Advisement: I authorize and consent to the publica-
tion, whether by television, newsprint, written advertisements, website or internet posting or otherwise, of all or any portion of participant’s name and any picture or image of participant taken in connection engaging in or spectating at any activity of the Louisville Parks and Recreation Department.

I acknowledge there is a $5 cancellation fee for each program for cancellations with a 7 days’ notice. No refunds for cancellations with less than 7 days notice. Summer and Pre-school prices, cancellation fees and policies differ.

Parent Agreement (For Participant Under 18 Years Old): I acknowledge that I am the parent of the above-named participant as the term “parent” is defined in C.R.S. Section 13-22-107(2)(b), and, in addition to execution of the foregoing on behalf of the participant and myself, hereby waive and release any prospective claim of the participant against the City of Louisville, its officers, employees, insurers, instructors, volunteers, officials, coaches, sponsors, partners or representatives for negligence, to the extent provided by C.R.S. Section 13-22-107(3), in connection with the participant’s engaging in or spectating at the above-listed program(s).

I have read and understand the above stated class cancellation policy.
Participant/Guardian Signature:_____________________________________
Date:________________________________________
Credit Card Number_____________________/_______________/_________
3-Digit Security #______________Expiration Date____________________

RECEIVED: CHECK / CASH / CHARGE
VOLoCITY (pronounced Velocity) is a part-time volunteer program for youth to build new friendships and skills. Volunteer projects can take place at any time and generally last anywhere from 2 - 6 hours depending on the location and needs of that agency. Participants are expected to attend all trips during the session that they are registered for. Trips tend to be during the day, but on occasion there may be an evening trip. Many agencies also give us a tour and talk to us about their programs. This is a program to introduce volunteer ethics to youth. This is not a child care program. Disruptive or inappropriate behavior will not be tolerated. Sign up early - this program always fills.

Youth attend ALL TRIPS during the session.

Ages 12-15
Themes:
Session 1: Hunger and Homelessness
Session 2: Farms, Fields, Trails
Session 3: Building Community

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>DAY/DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>22040</td>
<td>1</td>
<td>M, T, Th 6/6-6/16</td>
<td>Varies</td>
<td>$85/$107</td>
</tr>
<tr>
<td>22040</td>
<td>2</td>
<td>M, T, Th 6/27-7/7*</td>
<td>Varies</td>
<td>$71/$89</td>
</tr>
<tr>
<td>22040</td>
<td>3</td>
<td>M, T, Th 7/11-7/21</td>
<td>Varies</td>
<td>$85/$107</td>
</tr>
</tbody>
</table>

No trip: 7/4

Ages 14-16
A session for our older volunteers in a one-week, four-trip format! The theme will be general non-profit volunteerism.

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESS</th>
<th>DAY/DATE</th>
<th>TIME</th>
<th>RDF/FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>22041</td>
<td>1</td>
<td>M, T, W, Th 7/25-7/28</td>
<td>Varies</td>
<td>$57/$72</td>
</tr>
</tbody>
</table>

Why a Fee to Volunteer?
Many hours of planning go into this program, well before it begins as well as once in session, scheduling projects and working with participants. We are here to take the guess work out of it for you! We will organize projects, provide transportation, guidance and supervision.

Questions about this program?
CONTACT MANDY PERERA mandyp@louisvilleco.gov
Hands on Fun for All Ages!

SATURDAY, JUNE 4 | 9-11:30 AM

Louisville Recreation Center | 900 West Via Appia Way

Activities end at 11:30 AM - there is a lot to see and do, get here early to take advantage of all the fun!

Parking is limited, please walk, ride, skate or scooter to the center! Don’t forget sun protection and fluids to stay cool. Touch-A-Truck can be loud and congested. We recommend ear plugs for those with noise concerns.

Got a unique Vehicle or Truck?

Call Mandy, 303-335-4902 to be a part of this fun family event!