

LOUISVILLE

RECREATION & SENIOR CENTER

May-August 2026



There is Something for Everybody!

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

LouisvilleRecreation.com

Stay Active! Anywhere, Anytime!

Zoom Hybrid Fitness classes at the Louisville Recreation & Senior Center



While traveling over the summer, our hybrid fitness classes let you stay active without leaving home. Join live, instructor-led sessions in-person or online, with options from strength and cardio to yoga and flexibility.

Visit our FitZone page to find classes, click the Zoom link, and register using your pass number.

Whatever your fitness level or schedule, you'll get convenience, motivation, and community—right from home.

- A Recreation & Senior Center pass is required to register for ZOOM classes.
- Passes include: Punch passes, Monthly, Annual, SilverSneakers, Renew Active, and Prime passes.
- Your pass ID is the number you use to enter the Recreation & Senior Center.
- Register for virtual classes up to 60 sessions.

Try one of these classes:

- Barre
- Strength & Stretch
- Balance & Stability
- SilverSneakers Circuit
- Zumba
- Zumba Gold
- NIA
- Pilates Mat
- Power Beats Weightlifting
- Gentle Yoga
- Restorative Yoga
- Yoga Strong
- Power Yoga
- Yoga



Scan To Register

Welcome to the Louisville Recreation & Senior Center

JUNE-AUGUST HOURS

Monday-Thursday.....5:30 AM - 8 PM

Friday.....5:30 AM - 7 PM

Saturday & Sunday.....7 AM - 5 PM

*Aquatics area closes 15 minutes
prior to facility closure.*

Register for May - August Programs

City of Louisville Residents

Resident registration begins
Wednesday, April 15
at 12 p.m.

Wednesday, April 15

- Begins at 12 p.m. (Noon)
- Online and In-Person Registration

Non-Residents

Non-Resident registration begins
Friday, April 17
at 12 p.m.

Friday, April 17

- Begins at 12 p.m. (Noon)
- Online and In-Person* Registration

IMPORTANT:

All registrations need to be completed either online at LouisvilleRecreation.com, or in person at the Recreation & Senior Center.

*All in-person registrations must include a completed registration form and waiver.

Cancellation & Refund Policy:

- Cancellations made 7 or more days prior to the start of an activity are eligible for a refund, minus a \$10 processing fee per activity.
- No refunds will be issued for cancellations made less than 7 days before the activity start date.
- Refund Exceptions: Some programs are non-refundable, including but not limited to:
 - Trips
 - Licensed Summer Day Camp
 - Licensed Preschool (Building Blocks, Stepping Stones, Tu/Th Enrichment)
 - Ticketed Events

Please plan accordingly and contact us with any questions prior to registration.

Directory

04	Facilities
08	Birthday Parties
09	Child Watch
10	Aquatics
16	Indoor Turf Gym
17	Sports
27	Youth Activities
31	Fitness
40	General Interests
42	Senior Services

Holiday Schedules

Monday, May 25 Memorial Day	7am - 5pm
Saturday, Jul. 4 Independence Day	Closed
Monday, Aug. 17 - Sunday, Aug. 23 Maintenance Week	Closed



Para leer esta publicación en español,
visite LouisvilleRecreation.com/Catalog
To read this publication in Spanish, visit
LouisvilleRecreation.com/Catalog

Facilities

Staff

Parks, Recreation & Open Space Director (303) 335-4731
Adam Blackmore, ablackmore@louisvilleco.gov

Recreation & Senior Services Superintendent (303) 335-4903
Kathy Martin, kmartin@louisvilleco.gov

Recreation Manager (303) 335-4910
Julie Seydel, jseydel@louisvilleco.gov

Recreation Assistant (303) 335-4907
Pam Lemon, plemon@louisvilleco.gov

Parks & Recreation Senior Administrative Assistant (303) 335-4735
Marla Olson, molson@louisvilleco.gov

Senior Marketing Specialist (303) 335-4734
Ginger Cross, gcross@louisvilleco.gov

Recreation Supervisor/Sports (303) 335-4909
Jesse DeGraw, jdegrow@louisvilleco.gov

Recreation Supervisor/Aquatics (programs) (303) 335-4627
Danny Weinstock, dweinstock@louisvilleco.gov

Recreation Supervisor/Aquatics (303) 335-4905
Paul Borth, pborth@louisvilleco.gov

Aquatics Specialist
Dana Gutierrez, dgutierrez@louisvilleco.gov (303) 335-4415

Senior Services Supervisor (303) 335-4914
Katie Beasley, kbeasley@louisvilleco.gov

Community Resources Coordinator (303) 335-4919
Katie Tofte, ktofte@louisvilleco.gov

Recreation Assistant/Senior (303) 335-4931
Tricia Morgan, pmorgan@louisvilleco.gov

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

Fitness Supervisor (303) 335-4906
Lindsey Witty, lwitty@louisvilleco.gov

Pool Technician (303) 335-4913
Daniel Bidleman, dbidleman@louisvilleco.gov

Louisville Recreation & Senior Center
900 W. Via Appia (303) 666-7400

Louisville Parks & Recreation Main Office
717 Main St. (303) 335-4735

Louisville Sports Complex
1200 North Courtesy Road

Memory Square Pool
801 Grant Street (303) 666-4928



AQUATICS

- Lap pool (6 lanes, 25 meters)
- Program pool (4 lanes, 25 yards)
- Lazy river
- Splash pool
- Hot Tub
- Sauna
- Pool party rooms
- Slide



FITNESS

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



SENIOR CENTER

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



OTHER

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

2026 Pricing	DAILY ADMISSION RES/NR	5 VISIT RES/NR	10 VISIT RES/NR	20 VISIT RES/NR	1 MONTH RES/NR	ANNUAL RES/NR
YOUTH (3-17)	\$6.50 / \$10.75	\$24 / \$48.75	\$48 / \$98	\$96 / \$195	\$29 / \$46	\$280 / \$469
ADULT (18-59)	\$8.50 / \$14	\$34.50 / \$62.75	\$69 / \$126	\$138 / \$251	\$49 / \$76	\$515 / \$808
SENIOR (60+)	\$6.50 / \$10.75	\$24 / \$48.75	\$48 / \$98	\$96 / \$195	\$29 / \$46	\$280 / \$469
COUPLE	NA	NA	NA	NA	\$75 / \$102	\$811 / \$1125
FAMILY	\$18/\$45	NA	NA	NA	\$92 / \$133	\$869 / \$1199
SINGLE HH	NA	NA	NA	NA	\$75 / \$116	\$713 / \$1072
NR BUSINESS	NA	NA	NA	NA	NA / \$60	NA / \$724

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

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

Monthly Auto Pay: Monthly passes may be purchased by auto-debit payment method. An automatic deduction from a checking account will occur on the 15th of each 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. Please provide bank routing number and checking account number upon joining.

Non-Resident Louisville Business Pass:

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

Refunds: No credits or refunds are given due to any closures, vacations, suspensions for conduct violations, or unused time. Before committing to a pass please note the center is closed all major holidays and will be closed 7-10 days for annual maintenance (August time frame).

Cancellations: Annual and Punch Pass cancellations will result in a \$10 processing fee. Monthly passes are non-refundable.

College 3 MONTH PASS

Age 18-25. Valid for 3 months.

\$111 Resident | \$172 Non-Resident

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

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

Family Rate: The daily admission rate includes 2 adults and 3 children under the age of 19 who represent themselves as a family unit and live at the same address. Daily Admission fees apply for more than 2 adults or 3 children.

Single Head of Household: Single head of household consists of one adult and their dependent children under the age of 18.

Facilities

Recreation & Senior 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, vaping, cigarettes, drugs or alcoholic beverages are not allowed in the center.
- The Recreation Center and Senior Center is not responsible for guest's personal belongings. Please leave valuables at home.
- Weapons are prohibited at the center.
- Cell phone usage is restricted to the lobby areas only.
- All guests must be 14+ years of age to be on the track, unless participating in a center sponsored program or with an adult 18+.
- Individuals must be at least 14 years of age to use equipment in the weight room or any cardio equipment. Training is available for those 11-13 years of age who wish to use the equipment.
- Strollers or car seats are not permitted on the track or in any fitness area. Front or back carriers are permitted on the track.
- Disruptive or inappropriate behavior may result in suspension of privileges.
- No loitering allowed. No sleeping allowed.
- No animals except service animals
- Cologne, perfume or body odor that is excessive or causes discomfort to others is prohibited.

Racquetball

Racquetball guests may reserve courts no more than three days in advance. Reservations can be made in person or by calling 303-666-7400.

Park Shelter Rentals

2026 reservations opened Monday, February 2nd.

Rental Dates: May 1-October 31

Visit LouisvilleCo.gov/Rentals for a list of shelters, their availability, and to make a reservation.

If you have additional questions, please contact Parks, Recreation & Open Space, at 303-335-4735, or molson@louisvilleco.gov.

To reserve the Steinbaugh Pavilion, please contact Iris Belensky Arts & Special Events Program Manager, at 303-335-4581, or email ibelensky@louisvilleco.gov.

Code of Conduct

The Louisville Recreation & Senior Center strives to create a wholesome environment for all participants. The City of Louisville expects reasonable and appropriate behavior from those who visit and use facilities. The department reserves the right to deny admission and/or take disciplinary action against any person(s) violating our Code of Conduct or exhibiting action deemed inappropriate.

The violation of the Code of Conduct includes, but is not limited to,

- the use of obscene language or gestures,
- bullying behavior,
- disorderly conduct,
- theft,
- public intoxication,
- use of drugs or alcohol,
- sexual misconduct,
- indecency,
- harassment,
- no sleeping,
- no loitering,
- no unattended or oversized personal items,
- failure to cooperate with staff and/or leadership,
- possession of weapons of any kind,
- non-compliance with department rules and regulations,
- any unlawful activity and any other behavior deemed offensive or unacceptable.

All individuals and organizations will be held to this Code of Conduct when using city facilities. Violating the code of conduct can result in expulsion from the Center for any period of time up to and including permanently. If expelled for a violation of the code of conduct occurs there will be no member fee refunded.

Additional facility policies can be found on our website at LouisvilleRecreation.com.

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.

Motorless Boat Permits

Motorless boating is allowed on Harper Lake with an annual permit. Permits are sold online April 1 - September 30 each year and can be found at LouisvilleCo.gov/Boatpermits.

Boat Permits are only valid for use in the current calendar year. Your online receipt serves as a temporary boat permit until your official permit arrives in the mail.

Paddle boards, swimming, wading, or bodily contact with the water are not permitted at Harper Lake.

Private Pool Rentals (After Hours)



AVAILABLE HOURS (MAY 23 - AUGUST 9*):

Saturday and Sunday | 5:00pm-7:00pm

HOW TO RESERVE A RENTAL

Pools can be rented online at www.LouisvilleRecreation.com.

FEES:

- Rental fee covers 40 swimmers, includes 3 lifeguards
- Additional people after the first 40 will be charged daily admission
- More than one pool may be rented at a time for additional fees contact Danny Weinstock 303-335-4627 or Dweinstock@LouisvilleCo.gov to arrange extra pool usage

CODE	AFTER HOUR POOL RENTALS	RESIDENT	NON-RESIDENT
23801	Splash Pool/Lazy River/Slide/Patio/Zero Depth	\$258	\$322

Rental fee is for one pool only and for up to 40 swimmers. More than one pool may be rented at a time for additional fee/hour listed above.

POLICIES:

- Rentals will be expected to abide by all pool rules
 - Alcohol and glass are not allowed on the patio or in the pool area
 - Reservations need to be made 14 days in advance
 - See private rental web page for location change and refund policies
 - Rentals can be requested for Memory Square outdoor pool. Time would change to 6pm-8pm. Subject to weather related cancellations. See website for more details.
 - **Contact Danny at DWeinstock@LouisvilleCo.gov or 303-335-4927.**
- * 8/15, 8/16 available only at Memory Square outdoor pool by request.

Room Rentals

Reservations begin Wednesday, April 15 at noon



FACILITY RENTALS	RESIDENT FEE/HOUR	NON-RESIDENT FEE/HOUR
Large Rooms (Brooks or Crown)	\$65	\$82
Small Rooms (Imperial, Ajax, Hecla, Matchless, Sunnyside)	\$46	\$60
Kitchen	\$30	\$38
South Gym	\$65	\$88
Grand or Summit (in pool area)	\$60	\$76

Contact Pam at 303-335-4907 or PLemon@LouisvilleCo.gov to reserve a facility.

Private Turf Gym Rentals



TURF RENTALS	RESIDENT FEE/HOUR	NON-RESIDENT FEE/HOUR
Turf Gym	\$100	\$125
After Hour Turf Gym	\$120	\$150
Batting Cage	\$25 per use	

DETAILS:

- Daytime, evening and after hour times available.
- Alcohol is allowed in the rubber floor area of the Turf Gym
- NO glass is allowed
- Payment is due at time of reservation
- Bring your own sports/game equipment for the Turf Gym
- **Contact Jesse at 303-335-4909, or JDeGraw@LouisvilleCo.gov to reserve a private turf gym rental.**

Birthday Parties



Reservations begin Wednesday, April 15 at noon.

POOL PARTY PACKAGES | 2 hours

Celebrate your child's birthday at the Louisville Recreation & Senior Center for a party they are sure to remember! Stay COOL in the POOL where party goers can use our 4-lane program pool and FUN leisure pool, complete with a slide, zero-depth water playground, zipline, and a lazy river.

Reservation times:

Saturday: 12 pm-2 pm, 2:30 pm-4:30 pm

Sunday: 12 pm-2 pm, 2:30 pm-4:30 pm

Price includes 10 kids and 2 adults. Additional guests (up to 26-room capacity) will be charged daily admission (see pg. 5 for rates). Children aged 6 and under MUST be accompanied by an adult who is actively supervising in the water. You can bring in your own decorations that are easy to put up and take down. NO tacks, nails, pins, glitter, or confetti are allowed. Pool party rooms have refrigerators to use. You can bring in food and/or beverages. No alcohol is permitted.

TYPE	DESCRIPTION	R/NR
Basic	Two hours in the pool area which includes swimming and private pool party room adjacent to the leisure pool, with plastic tablecloths.	\$125/\$156

TURF PARTY PACKAGES | 2 hours

Enjoy both the indoor turf, with garage doors leading to an outdoor play space and picnic tables. A party attendant will help with setup, cleanup, and games for the Basic Plus packages. Games include basketball, soccer, parachute, football, Nerf guns, dodgeballs, badminton, connect four, obstacle course and many other fun yard games.

Reservation times:

Saturday: 12 pm-2 pm, 2:30 pm-4:30 pm

Sunday: 12 pm-2 pm

Price includes 20 kids. Additional guests will be charged daily admission (see pg. 5 for rates)

TYPE	DESCRIPTION	R/NR
Basic	2 hours in the Turf Gym. You provide all the supplies including sport equipment (with the exception of goal posts & soccer balls). Includes tablecloth of your color choice.	\$146/\$187
Basic Plus*	Basic package plus paper goods with choice of colors (red, blue, yellow, green, pink or purple), two party attendants to help with setup, cleanup and facilitate the activities and use of the indoor games. *Requires 14 day notice for staffing	\$210/\$264

General Information

- Rentals can be reserved online at Louisvillerecreation.com or by calling Pam at 303-335-4907, or email Plemon@LouisvilleCo.gov.
- Reservations for basic pool and turf parties must be booked at least 10 days in advance. Basis Plus Turf parties require reservations 14 days in advance.

- Rental payment is due at the time of reservation.
- Additional guests will be charged daily admission, payable on the day of the event at the front desk.
- If the party needs to be canceled, a \$25 cancellation fee will apply unless the cancellation is made less than 7 days from the event date which would result in a forfeiture of the entire fee.

Reserve online at LouisvilleRecreation.com or call 303-335-4907

Child Watch

CHILD WATCH HOURS

Ages 6mo-12yrs

Monday-Friday	8:45 a.m. - 1:15 p.m.
Monday-Thursday	4 - 7 p.m.
Saturday	9 a.m. - 12:30 p.m.

SERVICES

- Please label every snack and water bottle with child's name.
- Ages 6m-12 yrs
- Parent/caregiver must remain in the facility at all times
- Parent/caregiver must check-in and pay for an adult visit at the front desk
- Drop-in, no reservations
- Maximum visit: 1.5 hours per visit
- Diaper changing or potty training assistance not provided
- Fun for your child while you enjoy the facility

For more information contact Lindsey Witty at (303) 335-4906 or Lwitty@LouisvilleCo.gov.

DROP-IN FEE

For those guests who do not wish to purchase a punch card, the drop-in rates are as follows:

TIME	PER CHILD
1.5 Hour	\$7.50 R/\$10 NR

Drop-in 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 in at Child Watch.

PUNCH CARD FEES

Our Child Care punch passes can be purchased at the front desk and renewed online or in-person at the front desk. Maximum stay is 1.5 hours per visit.

PUNCHCARD	R/NR
10 Visits	\$43/\$54
20 Visits	\$86/\$108

ANNUAL CHILD WATCH PASS

Best buy! May be purchased at the front desk.

NUMBER OF CHILDREN	FEE R/NR
First Child	\$299/\$374
Each additional child	\$77/\$96

CHILD WATCH IS OPEN FOR THESE CLASSES!

DAY	TIME	CLASS
M	9am	Zumba
M	10:15am	Strength & Stretch
M/W	12pm	Express Cycle
M/W	12pm	Lunch Crunch
M	12pm	Gentle Flow to Restore
M	4:15pm	Yoga Strong
M	5:30pm	Step
T	9:30am	Body Pump
T/Th	10am	Ultimate Core
T/Th	10:45am	Gentle Yoga
T/Th	12pm	Zonetone
T	4:15pm	Power Yoga
T/Th	4:15pm	TRX
T	4:15pm	NIA Hybrid
T	5:15pm	Cycle
T	5:30pm	Body Pump
W	11:45am	YinYoga
W	4:15pm	Vinyasa Yoga
W	4:30pm	Cycle Yoga
W	5:30pm	Body Pump
Th	9am	TRX
Th	10:15am	Barre
Th	12pm	Pilates Mat
Th	5:30pm	Power Cycle
Th	5:30pm	Vinyasa Yoga
Th	5:45pm	Body Pump Heavy
F	9:15am	Body Pump
F	10:45am	Gentle Flow to Restore
F	12pm	Strength & Stretch
F	12pm	Healthy Back Yoga
Sa	9am	NIA Hybrid
Sa	9:45am	Power Yoga
Sa	10:30am	Cardio Drumming
Sa	11:15am	Body Pump

Aquatics

Come swim with us!

- Three Pools
- Slide and Lazy River
- Large, Relaxing Hot Tub with a View
- Sauna and Steam Room

Enjoy Year Round Fun in Our Aquatics Area!



LAP POOL | 6 lanes, 25 meters

Temp 80°-82°

Depth 3ft 6in- 10ft

The lap pool is available for all lane lap swim over 60 hours a week. Lap swim is open to all age groups wishing to swim and/or exercise continuous lengths in the 25M pool. Persons 15 years of age and under must be accompanied by an adult. Circle swimming is expected if there are 3 or more swimmers using a lane.



PROGRAM POOL | 4 lanes, 25 yards

Temp 85 °-86°

Depth 3ft6 in- 9ft

This pool is designed to allow for all of our Aquatic programming including swim lessons, water aerobics and fluid running. The built in benches, platforms, and a large stair case make this a great teaching environment and most of our offered programming will take place in this pool. When this pool is not programmed it will be open for open swim, independent exercise and injury recovery.



SPLASH POOL with Lazy River

Temp 87 °-88°

Depth 0ft- 5ft

Families and kids of all ages will enjoy playing in our new splash pool. It features spray features, a lazy river, vortex, a zero depth entry/ wading area, a kids interactive water table, a children's slide, basketball hoop, and benches.

Open Swim EVERYDAY!

HOT TUB, SAUNA, AND STEAM ROOM

Come soak in our large 104 degree hot tub with benches, massaging jets and beautiful views or relax in our sauna or steam room.

SLIDE The indoor slide is fast and exhilarating with parts that are closed and open. Throughout the ride you experience translucent lines that allow light to enter the tube. As you finish your ride the slide empties into a run out. Must be 48 inches tall.

POOL SAFETY PRECAUTIONS

Please enjoy your swimming pool by following these safety precautions:

- Children 6 and under must be accompanied by an adult who is actively supervising in the water.
- Children 6 and under may not use the steam room, hot tub and sauna.
- 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.

- Patrons between the ages of 7 and 11 may use the steam room, hot tub and sauna only when accompanied by an adult.
- Strollers and infant carriers must not be left unattended at any time.
- No regular diapers are allowed in the swimming pool. Plastic pants or swim diapers must be worn if needed.
- Swim lessons may only be taught by a Louisville Recreation and Senior Center aquatics employee or contractor.

Adult & Teen Swim Programs



MASTERS SWIMMING | Age 18+

Build your endurance for your upcoming race or simply enjoy the camaraderie of other swimmers as you pursue a higher fitness level. Work on individual goals in a group setting to become the swimmer you’ve been striving to be. Workouts are structured for your ability level and pace. All are welcome to join! Check website for additional dates, times, and locations.

Kevin Collington hails from Orlando, Florida, where he started swimming on his local competitive swim team at the age of four. While attending the University of Florida, Kevin joined the triathlon team and found his true talent was in combining swimming, cycling and running, winning the USA Collegiate Triathlon National Championship in 2007. From there he started racing triathlon professionally, with a career spanning 18 years (so far) with a dozen race wins to his name. With the aim to pass on what he has learned in sport, Kevin started coaching at the San Francisco-based triathlon coaching company Purplepatch Fitness in 2017. He now coaches triathletes of all skill levels through his own company, Kevin Collington Racing. He brings a lifetime of swim experience with a specialty in open water swimming to your masters swim here at the Louisville Recreation & Senior Center.

CODE	DAY	TIME	FEE
10-Punch Pass	M/W/F	12:00pm-1:00pm	\$125
Drop in Rate of \$15/day			

ADULT SWIM LESSONS | Age 18+ (Friday evenings)
It’s never too late to learn to swim or add it to your fitness routine! Join our new adults-only evening swim lessons. Adult Beginner is for those who want to learn pool entry and exit, floating, submerging, and basic swimming. If you can swim but want to build endurance and improve stroke technique, join Adult Intermediate. Classes are 45 minutes, including guided practice and free exploration time. Questions? Contact Danny Weinstock at 303-335-4927 or Dweinstock@LouisvilleCo.gov.

Session 1 June 5 - June 26		Session 2 July 10 - July 31
TIME		FEE R/NR
5:00-5:45 pm	Adult Beginner 23176	\$48/\$64.50
6:00-6:45 pm	Adult Intermediate 23177	\$48/\$64.50



EVERY THURSDAY!
Inflatable obstacle course at the Louisville Recreation & Senior Center indoor pools.
1:30 - 4:00pm

Group Swim Lessons



UNSURE WHICH LEVEL YOUR CHILD BELONGS IN?

Schedule a 5 minute swim assessment with a certified instructor. Contact Danny at dweinstock@louisvilleco.gov

PARENT TOT/CHILD | Age 6 months - 2 years

This class is a fun and confidence building experience. This class not only teaches a high level of water comfort to the participants but teaches water safety to the parents. Students will be introduced to proper water entry, learning how to float, blow bubbles, get their face wet, and kick their legs. One parent must be in the water with the student. Swim Diapers required.

TEEN SWIM | Age 13-17 years

The class is designed to provide an opportunity for teens to learn how to swim with other swimmers their age and become more proficient with the basic swimming strokes: Freestyle, Backstroke, and Breast-stroke. It will focus on technique, endurance, and even dabble in the pretest skills needed to get into a lifeguard class. The first day of class the teens will be asked why they are in the class and what their goals are for the class. While all the goals will vary we will design the class curriculum based on the goals the participants have.*Swimmers must be able to swim freestyle the whole length of the pool in order to be in this class.

ADULT SWIM | 18+

Designed to help Adults learn to swim. The first day of class the adults will be asked why they are in class and what their goals are for the class. While all the goals will vary we will design the course curriculum based on the goals the participants have.

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.



LEVEL	CLASS FOCUS	PRE-REQUISITE	AGE
Parent-tot 2 (Maximum 4 participants)	Being in a class setting and going underwater independently. Pre-K focused. (Parents can be in water.)	Willingness to participate in a group setting. Needs to be able to follow simple directions.	2-3
Pollywog (Maximum 5 participants)	Floating, breath control, underwater and forward movement in the water. Pre-K focused.	Comfortable in a group setting without a parent in the water. Willingness to submerge underwater.	3-5
Tadpole (Maximum 5 participants)	Front crawl stroke with breathing and being comfortable in deep water. Pre-K focused.	Ability to jump into the pool go under water and come back up and float on back independently	3-5
Toad (Maximum 5 participants)	Improving strokes, endurance and comfort in deep water. Pre-K focused.	Ability to swim 15 yards with coordinated arm and leg movement on front and back independently.	3-5
Level 1 (Maximum 5 participants)	Being in a class setting and going underwater independently, learning floats	Being ready to participate in a group setting	5+
Level 2 (Maximum 6 participants)	Floating, breath control, underwater and forward movement in the water	Comfortable with going underwater without hesitation. Ability to float without assistance.	5+
Level 3 (Maximum 6 participants)	Front crawl with breathing, elementary backstroke and diving basics	Can swim front crawl. Be comfortable in deep water. Capable of rolling front to back independently.	5+
Level 4 (Maximum 6 participants)	Stroke work on 4 competitive strokes and elementary backstroke	Swimming 15 yards of front crawl with side-breathing	5+
Level 5 (Maximum 6 participants)	Increasing swimming efficiency	Swimming 25 yards of front crawl with side-breathing, breast stroke, and elementary back stroke	5+
Level 6 (Maximum 6 participants)	Swimming skill proficiency	Swim 4 competitive strokes, complete at least 25 yards of each stroke and 50 yards of freestyle with side breathing	6+



Register | Pick your session. Pick your time!

ALL GROUP LESSON FEES | \$32 R / \$43 NR
REGISTRATION | Wed., April 15 R / Fri., April 17

Aquatics

Group Swim Lessons

MONDAY/WEDNESDAY MORNING (4 x 30 min. lessons)

Session 1 | June 1-June 10
Session 2 | June 15-June 24

Session 3 | July 6-July 15
Session 4 | July 20-July 29

TIME	CLASS/CODE	CLASS/CODE
8:50- 9:10 am	Parent-tot 2 23020	Pollywog 23030
9:20-9:50 am	Pollywog 23031	Tadpole 23041
10-10:30 am	Level 1 23110	Parent-tot 2 23021
10:45-11:15 am	Level 2 23120	Level 3 23130
11:20-11:50 am	Level 4 23140	Level 5 23150

SATURDAY MORNING (4 x 30 min. lessons)

Session 1 | June 6- June 27 **Session 2 |** July 11- August 1

TIME	CLASS/CODE	CLASS/CODE
8:25 - 8:55 am	Pollywog 23037	Level 1 23118
9:00- 9:30 am	Parent-tot 2 23027	Tadpole 23047
9:35 -10:05 am	Toad 23058	Level 2 23127
10:10 -10:40 am	Pollywog 23038	Parent-tot 2 23028
10:45 -11:15 am	Level 3 23138	Level 4 23148
11:20- 11:50 am	Level 5/6 23158	Level 3 23139

TUESDAY EVENING (4 x 30 min. lessons)

Session 1 | June 2- June 23

Session 2 | July 7- July 28

TIME	CLASS/CODE	CLASS/CODE	CLASS/CODE
4:00-4:30pm	Tadpole 23043	Parent-tot 2 23023	Level 1 23115
4:35 -5:05pm	Pollywog 23033	Pollywog 23035	Tadpole 23045
5:10 -5:40pm	Level 1 23113	Level 3 23132	Level 2 23122
5:45-6:15pm	Level 2 23123	Level 3 23133	Level 4 23143
6:20 -6:50pm	Level 4 23144	Teen Swim 23170	Level 5 23152

THURSDAY EVENING (4 x 30 min. lessons)

Session 1 | June 4- June 25

Session 2 | July 9- July 30

TIME	CLASS/CODE	CLASS/CODE	CLASS/CODE
4:00-4:30pm	Parent-tot 2 23024	Pollywog 23034	Toad 23053
4:35 -5:05pm	Tadpole 23044	Toad 23054	Pollywog 23036
5:10 -5:40pm	Level 2 23124	Level 1 23114	Level 3 23136
5:45-6:15pm	Level 3 23135	Level 2 23125	Level 4 23145
6:20 -6:50pm	Teen Swim 23171	Level 5 23153	

Private Mini Lessons: 15 Minute Swim Lessons

PERFECT FOR:

- Learning specific skills
- Overcoming fear
- Passing camp swim tests
- Accomplishing a goal



CODE	MONTH	LOCATION	FEE/15 MINUTES R/NR
25000	May-August	Recreation & Senior Center	\$16.50/\$22
25001	May-August	Memory Square	\$16.50/\$22

First come first served. Experienced instructors. Instructors may vary per session. Instructors may not be requested or guaranteed.

Aquatics



AMERICAN RED CROSS COMMUNITY CPR CLASSES | Ages 13+ ONLINE LEARNING

It is now easier than ever to get First Aid/CPR/AED certified! This is a blended online and in-person learning opportunity that will teach you to recognize, respond to, and help in case of a life threatening emergency. Online course completion will be assigned and required prior to the in-person practical skills class.

1. Register for one of the in-person class sessions below (you must be registered at least 1 week ahead of the class). You will then receive an email with your link for the online simulation course which needs to be completed before your scheduled in-person practical class.
2. Complete the online portion which is a 3.5 hour, self-paced learning experience where you will gain the knowledge needed to successfully perform the required skills in the class.
3. After completing the online portion, you will then attend your scheduled class and complete the in-person practical portion which is a 90-minutes, instructor led period where you put your skills to use in a real life setting. Upon successful completion of both sections you will be eligible for certification through the American Red Cross.

CODE	SESS	DAY/DATE	TIME	R/NR
23208	1	Sa 6/27	10:00am-12:00pm	\$72/\$96
23208	2	Sa 7/18	10:00am-12:00pm	\$72/\$96
23208	3	Sa 8/8	10:00am-12:00pm	\$72/\$96

Valid contact information needed. Please check to be sure we have your correct phone number and email address.



HOST A PRIVATE pool party

DETAILS:

- Fee is for up to 20 guests for 2 hours
- Daily fee applies for extra guests.
- Rentals will be expected to abide by all pool rules
- Alcohol and glass are not allowed in the pool area
- Reservations need to be made 14 days in advance
- Contact Danny at 303-335-4927

CODE	DAY/DATE	TIME	R/NR
23801	June-August	see page 7	\$258/\$322

Reserve online at www.LouisvilleRecreation.com
see page 7 for details and available times

HOLIDAY HOURS
Memory Square Outdoor Pool

Lap Swim
10 AM-12 PM

MONDAY, MAY 25
SATURDAY, JULY 4
MONDAY, SEPT 7

Open Swim
12 PM-5 PM

Memory Square Pool

**OPENING
FRIDAY MAY 22!**

DAILY ADMISSION

	R	NR
Youth 3-18 years	\$6.50	\$10.75
Adult 19-59	\$8.50	\$14
Senior 60+	\$6.50	\$10.75
Family (Adult + 3 kids)	\$18	\$45

Children under 3 years of age are admitted at no charge with an adult. Recreation & Senior Center pass members are eligible for Memory Square admission by presenting their pass.



LAP SWIM | OPEN SWIM | H2O AEROBICS

**2026 Schedule
Available Online**

LouisvilleCo.gov/OutdoorPool

Memory Square Outdoor Pool

Hours of Operation:
May 22 - September 7

Daily schedule available at
LouisvilleCo.gov/OutdoorPool

Location:

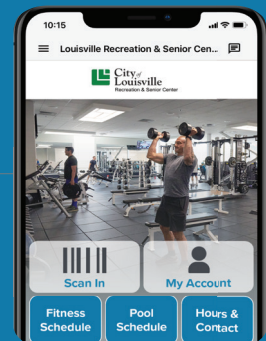
Downtown Louisville
801 Grant Street
303-666-7909

Note: On Saturday 5/30, 6/13, 6/27 & 7/11 the pool hours will be affected by Louisville Dolphin swim meets. Check pool schedule for details.

**Get closure alerts
for the outdoor
pool!**



**Download our
Mobile App to
receive push
notifications.**



Indoor Turf Gym

NERF GUN BATTLE DAY

Come join us for a fun and exciting Nerf gun battle in the turf gym. Nerf gun staff will set up barricades, provide the guns, darts and eye protection for up to 30 kids at a time. Should we have more than 30 kids games would be timed and a rotation would be set up. Staff will help facility games while ensuring kids are having a blast and staying safe. Personal guns are welcomed but all darts are kept by the Louisville Recreation & Senior Center so please use the darts provided.

DAY/DATE	AGES	TIME	R/NR
Sa 5/23	Elementary /Middle School	9:00-10:30am	Free with Membership or Daily Fee

Drop-in Adult Soccer

Dust off the cleats, yes cleats are ok in the turf, and see if you still got it. Drop-in soccer is a great way to stay fit while having fun with others in our indoor turf gym.

Mondays 40+ @ 7 - 8 p.m.

Thursdays 7 - 8 p.m.

BRING THE OUTDOORS IN!

The Turf field is not just for sports practices and games.

Rent the Turf Gym for your next company team building event or party.

Host a graduation party or your kid's birthday party without the worry of weather.

It's a great place to meet up for your neighborhood picnic or that special family reunion. Let us help you create the perfect setting to gather, have fun and celebrate!

Call Pam Lemon @ 303-335-4907 or email PLemon@Louisvilleco.gov to schedule your event today.

Sports

Tennis

LOBBERS | Ages 4-7

This program is designed for young children with activities geared towards movement skills such as running, chasing, balancing, transferring weight, jumping and swinging. In addition, 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.

CODE	SESS	DAY/DATE	TIME	R/NR
26261	1	M/W 6/1-6/24	9:00-9:30am	\$49/\$61
26261	2	M/W 7/6-7/29	9:00-9:30am	\$49/\$61
26261	3	M/W 6/1-6/24	9:30-10:00am	\$49/\$61
26261	4	M/W 7/6-7/29	9:30-10:00am	\$49/\$61
26262	1	T/H 6/2-6/25	10:30-11:00am	\$49/\$61
26262	2	T/H 7/7-7/30	10:30-11:00am	\$49/\$61

HITTERS | Ages 8-10

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

CODE	SESS	DAY/DATE	TIME	R/NR
26265	1	M/W 6/1-6/24	10:00-10:45am	\$54/\$67
26265	2	M/W 7/6-7/29	10:00-10:45am	\$54/\$67
26265	3	M/W 6/1-6/24	10:45-11:30am	\$54/\$67
26265	4	M/W 7/6-7/29	10:45-11:30am	\$54/\$67
26266	1	T/H 6/2-6/25	11:00-11:45am	\$54/\$67
26266	2	T/H 7/7-7/30	11:00-11:45am	\$54/\$67

ACERS | Ages 11-18

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

CODE	SESS	DAY/DATE	TIME	R/NR
26272	1	M/W 6/1-6/24	11:30-12:15pm	\$54/\$67
26272	2	M/W 7/6-7/29	11:30-12:15pm	\$54/\$67
26273	1	T/H 6/2-6/25	11:45-12:30pm	\$54/\$67
26273	2	T/H 7/7-7/30	11:45-12:30pm	\$54/\$67

HOT SHOTS! | Ages 6-10 & 11-18

Do your ground strokes need power and accuracy? Want to learn how to control your shot or improve your serve? 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!

CODE	SESS	DAY/DATE	TIME	R/NR
Ages 6-10				
26287	1	T/H 6/2-6/25	9:00-9:45am	\$54/\$67
26287	2	T/H 7/7-7/30	9:00-9:45am	\$54/\$67
Ages 11-18				
26288	1	T/H 6/2-6/25	9:45-10:30am	\$54/\$67
26288	2	T/H 7/7-7/30	9:45-10:30am	\$54/\$67

Sports



TEAM TENNIS

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 1, first match is Friday, June 12. 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.

CODE	AGE	DAY/TIME	R/NR
26601	Girls & Boys 10 & under	T Th 9:00-10:30am	\$129/\$161
26602	Girls & Boys 11-12	MW 9:00-10:30am	\$129/\$161
26603	Girls & Boys 13-14	T Th 7:30-9:30am	\$129/\$161
26604	Girls & Boys 15-18	MW 7:30-9:30am	\$129/\$161

Registration Deadline: Monday, May 25. Late Registration after May 25 deadline is additional \$20 (only if space available).

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

Skateboarding



Brought to you by Square State Skate

www.squarestateskate.com

SKATE LESSONS

at the Louisville Skate Park | Ages 5-15

Learn how to safely progress while having fun on your skateboard! We welcome skaters of all ages and skill levels to join us as we work on everything from learning how to stand and roll on your skateboard to challenging yourself with tricks. Build up to advanced park riding as we explore all of the different features of the Louisville Skate park.

Group Lessons (5 days)

We will skate together, play some skate-related games, learn about skateboarding history, and enjoy the unique and active skateboarding community.

CODE	SESS	DATE	TIME	FEE
26501	1	5/25-5/29	8:30-10:00am	\$150
26501	2	6/29-7/3	8:30-10:00am	\$150
26501	3	8/10-8/14	8:30-10:00am	\$150



ROCKY MOUNTAIN RATTLES LACROSSE

Rocky Mountain Rattlers Lacrosse is proud to continue their mission to bring youth lacrosse to Broomfield! This camp will include skills and drills for beginner boys and girls lacrosse players.



CODE	SESS	DATE	TIME	FEE
26910	1	Tu 7/7-7/28	5.30-7.00pm	\$75



Flag Football

FLAG FOOTBALL | Grades 1-8

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 grades 1st-8th. 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.

CODE	GRADE	PRACTICE BEGINS	GAMES BEGIN	R/NR
26800	1-3	8/24	9/11	\$65/\$81
26801	4-5	8/24	9/11	\$65/\$81
26802	6-8	8/24	9/11	\$65/\$81

1. Registration begins April 15 for residents and Friday, April 17 for non-residents. Registration ends 7/26. **\$50 late fee. Coaches Meeting 8/5.**
2. There will be a coaches meeting Wed, August 5 at 5:30 p.m.
3. No refunds will be given after the first 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.
9. Practices are 1 night a week with games being played on Fridays.

Soccer

REGISTRATION AND OTHER INFORMATION

1. Registration for fall soccer starts Wednesday, April 15 for residents and April 17 for non-residents.
2. **Registration ends August 2. Coaches Meeting 8/12. \$50 late fee.**
3. If unable to place a child, a refund or credit will be given.
4. We reserve the right to combine leagues, depending on the number of participants.
5. No refunds will be given after the first practice.
6. The season is based on a 7 game season. While every attempt will be made to make-up games that are canceled, we do not guarantee 7 games.
7. Each participant must purchase a white and blue Louisville soccer shirt for \$20.00. Shirts are worn during games. Previous year's participants may use shirts already purchased.
8. Practices are twice a week depending on team and coach.
9. **Schedule requests are not guaranteed.**

YOUTH SOCCER

The Louisville Recreation & Senior 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 K-8th 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. VOLUNTEER COACHES are needed for this program. If interested, call Jesse DeGraw at 303-335-4909. Rainout line 303-335-4998

BOYS SOCCER

CODE	GRADES	PRACTICE BEGINS	GAMES BEGIN	R/NR
26221	Boys K/1st	8/31	9/12	\$62/\$77
26222	Boys 2nd/3rd	8/31	9/12	\$62/\$77
26223	Boys 4th/5th	8/31	9/12	\$62/\$77
26224	Boys 6th-8th	8/31	9/12	\$62/\$77

GIRLS SOCCER

CODE	GRADES	PRACTICE BEGINS	GAMES BEGIN	EARLY R/NR
26225	Girls K/1st	8/31	9/12	\$62/\$77
26226	Girls 2nd/3rd	8/31	9/12	\$62/\$77
26227	Girls 4th/5th	8/31	9/12	\$62/\$77
26228	Girls 6th-8th	8/31	9/12	\$62/\$77

Practices are not determined until coaches have been secured and teams created. This process happens after the deadline.



SKYHAWKS CAMPS

Skill-based sports experience for kids between the ages of 4 and 14.

Please call Jesse DeGraw at 303-335-4909 or visit www.skyhawks.com for further information.

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

VOLLEYBALL CAMP | Ages 5-10

The fundamental skills of volleyball are taught through game-speed drills and daily scrimmages that focus on passing, setting, hitting, and serving. This co-ed program is designed for the beginning and intermediate player. Includes volleyball. Held at Heritage or Annette Brand Park. **Gear to bring:** Gym shoes, knee pads

CODE	SESS	DAY/DATE	TIME	FEE
26305	1	M-F 6/8-6/12	9:00am-12:00pm	\$199
26305	2	M-F 8/3-8/7	9:00am-12:00pm	\$199

BASEBALL CAMP | Ages 5-10

Learn the fundamentals of fielding, catching, throwing, hitting, and base running in a fun, positive environment. Athletes learn new baseball skills along with vital life lessons such as respect, teamwork, and responsibility. Held at Heritage Park. 12:1 participant to coach ratio. **Gear to bring:** Baseball glove

CODE	SESS	DAY/DATE	TIME	FEE
26307	1	M-F 6/1-6/5	9:00am-12:00pm	\$199

MINI-HAWK CAMP | Ages 4-6

This baseball, basketball, and soccer program gives children a fun and positive first step into athletics. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace. Includes ball. Held at Heritage or Annette Brand Park.

CODE	SESS	DAY/DATE	TIME	FEE
26304	1	M-F 6/8-6/12	9:00am-12:00pm	\$199
26304	2	M-Th 6/29-7/2	9:00am-12:00pm	\$199
26304	3	M-F 7/20-7/24	9:00am-12:00pm	\$199

FLAG RUGBY | Ages 5-10

Join Skyhawks for a thrilling Flag Rugby experience, in partnership with Imagine Rugby and Major League Rugby! Suitable for ages 5-10, our program focuses on fun, safety, and fundamental skills like passing and flag-pulling. We blend playing flag rugby with life skills, emphasizing teamwork and sportsmanship. It's an exciting mix of sport and character development for memorable rugby moments.

CODE	SESS	DAY/DATE	TIME	FEE
26311	1	Try it! - W 6/3	9:00am-12:00pm	\$39
26311	2	M-F 6/22-6/26	9:00am-12:00pm	\$199

FLAG FOOTBALL CAMP

Learn skills on both sides of the football including the core components of passing, catching, and defense – all in a fun and positive environment. The week ends with the Skyhawks Super Bowl! Includes football. Held at Cottonwood Park.

CODE	SESS	AGE	DAY/DATE	TIME	FEE
26308	1	5-10	M-Th 6/29-7/2	9:00am-12:00pm	\$159
26308	2	11-14	M-F 7/20-7/24	9:00am-12:00pm	\$159

BASKETBALL CAMP | Ages 5-10

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

CODE	SESS	DAY/DATE	TIME	FEE
26303	1	M-F 6/15-6/19	9:00am-12:00pm	\$199
26303	2	M-F 7/20-7/24	9:00am-12:00pm	\$199

PICKLEBALL | Ages 6-12

Find out why Pickleball is the fastest growing sport! Players will learn the rules of the game, develop hand/eye coordination and proper technique. Pickleball paddles will be provided, but we encourage you to bring your own! Programs fill quickly due to limited court space.

CODE	SESS	DAY/DATE	TIME	FEE
26312	1	Try it! - M 6/1	9:00am-12:00pm	\$39
26312	2	M-F 6/15-6/19	9:00am-12:00pm	\$199

GAME ON! CAMP | Ages 6-12

Skyhawks Game On! Camp is the perfect blend of kickball, dodgeball, ultimate, capture the flag plus more – it's the game extravaganza your kids won't want to miss! No need to worry about sports skills; this camp is all about having a blast with friends. It's the perfect chance for your kiddos to burn that extra energy while creating unforgettable summer memories. Bring the Games On! Community Park

CODE	SESS	DAY/DATE	TIME	FEE
26364	1	M-F 7/6-7/10	9:00am-12:00pm	\$199



SOCCER CAMP

The #1 camp for learning the fundamentals of soccer. Using our progressive curriculum, campers will gain the technical skills & sport knowledge required for that next step into soccer. Includes T-shirt, soccer ball, and merit award. Held at Cottonwood Park. **Sport-Specific Requirements:** Shin guards

CODE	SESS	AGE	DAY/DATE	TIME	FEE
26302	1	5-10	M-F 7/27-7/31	9:00am-12:00pm	\$199
26302	2	11-14	M-F 6/22-6/26	9:00am-12:00pm	\$199

SOFT-LACROSSE CAMP | Ages 5-10

Lacrosse combines basic skills used in soccer, basketball and hockey into one fast-paced game. Athletes will learn the fundamentals of stick handling, cradling, passing and shooting in a fun, non-checking environment. We use soft training balls and provide lacrosse sticks, but you can bring your own! We do not use helmets or gloves. Please do not bring helmets or gloves from home.

CODE	SESS	DAY/DATE	TIME	FEE
26313	1	Try it! - T 6/2	9:00am-12:00pm	\$39
26313	2	M-F 7/13-7/17	9:00am-12:00pm	\$199

BEGINNING GOLF CAMP | Ages 5-9

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

CODE	SESS	DAY/DATE	TIME	FEE
26301	1	Try it! - F 6/5	9:00am-12:00pm	\$39
26301	2	M-F 7/6-7/10	9:00am-12:00pm	\$199

TRACK AND FIELD | Ages 6-12

A combination of technical development, fundamental techniques, and safety with a major focus on fun! Using special equipment, our staff covers the fundamentals of body positioning, stride, proper stretching, and cool-down techniques. Held at Community Park.

CODE	SESS	DAY/DATE	TIME	R/NR
26310	1	M-F 7/27-7/31	9:00am-12:00pm	\$199

BASEBALL TOTS | Ages 2-4.5

BaseballTots classes focus on fine and gross motor skills as well as body control. We teach all the baseball basics, such as throwing, catching, hitting and running control. We are excited to help these little ones develop a love of the game. Held at Heritage Park.

CODE	SESS	AGE	DAY/DATE	TIME	FEE
26361	1	2 to 2.5	W 6/3-6/24	9:00am-9:45am	\$49
26361	2	2.5 to 3.5	W 6/3-6/24	10:00am-10:45am	\$79
26361	3	3.5 to 4.5	W 6/3-6/24	11:00am-11:45am	\$79

SOCCER TOTS | Ages 2-4.5

Soccer Tots classes focus on fine and gross motor skills as well as body control. We teach all the basics, such as kicking, dribbling, and control. We are excited to help these little ones develop a love of the game. Held at Community Park or Heritage Park.

CODE	SESS	AGE	DAY/DATE	TIME	FEE
26362	1	2 to 2.5	F 6/5-6/26	9:00am-9:45am	\$49
26362	2	2.5 to 3.5	F 6/5-6/26	10:00am-10:45am	\$79
26362	3	3.5 to 4.5	F 6/5-6/26	11:00am-11:45am	\$79
26362	4	2 to 2.5	W 7/8-7/29	9:00am-9:45am	\$49
26362	5	2.5 to 3.5	W 7/8-7/29	10:00am-10:45am	\$79
26362	6	3.5 to 4.5	W 7/8-7/29	11:00am-11:45am	\$79

1ST DOWN | Ages 2-4.5

Get ready to huddle up with 1stDownTots and learn about football in a safe, non-contact environment. This program is focused on enhancing fitness, coordination, and fundamental skills while fostering a love for the game. Each session is packed with excitement and learning, perfect for kick starting a lifelong passion for football where teamwork and fun rule the field!

CODE	SESS	AGE	DAY/DATE	TIME	FEE
26366	1	2 to 2.5	F 7/10-7/31	9:15am-9:45am	\$49
26366	2	2.5 to 3.5	F 7/10-7/31	10:00am-10:45am	\$79
26366	3	3.5 to 4.5	F 7/10-7/31	11:00am-11:45am	\$79

Youth Pass SALE!

\$140

Resident
(regular \$280)

\$235

Non-Resident
(regular \$469)

Available for purchase
May 1 - August 31, 2026

Ages 3-17
Can be used at the Louisville Recreation & Senior Center and Memory Square Outdoor Pool

Valid for ONE YEAR
from the date of purchase.



Celebrate Mother's Day & Father's Day

FREE ADMISSION

Share time with your children or come enjoy time to exercise, swim, take a yoga class, or just play. Admission is FREE for moms on Sunday, May 10 and FREE for dads on Sunday, June 21.



Mother's Day
Sunday, May 10



Father's Day
Sunday, June 21

CHALLENGER SPORTS™



CHALLENGER SPORTS FOUNDATIONAL SKILLS SOCCER CAMP

Join us for an International Soccer Camp without leaving your area! Coached by our team of international and US-based staff, our week-long camp improves your child's technical foundational skills whilst providing a unique cultural experience.

Rooted in British training methodology, these camps introduce our international training approach to campers across the U.S and Canada. Our curriculum and coaching foundation meets engaging delivery for an all-around positive experience.

We channel our energy and passion for the game into a fun yet developmental environment. As industry experts, we have crafted an approach which uses methodologies from all around the world to truly reflect the global nature of the sport today.

This camp includes a free soccer ball, jersey and certificate!

CODE	SESS	AGES	DAY/ DATE	TIME	FEE
Half Day					
26900	1	6-16	M-F 6/1-6/5	9am-12pm	\$199
Overtime (must be registered for half day, includes self-provided supervised lunch)					
26900	2	6-16	M-F 6/1-6/5	12pm-3pm	\$99

Adult Pickleball

**Instructor: Sara Beinlich, IPTPA,
Certified Pickleball Professional**

All lessons, camps, and tournaments are held on Wednesdays either at 12:00pm or 2:00pm.

***Fees are for one class.**

LEARN TO PLAY PICKLEBALL | Age 18+

This clinic is for newbies! You will learn some basic techniques, rules and scoring! Paddles are available for use during the lesson.

CODE	SESS	DAY/DATE	TIME	FEE
26701	1	W 5/20	12:00-2:00pm	\$40
26701	2	W 5/27	12:00-2:00pm	\$40
26701	3	W 6/10	12:00-2:00pm	\$40
26701	4	W 6/17	12:00-2:00pm	\$40

ADVANCED BEGINNER SKILLS & DRILLS | Age 18+

Players should know basic shots, rules and how to score. This clinic will help those who are struggling with some consistency and need some coaching on technique and strategy. The first hour will be drills followed by an additional half hour of coached gameplay.

CODE	SESS	DAY/DATE	TIME	FEE
26702	1	W 5/20	2:00-3:30pm	\$30

ADVANCED BEGINNER MIXER (GAME PLAY) | Age 18+

This will be a social mixer for players who are confident in scoring and rules and are ready for some friendly competition. There will be three courts of doubles play. A timer is set for 15 minutes. At the end of 15 minutes, the winning teams moves up a court and split partners and losers move down a court and split partners. The Pickleball Pro will monitor play and help coordinate the mixer.

CODE	SESS	DAY/DATE	TIME	FEE
26705	1	W 5/27	2:00-3:30pm	\$30

INTERMEDIATE LEVEL MIXER (GAME PLAY) | Age 18+

This will be a social mixer for players who are confident in scoring and rules and are ready for some friendly competition. There will be three courts of doubles play. A timer is set for 15 minutes. At the end of 15 minutes, the winning teams moves up a court and split partners and losers move down a court and split partners. The Pickleball Pro will monitor play and help coordinate the mixer.

CODE	SESS	DAY/DATE	TIME	FEE
26707	1	W 6/3	2:00-3:30pm	\$30



BEGINNER LEVEL MIXER (GAME PLAY) | Age 18+

This is for players who have taken the Learn to Play class. Come mingle and enjoy friendly game play with others who are getting into the swing of pickleball. The Pickleball Pro will be there to help answer questions about rules and strategy and help observe and coach play as well as rotate players on different courts. Players MUST have some familiarity with scoring and pickleball.

CODE	SESS	DAY/DATE	TIME	FEE
26706	1	W 6/17	2:00-3:30pm	\$30

BEGINNER SKILLS & DRILLS | Age 18+

This class is a good follow-up to a "Learn to Play Class" Players should know how to score. This clinic will help those who are struggling with some consistency and need more coaching on technique and strategy. The first hour will be drills followed by an additional half-hour of coached game play.

CODE	SESS	DAY/DATE	TIME	FEE
26704	1	W 6/3	12:00-2:00pm	\$40
26704	2	W 6/10	2:00-3:30pm	\$30

Sports

Drop-In Pickleball - Summer Schedule May 24 to August 16

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 am - 10 am	9 am - 12 pm Intermediate	6 am - 8 am	8 am - 11 am Beginner 12 pm - 3:30 pm Lessons	6 am - 8 am	8 am - 11 am 4 pm - 7 pm one court	

INDOOR Recreation & Senior Center Gymnasium

	9am - 12 pm 6 pm - 8 pm	7am - 12 pm	8:30 am- 12:30 pm	7 am-12 pm 6 pm - 8 pm	9am - 12 pm	8 am -10 am 5 pm - 8 pm Family Pickleball
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OUTDOOR Five courts at the Inline Rink

- Pickleball only during designated times
- BYOB&P (Bring your own Balls & Paddles)
- Nets provided
- All ages
- For questions call Jesse DeGraw at 303-335-4909 or jessed@louisvilleco.gov

DROP-IN

TABLE TENNIS

Level of play is
intermediate
to advanced

Wednesday, 6 PM-9 PM
Sunday, 10 AM - 1:30 PM

Join NorthSide Table Tennis Club for some drop-in open play in a friendly atmosphere where players can pursue the sport of table tennis at many levels.

Participants must pay at the front desk and present the receipt to the contractor for admittance.

For more information visit
www.denvernorthsidett.com

DAY	TIME	DROP-IN
W	6:00-9:00pm	\$12
Su	10:00am-1:30pm	\$12

Senior Tennis

DROP-IN SENIOR TENNIS | Ages 60+

- Held on four courts, from 8am-10am, on Fridays at the Centennial Courts off of Regal and Garfield.
- Registration is not required and all levels of skill are welcome. Must be 60 years of age or older.
- Equipment is not provided
- There are no extra fees for drop in tennis.
- This is meant to be a fun, social opportunity for all those interested.
- There will be no drop in tennis on days that City of Louisville Tennis Team has matches and only three courts when CVTA is using one. Dates to be determined.



CLOSED FOR MAINTENANCE

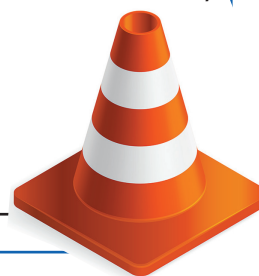
Monday, August 17 - Sunday, August 23
Reopening on Monday, August 24

Louisville Recreation & Senior Center monthly passes can be used at Bob L. Burger Recreation Center during the facility closure period. An issued pass number must be presented for valid admission and the daily visit fee will apply if a valid pass number is not presented. Punch passes will not be valid at the Lafayette center. Information about Bob L. Burger Recreation Center can be found at CityofLafayette.com or call 303-665-0469

ADDITIONAL CLOSURE DATES

- Entire pool area
- Family Change

Stay tuned for more information.



Discover Adventure Just Beyond Your Door



RSVP: Call 303-335-4742, scan the QR Code, or visit us online at bit.ly/LouisvilleOSEvents.

For questions about programs or for help registering for events, email CManian@LouisvilleCO.gov

Explore Open Space Educational Programs & Volunteer Events Today!

Experience the Outdoors: Activities for all ages and abilities to enjoy

Get Involved: Hands-on volunteer projects & habitat restoration

Learn on the Trail: Nature walks with certified naturalists

Create in Nature: Plein air painting series with local artists

Explore the Night Sky: Discover the night sky with fellow astronomy enthusiasts

Help Native Plants Thrive: Weed identification booths & invasive species education



PRESCHOOL at the Louisville Recreation & Senior Center

REGISTRATION FOR SCHOOL YEAR 2026/2027

A Creative Learning Program for ages 3-5

Discover the joy of learning with Building Blocks and Stepping Stones preschool classes— a nurturing and stimulating environment tailored to the unique pace of your child's growth. Our part-time, state-licensed program offers a well-rounded experience that values social emotional development along with academics. With both indoor and outdoor learning spaces, and a curriculum built on play-based learning, we ensure a positive, secure, and engaging atmosphere for your little one. Our team of experienced professionals is dedicated to your child's educational journey, fostering an environment filled with fun, friendships, and meaningful connections. Located at the heart of the community, the Louisville Recreation & Senior Center serves as an ideal hub for exploration, enrichment, and shared experiences. Universal Preschool (4-year-old class, Stepping Stones) and tuition paid options.



Building Blocks

Age 3 on/by 10/01/26

Tuition Pay Only (UPK not available for this class)

CODE	SESS	DAY/DATE	TIME	ENROLL R/NR	DEPOSIT R/NR	TUITION R/NR
62600	1	MWF '26-'27 School Yr	8:30am-11:30am	\$100/\$125	\$398/\$498	\$398/\$498 per month
-WAITLIST-						
62600	2	MWF '26-'27 School Yr	12:00pm-3:00pm	\$100/\$125	\$398/\$498	\$398/\$498 per month



Preschool Enrichment

Ages 4 on/by 10/1/26

Extend your preschooler's week to five days of school with the addition of enrichment activities to include art, free-choice, class meeting, lunch and sports & fitness! Must be enrolled in MWF Stepping Stones to be eligible.

CODE	SESS	DAY/DATE	TIME	ENROLL R/NR	DEPOSIT R/NR	TUITION R/NR
62600	4	TuTh '26-'27 School Year	8:15am-12:00pm	\$100/125	\$461/\$576	\$461/\$576 per month

Stepping Stones

Ages 4+ on/by 10/1/26

Every child age 4 on 10/1/26 is eligible to receive 15 hours of weekly preschool through the State of Colorado MWF 8:15am-1:15pm. Please see UPK.Colorado.gov for more information.

CODE	SESS	DAY/DATE	TIME	ENROLL R/NR	DEPOSIT R/NR	TUITION R/NR
62600	3	MWF '26-'27 School Year	8:15am-1:15pm	UPK or Tuition Paid	UPK or Tuition Paid	UPK or Tuition Paid
-WAITLIST-						



For more information or mid-year enrollment, contact Mandy Perera at 303-335-4902, mperera@louisvilleco.gov or visit LouisvilleCO.gov/Preschool

Watch our video to learn more!



Youth



Enrichment

CREATIVE EXPLORERS | Ages 3-5 by 10/1/26

Let your children's mind soar! Your child will be part of a fun summer adventure using children's literature, art, science, imagination and play to keep those summer humdrums away. Topics and activities will vary by session, so sign up for one or all. Please apply sunscreen before class. No snack provided.

CODE	SESS	DAY/DATE	TIME	R / NR
22010	1	MW 6/1-6/17	8:30-10:00am	\$127/\$159
22010	2	MW 6/22-7/8	8:30-10:00am	\$127/\$159
22010	3	MW 7/13-7/29	8:30-10:00am	\$127/\$159

Music

Brought to you by MagdoMusic
MagdoMusic.com



MAGDOMUSIC | Ages 6 months-5 years

Join our high-energy, interactive children's music program that is wildly entertaining and meaningful for young and older folks alike. Its mixture of original music (and antics) combined with a broad spectrum of genres and artists from around the world, delivers messages of fun, sharing, caring, cleaning, learning, eco-friendliness, responsibility, cooperation, inclusion, and individuality. Children under the age of 6 months are free with a registered sibling. This is a caregiver & child together class.

CODE	SESS	DAY/DATE	TIME	FEE
22118 1st child	1	Tu 6/16-7/28	10:00am-10:45am	\$120
add'l child	2	Tu 6/16-7/28	10:00am-10:45am	\$60
22119 1st child	1	Su 6/14-7/26	11:30am-12:15pm	\$120
add'l child	2	Su 6/14-7/26	11:30am-12:15pm	\$60
No Class on 7/5 or 7/7				

School is Out Mini-Camps

MAY

CHEMICALS, CELLS, AND CRIME | Ages 5-12

Chemicals, Cells, and Crime is where curious kids become junior chemists, biologists, and crime solvers. Dive inside the human body, exploring organs, systems, and cells. Build models and run hands-on experiments. Become a forensic scientist and examine a mock crime scene using chemistry and observation to crack the case. Explore wild chemical reactions, from heat-making mixtures to color-changing solutions. It's a dynamic blend of lab fun, problem-solving, and real science skills that makes chemistry unforgettable.



CODE	SESS	DAY/DATE	TIME	FEE
22135	1	Tu-F 5/26-5/29	9:00am-12:00pm	\$220

WORLD OF DESIGN - THINK IT! DRAW IT! MAKE IT! | Ages 5-12



An art-filled adventure, traveling from the ocean & rainforest to Mars and a futuristic city. Experiment with sculpting, storyboarding, and other techniques to bring big ideas to life. Discover exciting design careers in design in kid-friendly ways. Using the IDEA Design Process, Identify problems, Define their needs, Explore ideas and materials, and assess their designs each day.

CODE	SESS	DAY/DATE	TIME	R/NR
22136	1	Tu-F 5/26-5/29	1:00-4:00pm	\$220

JUNE

ANIMATION STUDIO | Ages 6-12

Create amazing movies with stop motion animation using LEGO® bricks. Children will work in teams to produce their very own movie complete with dialogue and sound effects. Movies are uploaded to a secure site for family and friends to see how cool they are!



CODE	SESS	DAY/DATE	TIME	FEE
22145	1	M-F 6/8-6/12	1:00-4:00pm	\$250

DINO DESIGN W/ LEGO® | Ages 6-11

Travel back to the Jurassic era in this hands-on STEM adventure powered by LEGO® to bring dinosaurs to life. Design and engineer secure habitats for gentle herbivores, embark on daring expeditions to track down elusive species, and uncover the secrets of powerful predators. Get ready for a dino-sized adventure packed with building, problem-solving, and imagination!



CODE	SESS	DAY/DATE	TIME	FEE
22170	1	M-F 6/15-6/19	1:00-4:00pm	\$220

JUNE (continued)

EUREKA! INVENTORS & EXPLORERS | Ages 5-12



Dive into hands-on discovery & creativity through famous innovators like Da Vinci, Tesla, and the Wright brothers. Design, build, and experiment with your own creations: bridges & catapults to rockets & lasers! Explore the science behind invention and innovation. With teamwork, imagination, and plenty of "aha!" moments, they'll bring home gadgets, projects, and big ideas.

CODE	SESS	DAY/DATE	TIME	FEE
22137	1	M-F 6/22-6/26	1:00-4:00pm	\$275

JULY

MESSY FUN CLAY FACTORY | Ages 4-9



Young artists will explore the magical & messy world of clay. Children learn basic clay building techniques while creating their own sparkly geode, a fun-filled tic-tac-toe game, a beautiful leaf-shaped pinch pot with a mosaic decoration!. Embrace the messiness and join us for some sculpting, shaping, and transforming clay into one-of-a-kind masterpieces.

CODE	SESS	DAY/DATE	TIME	FEE
22190	1	M-Th 6/29-7/2	1:00-4:00pm	\$220

HIP HOP & POP STAR DANCE | Ages 5-10



Love to sing and dance along to favorite music? Keep kids moving, learning, and having a blast in a positive, encouraging environment while learning age-appropriate hip hop choreography, pop-star style moves, and freestyle skills. Structured dance activities and games promote coordination, teamwork, and self-expression. No prior dance experience is needed. Camp concludes with a 20 minute showcase, giving dancers a chance to proudly share what they've learned.

CODE	SESS	DAY/DATE	TIME	FEE
22120	1	M-F 7/6-7/10	1:00-4:00pm	\$250

SUPERSTRUCTURE ARCHITECTURE | Ages 6-12



Does your builder enjoy designing beautiful buildings or functional spaces for their mini-figures? If so, this is perfect for your architect to sharpen their design & building skills! All buildings, from the Empire State Building to the house next door, started as an idea in an architect's head. Learn how to take an idea and turn it into a building in the real world through a guided building process, from creating a floor plan to disaster-proofing the structure, so that they will be able to create the next best thing in LEGO® architecture!!

CODE	SESS	DAY/DATE	TIME	FEE
22146	1	M-F 7/13-7/17	1:00-4:00pm	\$250

Youth Activities

Counselor In Training

CIT COUNSELOR IN TRAINING | Ages 14-15

Summer Day Camp is seeking teens who love to engage with elementary-aged children in a day camp environment. Under the leadership of camp staff, CIT's will participate in games & crafts with campers to encourage creativity, teamwork and sportsmanship while ensuring a fun and memorable summer for all!

CODE	SESS	DAY/DATE	TIME	FEE
62620	1	M, Tu, Th 6/1-6/18	8:00-10:00am	\$125/\$156
62620	2	M, Tu, Th 6/1-6/18	10:00am-12:00pm	\$125/\$156
62620	3	M, Tu, Th 6/22-7/9	8:00-10:00am	\$125/\$156
62620	4	M, Tu, Th 6/22-7/9	10:00am-12:00pm	\$125/\$156
62620	5	M, Tu, Th 7/13-7/30	8:00-10:00am	\$125/\$156
62620	6	M, Tu, Th 7/13-7/30	10:00am-12:00pm	\$125/\$156



VOLoCITY | Ages 12-14

- Build a Volunteer History
- Great Future Job Experience
- Learn about Non-Profits
- Be Inspired
- New Friendships
- Make a Difference

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 on Tuesday and Thursday and generally last anywhere from 3 - 5 hours depending on the location and needs of that agency. Participants are expected to attend all trips. Trips tend to be during the day, but on occasion there may be an evening trip. Many agencies give a tour and talk about their programs. This is a program to introduce volunteer ethics to youth, not a child care program. Disruptive or inappropriate behavior will not be tolerated. Trip planning, transportation, and supervision included.

CODE	SESS	DAY/DATE	TIME	FEE
22045	1	Tu, Th 6/8-6/18	Varies	\$125/\$156
22045	2	Tu, Th 6/23-7/2	Varies	\$125/\$156
22045	3	Tu, Th 7/7-7/16	Varies	\$125/\$156
22045	4	Tu, Th 7/21-7/30	Varies	\$125/\$156

JULY (continued)

MINECRAFT MASTER ENGINEERING USING LEGO® | Ages 6-11

Bring your favorite Minecraft adventures to life with our enthusiastic Play-Well instructors. In a Minecraft world powered by LEGO® resources, we will build shelters to keep out Creepers, craft mystical items that only true masters can wield, and perfect our crossbow skills to stop the Wither from taking over! If you can imagine it, we can build it.



CODE	SESS	DAY/DATE	TIME	FEE
22171	1	M-F 7/20-7/24	1:00-4:00pm	\$ 220

K-POP ANIME MANGA DRAWING | Ages 6-12

Our K-Pop Anime Drawing Workshop is bursting with creative star power. Learn how to draw anime characters in a K-Pop style including specialty eyes, stylish outfits and stage-ready poses. K-Pop artists will use color pencils, Sharpies, and markers to bring every detail to life on large 11x17 poster-sized paper. It's K-Pop energy meets anime artistry, a perfect mix of art & imagination inspired by one of the most talked-about movies of 2025! Join the trend. Draw the vibe. It's gonna be golden!



CODE	SESS	DAY/DATE	TIME	FEE
22180	1	M-F 7/27-7/31	1:00-4:00pm	\$ 250

AUGUST

LITTLE YOGIS - MINDFULNESS, MOVEMENT, & ART | Ages 5-12

Introduce kids to the fundamentals of yoga, mindfulness, and meditation! Kids will enjoy music, games, themes, stories, and crafts while building strength, endurance, balance, confidence, and calm. Each class will include movement, mindfulness, and relaxation. Please bring a yoga mat (or towel), water bottle, and nut-free snack. No yoga experience required.



CODE	SESS	DAY/DATE	TIME	FEE
22107	1	M-F 8/3-8/7	9:00am-12:00pm	\$ 250

Youth Activities

Karate



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



KARATE | Ages 6–adult

This introductory class is designed for those who are interested in karate techniques. The class promotes coordination, self-defense, self esteem, respect, increased attention, confidence levels and FUN!! Hanshi Cyrus Madani, a 9th degree Black Belt, and his instructors, have been teaching all the Karate classes at the Louisville Recreation Center since 1990. His 60+ years martial arts experience and special instruction method helps you succeed from the very first class. Parents, we encourage you to sign up for this class with your child and make karate a family event!

CODE	SESS	DAY/DATE	TIME	FEE
22110	1	M 5/4-5/25*	5:00-6:00pm	\$60
22110	2	M 6/1-6/29	5:00-6:00pm	\$75
22110	3	M 7/6-7/27	5:00-6:00pm	\$60
22110	4	M 8/3-8/31	5:00-6:00pm	\$75

Classes meet at the IMA Dojo : 1340 Main St, Louisville
*No Class on 5/25. Make up is 2nd Wednesday each month at 6pm.

Jump Rope

Each jumper will receive a new, individually wrapped, jump rope or are welcome to bring their own as well. Athletic shoes, sunscreen, and water bottles encouraged!



Brought to you by Levitate Jump Rope
levitatejumprope.org

LEVITATE JUMP ROPE TEAM COMPETITION TRAINING | Ages 8-19

Prepare for summer jump rope competitions in this advanced group of jumpers. There will be a focus on perfecting routines and learning new skills. There will be opportunities for travel to competitions. Jumpers must have previously completed a Levitate Jump Rope Team class to sign up. For other cases or exceptions, please contact levitatejumprope@gmail.com.

CODE	SESS	DAY/DATE	TIME	FEE
20042	1	M/W/Th 5/18-6/11	6:00-8:00pm	\$65

PEDALS & POWER: FAMILY E-BIKE MAINTENANCE WORKSHOP

Join e-Bike of Colorado for a fun demonstration workshop designed for parents and youth to learn the essentials of keeping e-bikes in top shape! Learn about simple at-home maintenance—plus discover what repairs are best left to the pros at your local bike shop. We'll also touch on basic e-bike troubleshooting so you can handle common electrical issues with confidence. Perfect for anyone who wants smoother, safer rides and fewer surprises on the road! Enter to win door prizes! Please reserve your spot by registering.

CODE	SESS	DAY/DATE	TIME	FEE
22060	1	Tu 7/21	5:00-6:00pm	FREE

Held at e-Bike of Colorado, 544 Front Street, Louisville

PAUSE FOR A CAUSE UNLEASH YOUR INNER CALM

Sun, April 12, 1:00-3:00

Louisville Recreation & Senior Center

An event inspired by an initiative led by the City of Louisville's Youth Advisory Board. Take a moment to relax for mental health with: FREE Workshops on breath work, fitness, nutrition, yoga, therapy dogs, music, crafts and awesome prizes!

SUNDAY, APRIL 12, 2026: 1-3PM

PAUSE FOR A CAUSE
Unleash Your Inner Calm

What is Pause for a Cause?
An event inspired by an initiative led by the City of Louisville's Youth Advisory Board designed to encourage middle school and high school students in the community to take a moment to relax for their mental health.

FREE TO ATTEND BUT RSVP ENCOURAGED:

YAB
City of Louisville
Youth Advisory Board

@ LOUISVILLE RECREATION & SENIOR CENTER
900 VIA APPIA WAY, LOUISVILLE, CO 80027

FEATURING

- FREE Workshops: breathwork, intro to fitness, intro to nutrition, and yoga
- Therapy dogs
- FREE food and drinks
- Music and crafts
- And the chance to win AWESOME PRIZES!

Fitness & Wellness

Visit www.LouisvilleCo.gov/Fitzone for group fitness schedule

PIYO IN THE PARK

PiYo in the Park (mat Pilates and yoga) is back! Come enjoy practicing mindful yoga and Pilates outside in the fresh air! Classes will be held at Heritage park! Classes will move indoors in inclement weather. We will strengthen our core, tone and stretch our bodies, and practice short mindful meditations and guided relaxations to soothe our hearts and minds in this mixed level practice led by Amanda Hale. Options provided for differing fitness levels. Please bring a beach towel, sticky yoga mat, block and strap to class. Location: Heritage Park. Please walk North from the parking lot past the ball fields to find us in a shady section in the North East part of the park. Instructor: Amanda

CODE	SESS	DAY/DATE	TIME	FEE
20027	1	T 5/19-6/9	11:30am-12:30pm	\$60
20027	2	T 8/18-9/22	11:30am-12:30pm	\$90

LAUGHTER YOGA | Ages 18+

Laughter Yoga is a group activity that combines playful laughter exercises with deep breathing to boost mood, reduce stress, and improve overall well-being—no jokes or humor required. It promotes sustained, hearty laughter, offering a joyful way to laugh through life's ups and downs. Instructor: Thomas

CODE	SESS	DAY/DATE	TIME	FEE
20008	1	W 5/6-5/27	5:45-6:30pm	\$31/\$39
20008	2	W 6/3-6/24	5:45-6:30pm	\$31/\$39
20008	3	W 7/8-7/29	5:45-6:30pm	\$31/\$39

ADULT WATER MAT YOGA | Ages 18+

Water mat classes are in the pool on inflatable boards. Classes will be focused around a fun yoga practice. Yoga on the water enhances balance and improves core strength while exercising in a unique and fun environment. Max 9 participants. Instructor: Gena W.

CODE	SESS	DAY/DATE	TIME	FEE
20028	1	W 5/6-5/27 @ Louisville Recreation & Senior Center	5:30-6:15pm	\$33/\$41
20028	2	W 6/3-6/24 @ Memory Square Pool	10:15-11am	\$33/\$41
20028	3	W 7/8-7/29 @ Memory Square Pool	10:15-11am	\$33/\$41



Join Our Zoom Hybrid Fitness Classes – Workout Anytime, Anywhere!

Whether you're at home or on the go, our Zoom Hybrid Fitness Classes make it easier than ever to stay in shape. Get the best of both worlds with live, interactive sessions you can attend in-person or virtually. From strength training to yoga, cardio to flexibility, our expert instructors will guide you through every move, ensuring you stay motivated and challenged. Visit our FitZone webpage to find classes. Click the zoom link and register for classes using your Rec pass number.

No matter your fitness level or schedule, we've got you covered. Flexibility, convenience, and community – all from the comfort of your own space.

Get fit. Get stronger. Get started today!

Fitness & Wellness

YOGA NIDRA & SOUND HEALING | Ages 18+

Sound healing is a form of healing that uses different vibrations to heal the body, mind and spirit. It works on two principles: That different emotions vibrate at different levels, and that blocked, or unexpressed emotions, are the main source of dis-ease. Sound Therapy Sessions help release deeply held tension, holding patterns, and help clear your energy field. Kat's unique approach to Sound Healing is that she feels the energy of each individual and tailors the session to their needs. In Kat's larger sound classes, she guides you through Yoga Nidra (the state between waking & sleeping) with her symphony of instruments to allow you to drop deep into the Parasympathetic Nervous System while staying grounded. This unique class is one you will want in your schedule weekly to help you reboot, rejuvenate and step back into life with more presence, awareness, focus and a deep calm. Instructor: Kat

CODE	SESS	DAY/DATE	TIME	FEE
20029	1	Th 5/7-5/28	5:30-6:30pm	\$100
20029	2	Th 6/4-6/25	5:30-6:30pm	\$100
20029	3	Th 7/9-7/30	5:30-6:30pm	\$100

ROCKY MTN DEVO | Ages 18+

Join us on the following nights to learn more about testing and the science of fitness. VO2 max and metabolic testing from Rocky Mountain Devo helps you understand your fitness and guide training. Testing will be available at the Louisville Recreation & Senior Center. Join community talks on topics like The Science of Fitness and VO2 Max and Longevity. Use membership or pay drop in fee. Learn more at rockymountaindevo.com.

DAY/DATE	TIME
W 5/6	6:00-7:00pm
W 6/3	6:00-7:00pm
W 7/8	6:00-7:00pm

ARGENTINE TANGO | Ages 18+

This is a beginner-friendly Argentine Tango series aimed to teach you the basics of the dance! Argentine Tango is a connection-focused dance that uses walking, balance, and pivots to create a dance that flows gracefully. In this class you don't need any experience with dance, you don't need to bring a partner, and you don't need special dance shoes to participate. All you need to bring are socks or smooth-soled shoes and a winning attitude! Use membership or pay drop in fee. Instructor: AJ

CODE	SESS	DAY/DATE	TIME
20034	1	F 5/8-5/29	5:30-6:30pm
20034	2	F 6/5-6/26	5:30-6:30pm
20034	3	F 7/10-7/31	5:30-6:30pm

MASSAGE THERAPY

Please see pages 38 and 53 for more information.

LUXE AT LOUISVILLE SOUND BATH | Ages 18+

Luxe at the Louisville is your perfect one-hour escape—a gentle, grounding experience to soothe your body, calm your mind, and recharge your spirit. You'll be treated to herbal tea, calming aromas, and a relaxing sound bath, leaving you refreshed and centered. Whether you're seeking to ease stress, find clarity, or experience a moment of peace, this sound bath offers a nurturing space for healing and rejuvenation. Embrace this opportunity to relax, recharge, and realign with your true self in a serene and supportive environment. Instructor: Ashley

CODE	SESS	DAY/DATE	TIME	FEE
20018	1	T 5/12	6:00-7:00pm	\$15/\$19
20018	2	T 6/16	6:00-7:00pm	\$15/\$19
20018	3	T 7/14	6:00-7:00pm	\$15/\$19

RUNNING H2O | Ages 18+

Running H2O provides all of the benefits of land running without any impact or even getting your hair wet. You don't have to be a runner, swimmer, or athlete to participate. This class is held in the deep end of the program pool and aqua-jogging belts are provided for flotation. All you need is your swimsuit and water bottle! Use your membership or pay the daily fee. Instructor: Nancy KA. Memory Square Pool

CODE	SESS	DAY/DATE	TIME
20043	1	T/Th 6/2-6/30	12:00-1:00pm
20043	2	T/Th 7/2-7/30	12:00-1:00pm
20043	3	T/Th 8/4-8/27	12:00-1:00pm

Pilates



PILATES REFORMER CLASSES AT CONTROLOGY STUDIO | Ages 18+

Brought to you by Contrology Studio

contrologystudioco.com | contrologystudioco@gmail.com

A Pilates Reformer class is a mind/body workout that uses resistance-based springs. The Reformer supports finding balance throughout your whole body, and is a great compliment to your regular workout routine! This Level 1 (beginner level) Reformer class will focus on increasing core strength, flexibility, and improving posture. The class series will build onto the foundational Reformer work, and is open to both beginner & experienced Pilates reformer practitioners. With our small class size, each person in class will enjoy personal attention- allowing for focus on proper form and technique, as well support your individual movement goals. 7 person class maximum. The Louisville Recreation & Senior Center and Contrology Studio are excited to partner to offer Reformer classes! All classes will be held at the Contrology Studio LLC, 920 Main St., B Louisville. *No class 5/23

All classes will be held at the Contrology Studio LLC, 920 Main St., B Louisville.

CODE	SESS	DAY/DATE	TIME	FEE
20021	1	Sa 5/2-5/30*	11:00-12:00pm	\$140
20021	2	Sa 6/6-6/27	11:00-12:00pm	\$140
20021	3	Sa 7/11-8/1	11:00-12:00pm	\$140
20021	4	Sa 8/8-8/29	11:00-12:00pm	\$140
20019	1	Tu 5/5-5/26	1:00-2:00pm	\$140
20019	2	Tu 6/2-6/23	1:00-2:00pm	\$140
20019	3	Tu 7/7-7/28	1:00-2:00pm	\$140
20019	4	Tu 8/4-8/25	1:00-2:00pm	\$140

Youth Fitness

PUMP PASS CLASS | Age 11-13

This class is comprised of three 50 minute sessions with a trainer who will work with your teen to show form, set up, and safe exercises tailored to what your child needs and wants. Once completed they will be allowed to work out with a parent on machines that were reviewed with the trainer. Contact a Trainer to get set up today.

SESSION	PRIVATE R/NR	SEMI-PRIVATE R/NR
3 Sessions	\$139/\$174	\$111/\$139 person



FREE WEIGHTS FOR TEENS | Age 14-17

This class is comprised of three 50 sessions with a trainer who will work with your teen to show form, set up, and safe exercises tailored to what your child needs and wants using the free weights. Contact a Trainer to get set up today.

SESSION	PRIVATE R/NR	SEMI-PRIVATE R/NR
3 Sessions	\$139/\$174	\$111/\$139 person

Weight Room Orientation

Learn how to set up & effectively use the equipment in the weight room area.

Thursdays at 10:30 a.m.

Fitness & Wellness

BRING THE OUTDOORS IN!

The Turf field is not just for sports practices and games.

Rent the Turf Gym for your next company team building event or party.

Host a graduation party or your kid's birthday party without the worry of weather.

It's a great place to meet up for your neighborhood picnic or that special family reunion. Let us help you create the perfect setting to gather, have fun and celebrate!

Call Pam Lemon @ 303-335-4907 or email PLemon@Louisvilleco.gov to schedule your event today.



NUTRITION COACHING

Nutrition is the foundation of your health and well-being. Whether you need to lose weight, increase your energy, properly fuel your workouts or are confused about what to eat, science-based, personalized nutrition coaching can support your optimal health. Invest in your health with a single session, or choose a package with multiple sessions to keep you on track. Create new habits to live a healthier, happier life! All sessions are non-transferrable and expire 1 year from date of purchase. Sessions are virtual. Diana Walley holds a Master Nutrition Therapy certificate and is Board Certified in Holistic Nutrition (BCHN®). For appointments call or text 401.835.5687 or email at Diana@dianawalley.com.

CODE	SESS	FEE
Nutrition Coaching Package		
Includes (1) 50-minute initial session and (3) 30-minute follow-up sessions		
20011	1	\$295
Individual 50-minute session		
20011	2	\$125
Individual 30-minute session (follow-up only)		
20011	3	\$65

ACCESSIBILITY TOURS

The Louisville Recreation & Senior Center welcomes and values all participants to our facility, programs and events and we do our best to ensure everyone has equal access to our programs and services.

We are committed to do our absolute best to meet the needs of our Deaf & Hard of Hearing children and adults by providing access through closed-captioning options for any of the TVs/media at the Louisville Recreation & Senior Center as well as sign language interpreters for facility tours, classes, and other events and programs upon request.

If you have specific needs to participate, such as a sign language interpreter, please contact Lindsey Witty at Lwitty@LouisvilleCo.gov with as much advanced notice as possible to let us know how we can accommodate your visit.

Summer **26**

FITNESS CHALLENGES

MAY- INSTRUCTOR BINGO CARD

Take classes with different Fitness instructors, listen to their unique cues and statements to mark off squares on your bingo card!

JUNE- FARMER'S CARRY CHALLENGE

The 30-Day Farmer's Carry Challenge is a simple progressive routine built around the Farmer's Carry to improve grip strength, posture, and overall functional fitness. The idea is to carry weights every day while gradually increasing time or load.

JULY-SELF CARE FITNESS CHALLENGE

International Self-Care Day (July 24, 2026) a mid-summer anchor for a self-care fitness challenge combining mobility work, rest days, and mindful workouts.



BLOOMIN' SENIORS ANNUAL PLANT SALE

SATURDAY, MAY 16, 2026

8:00 AM UNTIL WE'RE SOLD OUT!

Personal Training

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

SESSION	PRIVATE R/NR	SEMI-PRIVATE R/NR*
1 Session	\$53/\$66	\$41/\$51 person
3 Sessions	\$150/\$187	\$119/\$149 person
5 Sessions	\$243/\$304	\$188/\$235 person
10 Sessions	\$474/\$592	\$366/\$457 person

*Both participants must attend to receive this rate

Anastasia B.

Email: anastasia87@rocketmail.com

- Certified personal trainer and group fitness instructor through AFAA (Athletics and Fitness Association of America)
- 25+ years of experience, including working with military
- Specialties include water- and land-based strength training, core fitness, endurance, flexibility and injury recovery



Michael B.

Email: michael.jo.baird@gmail.com

- Certified Personal Trainer: NSCA- CPT & CSCS
- Specialty:
 - o Strength Programs
 - o Conditioning Programs
 - o Bone Health- Osteoporosis and Osteopenia
 - o Pre-operation and Post-op for knees and hips



AJ S.

Email: ajspencer0230@gmail.com

- Free weight and functional focused training
- Plans that promote consistency and results
- Strength and Conditioning specialization
- Certified Nutrition Coach
- Argentine Tango instructor



Terry T.

Email: terry@askewview.com

- ACE Personal Trainer/Functional Training Specialist | AFAA Fitness Instructor | SilverSneakers® Instructor
- 30 years of experience in the fitness industry
- Specializes in older adult clients who are new to the gym, returning after time away, or ready to shake up their current routine- all fitness levels.
- Focuses on improving functional movement- training your body to move efficiently, safely, and powerfully contributing to overall strength, stability, mobility, flexibility and coordination.



Katie C.

Email: katie@catterfeld.com

- Certified personal trainer through American Council on Exercise with a Masters of Public Health
- Experience with:
 - o Helping adults navigate manageable changes to impact overall health
 - o Muscular strength, hypertrophy, and injury recovery
 - o Teaching functional movement to build confidence in daily living



Stuart F.

Email: stuartftrainer@gmail.com

- ACE certified personal trainer specializing in both functional and strength training
- Building training programs to support your goals
- Strength training for endurance athletes
- Functional training to support healthy daily living, or to prep for that fourteener
- Helping to improve your health and wellbeing, while having fun!



Shelley R.

Email: shelspins.sr@gmail.com

- Over 30 years of experience in the fitness industry.
- Certified personal trainer through the American Council on Exercise (ACE).
- Corrective Exercise Specialist, certified by the National Academy of Sports Medicine (NASM).
- Heart Zones Expert Trainer with Heart Zones, Inc.
- Specializes in developing training programs for postmenopausal women to help them maintain muscle mass and support overall well-being.
- Empowers her clients to take charge of their fitness journeys.



FITNESS TESTING & BODY COMPOSITION



Take control of your health & wellness by setting up a time with a trainer to establish your fitness baseline. By knowing your body composition & completing fitness tests, you can create the opportunity to progress in your fitness routine.

In just 50 seconds, the InBody Test Result Sheet will show your body fat, muscle, and body water, giving you a better understanding of your weight and health

InBody

To get set up with a trainer for fitness testing contact
Lindsey Witty at LWitty@LouisvilleCO.gov

FITNESS TESTING PACKAGES

Includes Body Composition Analysis with InBody Technology

SESS	DESCRIPTION	R/NR
Body Composition (POS 0504)	Includes InBody analysis.	\$26/\$33
Fitness assessments (POS 0505)	Includes InBody analysis, girth measurements, heart rate & blood pressure, cardio test (walk or step test), push-up test, squat test, curl up test, hamstring flexibility (sit and reach) and shoulder flexibility.	\$46/\$58

BEGINNER FITNESS TESTING

The City of Louisville Older Adult Senior Fitness Test is based on the LifeSpan Wellness Program at Fullerton University, by Dr. Roberta Rikli and Dr. Jessie Jones (sometimes known as the Fullerton Functional Test). It is simple, easy-to-use tests that assess the functional fitness of older adults. They are easy to understand and effective tests to measure aerobic fitness, strength and flexibility using minimal and inexpensive equipment. We have enhanced this test with information and data from The Healthways Silver Sneakers Fitness Program.

SESS	DESCRIPTION	FEE
Fitness assessments	Tests include: Chair Stand Test (lower body strength), Arm Curl Test (upper body strength), Chair Sit and Reach Test (lower body flexibility test), Back Scratch Test (upper body flexibility), Functional Reach Test (dynamic balance test), 8-Foot Up and Go Test (agility test), Walk Test (6 minutes) or Step in Place Test (2 minutes) — this test is used to assess aerobic fitness	\$13 with your Silver Sneakers, Renew pass \$16

Thomas F.

Email: thomasforlanocoaching@gmail.com

- Board-Certified Holistic Wellness Coach (AHNCC, NBHWC)
- Registered Nurse and NASM-Certified Personal Trainer
- Certified Laughter Yoga Leader
- Designs structured, progressive, and holistic fitness programs to enhance movement, function, and strength for all ages and fitness levels
- Meets clients where they are and guides them toward achievable next steps
- Specializes in muscular endurance challenges, such as reaching 100 push-ups
- Helps individuals overcome barriers to fitness and wellness with practical, sustainable strategies



Francesca T.

Email: tenneyfrancesca@gmail.com

- ACE Certified Personal Trainer | ACE Group Fitness Instructor Background in Integrative Physiology and Computer Science
- 10 years of fitness experience.
- Training philosophy emphasizes safe, gradual strength building, mobility, and proper movement mechanics to support long-term health and confidence in movement.
- Specialties include beginner-friendly fitness programs, fitness for older adults, mobility and foundational strength, and building confidence through movement.



Fitness & Wellness



COLD PLUNGE | Ages 18+

The cold plunge program involves incorporating cold-water immersion or exposure into your routine for various health and wellness benefits. Cold plunges are believed to promote recovery, reduce muscle soreness, and boost circulation. Included with membership or daily fee.

GUIDELINES:

Target temp of 44 degrees
 3min usage time when people are waiting
 Please rinse off before use (if switching between sauna and plunge please also rinse off)
 Must wear swim attire
 Take cover all the way off upon use then put back on when done.

USAGE SUGGESTIONS:

To trigger benefits 1-3min but no more than 10min at a time
 Each session: Cold 1-3min and Sauna 10-15min
 Weekly total: Cold 11min & Sauna 57 min

Physical Therapy Now Available On-site



tandem
PHYSICAL THERAPY

Services offered include:

- Detailed evaluation & treatment plan
- Manual therapy techniques
- Trigger point dry needling
- Individualized exercise plans
- Therapeutic ultrasound

Leslie Hoffmann, PT is an orthopedic physical therapist with over 30 years of experience treating orthopedic injuries in people of all ages in the Louisville area.

IMPROVE
motion, mobility & strength

REDUCE
pain

PREVENT
injury

RECOVER
from overuse, surgery, or injury

ONSITE HOURS

Friday
9 AM - 12:30 PM

SCHEDULE AN APPOINTMENT

Call or text
(720) 490-2066

email
leslierun1@gmail.com

MASSAGE THERAPY with Erica Yoder Chapman



\$85

1 hour

\$75

1 hour
Age 60+

Appointment times will vary.

Contact Erica for availability.

\$45

1/2 hour

\$40

1/2 hour
Age 60+

For appointments call or text 323-868-6693 or email eyoderc@gmail.com

Water Aerobics

DAY	TIME	TYPE	INSTRUCTOR	LOCATION
Mon	7:00-8:00am	RiverFit	Francesca	Lazy River
	9:00-10:00am	AquaFit Combo	Margie	Program Pool
	11:00am-11:45am	AquaFit Combo	Margie	Memory Square
	12:00-1:00pm	Deep Aerobics	Mary	Memory Square
Tue	8:00-8:45am	RiverFit	Mary	Lazy River
	9:00-10:00am	Deep Aerobics	Mary	Program Pool
	12:00-1:00pm	Running H2O	Nancy	Memory Square
	12:00-1:00pm	H.I.I.T. AquaFit	Hawk	Program Pool
Wed	10:00-11:00am	Aqua Zumba	Laura	Program Pool / Last class 5/27
	10:15-11:00am	Adult Water Mat Yoga \$	Gena	Memory Square
	11:15am - 12:15pm	Gentle AquaFit Combo	Laura	Program Pool / Last class 5/27
	12:00-1:00pm	Deep Aerobics	Donna	Memory Square
	6:00-7:00pm	Deep Aerobics	Hawk	Program Pool
Thu	8:00-8:45am	RiverFit	Mary	Lazy River
	9:00-10:00am	Deep Aerobics	Mary	Program Pool
	12:00-1:00pm	Running H2O	Nancy	Memory Square
	12:15-1:00pm	Aqua Zumba	Laura	Program Pool
Fri	8:00-8:45am	RiverFit	Margie	Lazy River
	9:00-10:00am	H.I.I.T. AquaFit	Anastasia	Lap Pool
	11:15am - 12:15pm	AquaFit Combo	Hawk	Program Pool
	12:00-1:00pm	Deep Aerobics	Margie	Memory Square
Su	9:00-10:00am	Aqua Zumba	Laura	Memory Square

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

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

Deep Aerobics This class is designed to be no impact and improve cardiovascular, muscle strength, core and flexibility..

Running H2O This class is a no-impact, full-body workout class performed in a deep-end pool that mimics the motion of land running. It is designed for all fitness levels and uses a flotation belt so participants don't touch the bottom. The class combines interval-based running with other movements, challenging both cardiovascular and muscular strength while burning more calories and relieving joint pain.

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

River Fit A self-paced class for stretching and toning muscles and improving cardiovascular conditioning, CORE stability, and joint mobility. A great class if you have arthritis, joint limitations, replacements or are pregnant.

Water Mat Yoga \$ Water mat classes are in the pool on the inflatable boards. Classes will include yoga and fun games. Water Mat Yoga enhances balance and improves core strength while exercising in a unique and fun environment.

General Interest

HIKING PROGRAM | Ages 18+ WILDFLOWER IDENTIFICATION HIKE

“Just another cute flower? Think again!” If you’ve ever wondered about all the spring wildflowers you see when you’re hiking, then you’re ready to take a fun-filled walk on open space trails to learn flower identification skills. During the hike there will be discussion about flower families, and traditional medicinal and other uses for flowers. Come and discover how these beautiful plants are named! The hike will be approximately 2.5 miles with an elevation gain of about 500 feet and start at the Chautauqua Dining Hall. Wear sturdy tennis shoes or boots and bring water and rain gear. Meet at the Chautauqua Dining Hall, 900 Baseline Road in Boulder. Instructor: Suzanne M

CODE	SESS	DAY/DATE	TIME	FEE
20016	1	Sa 5/30 Rain date: Su 5/31	10:30-12:30pm	\$20/\$25
20016	2	Tu 6/2 Rain date: Th 6/4	5:30-7:30pm	\$20/\$25

HIKING PROGRAM | Ages 18+ CHAUTAUQUA AREA CULTURAL HIKE

The cultural landscape of the Chautauqua Area reflects the rich history of this area with a summer retreat, homesteaders’ cabin and 1900s rock inscription. This fun, 2.5 hour hike will take you to see these and more as your naturalist guide interprets the flora and fauna as well as the cultural resources. Come and learn some of Boulder’s amazing history! Miles: about 3. Elevation gain: about 700 feet. Wear boots or sturdy tennis shoes and bring water and rain gear. Meet at the Chautauqua Dining Hall Rain Date: Tu 7/7. Instructor: Suzanne M

CODE	SESS	DAY/DATE	TIME	FEE
20016	3	Tu 6/30	5:30-7:30pm	\$20/\$25

HIKING PROGRAM | Ages 18+ EVENING HIKE TO WOODS QUARRY

Unwind after a busy work day by taking a fun hike to Woods Quarry. Follow naturalist Suzanne Michot to one of the historic stone quarries within the City of Boulder Open Space Mountain Parks. Find out about this unique place and the interesting plants and animals of the area. You’ll also learn some of the history and geology of the quarry. The hike is approximately 2.5 miles round trip with a 700 foot elevation gain. Wear sturdy tennis shoes or boots and bring rain gear and a snack. Meet at the Chautauqua Dining Hall, 900 Baseline Road in Boulder. No pets please. Rain date: Thurs 7/30 Instructor: Suzanne M

CODE	SESS	DAY/DATE	TIME	FEE
20016	4	T 7/28	5:30-7:30pm	\$20/\$25

Blood Drive June 5 & August 7

Visit donors.vitalant.org and use code 5552 to schedule or call 303-363-2300.

MAKE AN APPOINTMENT



LET'S SPEAK ITALIANO

Discover the joy of speaking Italian with Francesca! This engaging course introduces learners to the language and traditions of Italy through practical, conversation-based activities and cultural exploration.

CODE	SESS	DAY/DATE	TIME	FEE
28120	1	Sa 5/9-7/11	2:30-3:30pm	\$240

*Book required: Learn Italian: The Fast and Fun Way.
4th edition by Marcel Danesi.
*no class 7/4

MASSAGE THERAPY

Please see page 53 for more information.



CREATE & CONNECT: A FUN, INSIGHTFUL MIXED MEDIA WORKSHOP

A dynamic small-group creative experience for growth and clarity. Reconnect with yourself on a free and empowering journey. Discover new perspectives. Gain clarity on your goals and next steps. Spark personal growth and inspired action. No artistic experience needed-just curiosity to explore!

CODE	SESS	DAY/DATE	TIME	FEE
28122	1	M, 6/8-8/31*	4-6pm	\$600

*no class 8/24

WILLMAKER LEGAL SEMINAR

In a single session, complete a will, a financial power of attorney, and a combined medical directive (including living will, medical power of attorney, and organ donation), all with the help of licensed attorney Rebecca L. Bennetti and her staff. Includes all materials, witnessing, notarizing, individual review, and plenty of time for discussion and questions. Couples must have individual wills.

CODE	SESS	DAY/DATE	TIME	FEE
28216	1	W 6/13	12:30-5:00 pm	\$100
28216	2	Th 8/13	12:30-5:00 pm	\$100

Additional \$30 materials fee payable by cash or check to the instructor at the beginning of class.



Welcome to the Louisville Senior Center where we provide recreational, educational and wellness activities for seniors age 60 and older. Our center is a place where seniors can gather to meet friends for coffee, attend educational lectures or participate in fitness classes, interest clubs and games such as Mah Jongg and bridge.



Become a Platinum Member and Save \$\$\$ All year long!

As a Platinum member, you will enjoy...

- Continued subsidy on programs offered by the City of Louisville
- Continued **FREE** programs made possible by our volunteers
- Senior Center amenities: computer lab, TV, library, lounge, staff support, and resources
- **FREE** loan closet rentals

COST PER YEAR:	
Resident	\$27
Non-Resident	\$41



STAFF (L to R): **Katie Beasley**, Senior Services Supervisor, katieb@louisvilleco.gov 303-335-4914; **Tricia Morgan**, Recreation Assistant-Seniors, pmorgan@louisvilleco.gov 303-335-4931; **Katie Tofte**, Community Resource Coordinator, ktofte@louisvilleco.gov 303-335-4919.

SENIORS 60+



Registration Information

Program registration begins at:

Resident: 12:00pm on Wednesday, April 15

Non-Resident: 12:00pm on Friday, April 17



REGISTER ONLINE at
www.LouisvilleRecreation.com

POLICIES: Due to the nature of our programs and activities, and the time and logistics required to coordinate cancellations: **No refunds or credits will be issued for cancellations made less than 7 working days before the start of a program or activity.**

Programs and activities canceled due to low enrollment will receive a full refund or credit. Exceptions: If the program is a ticketed activity, no refunds will be given unless we are able to resell your ticket.

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

The Senior Center and its activities are geared toward independent adults who are able to manage their own care, decision making, and safety. There is no staff, leader, or supervision provided for individuals who require additional care. If a caregiver is needed, an adult (18+) caregiver may participate regardless of age, at the participant's expense.



Table of Contents

44	Trips
48	Meet Up Programs
50	Brooks Café
52	Special Events/Programs
54	Classes & Seminars
56	Fitness
57	Health & Wellness
58	County Programs
58	Resources

Have an idea for a day trip or program?

Programs Committee Meeting

Thursday, May 7 at 2:00pm

Please consider joining us at this meeting.
Email katieb@louisvilleco.gov
or call 303-335-4914



Seniors

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 leaders. 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 leader. 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 Recreation & Senior Center lobby.
- While we try to arrange separate checks at restaurants, sometimes it's not possible. **It's a good idea to bring cash for trips that include restaurant stops.**

 = A Ticketed Trip, see page 42 for cancellation policy.

 = Minimal Walking

 = Low Amount of Walking

 = Moderate Amount of Walking/Exertion

 = High Amount of Walking/Exertion

Please contact senior services staff prior to registration for any questions regarding accessibility. Not all venues are accessible. All return times are approximate. Also, some venues do not have full reservations or tickets to purchase ready when we are working on programs and we will communicate any changes accordingly.

Trips



ANYTHING GOES at the CANDLELIGHT DINNER THEATRE



Set aboard a lively ocean liner, Anything Goes follows the hilarious antics of Billy Crocker as he tries to win over the woman he loves. With mistaken identities, romance, and Cole Porter's unforgettable songs like "I Get a Kick Out of You" and "Anything Goes," this musical is a high-energy, delightful romp on the high seas! Price includes transportation, the show, an included entrée from their menu and included tax. Beverages, appetizers, and desserts are charged at the performance at your own cost.

CODE	SESS	DAY/DATE	TIME	R / NR
28010	1	Th 5/7	4:45-10:15pm	\$111/\$139

COLORADO ROCKIES VS TEXAS RANGERS



Take Me Out to the Ball Game, Take Me Out With the Crowd... Catch all the action as the Rockies face off against the Rangers! Dress for the weather, hat, sunscreen, sunglasses and a bottle of water.

CODE	SESS	DAY/DATE	TIME	R / NR
28011	1	W 5/20	12:00-5:30pm	\$60/\$75

O BROTHER WHERE ART THOU? at THE DAIRY CENTER



Join us for an afternoon of music, memories, and movie fun – Sing Along with songs by Woody Guthrie, Bob Dylan, Joan Baez and more. We'll start with a live guitarist leading a folk revival-themed sing-along, followed by a private screening of O Brother, Where Art Thou? (2000) on the big screen.

CODE	SESS	DAY/DATE	TIME	R / NR
28012	1	Th 5/21	11:30am-3:45pm	\$17/\$22



THE ART OF CHEESE- CHEESEMAKING CLASS WITH FARM TOUR



During this class, students will get hands-on experience making their own homemade cheese. Participants will actually get to make their own chevre goat cheese and take home some of their homemade creation. At the end of class, we'll tour the farm. The classroom is accessible, however, the farm is not.

CODE	SESS	DAY/DATE	TIME	R / NR
28013	1	Tu 6/16	9:15am-1:15pm	\$90/\$113



GRAND LAKE- MULTI-GENERATIONAL TRIP



We're trying something new—a multi-generational trip! We'll enjoy a classic Colorado mountain drive filled with big views and dramatic terrain on our way to Grand Lake. Once there, it's all about slowing down and soaking in the charm of this quintessential mountain town. You'll have about 4 hours to explore the lakeside community at your own pace; grab a bite to eat at one of the many restaurants, stroll along the boardwalk, browse local shops, visit the Kauffman House Museum, rent a pedal boat, or simply walk along the beach. Trip fee includes coach transportation. For safety and comfort—everyone must have their own seat on the coach. Each child (6+) must be accompanied by a registering senior (60+).

CODE	SESS	DAY/DATE	TIME	R / NR
28014	1	Tu 6/23	8:30am-6:00pm	\$27/\$34
28014	2	Tu 6/23	8:30am-6:00pm	\$47/\$59 under age 60

DENVER CHERRY BLOSSOM FESTIVAL



The Denver Cherry Blossom Festival is a free, annual celebration of Japanese culture held at Sakura Square in downtown Denver, featuring traditional performances, food, crafts, and community exhibits. It's a lively, family-friendly event honoring Japanese and Japanese American heritage. While there are no live cherry blossom trees in urban downtown Denver, you will see many replicas of the beautiful trees on the live performance stage and throughout the festival marketplace.

CODE	SESS	DAY/DATE	TIME	R / NR
28015	1	Sat 6/27	10:15am-2:45pm	\$17/\$22

Seniors



JOHN'S TABLE



Enjoy a relaxed yet elevated dinner at John's Table, where creative, farm-inspired cuisine and attentive hospitality set the tone for a memorable evening. Entrée range: \$16-\$25, dinner on your own. Meet at John's Table, 1700 Dogwood St, Louisville, in the Tech Center.

CODE	SESS	DAY/DATE	TIME	R / NR
28016	1	Th 7/9	4:30-6:30pm	\$3/\$4

EMPOWER FIELD AT MILE HIGH TOUR & LUNCH



A guided stadium tour lasts about 75-90 minutes and takes you behind the scenes of this iconic NFL home. You'll walk roughly half a mile with a knowledgeable guide and get access to areas not usually open to the public, such as the Colorado Sports Hall of Fame Museum, executive suites and club levels, locker rooms, press areas, and other operational spaces that show how the venue supports big-time sports and events. The route is fully accessible and offers insights into the stadium's design, history, and game-day operations. After our tour we will stop for lunch at Federal Bar & Grill. Entrée range: \$15-\$20, lunch not included in trip price.

CODE	SESS	DAY/DATE	TIME	R / NR
28017	1	M 7/13	10:30am-3:45pm	\$49/\$62

AMERISTAR CASINO, BLACK HAWK



Experience the excitement of Ameristar in Black Hawk, Colorado! With thrilling gaming options, delicious dining, and luxurious amenities, there's something for everyone. Upon arrival you will receive a meal voucher for the Fireside Kitchen.

CODE	SESS	DAY/DATE	TIME	R / NR
28018	1	Tu 7/21	9:00am-4:00pm	\$27/\$34

GEORGETOWN TRAIN & TOWN



Ride through towering evergreens, over historic trestles, and along mountain vistas aboard our iconic narrow-gauge railroad. After our train ride we will head to town to enjoy time strolling around the town, do a little shopping and have lunch at restaurant of your choice.

CODE	SESS	DAY/DATE	TIME	R / NR
28019	1	M 7/27	9:15am-5:30pm	\$64/\$80



SWEETHEART WINERY



Join Sweetheart Winery's highly trained Wine Ambassadors for an intimate, immersive tasting experience designed to deepen your connection to wine. This guided journey invites you behind the scenes of our craft, where storytelling, technique, and passion come together in every pour. You'll enjoy a thoughtfully curated flight of six handcrafted wines, each selected to engage your senses and showcase the artistry behind our winemaking. The experience is enhanced with small bites carefully paired to complement each wine, elevating every sip and bite along the way. Whether you're a seasoned wine lover or simply curious to learn more, this tasting offers a relaxed yet refined way to explore, savor, and connect.

CODE	SESS	DAY/DATE	TIME	R / NR
28020	1	W 8/12	12:45-4:15pm	\$35/\$44

SPAMALOT @ THE BUELL THEATRE



SPAMALOT, which first galloped onto Broadway in 2005, features a book & lyrics by Eric Idle and music by John Du Prez and Eric Idle. The original Broadway production was nominated for fourteen Tony Awards and won three, including best musical. The musical comedy lovingly ripped off from the film classic, *Monty Python and the Holy Grail*, *SPAMALOT* features well-known song titles such as "Always Look on the Bright Side of Life," "The Song That Goes Like This," "Find Your Grail" and more that have become beloved classics in the musical theatre canon.

CODE	SESS	DAY/DATE	TIME	R / NR
28021	1	F 8/14	6:00-10:45pm	\$88/\$110



BOULDER DUSHANBE TEAHOUSE



Enjoy a relaxed afternoon with a selection of fine teas, classic tea sandwiches, freshly baked scones, and delicate sweets, served in the beautifully crafted setting of the Boulder Dushanbe Tea House. A timeless ritual perfect for lingering and savoring.

CODE	SESS	DAY/DATE	TIME	R / NR
28022	1	M 8/24	2:15-5:45pm	\$54/\$68
28022	2	M 8/24	2:15-5:45pm	\$54/\$68 vegetarian option
28022	3	M 8/24	2:15-5:45pm	\$58/\$73 gluten free option

Meet Up Programs

MONDAY	TUESDAY	WEDNESDAY
Lending Library & Computer Lab 9:00am–4:00pm	Lending Library & Computer Lab 9:00am–4:00pm	Lending Library & Computer Lab 9:00am–4:00pm
Bridge, All Levels 1:15–4:30pm All levels welcome! No partner required. You'll play with different players with various skills and levels. Players should be kind, patient, and helpful.	American Mah Jongg 1:00–3:00pm	Panera Bread 10:00am Distribution of donated bread from the Superior Panera's. This program is a partnership to provide a portion of basic nutrition for those in greatest need. Please bring your own bag.
Chess Club 1:15–4:30pm	Book Club 4th Tuesday of each month 1:00pm Book titles listed each month, but if you haven't read the book in time that's OK too! May 26: NEITHER WOLF NOR DOG, by Kent Nerburn June 23: THE 100 YEARS OF LENNI & MARGOT, by Marianne Cronin July 28: THE WOMAN THEY COULD NOT SILENCE, by Kate Moore August 25: BECOMING MADAME SECRETARY, by Stephanie Dray	Oldies Singalong 11:00am–12:00pm Performing Popular Songs from the 60s & 70s by singing and/or playing your musical instrument. Contact Mike Legge for more information at mikelegge@yahoo.com or 215-801- 6393.
 Platinum members can participate in drop-in programs free of charge. See page 42 for more information.		Scrabble 12:45–2:45pm Players at any level are welcome to enjoy this word game.
Open Game Day 1:15–4:30pm Join us to learn a game, or teach a game! Rummy, Dominoes, UNO, Chess, Checkers, Cribbage, and others. Not sure? Stop in and see what game(s) are being played! Feel free to bring your favorite game.		Bloomin' Seniors Garden Club 2nd Wednesday of each month, 1:00pm Contact Katie B. for more information at 303-335-4914 katieb@louisvilleco.gov

Other Programs

PICKLEBALL

The Louisville Recreation & Senior Center has up to three courts available for play. See page 24 or visit LouisvilleRecreation.com for scheduled times.

BOOMERS/NEW TO RETIREMENT?

If you are interested in meeting other people in the same chapter in life, this social group typically 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.

Meet Up Programs

THURSDAY	FRIDAY
Lending Library & Computer Lab 9:00am–4:00pm	Lending Library & Computer Lab 9:00am–4:00pm
Loving Hands Craft Group 9:00–11:00am For those interested in knitting, crocheting, sewing, needlework, quilting, fiber arts, embroidery, and other crafts. We accept fabric and yarn donations.	Art Club 10:00am–12:00pm
Samba 1:15–3:30pm A congenial card game that's a combination of Canasta and Hand & Foot. Don't know how to play? That's ok, it's easy to learn! A fun game without pressure.	Latte Friday 10:00–11:00am
Senior Cinema 1:00pm May 14: Solo Mio (PG 2026) July 9: Song Sung Blue (PG-13 2025)	Blood Pressure Checks by Advent Health Avista 3rd Friday of the month 10:00–11:30am
	Singin' Seniors Choir 11:00am–12:00pm Rehearsal is on Fridays and there are opportunities for community performances throughout the year. Contact Connie Howes for more information, 720-326-3264. Join us to sing!
	Bridge, Advanced-Intermediate Duplicate 1:15–4:30pm Players should be competent at bridge and kind to their partner. Registration begins as early as 12:45pm, and seating is limited. For more information email BridgeContact@gregandeva.net.



Coffee with Staff

Fridays, May 8 & July 10
10:00–11:00am

Get to know our team! Join members of Senior Services staff for a latte and conversation about senior programs.



BILLIARDS

Billiards Available during regular facility hours.

Senior hours are
M-F 10am–4pm

Billiards Guidelines:

- Open to all ages. Must be with an adult if under 14.
- Get into center with membership/daily admission

ETIQUETTE: If you are planning to attend and participate in an activity, there is an understanding that you know how to participate in that activity. If you are interested in learning about any of the activities offered, please be clear that you are not planning to participate, just observe.



BROOKS CAFÉ

MONDAY-FRIDAY

Reservations required.

12

Indoor Dining: Lunch served promptly at 12 PM

If a participant arrives after 12:05pm, they are not guaranteed a meal.

RESERVATIONS:

- Advanced reservations required.
- Call Tricia at 303-335-4931 or email at Pmorgan@LouisvilleCo.gov to make a reservation.
- Reservations must be made by 1:30pm the business day before.

COST:

- **Suggested donation for 60+: \$4.75, milk is included.**
- For 59 and under, cost is \$17.50.

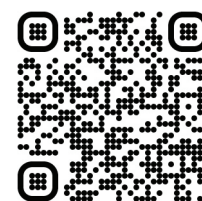
NEED A RIDE?

VIA may be available to bring you to lunch. Monday-Friday. Call VIA 303-447-2848.

MENU:

- Menus available online at LouisvilleCo.gov/brookscafe
- Chef salad, grilled chicken salad, vegetarian salad, or vegetarian entree available upon request.

See menus here



NUTRITIONAL COUNSELING:

See Senior Resources guide or contact Tricia Morgan at Pmorgan@LouisvilleCo.gov

BIRTHDAY DAY!

Celebrate our monthly birthdays with a cupcake.

Thursday, May 21

Thursday, July 16

Wednesday, June 24

Wednesday, August 12

BROOKS CAFÉ SPECIAL EVENTS

Bingo 2nd & 4th Thurs of the month

May 8 Mother's Day Lunch

May 13 Older Americans Lunch

May 25 CLOSED, Memorial Day

June 17 Summer Picnic

June 19 Father's Day Lunch

August 17-21 CLOSED,
Maintenance Week

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



Resource talks are part of the In-Person lunch program. Presentations are from 12:00-12:30pm at the Brooks Café. If you would like lunch, please make your reservation by 1:30pm the business day before by calling 303-335-4931. If you do not wish to eat lunch, you are welcome to attend the presentation without a reservation at 12:00pm.

Wednesday, May 6

AAA Colorado

Gretchen Mosca with AAA Colorado will be at lunch to share the benefits of their program for Older Adults.

Wednesday, June 3

Front Range Aging Solo

Linda Goodwin and Meg Fremaux, the leaders of the Front Range Aging Solo Group will share their group's background, mission, and how you can get involved.

Wednesday, July 22

Alzheimer's Association

Learn about brain health and Alzheimer's disease stages, impact, and risk factors. Current research and resources will be shared. www.ALZ.org.

Wednesday, August 12

Eco-Cycle

Do you know what goes where when you recycle? Molly Briggs from Eco-Cycle can help. Bring your zero waste and recycling questions and even materials you have questions about. You'll also learn why recycling matters and how to best make sustainable decisions in your daily life.

BOULDER COUNTY AGE WELL UPDATE: COMMUNITY CONVERSATIONS

Join BCAA and partners for a Community Conversation to discuss what works well for older adults in Boulder County, and what service and resource gaps need to be addressed. Learn more and register for Community Conversations at boco.org/AgeWellPlan.

Join us at the Recreation & Senior Center on Thursday, June 11 from 12:15 to 1:45 pm or Tuesday, June 30 from 6 to 7:30 pm.

AN AFTERNOON OF GAMES @THE LIBRARY

Friday, July 10th at 1pm

Come play games with your friends and neighbors! At this Friday Afternoon Club event @ the Library, the Louisville Senior Center will be hosting an afternoon of games like Azul, Mexican Train, Contract Rummy, and Carcassonne. Beginners are welcome, and volunteers will be on hand to teach you the rules. Light refreshments will be provided.



BLOOMIN' SENIORS ANNUAL

PLANT SALE

SATURDAY, MAY 16, 2026

8:00 AM UNTIL WE'RE SOLD OUT!

OLDER AMERICANS MONTH

CHAMPION YOUR HEALTH

JOIN US FOR OUR ANNUAL CELEBRATION
IN HONOR OF YOU!

Wednesday, May 13, 2026
11:45 AM - 1:15 PM

CODE	SESS	MEAL	DAY/ DATE	TIME
28040	1	Regular Meal*	W 5/13	11:45am-1:15pm
28040	2	Vegetarian Meal*	W 5/13	11:45am-1:15pm
*Suggested donation is \$4.75 for age 60+				



Celebrate Older Americans Month with us!

Enjoy Grilled Cilantro Lime Chicken with Avocado Salsa, Greek Pasta Salad, pineapple, and pita, plus a special performance by CU's a cappella group, the Buffoons.

Please register by 1:30p.m. on Tuesday, 5/12 to ensure we order enough food.



Annual Summertime Picnic

at Louisville Recreation & Senior Center

Wednesday, June 17 at 12 p.m.

Reserve your meal by 1:30 p.m. Tuesday, June 16

MENU:

Fresh Grilled Burgers with all the fixin's,
Baked Beans, Potato Salad,
and Fresh Pineapple.

Entertainment provided.

CODE	SESS	DAY/ DATE	TIME	R / NR
28041 Meat Burger	1	W 6/17	12:00-1:00pm	Suggested donation is \$4.75 for 60+.
28041 Veggie Burger	2	W 6/17	12:00-1:00pm	Suggested donation is \$4.75 for 60+.

Soul Massage

Soul massage involves energy work and is not a traditional massage

Seniors (60+) \$50 for 1 hour

Non-seniors (under 60) \$75 for 1 hour

Appointments

Saturdays 11 AM - 5PM

Available on the hour or half-hour.

Call for times.

Make an appointment:

Call: 615-767-6551

email: stephenwurzel@gmail.com

www.stephenwurzel.com

MASSAGE THERAPY

with Erica Yoder Chapman



\$85

1 hour

\$75

1 hour
Age 60+

Appointment times will vary.
Contact Erica for availability.

\$45

1/2 hour

\$40

1/2 hour
Age 60+

For appointments call or text 323-868-6693 or email eyoderc@gmail.com

SENIOR

ice cream social



BALFOUR
LOUISVILLE
A KISCO COLLECTION



**THURSDAY, JULY 16, 2026
at Community Park**

Seniors 60+ are invited to enjoy some free ice cream with toppings and then stick around for the Thursday night Summer Concert in the Park with entertainment by The Long Run Eagles' Cover Band. Ice cream provided by Sweet Cow. Parking is limited. Please carpool if you can. Community Park is located at 955 Bella Vista Dr.

CODE	SESS	DAY/DATE	TIME	R / NR
28042	1	Th 7/16	6:00-6:30 pm	FREE

CHAIR MASSAGE

with Chris Capitelli



roothealthco.com

\$25 for your first 20-minute session
(Regular rate: \$30 / 20 minutes)

Fridays, 9-11 a.m.

Walk-ins welcome
Appointments recommended

Appointments

720-289-1628
roothealth@yahoo.com

Seniors

Classes & Seminars

AARP SMART DRIVER

AARP's half-day class is designed to sharpen driving knowledge and skills and to develop strategies that can reduce the 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. Please bring your card to class. Class taught by AARP volunteers.

CODE	SESS	DAY/DATE	TIME	FEE
28215	1	M 5/11	1:00-5:15 pm	see below*
28215	2	Tu 7/14	1:00-5:15 pm	see below*

*Cost is \$20 for AARP members; \$25 for all others, payable to AARP in the form of cash or check and accepted at class.

WILLMAKER LEGAL SEMINAR

In a single session, complete a will, a financial power of attorney, and a combined medical directive (including living will, medical power of attorney, and organ donation), all with the help of licensed attorney Rebecca L. Bennetti and her staff. Includes all materials, witnessing, notarizing, individual review, and plenty of time for discussion and questions. Couples must have individual wills.

CODE	SESS	DAY/DATE	TIME	FEE
28216	1	W 6/3	12:30-5:00 pm	\$100
28216	2	Th 8/13	12:30-5:00pm	\$100

Additional \$30 materials fee payable by cash or check to the instructor at the beginning of class.

TAX REMEDIES FOR OLDER ADULTS

Community members 60+ are invited to join Boulder County Assessor Cindy Braddock and Administrative Deputy Erin Gray for a presentation on Tax Remedies for Older Adults. They will explain how property taxes are calculated, how mill levies work, and share information on available programs to help seniors find relief.

CODE	SESS	DAY/DATE	TIME	FEE
28220	1	Tu 5/26	1:00-2:30pm	FREE

WRITE YOUR LIFE STORY

Fun, inspiring memoir writing

Deborah Cameron makes life story writing approachable and enjoyable. Meet once for inspiration and guidance, write at home between sessions, and then return to share your creation and hear what others have done in a supportive environment. Includes a no-cost spot at a private editing session on 5/7 and 8/6.

CODE	SESS	DAY/DATE	TIME	FEE
28110	1	Tu 5/5 & 5/19 Summertime Rituals	1-2:30pm	\$35
28110	2	Tu 8/4 & 8/11 School Friendships	1-2:30pm	\$35

One-on-one writing and editing sessions

Have you started writing your life story, but would like in-depth human manuscript editing and support? Our 45-minute private sessions will help you build confidence before submitting final drafts to digital writing services or other publishers. Pay with the front desk at the and then email camerondebann@gmail.com to select your time. Appointments available Tuesday May 7, or Thursday, August 6 for \$40. Code: 0806.

AMERICAN MAH JONGG FOR BEGINNERS

American Mah Jongg is an ancient Chinese game of skill, strategy and luck brought to the west in the early 1920s. Gain a solid understanding of the fundamentals of the game components: the tiles, the card, the mechanics of the game, and general strategies. Participants should bring \$8.50 materials fee to the first class. Instructor: Donna Mayo.

CODE	SESS	DAY/DATE	TIME	FEE
28107	1	MW 5/11, 5/13, 5/18, 5/20	9:30am-12:00pm	\$105
28107	2	MW 6/8, 6/10, 6/15, 6/17	9:30am-12:00pm	\$105
28107	3	MW 7/13, 7/15, 7/20, 7/22	9:30am-12:00pm	\$105

COMMUNITY STORIES
PROJECT

It's Time to Tell Your Story

OUTSIDE RENTAL PROGRAMS

Some programs are offered at the Recreation & Senior Center by outside groups and are not co-sponsored by the Parks and Recreation Department. We encourage you to do your own research. If you want to confirm whether a program is co-sponsored, call Katie at 303-335-4914 or email kbeasley@louisvilleco.gov. Please note: typically, programs that are offered in collaboration with us are listed in the catalog.

LET'S SPEAK ITALIANO

Discover the joy of speaking Italian with Francesca! This engaging course introduces learners to the language and traditions of Italy through practical, conversation-based activities and cultural exploration.

CODE	SESS	DAY/DATE	TIME	FEE
28120	1	Sa 5/9-7/11	2:30-3:30pm	\$240

*Book required: **Learn Italian: The Fast and Fun Way**.
4th edition by Marcel Danesi.
*no class 7/4

CREATE & CONNECT- A MEANINGFUL AND INSPIRING CREATIVE EXPERIENCE

A welcoming small-group creative experience for expression and discovery. Reconnect with yourself through intuitive creative making and gentle reflection. Explore collage, color and words in a calming, meaningful process. Gain Clarity, confidence and inner connection. No artistic experience needed- just curiosity.

CODE	SESS	DAY/DATE	TIME	FEE
28121	1	W, 6/10-8/26*	9-11:30am	\$600

*no class 8/19

BEGINNER BRIDGE

If you've been interested in learning bridge the modern way, join us. We will teach Two over One bidding using a workbook with lessons, quizzes and lots of practice hands. The required workbook is \$25 paid to the instructor on 1st class day.

CODE	SESS	DAY/DATE	TIME	FEE
28109	1	Tu & F 8/4-9/18*	9:00-11:00am	\$65/\$81

*no class 8/18 and 8/21

LEARN TO PLAY SAMBA

Curious about the fast-paced, card-shedding game Samba? Join us to learn the rules, strategies, and scoring of this fun and social variation of Canasta. In this beginner-friendly program, players will practice building Sambas, creating canastas and working toward a winning hand in a supportive and relaxed environment. Whether you're brand new to the game or looking for a refresher, this class will give you the confidence to jump into open play and join our regular Thursday afternoon game.

CODE	SESS	DAY/DATE	TIME	FEE
28108	1	Tu 6/23-7/28	1:30-3:30pm	\$30/\$38

Tai Chi

Discover the art of Tai Chi, a restorative exercise proven to boost vitality and physical well-being. Regular practice enhances balance, coordination, and flexibility while fostering mental clarity. These courses teach the prestigious Yang Chengfu lineage, offering a traditional path to improved health and longevity. Any questions, email Rebecca_rtsui11@gmail.com

INTRO TO TAI CHI

CODE	SESS	DAY/DATE	TIME	FEE
28100	1	M 5/4-8/31*	4:00-5:00pm	\$130

TAI CHI 1

CODE	SESS	DAY/DATE	TIME	FEE
28102	1	M 5/4-8/31*	3:00-4:00pm	\$130
28102	2	W 5/6-8/26*	4:00-5:00pm	\$120
28102	3	M/W 5/4-8/31*	3:00-4:00pm	\$226

TAI CHI 2

CODE	SESS	DAY/DATE	TIME	FEE
28103	1	Sa 5/2-8/29*	11:30am-12:30pm	\$130
28103	2	W 5/6-8/26*	3:00-4:00pm	\$120

TAI CHI 3

CODE	SESS	DAY/DATE	TIME	FEE
28104	1	Sa 5/2-8/29*	10:00-11:30am	\$156
28104	2	W 5/6-8/26*	5:15-6:15pm	\$120

*No class on 5/11, 5/13, 5/16, 5/18, 5/20, 5/23, 5/25, 5/27, 5/30, 6/1, 7/1, 7/4, 8/17, 8/19, 8/22

Drop In is available for \$12. Please give your paid receipt to the instructor. POS code 0805.

Seniors



Dancing

TAP DANCING

This class is specifically designed for older adults. The focus is on fun, building community & improving balance, memory & coordination. No experience necessary, tap shoes optional. *Drop-in is available for \$15. POS code 0807. Please give your paid receipt to the instructor.

CODE	SESS	DAY/DATE	TIME	FEE
28116	1	Tu 5/5-8/25*	1:15-2:15pm	\$165
*No class 6/2, 6/9, 7/21, 7/28, 8/18				

BEGINNING LINE DANCING

This beginner level program is a fun form of exercise. Learn the basics of traditional line dance and before you know it, you'll learn some moves and have a great time!

DAY/DATE	TIME	R / NR
Thursdays	1:15-2:15pm	see below*

IMPROVERS LINE DANCING

This class is designed for those that are not brand new to Line Dancing and is one step up from the Beginner level class.

DAY/DATE	TIME	R / NR
Thursdays	2:15-3:15pm	see below*

INTERMEDIATE/ADVANCED LINE DANCING

This class is designed for line dancers with experience and can dance in the intermediate to advanced level.

DAY/DATE	TIME	R / NR
Wednesdays	1:00-2:30pm	see below*

*Fee per class: Check in with SilverSneakers®, Renew Active, or other Recreation Center Membership or pay \$6.50/\$10.75 daily admission per class. Instructor: Judy Yamakishi.



Fitness Classes

Visit www.LouisvilleCo.gov/FitZone for schedule.

WATER AEROBICS (See page 24 for class schedule)

SENIOR FITNESS CLASSES

DAY/TIME	INSTRUCTOR	LOCATION
Balance & Stability (Hybrid)		
W 10:15-11:00am	Anastasia	Grays/ ZOOM
Building Flexibility & Strength		
Tu 9:00-10:00am	Donna	Mt. Elbert
Move it! Improve It! for movement disorders		
M Th 1:15-2:15pm	Nancy	Mt. Elbert
SilverSneakers Classic		
M 10:45am-11:45am	Terry	Grays
W 10:45-11:45am	Terry	Grays
SilverSneakers Circuit (Hybrid)		
F 9:15-10:15am	Terry	Mt. Elbert/ ZOOM
Cardio Fit		
Tu 10:45-11:45am	Donna	Grays
Th 9:00-10:00am	Donna	Grays
Zumba Gold Chair		
Tu/Th 11:15-11:45am	Laura	Imperial/Crown

Blood Drive June 5 & August 7

Visit donors.vitalant.org and use code 5552 to schedule or call 303-363-2300.

MAKE AN APPOINTMENT

vitalant

Health & Wellness

UKEMI-THE ART OF FALLING SAFELY

In Japanese martial arts, ukemi translates to “receiving body” or “receiving technique” and refers to the art of falling safely. Falls are a leading cause of injury across all demographics. In this class, older adults will learn the principles of falling without injury. After finding center through meditation and Japanese yoga, participants will warm up the body with light core exercises and stretches, then practice safe falling on a forgiving matted surface. Instructor: Randy Thompson, 3rd Degree Black Belt in Aikido. aktikonspeaklouder@gmail.com. Location: turf gym.

CODE	SESS	DAY/DATE	TIME	FEE
28111	1	Th 5/7-5/28	8:30-9:30am	\$65
28111	2	Th 8/6-8/27	8:30-9:30am	\$49
*No class 8/20				

MEDITATION (IN PERSON)

Let long time meditator (50 plus years) Stephen Wurzel help guide you to your inner place of serenity. Meditation lets your experience life differently. It’s easy, anyone can do it! To be added to the meditation communication list, please email stephenwurzel@gmail.com

DAY/DATE	TIME	FEE
Sa, 5/2-8/29*	10:00-11:00am	FREE**
No class on 7/4 or 8/22 *FREE with daily admission or membership.		

HEALTH CARE DECISION-MAKING ACROSS THE SPECTRUM OF MEMORY LOSS

Nearly 1 in 10 people over the age of 65 will experience dementia. This session offers tools and guidance for having meaningful conversations about health care wishes—before, during, and even when dementia is further along. Together, we’ll explore what can be planned in advance, what decisions may arise unexpectedly, and the possibilities and limitations of dementia-related advance care plans. We’ll also look at the dementia advance directives currently available and how they compare. Provided by The Conversation Project in Boulder County, a program of TRU Community Care.

CODE	SESS	DAY/DATE	TIME	FEE
28217	1	Th 5/21	10:00-11:30am	FREE

HOSPICE & PALLIATIVE CARE

This presentation offers insights into the distinct roles hospice and palliative care play for those living with advanced illness. Participants will learn when to consider accessing palliative or hospice care, what services are covered, and how to align their values and goals with end-of-life care. Presented by Dallas Everitt, Patient Care Consultant for Tru Community Care.

CODE	SESS	DAY/DATE	TIME	FEE
28218	1	W 6/24	10:30-11:30am	FREE

RESTORING HOPE & HEALING FOR THOSE WITH CHRONIC PAIN

Chronic pain is common, complex, and often a source of profound suffering. Learn about advances in our understanding of pain neuroscience and the biomedical, psychosocial, and lifestyle factors that shape our experience of pain. Explore evidence-based tools from Mind-Body Medicine that you can use in your daily life to soothe your nervous system, increase a sense of safety, and turn down pain’s “volume dial.” A resource handout (apps, websites, groups workbooks, podcasts) is included. Presenter: Carol Cowley, MSN, APNP-BC, a nurse practitioner with over 40 years of clinical experience providing direct patient care, including outpatient Pain Counseling.

CODE	SESS	DAY/DATE	TIME	FEE
28221	1	Th 8/27	2:00-3:30pm	FREE

FRESH CONVERSATIONS

Fresh Conversations is a nutrition education program for older adults that promotes healthy food and lifestyle to support aging well. Monthly meetings are interactive, including group discussion and goal setting. Participants receive a newsletter for each class based on recent topics and evidence-based nutrition research. Emphasis is placed on eating a variety of fruits and vegetables, whole grains, lean protein, healthy fats, less sodium and added sugars. Presented by Boulder County Area Agency on Aging.

CODE	SESS	DAY/DATE	TIME	FEE
28203	1	Th 5/7	1:00-2:00pm	FREE
28203	2	Th 6/4	1:00-2:00pm	FREE
28203	3	Th 7/2	1:00-2:00pm	FREE
28203	4	Th 8/6	1:00-2:00pm	FREE

Seniors

FOOT CARE

2nd & 4th Tuesday

May 12 & 26, June 9 & 23, July 14 & 28, August 11 & 25
Cost: \$55 per visit. Fingernails \$15.

Credit cards preferred, checks accepted.

Medical Foot Care provided by a Registered Nurse from the Visiting Nurse Association (VNA). Services include toenails trimmed; calluses filed; foot sensation, circulation, and overall foot health checked. Blood Pressure is also checked. Call the Colorado Visiting Nurse Association at 303-698-6496 to schedule an appointment, for any questions, or to check if this is covered as a benefit of your Insurance plan.

Boulder County Programs



MEDICARE BASICS

Medicare Basics classes are offered two times a month virtually through the Boulder County Area Agency on Aging Medicare Counselors. For more information including Dates, Times, and Registration for May-August classes, visit <https://bouldercounty.gov/departments/community-services/area-agency-aging/medicare-counseling/>

BOULDER COUNTY MEDICARE COUNSELING

Wednesdays - Dates: May 13, June 10, July 8, August 12, September 9

Appointment times are 1pm or 2:30pm

Please note that pre-registration is preferred. The Boulder CountySHIP(StateHealthInsuranceAssistance Program) Medicare Counselors will be offering in person appointments at the Louisville Recreation & Senior Center. Get accurate and unbiased information on Medicare enrollment, Medigap/Supplemental, Part D and Medicare Advantage plans. We are the only SHIP program in Boulder County. For more information or to schedule an appointment call 303-441-1546. Appointments suggested.

LOCAL: Emergency 911

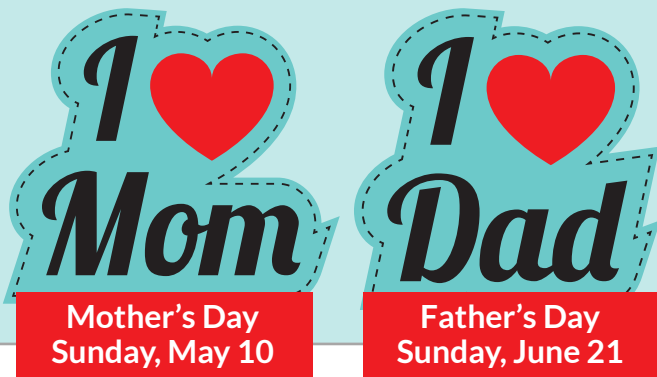


Louisville City Hall	303-666-6565
Non-Emergency Dispatch	303-441-4444
Recreation Center/ Senior Services	303-666-7400
Avista Hospital	303-673-1000
Boulder Community Health	303-415-7000
Good Samaritan Medical Center	303-689-4000
Police - non emergency	303-666-8634
Louisville Fire Dept/ non emergency M-F	303-666-6595
BOULDER COUNTY:	
Adult Protective Services	303-441-1309
Area Agency on Aging Resource Navigators	303-441-1617
District Attorney Community Protection	303-441-4972
Boulder Housing Authority	303-441-3929
Housing HelpLine	303-441-1069
Housing and Human Services	303-441-1000
Medicare Counselors	303-441-1546
Mental Health Partners	303-443-8500
Rainbow Elders of Boulder County	303-441-3583
Veterans Services	303-441-3890
Workforce Boulder County	720-776-0822
OTHER:	
Alzheimers Association	1-800-272-3900
Coal Creek Meals on Wheels	303-665-0566
Cultivate	303-443-1933
RTD FlexRide	303-299-6000
Sister Carmen	303-665-4342
Visiting Nurse Assoc. (foot care)	303-698-6496
Via Transportation	303-444-3043

Celebrate Mother's Day & Father's Day

FREE ADMISSION

Share time with your children or come enjoy time to exercise, swim, take a yoga class, or just play. Admission is FREE for moms on Sunday, May 10 and FREE for dads on Sunday, June 21.



BLOOMIN' SENIORS ANNUAL PLANT SALE

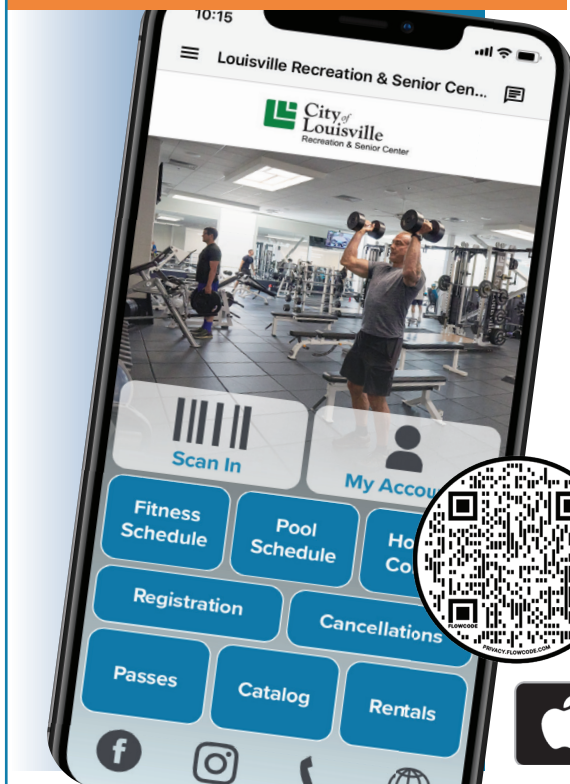
SATURDAY, MAY 16, 2026
8:00 AM UNTIL WE'RE SOLD OUT!

NOW AVAILABLE!

DOWNLOAD OUR MOBILE APP

- Skip the line and scan in
- Pool & fitness schedules at your fingertips
- Receive notifications of facility closures and updates

LouisvilleCO.gov/MobileApp





TOUCH A TRUCK

NEW! FOOD DRIVE WITH COMMUNITY FOOD SHARE

Bring your dry goods/shelf stable items directly to their truck at the event!

SATURDAY, MAY 30 | 9 - 11:30AM



Fun for All Ages!

Louisville Recreation Center | 900 West Via Appia Way

Activities end at 11:30AM

Get here when we open 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.

New: Look but don't touch display. Get up close to classic cars in this special viewing only area.

Touch-A-Truck can be loud and congested and a sensory stimulating environment. We recommend ear plugs for those with noise concerns.

Have a unique Vehicle or Truck?

Contact Mandy at MPerera@LouisvilleCo.gov or 303-335-4902 to be a part of this fun family event!



youngdentistry 
FOR CHILDREN
Mini Train and dental supplies sponsored by Young Dentistry.

 **City of
Louisville**