

# BROOMFIELD PROGRAM GUIDE



**FALL** | 2025

COVERS SEPTEMBER-DECEMBER



## Make sure the whole family is UP-TO-DATE

Now is the perfect time to make sure your family is up to date on recommended vaccinations—especially school vaccines for kids. Talk to your doctor to find out what you and your child may need. Fall will be here before you know it, so start planning now to protect your whole family with vaccines for flu, COVID-19, and RSV.

People who have Medicaid, are uninsured or are underinsured can get low or no cost vaccines at Broomfield Public Health and Environment’s Immunization Clinic.

 [Broomfield.org/Vaccines](https://Broomfield.org/Vaccines) | 720-887-2220



# LIVING IN BALANCE

## AGING WELL EXPO

Mark your calendar!

Friday, Oct. 10 • 8 a.m.-2 p.m.  
at the Broomfield Community Center

This FREE event will be packed with great information

- Numerous vendors
- Five break-out sessions
- Drop-in activities
- Keynote speaker who will challenge and inspire you



Learn more at  
**[BROOMFIELD.ORG/LIVINGINBALANCE](https://BROOMFIELD.ORG/LIVINGINBALANCE)**

To attend lunch during the expo, visit [B-REx.com](https://B-REx.com)

# COMING <sup>SOON</sup> Soon

Don't Miss  
THESE  
CLASSES

STEP CHALLENGE  
AGE: ALL

NEW!

See page 18  
Learn more at [B-REx.com](http://B-REx.com)

YOUTH  
WOODSHOP CLASS  
AGE: ALL

NEW!

See page 30  
Learn more at [B-REx.com](http://B-REx.com)

ASHTANGA YOGA  
SPECIALTY CLASS  
AGE: 16+

NEW!

See page 22  
Register at [B-REx.com](http://B-REx.com)

CAREGIVER + CHILD  
CLASSES  
AGE: 1.5-6

See page 29  
Register at [B-REx.com](http://B-REx.com)

For more information, visit [B-REx.com](http://B-REx.com)



Engage  
with the  
CITY AND COUNTY OF  
BROOMFIELD

- 📧 newsletters: [Broomfield.org/BintheLoop](http://Broomfield.org/BintheLoop)
- 📞 [BroomfieldVoice.com](http://BroomfieldVoice.com)
- 📘 [Facebook.com/Broomfield](https://Facebook.com/Broomfield)
- 📺 [X.com/Broomfield](https://X.com/Broomfield)
- 📺 [YouTube.com/TheBroomfieldChannel](https://YouTube.com/TheBroomfieldChannel)
- 🌐 [Linkedin.com/company/City-and-County-of-Broomfield](https://Linkedin.com/company/City-and-County-of-Broomfield)
- 🏠 [nextdoor.com/agency-detail/co/broomfield/city-of-broomfield/](https://nextdoor.com/agency-detail/co/broomfield/city-of-broomfield/)
- 📷 [Instagram.com/Broomfield\\_Co](https://Instagram.com/Broomfield_Co)

Visit [Broomfield.org/Engagement](http://Broomfield.org/Engagement)

**FALL | 2025****REGISTRATION DATES**

Registration for most 2025 Fall Programs begins on  
Aug. 7 at 7 a.m.

For many programs, non-residents may register  
starting Aug. 21 at 7 a.m.

**B-REx***Broomfield Registration Excellence***B-REx.com**

Visit [B-REx.com](http://B-REx.com) to find and register for programs, classes and events including Recreation, Senior Services, Open Space, Police, Public Health and Environment, Human Services, G.R.E.E.N. and more!

Find more information on registration and policies on page 45.



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CERTIFIED  
printreleaf.com

As part of Broomfield's sustainability efforts, Broomfield Program Guides are part of the PrintReleaf Program!

**28 TREES  
REPLANTED**

on Broomfield's behalf in PrintReleaf Certified Reforestation Projects across the globe for this issue!

**COVER PHOTO:**

Broomfield Days 5K and 1 mile Road Race. See page 9 for upcoming special events.

**CITY AND COUNTY OF BROOMFIELD**

One DesCombes Drive  
Broomfield, CO 80020  
303-469-3301

[Broomfield.org](http://Broomfield.org)  
[info@broomfield.org](mailto:info@broomfield.org)

**BROOMFIELD LIBRARY**

3 Community Park Rd  
Broomfield, CO 80020  
720-887-2300

[BroomfieldLibrary.org](http://BroomfieldLibrary.org)  
[library@broomfield.org](mailto:library@broomfield.org)

**ARTS AND HISTORY**

3 Community Park Road  
Broomfield, CO 80020  
720-887-2371

[Broomfield.org/CreativeBroomfield](http://Broomfield.org/CreativeBroomfield)  
[creative@broomfield.org](mailto:creative@broomfield.org)

**INVENTHQ**

6 Garden Center  
Broomfield, CO 80020  
303-460-6836

[Broomfield.org/inventHQ](http://Broomfield.org/inventHQ)  
[inventhq@broomfield.org](mailto:inventhq@broomfield.org)

**OPEN SPACE**

One DesCombes Drive  
Broomfield, CO 80020  
303-438-6270

[BroomfieldOpenSpace.com](http://BroomfieldOpenSpace.com)  
[openspace@broomfield.org](mailto:openspace@broomfield.org)

**PUBLIC WORKS (G.R.E.E.N.)**

One DesCombes Drive  
Broomfield, CO 80020  
303-438-6329

[Broomfield.org/PublicWorks](http://Broomfield.org/PublicWorks)  
[publicworks@broomfield.org](mailto:publicworks@broomfield.org)

**PARKS, RECREATION AND SENIOR SERVICES**

Paul Derda Recreation Center  
13201 Lowell Blvd.  
Broomfield, CO 80020  
303-460-6900

[BroomfieldRecreation.com](http://BroomfieldRecreation.com)  
[recreation@broomfield.org](mailto:recreation@broomfield.org)

Broomfield Community Center  
280 Spader Way  
Broomfield, CO 80020  
303-464-5500

[BroomfieldCommunityCenter.com](http://BroomfieldCommunityCenter.com)  
[recreation@broomfield.org](mailto:recreation@broomfield.org)

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### HOW TO USE THIS GUIDE:

This section of the program guide includes all programs available on [B-REx.com](http://B-REx.com), including activities from Recreation, Senior Services, Open Space, Public Works and more.

Find the category you're interested in first, and then look for the program organized into subcategories. (See the Table of Contents on the left. You can also use the index to find specific activities.)

Walk through a listing together to help you navigate.

#### ACTIVITY TITLE

Search this title to find the activity online

#### ICONS

See below for Icon Key

#### DESCRIPTION

Brief summary of the class. Full descriptions are found online

**BASKETRY FOR DINOSAURS**

Learn how to make three different types of baskets: coiled, ribbed and rectangular spoke-and-weave baskets, all perfect to carry your eggs when traveling.

Age: 8+

MW	Jan 8-31	PDRC	5-6 pm	\$45/\$53	140112-A
TuTh	Jan 9-Feb 1	BIP	5-6 pm	\$45/\$53	140112-F
TuTh	Feb 6-Mar 1	Audi	5-6 pm	\$45/\$53	140112-G
Fri	Jan 12-Feb 2	Library	4-5 pm	\$35/\$35	140112-K
Sat	Apr 7-28	BCC	11-11:50 am	\$23/\$35	140112-R

#### AGE

Age group allowed in class

#### ACTIVITY CODE / CLASS LIST

Activities can include a variety of class details, and are listed according to the following key:

- Day(s)
- Date(s)
- Location (see page 45 for abbreviation key)
- Time
- Fees: Res/Non-Res (visit [B-REx.com](http://B-REx.com) for full fee info)
- Activity Code

### HOW TO REGISTER:

Visit [B-REx.com](http://B-REx.com) to find specific day(s), date(s), location(s), times and fees for the exact class you are looking for, and then register! Classes are constantly updated so if you don't see something listed in this program guide, check [B-REx.com](http://B-REx.com)!

#### ICON KEY:

- New Program
- Free Program
- Seniors (60 +)

- Appointments required
- Drop-In; No registration necessary, Drop-In fees may apply
- Discount available for pass holders

Bilingual Class

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Clown Contest at Broomfield Days

# CITY EVENTS

Large city-wide events for the whole family

FALL SPECIAL EVENTS

## BROOMFIELD DAYS FREE ✓

Broomfield Days, Broomfield's annual community festival, is held on Saturday, September 20, 2025. The day is packed with activities, including a pancake breakfast, 5K race, clown contest, parade, Dock Dog demonstrations, classic car show, trade fair, craft festival, food booths, three entertainment stages, demonstrations, and great community spirit. This is an opportunity for local organizations and businesses to showcase their services and increase community exposure. Find information about getting involved in this event at [Broomfield.org/BroomfieldDays](https://Broomfield.org/BroomfieldDays).

**BROOMFIELD DAYS CONCERT** is Saturday, September 20, from 3 to 6 p.m. at Midway Park, and all event details and the day's schedules are available at [Broomfield.org/BroomfieldDays](https://Broomfield.org/BroomfieldDays).

**Age: ALL**  
 Sat Sep 20 Midway 9 am-5 pm FREE 5348210-A

## JINGLE BELL MARKET CRAFT FAIR FREE ✓

Jingle Bell Market is Broomfield's big craft fair of the holidays featuring free admission to seven rooms brimming with creative, interesting pieces from local crafters around Colorado. The Reindeer Cafe will be serving breakfast and lunch until 1 p.m. and all proceeds benefit Meals on Wheels.

**Age: ALL**  
 Sat Nov 15 BCC 8 am-3 pm FREE 5348241-A

## HOLIDAY TREE LIGHTING CEREMONY FREE ✓

Be part of this annual community event when all of Broomfield welcomes the arrival of Santa Claus. The air is filled with children caroling from the local schools, the Community Park trees are spectacular, the Mayor lights the community holiday tree, families can ride the holiday wagon ride and children are able to talk to Santa. Bundle up and share in the Holiday Cheer!

**Age: ALL**  
 Fri Dec 5 GDC 6-8:30 pm FREE 5348260-A

## TALK TO SANTA FREE ✓

Do you know a child who would love a call from Santa? Residents of the City and County of Broomfield with children between the ages of 2-8 years old can sign up to receive a personal phone call from Santa Claus. Fill out the Talk to Santa form online at [Broomfield.org/TalkToSanta](https://Broomfield.org/TalkToSanta) by Dec 5.

**Age: 2-8**  
 Sat Dec 6 N/A 9 am-12 pm FREE 5348270-A

**ATTENTION**  
*Vendors and Sponsors*

The City and County of Broomfield is looking for vendors for city events. Make your business visible and get to know your community at these upcoming events:

**Broomfield Days**  
 Sept. 20, 2025 • [Broomfield.org/BroomfieldDays](https://Broomfield.org/BroomfieldDays)  
 Vendor Registration Opens April 1 on B-REx.com

Arts and Crafts Vendors	5348211-A
Demo Stage Performers	5348212-A
Food and Activity Vendors	5348213-A
Non-Profit Vendors	5348214-A
Purchase for Resale Vendors	5348215-A
Bow Wow Broomfield Vendors	5348217-A
Broomfield Days Parade Applications	5348218-A

Visit [B-REx.com](https://B-REx.com) to secure your spot!



# B HEALTHY BROOMFIELD

Promoting and strengthening a healthy community

AQUATICS: SWIM LESSONS

## AQUATIC HEALTH AND SAFETY POLICIES

Kids ages 3 years and younger **MUST** wear a swim diaper. Take a full head and body shower before entering the pool. Do not enter the pool if you show any signs of illness or diarrhea within the past two weeks. No prolonged underwater breath holding. All children 6 and younger and non-swimmers regardless of age, must be accompanied in the pool by a paying adult. The adult must be in the pool with the child or non-swimmer at all times and stay within arms reach. Direct parent supervision is required at all times. Children 7-11 years old who know how to swim independently, must have a parent or adult present in the pool area.

## PARENT SUPERVISION POLICY!

Parents are responsible for the safety of their children at all times! All children 6 and younger and non-swimmers regardless of age, must be accompanied in the pool by a paying adult. The adult must be in the pool with the child or non-swimmer at all times and stay within arms reach. A lifejacket is **NOT** a substitute for an adult. All children wearing a lifejacket must have adult supervision in the water. Direct parent supervision is required at all times. Children 7-11 years old who know how to swim independently, must have a parent or adult present in the pool area.

## LEARN-TO-SWIM PROGRAM

Broomfield Aquatics offers the American Red Cross Learn-To-Swim program to provide a safe, fun environment for your child to learn the fundamentals of swimming as well as learn self-confidence, personal development, water safety and learning a lifetime skill that can enhance your child's life.

## FORMAT FOR SWIM LESSON SCHEDULES!

Location Key:

**BCC:** Broomfield Community Center  
280 Spader Way, Broomfield, CO 80020

**PDRC:** Paul Derda Recreation Center  
13201 Lowell Blvd, Broomfield, CO 80020

## CONFUSED ABOUT WHAT LEVEL TO TAKE?

Use this lesson guide to help you decide! Email [aquatics@broomfield.org](mailto:aquatics@broomfield.org) with questions.

Age	Class Name	Instructor to Student ratio
<b>If your child is a beginner with little to no experience in the water...</b>		
6 months-3 years	Parent-Tot	1:8 ratio
3-6 years	Preschool Level I	1:5 ratio
6-12 years	Alligator (Level I)	1:6 ratio
9-14 years	Kids Can Swim	1:6 ratio
<b>If your child has some experience in the water...</b>		
3-6 years	Preschool Level II	1:6 ratio
6-12 years	Blue Whale (Level II) or Crab (Level III)	1:6 ratio
9-14 years	Kids Can Swim	1:6 ratio
<b>If your child is more advanced in the water...</b>		
3-6 years	Preschool Level III	1:5 ratio
6-12 years	Dolphin (Level IV) or Electric Eel (Level V)	1:8 ratio
6-12 years	Diving Classes	1:8 ratio
9-14 years	Guard Start - Junior Lifeguarding	1:10 ratio
7-18 years	C.A.R.A. Swim Team	
7-13 years	Flippity Fun & Fitness	1:8 ratio
9-14 years	Kids Can Swim	1:6 ratio

## HOW MANY CLASSES SHOULD I SIGN UP FOR?

When registering for consecutive sessions of the American Red Cross Learn-To-Swim program, it is recommended that participants sign up for the same class level at least two times. Due to the high demand for swim lessons, space cannot be guaranteed for your child to move up or down after your initial registration. Please talk to the instructor about your child's progress and utilize the waitlist process whenever possible if classes are full. Classes will be increased or added due to demand and instructor/space availability.

Makeup classes, credits or refunds are **NOT** offered for missed swim classes, inclement weather, or other unforeseen circumstances.

### PARENT TOT SWIM LESSONS

Parent participation required in the water. Only one child per adult; however, both parents may attend class with one or two children. This class is designed to familiarize the child and parent with water adjustment skills in a fun environment. Water safety is stressed throughout the class. Benefits of this class include: consistency with exposure to the water, parent-child interaction and socialization. Swim diapers are Required.

**Age: 6 mo-3**  
5340101

### PRESCHOOL LEVEL 1 SWIM LESSONS

**Prerequisites:** None. Recommended for children with little to no experience in the water. **Skills learned:** Enter and exit the water independently, comfort in water, submerge face and blow bubbles for at least 3 sec, front and back floats and glides with support, rolling front to back for 3 sec and recover to a vertical position with support, combined front and back arm strokes and kicks with support, safety skills. **Successful completion of all skills:** Pass to Preschool Level II

**Age: 3-6**  
5340104

### PRESCHOOL LEVEL II SWIM LESSONS

**Prerequisites:** Pass Preschool Level I or perform the following skills: Enter and exit the water independently, comfort in water, submerging face and blowing bubbles for at least 3 sec, front and back floats and glides with support, rolling front to back with support, combined front and back arm strokes and kicks with support.

**Skills learned:** Gliding on front and back at least 2 body lengths, rolling over front to back, swimming using combined arm and leg actions on front (freestyle) for 3 body lengths with no support, intro to rhythmic breathing and backstroke. **Successful completion of all skills:** Pass to Preschool Level III

**Age: 3-6**  
5340105

### PRESCHOOL LEVEL III SWIM LESSONS

**Prerequisites:** Pass level II or perform the following skills: Glide on front at least 2 body lengths, roll to back, float on back for 15 seconds, then recover to a vertical position. Swim using combined arm and leg actions on front for at least 3 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming on your front for at least 3 body lengths. **Skills learned:** Jump into deep water, side breathing, changing directions while swimming on front and back, swim using combined arm and leg actions and breathing (freestyle and backstroke) across the pool with no support. **Successful completion of all skills:** Pass to Level II (Blue Whale) or Level III (Crab)

**Age: 3-6**  
5340106

### LEVEL I - ALLIGATOR SWIM LESSONS

**Prerequisites:** None. Recommended for children with little to no experience in the water. **Skills learned:** Opening eyes underwater and retrieving submerged objects, blowing bubbles, front and back floats with help, gliding on front and back with help, combined arm and leg actions on front and back with assistance, Intro to breathing to the side and elementary backstroke.

**Successful completion of all skills:** Pass to Level II (Blue Whale)

**Age: 6-12**  
5340107

### LEVEL II - BLUE WHALE SWIM LESSONS

**Prerequisites:** Pass Alligator or perform the following skills: Enter independently, travel at least five yards, bob five times, then safely exit the water. Swim on front at least two body lengths, roll to a back float for five seconds, and recover to a vertical position. **Skills learned:** Jumping in, breath control and side breathing. Treading water, floating on front and back without help, front and back glides with kicks for five body lengths. Swimming using combined arm and leg actions (freestyle and backstroke) rolling over front to back and changing directions while swimming. Intro to elementary backstroke kick. **Successful completion of all skills:** Pass to Level III (Crab)

**Age: 6-12**  
5340108

### LEVEL III - CRAB SWIM LESSONS

**Prerequisites:** Pass Level II Blue Whale or Preschool Level III or perform the following skills: Jump from side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for five body lengths, then exit the water. Push off and swim using combined arm and leg actions (freestyle) for five body lengths, roll to back, float or swim on back for 15 seconds, roll to front, then continue swimming for at least five body lengths. **Skills learned:** Jump into deep water and tread or float for 1 minute, swim to the side then exit the water. Side-to-side breathing, freestyle. Coordination and development of the freestyle, elementary backstroke, and backstroke. Intro to breaststroke and dolphin kicks. **Successful completion of all skills:** Pass to Level IV (Dolphin/Eel)

**Age: 6-12**  
5340109

### LEVEL IV - DOLPHIN/EEL SWIM LESSONS

**Prerequisites:** Pass Level III Crab class or perform the following skills: Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, swim freestyle and/or elementary backstroke for 25 yards, then exit the water. **Skills learned:** Progression of skills, coordination and endurance of all skills and strokes. Swimming the freestyle, backstroke and elementary backstroke for 50 yards. Swimming the breaststroke for 15 yards. Swimming the butterfly for 15 yards. Introduction to sidestroke. Learning to dive in deep water. Open turns on the front and back and intro to flip turns. **Successful completion of all skills:** Cara Swim Team

**Age: 6-12**  
5340110

### PRIVATE SWIM LESSON CLASSES

All lessons will be 25 minutes in length. Utilize the waitlist process whenever possible. Make-up classes/credits will not be available for classes missed. Private Lessons give individuals an opportunity to work in a one-on-one setting with an instructor that fits their needs. Semi-Private Lessons are available to families or friends who want more attention than a group setting, but still want the benefits that a group environment can provide. You must form your own group of two. One person will register and then email [aquatics@broomfield.org](mailto:aquatics@broomfield.org) so that we may add the other participant to the class.

Age: 3+  
5340125

### KIDS CAN SWIM LESSONS

This swim lesson class will focus on teaching and refining freestyle and backstroke, work on making strokes more efficient, learn advanced strokes, improve your endurance, and improve your overall health and physical fitness! **Prerequisites:** Kids should have basic swimming skills including floats, going underwater and basic arm and back strokes.

Age: 11-15  
5340112

### CARA YOUTH SWIM TEAM

The CARA swim team provides your child with a fun introduction to swim competition. Emphasis is placed on learning and improving competitive swim strokes, building endurance, and creating a fun and structured team atmosphere. Meets are yet to be determined. Parents will be required to volunteer during all home swim meets. **Prerequisites:** previous CARA experience, completion of Dolphin Level or pass swim test (25 yards freestyle and backstroke) prior to registration.

Age: 7-18  
5340114

### DIVING CLASS

This class is designed for beginning through advanced levels of springboard diving. Beginning levels will teach the fundamentals of diving including body alignment, approach, and basic dives. Intermediate and Advanced divers will work on progressive techniques according to their readiness level. This class is goal-based and will work with each individual's level. **Prerequisite:** Pass Crab Level or pass swim test.

Age: 7-18  
5340115

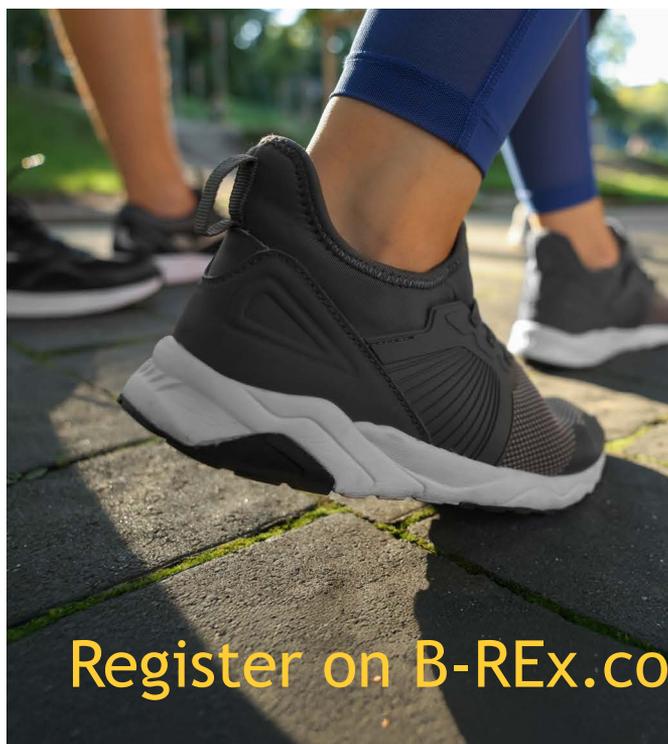
### SYNCHRONIZED SWIMMING

Artistic synchronized swimming is a blend of meticulously coordinated acrobatics, swimming, and dance. There are three main components to artistic swimming: fierce athleticism, creativity, and, of course, fun. Artistic Swimming teaches athletic skills including body awareness, basic speed swimming, and mental tenacity. Trident Artistic Swimming fosters an environment that challenges and pushes athletes to pursue high-level competitions while still having fun. Come try it out and see how you like it! For more information regarding practice times, email [tridentartisticswim@gmail.com](mailto:tridentartisticswim@gmail.com).

### BARRACUDAS SWIM TEAM

The Front Range Barracudas Swim Club is a year-round competitive swim team. Professional certified coaches offer instruction to all ages and abilities in a fun, safe environment. There are several different groups/teams based upon the swimmers ability level. **Prerequisite:** 8 and younger swimmers should be able to swim freestyle and backstroke one length of the pool. Swimmers 8 and older should have some team experience and/or tryout for placement. Swimmers are placed in groups based on performance and coaches approval. For additional information, please visit [www.teamcudas.com](http://www.teamcudas.com) or email Coach Andrew at [coachandrew@teamcudas.com](mailto:coachandrew@teamcudas.com). Please see the website for additional info about tryouts and times available.

Age: 6-18



Get ready to move, compete and have fun with the inaugural

## BROOMFIELD STEP Challenge

Whether you're a casual walker or a dedicated step-counting pro, this is your chance to get active, move more, enjoy the benefits of walking and win awesome prizes. The six-week challenge starts Oct. 1.

Register on [B-REx.com](http://B-REx.com)

## ADULT/TEEN SWIM LESSONS

This class is designed to help meet your specific needs. Whether you want to conquer your fear of the water, develop your strokes, or start training for a triathlon, the instructor will work with each participant to help meet your goals and help you feel more capable and confident in the water.

Age: 13+  
5340119

## MASTERS SWIM TEAM

This program provides organized workouts and skill improvement for all abilities. Participants should have an understanding of the basic strokes and be able to swim for approximately 30 minutes. Receive group and individualized feedback by a qualified swim coach. Improve your strokes, increase your fitness level, or prepare for competition. Included with drop in fee, punch card or annual membership.

Age: 18+

MW	BCC	7:30-9 pm
Sat	BCC	6:30-8:00 am

## FLATIRONS SCUBA CLASSES

Experience the thrill and adventure of scuba diving in this weekend PADI certification course. This class includes all academic and pool training to prepare you for your open water dives. Pre-registration is required one week in advance of the class start date. All registration is done through Flatirons Scuba. Fee includes pool, instruction and all equipment rental fees except mask, fins and snorkel. Dates and times of classes vary. All classes are held at the Flatirons scuba shop and pool time at the Broomfield Community Center. For further information call Flatirons Scuba at 303-469-4477 and visit their website at [flatironsscuba.com](http://flatironsscuba.com).

Age: 10+

## LIFEGUARD TRAINING CLASS - AMERICAN RED CROSS

Learn the duties and responsibilities of becoming a professional lifeguard including recognizing and responding to aquatic emergencies. Successful candidates will receive certification from the American Red Cross in Lifeguarding, First Aid, CPR/AED. In order to qualify for certification lifeguard candidates must: be 15 years of age by the end of the class; attend all sessions; and pass the following prerequisite skills during the first class: swim 300yds continuously using a combination of front crawl and breaststroke; swim 20yds, surface dive to 10 ft, retrieve a 10 lb brick, swim 20 yds with the brick in your hands, and exit water within 1 min, 40 seconds; and tread water for two minutes without hands. **Please note:** full attendance is mandatory for certification! If you have problems with the dates, please email [aquatics@broomfield.org](mailto:aquatics@broomfield.org) for additional information. All participants must complete a Friday precourse session and complete the online portion of the class prior to attending the Saturday/Sunday portions of the class! The online portion of the class will be emailed to participants after registration has been completed.

Age: 15+  
5340121

## AMERICAN RED CROSS CPR AND FIRST AID

This course teaches adult, child, and infant CPR. Other skills taught include use of the AED as well as first aid. Participants learn how to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. Upon successful completion of the course learners will receive a 2-year Adult and Pediatric First Aid/CPR/AED certification.

Age: 13+  
5347123

## DROP-IN WATER FITNESS CLASSES

Anyone ages 16 and older may participate in Water Fitness. Anyone 12-14 years may participate with an adult, 18 years or older. See our website for pool and class schedules at [Broomfield.org/WaterFitness](http://Broomfield.org/WaterFitness). Swim skills are not required although participants should be comfortable in the water. Water shoes are recommended. All drop-in classes are included with a general admission fee, punch card, annual recreation pass, or SilverSneakers® pass. No registration required.

## H2O CARDIO KICK IT: DROP IN WATER FITNESS CLASS

This is a difficult class designed to increase your cardiovascular endurance, toning and flexibility. Work on getting your heart rate and attitude up, and have fun at the same time! Just like boot camp on land but in the water! This class will put you through the drills: lots of intervals, high intensity, and core workouts to get you moving! **Intensity Level:** Medium-Hard.

Age: 16+

## RIVER RUNNING: WATER FITNESS CLASS

This coed water exercise class offers low impact walking exercises to improve your strength, flexibility and aerobic fitness. The current channel is used to increase resistance of the exercises. Swim skills are not required. Water shoes are recommended. **Intensity Level:** Easy-Hard

Age: 16+

## DEEP WATER: WATER FITNESS CLASS

This class offers a no-impact method for getting into shape. Exercises will develop muscle tone, flexibility and increase energy. The aerobic portion is designed to improve cardiovascular conditioning. Floatation devices are provided. Comfort in deep water recommended. **Intensity Level:** Easy-Hard

Age: 16+

## ARTHO-AEROBICS: WATER FITNESS CLASS

This program combines Arthritis and Aerobics provides exercises with gentle therapy movements in a warm (86-89 degree) water pool. This program is designed to help ease your pain from arthritis or chronic pain disorders, assist with providing exercises when you are recovering from surgery, or when you are just starting an exercise program. An accessible lift is available for use. **Intensity Level:** Easy

Age: 16+

**ARTHRITIS THERAPY: WATER FITNESS CLASS** ✓

This program provides exercises with gentle therapy movements in a warm (86-89 degree) water pool. This program is designed to help ease your pain from arthritis or chronic pain disorders, assist with providing exercises when you are recovering from surgery, or when you are just starting an exercise program. An accessible lift is available for use. **Intensity Level: Easy**  
**Age: 16+**

**PRENATAL: DROP IN WATER FITNESS CLASS** ✓

This class is designed for prenatal or postnatal women who want a safe and effective way to stay in shape. Enjoy a fun, low-impact or no-impact workout in the water! Class includes cardiovascular conditioning, flexibility, strength, focus and breathing exercises. **Intensity Level: Easy-Medium**  
**Age: 16+**

**YOUTH BASKETBALL SKILLS & DRILLS CAMP**

Our youth basketball skills & drills program focuses on teaching fundamental skills through a variety of drills and skill-specific games. Please know that the skills & drills program is more similar to basketball practice, and we do not form teams or play 5 versus 5 full court games. Similar to our youth basketball program, skills & drills groups are separated based upon a participant's grade level at time of enrollment. 3rd-8<sup>th</sup> grade groups will meet 6 times and K-2<sup>nd</sup> groups will meet 3 times. For more information, please contact [athletics@broomfield.org](mailto:athletics@broomfield.org).  
**Ages: K-8<sup>th</sup>**  
5340250

**YOUTH BASKETBALL-LITTLE DRIBBLERS**

This is a modified basketball program with one contact a week for 60 minutes each running Saturday. Program times will consist of Skills/Drills and Team Development. This is an opportunity to provide each player with the skills and tools to improve upon the most basic skills needed in the sport of basketball. The program will occur at either the Broomfield Community Center or the Paul Derda Rec Center. Fee includes team jersey. **Volunteer coaches are needed** and appreciated. Spaces are limited. Smaller balls are used and baskets are lowered to eight feet. The fee includes a t-shirt. **Volunteer coaches are needed.** For additional information, please email [athletics@broomfield.org](mailto:athletics@broomfield.org). Participants must be five years old by January 17th, 2026.  
**Grades: K-2<sup>nd</sup>**  
5340201

**YOUTH BASKETBALL**

Come join our youth basketball program where each participant gets to learn and play basketball in a fun, recreational setting. This program emphasizes fundamental skill development and relies on a community of volunteer coaches and youth officials. Participants sign up individually by choosing a day & time that works for your schedule and are placed on teams by the athletics staff following a mini-camp. Dates for the Winter 2026 mini-camps will be available when registration opens. Fees for this program include a team shirt, one to two practices each week, and a game played on Saturdays in the months of January and February. For additional information, please email [athletics@broomfield.org](mailto:athletics@broomfield.org).  
**Grades: 3<sup>rd</sup>-8<sup>th</sup>**  
5340202

**Athletics Registration Dates**

Youth Programs	Program Dates	Registration Opens
Baseball and Softball (4-15 yr)	May-July	Dec
Basketball (K-8 <sup>th</sup> Grade)	Jan-Feb	Aug
Basketball Skills and Drills	Oct-Nov	Aug
Cross Country	Sep-Oct	Aug
Tennis (Lessons and Team)	June-July	April
Track and Field	June-July	April
Volleyball	Sep-Oct	Aug



Find current programs available for registration on [B-REx.com](http://B-REx.com)

**Batting Cages**  
Open April-October

Adult Leagues	Program Dates	Registration Opens
<b>Basketball</b>	March-May	Jan
	June-July	April
	Sep-Nov	July
<b>Softball</b>	March-May	Jan
	May-Aug	March
	Aug-Oct	June
<b>Tennis (Lessons)</b>	June-July	April
<b>Volleyball</b>	March-May	Jan
	Aug-Sep	April
	Sep-Nov	July

Find more info on registration dates on **BROOMFIELD.ORG/ATHLETICS**

## HIGH SCHOOL 3V3 BASKETBALL

High school 3 v 3 Wednesday night league returns. The winter season starts mid-January. All games are played at the Broomfield Community Center. Register as an individual and request other individuals to form your team. Individuals without a team will be placed with others to build teams. 5 weeks of league play which includes an end of season tournament. Participant in the 3v3 leagues MAY NOT play on their high school basketball teams. For more information email

[athletics@broomfield.org](mailto:athletics@broomfield.org)

Age: 14-18

5340242

## CARA CROSS COUNTRY

Come join our CARA Youth Cross Country Team and gain experience with distance running in a fun, recreational environment. Participants are encouraged to be able to jog/run a minimum of 10 minutes continuously prior to the first practice. Throughout the program, participants have the opportunity to compete in meets on Saturdays or Sundays in mid-September through the mid-October. Fees include a team shirt, one or two practices each week at the Broomfield Commons, and access to Cross Country meets on the weekends. For more information, please contact [athletics@broomfield.org](mailto:athletics@broomfield.org)

Age: 7-15

5340216

## FALL YOUTH VOLLEYBALL

The Fall Youth Volleyball program is for boys and girls in grades 2<sup>nd</sup>-8<sup>th</sup> grades. The 2<sup>nd</sup>-4<sup>th</sup> grade program will meet for one hour on Wednesdays for 6 weeks. Practices/Games are a half hour practice followed by a half hour coach led scrimmage. The 5<sup>th</sup>-8<sup>th</sup> grade program will meet twice a week for one hour on Tuesdays and Thursdays. This is an eight week program. On Tuesdays the teams will practice and on Thursdays a hour coach led scrimmage will occur. Modified volleyballs and net height will be applied for each age division. **Volunteer coaches are needed.** For additional information email [athletics@broomfield.org](mailto:athletics@broomfield.org).

Age: 2<sup>nd</sup>-8<sup>th</sup> Grade

5340217

## ADULT MEN'S BASKETBALL

We would love for you to join our Tuesday Night Men's Basketball League (ages 18+). For the fall, teams will play a total of 8 weeks with the top 2 seeds playing for the league championship on week 9. These games are played at the Broomfield Community Center starting at 6:30 p.m. You can register your team for either the Upper (Competitive) or the Open (Recreation) league through your team account. You can also register as an individual player by selecting the "Free Agent Team" option. For more information about our men's basketball league, please email [athletics@broomfield.org](mailto:athletics@broomfield.org).

Age: 18+

5340220

## ADULT MEN'S 40+ BASKETBALL

Recreation adult men's league offered for those 40 years of age and older on Wednesday nights at the Broomfield Community Center, 280 Spader Way. The League is an 8 game season with playoffs. Please email [athletics@broomfield.org](mailto:athletics@broomfield.org)

Age: 40+

5340221

## ADULT WOMEN'S 3V3 BASKETBALL

Grab a couple of friends to play in our Monday night leagues. The fall season (8 games) starts in September. For more information email [athletics@broomfield.org](mailto:athletics@broomfield.org).

Age: 18+

5340222

## ADULT VOLLEYBALL

Gather a group of friends to play recreational volleyball! League play runs from September to December. Coed and Women's 6v6 leagues are offered. Tuesday Coed - 10 games + playoffs. Thursday Women's - 10 games + playoffs. For more information please email [athletics@broomfield.org](mailto:athletics@broomfield.org).

Age: 18+

Tuesday Coed 5340225

Thursday Women's 5340225

## FALL ADULT SOFTBALL

Gather a group of friends to play recreational softball! League play runs from August to October. Coed and Men's leagues are offered. For more information please email [athletics@broomfield.org](mailto:athletics@broomfield.org).

Sunday & Monday Men's:

8 games + Playoffs for Top 4 teams

Tuesday & Thursday Coed:

8 games + Playoffs for Top 4 teams

Age: 18+

Men's Softball 5340240

Coed Softball 5340224

## INTRO TO PICKLEBALL

We would love for you to join us and learn one of the fastest growing paddle sports in the country! In this 2-hour workshop, you will gain a basic understanding of the rules and how to keep score. Participants will also learn positioning on the court and the mechanics of basic shots; forehand, backhand, and volley. No equipment or prior experience playing is needed to join. For more information, please contact [athletics@broomfield.org](mailto:athletics@broomfield.org). **Prerequisites:** None. No equipment necessary.

Age: Age 16+

5340209

## BEGINNER PICKLEBALL LESSON

Come and join one of our beginner pickleball lessons! Beginner lessons are a great follow up to our Intro to Pickleball workshop. This class is best suited for players that have a basic understanding of the rules, scoring, and positioning on the court. Participants will practice their consistency with basic shots, including forehand, backhand, serve, and dink. For more information contact [athletics@broomfield.org](mailto:athletics@broomfield.org). **Prerequisites:** Intro to Pickleball Class or experience playing pickleball

Age: Age 16+

5340244

### PICKLEBALL MIXER

Are you looking to practice your beginner pickleball skills? Come join our Pickleball Mixer! Pickleball mixers are a fun way to meet other players while working on your game. The beginner pickleball mixer is a great option to practice skills learned in our beginner pickleball class. Each week, every player will play 4 to 6 games as we rotate players and teams. Come meet new players and practice your skills! For more information, please email us at [athletics@broomfield.org](mailto:athletics@broomfield.org).

**Age: Age 16+**  
5340243

### PICKLEBALL SKILL WORKSHOP

Each of our pickleball workshops will focus on one of the following skills - serving/returning serves, drop shots, backhand shots, and lob shots. In each 90 minute workshop, participants will receive focused instruction on a single skill with time to practice the mechanics with other players in the class. For more information, please contact us at [athletics@broomfield.org](mailto:athletics@broomfield.org).

**Age: Age 16+**  
5340227

### ADULT PICKLEBALL LEAGUES

We invite you to join our pickleball league. Each league will play for 5 weeks. The first four weeks, each team will play at least 2 matches in regular season play. The final week, each team will compete in a single elimination tournament to determine the league champion. The fee for this program is for a team, and not for each individual player. It is recommended that teams have at least 2 players and 1 substitute player. If you would like to participate in the league, but you don't have a partner, we can help. For more information or to seek information on joining a team, please contact [athletics@broomfield.org](mailto:athletics@broomfield.org).

**Age: 18+**  
5340247

### TGA JUNIOR GOLF

Youth Golf Camps and Classes!

#### JUNIOR GOLF FOR 5-8 YO

TGA Junior Golf is ideal for all players - from beginners to experienced junior golfers - and is designed to refine skill, achieve success, promote discovery through play and provide a pathway to Keep Playing! All classes are on Wednesdays at Paul Derda Recreation Center from 3:45-4:45pm for \$216/\$253. Please check [B-REx.com](https://www.broomfield.org/B-REx.com) for registration information!

**Age: 5-8.5**  
5340200

#### JUNIOR GOLF FOR 8-14 YO

TGA Junior Golf is ideal for all players - from beginners to experienced junior golfers - and is designed to refine skill, achieve success, promote discovery through play and provide a pathway to Keep Playing! All classes are on Wednesdays at Paul Derda Recreation Center from 5-6 pm for \$141/\$181. Please check [B-REx.com](https://www.broomfield.org/B-REx.com) for registration information!

**Age: 8.5-14**  
5340200

### SKATESTART

An opportunity for your skateboarder to learn the basics of skateboarding. Skateboarding programs and camps available! Please check [B-REx.com](https://www.broomfield.org/B-REx.com) for registration information or [skatestart.com](https://www.skatestart.com) for more program information!

**Age: 5-12**  
5340210

### NATE LOFTON BASKETBALL CAMP

The Nate Lofton Experience! A basketball camp that focuses on having fun, bullying prevention, and character development. Basketball is a tool to teach kids life skills! Players will walk away with basketball fundamentals, whether they are a beginner or an advanced player, and all campers will receive Nate Lofton basketball swag. The Basketball camp is led by professional basketball player, Nate Lofton, known for playing hoops around the world wearing the iconic red, white, and blue. Come out and see what the Nate Lofton Experience is all about!! Please check [B-REx.com](https://www.broomfield.org/B-REx.com) for registration information!

**Age: 6-12**  
5340253

### KIDNASTICS GYMNASTICS

Get ready for a journey of fun and fitness with your little one! Our Kidnastics program, designed for energetic explorers, is all about laughter, learning, and bonding with your little gymnast! Play and learn together! For more information please contact [gymnastics@broomfield.org](mailto:gymnastics@broomfield.org)

**Age: 18mo-3**  
5340302

### BOYS BEGINNING GYMNASTICS

Learn the basics on the parallel bars, mushroom, uneven bars, vault, and floor exercise. Build confidence with skills, discipline, and teamwork while making friends. Enroll today for flips, twirls, and endless smiles! For more information please contact [gymnastics@broomfield.org](mailto:gymnastics@broomfield.org)

**Age: 5-12**  
5340303

### TINY TUMBLERS GYMNASTICS

Discover gymnastics with trampolines, zipline, pit, and four exciting events. Enroll your child today for an adventure in tumbling and play! For more information please contact [gymnastics@broomfield.org](mailto:gymnastics@broomfield.org)

**Age: 3-5**  
5340306

### GIRLS BEGINNING GYMNASTICS

Learn the basics on the beam, uneven bars, vault, and floor exercise. Build confidence with skills, discipline, and teamwork while making friends. Enroll today for flips, twirls, and endless smiles!

**Age: 5-13**  
5340307

### GIRLS ADVANCED BEGINNING GYMNASTICS

Take your skills to the next level while preparing for Pre Team. Gymnasts must have mastered all the skills from the Beginners class to be eligible for this level. Enroll today and join the journey to gymnastics excellence!

Age: 5-12  
5340308

### GIRLS PRE TEAM GYMNASTICS

Leveling up is a blast! Set goals, stay positive, and have fun pushing your limits. Gymnasts must have all of the skills mastered from the Advanced Beginning class to be eligible for this level. Your path to the Broomfield Flyers Team. Join us and soar to success!

Age: 5-12  
5340309

### BROOMFIELD FLYERS TEAM GYMNASTICS

Gymnasts on the Flyers team practice on a year-round basis and compete with other recreational teams throughout the state. The main competitive season is May-July. Gymnasts must have approval to register for this level. Please contact [flyers-team@broomfield.org](mailto:flyers-team@broomfield.org) if you are interested in the Flyers team.

Age: 6-18

### PERSONAL FITNESS TRAINER

Personal trainers can improve strength, balance, fat loss, endurance, and recovery to get clients where they want to be. Trainers specializing in pelvic health, exercising with cancer, running, and athletic performance are available to provide expert guidance for specific needs. The first appointment consists of goal setting, program design, and a mini workout. Follow-up appointments are recommended to keep your body progressing toward your goals. Fill out the questionnaire below and you will be connected with a trainer that best meets your needs. 25% off for All Facility Pass Holders. Special pricing is available for small groups of three or more! Questions? Email [fitness@broomfield.org](mailto:fitness@broomfield.org)

	PRIVATE FEE	SEMI-PRIVATE FEE PER PERSON*
1 session	\$55	\$40
3 sessions	\$159	\$111
5 sessions	\$260	\$180
10 sessions	\$500	\$350

Read about our Personal Trainers online at

[Broomfieldrecreation.com!](http://Broomfieldrecreation.com!)

\*Both participants must attend to receive this rate.

Age: 11+

### MOVE 4 LIFE

Move 4 Life provides a quality exercise program customized for survivors of chronic health conditions including cancer, Parkinson's, Multiple Sclerosis, and Diabetes in a healthy and positive community environment. Uniquely tailored to each individual, offered in a supportive group class environment, this comprehensive program assists in your road to recovery physically, psychologically and emotionally.

The program is designed for survivors of chronic diseases at any stage, whether recently diagnosed, in treatment, or post recovery and is designed by a Certified Chronic Disease Exercise Specialist. Classes and private training are taught by Exercise Specialists who are trained in the handling of chronic conditions. This enables survivors to improve their overall health and functioning, regain stamina, and reduce, delay or avoid the onset of disease symptoms and dysfunctional movement patterns. The overall program included multiple different course offerings designed to meet a variety of fitness goals and preceded by a comprehensive fitness assessment and exercise prescription. Move 4 Life participants will begin with a comprehensive assessment and foundational screening delivered by a Certified Chronic Disease Exercise Specialist. The assessment will also include a follow-up private training session where a tailored, written exercise prescription will be delivered.

### WEIGHT ROOM ORIENTATION

Sign-up for an orientation and learn how to safely use the cardiovascular equipment and selectorized machines for a complete total body workout at either the Paul Derda Recreation Center or the Broomfield Community Center. During your 45-minute appointment, your individualized settings are determined and a total body workout is established for you to meet your fitness goals. Weight room orientation intake form available at the front desk or fill out the Personal Trainer Questionnaire online to be contacted to set up an appointment.

Age: 14+










Check out these fantastic fitness programs at a Broomfield Recreation Center!  
Visit [B-REX.com](http://B-REX.com) to see the latest schedule.

## YOUTH WEIGHT ROOM CERTIFICATION

Weight training for youth certification is given on cardiovascular equipment, cable machines and selectorized equipment. Taught by a Personal Trainer, each student learns their individual settings and proper form and technique. Upon successful completion, each student is certified to use the exercise equipment at PDRC and BCC during normal business hours after paying the daily drop-in fee. Available at NO CHARGE for 11-13 year olds with an All Facility Pass. Youth Weight Room certification intake form available at the front desk or fill out the Personal Trainer Questionnaire online to be contacted to set up an appointment.

**Age: 11-14**

## 5K TO 10K

Have you completed a 5K and are ready to train for a 10K? Do you want to improve your current 10K performance? This class provides structured workouts, expert coaching, and personalized tips to help you confidently cross the 10K finish line by boosting endurance, improving pace, and staying motivated with a supportive group. Runs will be outside, weather permitting. Child Watch is not available for this class.

**Age: 16+**  
5340401

## BOOT CAMP

Turn up the heat this fall with your fitness! Boot camp is a high intensity strength and cardio style workout led by a Personal Trainer that is sure to help you reach your fitness goals. You can customize the program by selecting one or two day a week options.

**Age: 16+**  
5340402

## FINDING WELLNESS

Finding Wellness is a four-week series of classes taught by a Personal Trainer for aging adults focusing on topics designed to promote healthy living by teaching you how to properly lift weights, improve your balance, eat healthier on a budget, and use a variety of fitness equipment.

**Age: 60+**  
5340431

## GIRL UP & GO!

This class focuses on introducing girls in grades 6-8 to a variety of fitness formats to increase their cardio endurance, overall strength and flexibility . . . in a FUN way! Taught by a Personal Trainer, each class will be different and include circuit training, partner and individual workouts, fitness games, cardio machines and track work using a wide variety of fitness tools! Come work out and make some new friends along the way! All fitness levels are welcome!

**Age: 10-13**  
5340403

## HOLIDAY MELTDOWN

Get yourself into a healthy habit and enjoy the holidays feeling fit in this six week challenge. Each week your Personal Trainer will design workouts to enhance your level of fitness through cardiovascular and strength training exercises.

**Age: 16+**  
5340418

## LES MILLS® LIMITED EDITION PROGRAMS

**LES MILLS STRENGTH DEVELOPMENT** is a new limited edition program that will be featured a few times throughout the year for anyone wanting to build their strength. The program heroes the essential elements of strength training, including slow and controlled movements, functional exercises and dynamic core training. It covers three strength training protocols over twelve weeks, meeting twice a week: Pure strength, Hypertrophy and Power + Athleticism. Participants can expect strength gains, increased power, and enhanced athleticism, keeping you strong and balanced.

**LES MILLS SHAPES** fuses Pilates, Barre and Power Yoga into a series of low impact strength based workouts over six weeks that sculpt and strengthen all areas of the body through small, controlled movements and repetition using only body, or very light, weight.

**Age: 16+**  
5340435

## STEP CHALLENGE

Get ready to move, compete, and have fun with the first annual Broomfield Step Challenge! Whether you're a casual walker or a dedicated step-counting pro, this is your chance to get active, move more, enjoy the benefits of walking, and win awesome prizes during this six-week step challenge.

**Age: ALL**  
5340404

## TRX BEGINNER SMALL GROUP

The TRX Suspension Trainer leverages gravity and your bodyweight to perform hundreds of exercises. This class will focus on the fundamentals of TRX allowing you to move on to an advanced class or do exercises on your own.

**Age: Age 16+**  
5340419

## TRX INT/ADV SMALL GROUP

The TRX Suspension Trainer leverages gravity and your bodyweight to perform hundreds of exercises. This class will focus on advanced TRX combinations. Participants should take the Beginner Small Group to learn the fundamentals.

**Age: 16+**  
5340420

## WEIGHT TRAINING FOR ACTIVE ADULTS

Instruction is given on weight machines and cardio equipment at the Paul Derda Recreation Center. Learn the appropriate settings and techniques for different exercises designed for your body and its changing needs. This course is taught by a Personal Trainer.

**Age: 50+**  
5340433

## WEIGHT TRAINING FOR WOMEN WORKSHOP

Do you want more information about weights, machines, and the myths surrounding exercise and women? This workshop is for you! Taught by a Personal Trainer, you will learn the appropriate settings and technique for different resistance exercises and learn how to develop an exercise program for you to meet your fitness goals.

**Age: 16+**  
5340424

## PELVIC FLOOR & CORE

This program is designed for moms who have dealt with incontinence (with running, jumping, sneezing), ab separation (diastasis recti), hip/back pain, or just still feel uncomfortable in your body after having a baby, no matter how long ago that was! This is a low-intensity Personal Trainer led program that will focus on your breathing and how to reconnect with your pelvic floor and core. You will learn how to properly breathe and engage different muscles in a way that allows your body to function the way it was meant to.

Age: 16+  
5340470

## POWDER PREP

Be ready for the slopes when the snow starts to fall with this ski and snowboard conditioning program. Workout with a personal trainer focusing on muscles activated while on the mountain so you can stay safe and have fun all season long!

Age: 16+  
5340473

## RENEGADE

Looking to take your training to a new level? Master barbells, kettlebells, sleds, and other fitness equipment in Renegade at Broomfield Community Center. Renegade is the perfect class to pack on muscle and shred body fat. Basic resistance training experience is recommended.

Age: 16+  
5340436

## NUTRITION COACHING

Are you ready to stop dieting and start living? Through individualized nutrition coaching, learn how to eat to meet your goals. Nutrition coaching is conducted by a dietitian or certified nutrition coach who is committed to helping clients make positive, sustainable changes in their relationship with nutrition and adopt a healthier lifestyle. 25% discount for All Facility and Insurance Pass Holders

### NUTRITION PACKAGE INCLUDES:

**INITIAL CONSULTATION:** Includes approximately one hour initial assessment and evaluation including body composition and measurements where goals are identified and a detailed plan of what steps are needed to get there. Clients will receive estimated calorie needs, macronutrient breakdown, meal/recipe ideas and grocery lists.

**FOLLOW-UP SESSIONS:** Includes two 30-minute follow up sessions to re-evaluate goals, fine tune meal plans, recheck body composition and limited email support between sessions. \$185 Res/\$200 Non-Res

Age: ALL

## NUTRITION SEMINARS

Nutrition seminars cover a variety of nutrition topics geared towards teens and adults and are taught by a dietitian. Go to [B-REx.com](http://B-REx.com) to see what specific seminars are offered.

Age: ALL  
5340407

## PILATES REFORMER FITNESS CLASS

Pilates Reformer classes are a safe, effective way to strengthen your core and build lean muscle while improving your posture and flexibility. Training on the reformer allows for a low impact workout to rebalance muscles around the joint, build core strength, and compliments other forms of fitness. Pilates emphasizes creating more efficient movement patterns while improving body awareness. Exercises can be modified to match each individual's fitness level. Pilates is for everyone! The Pilates Reformer Intro Series is required prior to joining a group class.

Age: 16+  
5440456

## PILATES REFORMER PRIVATE OR SEMI PRIVATE

Have a Pilates Reformer instructor lead you through exercises on the Reformer to isolate more muscles than in mat classes. It is also great for injury recovery and low impact workouts. 25% off for Facility Pass Holders.

### PRIVATE FEE SEMI-PRIVATE FEE PER PERSON\*

1 session	\$55	\$40
3 sessions	\$159	\$111
5 sessions	\$260	\$180
10 sessions	\$500	\$350

Age: 16+

\*Both participants must attend to receive this rate.

## MASSAGE THERAPY

Relieve Stress and Pain! Many athletes use massage therapy as a means of preventing and/or healing sports injuries. Swedish, Deep Tissue and Sports Massage are common therapies that will aid your recovery. They help flush out exercise by-products that cause muscle stiffness and soreness, improve circulation and range of motion, relieve spasms, restore suppleness, and can identify tender areas before they develop into injuries. Regularly scheduled massages help to improve range of motion, and prevent injuries to muscles and tendons, boost energy and endurance, promote endorphin release, thereby reducing pain caused by constricting muscle fibers. Fees are payable at the time of booking. Gratuities are not included.

**JENNIFER CORRIGAN** is a certified massage therapist who graduated from the Boulder College of Massage Therapy (BCMT) in 1994. Jennifer has been a professional massage therapist since 1995 specializing in Neuromuscular, Deep Tissue, Sports Massage, Swedish and Reflexology.

**ELISSA ROBINSON** is a licensed massage therapist who graduated from the Baltimore College of Massage in 2017. Elissa specializes in Deep Tissue, Sports, Swedish, Prenatal and Postpartum massage.

FEES:	NON PASS HOLDER	PASS HOLDER	SENIOR
60 minutes	\$70	\$60	\$50
90 minutes	\$90	\$80	\$65

### JOIN GROUP FITNESS CLASSES TODAY!

Fitness classes run on a year-round basis. You do not have to wait to join a fitness class. Purchase a Recreation Pass or pay and try all the classes. Ages 12-15 year olds are welcome to join with an adult (18 years and older) or 16 years and older. Fitness class schedules change on a regular basis to meet community needs. Latest schedules are available on [BroomfieldRecreation.com](http://BroomfieldRecreation.com).

How do I get a spot in class?  
Reserve your spot at [B-REx.com](http://B-REx.com).

#### BARRE FUSION FITNESS CLASS

Barre Fusion develops strength, flexibility and endurance while burning calories. This workout will shape and elongate your muscles using props with a combination of high intensity sequences of thigh, butt and core exercises at the barre as well as on the floor.

Age: 16+  
5440445

#### CORE & STRETCH FITNESS CLASS

Build core strength through exercises targeting your abdominal, back, hamstring and glute muscles followed by a full body stretch that will help reduce tension, soreness and improve range of motion.

Age: 16+  
5440447

#### DANCE JAM FITNESS CLASS

Come join the dance party! Learn new choreography to pop, hip hop, and classic party hits. Each month has new routines to challenge your mind and body. There are routines for all ages and skill sets, so try it out!

Age: 16+  
5440477

#### HIIT/ CIRCUIT FITNESS CLASS

Work at your maximum potential through quick, intense bursts of exercise, followed by short active recovery periods. HIIT workouts build cardiovascular fitness while improving strength, building lean muscle and maximizing calorie burn during and after the workout.

Age: 16+  
5440465

#### HULA FITNESS CLASS

Hula Fitness is a low-impact class using authentic hula steps and hand movements. Let the island music inspire you to move, smile, and sweat. It's time for your inner hula dancer to shine.

Age: 16+  
5440446

#### LES MILLS BODYPUMP® FITNESS CLASS

LES MILLS BODYPUMP is a scientifically-backed barbell workout using light to moderate weights and high reps to build strength and get you fit - fast. Using a LES MILLS SMARTBAR and SMARTSTEP, you'll work all your major muscles as you increase aerobic fitness and build strength. The encouragement, motivation, and great music you get in a BODYPUMP class will leave you feeling energized, confident and powerful, while getting you fitter, faster.

Age: 16+  
5440451

#### LES MILLS BODYSTEP® FITNESS CLASS

LES MILLS BODYSTEP is an exhilarating, and fun full-body step workout that will leave you feeling strong, agile and inspired. Using a combination of bodyweight, functional bench and optional weight-plate exercises, you will challenge your muscles, develop coordination and improve your cardio fitness. The height-adjustable steps and options coached by your instructor make this workout perfect for all fitness levels, and the uplifting music will inspire you to push your personal limits.

Age: 16+  
5440452

#### LES MILLS TONE® FITNESS CLASS

LES MILLS TONE is the optimal mix of strength, cardio and core training. With options for every fitness level, it's an inclusive workout that's guaranteed to make you feel welcome, successful and supported.

Age: 16+  
5440453

#### MOVE IT, IMPROVE IT FOR PARKINSON'S DISEASE

This research-based exercise program, taught by a certified therapist, uses the principles of Exercise for Brain Change and Multitask Training to fight the effects of Parkinson's Disease on posture, balance, coordination, voice, attention span, mood and fatigue. Laughter and fun are included in every class!

Age: ALL (18 and Younger Need Adult)  
5440469

#### NON-CONTACT BOXING MIX FITNESS CLASS

This class will have you throwing jabs and combinations while mastering footwork and body position. Come prepared to work cardio, strength and core; leave heart healthier, stronger and functionally fit.

Age: 16+  
5440467

### PRENATAL *Yoga Series*

This six-week prenatal yoga series will help you ease anxiety, relieve pregnancy discomforts, and prepare your body and mind for birth. Each class combines mindful movement, breathwork, and relaxation techniques to strengthen your body, soothe tension, and deepen your connection with your baby. You will leave each session feeling more balanced, calm, and confident as you build the tools you need for a positive birth experience. No prior yoga experience needed-just come ready to nurture yourself and your growing baby!

Schedule at  
[B-REx.com](http://B-REx.com)



**PILATES MATWORK FITNESS CLASS**

Pilates offers a system of conditioning to develop lean, well-toned muscles, balance, strength and flexibility, improved posture and concentration and an overall sense of well-being. When you finish a Pilates workout, you feel refreshed, invigorated and energized.

**Age: 16+**  
5440455

**SHINE® FITNESS CLASS**

SHiNE®-dance fitness program rooted in hip hop, jazz and ballet that provides a balance of high cardio and toning to provide a full-body, mood lifting workout. Prepare to party!

**Age: 16+**  
5440478

**SILVERSNEAKERS® FITNESS CLASS**

**SilverSneakers Circuit:** A non-impact cardiovascular conditioning class presented in a circuit format with alternating resistance tool work and aerobic conditioning choreography.

**SilverSneakers Classic:** Exercises include work for all major and minor muscle groups addressing strength, flexibility, muscular endurance, balance, coordination, agility, speed & power.

**Age: 16+**  
5440458

**SPIN®, YOGA & SCULPT FITNESS CLASS**

Now you do not have to decide between cardio and strength training, you can do both! Experience Spinning followed by strength training using traditional yoga poses with hand weights in this one hour class.

**Age: 16+**  
5440460

**SPINNING® FITNESS CLASS**

Spin®: An indoor stationary bike class set to music that is fun and energizing for all fitness levels. Instructors create a ride that can be modified by each participant to get the level of challenge they desire that day, whether they are a first-time or seasoned rider. Remember - you never forget how to ride a bike! First-time riders should arrive 5-10 minutes early for instruction on proper bike set-up.

**Age: 16+**  
5440461

**TRACK & CORE FITNESS CLASS**

Trying to improve your cardiovascular fitness? Need to build a stronger core? This class is for you! Focus on walking or running intervals on the track with core focused circuits in between laps.

**Age: 16+**  
5440468

**TRAIN LIKE A PRO FITNESS CLASS**

Designed to push you to the edge of your comfort level! High intensity intervals - strength, sprints, plyometric, core work, etc! .NOT FOR THE BEGINNER!

**Age: 16+**  
5440463

**ULTIMATE FITNESS FITNESS CLASS**

Get the most out of your workout! This class works between intervals of cardio and strength to give you a total body workout.

**Age: 16+**  
5440464

**TAI CHI FITNESS CLASS**

Taijiquan(Tai Chi) is a Chinese exercise and martial art for the body, mind and spirit. Practiced in a slow, relaxed manner that cultivates bodily alignment and a sense of calm. It improves balance, coordination, circulation and muscle tone. Cheng Man-ch'ing's Yang Short Form via Ben Lo's lineage is taught

**BEGINNING TAI CHI**

All levels are welcome. This class focuses on basics, including the first third of Cheng Man-ch'ing's Yang Short Form.

**FORM & APPLICATION**

All levels are welcome. Focuses on the first third of Cheng Man-ch'ing's Yang Short Form and applications for each move along with push hands activities. Other internal martial arts concepts will be explored for cultivating mental clarity, physical strength and overall well-being.

**CONTINUING TAI CHI**

Open for those participants that have already learned the first third of Cheng Man-ch'ing's Yang Short Form. This class focuses on the full form and advanced practices such as push hands (mild sparring) and weapons forms.

**TAI CHI WAKE-UP:** Begin your day with this harmonious blend of Qi Gong and Tai Chi, two ancient disciplines renowned for their ability to cultivate inner tranquility and physical vitality. Led by an experienced Tai Chi instructor, this invigorating class is suitable for all levels. Explore the relaxed, graceful movements of Cheng Man-ch'ing's Yang Short Form, guided step by step with gentle precision. Each session commences with rejuvenating, slow and meditative Qi Gong exercises crafted to enhance strength, flexibility, posture, and balance, setting the stage for a day filled with centeredness and calmness.

**Age: 16+**  
5440462

**ZUMBA® FITNESS CLASS**

A latin influenced dance style class that combines high energy moves and dance combinations that are designed to make your workout fun and make you feel great! No dance experience required.

**Age: 16+**  
5440479

### JAZZERCISE® FITNESS CLASS

Want that look good, feel great confidence? We've got you. Our instructors are expertly trained to mix in new moves with hit music so classes are always different, keeping your workouts fresh and challenging. Ongoing training programs ensure that instructors master our method, which fuses cardio, resistance training, yoga, Pilates, kickboxing and modern dance. Plus we offer other formats for the variety you need to stay motivated and break through plateaus. Questions can be answered at the first class or contact Cheryl Reeder at 303-748-3744 or [jazzercise@reeder.com](mailto:jazzercise@reeder.com). Class payment is made directly to the Jazzercise instructor.

**Age: 16+**

### SHINKENDO

Shinkendo is a Japanese swordsmanship art that teaches the practical application of the samurai sword (katana). Students will learn the safe handling and use of the katana in areas such as swinging drills, solo forms and paired sparring. Classes are on-going so the best time to begin training is now! Due to the nature of our training students below the age of 18 will not be admitted. The first two sessions are free of charge; come see if Shinkendo is right for you! No equipment is necessary to begin. Simply arrive in comfortable workout clothes and we will discuss the uniform if you are interested in studying. A practice sword can also be provided until you are able to get your own. Please contact Tony Ferguson at 402-990-4626 or at [trferguson001@gmail.com](mailto:trferguson001@gmail.com) if you have any questions

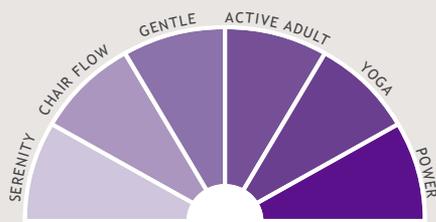
**Ages: 18+**

Cost: \$50/Monthly Unlimited

### YOGA FITNESS CLASSES

All yoga classes are multi-levelled classes. Some advanced exercises may be introduced in attempt to challenge all participants. Please work at a level that is comfortable for you. Participants are encouraged to ask questions of their instructors regarding specific moves that are demonstrated. Classes included with All Facility Recreation Passes.

**Age: 16+**



### SERENITY

Treat yourself to this yoga practice which focuses on providing a sense of calm, well being and renewal. Class starts seated in a chair and progresses into standing with optional support of the chair. Serenity yoga is available to everyone regardless of the body's abilities. This class does not lay or sit on the floor.

**Age: 16+**

5440470

### CHAIR FLOW

This class is designed to introduce the basic yoga postures from a seated position to gradually introduce body awareness and posture. During standing postures, the chair is utilized as a prop to allow the body ease and comfort while working with alignment to increase strength and flexibility. This class does not lay or sit on the floor.

### GENTLE

This class explores standing, seated and lying down poses in a gentle, unhurried way. Come as you are; self-acceptance is the first step. This class is appropriate for those working through injury, limited mobility, or who prefer a softer, gentler approach to yoga. A chair may be used in some classes.

### ACTIVE ADULT

This practice will integrate the strength, balance and flexibility of yoga along with breathing exercises to achieve harmony between body and mind, as well as stress relief. Each class will be a journey through a physical and mental balance that can be tailored to individual needs through modifications, including the use of a chair for support, if needed.

### YOGA

In this class the basic, foundational yoga postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated to promote balance through the nervous system and allow for a sense of peace and relaxation. This class is appropriate for all levels.

### POWER

Build strength and tone your whole body as you move through a variety of poses while connecting with your breath while increasing your heart rate. You will leave feeling powerful, strong and ready for anything. This is the most challenging yoga practice in our facilities.

### ACTIVE ADULT YOGA WORKSHOP

Work with a yoga instructor in a small group to focus on the primary poses used in yoga class. Whether you have been attending for years or are new to your yoga practice, you will benefit from the workshop.

**Age: 50+**

5340415

### ASHTANGA YOGA SPECIALTY CLASS

The Ashtanga Yoga Primary Series, also known as Yoga Chikitsa or "yoga therapy," is a fundamental sequence of poses that is designed to build strength and flexibility, and to open the body gradually. All postures of the primary series of Ashtanga Primary Series will be practiced in this two hour specialty class. The series includes a set of poses that are practiced in a specific order, starting with sun salutations, standing poses, and seated poses, and ending with a set of finishing postures. The deep breathing technique, Ujjayi, to create heat in the body is used throughout the series.

**Age: 16+**

5340416

### YOGA NIDRA SPECIALTY CLASS

Yoga Nidra is a practice of non-doing or deep resting meditation. This systematic method of deep relaxation offers complete physical, mental and emotional relaxation. Some benefits of the practice include a decrease in stress, anxiety, depression and insomnia. Aimed to balance subtle energies in the body and remove blockages, it may also help manage chronic pain, chronic stress and promote an overall sense of well-being. Participants are encouraged to bring their own blankets, pillows or any items of comfort for a deep rest. Offered monthly.

Age: 16+  
5340421

### SOMATIC YOGA MOVEMENT SPECIALTY CLASS

A transformative class blending Kundalini yoga, Somatic movement, breath work, meditation and chanting to invite you to a deeper connection with your body and shift your consciousness. Offered monthly.

Age: 16+  
5340423

### YIN YOGA SPECIALTY CLASS

This monthly class consists of a series of long-held, passive poses to target the connective tissues rather than focusing on the muscles. It is slower-paced and more meditative than a traditional yoga class. Offered monthly.

Age: 16+  
5340417

### PRENATAL YOGA SERIES

This six-week prenatal yoga series will help you ease anxiety, relieve pregnancy discomforts, and prepare your body and mind for birth. Each class combines mindful movement, breathwork, and relaxation techniques to strengthen your body, soothe tension, and deepen your connection with your baby. You will leave each session feeling more balanced, calm, and confident as you build the tools you need for a positive birth experience. No prior yoga experience needed-just come ready to nurture yourself and your growing baby!

Age: 16+  
5340412

### AMAZING ATHLETES

In Amazing Athletes kids will learn the fundamentals of 10 different sports, 6 key areas of gross-motor development and an introduction to nutrition & muscle terminology.

#### AMAZING TOTS

Classes are all at Paul Derda Recreation Center on Tuesdays from 11:30 am-12 pm for \$60/\$72. Please check [B-REx.com](http://B-REx.com) for registration information!

Age: 1.5-2.5  
5340480

#### AMAZING ATHLETES

Classes are all at Paul Derda Recreation Center on Tuesdays from 10:30-11:15 am for \$65/\$78. Please check [B-REx.com](http://B-REx.com) for registration information!

Age: 3-6  
5340480

## RESERVE SPACE FOR YOUR Event, Meeting or Party!

Planning a wedding, birthday, retirement, professional event, or celebration of life?

The Broomfield Community Center (BCC) and Paul Derda Recreation Center (PDRC) are excellent choices for your next event, no matter how large or small. These community-centered buildings offer casual multi-purpose rooms, formal meeting rooms, and elaborate banquet rooms under one roof.

#### RESERVATION INFORMATION IS ONLINE

Rent a room or space for your next party, meeting, show, or event online! Visit [B-REx.com](http://B-REx.com) and click the "Reserve" menu item, then the facility type you want to reserve to check availability and request your reservation.



Party Room at PDRC



Lakeshore Room at BCC

### TAEKWONDO

This class offers superior martial arts instruction in Taekwondo. International Taekwondo federation certified Grand Master and Master instructors teach all aspects of Taekwondo (basic movement, patterns, sparring, self-defense, and breaking) for all levels, white to 8<sup>th</sup> degree black belt. Registration and participation fees are due on the first day of class. Late registrations welcome but prorated by half months only! More information and registration at [info@trinitytkd.org](mailto:info@trinitytkd.org) or [trinityTKD.org](http://trinityTKD.org). Payable by check, credit card, cash, or Venmo to Trinity TaeKwon-Do. Please call 303-507-5000 for dues, fees, or additional information. Start now and begin the path to become a Black Belt! Please check [B-REx.com](http://B-REx.com) for registration information!

#### TAEKWONDO: BEGINNER (WHITE AND YELLOW BELT CLASS)

This class is focused on helping kids grow through martial arts training in a family-oriented environment. Kids learn that no task is too difficult and are encouraged in their successes and challenges. Please check [B-REx.com](http://B-REx.com) for registration information!

**Age: 5+**  
5440481

#### TAEKWONDO: INTERMEDIATE (GREEN AND BLUE BELT CLASS)

This class offers superior martial arts instruction in Taekwondo. International Taekwon-Do Federation certified Grand Master and Master Instructors teach all aspects of Taekwondo (basic movement, patterns, sparring, self-defense, and breaking). Please check [B-REx.com](http://B-REx.com) for registration information!

**Age: 12+**  
5440483

#### TAEKWONDO: ADVANCED (RED BELT AND ABOVE CLASS)

This class offers superior martial arts instruction in Taekwondo. Students develop and harness their inner strength through rigorous, disciplined and fast-paced classes focused on stretching, physical conditioning, and technique (i.e. kicks, punches, strikes and blocks.) International Taekwon-Do Federation certified Grandmaster and Master Instructors teach all aspects of Taekwondo (basic movement, patterns, sparring, self-defense, and breaking) for all levels, white to black belt. Start now and begin the path to become a Black Belt! Please check [B-REx.com](http://B-REx.com) for registration information!

**Age: 12+**  
5440482

### ACTIVE ADULT FITNESS ASSESSMENTS

This is an opportunity to receive an overall "snapshot" of your fitness status. Participate in five different exercises to test muscular strength, flexibility, body composition, balance and power. When completed, you will have a better understanding of your physical stamina and where to improve. Fitness Assessment is FREE to insurance reimbursement programs.

**Age: 60+**  
Wed Jun 18 PDRC 1-2:30 pm \$8/\$14 5340816-A  
Wed Aug 20 PDRC 1-2:30 pm \$8/\$14 5340816-B

### ACTIVE ADULT FITNESS ORIENTATION

Join a guided tour through PDRC and/or BCC to learn how to use the cardio and nine pieces of selectorized equipment for a complete total body workout.

**Age: 60+**  
Wed Sep 17 PDRC 12-1 pm FREE 5340817-A  
Wed Sep 17 BCC 1:30-2:30 pm FREE 5340817-B

### ACTIVE ADULT NEW MEMBER MEETING

Meet your Active Adult Advisor and learn all about the many benefits of Insurance Plan fitness membership and the fitness classes offered. Registration is limited to members with qualifying insurance plans. Registration prior to arrival is required. Drop-ins not accepted. For more information, Contact Kim at 303-464-5536.

**Age: 18+**  
Wed Sep 10 BCC 1-2 pm 5340819-A  
Wed Oct 1 PDRC 11 am-12 pm 5340819-B  
Wed Nov 12 BCC 1-2 pm 5340819-C  
Wed Dec 3 PDRC 11 am-12 pm 5340819-D

### DEMENTIA CAREGIVER SUPPORT GROUP



This group is for family, friends, and caregivers of someone with Alzheimer's disease or another form of dementia. Facilitated by an Alzheimer's Association staff member, this is a safe place to share concerns, receive support and learn about coping techniques and tips. No registration required. Meets the 3<sup>rd</sup> Tuesday of every month. For additional information, call Meghan Donahue at 303-813-1669 x 9642.

**Age: 21+**  
3<sup>rd</sup> Tue BCC 10-11:30 am

### GRIEF SUPPORT GROUP



This group offers support to those who have experienced the death of a family member, friend or someone important to them. This is a safe place to find and offer support to others experiencing the many aspects of grief. Meets the 2<sup>nd</sup> and 4<sup>th</sup> Monday of every month. Before attending, please call 720-325-2987 or email [griefsupport@vnacolorado.org](mailto:griefsupport@vnacolorado.org)

**Age: 21+**  
2<sup>nd</sup> & 4<sup>th</sup> Mon BCC 10:30 am-12 pm

### LOW VISION PEER AND TECHNOLOGY SUPPORT GROUP



This support group offers low vision education, information on current research and treatment, skill training, and resources including technology devices for any type of low vision. Caregivers and family of those with low vision are welcome to attend. Facilitated by a staff member from Center for People with Disabilities (CPWD). No registration required. Meets the 2<sup>nd</sup> Tuesday of every month. PLEASE NOTE - the group will meet quarterly in-person (Jan. 14, April 8, July 8, and Oct. 14). The rest of the dates will be held online virtually. For more information, call Darcy McLean at 720-340-2088.

**Age: 21+**  
2<sup>nd</sup> Tue BCC or Virtual 1:30-2:30 pm

### PARKINSON'S SUPPORT GROUP

This group is for those with Parkinson's Disease and their Carepartners. Members share their personal experiences and offer mutual support. Guest speakers are also brought in to talk about the disease and resources available. Meets the 1<sup>st</sup> Tuesday of every month. No registration required. Facilitated by Paula Kopperud, [pjkopperud@gmail.com](mailto:pjkopperud@gmail.com), 303-460-9319 and JoAnne Weed, [jweed514@yahoo.com](mailto:jweed514@yahoo.com).

Age: 21+  
1<sup>st</sup> Tue BCC 10:30 am-12 pm

### PARKINSON'S CAREPARTNERS SUPPORT GROUP

This support group provides emotional support for the Carepartner and family of those with Parkinson's Disease. Meets monthly on the first Friday of the month. No registration required. For more information call or email Paula Kopperud at [pjkopperud@gmail.com](mailto:pjkopperud@gmail.com), 303-460-9319 or JoAnne Weed at [jweed514@yahoo.com](mailto:jweed514@yahoo.com).

Age: 21+  
1<sup>st</sup> Fri BCC 10:30 am-12 pm

### OLOC (OLD LESBIANS ORGANIZING FOR CHANGE) SUPPORT GROUP

OLOC provides lesbians (age 55+) the chance to meet like-minded women in the common struggle to confront ageism, share mutual interests, and experience the joy and warmth of playing and working together. The meetings take place over lunch. For more information, email [olocincolorado@comcast.net](mailto:olocincolorado@comcast.net).

Age: 55+  
2<sup>nd</sup> Sat BCC 12-3 pm

### MEDICAL FOOT CARE WITH CVNA

Services are provided by Colorado Visiting Nurses Association. For more information or to schedule an appointment, please call Jana Stone at 720-392-6761. Cost is \$55. Checks and debit/credit cards are the only forms of payment accepted. Checks are to be made out to CVNA. Financial assistance is available for those who qualify.

Age: 55+  
3<sup>rd</sup> Tue BCC 8 am-5 pm

### HEARING CLINIC

This clinic is free and provided by Family Hearing at the BCC. Services include hearing screenings, device maintenance, and repairs. For additional information on services provided and to schedule an appointment, call Family Hearing at 303-465-4327.

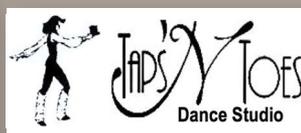
Age: 21+  
4<sup>th</sup> Tue BCC 1-2:30 pm

### MPH PERFORMANCE CONSULTING

Mental performance consulting is a way participants involved in sport or exercise can consult with a sport and exercise psychology professional about their individual experiences. Based on a participants' goals with exercise, they might need that one, small push to hit a PR, to get into the gym more often, or to create a new and positive relationship with exercise. Mental performance can help participants with those situations and more! Individual, group, team, and parents mental performance consultations available!

Age: 6+  
5240700

BROOMFIELD IS *Proud*  
TO *Partner* WITH



**LAKESHORE LUNCH: OKTOBERFEST LUNCH**

Autumn is here and it's time to think of celebrations, especially when they have great German food! Come enjoy the entertainment, delicious food and drink. **Pre-registration is required.** Cancellations made after Sept. 25 will result in no credit/refund.

**Age: ALL**  
 Fri Sep 26 BCC 12-1 pm \$6/\$7.50 5380909-A

**LAKESHORE LUNCH: HOLIDAY LUNCH**

Celebrate the season with a delicious traditional holiday meal of Glazed Ham, Sweet Potato Casserole, Green Beans, Cranberry & Almond Green Salad and Holiday Cheesecake. Entertainment provided. This is one lunch you don't want to miss! **Pre-registration is required.** Cancellations made after Dec. 18 will result in no credit/refund.

**Age: ALL**  
 Fri Dec 19 BCC 12-1 pm \$6/\$7.50 5380910-A

**LAKESHORE LUNCH: THANKSGIVING**

Come to Lakeshore Café for a wonderful Thanksgiving lunch complete with turkey, stuffing, mashed potatoes and pumpkin pie! This is one lunch you don't want to miss. **Pre-registration is required.** Cancellations made after Nov. 19 will result in no credit/refund.

**Age: ALL**  
 Thu Nov 20 BCC 12-1 pm \$6/\$7.50 5380911-A

**LAKESHORE LUNCH: PART 2 THANKSGIVING**

Come to Lakeshore Cafe for a wonderful southern style Thanksgiving lunch complete with turkey, cornbread stuffing, mac & cheese and pecan pie! This is one lunch you don't want to miss. **Pre-registration is required.** Cancellations made after Nov. 20 will result in no credit/refund.

**Age: ALL**  
 Fri Nov 21 BCC 12-1 pm \$6/\$7.50 5380912-A

**LAKESHORE LUNCH: VETERANS APPRECIATION**

Join in honoring veterans for this special luncheon. **Pre-registration is required.** Cancellations made after Nov. 7 will result in no credit/refund.

**Age: ALL**  
 Mon Nov 10 BCC 12-1 pm \$6/\$7.50 5380913-A

**LAKESHORE LUNCH: HALLOWEEN LUNCH**

Wear your wacky and spooky best, and enjoy a fun and delicious lunch including entertainment. **Pre-registration is required.** Cancellations made after October 30 will result in no credit/refund.

**Age: ALL**  
 Fri Oct 31 BCC 12-1 pm \$6/\$7.50 5380914-A

**HEALTHY HEARTS LUNCH**

Healthy Hearts Lunches are the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of every month. Senior nutrition and wellness information is given while enjoying a heart-healthy lunch. Sponsored by Senior Resources of Broomfield, Inc. (SRB) on the 1<sup>st</sup> Wednesday of the month and sponsored by Adara Living on the 3<sup>rd</sup> Wednesday of the month. Please call 303-464-5526 for more information.

**Age: ALL**  
 Wed BCC 12-1 pm \$2.25/\$4.50/\$5 5480997-A

**DAILY LAKESHORE LUNCH**

A delicious hot lunch is served Monday-Friday. Reservations are required and must be received by 4 pm the previous business day. Financial assistance is available for those who qualify thanks to the SRB Support Fund. Menus available at: [BroomfieldSeniors.com](http://BroomfieldSeniors.com)

**Age: 16+**  
 M-F BCC 12-1 pm \$4.50/\$5 5480999-A

**AMERICAN RED CROSS ADULT AND PEDIATRIC FIRST AID/CPR/AED - NON PROFESSIONAL LEVEL**

This course teaches adult, child, and infant CPR. Other skills taught include use of the AED as well as first aid. Participants learn how to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. Upon successful completion of the course learners will receive a 2-year Adult and Pediatric First Aid/CPR/AED certification.

**Age: 13+**  
 Thu May 15 BCC 4:30-6:45 pm \$65/\$75 546123-4S  
 Sat Jun 7 BCC 1-3:15 pm \$65/\$75 546123-6S

*Nature* PROGRAM

Get outside with Broomfield's Nature Program! Explore open spaces at Family Sunset Nature Walks or learn more about nature with your little ones at Preschool Morning Nature Walks. Nature Walks are free to attend.

Learn more at [Broomfield.org/OpenSpaceEvents](http://Broomfield.org/OpenSpaceEvents)





# CREATIVE BROOMFIELD

Cultural activities for all ages

MUSIC AND DANCE

## KINDERMUSIK

### LEVEL 1

Kindermusik Level 1 classes allow young toddlers to explore new movements, objects, and words, while grownups discover how to create better daily routines with music. Our free app supports streaming class music from anywhere. Note: Tagalong siblings are not permitted in class.

Age: 9-23m

Thu Sep 11-Nov 7 BCC 9:15-10 am \$125/\$155 5342001-A

### LEVEL 2

Kindermusik Level 2 classes are all about exploring creativity and enhancing cognitive development through singing, dancing, and instrumental play, while grownups learn how to help unpack big emotions with music. Our free app supports streaming class music from anywhere. Note: Tagalong siblings are not permitted in class; siblings 9 months+ may be enrolled at a sibling rate.

Age: 2-3.5

Thu Sep 11-Nov 7 BCC 10:15-11 am \$125/\$155 5342001-B

### HOLIDAY PLAYDATE

Surrounded by the sounds of the season, this is the perfect opportunity to come and see what Kindermusik is all about. As we tell the story of "The Night Before Christmas," we'll jingle along with "Jingle Bells," clip-clop our horses "Over the River and Through the Woods," march out our "Joy to the World" and rock to "Silent Night." You'll even take home a Holiday mp3 album to enjoy for the holidays!

Age: 1.5-3.5

Thu Dec 18 BCC 10:15-11 am \$15/\$20 5342001-C

## TAPS 'N TOES

Youth Dance Classes! All classes are at Broomfield Community Center for \$110/\$132. If you have any questions please contact Taps 'N Toes at 303-460-0658 or [tapsntoesdancestudio@gmail.com](mailto:tapsntoesdancestudio@gmail.com). Check [B-REx.com](http://B-REx.com) for registration information! Remember, dance is for everyone!

### TAP, BALLET & JAZZ

This class is designed for dancers who want to learn to dance tap, ballet and jazz. We dance to Disney-type classics, fun oldies, and cute jazz numbers.

Age: 3-4

Mon Sep 8-Oct 20 4:15-5 pm 5342101-A

Wed Sep 3-Oct 15 4:15-5 pm 5342101-B

Mon Oct 27-Dec 15 4:15-5 pm 5342101-C

Wed Oct 29-Dec 17 4:15-5 pm 5342101-D

Age: 5-7

Mon Sep 8-Oct 20 5:5-5:45 pm 5342101-E

Mon Oct 27-Dec 15 5:5-5:45 pm 5342101-D

### JAZZ, POMS & HIP HOP

This class is designed for dancers who want to learn jazz hip-hop and poms. Come and learn moves from your favorite TV shows, use fluffy poms, and dance to your favorite radio hits!

Age: 5-7

Wed Sep 3-Oct 15 5:5-5:45 pm 5342101-F

Wed Oct 29-Dec 17 5:5-5:45 pm 5342101-G

### HIP HOP & JAZZ

Come and learn some cool hip hop moves! Dance the fun steps you see on TV and videos! We dance to radio hits and trendy old school tunes.

Age: 5-7

Fri Sep 5-Oct 17 5:15-6 pm 5342101-H

Fri Oct 24-Dec 19 5:15-6 pm 5342101-I

Age: 8-11

Fri Sep 5-Oct 17 6:6-6:45 pm 5342101-J

Fri Oct 24-Dec 19 6:6-6:45 pm 5342101-K

**BATON TWIRLING**

Baton Twirling is an artistic and aerobic sport that combines dance and acro skills, while manipulating one, two, or three batons. Come learn something new and fun by signing up for the fundamentals and basics classes.

**TWIRLING FUNDAMENTALS**

Get ready to level up your twirl! This 6-week intermediate baton twirling class is designed for students who have completed Baton Basics and are ready for more advanced skills. Led by world silver medalist and certified USTA Coach Kirsandra Welshimer, you'll sharpen your technique, learn exciting new tricks and choreography, and take your performance to the next level—all while having fun with baton games and a brand-new routine! Please check [B-REx.com](http://B-REx.com) for registration information!

**Age: 5-18**

**TWIRLING BASICS**

Get ready to spin, twirl, and shine! Baton twirling is a high-energy sport that mixes dance, acro moves, and the art of twirling one, two, or even three batons. In this exciting 6-week class, you'll learn the basics from world silver medalist and certified USTA Coach Kirsandra Welshimer—plus you'll master fun tricks, perform a class routine, and play baton games! Please check [B-REx.com](http://B-REx.com) for registration information!

**Age: 5-18**

**ADULT BATON TWIRLING**

Ready to try something new, fun, and fabulous? Baton twirling is a high-energy sport that blends dance, acro moves, and the art of twirling one, two, or even three batons. In this upbeat 6-week class for adults, you'll learn the basics from world silver medalist and certified USTA Coach Kirsandra Welshimer while picking up fun tricks, a group routine, and playful baton activities in a supportive, no-pressure environment. Please check [B-REx.com](http://B-REx.com) for registration information!

**Age: 18+**

**COUPLES DANCING**

Adult couples dancing classes!

**Age: 18+**

**ADULT BALLROOM**

Come for the fun! Foxtrot, Swing Rumba and Cha Cha. Couples only. Wear leather soled shoes. Sneakers don't slide. Have a great time dancing with your partner! 8 week session. \*Payment is per couple\*

Fri Sep 5-Nov 7 BCC 6-7 pm \$158/\$216 5342103-A

**ADULT BALLET**

Please wear ballet shoes and dress to your comfort level. Beginning Adult ballet is fun for all. \*Payment is per couple\*

Tue Sep 2-Dec 16 BCC 1:15-2 pm \$260/\$312 5342103-B

**FALLPALOOZA COUNTRY/WESTERN SENIOR DANCE**

Grab your cowboy boots and head down to the rowdiest night of the season! We're bringing the honky-tonk heat to Fallpalooza with a full-blown country/western dance. Live music, line dancing, cold drinks, and plenty of plaid. This is your chance to kick up some dust and show off your two-step. Let's make it a boot-scootin' night to remember. Y'all in? Pre-register before the dance for a rate of \$7R/\$9NR. Or you can drop in the day of the dance for a rate of \$10R/\$13NR. Pre-register at [B-REx.com](http://B-REx.com) or call 303-464-5500 #9.

**Age: 21+**

Thu Oct 23 BCC 2:30-4:30 pm \$7/\$9 5342118-A

**BEGINNING LINE DANCING** ✓

Line dancing, whether to pop or country music or anything in between, is a great way to get everyone out on the dance floor. Wear comfortable clothing and easy to dance in shoes and join the fun. No partners needed. For SilverSneakers, Renew Active, Silver&Fit, Active & fit members or All Facility recreation pass holders, there's no cost and all other participants will pay a drop-in fee.

**Age: 21+**

Fri BCC 1:30-3 pm \$4/\$6.25

**INTERMEDIATE LINE DANCING** ✓

Line dancing, whether to pop or country music or anything in between, is a great way to get everyone out on the dance floor. Wear comfortable clothing and easy to dance in shoes and join the fun. No partners needed. For SilverSneakers, Renew Active, Silver&Fit, Active & fit members or All Facility recreation pass holders, there's no cost and all other participants will pay a drop-in fee.

**Age: 21+**

Thu BCC 9:45-11 am \$4/\$6.25

**GALLERY ON THE GO**

Youth Painting Classes! All classes are on Saturdays from 10am-12pm for \$20/\$23. Please check [B-REx.com](http://B-REx.com) for registration information!

**Age: 6+**

**TURTALLY AWESOME**

Fun, amazing, kid-friendly featured painting. Kids will receive step-by-step instructions for a fun piece of art they can be proud of! All materials provided.

5342201-A

**GHOSTLY GRAVEYARD**

Fun, amazing, kid-friendly featured painting. Kids will receive step-by-step instructions for a fun piece of art they can be proud of! All materials provided.

5342201-B

**BIRCH TREES**

Fun, amazing, kid-friendly featured painting. Kids will receive step-by-step instructions for a fun piece of art they can be proud of! All materials provided.

5342201-C

**FAMILY MERRY MASTERPIECES**

Join us for a fun, amazing, family-friendly featured painting. Painters will receive step-by-step instructions for a fun piece of art they can be proud of! All materials provided.  
5342201-D

**KIDCREATE**

Youth Art Classes! Please check [B-REx.com](http://B-REx.com) form registration information!  
Age: 4-10

**TICKLED PINK WITH SCIENCE, KIDSCIENTIFIC!**

Step into a world bursting with pink in Tickled Pink with Science! This camp takes creativity and learning to the next level as kids create their own axolotl habitat, perform dazzling pink chemistry experiments, and explore the wonder of everything pink.  
M-Tu Oct13-14 PDRC 9 am-12 pm \$120/\$144 5342202-A

**OOEY GOOEY CLAY CREATIONS**

It's ooey, gooey, and oh so much fun! What kid doesn't love to get messy as they create with clay? The children will use a variety of tools and techniques to make owls, monsters, bowls and much, much more.  
M-W Nov 24-26 PDRC 9 am-12 pm \$160/\$192 5342202-B

**FROSTY FUN CAMP**

Let's get artsy this winter! In this creative camp you'll be able to whip up a flurry of projects full of frosty fun. From making your own snow globe to designing your own winter wonderland scenes, the possibilities are endless.  
M-W Dec 29-31 PDRC 9 am-12 pm \$160/\$192 5342202-C

**KIDCREATE CAREGIVER + CHILD CLASSES**

These two classes are on Mondays from 9:30-10:30am for \$22/\$26. Please check [B-REx.com](http://B-REx.com) for registration information!  
Age: 1.5-6

**NO CARVE PUMPKIN PARTY**

Looking for a fun and creative way to celebrate Halloween? Why not join our no carve pumpkin decorating art class! Kids will get to use their imaginations and experiment with a variety of materials to turn their pumpkins into unique works of art.  
5342202-D

**DARLING REINDEER**

Get ready for a jolly good time as the kids create the most darling reindeer ever, using vibrant, happy colors, and then finish off with a super cute pom-pom nose.  
5342202-E

**CHIRP AND MOO**

Mental Wellness Art Classes! No previous art experience is necessary. All art materials will be provided. More info at [chirpandmoo.com](http://chirpandmoo.com) & please check [B-REx.com](http://B-REx.com) for registration information!

**INTRO TO MINDFUL ART**

Practicing mindful art is a small but mighty way to introduce simple, mindfulness activities that can promote brain health and flexible thinking, as well as reduce stress and anxiety. In this workshop, we will explore a variety of drawing and journaling activities to develop your own creative self-care routine.  
Age: 11-17  
5342203

**MINDFUL ART - LEVEL 2**

Practicing mindful art is a small but mighty way to introduce simple, mindfulness activities that can promote brain health and flexible thinking, as well as reduce stress and anxiety. In this workshop, we will explore a variety of drawing and journaling activities to develop your own creative self-care routine. This class is for those who have already taken the Intro to Mindful Art class and can be repeated.  
Age: 11-17  
5342203

**THE ART OF WELLNESS (DRAWING FOCUS)**

This workshop is an invitation to rediscover the incredible creative power that exists inside of you. I believe that play, art and discovery are essential to our survival and growth. For many of us, somewhere along the way into adulthood we stop allowing ourselves the time for artistic expression & exploration. This workshop will have a focus on DRAWING (although no experience is necessary).  
Age: 18+  
5342203

Walk Bike and Roll  
TO SCHOOL DAY

WALK BIKE & ROLL  
TO SCHOOL

Wednesday, Oct. 1, is Colorado's Walk and Roll to School Day. Make a positive impact on the community by reducing traffic, improving health, and having fun together by walking or biking to school. It's a wonderful opportunity for children and teens to explore their neighborhoods while staying active. Mark your calendars and get ready to pedal your way to a healthier and more connected community!

Learn more and to register at  
[WalkBiketoSchool.org](http://WalkBiketoSchool.org)

**ADULT POTTERY**

Pottery programs will go through the lottery process in BREX. Register online ([Brex.com](http://Brex.com)), by phone or in person at the Paul Derda Recreation Center or the Broomfield Community Center on Thursday, August 7. The lottery will take place on Thursday August 14, 2025 at 8:00 AM. During the lottery process, patrons will not be charged. B-Rex will randomly pick lottery registered patrons for the class. Patrons will be notified if they have been selected for the class and at that time payment will be due. Unpaid balances will be canceled and made available for patrons on waitlists. For more information, call 303-460-6911. NO class on 09.20.25.  
**Age: 18+**

**ADULT POTTERY - WHEEL**

WSa Aug 23-Oct 4 BCC 10 am-1 pm \$147/\$167 5342221-A  
 WSa Oct 8-Nov 19 BCC 10 am-1 pm \$147/\$167 5342221-B

**ADULT POTTERY - HANDBUILDING**

TuTh Sep 4-Oct 9 BCC 6-9 pm \$147/\$167 5342221-C  
 TuTh Oct 14-Nov 20 BCC 6-9 pm \$147/\$167 5342221-E

**ADULT POTTERY - STUDIO TIME**

MF Sep 15-Nov 7 BCC 10 am-1 pm \$147/\$167 5342221-D

**KIDS POTTERY**

Let's get busy making fun and creative projects using clay! Your child will learn basic hand building techniques in order to create several ceramic pieces, having an opportunity to glaze them in our studio or bring them home to paint. Clay, glaze and tools provided. Ages 7 - 12.  
**Age: 7+**

Wed Aug 27-Oct 1 BCC 4:30-6 pm \$110/\$125 5342222-A  
 Wed Oct 15-Nov 19 BCC 4:30-6 pm \$110/\$125 5342222-B

**OPEN SPACE***Speaker Series*

Show your support for Broomfield Open Space and Trails and learn more about conservation trends, local wildlife, and opportunities to increase your enjoyment of open space. These free, virtual events are sponsored by the Broomfield Open Space Foundation and the City and County of Broomfield Open Space and Trails department.

Find dates and connection info at  
[Broomfield.org/SpeakerSeries](http://Broomfield.org/SpeakerSeries)

**YOUTH WOODSHOP CLASS** NEW!

Get ready to roll up your sleeves and dive into the world of woodworking! This class will introduce you to basic woodworking skills while working with common hand tools and the following power tools: Drill press, band saw, router and belt sander. With guided instruction each participant will gain confidence as they create and build their own project they will be proud to take home. No experience necessary - just curiosity and willingness to learn!

**Age: 12-14**

Tue Sep 16-Nov 4 BCC 5:30-7 pm \$150/\$180  
 5346322-Woodshop

**BACKSTORY THEATRE**

Youth Theater Classes!

**MAGICAL CREATURES (K-2<sup>ND</sup> GRADE)**

Make Believe & Beyond (MBB) is the reimagining of a story, told on stage. Students will hear and experience stories based on the class theme and then pick their own characters, dialogue, and action to create their new version of the story. With the help of a narrator these students perform their play on stage the final day of camp.

**K-2<sup>ND</sup> GRADE**

**Age: 5-8**

Tue Aug 26-Oct 21 BCC 5-6:30 pm \$235/\$282 5342402-A

**3-5 GRADE**

**Age: 8-12**

Tue Aug 28-Oct 23 BCC 5:30-6:45 pm \$235/\$282 5342402-B

**IMPROVE YOUR IMPROV**

In this class, we will learn the basics of improvisational scene work. We will focus on the elements of collaborative listening, movement, and character work. This class will be built to welcome actors new to improv and those who are looking to deepen their skills.

**Age: 9-14**

Tue Aug 26-Oct 21 BCC 6:45-8:15 pm \$235/\$282 5342402-C

**NEWSIES**

Various dates and times for this musical production!

**Age: 8-18**

\$500/\$600 5342402-D



Dock Dogs at Broomfield days (See page 9)

## RESOURCES AND CONNECTION

Programs to enrich your life; arts and crafts, S.T.E.M., and more

### PLAY-WELL TEKNOLOGIES

Youth Lego Stem Classes! All classes are on Fridays from 4-5:30 pm for \$32/\$39. These classes use LEGO® materials to build fun STEM projects. Please check [B-REx.com](http://B-REx.com) for registration information  
Age: 6-11

### MINECRAFT ENGINEERING

Venture into the world of Minecraft in our unique LEGO® experience. Get ready to build your base, craft your tools, use your Minecart to harvest raw resources, and battle to stop the Ender Dragon from ending the world. Come explore the endless possibilities of LEGO® with a trained Play-Well instructor.  
5346002-A

### WIZARDING WORLD OF ENGINEERING

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.  
5346002-B

### THANKSGIVING DAY PARADE

Join us this Fall as we fashion our very own LEGO® Thanksgiving Day Parade, inspired by the iconic event! Participants will design and build their own parade floats using LEGO® while learning important engineering concepts and exploring their creativity along the way. This workshop wouldn't be complete without a parade through our very own LEGO® city so grab your spot along the parade route now!  
5346002-C

### SNAPOLOGY

Youth STEM Classes!

### HOLIDAY ROBOTICS + MAKE-AND-TAKE-HOME ORNAMENT BUILD

Age: 5-11  
M-F Nov 24-26 PDRC 9 am-12 pm \$175/\$210 5346003-A

### EASYRIDE TRANSPORTATION SERVICES

FREE 60+

EasyRide provides safe, dependable transportation for residents 60+ and individuals with disabilities for nutritional, medical, and personal needs. A transportation intake form must be completed prior to receiving services. Transportation must be scheduled at least three business days in advance, and can be scheduled up to two weeks in advance. Out of town medical trips are available in a limited area Monday through Friday. Voluntary contributions are accepted in lieu of fees. For more information, please call 303-464-5534 or visit: [Broomfield.org/EasyRide](http://Broomfield.org/EasyRide).

Age: 60+ and or disabled  
M-F 8:30 am-4:30 pm

**CAREGIVER RESPITE PROGRAM** 

The Caregiver Respite Program is designed to provide qualified Broomfield residents with a limited amount of no-cost in-home care services, offering family caregivers the temporary relief they need from daily caregiving tasks. This respite not only supports caregivers but also provides valuable social engagement for those they care for, helping them age in place comfortably. To be eligible for the program, the care recipient must be over 60 years old, a Broomfield resident, have a primary caregiver, and require assistance with at least two activities of daily living (ADLs). Funded through the Denver Regional Council of Governments, the Older Americans Act, and generous contributions from individuals, the program prioritizes the physical and cognitive needs of the care recipient rather than financial circumstances. For more information on applying or to make a contribution, please contact Senior Services at 303-464-5529.

Age: 60+

**LOAN CLOSET** 

The Loan Closet, located at The Broomfield Community Center, provides free mobility devices for Broomfield residents aged 60+. Items available include 2 and 4-wheel walkers, standard and transport wheelchairs, knee scooters, canes, crutches, reachers and portable ramps. Items may be borrowed for up to two months at no cost and are available on a first-come, first-served basis by drop-in. For more information, call 303-464-5529 or visit [Broomfield.org/LoanCloset](http://Broomfield.org/LoanCloset).

Age: 60+

M-F BCC 8 am-4 pm

**FINANCIAL ASSISTANCE** 

The Senior Services Financial Assistance Program is committed to enhancing the well-being of older adults in our community. Broomfield Senior Services provides vital financial assistance to help eligible seniors access essential services, including discounted meals, medical support, and urgent, essential needs. Designed to alleviate financial burdens, this program offers aid based on income and individual needs, ensuring that seniors in Broomfield have the resources they need to live comfortably and independently. For more information, call 303-464-5529 or visit [Broomfield.org/SeniorResources](http://Broomfield.org/SeniorResources).

Age: 60+

**INFORMATION AND ASSISTANCE FOR OLDER ADULTS** 

The Senior Services' Community Resources Coordinator is here to help older adults and their caregivers explore a wide array of resources to support their independence and evolving needs. From legal and financial assistance programs to housing, long-term care, and mental health services, we provide valuable information and referrals. Our goal is to empower residents with clear guidance on the next steps to take, along with contact details for relevant resources. Follow-up support is provided when appropriate to ensure individuals connect with the right service providers, making it easier for them to access the help they need. Call our Community Resources Coordinator at 303-464-5529 for assistance.

Age: 60+

**SIP & LEARN: EXPLORING SENIOR SERVICES** 

Are you new to Broomfield or curious about what Senior Services has to offer? Join a Senior Services staff member for a casual coffee chat to explore the wide range of programs and services available to you. Learn about Meals on Wheels, Lakeshore Cafe, active adult trips, educational classes, volunteering opportunities, and so much more! No registration is needed. Just drop in and discover how Senior Services can enrich your life. For more information, call 303-464-5529 or visit [BroomfieldSeniors.com](http://BroomfieldSeniors.com).

Age: 60+

2<sup>nd</sup> Mon BCC 9-10 am

**ESTATE PLANNING MADE EASY: WILLS, POWERS OF ATTORNEY AND LIVING WILLS**

Get a tough job finished! In a single easy session, you'll complete a will, financial power of attorney and combined medical directive (including living will, medical power of attorney and organ donation), all with the help from Colorado licensed attorney Mike Anderson. Cost includes all materials, witnessing, notarizing, individual review and plenty of time for discussion and questions. Participants do not need to bring anything to class. Pre-registration is required. Cost is per person. The lawyer will contact you with necessary information prior to class.

Age: 18+

Thu	Sep 11	BCC	1-4 pm	\$125/\$150	5346201-A
Thu	Oct 9	BCC	1-4 pm	\$125/\$150	5346201-B
Thu	Nov 13	BCC	1-4 pm	\$125/\$150	5346201-C
Thu	Dec 18	BCC	1-4 pm	\$125/\$150	5346201-D

**FINANCIAL LITERACY COURSES**

All classes are on Wednesdays from 6-7pm at the Broomfield Community Center for \$5/\$6 per class. Please check [B-REx.com](http://B-REx.com) for registration information!

Age: 18+

**MONEY 101**

Level up your financial literacy with this program on "How Money Works." Learn how to set yourself up for a better financial future.

5346100-A

**EXPLORING INVESTMENTS**

Whether you aspire to achieve financial independence, save for retirement, or simply grow your wealth, "Exploring Investments" equips you with the knowledge and skills to make informed investment decisions.

5346100-B

**UNDERSTANDING SOCIAL SECURITY**

Social Security will likely be an integral part of your retirement plan. This program will educate you on what to expect from social security to empower your decisions on your future.

5346100-C

**TAX FREE RETIREMENT**

Discover the secrets to securing a tax-free retirement with our comprehensive class designed for individuals of all ages and financial stages. This engaging and informative session will guide you through the essential strategies to minimize taxes and maximize your savings, ensuring a financially stable and stress-free retirement. 5346100-D

**MONEY FOR COUPLES**

Money for Couples™ empowers you and your partner to strengthen your financial partnership, work toward common objectives, and build a secure and prosperous future together. 5346100-E

**HOLIDAY BRIDGE TOURNAMENT**

It's the beginning of the holiday season and what better reason to get together with friends for a great afternoon of Bridge and a delicious catered holiday lunch with all the trimmings. Sign up with a partner. Don't miss out. Prizes are awarded. Registration deadline is Fri, Nov 14. **Age: 21+**  
Fri Nov 21 BCC 12-4 pm \$15/\$19 5346340-A

**BROOMFIELD COMMUNITY CENTER DROP-IN PROGRAMS**

Stop in and join a group. Drop-in is \$1 or free for Passholders, SilverSneakers® and Renew Active® members. No registration required.

**BRIDGE DROP-IN**

Play begins promptly at 12:45 pm. The group plays party bridge in a social atmosphere. This is not an instructional bridge program. New members should have advanced knowledge of bridge. For more information, contact 303-464-5536.

**Age: 55+**  
Mon BCC 12:30-4 pm

**CANASTA DROP-IN**

Come learn to play Canasta. Canasta is a card game from the rummy family. For more information, contact 303-464-5536.

**Age: 55+**  
Thu BCC 1-3:30 pm

**MEXICAN TRAIN TILE DROP-IN**

Mexican Train is a game played with dominoes. The object of the game is for a player to play all the dominoes from his or her hand onto one or more chains, or "trains", emanating from a central hub or "station". Bring a snack to share! For more information, please call 303-464-5536.

**Age: 55+**  
Wed BCC 12:30-3:30 pm

**NEEDLEWORK DROP-IN**

Drop-in crochet, knitting, cross-stitch, embroidery, quilting, whatever and enjoy the company of other needle workers. For more information, contact 303-464-5536.

**Age: 55+**  
Fri BCC 1-3 pm

**PHOTO CLUB DROP-IN**

Bring along your favorite photos to share! For more information, email [broomfieldphotoclub@gmail.com](mailto:broomfieldphotoclub@gmail.com).

**Age: 55+**  
Tue BCC 6:30-9 pm

**WOODCARVERS**

Bring your tools and join the fun! For more information, contact 303-464-5536.

**Age: 55+**  
Thu BCC 9 am-12 pm

**AMERICAN MAH JONGG DROP IN**

Mah Jongg is a game of Chinese origin usually played by four people with 144 tiles that are drawn and discarded until one player secures a winning hand. Those interested in learning are invited as well. For more information, contact 303-464-5536.

**Age: 55+**  
Tue BCC 1-4 pm

**WOODSHOP PRACTICAL EXAM**

**Age: 18+**  
Mon Jan 6-Dec 29\* BCC 9 am-12 pm FREE 5446320-A

**WOODSHOP SESSIONS**

Do you have a special project you want to complete or are you interested in learning more about woodworking? The Broomfield Community Center Woodshop is the place to be. Woodshop volunteer supervisors are available to help and provide guidance as you work. In order to register for these sessions you will have to have completed a waiver, a written safety assessment, and a practical assessment as well.

**Age: 18+**  
M-F Jan 2-Dec 31\* BCC 9 am-12 pm \$5/\$6.25 5446321-A  
Thu May 15-Dec 18\* BCC 5-8 pm \$5/\$6.25 5446321-B

**2026/2027 PRESCHOOL***Registration*

January 13 &amp; 14, 2026

Give your child the best start in a caring, play-based learning environment with experienced, nurturing teachers! This program helps your children build strong social-emotional and academic skills to prepare for kindergarten and beyond. Why Choose Broomfield? Play-based curriculum, small class sizes, and a supportive, engaging atmosphere. Spots are limited—register early to reserve your place!

[Broomfield.org/Preschool](https://Broomfield.org/Preschool)

## ACTIVE ADULT TRIP LOTTERY PROCESS (RESIDENTS ONLY)

Registration Details for Active Adult Trips (September to December 2025)

Active Adult trips will go through the lottery process in B-Rex. Register online ([B-REx.com](https://www.brex.com)), by phone or in person at the Paul Derda Recreation Center or the Broomfield Community Center between 7 am on Thursday, August 7 through Thursday, August 14 at 5 p.m. The Lottery Spin will take place on Friday, August 15 at 8 a.m. During the lottery process, patrons will not be charged. B-Rex will randomly pick lottery registered patrons for each trip and patrons that are not picked will be placed on a waitlist. Patrons will be notified by email or phone call if they have been selected for trips and at that time payment will be due. The final payment due date is Wednesday, August 20 by 5pm. Unpaid trip balances after the final due date will be canceled and made available for patrons on the waitlists. Once the lottery has ended, any trips that are available will be up for grabs through the normal registration process. Non-Resident registration is Thursday, August 21 at 7 a.m. For more information, call 303-464-5536.

### ACTIVE ADULT TRIP EXERTION LEVEL

This is a generalization for the trips.

Trip exertion chart:

- 1: easy, mostly sitting
- 2: easy, mostly sitting with some walking
- 3: moderate, some walking, possible stairs
- 4: moderate to high, lots of walking, outside stairs, elevation
- 5: high, long day, lots of walking, stairs, elevation

For Active Adult Day Trip Cancellation and Refund Policy, visit [Broomfield.org/RecPolicies](https://www.broomfield.org/RecPolicies).

Times and prices of Active Adult trips will appear in [B-REx.com](https://www.brex.com) or the 2025 Fall Active Adult Trip guide when the digital program guide is released on <https://www.broomfield.org/346/Active-Adult-Recreation>

## ROCKIES VS MARLINS (DENVER) (2)

Take advantage of a day at Coors Field for some fresh air and some stellar baseball. All seats are under shelter, near restrooms and food. Lunch is on your own. Fee includes ticket to game, escort, parking and transportation.

Age: 55+  
5346401-A

## ROYAL GORGE TRAIN RIDE (CANON CITY) (2)

Climb aboard Colorado's most scenic train for a journey through the spectacular Royal Gorge. Lunch will be on your own on the train. Menu price range is \$15-19. Fee includes train ticket, escort, and transportation.

Age: 55+  
5346402-A

## BOETTCHER MANSION TOUR (GOLDEN) (4)

Built in 1917 as a summer home and seasonal hunting lodge for Charles Boettcher, the former "Lorraine Lodge" was donated to Jefferson County in the 1970s for public use and enjoyment. Take a guided tour through this mansion where the mansion's interior is largely intact. Highlights include historically appropriate wallpaper patterns along with an extensive collection of mission-style furnishings, primarily re-issued Stickley. Lunch is on your own at Olive Garden. Menu price range is \$10-19. Fee includes tour, escort and transportation.

Age: 55+  
5346403-A

## DINING: GRAMMY'S GOODIES ITALIAN RESTAURANT (WHEAT RIDGE) (1)

Grammy's is the home of the biggest slices and the best homemade Italian food and baked goods in Denver. Menu price range is \$10-20. Fee includes escort and transportation.

Age: 55+  
5346404-A

## CENTER FOR COLORADO WOMEN'S HISTORY MUSEUM (DENVER) (3)

The Museum Tour treats visitors to a 45-minute guided tour that offers a snapshot of the lives of the women who lived and worked in the historic house onsite, as well as an avenue to talk more broadly about gender history in Colorado. Themes on the Museum Tour include Suffrage, class history with a focus on domestic work, World War 1, the Arts and Crafts Movement, women artists in Colorado, and colonial legacies of families like the Evans who formerly resided in the historic house. Lunch on your own at Black Eyed Pea. Menu price range is \$10-25. Fee includes tour, escort and transportation.

Age: 55+  
5346405-A

## DENVER MOB TOUR (DENVER) (2)

Join mob historian Tom Hackett on this exciting bus tour through North Denver's Little Italy! We will explore former social clubs, homes and haunts of some of Denver's most influential mobsters while uncovering the truth behind many of these legends. Afterwards lunch on your own at Gaetano's, a formerly mob run restaurant. Menu price range is \$14-30. Fee includes tour, travel leader and transportation.

Age: 55+  
5346406-A

## STANLEY HOTEL TOUR (ESTES PARK) (5)

Explore the history and spirit of the Stanley Hotel. On this 75 minute walk through of Colorado history, learn about the legendary original owner F.O. Stanley and his journey to Estes park. Travel through time and the secret hallways of the Stanley Hotel that are off limits to the public. Lunch on your own at Claire's on the Park. Menu price range from \$7-20. Fee includes tour, escort and transportation.

Age: 55+  
5346407-A

## BROADMOOR MANITOU AND PIKES PEAK COG RAILWAY (MANITOU SPRINGS) (3)

The Broadmoor Manitou and Pikes Peak Cog Railway is a historic and thrilling train ride that takes passengers to the summit of Pikes Peak, one of Colorado's most famous fourteeners (mountains over 14,000 feet). Located in Manitou Springs, near Colorado Springs, it offers breathtaking views, a rich history and an unforgettable journey. Lunch on your own at Border's Burgers. Menu price range \$10-20. Fee includes cog admission, escort and transportation.

Age: 55+  
5346408-A

## ARVADA CENTER: THE MOUSETRAP

(ARVADA) (1)

Seven strangers are snowed in at a remote countryside house when they hear the news of a killer on the loose. Once the phone lines are cut and someone turns up dead, everyone is a suspect. Can they catch the killer before somebody else dies? Fee includes tickets, escort and transportation.

Age: 55+  
5346409-A

## AGNES OF GLASS: GLASSBLOWING WORKSHOP (DENVER) (2)

Immerse in the fascinating and exciting art form of glassblowing in the mile high city of Denver Colorado, with local artists and artisans at Agnes of Glass studio. Learn the fundamentals of health and safety in the studio. Discover how to manipulate and work hot glass as well as many other techniques. Afterwards, lunch on your own at The Butcher Block Cafe (Rino). Menu price range is \$10-20. Fee includes glassblowing, escort and transportation.

Age: 55+  
5346410-A

## SUNDAY BRUNCH: MOUNT VERNON COUNTRY CLUB (GOLDEN) (1)

The Mount Vernon Country Club brunch features a variety of options, including fresh Belgian waffles, Eggs Benedict, seasonal fruit, a carving station with roast beef and honey-cured ham, an omelet bar, and a dessert display. Fee includes brunch, gratuity, escort and transportation.

Age: 55+  
5346411-A

## NATIONAL MUSEUM OF WORLD WAR II AVIATION (COLORADO SPRINGS) (3)

Opened to the public in 2012, the National Museum of World War II Aviation documents the role that military aviation played in the emergence of the nation as a world power. The museum tells the story of the tremendous technological advancements in aviation during the War and the contributions and sacrifices of the men and women who won the air war. After the tour, lunch will be at The Airplane Restaurant. Menu price range is \$10-20. Fee includes museum admission, escort and transportation.

Age: 55+  
5346412-A

## CELESTIAL SEASONINGS TEA TOUR

(BOULDER) (4)

Visit the Celestial Seasonings headquarters in Boulder and unlock the mysteries of tea with a guided tea tour. Get a behind the scenes look at how tea is made from raw ingredients to the finished product. Lunch is on your own at the Parkway Cafe. Menu price range is \$10-20. Fee includes tour, escort and transportation.

Age: 55+  
5346413-A

## TWILIGHT GHOST WALKING TOUR (DENVER) (4)

Enjoy a scary good time on a twilight ghost walking tour of Denver's spookiest mansions. The walking tour is two hours and consists of ghost hunting, history, and beautiful Victorian architecture. Learn about the questionable and sometimes dark history of Denver's now most haunted homes. Fee includes tour, escort and transportation.

Age: 55+  
5346414-A

## LAKWOOD'S 49<sup>TH</sup> ANNUAL CIDER DAYS

(LAKEWOOD) (4)

Celebrating Lakewood's agricultural heritage with an entertaining mix of live performances, activities and tasty harvest treats. The annual Cider Days festival offers fun and excitement for the entire family. This event includes tractor pulls and vintage power displays, children's activities, historic demonstrations and a unique variety of exhibitors and vendors. The Cider Days festival wouldn't be complete without everything apple, including apple pressing, cider and a variety of apple goodies. Lunch on your own at the festival. Fee includes festival admission, escort and transportation.

Age: 55+  
5346415-A

## AFTERNOON TEA: LUMBER BARON INN & GARDENS (DENVER) (1)

The Lumber Baron Inn's Victorian parlors make the perfect setting for one of Denver's tea house. Afternoon tea is served the traditional English way, featuring a variety of fancy finger sandwiches, scones, crumpets and fresh cookies. Fee includes afternoon tea, gratuity, escort and transportation.

Age: 55+  
5346416-A

## DINING: LOS ARCOS (WESTMINSTER) (1)

Los Arcos serves authentic, tasting, traditional Mexican family recipes with the atmosphere of Mexico. Menu price range is \$12-25. Fee includes escort and transportation.

Age: 55+  
5346417-A

**DENVER CENTER FOR THE PERFORMING ARTS (DCPA) TOUR (DENVER) (4)**

Get an in depth look at the Denver Performing Arts Complex venues, including the newly renovated Bonfils Theater Complex. This is a 90 minute guided tour. The tour includes taking a peak at Actor's Ally, the murals of Broadway posters signed by touring cast members, public art pieces through the Arts Complex and the creation of the Arts Complex and the resident company based there. Lunch on your own at the Cheesecake Factory. Menu price range is \$13-23. Fee includes tour, escort and transportation.

**Age: 55+**  
5346418-A

**BOULDER COUNTY RECYCLING CENTER TOUR (BOULDER) (3)**

The Boulder County Recycling Center prepares recyclable materials for shipment to recycling mills. The facility processes over 60,000 tons a year and has the capacity to process 100,000 tons a year. Come take a tour of this fascinating facility. After the tour, lunch on your own at the Naked Lunch. Menu price range is \$10-20. Fee includes escort and transportation.

**Age: 55+**  
5346419-A

**BLACK AMERICAN WEST MUSEUM (DENVER) (3)**

The Black American West Museum promotes the understanding of the role that African Americans played in the settlement and growth of the western United States through its collections, programs and exhibits. After the tour, visit their gift shop. Lunch on your own at Taco Uprising. Menu price range is \$10-20. Fee includes tour, escort and transportation.

**Age: 55+**  
5346420-A

**HAMMOND'S CANDY TOUR (DENVER) (3)**

Watch the expert candy makers pull and shape lollipops and candy canes by hand, learn about the history and take home a tasty Hammond's treat. Lunch is on your own at BJ's Restaurant and Brewhouse. Menu price range is \$10-15. Fee includes escort and transportation.

**Age: 55+**  
5346421-A

**CELL (COUNTERTERRORISM EDUCATION LEARNING LAB) TOUR (DENVER) (3)**

This all new state of the art exhibit is an interactive experience that explores how extremists' ideologies can lead to violence and how together each person can play an active role in protecting communities. What each person learns can help make a crucial contribution to public safety. Lunch on your own at Chop Shop. Menu price range is \$10-20. Fee includes tour, escort and transportation.

**Age: 55+**  
5346422-A

**THE COLORADO STATE PATROL MUSEUM (GOLDEN) (3)**

The Colorado State Patrol Museum is dedicated to preserving, honoring and showcasing the history of the agency through the collection of artifacts, documents and photographs. The museum aims to honor decades of service and sacrifice of law enforcement professionals while fostering a better understanding of their work and its impact on communities. Lunch on your own at Old Capitol Grill & Smokehouse. Menu price range is \$10-20. Fee includes escort and transportation.

**Age: 55+**  
5346423-A

**DINING: LULU'S BBQ (LOUISVILLE) (1)**

Lulu's BBQ features Texas Hill country style BBQ that is cooked low and slow. Menu price range is \$15-35. Fee includes escort and transportation.

**Age: 55+**  
5346424-A

**CBI FORENSIC LAB TOUR (ARVADA) (3)**

Explore the CBI Lab facility, watch an informative video on the work done at this location, tour the lab and explore the various investigative disciplines. Lunch on your own at Malone's Clubhouse Grill. Menu price range is \$10-20. Fee includes escort and transportation.

**Age: 55+**  
5346425-A

**THE FLEECE FACTORY OF THE ROCKIES TOUR (LASALLE) (3)**

Take a tour of the Fleece Factory of the Rockies and observe the journey of fleece from raw fiber to finished products. In the mill, witness the process of fiber transformation and in the barn interact with the alpacas that produce the fleece. After the tour, visit the boutique and craft store for handmade items, dyes, tools and supplies. Lunch on your own at the Armadillo Mexican restaurant. Menu price range is \$10-20. Fee includes escort and transportation.

**Age: 55+**  
5346426-A

**ART CASTINGS OF COLORADO TOUR (LOVELAND) (5)**

Art Castings of Colorado has been the trusted choice of artists around the country and world. They are located in Loveland which is a thriving art community that is uniquely decorated with an enormous variety of wonderful bronze sculptures displayed throughout the city. After the tour, lunch on your own at Pourhouse Bar & Grill. Menu price range is \$10-20. Fee includes tour, escort and transportation.

**Age: 55+**  
5346427-A

**ADAMS MYSTERY PLAYHOUSE: (DENVER) (2)**

Adams Mystery Playhouse is Denver's only full-time comedy murder mystery dinner theater, offering an interactive experience where guests enjoy dinner while participating in a comedic whodunit. Adams Playhouse does have a cash bar and \$1 hot drinks that are not included. Fee includes dinner, show, gratuity, escort and transportation.

Age: 55+  
5346428-A

**GEORGETOWN CHRISTMAS MARKET**

(GEORGETOWN) (5)

Experience this winter holiday wonderland as the magic of an old-fashioned Christmas is recaptured in Victorian Georgetown. There are handcrafted gift items, baked goods, entertainment and many beautiful decorations. Lunch is on your own at one of the local restaurants. Fee includes escort and transportation.

Age: 55+  
5346429-A

**DENVER CHRISTKINDL MARKET (DENVER) (3)**

This annual event brings authentic German and European holiday traditions to Denver. Guests can find delicious authentic German cuisine, festive drinks, handmade jewelry, clothing, toys, and gifts, as well as entertainment. Lunch on your own at one of the food vendors at the market. Fee includes escort and transportation.

Age: 55+  
5346430-A

**BLOSSOMS OF LIGHT (DENVER) (3)**

Blossoms of Light is the perfect way to kick off the holiday season at the Botanic Gardens. Enjoy thousands of twinkling lights throughout the Gardens. Fee includes admission, escort and transportation.

Age: 55+  
5346431-A

**DENVER ZOO LIGHTS (DENVER) (3)**

Come for an evening at the Denver Zoo after work but lit up with holiday lights and spirit everywhere. Follow the lit path through the zoo and see a few animals but admire the light displays the zoo staff work so hard to create. Fee includes admission, escort, and transportation.

Age: 55+  
5346432-A

**AFTERNOON TEA: HOLIDAY TEA AT THE BROWN PALACE (DENVER) (1)**

The Brown Palace has been a cherished Denver Holiday tradition with lavish and exquisite holiday decorations and traditional holiday afternoon tea in the atrium lobby. Fee includes afternoon tea, gratuity, escort and transportation.

Age: 55+  
5346433-A

**CANDLELIGHT PLAYHOUSE: MILLION****DOLLAR QUARTET CHRISTMAS (JOHNSTOWN) (1)**

Johnny Cash, Jerry Lee Lewis, Carl Perkins, and Elvis Presley reunite at Sun Records for a festive celebration. Set in a Christmas-decorated studio, this holiday edition of Million Dollar Quartet brings classic hits, holiday tunes, and fun - filled stories of Christmas past, present, and future. Fee includes show, dinner, gratuity, escort and transportation.

Age: 55+  
5346434-A

**LAW SERIES PART 3: YOU BE THE ACTIVIST JUDGE**

Ever wondered what an "activist" judge was? Or, how to identify one? The concept may not be what you think! This class will trace the history of government condemnation of private property, and then apply your own definition of an activist judge to a U.S. Supreme Court condemnation opinion. This is part 3 of the series of classes presented by retired Colorado District Court Judge Edward Moss.

Age: 60+

Fri Sep 5 BCC 1-2 pm

**LAW SERIES PART 4: YOU BE THE SENTENCING JUDGE**

Back for the third year, with a new case! Join us for a thought provoking presentation and a discussion about deciding a criminal sentence for a repeat offender. Be prepared to have your point of view challenged, as determining sentences may not be as easy as you think. And this year, there is a new twist from the records of the Broomfield criminal court. This is part 4 of the series of classes presented by retired Colorado District Court Judge Edward Moss.

Age: 60+

Fri Nov 7 BCC 1-2 pm

**MEDICARE 101 - LEARNING ABOUT THE PLANS**

Interested in learning the basics of Medicare and determining which plan is right for you? This class will help clear any confusion you may have, and also help determine if Medicare Advantage or Supplement is right for you. Presenter Rosemary Evans is certified as a Medicare counselor through the State Health Insurance Assistance Programs.

Age: 60+

Fri Oct 24 BCC 9:30-11:30 am

**LEARN ABOUT MEDICARE AND MEDICAID DUAL ELIGIBILITY**

Join Tri Ma from 3T Insurance for an informative session on Medicare and Medicaid Dual Eligibility. Learn how these programs work together to provide comprehensive healthcare coverage, including benefits, costs, and enrollment details. Don't miss this opportunity to get your questions answered by experts!

Age: 60+

Mon Sep 15 BCC 10:30-11:30 am

**MEDICARE ENROLLMENT ONE ON ONE** 

Do you need help signing up for Medicare Part A or B? Or do you need to switch to a Part C plan? In this one on one appointment, Medicare counselor Rosemary Evans will help you navigate through Open Enrollment. Pre-registration is required.

**Age: 65+**

Fri	Oct 31	BCC	9-10 am	5386528-A
Fri	Oct 31	BCC	10-11 am	5386528-B
Fri	Oct 31	BCC	11 am-12 pm	5386528-C
Fri	Nov 14	BCC	9-10 am	5386529-A
Fri	Nov 14	BCC	10-11 am	5386529-B
Fri	Nov 14	BCC	11 am-12 pm	5386529-C
Fri	Nov 21	BCC	9-10 am	5386530-A
Fri	Nov 21	BCC	10-11 am	5386530-B
Fri	Nov 21	BCC	11 am-12 pm	5386530-C

**NAVIGATING HOSPICE COMMUNITY RESOURCES** 

Understanding the resources available to you and your loved ones in the community can feel overwhelming, especially when facing health challenges. While we don't always anticipate our health declining, it's important to be prepared with a plan if the time comes. Olivia Hjelmstad from The Denver Hospice will provide an overview of the various care options available in the community, helping you understand when and how to access these resources for optimal support. Join us for this informative session to gain the knowledge and confidence needed to make the best decisions for you and your loved ones during times of health transition. This is the second session in a 3-part series on Hospice and Home Health Care.

**Age: 60+**

Wed Sep 3 BCC 10:30-11:30 am

**ADVANCED CARE PLANNING: PREPARING FOR TOUGH DECISIONS** 

Making critical healthcare decisions for yourself or a loved one can be overwhelming, especially when faced with unexpected situations. Without proper planning, we may feel burdened by the weight of responsibility and the vast array of available resources, preventing us from fully engaging in the present. Join Olivia Hjelmstad from The Denver Hospice for a discussion on the importance of advanced directives, wills, trusts, and maintaining control over healthcare decisions. Learn how to plan for the future and ensure your wishes are respected when it matters most. This is the last in a 3-part series on Hospice and Home Health Care.

**Age: 60+**

Wed Nov 5 BCC 10:30-11:30 am

**EATING FOR OPTIMAL HEALTH - WHAT REALLY IS A HEALTHY DIET TODAY?** 

Confused by ever-changing nutrition advice? Join Dr. Amruta Pandit, AdventHealth's Internal Medicine and Primary Care Provider, as she shares simple ways to strive for optimal health with diet. Learn what truly constitutes a healthy diet in today's world - and get your questions answered during an open Q & A session. This is the first in a series on Healthy Aging presented by AdventHealth.

**Age: 60+**

Wed Sep 3 BCC 1-2 pm

**BACK PAIN & SPINE HEALTH - UNDERSTANDING THE IMPACT AS WE AGE** 

Back pain affects more than just your body - it can influence your emotional and social well-being, especially as we age. Join a Pain Specialist from AdventHealth Pain Management to explore the causes of back pain, how it affects overall health, and what you can do to support a healthier spine. The session includes plenty of time for your questions. This presentation is part of a series on Healthy Aging presented by AdventHealth.

**Age: 60+**

Wed Nov 5 BCC 1-2 pm

**OLLI AT DU PRESENTS: HISTORY, THE HOLOCAUST AND HUMAN BEHAVIOR**

This course uses the Holocaust as a lens to understand the connection between history and the moral choices we face in our own lives. Rather than history as a series of inevitable events, we will examine how individual decisions can lead to profound consequences. Join facilitator Jim Edelman for this thought provoking 4-class series, presented by Osher Lifelong Learning Institute at DU (OLLI@DU). Registration is through OLLI@DU and costs \$40 for the 4-class session. You may additionally choose to purchase an annual membership to OLLI for added benefits, but membership is not needed to attend these affiliate classes at the Broomfield Community Center. To register or for more information call 303-871-3181.

**Age: 55+**

Mon Sep 15-Oct 6 BCC 1-3 pm

**OLLI AT DU PRESENTS: CAN CHINA SURVIVE ITS CHALLENGES?**

China stands at a pivotal moment, facing complex internal and external pressures - from economic overcapacity and demographic shifts to geopolitical tensions over Taiwan and global trade. Join facilitator Steve Swenerton to explore the roots and implications of these challenges, including China's response to US tariffs and international diplomacy. This thought provoking 4-class series is presented by Osher Lifelong Learning Institute at DU (OLLI@DU). Registration is through OLLI@DU and costs \$40 for the 4-class session. You may additionally choose to purchase an annual membership to OLLI for added benefits, but membership is not needed to attend these affiliate classes at the Broomfield Community Center. To register or for more information call 303-871-3181.

**Age: 55+**

Wed Oct 8-Nov 5 BCC 9:30-11:30 am

**YOU ONLY DIE ONCE: THE FOUR ESTATE PLANNING DOCUMENTS EVERYONE NEEDS** 

Everyone's estate plan should meet their own specific goals but it is hard to know where to start when creating one. Join Ben Hares from Althaus Law, as he introduces the core estate planning documents and explains their purposes. This foundation will help you consider how these tools might fit your situation and identify areas where you may need more information or guidance.

**Age: 60+**

Mon Oct 6 BCC 10:30-11:30 am

## PROBATE COURT: WHAT THE HECK IS PROBATE ANYWAY AND HOW DO I AVOID IT?

✓ **FREE** **60+**  
Losing a loved one is hard enough without the added stress of navigating a confusing legal process. Join Ben Hares from Althaus Law as he demystifies probate - the court-supervised process of settling a person's affairs after death. Learn what probate typically involves, when it's required and how you can make the process less overwhelming if you are facing it. You'll learn practical steps that can help you or your loved ones avoid probate altogether.

Age: 60+

Mon Nov 3 BCC 10:30-11:30 am

## THE UPSIDE TO DOWNSIZING

✓ **FREE** **60+**  
Whether you are wanting to age in place, downsize to a smaller house or move into independent living, there are a lot of decisions to be made and actions to be accomplished. What do you do with all the stuff that has accumulated over the years?? Did you know that there is an industry that specializes in this exact scenario? Join Brian Saeger of Be Free Organizing to explore organizing and move management together!

Age: 60+

Thu Oct 16 BCC 10:30-11:30 am

## DEMENTIA 101 - NAVIGATING THE JOURNEY WITH KNOWLEDGE

✓ **FREE** **60+**  
Join Certified Dementia Practitioners Cory and Michele, from Above and Beyond Senior Living, for this free educational seminar where you will gain essential insights into understanding dementia, recognizing early signs, and learn practical approaches to compassionate care for your loved ones.

Age: 60+

Mon Oct 20 BCC 10:30-11:30 am

## DISCOVER THE MAGIC OF EUROPE: STAY SAFE, TRAVEL SMART!

✓ **FREE** **60+**  
Discover the magic of the old continent, where rich history, diverse cultures, and iconic landmarks come together for an unforgettable adventure. Join Alina Fernandez-Hinrichsen from 100% Travel, to learn essential tips for staying safe and healthy during your travels, and gain a clear understanding of how travel insurance can protect your journey every step of the way.

Age: 60+

Fri Sep 19 BCC 10:30-11:30 am

## TRAVEL TREASURES: FROM COLORADO GEMS TO BUCKET LIST ADVENTURES

✓ **FREE** **60+**  
Discover exciting local day trips and hidden getaways in Colorado that are perfect for a quick escape. Then, get inspired by bucket list destinations around the world, with practical tips on how to plan and make those dream journeys a reality - no matter your age. Join Alina Fernandez-Hinrichsen from 100% Travel for this fun and inspiring class!

Age: 60+

Fri Nov 14 BCC 10:30-11:30 am

## PLANNING YOUR FINAL WISHES - YOUR WAY, YOUR SAY

✓ **FREE** **60+**  
Thinking about end-of-life decisions isn't easy - but it doesn't have to be overwhelming. Join Kelsi Tesone-Mathews, MSP, from In Memoriam for a relaxed, informative chat about the options out there and how to make choices that feel right for you. We'll also cover things like veteran benefits, how to start honest conversations with your loved ones, and which important documents you'll want to have ready when the time comes.

Age: 60+

Wed Dec 3 BCC 10:30-11:30 am

## LIVING IN BALANCE AGING WELL EXPO

✓ **FREE**  
Mark your calendar for the annual Living in Balance Aging Well Expo!! This FREE event will be packed with great information from over 40 vendors, multiple break-out sessions, and a keynote speaker who will challenge and inspire you. The Expo will take place Friday, Oct. 10 from 8:30 am to 2 pm at the Broomfield Community Center. Find the most up-to-date information at [Broomfield.org/LivingInBalance](http://Broomfield.org/LivingInBalance).

Age: 55+

Fri Oct 10 BCC 8:30 am - 2 pm

## TECH CLASS FOR OLDER ADULTS

✓ **FREE** **60+**  
Join Irene Toro Martinez from the Broomfield Library on the third Wednesday of the month for tech classes. You will learn new skills and grow your technology confidence! Each monthly class will focus on a different topic.

Age: 60+

3<sup>rd</sup> Wed BCC 9:30-10:30 am

## TECH CAFE FOR OLDER ADULTS

✓ **FREE** **60+**  
Are you looking for one on one assistance with your smart device (phone or tablet)? Stop by the Tech Cafe to have your questions answered by Irene Toro Martinez and volunteers from the Broomfield Library.

Age: 60+

3<sup>rd</sup> Wed BCC 10:30am-12pm



Preschool Nature Walks

**G.R.E.E.N.** Gardening • Recycling • Energy • Environment • Nature  
 Classes about the environment, and how to reduce, reuse and recycle

NATURE

**MIGRATORY BIRD DAY**

Join the Open Space and Trail Department on Monday, September 29 at Plaster Reservoir from 4:30-6:30 p.m. to celebrate Migratory Bird Day. Local conservation groups will educate on how to build a bird-friendly community. The event will feature guided bird walks where participants can observe and identify various bird species with a focus on fall migration. This is FREE to attend and no advanced registration is required.

Age: ALL (4 and Younger Need Adult)

Mon Sep 29 Plaster 4:30-6:30 pm FREE 5323101-A

**OPEN SPACE SPEAKER SERIES**

Show your support for Broomfield Open Space and learn more about conservation trends, local wildlife, and opportunities to increase your enjoyment of open space. The Fall Speaker Series features University of Colorado Geology Professor Lon Abbott on October 15 and Colorado Parks & Wildlife Regional Officer Cassy Penn on November 12. These free events are sponsored by the Broomfield Open Space Foundation and the City and County of Broomfield Open Space and Trails Department. Visit [Broomfield.org/OpenSpaceSpeakerSeries](http://Broomfield.org/OpenSpaceSpeakerSeries) for more information, connection details and past speakers.

Age: ALL (12 and Younger Need Adult)

Wed Oct 15 Online 7-8 pm FREE 5323102-A

Wed Nov 12 Online 7-8 pm FREE 5323102-C

**FAMILY SUNSET WALKS**

Get a new perspective on Broomfield's open space as you explore it with a naturalist at sunset or after dark. Please bring a flashlight. There is NO CHARGE for these programs! Visit [Broomfield.org/NaturePrograms](http://Broomfield.org/NaturePrograms) to view the full schedule.

Age: ALL (4 and Younger Need Adult)

Fri Sep 12 Josh's Pond 7-8 pm FREE 5323103-A

Fri Oct 10 Lac Amora 7-8 pm FREE 5323103-B

**PRESCHOOL NATURE WALKS**

These walks are designed with preschoolers and their guardians in mind! Take a walk with naturalists through Broomfield's open space areas. Learn about the animals and plant life in your local open spaces while having fun. There is NO CHARGE for these programs! Visit [Broomfield.org/NaturePrograms](http://Broomfield.org/NaturePrograms) to view location maps and the full schedule. The Anthem Trailhead is at the corner of Lowell and Highway 7.

Age: 0 - 5 With adult

Wed Sep 10 Josh's Pond 9-10 am FREE 5323104-A

Wed Sep 24 AM Pond 9-10 am FREE 5323104-B

Wed Oct 8 Anthem 9-10 am FREE 5323104-C

**KEEP IT OUT OF**

THE Sink

Don't put these items down the sink.

They should be properly disposed of:

- F.O.G. (Fats, Oil and Grease, esp. animal fats)
- Household hazardous wastes (paint and fertilizers)
- Medications
- Contact lenses

These items can clog pipes and cause sewer overflows and backups into homes, businesses and basements, or may release toxins into the water system.

Learn more at  
[Broomfield.org/ProtectWaterSystem](http://Broomfield.org/ProtectWaterSystem)



# Top 10 Activities to get Outdoors

Fall 2025

Looking for some ideas to get outdoors in our Open Spaces, Trails, or even your own backyard? This list of activities focuses on getting outside, having fun, and building community!



## 1. Participate in B100

The Broomfield 100 is an annual challenge to hike 15 trails from June to September. Complete your passport and turn it in at Broomfield Days for custom socks! Participants can also check-in at trails for a chance to win socks, with winners randomly drawn and announced monthly. Learn more about the challenge and view this year's interactive map at: [Broomfield.org/Broomfield100](http://Broomfield.org/Broomfield100)



## 2. Go on a FREE Birding Field Trip

Denver Field Ornithologists (DFO) is a volunteer led nonprofit offering free birding trips, educational programs, and conservation efforts in the Denver area. DFO supports bird research, community science, and publishes a quarterly journal. Learn more about DFO and explore the latest field trips at: [dfobirds.org](http://dfobirds.org)



## 3. Start a Compost Bin

Fall is a wonderful time to start a compost bin in your own backyard! It is an easy way to become more sustainable and reduce your carbon footprint. Not only will you help save the planet, but you will also be adding nutrients back into your garden and helping plants grow. See how easy it is to start a compost bin at: [Botanicgardens.org/blog/start-backyard-compost-bin](http://Botanicgardens.org/blog/start-backyard-compost-bin)



## 4. Read a Book Outside

What's better than a good book? A good book in the Colorado sun! Choose a quiet place outside to take in the birds, fresh air, and immerse yourself in your chosen read. Don't forget to wear sunscreen and bring plenty of water!



## 5. Attend NautreFest

Metzger Farmstead (12080 Lowell Blvd)  
Saturday Aug 16, 9 a.m. to 12 p.m.

A celebration of nature through storytelling, arts and crafts, learning stations, and exploring the Metzger Farm Open Space!



## 6. Watch for Wildlife

Find a bench at your favorite Open Space and watch the wildlife wake up during sunrise! Broomfield is full of various birds, bugs, mammals, and more. Don't forget to stay still and quiet for optimal wildlife viewing. Sunrise is also an ideal time for capturing stunning photos!



## 7. Make a Bee Hotel

About 30% of bees nest in hollow or soft wood tunnels. Drill holes of different sizes 5/16" to 3/32" in old logs or untreated wood-blocks. Place your "hotel" upright and facing south. To learn more visit: [BeesNeeds.Colorado.edu](http://BeesNeeds.Colorado.edu)



## 8. Watch the Open Space Speaker Series

Show your support for Broomfield Open Space! Learn more about trends, local wildlife, and opportunities to increase your enjoyment of Open Space. These webinars are free to attend and no registration is required. To view past talks and sign up, visit: [Broomfield.org/SpeakerSeries](http://Broomfield.org/SpeakerSeries)



## 9. Download the Merlin Bird App

Merlin Bird ID is a free app from the Cornell Lab of Ornithology that helps you identify birds by sight or sound using advanced machine learning. Powered by the eBird database, it offers tools like photo and sound ID, regional bird lists, and expert tips. With global coverage and daily bird discoveries, Merlin is perfect for both casual birdwatchers and dedicated birders. Learn more at: [Merlin.AllAboutBirds.org](http://Merlin.AllAboutBirds.org)



## 10. Volunteer with Butterfly Pavilion

Restore habitat in urban and suburban parts of our state for pollinators and other wildlife with the Butterfly Pavilion. For more information and to sign up, go to: [Butterflies.org/volunteer](http://Butterflies.org/volunteer)

Looking for more ideas? Visit the Broomfield Open Space and Trails Website at: [Broomfield.org/OpenSpace](http://Broomfield.org/OpenSpace)



## BROOMFIELD Migratory Bird Day

Monday, Sept. 29,  
4:30-6:30 p.m  
Plaster Reservoir

Celebrate Migratory Bird Day. Local conservation groups will educate on how to build a bird-friendly community. The event will feature guided bird walks where participants can observe and identify various bird species with a focus on fall migration. The event is FREE and no advanced registration is required.



Find more info at [Broomfield.org/MigratoryBirdDay](http://Broomfield.org/MigratoryBirdDay)



# LICENSED YOUTH PROGRAMS

*Education is the most powerful thing we can use to change the world. ~Nelson Mandela.*

PRESCHOOL AND CAMP

## EARLY LEARNING - LITTLE LEARNERS

Give your child a head start with our preschool program, designed to nurture social, intellectual, and physical development in a welcoming environment. This class serves as an introduction to the preschool experience and is perfect for children ready to explore and grow. Important Details: Age Requirement: Children must be 2½ years old by September 30, 2025, to enroll. Potty Training: Children should be approaching potty training. If your child is in pull-ups, parents are required to stay in the building in case of accidents. Questions: Contact Nichole at 303-464-5545 for more information.

**Age: 2.5**

TuTh Aug 19-Dec 16 BCC 8:45-10:45 am \$805/\$932 5345002-A

## EARLY LEARNING - LITTLE LEARNERS PLUS

Enhance your child's preschool experience with this extended class! Our structured, theme-based curriculum focuses on developing key life skills through activities emphasizing large-motor, small-motor, cognitive, science, and math skills. Additionally, children will be introduced to Zoo Phonics to build a strong foundation in letters and sounds. Questions: Contact Nichole at 303-464-5545 for more information.

**Age: 3-4**

MWF Aug 18-Dec 15 BCC 8:45-11:15 am \$1179/\$1372 5345003-A

TuTh Aug 19-Dec 16 PDRC 8:45-11:15 am \$991/\$1151 5345003-B

MWF Aug 18-Dec 15 PDRC 8:45-11:15 am \$1179/\$1372 5345003-C

## EARLY LEARNING - EARLY EXPLORERS

Pre-Kindergarten Class Enrollment: Prepare your child for kindergarten with our engaging Pre-K class! This program combines structured and unstructured activities to help children develop foundational skills and confidence for the next step in their educational journey. Through a variety of themed topics and Zoo Phonics, children will gain a general understanding of letters while exploring a classroom environment tailored to their growth. Questions: Contact Nichole at 303-464-5545 for more information.

**Age: 4-5**

TuTh Aug 19-Dec 16 PDRC 8:45 am-1:45 pm \$1707/\$1993 5345004-A

MWF Aug 18-Dec 15 PDRC 8:45 am-1:45 pm \$2571/\$5504 5345004-B

M-F Aug 18-Dec 16 BCC 8:45-11:45 am \$2067/\$2416 5345004-C

## EARLY LEARNING - JOURNEY INTO KINDERGARTEN

Journey into Kindergarten Class for Kindergarten Readiness. Designed for children who just missed the kindergarten cut-off, this high-quality preschool class offers a robust curriculum that includes language, math, social studies, science, and social skills. This Pre-K course is ideal for children who have previously attended a preschool program and are ready to build on their learning in preparation for kindergarten. Questions: Contact Nichole at 303-464-5545 for more information.

**Age: 4.5-6**

M-F Aug 18-Dec 16 BCC 12:15-3:15 pm \$2067/\$2416

5345005-A

## PARENTS' NIGHT OUT

While parents get some time to themselves, kids can keep busy with supervised gym time, cooking, and other activities.

**Age: 5-12**

Sat Oct 18 PDRC 4:30-7:30 pm \$15/\$18 5345008-A

Sat Nov 15 PDRC 4:30-7:30 pm \$15/\$18 5345008-B

Sat Dec 20 PDRC 4:30-7:30 pm \$15/\$18 5345008-C

## WINTER BREAK CAMP EXPLORER

Spend Winter Break on adventurous field trips with your friends! Winter Break Camp takes advantage of time off from school by taking field trips every day. From Boondocks to bowling, our campers are busy from beginning to end.

**Age: 5-12**

M-F Dec 22-26 BCC 7:30 am-5:30 pm \$250/\$283 5345101-A

M-F Dec 29-Jan 2 BCC 7:30 am-5:30 pm \$250/\$283 5345101-B

\*No Class: Dec 24, Dec 25, Jan 1

## FALL CAMP

Spend October Break on adventurous field trips with your friends! October Break Camp takes advantage of time off from school by taking field trips every day.

**Age: 5-12**

M-F Oct 13-17 BCC 7:30 am-5:30 pm \$250/\$283 5345102-A

M-W Nov 24-26 BCC 7:30 am-5:30 pm \$250/\$283 5345102-B



TR Fitness (this page)

# ▶ THERAPEUTIC RECREATION

Programs that enhance recreation opportunities for people of all ability levels and ages

## WHAT IS THERAPEUTIC RECREATION?

The Therapeutic Recreation Program is designed to provide and enhance recreation opportunities for people of all ability levels and ages to participate in leisure services. Both specialized classes and inclusion opportunities are offered.

### Mainstream/ Inclusion

Broomfield offers assistance to individuals with or without disabilities to recreate together. If you see a class offered in the program guide and would like to participate but need assistance, contact [TR@Broomfield.org](mailto:TR@Broomfield.org). Please allow three weeks prior to the start of class to allow time to provide the necessary support. Staff and trained volunteers work hard to provide the highest level of experience possible to the participants. When registering please allow enough time before the class starts, and register according to the needs of the participant. Thanks for your cooperation in helping keep this program a success.

### WHEN REGISTERING:

**Group:** Participants who are independent or require minimal verbal prompting and minimal behaviors.

**1:1:** Participants who need physical assistance and/or additional support due to behavioral needs.

## TR SPECIAL OLYMPICS: BOWLING

STRIKE!! Work on technique and have fun with friends. If you choose to compete in the Special Olympics regional competition you will need to complete their medical form.

**Age: 8+**  
5344040-A

## TR ADAPTIVE GYMNASTICS

This class is an introduction to the sport of gymnastics for individuals with a disability. Athletes will learn basic fundamentals or build upon their skills on floor, balance beam, bars, trampoline and vault. Working on coordination, motor skills and body awareness.

**Age: 6+**  
5344220

## TR WEIGHT TRAINING

This class is for individuals with developmental disabilities. Need help with the machines, want a trainer to help you design a workout plan? Taught by a certified personal trainer.

**Age: 15+**  
5344221

## TR SWIM LESSONS

These lessons are designed for individuals with a disability. This program is designed for the beginning swimmer. Swimming fundamentals and basic strokes are taught working on what the participant can do to swim! Class ratios are one instructor per three kids. If you would like a 1:1 private swim lesson please email [aquatics@broomfield.org](mailto:aquatics@broomfield.org) to set one up.

**AGE: 3-7**  
5344300

**AGE: 8-15**  
5344310

## TR FLAG FOOTBALL

This class is designed for individuals with a disability. Learn the game, or enhance your flag football skills.

**Age: 8+**  
5344460

## TR PICKLEBALL

This program is designed for individuals with a disability. We will work on the fundamentals of pickleball, how to score, what is the kitchen and more!

**Age: 12+**  
5344540

## TR POTTERY CLASS

Come create with clay! Explore and manipulate a ball of clay into a cup, creature or whatever you can dream up. This workshop is designed for individuals with a disability. During the first class period we will create our projects and during the second class session we will glaze the projects.

**Age: 12+**  
5344910

SPECIAL OLYMPICS AND TR

# Winter Weather PREPAREDNESS

Being Winter ready means understanding the winter risks you face and taking steps to prepare.

- Learn the signs of frostbite and hypothermia and how to respond.
- Prevent Carbon Monoxide poisoning by installing a detector and be sure it has working batteries.
- Learn more about house heating fires on the Winter Ready page from Ready.gov.



Find info on vehicle and home preparedness and protecting pets at [Broomfield.org/Emergency](https://Broomfield.org/Emergency)

## Don't drive in snow if you don't have to. Let EasyRide take you.

Snowy sidewalks and busy parking lots aren't worth the risk. If you're 60 or older or living with a disability, Broomfield's EasyRide service offers a safe, free and comfortable way to get to medical appointments, the grocery store and more.

All it takes is a quick registration and a phone call.  
Plan ahead – rides must be scheduled at least three business days in advance.



Learn more at [Broomfield.org/EasyRide](https://Broomfield.org/EasyRide)



## INFORMATION

Overview of Broomfield's amenities, facilities and policies

### CHILD WATCH

This service is available to participants ages six months up to their tenth birthday, whose parents or legal guardians are participating in open recreation center activities or programs and remain inside the recreation centers. Pick up a parent information handbook for specific policies and procedures at the child watch facility. Visit [Broomfield.org/ChildWatch](http://Broomfield.org/ChildWatch) for more information about appointments.

Age: 6 mo-10

### DISCRIMINATION STATEMENT

The City and County of Broomfield does not discriminate on the basis of race, color, national origin, sex, sexual orientation, religion, age or disability in the provision of services. Anyone needing reasonable accommodation to attend or participate in a city program, service or activity, is asked to contact [info@broomfield.org](mailto:info@broomfield.org) as far in advance of the scheduled event as possible. At least three weeks' notice is appreciated.

PDRC Recreation:	303-460-6900
BCC Recreation:	303-464-5500
Library, Arts, History and CSU Extension:	720-887-2300
G.R.E.E.N. programs:	303-438-6366

### GENERAL INFORMATION AND POLICIES

Detailed information on city policies concerning Private Use of Public Facilities; Food Guidelines; Scanning Stations; Wireless Internet; Code of Conduct; Photograph, Camera and Video Policies; and Cell Phone/Camera Phone Policy are available online at [Broomfield.org/Policies](http://Broomfield.org/Policies).

### REGISTRATION POLICIES

Visit [Broomfield.org/Policies](http://Broomfield.org/Policies) for the most current information. Class dates and times may change. Individuals on the waitlist will be contacted if spots become available and given first priority to added classes. All classes are subject to cancellation if the minimum enrollment is not met two business days prior to the first day of class. If you see a class offered in the program guide and would like to participate but need assistance, see page 46 for who to contact. A minimum of three weeks is needed to allow time to provide the support you need to attend that class. The most up-to-date activity information can be found at [B-REX.com](http://B-REX.com).

### VERIFICATION OF RESIDENCY

#### Who Qualifies for a Resident Rate?

Any person owning taxable real or personal property or permanently residing within the City and County of Broomfield and can show verification. Those who wish to purchase any RESIDENT card or pass are required to show a photo ID and two of the following documents showing correct name, current date and current Broomfield address to "verify residency":

- Utility bill (phone or water bill)
- Car registration
- Voter registration card
- Statement from major creditor
- Recent Broomfield County tax notice
- Rental contract/mortgage statement

**If you work in Broomfield:** You are eligible to receive the resident rate by showing proof of employment at a Broomfield business. This resident status is for the employee only and entitles the employee to receive resident rates for admissions, passes, punch cards and recreation programs but is not applicable toward facility rentals. Other family members do not qualify for resident rates/status. The following proof of employment must be presented to receive the resident rates:

- A Photo ID and
- Recent pay stub showing name and address of company (business cards are not accepted).

If you are not sure whether you live within the Broomfield City and County limits, check your tax notice or contact Broomfield Recreation staff at 303-460-6900 or 303-464-5500 or [recreation@broomfield.org](mailto:recreation@broomfield.org).

### REFUND POLICY

Refunds and/or credits are determined by the specific department or program coordinator and may be prorated and assessed fees. The City and County policy does not allow cash refunds. Please visit [Broomfield.org/Policies](http://Broomfield.org/Policies) for the City and County of Broomfield's full Refund Policy.

# FACILITY *Amenities*

For a complete park list, visit [Parks.Broomfield.org](http://Parks.Broomfield.org)

Ball field  
Barbeque Grill  
Basketball Court  
Batting Cage  
Disc Golf  
Dog Park  
Horseshoe Pit  
Inline Skate Rink  
Off-Street Parking  
Playground  
Porta John  
Shelter  
Restroom  
Skate Park  
Soccer Field  
Swimming Pool  
Tennis Court  
Trail  
Volleyball

Facility Name	Address	Ball field	Barbeque Grill	Basketball Court	Batting Cage	Disc Golf	Dog Park	Horseshoe Pit	Inline Skate Rink	Off-Street Parking	Playground	Porta John	Shelter	Restroom	Skate Park	Soccer Field	Swimming Pool	Tennis Court	Trail	Volleyball
AM Pond	Alexx Michaels Pond (W 132nd Ave & Zuni St)																			x
Anthem	Anthem Community Park (15663 Sheridan Pkwy)		x						x	x		x	x		x					x
Arista	Arista Park* (Broomfield Ln & Arista Pl)																			
Aspen Creek	Aspen Creek Elementary School* (5500 Aspen Creek Dr)	x	x						x	x					x		x			
Audi	Broomfield Auditorium (3 Community Park Rd)								x				x							x
Ballfields	Community Park Ballfields (E. 1st Ave & Spader Way)	x		x				x	x				x	x						x
Bay	Bay Outdoor Aquatic Park (250 Spader Way)								x	x		x	x							
BCC	Broomfield Community Center (BCC) (280 Spader Way)			x					x				x				x			x
BCC Cemetery	Broomfield County Commons Cemetery (12801 Sheridan Boulevard,)									x										
BHMS	Broomfield Heights Middle School* (1555 Ridgeview Dr)	x	x												x					x
BHS	Broomfield High School* (1 Eagle Dr)	x							x	x	x				x					x
BIP	Broomfield Industrial Park (11451 Teller St)	x	x	x				x	x	x	x	x	x							
Broad Golf	Broadlands Golf Course* (4380 W 144th Ave)	x	x						x	x	x	x			x					
Brunner	Brunner Farm House and Vegetable Garden (640 Main St)								x				x							x
Centennial	Centennial Elementary School* (13200 Westlake Dr)	x		x						x					x					
Commons	Broomfield County Commons Park and Open Space (13200 Sheridan Blvd)		x				x		x	x		x	x		x					x
Conoco	Conoco Park and Inline Rink (Lowell Blvd & Midway Blvd)							x	x											
Coyote ES	Coyote Ridge Elementary School* (13770 Broadlands Dr)	x	x						x	x					x					
CP	Community Park (200 Community Park Dr)	x	x		x				x	x		x	x	x					x	x
Crescent	Broomfield Crescent Grange* (7901 W. 120th Ave)								x				x							
Depot	Broomfield Depot Museum, Honey House, Sheps Grave (2201 W 10th Ave)								x				x							x
Emerald	Emerald Park (200 Main St)			x			x		x											x
Emerald ES	Emerald Elementary School* (275 Emerald St)	x		x					x	x										
Garden Ctr	Garden Center (6 Garden Center)								x				x							
GDC	George Di Ciero City and County Building (One DesCombes Dr)								x				x							
Greenway	Greenway Park (118th Ave & Ponderosa)	x								x	x				x					x
HHS	Health and Human Services, Workforce (100 Spader Way)									x			x							
Highland	Highland Park (1199 Highland Park Dr)								x	x	x	x			x					x
inventHQ	inventHQ (6 Garden Center)								x				x							
Jeff Acad	Jefferson Academy* (11251 Reed Way)			x					x	x			x		x					
Josh's Pond/ Metzger	Josh's Pond (Metzger Open Space (12162 Lowell Blvd))												x							x
Kohl ES	Kohl Elementary School* (W 10th Ave & Kohl)	x		x					x	x					x					
Lac Amora	Lac Amora Open Space (Rock Creek Dr and Poplar Way)	x	x							x	x	x			x					
Lakeview Cem	Lakeview Cemetery (E 10th Av and Beryl Street)																			
Legacy	Legacy Park (2705 W 136th Ave)										x	x		x						
Legacy HS	Legacy High School* (2701 W 136th Ave)	x							x	x					x					x
Library	Broomfield Library (3 Community Park Road)								x				x							x
McKay	McKay Lake Park and Open Lands (4000 Zuni St)								x	x	x	x	x							x
Midway	Midway Park (Kohl St & Midway Blvd)	x	x			x				x		x	x							x
Mtn View ES	Mountain View Elementary* (12401 Perry St)	x		x					x	x			x		x					
Muni Shops	Broomfield Municipal Shop & Service Center (3951 West 144th Ave)																			
Norman Smith	Norman Smith Municipal Service Center (3001 W 124th Ave)								x											
Northmoor	Northmoor Park (13th Ave & Birch)	x	x	x					x	x		x	x							x
PD	Police and Courts Building (7 DesCombes Dr)								x											
PDRC	Paul Derda Recreation Center (13201 Lowell Blvd)			x					x	x			x				x			x
Plaster	Plaster Reservoir (Legend Way & Broadlands Lane)																			x
Quail Crk	Quail Creek Park (2300 W 138th Ave)	x	x						x	x	x		x		x					x
Recycling	Broomfield Recycling Center (225 Commerce St)																			
Skate/Batting	Skate Park & Batting Cages (150 Spader Way)	x			x				x		x	x		x						x
Skyestone	The Lodge at Skyestone* (11057 N. Montane Dr)								x				x				x			x
Tom Frost	Tom Frost Reservoir (Midway & Lowell)													x						x
Westlake MS	Westlake Middle School* (2500 W 135th Ave)	x		x					x	x					x					x
Xeri Garden	CSU Extension Xeriscape Demo Garden (One DesCombes Dr)																			x
Zang	Zang Spur Park (2221 W 10th Ave)	x		x					x	x										x

\* not a City and County of Broomfield maintained facility

## BROOMFIELD BAY AQUATIC PARK

250 Spader Way  
[Broomfield.org/Bay](http://Broomfield.org/Bay)  
 303-464-5520

### HOURS OF OPERATION

The Bay is open Memorial Day through Labor Day. Find updates at [BroomfieldVoice.com/theBayRenovations](http://BroomfieldVoice.com/theBayRenovations).

### DROP-IN FEES

#### Resident:

0-3..... FREE  
 4+..... \$5

#### Non-Resident:

0-3..... FREE  
 4-17 ..... \$7  
 18-59 years..... \$9  
 60+ ..... \$7

### AVAILABLE PASSES\*\*\*

All Facility Pass  
 Fall Pass

\*\*\* For more information on Passes and Fees, visit [B-REx.com](http://B-REx.com) and click on the "Passes" link.

## BROOMFIELD COMMUNITY CENTER

280 Spader Way  
[BroomfieldRecreation.com](http://BroomfieldRecreation.com)  
 303-464-5500

### HOURS OF OPERATION

Mon-Thu ..... 5 am-10 pm  
 Fri ..... 5 am-8 pm  
 Sat ..... 7 am-8 pm  
 Sun ..... 8 am-6 pm

### SPECIAL HOURS

Aug 11-17.... Maintenance Closure  
 Sep 1 ..... 7 am-5 pm  
 Sep 20 ..... Closed  
 Nov 27 ..... Closed  
 Nov 28 ..... 8 am-2 pm  
 Dec 24 ..... 8 am-2 pm  
 Dec 25 ..... Closed  
 Dec 31 ..... 7 am-12 pm  
 Jan 1 ..... 11 am-4 pm

### DROP-IN FEES

#### Resident:

0-3..... FREE  
 4-17 ..... \$3.50  
 18-59 ..... \$5  
 60+ ..... \$4

#### Non-Resident:

0-3..... FREE  
 4-17 ..... \$6.25  
 18-59 ..... \$7.75  
 60+ ..... \$6.25

### AVAILABLE PASSES\*\*\*

Recreation 10-Punch Pass  
 Recreation 20-Punch Pass  
 All Facility Pass

## PAUL DERDA RECREATION CENTER

13201 Lowell Boulevard  
[BroomfieldRecreation.com](http://BroomfieldRecreation.com)  
 303-460-6900

### HOURS OF OPERATION

Mon-Thu ..... 5 am-10 pm  
 Fri\* ..... 5 am-6:30 pm  
 Sat ..... 7 am-8 pm  
 Sun ..... 8 am-6 pm  
 Please Note: Pool closes 30 minutes prior to closure.

### SPECIAL HOURS

Aug 25-Sep 1 .Maintenance Closure  
 Sep 1 ..... Closed  
 Nov 27 ..... Closed  
 Nov 28 ..... 12-6:30 pm  
 Dec 24 and 25 ..... Closed  
 Dec 26 ..... 8 am-10 pm  
 Dec 31 ..... 11 am-4 pm  
 Jan 1 ..... 8 am-1 pm

### DROP-IN FEES

#### Resident:

0-3..... FREE  
 4-17 ..... \$3.50  
 18-59 ..... \$5  
 60+ ..... \$4

#### Non-Resident:

0-3..... FREE  
 4-17 ..... \$6.25  
 18-59 ..... \$7.75  
 60+ ..... \$6.25

### AVAILABLE PASSES\*\*\*

Recreation 10-Punch Pass  
 Recreation 20-Punch Pass  
 All Facility Pass

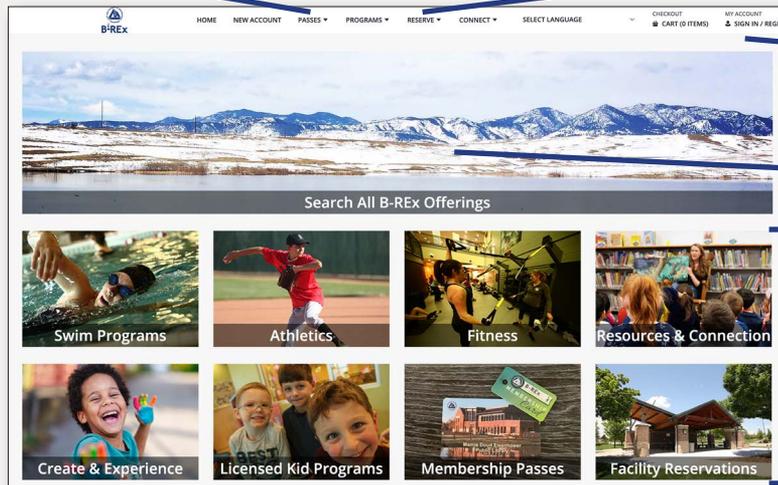
# Register ON B-REx.com

## PASSES

Purchase, renew or maintain your Recreation Pass.

## RESERVE

Rent rooms for parties, meetings and more.



## LOGIN

Chose your username and password, and update your information!

## SEARCH

Search for what you're looking for, using search filters.

## BROWSE

Click the new category buttons to browse interesting programs.

## GIVE FEEDBACK!

Visit [Broomfield.org/BRExFeedback](http://Broomfield.org/BRExFeedback) to provide feedback on your [B-REx.com](http://B-REx.com) experience!