

# LOUISVILLE

## RECREATION & SENIOR CENTER

September - December 2026



**There is Something for Everybody!**

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

[LouisvilleRecreation.com](http://LouisvilleRecreation.com)



The Perfect Holiday Gift

## Youth Pass SALE!

**\$140**

Resident  
(regular \$280)

**\$235**

Non-Resident  
(regular \$469)

Available for purchase

Nov. 1 -Dec. 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.



Virgil is 93 years  
old and has  
donated 95 gallons  
of blood!

Be like Virgil.



## Blood Drive

**October 2 & December 4**

Visit [donors.vitalant.org](https://donors.vitalant.org) and use code 5552  
to schedule or call 303-363-2300.

**MAKE AN APPOINTMENT**

**vitalant**

# FAIRY HOUSE WALK

Join us for magic in the  
Louisville Arboretum!

There is something magical about fairy houses and we want to bring some magic to Louisville! Create your own fairy house at home, either individually, as a group, or as a family, and share it with the community. Place your fairy house by a tree of your choice on the trail around the arboretum (one tree per family/group please) at the Louisville Arboretum by 8am, Saturday, October 10. We will invite the community to enjoy a walk around the arboretum throughout the weekend to enjoy the houses. Please pick up your fairy house by Monday, October 19. This event is free, but please register in advance.

| CODE  | SESS | DAY/DATE            | FEE  |
|-------|------|---------------------|------|
| 32028 | 1    | Sa - Su 10/10-10/18 | FREE |



**Oct. 10 - 18**



# Welcome to the Louisville Recreation & Senior Center

## SEPTEMBER-DECEMBER HOURS

Starting Monday, August 31, 2026

Monday-Thursday.....5:30 AM - 9 PM

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

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

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

## Directory

|    |                   |
|----|-------------------|
| 04 | Facilities        |
| 08 | Birthday Parties  |
| 09 | Child Watch       |
| 10 | Aquatics          |
| 17 | Indoor Turf Gym   |
| 18 | Sports            |
| 26 | Youth Activities  |
| 30 | Fitness           |
| 39 | General Interests |
| 42 | Senior Services   |

## Register for September - December Programs

### City of Louisville Residents

Resident registration begins  
**Wednesday, August 12**  
at 10 a.m.

📅 Wednesday, August 12

- Begins at 10 a.m.
- Online and In-Person\* Registration

### Non-Residents

Non-Resident registration begins  
**Friday, August 14**  
at 10 a.m.

📅 Friday, August 14

- Begins at 10 a.m.
- Online and In-Person\* Registration

### IMPORTANT:

All registrations need to be completed either online at [LouisvilleRecreation.com](https://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.

## Holiday Schedules

|                                    |                  |
|------------------------------------|------------------|
| Monday, Sept. 7<br>Labor Day       | Closed           |
| Thursday, Nov. 26<br>Thanksgiving  | Closed           |
| Thursday, Dec. 24<br>Christmas Eve | 5:30am<br>- 12pm |
| Friday, Dec. 25<br>Christmas Day   | Closed           |



Para leer esta publicación en español,  
visite [LouisvilleRecreation.com/Catalog](https://LouisvilleRecreation.com/Catalog)

To read this publication in Spanish, visit  
[LouisvilleRecreation.com/Catalog](https://LouisvilleRecreation.com/Catalog)



# Facilities

## Staff

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

**Recreation & Senior Services Superintendent** (303) 335-4903  
Kathy Martin, [kmartin@louisvilleco.gov](mailto:kmartin@louisvilleco.gov)

**Recreation Manager** (303) 335-4909  
Jesse DeGraw, [jdegrow@louisvilleco.gov](mailto:jdegrow@louisvilleco.gov)

**Recreation Assistant** (303) 335-4907  
Pam Lemon, [plemon@louisvilleco.gov](mailto:plemon@louisvilleco.gov)

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

**Senior Marketing Specialist** (303) 335-4734  
Ginger Cross, [gcross@louisvilleco.gov](mailto:gcross@louisvilleco.gov)

**Recreation Manager/Aquatics** (303) 335-4905  
Paul Borth, [pborth@louisvilleco.gov](mailto:pborth@louisvilleco.gov)

**Recreation Supervisor/Aquatics (programs)** (303) 335-4627  
Danny Weinstock, [dweinstock@louisvilleco.gov](mailto:dweinstock@louisvilleco.gov)

**Aquatics Specialist** (303) 335-4415  
Dana Gutierrez, [dgutierrez@louisvilleco.gov](mailto:dgutierrez@louisvilleco.gov)

**Aquatics Specialist** (303) 335-4603  
Katharine Guzzetta, [kguzzetta@louisvilleco.gov](mailto:kguzzetta@louisvilleco.gov)

**Senior Services Supervisor** (303) 335-4914  
Katie Beasley, [kbeasley@louisvilleco.gov](mailto:kbeasley@louisvilleco.gov)

**Community Resources Coordinator** (303) 335-4919  
Katie Tofte, [ktofte@louisvilleco.gov](mailto:ktofte@louisvilleco.gov)

**Recreation Assistant/Senior** (303) 335-4931  
Tricia Morgan, [pmorgan@louisvilleco.gov](mailto:pmorgan@louisvilleco.gov)

**Recreation Supervisor/Youth/Teen** (303) 335-4902  
Mandy Perera, [mperera@louisvilleco.gov](mailto:mperera@louisvilleco.gov)

**Fitness & Child Watch Supervisor** (303) 335-4906  
Lindsey Witty, [lwitty@louisvilleco.gov](mailto:lwitty@louisvilleco.gov)

**Pool Technician** (303) 335-4913

**Recreation Supervisor/Youth/Adult Sports** (303) 335-4912  
Tim Hiney, [thiney@louisvilleco.gov](mailto:thiney@louisvilleco.gov)

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

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=1 mile)
- 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<br>ADMISSION<br>RES/NR | 5 VISIT<br>RES/NR | 10 VISIT<br>RES/NR | 20 VISIT<br>RES/NR | 1 MONTH<br>RES/NR | ANNUAL<br>RES/NR |
|----------------------|------------------------------|-------------------|--------------------|--------------------|-------------------|------------------|
| <b>YOUTH (3-17)</b>  | \$6.50 / \$10.75             | \$24 / \$48.75    | \$48 / \$98        | \$96 / \$195       | \$29 / \$46       | \$280 / \$469    |
| <b>ADULT (18-59)</b> | \$8.50 / \$14                | \$34.50 / \$62.75 | \$69 / \$126       | \$138 / \$251      | \$49 / \$76       | \$515 / \$808    |
| <b>SENIOR (60+)</b>  | \$6.50 / \$10.75             | \$24 / \$48.75    | \$48 / \$98        | \$96 / \$195       | \$29 / \$46       | \$280 / \$469    |
| <b>COUPLE</b>        | NA                           | NA                | NA                 | NA                 | \$75 / \$102      | \$811 / \$1125   |
| <b>FAMILY</b>        | \$18 / \$45                  | NA                | NA                 | NA                 | \$92 / \$133      | \$869 / \$1199   |
| <b>SINGLE HH</b>     | NA                           | NA                | NA                 | NA                 | \$75 / \$116      | \$713 / \$1072   |
| <b>NR BUSINESS</b>   | 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 recognizes 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 15<sup>th</sup> 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 5<sup>th</sup> of any month to avoid the fee being deducted on the 15<sup>th</sup>. 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 22 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.



## 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 guests' 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 2<sup>nd</sup>.**

**Rental Dates:** May 1-October 31

Visit [LouisvilleCo.gov/Rentals](https://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](mailto: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](mailto: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](https://louisvilleco.gov).

**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](https://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 (AUGUST 29 - DECEMBER 26):**  
Saturday | 5 - 7 p.m.

### HOW TO RESERVE A RENTAL

Pools can be rented online at [www.LouisvilleRecreation.com](http://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 303-335-4927 or [dweinstock@louisvilleco.gov](mailto:dweinstock@louisvilleco.gov) to arrange extra pool usage

| CODE  | AFTER HOUR POOL RENTALS                                          | RESIDENT | NON-RESIDENT |
|-------|------------------------------------------------------------------|----------|--------------|
| 33801 | Splash Pool/Lazy River/Slide/<br>Patio/Zero Depth/Party<br>Rooms | \$318    | \$398        |

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 or glass is 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
- Contact Danny at [dweinstock@louisvilleco.gov](mailto:dweinstock@louisvilleco.gov) or 303-335-4627.**

**All facility rentals begin  
Wednesday, August 12  
at 10 a.m.**

## Room Rentals

Reservations begin Wednesday, August 12 at 10 a.m.



| FACILITY RENTALS                                             | RESIDENT<br>FEE/HOUR | NON-RESIDENT<br>FEE/HOUR |
|--------------------------------------------------------------|----------------------|--------------------------|
| Large Rooms (Brooks or Crown)                                | \$65                 | \$82                     |
| Small Rooms (Imperial, Ajax, Hecla,<br>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](mailto:PLEmon@LouisvilleCo.gov) to reserve a facility.**

## Private Turf Gym Rentals



| TURF RENTALS        | RESIDENT<br>FEE/HOUR | NON-RESIDENT<br>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 permitted 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 Tim at 303-335-4912, or [THiney@LouisvilleCo.gov](mailto:THiney@LouisvilleCo.gov) to reserve a private turf gym rental.**



# Birthday Parties



Reservations begin Wednesday, August 12 at 10 a.m.

## 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:** 12-2 p.m., 2:30 -4:30 p.m.

**Sunday:** 12-2 p.m., 2:30 -4:30 p.m.

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:** 12-2 p.m., 2:30 -4:30 p.m.

**Sunday:** 12-2 p.m.

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](http://Louisvillerecreation.com) or by calling Pam at 303-335-4907, or email [Plemon@LouisvilleCo.gov](mailto:Plemon@LouisvilleCo.gov).
- Reservations for basic pool and turf parties must be booked at least 10 days in advance. Basic 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](http://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.

Sunday\* 9 a.m. - 12:30 p.m.

\*NEW starting Sunday, September 13

## 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](mailto: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    | 12pm    | YinYoga                |
| 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 | Intermediate Yoga      |
| 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              |
| Su   | 9:30am  | Body Pump              |
| Su   | 9:30am  | Vinyasa Yoga           |
| Su   | 10:45am | NIA Hybrid             |

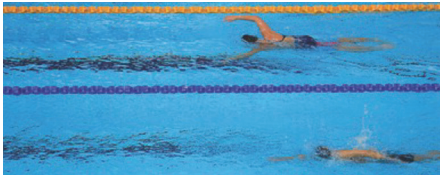


# Aquatics

## 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- 10 ft

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 3ft 6 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 staircase 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 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 our swimming pools 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 & 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 |       |                |       |

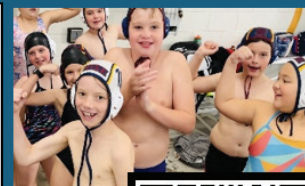
### Welcome to Water Polo!

Outstanding **fun** & fitness!

Irresistible: Kids, pools, teamwork!

**New kids welcome!** (Level 4 swim skills required)

\*12U, 4:45p-5:45p, or  
\*14U, 5:45p-6:45p  
\$68/mo (\$136 for Sep & Oct)  
\*See Website or email for more details



Questions?

RISEwpc@gmail.com

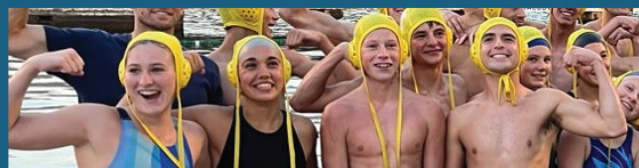
Scan to  
Register



[www.RISEWaterPolo.com](http://www.RISEWaterPolo.com)

### 3<sup>rd</sup> grade – 8<sup>th</sup> grade; Boys & Girls

Come enjoy the most fun, best sport available!



### 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 303-335-4627 or [Dweinstock@LouisvilleCo.gov](mailto:Dweinstock@LouisvilleCo.gov).

**Session 1** | Sept. 11 - Oct. 30 **Session 2** | Nov. 6 - Dec. 18\*

| TIME         |                             | FEE R/NR     |
|--------------|-----------------------------|--------------|
| 5:00-5:45 pm | Adult Beginner<br>33176     | \$96/\$129   |
| 6:00-6:45 pm | Adult Intermediate<br>33177 | \$72/\$96.75 |

\*Reduced fee, only 6 classes



## 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](mailto: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 are 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, Back-stroke, and Breast-stroke. It will focus on technique, endurance, and even dabble in the pretest skills needed to get into a lifeguard class. On 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. On the first day of class, participants 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 |
|-------------------------------------------------|---------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|-----|
| <b>Parent-tot 2</b><br>(Maximum 4 participants) | Being in a class setting and going underwater independently. Pre-K focused. <i>(Parents can be in water.)</i> | Willingness to participate in a group setting. Needs to be able to follow simple directions.                        | 2-3 |
| <b>Pollywog</b><br>(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 |
| <b>Tadpole</b><br>(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 |
| <b>Toad</b><br>(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 |
| <b>Level 1</b><br>(Maximum 5 participants)      | Being in a class setting and going underwater independently, learning floats                                  | Being ready to participate in a group setting                                                                       | 5+  |
| <b>Level 2</b><br>(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+  |
| <b>Level 3</b><br>(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+  |
| <b>Level 4</b><br>(Maximum 6 participants)      | Stroke work on 4 competitive strokes and elementary backstroke                                                | Swimming 15 yards of front crawl with side-breathing                                                                | 5+  |
| <b>Level 5</b><br>(Maximum 6 participants)      | Increasing swimming efficiency                                                                                | Swimming 25 yards of front crawl with side-breathing, breast stroke, and elementary back stroke                     | 5+  |
| <b>Level 6</b><br>(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., Aug. 12 R / Fri., Aug. 14 NR**

# Aquatics

## Group Swim Lessons

### SATURDAY MORNING (4 x 30 min. lessons)

**Session 1** | Sept. 12-Oct. 3    **Session 3** | Nov. 7-Dec. 5\*  
**Session 2** | Oct. 10-31

| TIME             | CLASS/CODE            | CLASS/CODE              |
|------------------|-----------------------|-------------------------|
| 8:15-8:45 am     | Pollywog<br>33037     | Level 1<br>33118        |
| 8:55-9:25 am     | Parent-tot 2<br>33027 | Tadpole<br>33047        |
| 9:35-10:05 am    | Toad<br>33058         | Level 2<br>33127        |
| 10:15-10:45      | Pollywog<br>33038     | Parent-tot 2<br>33028   |
| 10:55-11:25 am   | Level 3<br>33138      | Level 4<br>33148        |
| 11:35-12:05 am   | Level 5<br>33158      | Adult Beginner<br>33179 |
| * No Class 11/28 |                       |                         |

### TUESDAY EVENING (4 x 30 min. lessons)

**Session 1** | Sept. 1-22    **Session 3** | Oct. 27-Nov. 17  
**Session 2** | Sept. 29-Oct. 20

| TIME        | CLASS/CODE            | CLASS/CODE       |
|-------------|-----------------------|------------------|
| 4:00-4:30pm | Parent-tot 2<br>33023 |                  |
| 4:40-5:10pm | Pollywog<br>33033     | Tadpole<br>33044 |
| 5:20-5:50pm | Level 1<br>33113      | Level 3<br>33134 |
| 6:00-6:30pm | Level 3<br>33133      | Level 2<br>33123 |
| 6:40-7:10pm | Level 4<br>33144      | Level 5<br>33153 |

### THURSDAY MORNING (4 x 30 min. lessons)

**Session 1** | Sept. 3-24    **Session 3** | Oct. 29-Nov. 19  
**Session 2** | Oct. 1-22

| TIME           | CLASS/CODE            |
|----------------|-----------------------|
| 9:00-9:30 am   | Parent-tot 2<br>33020 |
| 10:15-10:45 am | Pollywog<br>33030     |

### THURSDAY EVENING (4 x 30 min. lessons)

**Session 1** | Sept. 3-24    **Session 3** | Oct. 29-Nov. 19  
**Session 2** | Oct. 1-22

| TIME        | CLASS/CODE            | CLASS/CODE       |
|-------------|-----------------------|------------------|
| 4:00-4:30pm | Parent-tot 2<br>33024 |                  |
| 4:40-5:10pm | Pollywog<br>33034     | Toad<br>33054    |
| 5:20-5:50pm | Level 2<br>33124      | Level 1<br>33114 |
| 6:00-6:30pm | Level 3<br>33135      | Level 2<br>33125 |
| 6:40-7:10pm | Level 4<br>33145      | Level 5<br>33154 |

## 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<br>R/NR |
|-------|------------|-------------------------------|------------------------|
| 35000 | Sept.-Dec. | Recreation &<br>Senior Center | \$16.50/\$22           |

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



## Youth Stroke Clinics



Stroke clinics are offered in the lap pool and are structured for swimmers currently on a swim team or interested in joining a swim team. Minimum requirements to participate in stroke clinics are: All swimmers must be able to swim 50 meters of continuous freestyle demonstrating proper side breathing and 25 meters of backstroke. Additionally, breast and butterfly kick skills are needed. For more information, please contact [info@louisvilledolphins.org](mailto:info@louisvilledolphins.org).

### MONDAY EVENING

**Session 1** | Sept. 14-28\*

**Session 2** | Oct. 5-26

**Session 3** | Nov. 2-16\*

| CODE  | CLASS    | TIME        | FEE   |
|-------|----------|-------------|-------|
| 33190 | 6-9yrs   | 4:00-4:45pm | \$52  |
| 33191 | 8-10yrs  | 4:45-5:30pm | \$52  |
| 33193 | 11-18yrs | 5:30-7:00pm | \$104 |

### TUESDAY EVENING

**Session 1** | Sept. 8-29

**Session 2** | Oct. 6-27

**Session 3** | Nov. 3-17\*

| CODE  | CLASS    | TIME        | FEE  |
|-------|----------|-------------|------|
| 33180 | 6-9yrs   | 4:00-4:45pm | \$52 |
| 33181 | 8-10yrs  | 4:45-5:30pm | \$52 |
| 33182 | 10-12yrs | 5:30-6:15pm | \$52 |
| 33183 | 11-18yrs | 6:15-7:00pm | \$52 |

### WEDNESDAY EVENING

**Session 1** | Sept. 9-30

**Session 2** | Oct. 7-28

**Session 3** | Nov. 4-18\*

| CODE  | CLASS    | TIME        | FEE   |
|-------|----------|-------------|-------|
| 33194 | 6-9yrs   | 4:00-4:45pm | \$52  |
| 33195 | 8-10yrs  | 4:45-5:30pm | \$52  |
| 33197 | 11-18yrs | 5:30-7:00pm | \$104 |

### THURSDAY EVENING

**Session 1** | Sept. 4-Oct. 1

**Session 2** | Oct. 8-29

**Session 3** | Nov. 5-19\*

| CODE  | CLASS    | TIME          | FEE  |
|-------|----------|---------------|------|
| 33184 | 6-9yrs   | 4:00pm-4:45pm | \$52 |
| 33185 | 8-10yrs  | 4:45pm-5:30pm | \$52 |
| 33186 | 10-12yrs | 5:30pm-6:15pm | \$52 |
| 33187 | 11-18yrs | 6:15pm-7:00pm | \$52 |

\*reduced fee \$39 for 3 classes

\* 90 minute class reduced fee \$78 for 3 classes

## LOUISVILLE SPLASH & DASH RACE

**City of Louisville**  
Recreation & Senior Center

**A FUN SWIM & RUN FOR KIDS!**



**RACE DATE:**

Sunday, August 30, 2026



**WHO:**

Kids ages 6-14  
years old



**RACE:**

Fun swim  
& run event



**LOCATION:**

Louisville Recreation Center  
900 W Via Appia Way,  
Louisville, CO

**REGISTRATION:**



Scan to register!



Sanctioned by  
USA Triathlon



**ONE RACE. ALL FUN!**

Come swim, run, and have a blast!

Sanctioned by USA Triathlon

**The Perfect Holiday Gift**

# Youth Pass SALE!

**\$140**

Resident  
(regular \$280)

**\$235**

Non-Resident  
(regular \$469)

Available for purchase

Nov. 1 - Dec. 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.



Youth

# Surf & Turf Night

Enjoy a fun-filled night with friends!

- Open swim
- Explore all three gyms
- Knockout basketball
- Nerf in the turf
- Pizza



grades 3<sup>rd</sup>-5<sup>th</sup>

**7 - 9 P.M.**  
**FRIDAY, NOV. 13**

| CODE  | GRADES  | DAY/DATE | TIME        | R/NR         |
|-------|---------|----------|-------------|--------------|
| 34000 | 3rd-5th | F 11/13  | 7:00-9:00pm | \$12.50/\$16 |

## MEMORY SQUARE POOL BACK TO SCHOOL SCHEDULE

August 12 - September 6  
Schedule is subject to change.

### Lap Swim (All Lanes)

|       |                |
|-------|----------------|
| M-F   | 10:00am-1:00pm |
| Sa    | 8:00-10:00am   |
| Sa/Su | 5:00pm-6:00pm  |

### H2O aerobics

|                     |              |
|---------------------|--------------|
| M/W/F (Deep)        | 12:00-1:00pm |
| Tu/Th (H2O Running) | 12:00-1:00pm |

### Open Swim

|       |                |
|-------|----------------|
| Sa/Su | 10:00am-5:00pm |
|-------|----------------|

**MONDAY,  
SEPT 7**

**Lap Swim  
10 AM-12 PM**

**Open Swim  
12 PM-5 PM**

**Baby Pool Open 10 AM - 5 PM on Holidays**

FOR POOL CLOSURE INFORMATION CALL 303-666-7909 OR VISIT [LouisvilleCO.gov/OutdoorPool](http://LouisvilleCO.gov/OutdoorPool)



# 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      |
|-------|------|----------|-----------------|-----------|
| 33208 | 1    | Su 9/27  | 10:00am-12:00pm | \$72/\$96 |
| 33208 | 2    | Sa 10/17 | 10:00am-12:00pm | \$72/\$96 |
| 33208 | 3    | Su 11/15 | 10:00am-12:00pm | \$72/\$96 |
| 33208 | 4    | Sa 12/12 | 10:00am-12:00pm | \$72/\$96 |

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

## AMERICAN RED CROSS R.24 BLENDED LEARNING LIFEGUARD CERTIFICATION CLASS | Ages 15+

This class certifies participants in the most up-to-date version of the American Red Cross Lifeguard curriculum and includes First Aid/CPR/AED for the Professional Rescuer. The format is blended learning with an online and in-person component. You must be at least 15 years of age by the last day of the class. You must pass a swim skills assessment to be allowed in the class. This class is intended as a general certification for members of the community who want to pursue lifeguarding. As of publication there are no open positions within the City of Louisville.

Refunds will be given if you cannot pass the initial assessment. Questions? Contact Danny Weinstock at [dweinstock@louisvilleco.gov](mailto:dweinstock@louisvilleco.gov)

| CODE  | SESS | DAY/DATE                | TIME          | R/NR        |
|-------|------|-------------------------|---------------|-------------|
| 33205 | 1    | Su - Tu<br>10/11- 10/13 | 8:00am-6:00pm | \$103/\$129 |
| 33205 | 2    | Sa- M<br>11/21 - 11/23  | 8:00am-6:00pm | \$103/\$129 |





# Indoor Turf Gym



## NERF GUN BATTLE DAY

Come join us for a fun and exciting Nerf blasters battle in the turf gym. Nerf blaster 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 facilitate games while ensuring kids are having a blast and staying safe. Personal Nerf blasters 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 11/14 | Elementary /Middle School | 9:00-10:30am | Free with Membership or Daily Fee |

## BOCCE BALL DROP-IN

Let's play Bocce! Go to the Indoor Turf Field on the days and times designated for fun and friendly competition. All are welcome, including beginners.

| DAY               | TIME         |
|-------------------|--------------|
| Th 8/13-12/17     | 12:30-3:30pm |
| *No drop-in 11/26 |              |

## 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. Starts 9/3/26.

Mondays 40+ from 7 -9 p.m.

Thursdays from 6 - 9 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](mailto:PLemon@Louisvilleco.gov) to schedule your event today.



# Sports



## Soccer

### REGISTRATION AND OTHER INFORMATION

1. **Registration ends August 2. Coaches Meeting on August 12. \$50 late fee for registration after August 2.**
2. If unable to place a child, a refund or credit will be given.
3. We reserve the right to combine leagues, depending on the number of participants.
4. No refunds will be given after the first practice.
5. The season is based on a seven-game season. While every attempt will be made to make-up games that are canceled, we do not guarantee seven games.
6. Each participant must purchase a white and blue Louisville soccer shirt for \$20. Shirts are worn during games. Previous year's participants may use shirts already purchased.
7. Practices are twice a week depending on team and coach.
8. **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 Tim at 303-335-4912. 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.



## 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 Tim at 303-335-4912 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. **\$50 late fee for registration after 7/26. 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.

## Basketball

### REGISTRATION AND OTHER INFORMATION

1. Registration for Louisville residents begins online for residents on 8/12 and non residents on 8/14
2. **Registration ends December 6: \$50 late registration fee.**
3. If unable to place a child on a team, a refund or credit will be given.
4. Children must be in the appropriate grade during the 2026/2027 academic year.
5. No refunds will be given after the first practice.
6. **Waiting list:** A waiting list is created after the league has filled. Participants are placed on the waiting list according to the dates registered. Coaches do not have the authority to add players to their team. THE LEAGUE ADMINISTRATOR WILL PLACE ALL PLAYERS ON TEAMS.
7. Coaches Meeting will be on Wednesday, December 9 at 5:30pm at the Louisville Recreation & Senior Center. All coaches must attend.

### BOYS BASKETBALL | Grades 3rd-12th

| CODE  | GRADES                             | PRACTICE BEGINS | GAMES BEGIN | R/NR      |
|-------|------------------------------------|-----------------|-------------|-----------|
| 16101 | 3 <sup>rd</sup> & 4 <sup>th</sup>  | 1/4             | 1/16        | \$78/\$93 |
| 16102 | 5 <sup>th</sup> & 6 <sup>th</sup>  | 1/4             | 1/16        | \$78/\$93 |
| 16103 | 7 <sup>th</sup> & 8 <sup>th</sup>  | 1/4             | 1/16        | \$78/\$93 |
| 16104 | 9 <sup>th</sup> - 12 <sup>th</sup> | 1/4             | 1/16        | \$78/\$93 |

### GIRLS BASKETBALL | Grades 3rd-12th

| CODE  | GRADES                            | PRACTICE BEGINS | GAMES BEGIN | R/NR      |
|-------|-----------------------------------|-----------------|-------------|-----------|
| 16111 | 3 <sup>rd</sup> & 4 <sup>th</sup> | 1/4             | 1/16        | \$78/\$93 |
| 16112 | 5 <sup>th</sup> & 6 <sup>th</sup> | 1/4             | 1/16        | \$78/\$93 |
| 16113 | 7 <sup>th</sup> & 8 <sup>th</sup> | 1/4             | 1/16        | \$78/\$93 |
| 16114 | 9 <sup>th</sup> -12 <sup>th</sup> | 1/4             | 1/16        | \$78/\$93 |

### LOUISVILLE BASKETBALL CAMP | Ages 8-12

Your child will learn about the game while they develop or improve the skills they already have for future success. Participants will learn fundamentals of dribbling, passing, shooting, rebounding, defense and court awareness. Success is achieved through basic drills and team play. Located at Louisville Elementary.

| CODE  | GRADES                            | DAY/DATE          | TIME        | EARLY R/NR* |
|-------|-----------------------------------|-------------------|-------------|-------------|
| 36210 | 4 <sup>th</sup> / 5 <sup>th</sup> | Tu Th 10/27-11/19 | 6:00-7:00pm | \$70/\$90   |
| 36211 | 6 <sup>th</sup> / 7 <sup>th</sup> | Tu Th 10/27-11/19 | 7:00-8:15pm | \$75/\$94   |



## Sports Action

These fun-filled courses are designed to introduce your child to the basic rules of the sports and exercise, including more specialized skills necessary for game time. We develop your child's athletic and social skills in our 4-week sessions. Co-ed.

### KICKBALL/T-BALL | Ages 3-5

| CODE  | SESS | DAY/DATE          | TIME                | R/NR       |
|-------|------|-------------------|---------------------|------------|
| 36030 | 2    | Tu Th<br>9/1-9/24 | 11:00am-<br>12:00pm | \$80/\$100 |

### BROOMBALL/SOCCER | Ages 3-5

| CODE  | SESS | DAY/DATE            | TIME                | R/NR      |
|-------|------|---------------------|---------------------|-----------|
| 36030 | 3    | Tu Th<br>9/29-10/22 | 11:00am-<br>12:00pm | \$70/\$88 |

No class 10/13

### BASKETBALL CAMP | Ages 3-5

A fun filled two week course introducing your youngster to the game of basketball. Dribbling, passing, shooting and working together will all be part of the learning.

| CODE  | SESS | DAY/DATE            | TIME                | R/NR      |
|-------|------|---------------------|---------------------|-----------|
| 36030 | 4    | Tu Th<br>10/27-11/5 | 11:00am-<br>12:00pm | \$40/\$50 |

### GYM GAMES | Ages 3-5

| CODE  | SESS | DAY/DATE             | TIME                | R/NR        |
|-------|------|----------------------|---------------------|-------------|
| 36030 | 5    | Tu Th<br>11/10-12/17 | 11:00am-<br>12:00pm | \$100/\$125 |

No class 11/24 & 11/26

### COMING SOON!

#### 1ST/2ND GRADE (COED) BASKETBALL!

Introduce your child to basketball in a fun, supportive environment. Players will build fundamental skills including dribbling, passing, shooting, and teamwork through a 25-minute practice followed by a 25-minute coach-refereed game each Friday at Fireside Elementary.

- Coed league (friend requests cannot be guaranteed)
- Fridays beginning in January
- One-hour session between 6 p.m. and 7 p.m. (practice times vary)
- 7-week season
- Small team sizes for more playing time
- Volunteer coaches needed to lead practices and referee games.
- Games are played on 8-foot hoops to help build confidence.



## Super Tots Tots!

Give your little superstar an awesome first step into sports with Super Tots!



### BASEBALL TOTS

Step up to the plate with BaseballTots! These classes focus on developing motor skills and baseball basics like throwing, catching, hitting, and running. It's all about fun, skill development, and creating memorable moments. BaseballTots is a great way to introduce baseball to young kids! Parent participation is recommended as needed.

| CODE  | SESS | AGE      | DAY/DATE   | TIME          | FEE  |
|-------|------|----------|------------|---------------|------|
| 36403 | 1    | 2.00-2.5 | T 8/11-9/1 | 9:15-9:45am   | \$49 |
| 36403 | 2    | 2.5-3.5  | T 8/11-9/1 | 10:00-10:45am | \$74 |
| 36403 | 3    | 3.5-4.99 | T 8/11-9/1 | 11:00-11:45am | \$74 |
| 36403 | 4    | 2.5-3.5  | W 8/12-9/2 | 4:45-5:30pm   | \$74 |
| 36403 | 5    | 3.5-4.99 | W 8/12-9/2 | 5:45-6:30pm   | \$74 |

### SOCCER TOTS

SoccerTots: Kickstart a passion for soccer with SoccerTots, an active, game-based introduction for young athletes. This program enhances motor skills and self-confidence with engaging activities that focus on developing core soccer skills and introducing friendly competition.

| CODE  | SESS | AGE      | DAY/DATE   | TIME          | FEE  |
|-------|------|----------|------------|---------------|------|
| 36400 | 1    | 2.00-2.5 | T 9/8-9/29 | 9:15-9:45am   | \$49 |
| 36400 | 2    | 2.5-3.5  | T 9/8-9/29 | 10:00-10:45am | \$74 |
| 36400 | 3    | 3.5-4.99 | T 9/8-9/29 | 11:00-11:45am | \$74 |
| 36400 | 4    | 2.5-3.5  | W 9/9-9/30 | 4:45-5:30pm   | \$74 |
| 36400 | 5    | 3.5-4.99 | W 9/9-9/30 | 5:45-6:30pm   | \$74 |

## FLAG FOOTBALL – 1STDOWNTOTS

1stDownTots is a development program for kids ages 3 through 5 years old that uses a variety of fun games to engage kids while teaching the sport of football and developing fundamental skills. The goal is to build fitness, muscle coordination, football fundamentals and create a love of the game. We do not do any tackling or blocking at this level.

| CODE  | SESS | AGE      | DAY/DATE        | TIME          | FEE  |
|-------|------|----------|-----------------|---------------|------|
| 36404 | 1    | 2.00-2.5 | T<br>10/6-10/27 | 9:15-9:45am   | \$49 |
| 36404 | 2    | 2.5-3.5  | T<br>10/6-10/27 | 10:00-10:45am | \$74 |
| 36404 | 3    | 3.5-4.99 | T<br>10/6-10/27 | 11:00-11:45am | \$74 |
| 36404 | 4    | 2.5-3.5  | W<br>10/7-10/28 | 4:45-5:30pm   | \$74 |
| 36404 | 5    | 3.5-4.99 | W<br>10/7-10/28 | 5:45-6:30pm   | \$74 |

## VOLLEYKATS

A great way to learn the signature sport of summer! One of the more difficult motor skills to grasp for children, these forgiving classes help them learn to bump, set, and spike, as well as develop agility, reaction, speed, and teamwork.

| CODE  | SESS | AGE      | DAY/DATE        | TIME          | FEE  |
|-------|------|----------|-----------------|---------------|------|
| 36402 | 1    | 2.00-2.5 | T<br>11/10-12/8 | 9:15-9:45am   | \$49 |
| 36402 | 2    | 2.5-3.5  | T<br>11/10-12/8 | 10:00-10:45am | \$74 |
| 36402 | 3    | 3.5-4.99 | T<br>11/10-12/8 | 11:00-11:45am | \$74 |
| 36402 | 4    | 2.5-3.5  | W<br>11/11-12/9 | 4:45-5:30pm   | \$74 |
| 36402 | 5    | 3.5-4.99 | W<br>11/11-12/9 | 5:45-6:30pm   | \$74 |

## Other Area Youth Sports

### MONARCH LITTLE LEAGUE BASEBALL

[www.monarchlittleleague.org](http://www.monarchlittleleague.org)

### LOUISVILLE YOUTH SOFTBALL & BASEBALL

[www.lysba.net](http://www.lysba.net)

### MONARCH YOUTH WRESTLING

[www.monarchjuniorwrestling.com](http://www.monarchjuniorwrestling.com)

### COAL CREEK JR GOLF LEAGUES & PASSES

[www.coalcreekgolf.com](http://www.coalcreekgolf.com)

## Adult Tennis

### ADULT TENNIS DRILLS | Ages 18+

Tennis drills are intended for advanced beginner and intermediate tennis players to improve consistency through technique instructions and drill repetitions. Drills will cover a mixture of basic and advanced tennis stroke fundamentals. Instructor Jim Gilbert.

| CODE  | SESS | DATE        | TIME          | R/NR      |
|-------|------|-------------|---------------|-----------|
| 36612 | 1    | Th 8/13-9/3 | 8:00-9:00am   | \$50/\$63 |
| 36612 | 2    | Th 8/13-9/3 | 9:00-10:00am  | \$50/\$63 |
| 36612 | 3    | Th 9/9-9/30 | 9:00-10:00am  | \$50/\$63 |
| 36612 | 4    | Th 9/9-9/30 | 10:00-11:00am | \$50/\$63 |

## 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.





## 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  |
|-------|------|----------|--------------|------|
| 36701 | 1    | W 8/26   | 12:00-2:00pm | \$40 |
| 36701 | 2    | W 9/16   | 12:00-2:00pm | \$40 |
| 36701 | 3    | W 9/30   | 12:00-2:00pm | \$40 |
| 36701 | 4    | W 10/14  | 12:00-2:00pm | \$40 |
| 36701 | 5    | W 11/4   | 12:00-2:00pm | \$40 |

### ADVANCED BEGINNER DRILL AND PLAY | 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  |
|-------|------|----------|--------------|------|
| 36702 | 1    | W 9/23   | 12:00-2:00pm | \$40 |
| 36702 | 2    | W 10/14  | 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  |
|-------|------|----------|-------------|------|
| 36705 | 1    | W 8/26   | 2:00-3:30pm | \$30 |

### INTERMEDIATE DRILL AND PLAY | Age 18+

Players should know how to execute all the basic shots with some consistency: Serve, return, dink, and 3rd shot drop. The first hour will be drills followed by an additional half-hour of coached game-play.

| CODE  | SESS | DAY/DATE | TIME        | FEE  |
|-------|------|----------|-------------|------|
| 36703 | 1    | W 9/30   | 2:00-3:30pm | \$30 |



### BEGINNER 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  |
|-------|------|----------|-------------|------|
| 36706 | 1    | W 9/23   | 2:00-3:30pm | \$30 |
| 36706 | 2    | W 10/7   | 2:00-3:30pm | \$30 |

### BEGINNER DRILL AND PLAY | 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  |
|-------|------|----------|--------------|------|
| 36704 | 1    | W 9/16   | 2:00-3:30pm  | \$30 |
| 36704 | 2    | W 10/7   | 12:00-2:00pm | \$40 |
| 36704 | 3    | W 11/4   | 2:00-3:30pm  | \$30 |

## Drop-In Pickleball - Starts 9/1/26

| SUNDAY          | MONDAY                       | TUESDAY                        | WEDNESDAY                                              | THURSDAY    | FRIDAY                                   | SATURDAY |
|-----------------|------------------------------|--------------------------------|--------------------------------------------------------|-------------|------------------------------------------|----------|
| 7:30 am - 10 am | 9 am - 12 pm<br>Intermediate | 6 am - 8 am<br>1:30pm - 3:30pm | 8 am - 11 am<br>Beginner<br>12 pm - 3:30 pm<br>Lessons | 6 am - 8 am | 8 am - 11 am<br>4 pm - 7 pm<br>one court |          |

### INDOOR Recreation & Senior Center Gymnasium

|  |                            |             |                       |                           |             |                                                 |
|--|----------------------------|-------------|-----------------------|---------------------------|-------------|-------------------------------------------------|
|  | 9am - 12 pm<br>6 pm - 8 pm | 7am - 12 pm | 8:30 am -<br>12:30 pm | 7 am-12 pm<br>6 pm - 8 pm | 9am - 12 pm | 8 am -10 am<br>5 pm - 8 pm<br>Family Pickleball |
|--|----------------------------|-------------|-----------------------|---------------------------|-------------|-------------------------------------------------|

### 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 Tim Heiny at 303-335-4912 or thiney@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](http://www.denvernorthsidett.com)

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

## The Perfect Holiday Gift

# Youth Pass SALE!

**\$140**

Resident  
(regular \$280)

**\$235**

Non-Resident  
(regular \$469)

Available for purchase  
Nov. 1 -Dec. 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.





# Discover Adventure Just Beyond Your Door



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

For questions about programs or for  
help registering for events, email  
[CManian@LouisvilleCO.gov](mailto: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



## Do you want to represent the youth of Louisville?

Apply to be on the City of Louisville's  
Youth Advisory Board!

Applications are due by Noon on September 8, 2026

### To be eligible:

- Must be a Louisville Resident who will be in the 6th-12th grade during the 2026-2027 school year.
- Must be available the first Thursday evening of each month for meetings during the school year.
- Must have additional availability for 2-5 hours a month.
- Must be able to serve on the board for two school years unless a senior in High School. Applicants should have an interest in community issues for youth to include: volunteer work, safety, social, recreational and educational activities, community services and local government.



For more information or to apply visit [www.LouisvilleCO.gov/YAB](https://www.LouisvilleCO.gov/YAB)



# Youth



## Enrichment

### TWOODLES | Ages 2 by 10/1/26

This is the ideal class for any youngster ready to explore on their own! The class offers a variety of materials and activities giving children an opportunity to assert their budding independence by making choices based on interest. Inherent in this setting is the opportunity to develop and practice social skills in a supportive and nurturing atmosphere. Circle time for stories, singing, dancing, and sharing enhance the fun and learning! Twoodles students will receive priority registration for our licensed preschool program. Parents must remain in the facility during class, but not in the classroom.

| CODE                         | SESS | DAY/DATE           | TIME         | FEE         |
|------------------------------|------|--------------------|--------------|-------------|
| 32003                        | 1    | Tu/Th<br>9/8-12/17 | 8:30-9:30am  | \$332/\$415 |
| 32004                        | 1    | Tu/Th<br>9/8-12/17 | 9:45-10:45am | \$332/\$415 |
| No class 10/13, 11/24, 11/26 |      |                    |              |             |



### TIPPI TOES DANCE | Ages 2-6



Music, movement, balance and basic dance steps are introduced in a fun, friendly and positive manner. The dancers do not have mom, dad or another loved one by their side during the class, so this class is great for children who will be able to participate in class on their own. Our teachers keep the music and curriculum moving along in an appropriate way this age group. Let's incorporate a mix of the three types of dance during class time using high-energy music. Our original music separates Tippi Toes® dance classes from all the rest and we guarantee big smiles and lots of fun every single class!

| CODE                       | SESS | DAY/DATE      | TIME          | FEE   |
|----------------------------|------|---------------|---------------|-------|
| Baby Ballet   Ages 2-4     |      |               |               |       |
| 32120                      | 1    | M, 9/14-10/19 | 3:00 - 3:45pm | \$120 |
| 32120                      | 2    | M, 11/9-12/14 | 3:00 - 3:45pm | \$120 |
| Ballet Tap Jazz   Ages 3-6 |      |               |               |       |
| 32121                      | 1    | M, 9/14-10/19 | 4:00 - 5:00pm | \$120 |
| 32121                      | 2    | M, 11/9-12/14 | 4:00 - 5:00pm | \$120 |



### MINI YOGIS - CAREGIVER & CHILD | Ages 3-6



This fun yoga class introduces children and caregiver to the fundamentals of yoga postures, meditation, and mindfulness. It is the perfect opportunity for bonding, while enjoying music, games, crafts, and play. With curriculum designed for kids, students will learn skills that can be transported off the mat and used at home. No yoga experience required. Please bring yoga mats or towels. Adult and children register individually.

| CODE  | SESS | DAY/DATE  | TIME          | R / NR           |
|-------|------|-----------|---------------|------------------|
| 32108 | 1    | 9/8-10/13 | 10:30-11:15am | \$60/ per person |



# PRESCHOOL

at the Louisville Recreation  
& Senior Center

Registration for the 2027-28 school year begins in January 2027



## A Creative Learning Program for ages 3-5

Give your child a strong start with Building Blocks and Stepping Stones Preschool. Our part-time, state-licensed program combines play-based learning, social-emotional growth, and early academics in a fun, nurturing environment. With experienced teachers, indoor and outdoor classrooms, and plenty of opportunities to build confidence and friendships, every day is an adventure.

Universal Preschool funding is available for eligible children in our 4-year-old Stepping Stones class. Tuition-paid options are also available.

### Registration Information

An enrollment fee and deposit are due at registration. All fees are non-refundable once paid. Cancellation requests must be received by the first day of the month before the cancellation takes effect, or the following month's tuition will be charged.

## 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<br>'26-'27<br>School Yr | 8:30am-<br>11:30am | \$100/\$125<br>-WAITLIST- | \$398/\$498  | \$398/\$498<br>per month |
| 62600 | 2    | MWF<br>'26-'27<br>School Yr | 12:00pm-<br>3:00pm | \$100/\$125               | \$398/\$498  | \$398/\$498<br>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    | Tu Th<br>'26-'27<br>School Year | 8:15am-<br>12:00pm | \$100/125   | \$461/\$576  | \$461/\$576<br>per month |
|       |      |                                 |                    | -WAITLIST-  |              |                          |

## 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](http://UPK.Colorado.gov) for more information.

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



For more information or mid-year enrollment, contact Mandy Perera at 303-335-4902, [mperera@louisvilleco.gov](mailto:mperera@louisvilleco.gov) or visit [LouisvilleCO.gov/Preschool](http://LouisvilleCO.gov/Preschool)

Watch our video  
to learn more!



## BEGINNER ACOUSTIC GUITAR | Age 9-12

Beginner guitar for children aged 9-12 years. Learn basic chords & melodies while having fun with other kids who are interested in music. Must provide your own guitar. Instructor Alex Thoele

| CODE  | SESS | DAY/DATE     | TIME        | FEE   |
|-------|------|--------------|-------------|-------|
| 37004 | 1    | T 9/8-9/29   | 5:15-6:00pm | \$120 |
| 37004 | 2    | T 10/6-10/27 | 5:15-6:00pm | \$120 |
| 37004 | 3    | T 11/3-11/17 | 5:15-6:00pm | \$120 |
| 37004 | 4    | T 12/1-12/15 | 5:15-6:00pm | \$120 |
| 37007 | 1    | W 9/9-9/30   | 5:15-6:00pm | \$120 |
| 37007 | 2    | W 10/7-10/28 | 5:15-6:00pm | \$120 |
| 37007 | 3    | W 11/4-11/18 | 5:15-6:00pm | \$120 |
| 37007 | 4    | W 12/2-12/16 | 5:15-6:00pm | \$120 |

All sessions only 3 classes - see dates on receipt.



## Karate



Brought to you by International Martial Arts  
(303) 665-0339. [www.imakarate.com](http://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! Additional Fees for Gi and testing.

| CODE  | SESS | DAY/DATE      | TIME        | FEE  |
|-------|------|---------------|-------------|------|
| 32110 | 1    | M 9/7-9/28*   | 5:00-6:00pm | \$60 |
| 32110 | 2    | M 10/5-10/26  | 5:00-6:00pm | \$60 |
| 32110 | 3    | M 11/2-11/30  | 5:00-6:00pm | \$75 |
| 32110 | 4    | M 12/7-12/28* | 5:00-6:00pm | \$60 |

No class 9/7, make up 9/12 @ 10am

No class 12/28, make up 12/26 @ 10am

Classes meet at the IMA Dojo : 1340 Main St, Louisville

## Jump Rope



Brought to you by Levitate Jump Rope  
[levitatejumprope.org](http://levitatejumprope.org)

### LEVITATE BEGINNER JUMP ROPE CLUB | Ages 8-14

This class is an introduction to the sport of jump rope. We will work on single rope, double dutch, long rope, and other skills. Participants will receive their own jump rope. Please wear athletic shoes and bring a water bottle! Upon completion of this class, participants will be invited to try out for the Levitate Jump Rope Team for next school year.

| CODE  | SESS | DAY/DATE     | TIME        | FEE   |
|-------|------|--------------|-------------|-------|
| 30040 | 1    | M 9/21-10/26 | 6:00-7:00pm | \$150 |

### LEVITATE JUMP ROPE TEAM | Ages 8-14

Build existing skills and grow your jumping style in this intermediate to advanced group of jumpers. There will be a focus on learning new skills, fitness, performances, and competition. There will be opportunities for travel to competitions and workshops. Jumpers must have successfully completed the Levitate Jump Rope Team - Beginner Club and received an invitation to join or have previously participated in a jump rope team. For other cases or exceptions, please contact [levitatejumprope@gmail.com](mailto:levitatejumprope@gmail.com).

| CODE  | SESS | DAY/DATE          | TIME        | FEE   |
|-------|------|-------------------|-------------|-------|
| 30042 | 1    | M/W<br>8/24-12/16 | 6:00-8:00pm | \$300 |



# BVSD School Day Out Camps & Classes

October 12 & 13 | No School

## CHARACTER CREATION

### DRAWING | Ages 5-12

Calling all future cartoonists! In this engaging 2-day character design workshop, young artists will step into the role of professional cartoon creators as they imagine, sketch, and bring their own original characters to life. Students will learn cartooning techniques including exaggeration, facial expressions, action poses, personality development, and character styling. By the end of the workshop, each student will leave with a collection of original character designs and the skills to continue creating their own comic and cartoon worlds at home. Perfect for imaginative kids who love cartoons, comics, and creating characters all their own!



| CODE  | SESS | DAY/DATE                 | TIME           | FEE   |
|-------|------|--------------------------|----------------|-------|
| 32180 | 1    | M & Tu,<br>10/12 - 10/13 | 9:00am-12:00pm | \$102 |

November 11 | No School

## YOGA, ART, & MINDFULNESS | 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. Camp will include movement, mindfulness, and relaxation, with a fun yoga curriculum created specifically for kids. Please bring a yoga mat (or towel), water bottle, and nut-free snack. No yoga experience required.



| CODE  | SESS | DAY/DATE | TIME           | FEE  |
|-------|------|----------|----------------|------|
| 32107 | 1    | W, 11/11 | 9:00am-12:00pm | \$55 |

## BURIED STORIES: SECRETS FROM ANCIENT WORLDS | Ages 5-12

Step into the past and uncover stories buried for thousands of years! Children explore ancient civilizations like Pompeii and discover how scientists study history through fossils and preserved objects. Through hands-on activities, children recreate the eruption of Mount Vesuvius and learn how objects survive over time, helping us understand life long ago. A fun, immersive day of discovery, creativity, and hands-on exploration!



| CODE  | SESS | DAY/DATE | TIME           | FEE  |
|-------|------|----------|----------------|------|
| 32135 | 1    | W, 11/11 | 9:00am-12:00pm | \$65 |

November 23 - 24 | Thanksgiving Break

## HOW THE GRINCH STOLE

### BRICKS BUILD | Ages 5-12



Immerse your youth in the city of Whoville and the story of the Grinch! They will design machines to help the Grinch with his sneaky mission to ruin Christmas, build the city of Whoville, and create sleds to get from the top of Mt. Crumpit down to the city of Whoville! Students will explore STEAM concepts as they create builds used for friendly competition and time challenges. No matter what the Grinch says, it's going to be a blast! Students will take home a build at the end!

| CODE  | SESS | DAY/DATE              | TIME           | FEE   |
|-------|------|-----------------------|----------------|-------|
| 32145 | 1    | M-Tu<br>11/23 & 11/24 | 9:00am-12:00pm | \$125 |

## Winter Break Camps

### CAMP COZY | Ages 4-12



Embrace the cozy charm of winter at Camp Cozy! Dive into a world of creative delights as we whip up a blizzard of projects bursting with cozy wintertime fun. From crafting cozy 3D mittens, a fox with a scarf, and a polar bear wearing earmuffs, the possibilities are as endless as a snowy landscape. With a treasure trove of art supplies and expert guidance from our instructors, you'll be amazed at the masterpieces you can create. So, come join us by the fireplace, and let's bring some artistic warmth to this chilly season!

| CODE  | SESS | DAY/DATE              | TIME           | FEE   |
|-------|------|-----------------------|----------------|-------|
| 32190 | 1    | M-Tu<br>12/21 & 12/22 | 9:00am-12:00pm | \$125 |

## WIZARDING WORLD - ENGINEERING W/ LEGO® | Ages 6-11



Master the magic of Harry Potter using LEGO®! Visit Diagon Alley, play a game of Quidditch, and duel the evil Lord Voldemort. Hone your magical skills while learning about advanced Muggle (STEM) concepts.

| CODE  | SESS | DAY/DATE               | TIME           | R/NR |
|-------|------|------------------------|----------------|------|
| 32170 | 1    | M-Tu,<br>12/28 & 12/29 | 9:00am-12:00pm | \$85 |



## PEDALS & POWER: FAMILY BIKE MAINTENANCE WORKSHOP

*In partnership with e-bike of Colorado*

Join us for a fun, hands-on 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 amazing door prizes!

| CODE  | SESS | DAY/DATE  | TIME        | FEE  |
|-------|------|-----------|-------------|------|
| 32060 | 1    | Th, 10/27 | 5:00-6:00pm | FREE |



## FAMILY FAIRY HOUSE WORKSHOP | All Ages

Enjoy a variety of supplies in order to make your very own Fairy House to take home (or bring to the Fairy House Walk at the Arboretum in October!). This is a family event where parents/caregiver and children will work together to make their own whimsical home(s). Price is per house (build one for the whole family or one per person!) Parent/caregiver attends with children. This is not a drop-off event. Snack provided.

| CODE  | SESS | DAY/DATE | TIME        | R / NR    |
|-------|------|----------|-------------|-----------|
| 32029 | 1    | M 10/5   | 6:00-7:30pm | \$35/\$44 |

# FAIRY HOUSE WALK

Join us for magic in the Louisville Arboretum!

There is something magical about fairy houses and we want to bring some magic to Louisville! Create your own fairy house at home, either individually, as a group, or as a family, and share it with the community. Place your fairy house by a tree of your choice on the trail around the arboretum (one tree per family/group please) at the Louisville Arboretum by 8am, Saturday, October 10. We will invite the community to enjoy a walk around the arboretum throughout the weekend to enjoy the houses. Please pick up your fairy house by Monday, October 19. This event is free, but please register in advance.

| CODE  | SESS | DAY/DATE            | FEE  |
|-------|------|---------------------|------|
| 32028 | 1    | Sa - Su 10/10-10/18 | FREE |



## Oct. 10 - 18



# Fitness & Wellness



Visit [www.LouisvilleCo.gov/Fitzone](http://www.LouisvilleCo.gov/Fitzone) for group fitness schedule

## PIYO IN THE PARK

PiYo in the Park (mat Pilates and yoga) is back! Enjoy yoga and Pilates outdoors in the fresh air at Heritage Park. This mixed-level class combines core strengthening, stretching, and mindful relaxation, with options for all fitness levels. Classes move indoors in inclement weather. Bring a yoga mat, beach towel, block, and strap. Meet in the shaded northeast corner of Heritage Park (walk north from the parking lot past the ball fields). Instructor: Amanda Hale

| CODE  | SESS | DAY/DATE     | TIME            | FEE   |
|-------|------|--------------|-----------------|-------|
| 20027 | 2    | T 8/18-9/22  | 11:30am-12:30pm | \$90  |
| 30027 | 1    | T 10/6-11/17 | 11:30am-12:30pm | \$112 |

## 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 8 participants. Instructor: Gena W.

| CODE  | SESS | DAY/DATE     | TIME        | FEE       |
|-------|------|--------------|-------------|-----------|
| 30028 | 1    | W 10/7-10/28 | 5:30-6:15pm | \$32/\$40 |

## REDUCING LOW BACK PAIN | Ages 18+

Low Back and Core are strong and important opposing muscle groups, central in our bodies. Reducing low back pain is balanced with core muscle engagement. Releasing and relaxing low back muscles allows us to access our core. This workshop brings therapeutic approaches to yoga poses to accomplish a balance in low back stretching & relaxation with core awareness & gentle strengthen. We will close the practice with deep fascia (connective tissue) release to improve circulation and flow of lymphatics to the newly strengthened and stretched muscles. Props – Block, Yoga Experience – Beginner +Instructor: Deb B.

| CODE  | SESS | DAY/DATE | TIME        | FEE       |
|-------|------|----------|-------------|-----------|
| 30010 | 1    | M 10/19  | 5:45-7:15pm | \$31/\$39 |



## PULL-UP WORKSHOP | Ages 18+

Unlock your first Body Weight Pull-up. Learn techniques and progressions to build towards your first full pull-up. Limit 12 participants. Instructor: Michael B

| CODE  | SESS | DAY/DATE | TIME            | FEE       |
|-------|------|----------|-----------------|-----------|
| 30008 | 1    | Sa 10/24 | 10:00am-12:00pm | \$15/\$18 |

## ROCKY MTN DEVO FITNESS TESTING INFORMATIONAL MEETING | Ages 18+

Join us on the following nights to learn more about how the testing works 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 as a separate registration. Use membership or pay drop in fee. Learn more at [rockymountaindevo.com](http://rockymountaindevo.com) or schedule a test today at [rockymountaindevo.com/lrc](http://rockymountaindevo.com/lrc)

| CODE  | SESS | DAY/DATE | TIME        |
|-------|------|----------|-------------|
| 30014 | 1    | W 9/2    | 6:00-7:00pm |
| 30014 | 2    | W 11/4   | 6:00-7:00pm |



**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!**

## BONE DENSITY TRAINING

### FOR WOMEN LEVEL 1 | Ages 18+

Do you want to add strength training to your routine? Join AJ to learn how to set up the machines, work with free weights, and body weight exercises. You will be able to recognize proper form and how to utilize different tools to be successful in your workout program! Through strength training, this class focuses on Bone Density improvement. Meeting twice a week is a great way to learn together and progress your workout routine over the entire session. Minimum of 4 participants need to run program. Instructor: AJ

| CODE  | SESS | DAY/DATE      | TIME        | FEE         |
|-------|------|---------------|-------------|-------------|
| 30037 | 1    | W/F 9/9-11/20 | 2:30-3:30pm | \$264/\$330 |

## BONE DENSITY TRAINING

### FOR WOMEN LEVEL 2 | Ages 18+

The level 2 class is for those who have taken the class before or have been strength training and want to progress your workout routine. Join Michael to learn how to set up the machines, work with free weights, and body weight exercises. You will be able to recognize proper form and how to utilize different tools to be successful in your workout program! Through strength training, this class focuses on Bone Density improvement. Meeting twice a week is a great way to learn together and progress your workout routine over the entire session. Prerequisites: Bone Health Level 1 or six months of Body Pump. Minimum of 4 participants need to run program. Instructor: Michael B.

| CODE  | SESS | DAY/DATE      | TIME        | FEE         |
|-------|------|---------------|-------------|-------------|
| 30037 | 2    | W/F 9/9-11/20 | 1:30-2:30pm | \$264/\$330 |

## PELVIC FLOOR 101: BEYOND THE KEGEL

The pelvic floor is one of the most vital—yet least understood—muscle groups in the human body. It impacts everything from core strength and posture to bladder control and sexual health. Whether you are looking to address specific symptoms, recover postpartum, or simply understand your body better, this workshop series offers a safe, supportive, and evidence-based space to learn. It is for women and men - because everyone has a pelvic floor! Through a blend of accessible anatomy lessons, guided breathwork, and practical movement exercises, you will shift from mystery to mastery over your deep core health. Instructor: Judi

| CODE  | SESS | DAY/DATE        | TIME            | FEE       |
|-------|------|-----------------|-----------------|-----------|
| 30012 | 1    | Sa 10/3 & 10/10 | 11:00am-12:30pm | \$31/\$39 |

## NEW BRAIN HEALTH: YOUR PATH TO LONGEVITY

Supporting brain health is one of the most powerful investments you can make in your future. Research suggests that up to 60–90% of cognitive decline and dementia risk may be influenced by lifestyle factors, including what we eat, how we move, sleep, manage stress, and connect with others. The good news is that our daily choices can significantly influence brain health, cognitive vitality, and quality of life as we age. Join Carra Richling, Registered Dietitian and Lifestyle Medicine Specialist, for an engaging class on the powerful connection between lifestyle and brain health. Discover how nutrition, movement, sleep, and stress management can help reduce key drivers of cognitive decline. Carra co-authored a landmark study demonstrating that intensive lifestyle changes may improve cognition in individuals with mild cognitive impairment and early Alzheimer's disease. Walk away empowered with practical tools and evidence-based strategies to support a healthier brain at any age. Instructor: Carra

| CODE  | SESS | DAY/DATE | TIME          | FEE  |
|-------|------|----------|---------------|------|
| 30009 | 1    | Sa 9/19  | 10:00-11:00am | \$25 |

## NEW PLANT-POWERED COOKING FOR HEALTH & LONGEVITY

Join Registered Dietitian and Lifestyle Medicine Specialist Carra Richling for an interactive cooking class that makes healthy eating simple, delicious, and sustainable. Discover how to transform wholesome plant-based ingredients into flavorful, nourishing meals that are easy to prepare and enjoy. Learn practical cooking techniques while exploring how a plant-forward eating pattern can support heart and metabolic health, brain function, vitality, and healthy longevity. Leave with easy recipes, culinary confidence, and evidence-based strategies to bring more plant-powered meals into your everyday life. Instructor: Carra

| CODE  | SESS | DAY/DATE | TIME         | FEE  |
|-------|------|----------|--------------|------|
| 30009 | 2    | Sa 9/26  | 12:30-1:30pm | \$45 |

## 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! Drop in fee is POS 0520 Instructor: AJ

| CODE  | SESS | DAY/DATE     | TIME        | FEE                         |
|-------|------|--------------|-------------|-----------------------------|
| 30034 | 1    | F 9/25-10/30 | 5:30-6:30pm | Drop in fee: \$18 per class |
| 30034 | 2    | F 11/6-11/20 | 5:30-6:30pm | Drop in fee: \$18 per class |
| 30034 | 3    | F 12/4-12/18 | 5:30-6:30pm | Drop in fee: \$18 per class |



## Fitness & Wellness

### 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       |
|-------|------|----------|-------------|-----------|
| 30018 | 1    | Th 9/17  | 6:30-7:30pm | \$15/\$19 |
| 30018 | 2    | Th 10/15 | 6:30-7:30pm | \$15/\$19 |
| 30018 | 3    | Th 11/12 | 6:30-7:30pm | \$15/\$19 |
| 30018 | 4    | Th 12/10 | 6:30-7:30pm | \$15/\$19 |

### STRENGTH TRAINING FOR RUNNERS | Ages 18+

Get stronger in the off-season and help prevent injuries by strengthening the core, hip girdle and upper body. We will work on building a strong foundation using body weight exercises, plyometrics, balance and movement drills. Instructor Leslie

| CODE  | SESS | DAY/DATE           | TIME        | FEE                 |
|-------|------|--------------------|-------------|---------------------|
| 30036 | 1    | T/Th<br>11/3-12/17 | 5:30-6:30pm | \$110-<br>2x a week |
| 30036 | 2    | T/Th<br>11/3-12/17 | 5:30-6:30pm | \$55<br>1x a week   |

### FROM STRESSED TO ZEN: A MINDFULNESS JOURNEY

Created by Jill M. Sommers, author of From Stressed to Zen, this 4-part series is for anyone whose nervous system is tired of pretending everything's fine. Through calming breath practices, simple awareness tools, and practical "instead of that, try this" insights, you'll learn how to quiet the noise, reconnect with yourself, and come back to life. Minimum 4 participants. Instructor: Jill S

| CODE  | SESS | DAY/DATE         | TIME        | FEE       |
|-------|------|------------------|-------------|-----------|
| 30044 | 1    | W<br>10/28-11/18 | 5:00-6:15pm | \$51/\$64 |

FALL 2026

# FITNESS CHALLENGES



### SEPT- SUGAR FREE

We challenge you to reduce or cut out all sources of added sugar for 30 days! We will offer a log to track sugar, handouts and programs to discuss sugar in foods and what sugar does to your body.

### OCT- LEAVES OF PROGRESS CHALLENGE

The **Leaves of Progress Challenge** is a fun fall wellness challenge where every healthy choice earns a "leaf." Participants add paper leaves to a bulletin board tree or virtual leaves to a shared tracker. By the end of October, the goal is to create a tree full of colorful leaves representing everyone's progress.

### NOV- GRATITUDE MILES

The **November Gratitude Miles Challenge** combines movement with daily gratitude, encouraging participants to stay active while reflecting on something they're thankful for each day.

### DEC-HOLIDAY HUSTLE

Stay active through the busy holiday season by focusing on consistency rather than perfection. Complete the daily challenge or aim for **20-25 active days** during December.

## Nutrition Talks

### ASK THE NUTRITIONIST

You asked. We answered! Join our interactive "Ask the Nutritionist" class to get evidence-based answers to your diet and wellness questions. Board Certified Nutritionist Diana Walley will help take the confusion out of healthy eating, fitness, and longevity trends in a welcoming group setting. Come ready to learn and share your experiences. Instructor: Diana

| CODE  | SESS | DAY/DATE | TIME            | FEE       |
|-------|------|----------|-----------------|-----------|
| 30013 | 1    | W 9/9    | 11:00am-12:00pm | \$15/\$18 |

### PRACTICAL SCIENCE-BASED PROTOCOLS FOR LONGEVITY

Discover practical, data-driven habits to extend your healthspan in our upcoming community talk, "Practical Science-Based Protocols for Longevity." Board Certified Nutritionist and Certified Personal Trainer Diana Walley will provide a realistic roadmap designed to optimize your overall wellness today, while maximizing your long-term health. Be ready to learn the latest research on nutrition, exercise, and sleep architecture for a lifetime of vitality. Instructor: Diana

| CODE  | SESS | DAY/DATE | TIME            | FEE       |
|-------|------|----------|-----------------|-----------|
| 30013 | 2    | W 10/14  | 11:00am-12:00pm | \$15/\$18 |

### DEBUNKING HEALTH AND WELLNESS TRENDS

Confused by media hype and marketing noise around nutrition and fitness? Our upcoming nutrition class is for you! Expect to learn fact from fiction when it comes to popular diets, supplements, and fitness trends. Board Certified Nutritionist and Certified Personal Trainer Diana Walley will expose popular health "hacks" to help you prioritize sustainable lifestyle changes, while saving you time and money. Instructor: Diana

| CODE  | SESS | DAY/DATE | TIME            | FEE       |
|-------|------|----------|-----------------|-----------|
| 30013 | 3    | W 11/11  | 11:00am-12:00pm | \$15/\$18 |



### 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 nontransferrable 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](mailto:Diana@dianawalley.com).

| CODE                                                                        | SESS | FEE   |
|-----------------------------------------------------------------------------|------|-------|
| <b>Nutrition Coaching Package</b>                                           |      |       |
| Includes (1) 50-minute initial session and (3) 30-minute follow-up sessions |      |       |
| 30011                                                                       | 1    | \$300 |
| <b>Individual 50-minute session</b>                                         |      |       |
| 30011                                                                       | 2    | \$135 |
| <b>Individual 30-minute session (follow-up only)</b>                        |      |       |
| 30011                                                                       | 3    | \$70  |

### 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 doing 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](mailto:Lwitty@LouisvilleCo.gov) with as much advanced notice as possible to let us know how we can accommodate your visit.



# Fitness & Wellness

## Pilates



### PILATES REFORMER CLASSES AT CONTROLOGY STUDIO | Ages 18+

Brought to you by Contrology Studio

contrologystudioco.com | contrologystudioco@gmail.com

The Pilates Reformer provides dynamic, low-impact resistance using a system of springs, pulleys, and long straps to build core strength, lengthen muscles, and improve overall flexibility. This all level class will support finding balance throughout your whole body, and is a great complement to your regular workout routine! The class will focus on increasing your core strength, flexibility, balance, and improving your posture. And with each small class size, every person in class will enjoy personal attention allowing for focus on proper form and technique, as well support your specific 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.

| CODE  | SESS | DAY/DATE      | TIME        | FEE   |
|-------|------|---------------|-------------|-------|
| 30021 | 1    | Th 9/3-9/24   | 8:30-9:30am | \$148 |
| 30021 | 2    | Th 10/1-10/22 | 8:30-9:30am | \$148 |
| 30021 | 3    | Th 11/5-11/19 | 8:30-9:30am | \$111 |
| 30021 | 4    | Th 12/3-12/17 | 8:30-9:30am | \$111 |
| 30019 | 1    | Tu 9/8-9/29   | 1:00-2:00pm | \$148 |
| 30019 | 2    | Tu 10/6-10/27 | 1:00-2:00pm | \$148 |
| 30019 | 3    | Tu 11/3-11/24 | 1:00-2:00pm | \$148 |
| 30019 | 4    | Tu 12/1-12/22 | 1:00-2:00pm | \$148 |

### Weight Room Orientation

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

Thursdays at 10:15 a.m.  
October - December



## Youth Fitness

### PUMP PASS CLASS | Ages 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<br>R/NR | SEMI-PRIVATE<br>R/NR |
|------------|-----------------|----------------------|
| 3 Sessions | \$143/\$179     | \$114/\$143 person   |

### FREE WEIGHTS FOR TEENS | Ages 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<br>R/NR | SEMI-PRIVATE<br>R/NR |
|------------|-----------------|----------------------|
| 3 Sessions | \$143/\$179     | \$114/\$143 person   |

### YOUTH WATER MAT YOGA | Ages 9-13

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 8 participants. Instructor: Gena W.

| CODE  | SESS | DAY/DATE     | TIME        | FEE       |
|-------|------|--------------|-------------|-----------|
| 30026 | 1    | W 9/9-9/30   | 5:30-6:15pm | \$32/\$40 |
| 30026 | 2    | W 11/4-11/18 | 5:30-6:15pm | \$24/\$32 |



## 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
- Remove the cover completely before use and replace it when finished.

### 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



### 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

1st, 3rd & 5th Fridays  
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 eyoder@gmail.com



## Personal Training

Are you new to strength training, wishing to learn more about the cardiovascular equipment, circuit or free weights, or just wanting an exercise program tailored to fit your needs? Consider personalizing your program with the help of one of our certified personal trainers 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                                           | \$55/\$80    | \$42/\$53 person   |
| 3 Sessions                                          | \$155/\$194  | \$123/\$154 person |
| 5 Sessions                                          | \$250/\$313  | \$193/\$241 person |
| 10 Sessions                                         | \$488/\$610  | \$377/\$471 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-op and Post-op for knees and hips



### A.J.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](mailto:LWitty@LouisvilleCO.gov)

### FITNESS TESTING PACKAGES

Includes Body Composition Analysis with InBody Technology

| SESS                           | DESCRIPTION                                                                                                                                                                                                         | R/NR      |
|--------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| Body Composition (POS 0504)    | Includes InBody analysis.                                                                                                                                                                                           | \$27/\$34 |
| 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. | \$47/\$59 |

### BEGINNER FITNESS TESTING

The City of Louisville Older Adult 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:<br>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 | \$14 with your Silver Sneakers, Renew pass<br>\$17 |

#### Thomas F.

Email: [thomasforlanocoaching@gmail.com](mailto: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](mailto: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

## Water Aerobics

| DAY | TIME          | TYPE                    | INSTRUCTOR | LOCATION     |
|-----|---------------|-------------------------|------------|--------------|
| Mon | 9:00-10:00am  | AquaFit Combo           | Margie     | Program Pool |
|     | 12:00-1:00pm  | Deep Aerobics           | Mary       | Program Pool |
| Tue | 8:00-8:45am   | RiverFit                | Mary       | Lazy River   |
|     | 9:00-10:00am  | Deep Aerobics           | Mary       | Program Pool |
|     | 10:30-11:30am | Running H2O             | Nancy      | Program Pool |
|     | 12:00-1:00pm  | H.I.I.T. AquaFit        | Hawk       | Program Pool |
| Wed | 10:00-11:00am | Aqua Zumba              | Laura      | Program Pool |
|     | 5:30-6:15pm   | Adult Water Mat Yoga \$ | Gena       | Program Pool |
|     | 6:30-7:30pm   | Deep Aerobics           | Hawk       | Program Pool |
| Thu | 8:00-8:45am   | RiverFit                | Mary       | Lazy River   |
|     | 9:00-10:00am  | Deep Aerobics           | Mary       | Program Pool |
|     | 10:30-11:30am | Running H2O             | Nancy      | Program Pool |
|     | 12:15-1:00pm  | Aqua Zumba              | Laura      | Program Pool |
| Fri | 9:00-10:00am  | H.I.I.T. AquaFit        | Anastasia  | Lap Pool     |
|     | 10:15-11:15am | AquaFit Combo           | Hawk       | Program Pool |
|     | 12:00-1:00pm  | Deep Aerobics           | Margie     | Program Pool |

**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** 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..

**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+

### Nature & History Hike

Venture back more than 120 years on this fun, three-mile hike with naturalist Suzanne Michot. Come and discover how the histories of Chautauqua and Boulder Open Space Mountain Parks (OSMP) are woven together! Your guide will interpret the history, flora, wildlife and geology that surround and inspire us along the trail. Elevation gain approximately 700 feet. Wear boots or sturdy shoes and bring water, snack and rain gear. Meet at the Chautauqua Dining Hall, 900 Baseline Road in Boulder. No pets please. Rain Date: W 9/9. Instructor: Suzanne Michot

| CODE  | SESS | DAY/DATE | TIME        | FEE       |
|-------|------|----------|-------------|-----------|
| 30016 | 1    | W 9/2    | 5:30-7:30pm | \$20/\$25 |

## HIKING PROGRAM | Ages 18+

### Hike & Draw beneath the Flatirons

See the land with new eyes as you hike & draw on City of Boulder Open Space Mountain Parks (OSMP) trails with a view of the famous Flatirons! Explore a variety of drawing media & techniques & apply the basic visual elements of art: line, shape, space, light, color, & texture. Naturalist Suzanne Michot will guide participants along the trails, interpreting aspects of the natural world that surround us & give us inspiration. She will discuss some of the flora, wildlife, geology & history of the area. Lisa Michot, artist & teacher, will provide drawing instruction. No drawing experience necessary. Participants should bring their own supplies such as a sketchbook or loose drawing paper, drawing pencils, color pencils, & eraser. Meet at the Chautauqua Dining Hall, 900 Baseline Road in Boulder. Wear boots & bring water, rain gear & a snack. Rain Date: Sun 9/20. Instructors: Suzanne Michot and Lisa Michot

| CODE  | SESS | DAY/DATE | TIME        | FEE       |
|-------|------|----------|-------------|-----------|
| 30016 | 2    | Sa 9/19  | 1:00-4:00pm | \$20/\$25 |

## HIKING PROGRAM | Ages 18+

### History Hike at Sanitas

Join naturalist Suzanne Michot on a hike to discover Mt. Sanitas' amazing geology, hidden rock Follies, and wildlife. Over three rocky miles you will gain about 500 feet and learn some of the history and geology of one of Boulder's most interesting parks. Come and find out how Mt. Sanitas got its name! Wear sturdy hiking shoes or boots and bring water and rain gear. Meet at the Centennial Trailhead on Mapleton, just west of 4th St. in Boulder, on the south side of the road. This trailhead is across the street from the shelter where the Sanitas Valley trail starts. Rain date: Sun 10/11. Instructor: Suzanne Michot.

| CODE  | SESS | DAY/DATE | TIME        | FEE       |
|-------|------|----------|-------------|-----------|
| 30016 | 3    | Sa 10/10 | 1:00-3:00pm | \$20/\$25 |

## HIKING PROGRAM | Ages 18+

### Hike to Woods Quarry

Start your weekend right 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. Rain Date: Su 11/8. Instructor: Suzanne M

| CODE  | SESS | DAY/DATE | TIME        | FEE       |
|-------|------|----------|-------------|-----------|
| 30016 | 4    | Sa 11/7  | 1:00-3:15pm | \$20/\$25 |

## Blood Drive

October 2 & December 4

Visit [donors.vitalant.org](https://donors.vitalant.org) and use code 5552 to schedule or call 303-363-2300.

MAKE AN APPOINTMENT

vitalant<sup>®</sup>



# General Interest

## ADULT BEGINNER ACOUSTIC GUITAR

Guitar for adults wanting to learn basic chords, strumming and simple melodies. Must provide your own guitar. Instructor Alex Thoele.

| CODE  | SESS | DAY/DATE     | TIME        | FEE   |
|-------|------|--------------|-------------|-------|
| 37005 | 1    | T 9/8-9/29   | 6:15-7:00pm | \$120 |
| 37005 | 2    | T 10/6-10/27 | 6:15-7:00pm | \$120 |
| 37005 | 3    | T 11/3-11/17 | 6:15-7:00pm | \$120 |
| 37005 | 4    | T 12/1-12/15 | 6:15-7:00pm | \$120 |
| 37008 | 1    | W 9/9-9/30   | 6:15-7:00pm | \$120 |
| 37008 | 2    | W 10/7-10/28 | 6:15-7:00pm | \$120 |
| 37008 | 3    | W 11/4-11/18 | 6:15-7:00pm | \$120 |
| 37008 | 4    | W 12/2-12/16 | 6:15-7:00pm | \$120 |

All sessions only 3 classes - see dates on receipt.

## ADULT INTERMEDIATE ACOUSTIC GUITAR

Guitar for adults wanting to build on their guitar strengths in a group setting. Learn to play songs with other guitar enthusiasts. Must provide your own guitar. Instructor Alex Thoele.

| CODE  | SESS | DAY/DATE     | TIME        | FEE   |
|-------|------|--------------|-------------|-------|
| 37006 | 1    | T 9/8-9/29   | 7:15-8:00pm | \$120 |
| 37006 | 2    | T 10/6-10/27 | 7:15-8:00pm | \$120 |
| 37006 | 3    | T 11/3-11/17 | 7:15-8:00pm | \$120 |
| 37006 | 4    | T 12/1-12/15 | 7:15-8:00pm | \$120 |
| 37009 | 1    | W 9/9-9/30   | 7:15-8:00pm | \$120 |
| 37009 | 2    | W 10/7-10/28 | 7:15-8:00pm | \$120 |
| 37009 | 3    | W 11/4-11/18 | 7:15-8:00pm | \$120 |
| 37009 | 4    | W 12/2-12/16 | 7:15-8:00pm | \$120 |

All sessions only 3 classes - see dates on receipt.

## LET'S SPEAK ITALIANO FOR BEGINNERS

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   |
|-------|------|------------|-------------|-------|
| 38120 | 1    | Sa 9/5-1/2 | 2:00-3:00pm | \$510 |

## LET'S SPEAK ITALIANO LEVEL 2

The level 2 beginners will build upon the foundation skills introduced in level 1 and will continue to emphasize practical communication, cultural understanding, and conversational confidence in an engaging and fun environment.

| CODE  | SESS | DAY/DATE      | TIME        | FEE   |
|-------|------|---------------|-------------|-------|
| 38121 | 1    | M 8/31-12/28* | 3:30-4:30pm | \$481 |

\*No class 9/7

## BEGINNING SPANISH: PRONUNCIATION, FOUNDATIONAL GRAMMAR, REGULAR VERBS

This class is an introduction to learning Spanish. It is ideal for complete beginners or anyone who would like a review of the fundamentals. We will practice accurate pronunciation, basic Spanish grammar rules, regular verbs in the present tense, and some frequently used irregular verbs. Homework will be given between classes to further students' language studies. Instructor Rosalie Olson.

| CODE  | SESS | DAY/DATE    | TIME        | FEE   |
|-------|------|-------------|-------------|-------|
| 38112 | 1    | W 9/9-11/18 | 2:20-3:05pm | \$200 |

Required book: Easy Spanish Step-By-Step, 1st edition by Barbara Bregstein.  
\*No class 11/11

## SPANISH CONVERSATION: FOUNDATIONAL CONCEPTS REVIEW AND PRACTICE

In this Spanish conversation class, students of all levels are invited to review and practice foundational concepts through conversation. Each week will have a different focus. This class works well as a complement to BEGINNING SPANISH: PRONUNCIATION, FOUNDATIONAL GRAMMAR, REGULAR VERBS, or it works well as a stand-alone class. Optional homework will be given to support students' review and practice prior to each class. Instructor Rosalie Olson.

| CODE  | SESS | DAY/DATE                          | TIME        | FEE   |
|-------|------|-----------------------------------|-------------|-------|
| 38113 | 1    | W 9/23, 10/7, 10/21, 11/04, 11/18 | 1:30-2:15pm | \$100 |

Optional book for this class:  
Easy Spanish Step-By-Step, 1st edition by Barbara Bregstein.

## INTRODUCTION TO AI

AI is everywhere--in your phone, your inbox, and the news--but most of us never got a clear explanation of what it actually is. This course offers a plain-English introduction: what AI is, how it works, and how to get useful results from tools like ChatGPT and Claude. We'll also look at AI you're probably already using without realizing it. We'll even build a working application from scratch using AI tools. No technical background needed. Come ready to ask questions and try things out. Instructor: David Younghans.

| CODE  | SESS | DAY/DATE | TIME        | FEE  |
|-------|------|----------|-------------|------|
| 38134 | 1    | Th 9/24  | 6:00-8:00pm | \$40 |
| 38134 | 2    | W 10/28  | 6:00-8:00pm | \$40 |

## ESTATE PLANNING MADE EASY

In a single, easy session, you'll complete a Will, Financial Power of Attorney, and combined medical directive (including a Living Will, Medical Power of Attorney and organ donation) all with the help of Rocky Mountain Legal Center and Colorado licensed attorney Mike Anderson. Cost includes all materials, notarizing, individual review and plenty of time for discussion and questions. Pre-registration is required. Fee is per person. Couples must register individually.

| CODE  | SESS | DAY/DATE | TIME        | FEE   |
|-------|------|----------|-------------|-------|
| 38212 | 1    | M 9/14   | 1:00-3:30pm | \$130 |
| 38212 | 2    | M 11/9   | 1:00-3:30pm | \$130 |

## CREATE & CONNECT

A fun and inspiring 3-hour workshop offering an experiential journey into the world of visual journaling—creative, guided image-making as a tool for self-connection. Through a playful, spontaneous, and freeing creative process, we open space for self-expression, discover inner strengths, and gain meaningful insights, all within a warm and welcoming atmosphere. This is an open invitation to experiment, let go, and enjoy the process of creating. Each workshop is a unique, one-time experience, and you're welcome to join one or multiple sessions. The workshop is led by Sivan, a certified art therapist, experienced in guiding creative processes for self-exploration and personal growth through art. \$15 materials fee payable to the instructor at class.

| CODE  | SESS | DAY/DATE | TIME           | FEE   |
|-------|------|----------|----------------|-------|
| 38122 | 1    | Th 9/24  | 9:00am-12:00pm | \$100 |
| 38122 | 2    | Tu 11/17 | 9:00am-12:00pm | \$100 |
| 38122 | 3    | Th 12/3  | 4:30-7:30pm    | \$100 |

## PUZZLEPALOOZA

Join us for another Puzzlepalooza! Teams of two to four to compete to finish a 500-piece puzzle in the shortest amount of time. The puzzle of our choice will be provided. Only one team member needs to register; this person will be the primary contact for their team. And, you'll be able to take your puzzle home! Snacks provided. NEW! Bring a puzzle for a puzzle swap.

| CODE  | SESS | DAY/DATE | TIME        | FEE       |
|-------|------|----------|-------------|-----------|
| 38044 | 1    | Su 12/27 | 2:00-4:00pm | \$25/\$31 |

## 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: stephenwurz@gmail.com

www.stephenwurz.com

## 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

## MASSAGE THERAPY

with Erica Yoder Chapman



**\$95**

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 eyoder@gmail.com**





**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](mailto:katieb@louisvilleco.gov) 303-335-4914; **Tricia Morgan**, Recreation Assistant-Seniors, [pmorgan@louisvilleco.gov](mailto:pmorgan@louisvilleco.gov) 303-335-4931; **Katie Tofte**, Community Resource Coordinator, [ktofte@louisvilleco.gov](mailto:ktofte@louisvilleco.gov) 303-335-4919.



# SENIORS 60+



## Registration Information

Program registration begins at:

**Resident: 10:00am on Wednesday, August 12**

**Non-Resident: 10:00am on Friday, August 14**



**REGISTER ONLINE at**  
**[www.LouisvilleRecreation.com](http://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** Special Events/Programs
- 52** Brooks Café
- 53** Classes & Seminars
- 56** Health & Wellness
- 57** Fitness
- 58** County Programs
- 58** Resources

### Have an idea for a day trip or program?

**Programs  
Committee  
Meeting**

**Thursday, Sept. 10  
at 2:00pm**

Please consider joining  
us at this meeting.  
Email [katieb@louisvilleco.gov](mailto: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.**
- **UPDATED WAITLIST ENROLLMENT POLICY, effective September 1, 2026**  
If a spot becomes available, you will be notified by email and offered enrollment. You will have 48 hours from the time the email is sent to accept the available spot. If the spot is not accepted within 48 hours, your waitlist registration will be canceled, and the spot will be offered to the next person on the waitlist.

 = 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

### LOUISVILLE MUSEUM

The Louisville Historical Museum is turning 40! Join us for an afternoon of birthday bingo and celebration as we look back to 1986 and all the decades in between. Meet at Museum, 1001 Main St.

| CODE  | SESS | DAY/DATE | TIME        | R / NR |
|-------|------|----------|-------------|--------|
| 38010 | 1    | Sat 9/5  | 1:00-3:00pm | Free   |

### WALKING TOUR: HISTORIC TREES OF LOUISVILLE

Join Chris Lichty, City Forester, as he leads a tour about historic and significant trees in Louisville. This is a free in-person event, but registration is required. Meet at Museum, 1001 Main St. To register, go to [www.louisvilleco.gov/exploring-louisville/historical-museum](http://www.louisvilleco.gov/exploring-louisville/historical-museum)

| DAY/DATE | TIME    | R / NR |
|----------|---------|--------|
| Sat 9/12 | 10:00am | Free   |



### BREAKFAST & eBIKES, LOUISVILLE

Curious about cycling or interested in trying out a new bike? Explore the world of e-bikes with a hands-on demo and guided ride at eBikes of Colorado. We'll showcase different e-bike models, let you test them out in our parking lot, and then head out for a fun group ride on the Coal Creek Trail. Perfect for anyone curious about e-bikes or looking to experience the ride for themselves. Biking experience is necessary. We'll enjoy breakfast beforehand at Bob's Diner. Entrée range: \$10-\$15, breakfast not included in trip price. Meet at Bob's Diner: 820 Main St, then either walk to eBikes of Colorado or drive: 544 Front St.

| CODE  | SESS | DAY/DATE | TIME           | R / NR  |
|-------|------|----------|----------------|---------|
| 38011 | 1    | M 9/14   | 8:30am-12:30pm | \$3/\$4 |



## DINOSAUR RIDGE, MORRISON



Dinosaur Ridge is a National Natural Landmark featuring real dinosaur footprints, fossils, and striking geology. Enjoy a guided tour with stops to view dinosaur tracks up close, followed by a boxed lunch near the Visitor Center and time to explore its exhibits. Lunch includes a sandwich, chips, and a cookie.

| CODE  | SESS | DAY/DATE | TIME          | R / NR                  |
|-------|------|----------|---------------|-------------------------|
| 38012 | 1    | Th 9/17  | 9:00am-1:30pm | Regular<br>\$39/\$49    |
| 38012 | 2    | Th 9/17  | 9:00am-1:30pm | Vegetarian<br>\$39/\$49 |
| 38012 | 3    | Th 9/17  | 9:00am-1:30pm | Low Gluten<br>\$39/\$49 |



## VINTAGE BASE BALL, LOUISVILLE



Step back in time at a vintage baseball game featuring historic uniforms, equipment, and rules. Bring the whole family for free T-shirts (while supplies last), Cracker Jack, historic characters, and photo opportunities. Bleacher seating is available, or bring a lawn chair. Meet at Miner's Field, 1212 South St.

| CODE  | SESS | DAY/DATE | TIME | R / NR |
|-------|------|----------|------|--------|
| 38013 | 1    | Sat 9/19 | 11am | Free   |

## SHELBY AMERICAN COLLECTION, BOULDER



Shelby American Collection is a nonprofit museum, dedicated to preserving the legacy of automotive legend Carroll Shelby and the Shelby American racing team. The collection features rare Shelby Cobras, GT40s, Shelby Mustangs, racing memorabilia, and historic exhibits celebrating the golden era of American motorsports in the 1960s. We will stop for lunch at Avery Brewing. Entrée range: \$12-\$24. Lunch not included in trip price.

| CODE  | SESS | DAY/DATE | TIME          | R / NR    |
|-------|------|----------|---------------|-----------|
| 38014 | 1    | Sat 9/26 | 9:45am-2:15pm | \$28/\$35 |

## LES MISÉRABLES AT THE CANDLELIGHT



Les Misérables is a powerful musical set in 19th-century France about justice, redemption, and hope. It follows Jean Valjean, a former prisoner seeking a new life while pursued by Inspector Javert, as he cares for Cosette amid poverty and political unrest. Price includes transportation, show, and included entree with tax.

| CODE  | SESS | DAY/DATE | TIME         | R / NR      |
|-------|------|----------|--------------|-------------|
| 38015 | 1    | Th 10/1  | 4:45-11:00pm | \$141/\$176 |

## GOVERNOR'S MANSION TOUR & LUNCH



Participants will explore the Governor's Residence at the Boettcher Mansion, learn about Colorado's history and government, and admire the mansion's historic architecture, artwork, and elegant rooms. This educational tour will provide a unique opportunity to experience one of Colorado's most important landmarks. After our tour we will have lunch, 5280 Burger Bar, Entree range: \$12-\$29.

| CODE  | SESS | DAY/DATE | TIME           | R / NR    |
|-------|------|----------|----------------|-----------|
| 38026 | 1    | Sat 10/3 | 10:15am-3:30pm | \$23/\$29 |

## LULU'S BBQ, LOUISVILLE



Lulu's BBQ is a casual barbeque spot, known for slow-smoked brisket, ribs, pulled pork, and house-made sides. Yummy. Dinner not included in trip price. We'll make it in time to enjoy Happy Hour. Entrée range: \$16-\$35. Meet at the restaurant, 701 Main Street.

| CODE  | SESS | DAY/DATE | TIME        | R / NR  |
|-------|------|----------|-------------|---------|
| 38017 | 1    | M 10/12  | 4:30-6:30pm | \$3/\$4 |



# Seniors



## AMERISTAR CASINO, BLACK HAWK



Experience the excitement of AmeriStar Casino 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    |
|-------|------|----------|---------------|-----------|
| 38018 | 1    | Tu 10/27 | 9:00am-4:00pm | \$27/\$34 |



## BOULDER FRIENDS OF JAZZ



The Boulder Friends of Jazz jam is a relaxed live-jazz gathering focused on traditional Dixieland and swing. Expect upbeat brass-and-clarinet-heavy music, improvisation, casual dancing, and a friendly community vibe where local and visiting musicians can sit in and play. It's less like a polished concert and more like an old-school social jazz session with an enthusiastic crowd and lots of spontaneous solos. No food served, feel free to bring your own food & beverage.

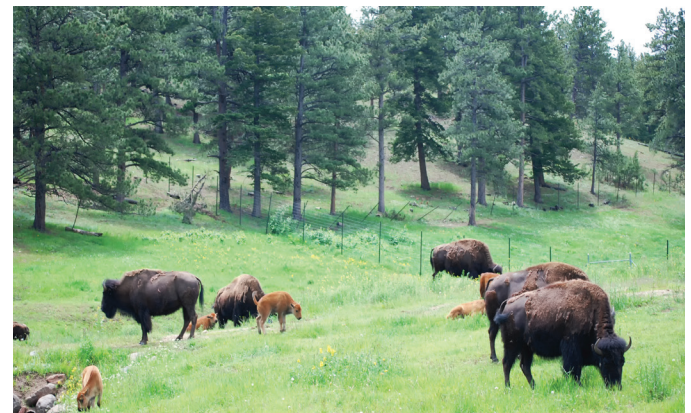
| CODE  | SESS | DAY/DATE | TIME         | R / NR    |
|-------|------|----------|--------------|-----------|
| 38019 | 1    | Sun 11/1 | 12:30-4:30pm | \$31/\$39 |

## LOUISVILLE DURING THE GREAT WAR, GUIDED HIKE



The Great War of 1914-1918 changed the world. Learn how this conflict affected people, agriculture, and mining in Boulder County and the Louisville area. Join the City's Ranger Naturalist and Louisville Historical Museum staff for a walking tour of Open Space areas that show traces from Louisville's contributions to the war effort. The tour leaves from Kerr Gardens (1200 Courtesy Rd) and will require participants to walk about 2.5 miles, including some uphill sections of trail. Be sure to bring water, sunscreen, appropriate clothing for the weather, and comfortable shoes. Please leave pets at home for all Open Space events. Leashed service pets permitted.

| CODE  | SESS | DAY/DATE | TIME            | R / NR |
|-------|------|----------|-----------------|--------|
| 38020 | 1    | Sun 11/8 | 10:00am-12:30pm | Free   |



## BISON OVERLOOK & BRUNCH



Let's enjoy the Buffalo Overlook which offers a classic Colorado mountain experience with sweeping views and the chance to see a historic herd of American bison roaming the hillsides. Located just west of Denver, the overlook provides an easy and scenic roadside stop where visitors can enjoy wildlife viewing, fresh mountain air, and panoramic views of the Front Range. The herd, descended from Yellowstone bison introduced in 1914, is one of Colorado's most iconic roadside attractions. We will stop at Snooze for a late breakfast on the way back. Meal not included in trip price. Entrée range: \$12-\$19.

| CODE  | SESS | DAY/DATE | TIME           | R / NR    |
|-------|------|----------|----------------|-----------|
| 38021 | 1    | W 11/11  | 7:15am-12:00pm | \$17/\$22 |



### AFTERNOON TEA @ CHAUTAUQUA, BOULDER



Afternoon tea at Chautauqua is a relaxed, classic Colorado tea service with mountain views, fresh pastries, finger sandwiches, and loose-leaf teas served in the historic dining hall. The atmosphere feels cozy and old-fashioned, making it more about slowing down and enjoying the setting than a formal high tea experience.

| CODE  | SESS | DAY/DATE | TIME        | R / NR                  |
|-------|------|----------|-------------|-------------------------|
| 38022 | 1    | M 11/23  | 1:15-4:30pm | Regular<br>\$65/\$82    |
| 38022 | 2    | M 11/23  | 1:15-4:30pm | Vegetarian<br>\$65/\$82 |
| 38022 | 3    | M 11/23  | 1:15-4:30pm | Low Gluten<br>\$65/\$82 |

### CU HOLIDAY FESTIVAL, BOULDER



Delight in the twinkling lights, seasonal greenery and beautiful music at CU Boulder College of Music's Holiday Festival, an annual tradition that's enchanting for all. The decades-old celebration brings together student choirs, bands and orchestras—along with world-class faculty performers—for a concert of holiday favorites and new surprises. We will stop for a late lunch at the Gondolier. Entree range: \$14-\$25 Meal not included in trip price.

| CODE  | SESS | DAY/DATE | TIME        | R / NR     |
|-------|------|----------|-------------|------------|
| 38023 | 1    | Sat 12/5 | 1:15-6:15pm | \$90/\$113 |

### A CHRISTMAS CAROL AT THE BUELL THEATRE



*A Christmas Carol* is a joyous and opulent musical adaptation for the whole family that traces money-hoarding curmudgeon Ebenezer Scrooge's triumphant overnight journey to redemption. Based on Charles Dickens' classic novel.

| CODE  | SESS | DAY/DATE | TIME         | R / NR    |
|-------|------|----------|--------------|-----------|
| 38024 | 1    | TH 12/10 | 5:30-10:15pm | \$63/\$79 |

### BUCATINO TRATTORIA ROMANA, LAFAYETTE



Enjoy authentic Roman cuisine at Bucatino Trattoria Romana, featuring homemade pasta, fresh mozzarella, and classic Italian favorites in a warm, family-friendly setting. Meet at the restaurant, 1265 S. Public Rd.

| CODE  | SESS | DAY/DATE | TIME        | R / NR  |
|-------|------|----------|-------------|---------|
| 38025 | 1    | Tu 12/15 | 4:45-6:45pm | \$3/\$4 |

NEW

## EXTENDED TRAVEL

June 11-18, 2027

Dreaming of your next adventure beyond Colorado? Join our informational meeting to connect with fellow travelers, explore exciting destinations, and discover a variety of travel opportunities during a presentation by Premier World Discovery Travel. Snacks & refreshments provided.

#### INFORMATIONAL MEETING

| CODE  | SESS | DAY/DATE | TIME   | FEE  |
|-------|------|----------|--------|------|
| 38045 | 1    | Th 10/22 | 6:00pm | Free |

### Mackinac Island, Grand Hotel & Niagara Falls

This tour is designed as a classic Great Lakes vacation that combines historic American landmarks, scenic waterfront landscapes, and two of North America's most famous destinations.

A major highlight is spending two nights at Grand Hotel, one of the most iconic resorts in the United States.

The tour also showcases Michigan's heritage with visits to Henry Ford Museum of American Innovation and Greenfield Village, plus scenic travel across the Mackinac Bridge and time in the Bavarian-inspired town of Frankenmuth.

The journey concludes at Niagara Falls, featuring up-close experiences of the falls, scenic drives along the Niagara River, and a visit to the picturesque town of Niagara-on-the-Lake.

Overall, this is a relaxed, scenic tour that combines historic landmarks, charming small towns, and two of North America's most iconic destinations.

June 11-18, 2027

Register at [PremierWorldDiscovery.com](https://PremierWorldDiscovery.com)  
Booking #224261



# Meet Up Programs

| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | TUESDAY                                                                                                                                                                                                                                         | WEDNESDAY                                                                                                                                                                                                                                                                                                                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Lending Library &amp; Computer Lab</b><br>9:00am–4:00pm                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>Lending Library &amp; Computer Lab</b><br>9:00am–4:00pm                                                                                                                                                                                      | <b>Lending Library &amp; Computer Lab</b><br>9:00am–4:00pm                                                                                                                                                                                                                                                                      |
| <b>Bridge, All Levels</b><br>1:00–4:00pm<br>All levels welcome! No partner required. You'll play with different players with various skills and levels. Players should be kind, patient, and helpful.                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>American Mah Jongg</b><br>1:00-3:00pm<br><br><b>Book Club</b><br>4th Tuesday of each month<br>1:00pm<br>Book titles listed each month, but if you haven't read the book in time that's OK too!                                               | <b>Panera Bread</b><br>10:00am<br>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. <b>Please bring your own bag.</b>                                                                                                 |
| <b>Chess Club</b><br>1:00–4:00pm                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <b>Sept. 22: THE LION WOMEN OF TEHRAN,</b><br>by Marjan Kamali<br><br><b>Oct. 27: NORTH WOODS,</b><br>by Daniel Mason<br><br><b>Nov. 17: THEO OF GOLDEN,</b><br>by Allen Levi<br><br><b>Dec. 15: Holiday Get-together; no book for December</b> | <b>Oldies Singalong</b><br>11:00am-12:00pm<br>Singing, playing, & performing popular rock, folk and even jazzy songs. Drop in to sing some old and new pop favorites - and bring an instrument if you play! Contact Brent Wilson with any questions: <a href="mailto:brent.wilson@ucdenver.edu">brent.wilson@ucdenver.edu</a> . |
|  <p><b>Platinum members can participate in drop-in programs free of charge.</b></p> <p>See page 42 for more information.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                 | <b>Scrabble</b><br>12:45-2:45pm<br>Players at any level are welcome to enjoy this word game.                                                                                                                                                                                                                                    |
| <b>Open Game Day</b><br>1:00-4:00pm<br>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.                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                 | <b>Bloomin' Seniors Garden Club</b><br>2nd Wednesday of each month,<br>1:00pm<br>Contact Katie B. for more information at 303-335-4914<br><a href="mailto:kbeasley@louisvilleco.gov">kbeasley@louisvilleco.gov</a>                                                                                                              |
| <h2>Other Programs</h2> <p><b>PICKLEBALL</b><br/>           The Louisville Recreation &amp; Senior Center has up to three courts available for play. See page 23 or visit <a href="http://LouisvilleRecreation.com">LouisvilleRecreation.com</a> for scheduled times.</p> <p><b>BOOMERS/NEW TO RETIREMENT?</b><br/>           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 <a href="mailto:kbeasley@louisvilleco.gov">kbeasley@louisvilleco.gov</a> or call 303-335-4914 for more information.</p> |                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                 |

# Meet Up Programs

| THURSDAY                                                                                                                                                                                                                                                     | FRIDAY                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                    |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Lending Library &amp; Computer Lab</b><br>9:00am–4:00pm                                                                                                                                                                                                   | <b>Lending Library &amp; Computer Lab</b><br>9:00am–4:00pm                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                 |
| <b>Loving Hands Craft Group</b><br>9:00–11:00am<br>For those interested in knitting, crocheting, sewing, needlework, quilting, fiber arts, embroidery, and other crafts. We accept fabric and yarn donations.                                                | <b>Art Club</b><br>10:00am–12:00pm                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                    |
| <b>Samba</b><br>1:00–3:30pm<br>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.                                                                    | <b>Latte Friday</b><br>10:00–11:00am                                                                                                                                                                                                                                                                           | <b>Coffee with Staff</b><br><b>Fridays, Sept. 11 &amp; Nov. 13</b><br>10:00–11:00am<br>Get to know our team! Join members of Senior Services staff for a latte and conversation about senior programs.                                                                                             |
|                                                                                                                                                                                                                                                              | <b>Blood Pressure Checks through December</b><br>by Advent Health Avista<br>3rd Friday of the month<br>10:00–11:30am                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                    |
| <b>Senior Cinema</b><br>1:00pm<br><b>September 10:</b> Cheaper by the Dozen (PG 2003)<br><b>October 8:</b> The Devil Wears Prada 2 (PG-13 2026)<br><b>November 12:</b> Downton Abbey: the Grand Finale (PG 2025)<br><b>December 10:</b> Home Alone (PG 1990) | <b>Singin' Seniors Choir</b><br>11:00am–12:00pm<br>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!                                                                               | <br><b>BILLIARDS</b>                                                                                                                                                                                          |
|                                                                                                                                                                                                                                                              | <b>Bridge, Advanced-Intermediate Duplicate</b><br>1:15–4:30pm<br>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 <a href="mailto:BridgeContact@gregandeva.net">BridgeContact@gregandeva.net</a> . |                                                                                                                                                                                                                                                                                                    |
|                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                | <b>Billiards Available during regular facility hours.</b><br><b>Senior hours are M-F 10am–4pm</b><br><b>Billiards Guidelines:</b> <ul style="list-style-type: none"><li>• Open to all ages. Must be with an adult if under 14.</li><li>• Get into center with membership/daily admission</li></ul> |

**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.



# FALLS PREVENTION MONTH

**From Awareness to Action  
September 2026**



## INTRODUCTION TO UKEMI

Ukemi is the Japanese art of taking a fall safely. In recent years, many older adults in Europe have begun training in this art to prevent injury. In this intro, we will overview what Ukemi is, the benefits of the practice, and demonstrate the physical techniques used in classes. Instructor Randy Thompson holds a 3rd degree blackbelt in Shinshin Toitsu Aikido.

| CODE  | SESS | DAY/DATE | TIME          | FEE  |
|-------|------|----------|---------------|------|
| 38201 | 1    | W 9/2    | 9:30-10:30 am | FREE |

## BALANCE FOR MIND AND BODY WITH AJ

Designed to support healthy aging, this class blends balance training, gentle movement, and relaxation techniques to improve confidence, coordination, and resilience.

| CODE  | SESS | DAY/DATE   | TIME        | FEE  |
|-------|------|------------|-------------|------|
| 38202 | 1    | W 9/2-9/30 | 2:00-3:00pm | FREE |

## BALANCE WORKSHOP WITH JENNY

Improve stability, confidence, and mobility through simple exercises designed to help seniors maintain balance and reduce fall risk.

| CODE  | SESS | DAY/DATE | TIME           | FEE  |
|-------|------|----------|----------------|------|
| 38203 | 1    | W 9/9    | 11:00-11:45 am | FREE |

## STEP SMART. STAY STEADY. ENJOY THE TRAIL.

Build confidence and stay steady with this interactive falls prevention class focused on outdoor walking. Learn practical strategies and tips to navigate uneven terrain, improve balance, and reduce your fall risk. Then apply these skills on a guided trail walk led by health professionals from Intermountain Health and Advent Health. This class is ideal for older adults who want to stay active and enjoy outdoor trails safely.

| CODE  | SESS | DAY/DATE | TIME          | FEE  |
|-------|------|----------|---------------|------|
| 38204 | 1    | Th 9/10  | 10:00-11:30am | FREE |

## FOOT YOGA FOR MOBILITY WITH MEL

Give your feet some attention! Explore easy stretches and exercises that help improve mobility, comfort, and balance from the ground up.

| CODE  | SESS | DAY/DATE | TIME            | FEE  |
|-------|------|----------|-----------------|------|
| 38205 | 1    | Sa 9/12  | 11:45am-12:45pm | FREE |

## BALANCE YOGA WORKSHOP WITH DEB

Find your balance and move with confidence! Explore simple yoga poses and techniques that help improve stability, strength, and coordination.

| CODE  | SESS | DAY/DATE | TIME         | FEE  |
|-------|------|----------|--------------|------|
| 38206 | 1    | M 9/14   | 5:30-7:00 pm | FREE |

## BALANCE WORKSHOP WITH JUDI

This workshop will discuss simple ways to make your home safe from falls, as well as teach easy to implement exercises that will improve balance and stability.

| CODE  | SESS | DAY/DATE | TIME        | FEE  |
|-------|------|----------|-------------|------|
| 38207 | 1    | Tu 9/22  | 2:00-3:00pm | FREE |

## PICKLEFALL

Every pickleball player will fall sometime - learn to roll with it and get back to the game! In this workshop, discuss where falls tend to happen in pickleball and how to avoid them, then get on the mats to learn falling techniques from the Japanese martial art of Aikido. Instructor Randy Thompson holds a 3rd degree blackbelt in Shinshin Toitsu Aikido.

| CODE  | SESS | DAY/DATE | TIME            | FEE  |
|-------|------|----------|-----------------|------|
| 38208 | 1    | F 9/25   | 11:30am-1:30 pm | \$50 |

**PLEASE REGISTER AHEAD OF TIME.  
SEE OUR WEBSITE CALENDAR FOR CLASS LOCATIONS.**

## Blood Drive

**October 2 & December 4**

Visit [donors.vitalant.org](https://donors.vitalant.org) and use code 5552 to schedule or call 303-363-2300.

**MAKE AN APPOINTMENT**

**vitalant**

# Healthy, Wealthy & Wise



Annual Senior Services Wellness and Resource Fair



**Friday**  
**Oct. 2, 2026**  
**9:00-11:00am**



Louisville Recreation & Senior Center  
900 W Via Appia  
Louisville, CO 80027

## Learn About

- ✓ Finances
- ✓ Home Care
- ✓ Hospice
- ✓ Housing
- ✓ Nutrition
- ✓ Support Groups
- ✓ Transportation and more!

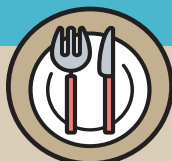
# FREE

Recommended  
for Seniors,  
their families &  
caregivers.  
Refreshments provided.



**City of  
Louisville**

Recreation & Senior Center



For more information, contact Katie Beasley  
at [kbeasley@louisvilleco.com](mailto:kbeasley@louisvilleco.com) or 303-335-4914

## Tree of Warmth

**Thursday, December 3<sup>rd</sup>**  
**at 11:00am**  
**No registration required**

You are invited to join us as our Loving Hands Craft group donates their lovely articles of warmth to the Safehouse Progressive Alliance for Nonviolence agency at this annual get together. Enjoy music by our own Singing Seniors. Light refreshments will be served in the center lobby.



# Join us for our SENIOR HOLIDAY EVENTS



## THANKSGIVING FEAST



**Wednesday,**  
**Nov. 18 @ 12 PM**  
**REGISTER AT THE FRONT DESK.**

We supply the main dish and you bring a side dish. Doors open at 11:30am. Space is limited.

If your last name begins with...

- A-H bring an APPETIZER
- I-P bring a DESSERT
- Q-Z bring a SALAD

| CODE    | MEAL                | R / NR |
|---------|---------------------|--------|
| 38041-1 | Regular             | FREE*  |
| 38041-2 | Vegetarian Option** | FREE*  |

\*\*Vegetarian option is a turkey alternative.

## HOLIDAY BRUNCH



**Wednesday,**  
**Dec. 16 @ 10:30 AM**  
**REGISTER AT THE FRONT DESK.**

Celebrate the holiday season with great food, friends, and fun at the senior center. On the buffet we will have Scrambled Eggs, Bacon, Sausage, Breakfast Potatoes, Yogurt, Granola, Blueberries & Strawberries. Bring a dessert to share with your table. Doors open at 10am. Space is limited.

| CODE    | MEAL    | R / NR |
|---------|---------|--------|
| 38042-1 | Regular | FREE*  |

\*Both events are free with a suggested donation of \$4.75 for those age 60+ that you can bring to the event. Cost is \$17.50 for anyone under 60 years of age.

Please register by 1:30 PM the day before each event to ensure we order enough food.





## **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](mailto: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](http://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](mailto:Pmorgan@LouisvilleCo.gov)

#### **BIRTHDAY DAY!**

Celebrate our monthly birthdays with a cupcake.

**Thursday, September 17    Thursday, November 19**

**Wednesday, October 21    Friday, December 18**

## **BROOKS CAFÉ SPECIAL EVENTS**

**Bingo** ..... 2<sup>nd</sup> & 4<sup>th</sup> Thurs of the month  
**Sept. 7** ..... Closed, Labor Day  
**Nov. 11** ..... Veteran's Day  
**Nov. 18** ..... Thanksgiving Feast

**Nov. 25-27** ..... Closed, Happy Thanksgiving  
**Dec. 16** ..... Holiday Brunch  
**Dec. 24 & 25** ..... Closed, Merry Christmas  
**Jan. 1** ..... Closed, Happy New Year!

**RSVP:** *call 303-335-4931 or email [pmorgan@louisvilleco.gov](mailto:pmorgan@louisvilleco.gov)*

## GETTING AROUND WITH CONFIDENCE: TECHNOLOGY & TRAVEL TRAINING

### Learn to navigate RTD!

Join us for a 7-part Public Transportation Education Series, offered in partnership with the Denver Regional Mobility & Access Council. Registration covers all dates listed below. Each session builds on the previous one, so participants are encouraged to attend the full series.

| CODE  | SESS | DAY/DATE/TIME | FEE  |
|-------|------|---------------|------|
| 38046 | 1    | See below     | Free |

### Technology Training (3 Sessions)

Learn to use transportation mobile apps, protect personal information, browse safely, use secure payments, manage smartphone settings, and build confidence with technology through hands-on practice.

**Tech Training: Wednesday 9/16, 9/23, 9/30.**

**Time: 1:30-3:00pm**

### Getting There Travel Training (3 Sessions + Free Field Trip to Union Station)

Learn to find transit resources, plan trips, read maps, ride buses and trains, purchase fares, use mobile ticketing apps, and navigate services like Uber, Lime, and Bird. Participants who complete all three sessions are invited on a free guided field trip using local transit and micromobility options.

**Travel Training: Wednesday 10/7, 10/14, 10/21**

**Time: 1:30-3:30pm**

**Field Trip: Wednesday 10/28, 1:30-5:30pm**

## Check out these other classes listed on page 40

**Beginning Spanish, Pronunciation**

**Spanish Conversation: Foundational Concepts  
Review and Practice**

**Let's Speak Italiano for Beginners**

**Let's Speak Italiano Level 2**

**Introduction to AI**

## 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        |
|-------|------|----------|--------------|------------|
| 38211 | 1    | W 9/30   | 1:00-5:15 pm | see below* |
| 38211 | 2    | Tu 11/17 | 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.

### FHA REVERSE MORTGAGE PRESENTATION

HUD certified counselors from Boulder County's Personal Finance Program will explain how FHA reverse mortgages work and outline both benefits and drawbacks, helping you determine whether this option fits your needs.

| CODE  | SESS | DAY/DATE | TIME           | FEE  |
|-------|------|----------|----------------|------|
| 38213 | 1    | Tu 9/29  | 10:00-11:45 am | FREE |

### BOCO SHERIFF FRAUD AWARENESS TRAINING PROGRAM

The Fraud Awareness Training Program will focus on identifying common scam types, understanding how fraud schemes operate, offering practical steps to prevent becoming a victim, and learning the steps to take if you do become a victim.

| CODE  | SESS | DAY/DATE | TIME           | FEE  |
|-------|------|----------|----------------|------|
| 38214 | 1    | Tu 10/13 | 10:00-11:15 am | FREE |



## 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.

## AGE LIKE A BOSS

Age Like a Boss is a four-week interactive series designed to help adults thrive as they age with confidence, resilience, and purpose. Participants will explore practical, accessible strategies to support physical, mental, emotional, and social well-being. Through engaging discussions, self-reflection, and simple action steps, attendees will gain tools to enhance their quality of life, maintain vitality and independence, strengthen connections, and navigate life's transitions with greater ease. Whether you're looking to improve your health, cultivate a positive mindset, or simply make the most of this stage of life, this class offers inspiration, support, and practical takeaways you can use right away. Led by Health Coach Lori Hartmann.

| CODE  | SESS | DAY/DATE     | TIME     | FEE   |
|-------|------|--------------|----------|-------|
| 38130 | 1    | M 9/28-10/19 | 6:30-8pm | \$160 |

## ESTATE PLANNING MADE EASY

In a single, easy session, you'll complete a Will, Financial Power of Attorney, and combined medical directive (including a Living Will, Medical Power of Attorney and organ donation) all with the help of Rocky Mountain Legal Center and Colorado licensed attorney Mike Anderson. Cost includes all materials, notarizing, individual review and plenty of time for discussion and questions. Pre-registration is required. Fee is per person. Couples must register individually.

| CODE  | SESS | DAY/DATE | TIME        | FEE   |
|-------|------|----------|-------------|-------|
| 38212 | 1    | M 9/14   | 1:00-3:30pm | \$130 |
| 38212 | 2    | M 11/9   | 1:00-3:30pm | \$130 |

## CONNECTION CIRCLE - MEET, SHARE & CONNECT

NEW! Connection Circle is a welcoming social discussion group designed to foster meaningful conversation and community connection. Participants will gather in a relaxed and supportive environment led by volunteer facilitators to share stories, discuss a variety of topics, and meet new people. Whether you enjoy listening, sharing experiences through guided discussion topics, or simply connecting with others, this program offers a fun and engaging way to build relationships and stay socially active. Led by Lorraine Pasetty and Teresa Felton.

| CODE  | SESS | DAY/DATE     | TIME          | FEE  |
|-------|------|--------------|---------------|------|
| 38132 | 1    | T 9/22-11/24 | 10:30-11:30am | FREE |

## LOCAL TRANSPORTATION INFORMATION & LOTERÍA GAME

Join Mobility for All for a fun and informative workshop about getting around Louisville and Boulder County. You'll learn about local transportation options, discover helpful community resources, and enjoy a lively game of Lotería with prizes.

| CODE  | SESS | DAY/DATE | TIME         | FEE  |
|-------|------|----------|--------------|------|
| 38215 | 1    | Th 11/12 | 9:00-11:00am | FREE |

## ONLINE REGISTRATION 101

Interested in registering for Louisville Recreation & Senior programs online but not sure where to start? This beginner-friendly class will guide you through creating an account, finding and registering for programs, making payments, and updating your household information using the RecTrac/WebTrac system and mobile app. You'll have time to practice, ask questions, and receive one-on-one assistance from staff. Please bring the smartphone, tablet, or laptop you typically use, if possible.

| CODE  | SESS | DAY/DATE | TIME       | FEE  |
|-------|------|----------|------------|------|
| 38217 | 1    | Th 10/15 | 10-11:30am | FREE |



## CREATE & CONNECT

A fun and inspiring 3-hour workshop offering an experiential journey into the world of visual journaling—creative, guided image-making as a tool for self-connection. Through a playful, spontaneous, and freeing creative process, we open space for self-expression, discover inner strengths, and gain meaningful insights, all within a warm and welcoming atmosphere. This is an open invitation to experiment, let go, and enjoy the process of creating. Each workshop is a unique, one-time experience, and you're welcome to join one or multiple sessions. The workshop is led by Sivan, a certified art therapist, experienced in guiding creative processes for self-exploration and personal growth through art. \$15 materials fee payable to the instructor at class.

| CODE  | SESS | DAY/DATE | TIME           | FEE   |
|-------|------|----------|----------------|-------|
| 38122 | 1    | Th 9/24  | 9:00am-12:00pm | \$100 |
| 38122 | 2    | Tu 11/17 | 9:00am-12:00pm | \$100 |
| 38122 | 3    | Th 12/3  | 4:30-7:30pm    | \$100 |

## AMERICAN MAH JONGG FOR BEGINNERS

Learn the fundamentals of American Mah Jongg, the classic tile game that combines skill, strategy, and luck. You'll learn the tiles, card, game mechanics, and basic strategies to build confidence for play. Please bring an \$8.50 materials fee to the first class. Instructor: Donna Mayo.

| CODE  | SESS | DAY/DATE                      | TIME           | FEE   |
|-------|------|-------------------------------|----------------|-------|
| 38107 | 1    | M W 9/14, 9/16, 9/21, 9/23    | 9:30am-12:00pm | \$105 |
| 38107 | 2    | M W 10/5, 10/7, 10/12, 10/14  | 9:30am-12:00pm | \$105 |
| 38107 | 3    | M W 11/9, 11/11, 11/16, 11/18 | 9:30am-12:00pm | \$105 |



## 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   |
|-------|------|--------------|-------------|-------|
| 38101 | 1    | W 9/2-12/30* | 4:00-5:00pm | \$150 |

### TAI CHI 1

| CODE  | SESS | DAY/DATE      | TIME        | FEE   |
|-------|------|---------------|-------------|-------|
| 38102 | 1    | M 9/14-12/28* | 3:00-4:00pm | \$140 |

### TAI CHI 2

| CODE  | SESS | DAY/DATE       | TIME            | FEE   |
|-------|------|----------------|-----------------|-------|
| 38103 | 1    | Sa 9/12-12/19* | 11:30am-12:30pm | \$130 |
| 38103 | 2    | W 9/2-12/30*   | 3:00-4:00pm     | \$150 |
| 38103 | 3    | M 9/14-12/28*  | 4:00-5:00pm     | \$140 |

### TAI CHI 3

| CODE  | SESS | DAY/DATE       | TIME          | FEE   |
|-------|------|----------------|---------------|-------|
| 38104 | 1    | Sa 9/12-12/19* | 10:00-11:30am | \$156 |
| 38104 | 2    | W 9/2-12/30*   | 5:15-6:15pm   | \$150 |

\*No class on 11/4, 11/7, 11/9, 11/25, 12/12, 12/14, 12/16

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



# Seniors

## Health & Wellness

### UKEMI: THE ART OF FALLING SAFELY (LEVEL I)

Ukemi is the Japanese art of taking a fall safely. In recent years, many older adults in Europe have begun training in this art to prevent injury. In this class for beginners, we will find center through meditation and Japanese yoga, warm up the body with light core exercises and stretches, then practice safe falling on a forgiving matted surface. Taught by Randy Thompson, 3rd degree blackbelt in Aikido, any questions email [actionspeaklouder@gmail.com](mailto:actionspeaklouder@gmail.com)

| CODE  | SESS | DAY/DATE      | TIME        | FEE  |
|-------|------|---------------|-------------|------|
| 38110 | 1    | Th 9/3-10/1*  | 8:30-9:30am | \$65 |
| 38110 | 2    | Th 10/8-10/29 | 8:30-9:30am | \$65 |
| 38110 | 3    | Th 11/5-11/19 | 8:30-9:30am | \$50 |
| 38110 | 4    | Th 12/3-12/17 | 8:30-9:30am | \$50 |

\* No class 9/24

### UKEMI: THE ART OF FALLING SAFELY (LEVEL II)

Learn techniques from Japanese martial arts to receive falls safely! In this class for continuing students, take your falling skills to the next level with scenarios drawn from everyday life. Build the strength, balance, and confidence to keep doing what you love! Pre-requisite: Completed a full session at Level I. Taught by Randy Thompson, 3rd degree blackbelt in Aikido, any questions email [actionspeaklouder@gmail.com](mailto:actionspeaklouder@gmail.com)

| CODE  | SESS | DAY/DATE      | TIME         | FEE  |
|-------|------|---------------|--------------|------|
| 38111 | 1    | Th 9/3-10/1*  | 9:45-10:45am | \$65 |
| 38111 | 2    | Th 10/8-10/29 | 9:45-10:45am | \$65 |
| 38111 | 3    | Th 11/5-11/19 | 9:45-10:45am | \$50 |
| 38111 | 4    | Th 12/3-12/17 | 9:45-10:45am | \$50 |

\* No class 9/24

### A1C CIRCLE

Join this free, supportive group for anyone navigating prediabetes or diabetes. Share experiences, learn from others, and find encouragement as we explore healthy habits and real-life strategies together. Led by Ulli Peck, Board Certified Health Coach.

| CODE  | SESS | DAY/DATE    | TIME         | FEE  |
|-------|------|-------------|--------------|------|
| 38221 | 1    | 1st Fridays | 9:00-10:00am | FREE |

### MEDITATION (IN PERSON)

Let longtime meditator Stephen Wurzel, with more than 50 years of experience, guide you on a journey toward greater inner peace and serenity. To be added to the meditation email list, please contact Stephen at [stephenwurzel@gmail.com](mailto:stephenwurzel@gmail.com).

| DAY/DATE     | TIME        | FEE  |
|--------------|-------------|------|
| Sa 9/5-12/26 | 10:00-11:00 | FREE |

\*FREE with daily admission or membership.

### HEARING SCREENINGS

Hearing screenings provided by Family Hearing. Appointments include hearing screening, and hearing device maintenance repairs all at no cost.

| CODE  | SESS | DAY/DATE | TIME    | FEE  |
|-------|------|----------|---------|------|
| 38222 | 1    | W 10/7   | 9:00am  | FREE |
| 38222 | 2    | W 10/7   | 9:15am  | FREE |
| 38222 | 3    | W 10/7   | 9:30am  | FREE |
| 38222 | 4    | W 10/7   | 9:45am  | FREE |
| 38222 | 5    | W 10/7   | 10:00am | FREE |
| 38222 | 6    | W 10/7   | 10:15am | FREE |
| 38222 | 7    | W 10/7   | 10:30am | FREE |
| 38222 | 8    | W 10/7   | 10:45am | FREE |
| 38222 | 9    | W 10/7   | 11:00am | FREE |
| 38222 | 10   | W 10/7   | 11:15am | FREE |
| 38222 | 11   | W 10/7   | 11:30am | FREE |
| 38222 | 12   | W 10/7   | 11:45am | FREE |

### HOW TO PREPARE FOR A JOURNEY WITH PARKINSON'S DISEASE

Learn what to expect after a Parkinson's diagnosis, including symptom progression and practical strategies to maintain independence and quality of life. Topics include building the right care team, staying physically and socially active, and using educational and safety resources for individuals and care partners. Presented by Nancy Hillmer, MOT, OTR, an occupational therapist with nearly 20 years of Parkinson's specialization who developed Boulder Community Hospital's multidisciplinary Parkinson's program and now teaches Parkinson's exercise classes in Louisville and Broomfield.

| CODE  | SESS | DAY/DATE | TIME          | FEE  |
|-------|------|----------|---------------|------|
| 38224 | 1    | W 10/14  | 10:00-11:30am | FREE |

## HOSPICE AND 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 Patient Care Consultant for Tru Community Care.

| CODE  | SESS | DAY/DATE | TIME          | FEE  |
|-------|------|----------|---------------|------|
| 38218 | 1    | W 9/16   | 10:30-11:30am | FREE |

## 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   |
|-------|------|--------------|-------------|-------|
| 38116 | 1    | Tu 9/1-12/29 | 1:15-2:15pm | \$210 |

### 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](http://www.LouisvilleCo.gov/FitZone) for schedule.

**WATER AEROBICS** (See page 38 for class schedule)

### SENIOR FITNESS CLASSES

| DAY/TIME                                           | INSTRUCTOR | LOCATION                         |
|----------------------------------------------------|------------|----------------------------------|
| <b>Balance &amp; Stability (Hybrid)</b>            |            |                                  |
| W 10:15-11:00am                                    | Anastasia  | Grays/ <a href="#">ZOOM</a>      |
| <b>Building Flexibility &amp; Strength</b>         |            |                                  |
| Tu 9:00-10:00am                                    | Donna      | Mt. Elbert                       |
| <b>Move it! Improve It! for movement disorders</b> |            |                                  |
| M Th 1:15-2:15pm                                   | Nancy      | Mt. Elbert                       |
| <b>SilverSneakers Classic</b>                      |            |                                  |
| M 10:45am-11:45am                                  | Terry      | Grays                            |
| W 10:45-11:45am                                    | Terry      | Grays                            |
| <b>SilverSneakers Yoga</b>                         |            |                                  |
| M 1:30-2:30pm                                      | Terry      | Grays                            |
| <b>Senior Barre</b>                                |            |                                  |
| W 1:30-2:30pm                                      | Terry      | Mt. Elbert                       |
| <b>SilverSneakers Circuit (Hybrid)</b>             |            |                                  |
| F 9:15-10:15am                                     | Terry      | Mt. Elbert/ <a href="#">ZOOM</a> |
| <b>Cardio Fit</b>                                  |            |                                  |
| Tu 10:45-11:45am                                   | Donna      | Grays                            |
| Th 9:00-10:00am                                    | Donna      | Grays                            |
| <b>Zumba Gold Chair</b>                            |            |                                  |
| Tu/Th 11:15-11:45am                                | Laura      | Imperial/Crown                   |



# Seniors

## FOOT CARE

**2nd & 4th Tuesday**

Sept. 8 & 22, Oct. 13 & 27, Nov. 10 & 24, Dec. 8 & 22

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 Sept.-Dec. classes, visit <https://bouldercounty.gov/departments/community-services/area-agency-aging/medicare-counseling/>

### MEDICARE OPEN ENROLLMENT ASSISTANCE

**October 21 – December 2**

**Appointment times are 1pm or 2:30pm**

**Please note that pre-registration is required!**

**In-person Appointment offered Wednesdays**

**10/21, 10/28, 11/4, 11/11, 11/18, & 12/2**

The Medicare Open Enrollment period runs from October 15 through December 7, 2026. The BCAA SHIP Medicare Counseling program will be offering in-person and virtual appointments to assist with review of your Medicare Part D or Medicare Advantage coverage. In-person appointments will be offered at the Louisville Recreation & Senior Center on most Wednesday afternoons in October and November. Registration is required. For more information or to make an appointment, please have your Medicare number available and call 303-441-1546 or email [medicarecounseling@bouldercounty.gov](mailto:medicarecounseling@bouldercounty.gov). **Appointment scheduling will begin Monday, Sep. 14.**

## LOCAL: Emergency 911



|                                             |                |
|---------------------------------------------|----------------|
| Louisville City Hall                        | 303-666-6565   |
| Non-Emergency Dispatch                      | 303-441-4444   |
| Recreation Center/<br>Senior Services       | 303-666-7400   |
| Avista Hospital                             | 303-673-1000   |
| Boulder Community Health                    | 303-415-7000   |
| Good Samaritan<br>Medical Center            | 303-689-4000   |
| Police Non-emergency                        | 303-666-8634   |
| Louisville Fire Dept/<br>Non emergency M-F  | 303-666-6595   |
| <b>BOULDER COUNTY:</b>                      |                |
| Adult Protective Services                   | 303-441-1309   |
| Area Agency on Aging<br>Resource Navigators | 303-441-1617   |
| District Attorney<br>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<br>Boulder County         | 303-441-3583   |
| Veterans Services                           | 303-441-3890   |
| Workforce Boulder County                    | 720-776-0822   |
| <b>OTHER:</b>                               |                |
| Alzheimer's 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   |



NEW

## EXTENDED TRAVEL

Seniors 60+

Dreaming of your next adventure beyond Colorado? Join our informational meeting to connect with fellow travelers, explore exciting destinations, and discover a variety of travel opportunities during a presentation by Premier World Discovery Travel. Snacks & refreshments provided.

### INFORMATIONAL MEETING

| CODE  | SESS | DAY/DATE | TIME   | FEE  |
|-------|------|----------|--------|------|
| 38045 | 1    | Th 10/22 | 6:00pm | Free |

### Mackinac Island, Grand Hotel & Niagara Falls

This tour is designed as a classic Great Lakes vacation that combines historic American landmarks, scenic waterfront landscapes, and two of North America's most famous destinations.

A major highlight is spending two nights at Grand Hotel, one of the most iconic resorts in the United States.

The tour also showcases Michigan's heritage with visits to Henry Ford Museum of American Innovation and Greenfield Village, plus scenic travel across the Mackinac Bridge and time in the Bavarian-inspired town of Frankenmuth.

The journey concludes at Niagara Falls, featuring up-close experiences of the falls, scenic drives along the Niagara River, and a visit to the picturesque town of Niagara-on-the-Lake.

Overall, this is a relaxed, scenic tour that combines historic landmarks, charming small towns, and two of North America's most iconic destinations.

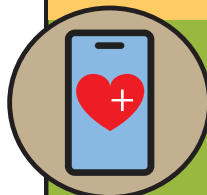
June 11-18, 2027

Register at [PremierWorldDiscovery.com](https://PremierWorldDiscovery.com)  
Booking #224261

# Healthy, Wealthy & Wise



## Annual Senior Services Wellness and Resource Fair



Friday  
Oct. 2, 2026  
9:00-11:00am



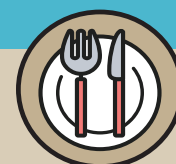
Louisville Recreation & Senior Center  
900 W Via Appia  
Louisville, CO 80027

## Learn About

- ✓ Finances
- ✓ Home Care
- ✓ Hospice
- ✓ Housing
- ✓ Nutrition
- ✓ Support Groups
- ✓ Transportation and more!

# FREE

Recommended  
for Seniors,  
their families &  
caregivers.  
Refreshments provided.



City of  
Louisville

Recreation & Senior Center

For more information, contact Katie Beasley  
at [kbeasley@louisvilleco.com](mailto:kbeasley@louisvilleco.com) or 303-335-4914







# Floating Pumpkin Patch!

Friday, October 23, 2026

Bring the whole family to the Louisville Recreation & Senior Center Indoor Pools and catch yourself a spooky floating pumpkin from our aquatic pumpkin patch! After catching your floating pumpkin take it into the decoration room and create your spooky masterpiece!

Register in advance, max of 125 families allowed. Each household can register as many family members as they like, but there is a limit of two pumpkins per household.

## Pumpkin Patch Admission With Pumpkin

| CODE    | DAY/DATE | TIME         | R/NR         |
|---------|----------|--------------|--------------|
| 33400-1 | F 10/23  | 6:00-7:45 pm | \$12.50/\$16 |

## Pumpkin Patch Admission Without Pumpkin

| CODE    | DAY/DATE | TIME         | R/NR |
|---------|----------|--------------|------|
| 33400-2 | F 10/23  | 6:00-7:45 pm | FREE |



 City of  
Louisville