

# BROOMFIELD PROGRAM GUIDE



**SPRING** | 2026

COVERS JANUARY-MAY

# 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!



6140406-A  
Jan. 11-Feb. 15  
11:30 a.m.-12:30 p.m.  
Paul Derda Recreation Center  
\$72 passholders  
\$90 residents  
\$102 non residents

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

Discover, learn and take action  
for a greener future.



Stop by to participate in

- Seed Swap
- Garden Tool Swap
- Electric Vehicle Showcase
- Bike Repair Station
- and more

**Saturday, April 18**  
**1-4 p.m.**

**Paul Derda Rec Center**



Find information about the Earth Day Celebration at  
[Broomfield.org/EarthDay](http://Broomfield.org/EarthDay)



COLORADO STATE UNIVERSITY  
EXTENSION

# COMING <sup>SOON</sup> Soon

*Don't Miss*  
**THESE  
CLASSES**

**PERSONALIZED  
WORKOUT PLANS**

*See page 18*

**NEW!**

**YOUTH  
WOODSHOP CLASS**  
AGE: 12-14

*See page 31*  
Learn more at [B-REx.com](http://B-REx.com)

**NEW!**

**BROOMFIELD AND THE  
CHEYENNE AND ARAPAHO  
TRIBES**  
AGE: 60+

*See page 41*

**SPRING SPECTACULAR  
Artisan Market and  
Easter Celebration**  
AGE: ALL

*See page 9*  
Register at [B-REx.com](http://B-REx.com)

**SPECIAL OLYMPICS**  
AGE: VARIES

*See page 47*  
Register at [B-REx.com](http://B-REx.com)

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

Host your next *Special Occasion* in Broomfield!

**Looking for the perfect venue to host  
your next event?**

The Broomfield Community Center offers beautiful, versatile rooms available to rent for a variety of special occasions. Whether you're planning a wedding, a celebration of life, or a business meeting, our welcoming space and helpful staff will ensure your event runs smoothly.

For kids birthday celebrations, check out the Paul Derda Recreation Center! The affordable party packages can include swimming or tumbling perfect for kids who love to move and play. Parties are easy to plan and fun for all ages! Make your next event memorable with the City and County of Broomfield!



**Reserve your space today on [B-REx.com](http://B-REx.com)**

# SPRING | 2026

## REGISTRATION DATES

Registration for most 2026 Spring Programs begins on Dec. 4 at 7 a.m.

For many programs, non-residents may register starting Dec. 18 at 7 a.m.



### B-REX

*Broomfield Registration Excellence*



### [B-REx.com](http://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 48.



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CERTIFIED  
printreleaf.com

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

# 34 TREES REPLANTED

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



### COVER PHOTO:

Vendors at the Spring Spectacular Artisan Market  
(See page 9 or B-REx.com)

### 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 49 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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Student Art Show (this page)

## CITY EVENTS

Large city-wide events for the whole family

### STUDENT ART SHOW



The annual Student Art Show highlights the artistic achievements of Broomfield's young artists giving the community an opportunity to view artwork by students in kindergarten through high school. The exhibition features artwork selected by the local art teachers to represent their school. Students interested in participating in this show should speak with their school's art teacher. An artist reception will be held on Friday, March 6 from 6-8 p.m. and the art show will be open for public viewing on Saturday, March 7 from 9 a.m. - 3 p.m. This event is sponsored by Broomfield Recreation Services and the Broomfield Council on the Arts and Humanities.

Age: ALL

Sat Mar 7 BCC 9 am-3 pm FREE 6148001

### SPRING SPECTACULAR



Swing into spring at Broomfield's Spring Spectacular

Age: ALL

Sat Mar 28 BCC 8:30 am-2 pm FREE 6148010

### SHOP THE ARTISAN MARKET

9 a.m.-2 p.m.

Join Broomfield's biggest craft fair of the season just in time for gift shopping for Easter, Mother's Day and graduations. The Spring Spectacular Artisan Market features free admission to various rooms filled with creative and unique offerings from local crafters around the area.

### GET A PHOTO WITH THE EASTER BUNNY

10-11:30 a.m. and noon-1:30 p.m.

Hop into the Spring Spectacular and enjoy all the free fun activities - bounce on the inflatables, face painting, games and crafts. This is your chance to get a photo with the Easter Bunny. No registration required.

### EAT AT THE DANCING BEE CAFE

8:30 a.m.-1 p.m.

See what the buzz is all about at the Spring Spectacular! Grab a bite for breakfast or lunch in the Lakeshore Room. The Dancing Bee Cafe is swarming with good eats for everyone to enjoy. Get a meal fit for a queen with all proceeds benefiting Broomfield Meals on Wheels.

### SPRING SPECTACULAR VENDOR REGISTRATION

If you create unique and beautiful arts and crafts then the Spring Spectacular Artisan Market is for you! Vendors are wanted for Broomfield's largest craft fair of the season just in time for gift shopping for Easter, Mother's Day and Graduation. The Spring Spectacular Artisan Market at the Broomfield Community Center features free guest admission to a variety of rooms filled with unique and creative items from local crafters around Colorado. Registration opens January 2026.

Age: 16+

Sat Mar 28 BCC 8:30 am-2 pm \$45/\$65 6148042

SPRING SPECIAL EVENTS

### 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. 19, 2026 • [Broomfield.org/BroomfieldDays](http://Broomfield.org/BroomfieldDays)  
Vendor Registration Opens April 1 on B-REx.com

Arts and Crafts Vendors	6348211-A
Demo Stage Performers	6348212-A
Food Vendors	6348213-A
Non-Profit Vendors	6348214-A
Purchase for Resale Vendors	6348215-A
Bow Wow Broomfield Vendors	6348217-A
Broomfield Days Parade Applications	6348218-A
Activity Vendors	6348219-A

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



Personal Fitness Training (See page 17)

# B HEALTHY BROOMFIELD

Promoting and strengthening a healthy community

## AQUATICS: SWIM LESSONS

### PARENT SUPERVISION POLICY

Parents are directly responsible for the safety of their children at all times!  
 All children 6 and younger and all 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 and stay within arms reach at all times. This includes children who are wearing lifejackets. A lifejacket is NOT a substitute for an adult. Direct supervision is required at all times. Children 7-11 years old who know how to swim independently, must have an adult present in the pool area.

### 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.

### 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. For additional information or if you are not sure what level to sign your child up for, contact [aquatics@broomfield.org](mailto:aquatics@broomfield.org).

### FORMAT FOR SWIM LESSON SCHEDULES!

Location Key:

- PDRC:** Broomfield Community Center  
280 Spader Way, Broomfield, CO 80020
- PDRC:** Paul Derda Recreation Center  
13201 Lowell Blvd, Broomfield, CO 80020

We do not offer make-up swim lessons, credits, or refunds for missed swim classes or inclement weather.

### CONFUSED ABOUT WHAT LEVEL TO SIGN UP FOR?

Use this lesson guide to help you decide!

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

This class is designed to introduce both parent and child to the water in a fun and supportive environment while emphasizing water safety. **Prerequisites:** Children must be able to hold their head up independently.

**Class Benefits:** Encourages parent-child interaction and socialization, promotes comfort and confidence in the water through play, supports physical development, coordination, and gross motor skills. Parental participation in the water is required. Each child must be accompanied by an adult (one child per adult). Both parents may participate with one or two children. Swim diapers are required.

**Age: 6 mo-3 yrs**

Code: 6140101

## PRESCHOOL LEVEL 1 SWIM LESSONS

**Recommended For:** Children with little to no prior water experience. **Prerequisites:** None. **Skills Introduced:** Entering and exiting the water independently, building comfort and confidence in the water, blowing bubbles for at least 3 seconds, assisted front and back floats, jumping into shallow water with assistance, and water safety skills. **Next Level:** Successful completion of all skills advances the child to Preschool Level II.

**Age: 3-6**

Code: 6140104

## PRESCHOOL LEVEL 2 SWIM LESSONS

**Prerequisites:** Completion of Preschool Level 1 or the ability to: enter and exit the water independently, show comfort and confidence in the water, blow bubbles for at least 3 seconds, perform assisted front and back floats, jump into shallow water with assistance, demonstrate basic water safety skills. **Skills Learned:** Independent front and back floats, front arm strokes (3-5 strokes), Chicken-Airplane-Rocketship (3-5 strokes), jump into water and swim back to the wall with help, rolling from back to front and front to back. **Next Level:** Successful completion of all skills advances the child to Preschool Level III.

**Age: 3-6**

Code: 6140105

## PRESCHOOL LEVEL 3 SWIM LESSONS

**Prerequisites:** Completion of Level 2 or the ability to: Perform independent front and back floats, complete 3-5 front arm strokes, complete 3-5 "Chicken-Airplane-Rocketship" strokes, jump into the water and swim back to the wall with assistance, roll from back to front and front to back. **Skills Learned:** Semi-coordinated arm strokes (6+ strokes) with breathing, Chicken-Airplane-Rocketship, jumping into the water overhead, treading water, swimming back to the wall, backstroke. **Next Level:** Successful completion of all skills advances the child to Level II (Blue Whale) or Level III (Crab).

**Age: 3-6**

Code: 6140106

## 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.

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

**Age: 6-12**

Code: 6140107

## 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. **Next Level:** Successful completion of all skills: Pass to Level III (Crab)

**Age: 6-12**

Code: 6140108

## 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. **Next Level:** Successful completion of all skills: Pass to Level IV (Dolphin/Eel)

**Age: 6-12**

Code: 6140109

## 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. **Next Level:** Successful completion of all skills: Cara Swim Team

**Age: 6-12**

Code: 6140110

### 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**  
Code: 6140112

### CARA YOUTH SWIM TEAM - AGES 7-12 YEARS OLD

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: 7-12**  
Code: 6140114

### CARA YOUTH SWIM TEAM - AGES 11-18 YEARS OLD

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: 11-18**  
Code: 6140114

### 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**  
Code: 6140115

### 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+**  
Code: 6140119

### PRIVATE SWIM LESSON CLASSES

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, then email [aquatics@broomfield.org](mailto:aquatics@broomfield.org) so that we may add the other participant to the class. All lessons will be 25 minutes in length. Utilize the waitlist process whenever possible. Make-up classes/credits will not be available for missed classes.

**Age: 3+**  
Code: 6140125

### 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 George at [coachgeorge@teamcudas.com](mailto:coachgeorge@teamcudas.com). Please see the website for additional info about tryouts and times available.

**Age: 6-18**

### 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.

**Location: PDRC**

**Age: 18+**  
MW 7:30-9 pm  
Sat 6:30-8 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+**

### ARTISTIC (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).

### LIFEGUARD TRAINING: INSTRUCTOR LED AMERICAN RED CROSS CLASS

Learn the duties and responsibilities of becoming a professional lifeguard. This class follows the guidelines established by the American Red Cross. Successful participants are certified in Lifeguard Training. To enroll in this class you must be 15 years of age by the last class date. Participants must attend all sessions. There are no exceptions. During the first class you must pass the following skills in order to continue the rest of the course: Prerequisite 1: Complete a swim-tread-swim sequence without stopping to rest: Jump into the water and totally submerge, surface then swim 150 yards using the front crawl, breaststroke or a combination of both, 2 minutes tread water using only the legs and swim 50 yards using the front crawl, breaststroke or a combination of both. Prerequisite 2: Start in the water, swim 20 yards, surface dive to 10 feet, retrieve a 10 pound brick, swim 20 yards with the brick using only the legs, and exit water without using a ladder within 1 min, 40 secs. Swim goggles are not allowed during the swim. Please email [aquatics@broomfield.org](mailto:aquatics@broomfield.org) to get access to the online learning once registered for the class.

**Age: 15+**  
 TuTh Apr 7-23 BCC 5-9 pm \$190/\$240 6140121-1B

### LIFEGUARD TRAINING: BLENDED LEARNING AMERICAN RED CROSS CLASS

Blended Learning will have online learning to be completed. Learn the duties and responsibilities of becoming a professional lifeguard. This class follows the guidelines established by the American Red Cross. Successful participants are certified in Lifeguard Training. To enroll in this class you must be 15 years of age by the last class date. Participants must attend all sessions. There are no exceptions. During the first class you must pass the following skills in order to continue the rest of the course: Prerequisite 1: Complete a swim-tread-swim sequence without stopping to rest: Jump into the water and totally submerge, surface then swim 150 yards using the front crawl, breaststroke or a combination of both, 2 minutes tread water using only the legs and swim 50 yards using the front crawl, breaststroke or a combination of both. Prerequisite 2: Start in the water, swim 20 yards, surface dive to 10 feet, retrieve a 10 pound brick, swim 20 yards with the brick using only the legs, and exit water without using a ladder (Swim goggles are not allowed ) within 1 min, 40 secs. Email [aquatics@broomfield.org](mailto:aquatics@broomfield.org) to get access to the online learning once registered for the class.

**Age: 15+**  
 MF-Su Jan 2-5 BCC 9:30 am-5 pm \$190/\$240 6140121-1A  
 Tu-F Mar 17-20 BCC 9:30 am-5 pm \$190/\$240 6140121-2A  
 Tu-F Mar 24-27 BCC 9:30 am-5 pm \$190/\$240 6140121-3A  
 Tu-F May 26-29 BCC 9:30 am-5 pm \$190/\$240 6140121-4A

### LIFEGUARD CLASS PREREQUISITE

Sign up to take the Prerequisites for the Lifeguard Class Prior to taking the lifeguard class. Participants need to pass the prerequisites required by the American Red Cross to take the class. Once you pass the prerequisite you will be ready to sign up and take the class. If unable to complete the prerequisite participants can sign up to try again or reach out to [aquatics@broomfield.org](mailto:aquatics@broomfield.org) to attend a pre-lifeguard training session or a class to practice the prerequisite skills with an instructor. Jump into the water and totally submerge, surface then swim 150 yards using the front crawl, breaststroke or a combination of both, 2 minutes of treading water using only the legs and swim 50 yards using the front crawl, breaststroke or a combination of both. Swim 20 yards, surface dive to 10 ft, retrieve a 10 pound brick, swim 20 yards with the brick in your hands, and exit water within 1 min, 40 sec.

**Age: 14+**  
 Code: 6140131

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

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+**  

Sun	Jan 25	BCC	1-6 pm	\$75/\$85	6146223-1A
Thu	Feb 26	BCC	4:30-9:30 pm	\$75/\$85	6146223-2A
Sat	Mar 14	BCC	1-6 pm	\$75/\$85	6146223-3A
Mon	Apr 20	BCC	4:30-9:30 pm	\$75/\$85	6146223-4A

**YARD Pals**

Enjoy the great outdoors while also helping a neighbor!

[Broomfield.org/BroomfieldPals](http://Broomfield.org/BroomfieldPals)

**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: 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 and 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, while providing aerobic exercise to help improve your cardiovascular health. An accessible lift is available for use.

**Intensity Level:** Easy-Medium

**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: 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 BOYS AND GIRLS T-BALL**

This program offers divisions for boys t-ball, girls t-ball, and co-ed Little Sluggers. This practice/play format of a program will meet on Saturdays for one hour. There will be a 30 minute practice followed by a 30 minute coach led game. Fee includes a team shirt and hat. All participants need to bring their own glove. **Volunteer coaches are needed.** For more information, please email [athletics@broomfield.org](mailto:athletics@broomfield.org).

**Age:** 4-7

6140204

**YOUTH BASEBALL**

This recreational program combines learning fundamentals, practice and games. Practices are twice a week with games played one night a week. Due to weather and scheduling game/practice days may fluctuate. The fee includes a team shirt and hat. **Volunteer coaches are needed!** For more information email [athletics@broomfield.org](mailto:athletics@broomfield.org).

**Age:** 6-15

6140205

**GIRL'S YOUTH SOFTBALL**

This recreational program combines learning fundamentals, practice and games. Practices are once or twice a week with games played one night a week. Due to weather and scheduling game/practice days may fluctuate. The fee includes a team shirt and hat. **Volunteer coaches are needed!** For more information email [athletics@broomfield.org](mailto:athletics@broomfield.org).

**Age:** 7-15

6140212

**INTRO TO PICKLEBALL**

Intro to Pickleball teaches new picklers the basics of pickleball rules, scorekeeping, and serving, along with the mechanics of forehand, backhand and volley. For more information, please email [athletics@broomfield.org](mailto:athletics@broomfield.org).

**Age:** 16+

6140209

**SKATESTART**

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

**Age:** 5-12

6140210

**SKYHAWKS SPORTS ACADEMY**

Skyhawks Sports Academy offers sports camps and clinics for players of all levels. Each camp offered is a week long. Skyhawks offers 10 different sports camps. Register for camps at [askcolorado@skyhawks.com](mailto:askcolorado@skyhawks.com). Camps run in the Summer and registration will start in the Spring.

**Ages:** 4-12

### ADULT MEN'S BASKETBALL

We would love for you to join our Tuesday Night Men's Basketball League. For the spring, 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's B-REx 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+

6140220

Adult Men's Basketball - Tuesday Upper Rec  
 Adult Men's Basketball - Tuesday Open Rec  
 Adult Men's Basketball - FREE AGENT TEAM

### ADULT MEN'S 40+ BASKETBALL

We would love for you to join our recreation adult men's league offered for those 40 years of age and older. The program plays on Wednesday nights at the Broomfield Community Center. The League is an 8 game season with playoffs on week 9. Email [athletics@broomfield.org](mailto:athletics@broomfield.org).

Age: 40+

6140221

### SPRING ADULT VOLLEYBALL

Gather a group of friends to play recreational volleyball! Both Coed and Women's 6v6 leagues offered. All leagues are 10 games + playoffs. For more information, please email [athletics@broomfield.org](mailto:athletics@broomfield.org).

Age: 16+

6140225

### LADY'S LINKS AND LAGERS GOLF LEAGUE

Play in a lady's golf league on Wednesday evenings at the par 3 Greenway Park Golf Course. This is a great league to learn the game while having fun meeting others.

Throughout the season, you will have the opportunity to play a variety of fun golf games. All skill levels are welcome. This is a 9 week season. Participants go to local establishments after golf for an opportunity to socialize.

For more information contact [athletics@broomfield.org](mailto:athletics@broomfield.org).

Age: 18+

Wed Apr 8-Jun 3 Greenway 4-5:30 pm \$35/\$40 6140223-A

### SPRING ADULT SOFTBALL

Gather a group of friends to play recreational softball! Both Men's and Coed leagues offered. All leagues are a 5-game season with no playoffs. For more information, please email [athletics@broomfield.org](mailto:athletics@broomfield.org).

Age: 18+

MEN'S SOFTBALL

6140240

COED SOFTBALL

6140224

### PICKLEBALL SKILL WORKSHOP

Pickleball Skill Workshops are a 4-class series that focus on 2 specific skills in each class. Best suited for picklers who already have basic knowledge of the game rules. For more information, email [athletics@broomfield.org](mailto:athletics@broomfield.org).

Age: 16+

6140227

## 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

Batting Cages  
 Open April-October

### Adult Leagues

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

Find more info on registration dates on [BROOMFIELD.ORG/ATHLETICS](http://BROOMFIELD.ORG/ATHLETICS)

### PICKLEBALL MIXER

Beginner Pickleball Mixers are a coach led, tournament style opportunity for new picklers to practice their skills. Players will play 4 to 6 games with new partners. For more information, email [athletics@broomfield.org](mailto:athletics@broomfield.org).

**Age: 16+**  
6140243

### BEGINNER PICKLEBALL LESSON

Beginner Pickleball Lessons are a 2-class series that focus on consistency with basic shots, forehand, backhand, serve, and dink, and refining court positioning. Best suited for picklers with an Intro level of Pickleball knowledge. For more information, please email [athletics@broomfield.org](mailto:athletics@broomfield.org).

**Age: 16+**  
6140244

### ADULT PICKLEBALL LEAGUE

4 weeks of regular season matches, followed by playoffs for the top 4 teams. The fee for this program is for a team, not for each individual player. It is recommended that teams have at least 2 players and 1 substitute player. For more information or for help joining a team, please contact [athletics@broomfield.org](mailto:athletics@broomfield.org).

**Age: 18+**  
6140247

### 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!! Email [athletics@broomfield.org](mailto:athletics@broomfield.org) for more information. Please check B-REx for registration information!

**6140253**

### TGA JUNIOR GOLF

Come tee it up with TGA! TGA brings the golf course to you. Our award-winning curriculum incorporates golf instruction, educational components, and character development lessons in a fun and nurturing environment. Students develop skills and understanding of the game through station-based activities and drills that increase in difficulty as skills develop.

### TGA JUNIOR GOLF

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!

**Age: Age 5-8**

Sun	Jan 11-Mar 1	PDR	12:30-1:30 pm	\$192/\$230.40	6140200-A
Wed	Mar 4-May 13	PDR	3:45-4:45 pm	\$240/\$288	6140200-B

**Age: Age 8, 5-14**

Sun	Jan 11-Mar 1	PDR	1:45-2:45 pm	\$192/\$230.40	6140200-C
Wed	Mar 4-May 13	PDR	5-6 pm	\$240/\$288	6140200-D

### PARENT-TOT FREE TIME GYMNASTICS

Join the fun together! With a supervisor on hand, parents can play with their child in the pit, on the zipline, and through obstacle courses. Sign up now for quality parent-child bonding and exciting playtime! For more information please contact [gymnastics@broomfield.org](mailto:gymnastics@broomfield.org).

**Age: 0-5**  
6140301

### 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, contact [gymnastics@broomfield.org](mailto:gymnastics@broomfield.org).

**Age: 18 mo-5**  
6140302

### 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, contact [gymnastics@broomfield.org](mailto:gymnastics@broomfield.org).

**Age: 5-12**  
6140303

### 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**  
6140306

### 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! For more information please contact [gymnastics@broomfield.org](mailto:gymnastics@broomfield.org).

**Age: 5-13**  
6140307

### 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! For more information, contact [gymnastics@broomfield.org](mailto:gymnastics@broomfield.org).

**Age: 5-12**  
6140308

### 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! For more information please contact [gymnastics@broomfield.org](mailto:gymnastics@broomfield.org).

**Age: 5-12**  
6140309

## 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

## AMAZING ATHLETES

### AMAZING TOTS

Amazing Tots is a guided, discovery-based program that helps children engage in structured physical activities tailored specifically for young learners. The program uses age-appropriate developmental milestones and adapts to each child's attention span and physical abilities. During each 20-25 minute weekly class, children explore one of four sports through discovery lessons, balancing structured physical challenges with organized exploration activities designed just for little ones.

Age: 18 mo-2.5

Tues	Jan 6-Jan 27	PDRC	10:30-11 am	\$60/\$72	6140480-B
Tues	Feb 3-Feb 24	PDRC	10:30-11 am	\$60/\$72	6140480-C
Tues	Mar 3-Mar 24	PDRC	10:30-11 am	\$60/\$72	6140480-D
Tues	Mar 31-Apr 21	PDRC	10:30-11 am	\$60/\$72	6140480-A
Tues	Apr 28 - May 19	PDRC	10:30-11 am	\$60/\$72	6140480-E

### AMAZING ATHLETES

Amazing Athletes is a year-round developmental physical fitness program designed to help children reach milestones at their own pace. Endorsed by Early Childhood Expert Bonnie Bruce, the curriculum ensures every participant gains maximum benefit while discovering how fun fitness can be. In each 30-35 minute weekly class, children learn patience, teamwork, and self-confidence in a noncompetitive, learning-focused environment that fosters a love of healthy living.

Structured physical activities inspire excitement and support ongoing personal development and well-being.

Age: 3-7

Tues	Jan 6-Jan 27	PDRC	11:15-12 pm	\$60/\$72	6140480-F
Tues	Feb 3-Feb 24	PDRC	11:15-12 pm	\$60/\$72	6140480-G
Tues	Mar 3-Mar 24	PDRC	11:15-12 pm	\$60/\$72	6140480-H
Tues	Mar 31-Apr 21	PDRC	11:15-12 pm	\$60/\$72	6140480-I
Tues	Apr 28-May 19	PDRC	11:15-12 pm	\$60/\$72	6140480-J

## 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+

## 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

## 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 the 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 includes 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 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.

Age: 16+

## 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**  
(Both participants must attend to receive this rate.)

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

**PERSONALIZED WORKOUT PLANS**  

Boost results with four custom workouts designed to support independent training or to supplement sessions with a Personal Trainer. This plan promotes consistency and helps clients stay on track to reach fitness goals. It is ideal for those seeking additional structure and accountability. Each plan provides a complete, easy-to-follow workout program tailored to individual goals, fitness level, and available equipment, along with guidance, modifications, and progressions for all exercises. Optional check-ins with a Personal Trainer are included to maintain progress and ensure continued accountability. Questions? Email [fitness@broomfield.org](mailto:fitness@broomfield.org)

**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.

**Age: ALL**  
\$185 Res/\$200 Non-Res

**NUTRITION SEMINARS**

**NUTRITION & EXERCISE FOR THE NEW YEAR: BUILD STRENGTH, LONGEVITY, AND SUSTAINABLE HABITS**

Start the year strong with Nutrition and Exercise for the New Year, a motivating, practical workshop focused on aligning health goals with sustainable strategies. Topics include eating according to individual goals, building lasting habits, and measuring progress beyond the scale. The session also highlights how to balance listening to the body with knowing when to push, along with exercise and nutrition approaches that support healthy aging and long-term results. An open Q&A will address nutrition and fitness questions.

**APPETITE, HUNGER & MEAL TIMING: FUELING YOUR BODY AND MIND**

A practical workshop focused on understanding the difference between appetite and hunger, planning ahead, and optimizing the timing of protein, fats, and carbohydrates. Discussion will highlight how meal timing supports steady energy, enhances physical and mental performance, and encourages mindful eating for long-term health.

**NUTRITION ON THE GO: BUILDING CONSISTENT, SUSTAINABLE HABITS**

A practical workshop focused on managing time and energy demands while making nutrition choices that add up over time. Topics include creating consistent eating patterns, planning and preparing well-timed meals, smart grocery shopping, and strategies for grab-and-go options. Emphasis is placed on planning and effort as key tools for maintaining long-term healthy habits.

**Age: ALL**  
6140419

**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
		(Both participants must attend to receive this rate.)
1 session	\$55	\$40
3 sessions	\$159	\$111
5 sessions	\$260	\$180
10 sessions	\$500	\$350

Proud  PARTNER WITH



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

### PRIVATE PILATES REFORMER INTRO SERIES

Three 45 minute private sessions with a Pilates Reformer instructor to prepare you to confidently attend Pilates Reformer Group classes. This is a prerequisite to attending group classes.

**Age: 16+**

### 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 complements 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. Additional fees per class.

**Age: 16+**

6440412

### MASSAGE - JENNIFER CORRIGAN

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.

**Fees:**    **Non Passholder**    **Pass Holder**    **Senior**

60 minutes    \$70    \$60    \$50

90 minutes    \$90    \$80    \$65

Gratuity not included.

**Age: ALL**

### BOOT CAMP

Turn up the heat this spring 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 before summer is here! You can customize the program by selecting one or two day a week options.

**Age: 16+**

6140411

### COUCH TO 5K

This program will get participants off the couch and running 3.1 miles! Learn the basics of running form and safety techniques while following a trainer-led running plan. The Couch to 5K helps with your mileage goals, provides motivation and creates a support group with other people! Runs will be outside, weather permitting. Child watch is not available for this class. This course does not include race registration.

**Age: 16+**

6140412

### 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 how to properly lift weights, improve your balance, eat healthier on a budget, and use a variety of fitness equipment.

**Age: 60+**

6140416

### JUST FOR GIRLS!

This class is designed especially for girls in grades 6-8. The six week course will focus on exercise, movement, nutrition, stress relief, building self-esteem and creating healthy habits that will last a lifetime. Each girl will receive a journal to help her incorporate a home connection with the topics that will be covered in class. Girls will also have the option to receive their weight room certification during the course to ensure their success after the course ends.

**Age: 10-14**

6140418

### 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 their 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+**

6140420

### RECOVERY WORKSHOP

Experience the restorative properties of soft tissue work through foam rolling. Learn how soft tissue work can target stiff tissue to restore range of motion, improve blood flow, and reduce tense muscles.

**Age: 16+**

6140422

### 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+**

6140423

### SPRING FITNESS CHALLENGE

Our Annual Spring Fitness Challenge is your chance to get in shape for the spring and summer with group personal training! Train with 7-11 additional people to accomplish your personalized weight loss and exercise goals. Challenge runs for eight weeks.

**Age: 16+**  
6140424

### 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: 16+**  
6140425

### 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 prior to this class.

**Age: 16+**  
6140426

### 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+**  
6140427

### 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+**  
6140428

### LES MILLS® LIMITED EDITION SHAPES PROGRAM

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+**  
6140431

### LES MILLS® LIMITED EDITION STRENGTH DEVELOPMENT

Whether new to lifting or a seasoned pro, LES MILLS STRENGTH DEVELOPMENT will build muscle, improve technique, and grow your confidence so you can train more powerfully in the studio and on the gym floor. 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.

**Age: 16+**  
6140432

### 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 shapes and elongates 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+**  
6440401

### 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+**  
6440402

## NUTRITION FOR THE *New Year*

Start the year strong with Nutrition and Exercise for the New Year, a motivating, practical workshop focused on aligning health goals with sustainable strategies. Topics include eating according to individual goals, building lasting exercise habits, and measuring progress beyond the scales.

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



**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 both your mind and body. There are routines for all ages and skill sets, so try it out!

**Age: 16+**  
6440403

**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+**  
6440404

**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 the inner hula dancer to shine.

**Age: 16+**  
6440405

**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+**  
6440406

**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+**  
6440407

**LESMILLS 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+**  
6440408

**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)**  
6440409

**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+**  
6440410

**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+**  
6440411

**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+**  
6440413

**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+**  
6440414

**SPINNING® FITNESS CLASS**

Spinning is 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+**  
6440415

**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+**  
6440416

**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 body 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.

**Age: 16+**  
6440417

**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. 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.

**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+**  
6440418

**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+**  
6440419

**ULTIMATE 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+**  
6440420

**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+**  
6440421

**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+**  
\$50/Month Unlimited

**LES MILLS**  
*Shapes*

Les Mills Shapes fuses Pilates, Barre and Power Yoga into a series of low-impact strength-based workouts. This six-week program sculpts and strengthens all areas of the body through small, controlled movements and repetition using only body, or very light, weight.

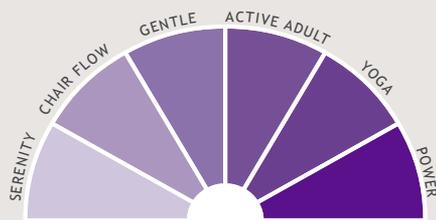
See page 20



## YOGA FITNESS CLASSES

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

Age: 16+  
6440422



### 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.

### 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+  
6140401

### YOGA ALIGNMENT SPECIALTY CLASS

This specialty class is beneficial for beginners, as well as seasoned practitioners. Detailed instruction will emphasize alignment, and props will be used to help achieve correct posture and deeper body awareness. Seated poses, forward bends, basic standing poses, and restorative poses will be covered.

Age: 16+  
6140402

### 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+  
6140403

### 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.

Age: 16+  
6140404

### PRENATAL YOGA SERIES

This six week prenatal yoga series will help 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 needed for a positive birth experience. No prior yoga experience needed, just come ready to nurture yourself and your growing baby!

Age: ALL  
6140406

READY FOR

*Kindergarten?*



Give your child a boost with the **Journey Into Kindergarten Program!**  
Monday-Friday, 12:15-3:15 p.m.

Located at the Broomfield Community Center, this program is designed to give children the tools, confidence, and skills they need for a successful start in Kindergarten.

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

### 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.

Age: 16+  
6140407

### 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.

Age: 16+  
6140408

### RESTORATIVE YOGA AND HEALING SOUND JOURNEY

Restore your mind and body with the healing tones of singing bowls, melodic chimes, drums and more during this restorative yoga class designed to cultivate deep relaxation and calm the nervous system. We will use various props to fully support the body in poses available to all levels which are held for several minutes. Senses will be treated to an array of meditative sounds throughout class. Please bring a yoga mat and yoga blanket or large, thick towel, all other props are provided.

Age: 16+  
6140409

### 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!

#### 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.

Age: 5+

MW	Jan 5-Dec 30	BCC	5:30-6:20 pm	6440481
Sat	Jan 3-Dec 26	BCC	1-2 pm	

#### 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).

Age: 12+

MW	Jan 1-Dec 31	BCC	6:30-7:20 pm	6440483
Sat	Jan 3-Dec 27	BCC	2:15-4 pm	

#### 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!

Age: 12+

MW	Jan 5-Dec 30	BCC	7:30-8:45 pm	6440482
Fri	Jan 2-Dec 18	BCC	5:30-7 pm	
Sat	Jan 3-Dec 26	BCC	2:15-4 pm	

### HEALTHY HEARTS WALKING PROGRAM

Join the Healthy Heart Walkers at the Broomfield Community Center and the Paul Derda Recreation for fun, fitness and friendship. No registration required. 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. There is staff on-site to assist. At the end of each session, there is a party to celebrate the group's great successes. For more information, contact Kim at 303-464-5536.

Age: 55+

Tue	Jan 6-May 26	BCC	8-10 am	\$1
Thu	Jan 8-May 28	PDRC	8-10 am	\$1

### 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 Feb 25	PDRC	1-2:30 pm	6140816-A
Wed Apr 22	PDRC	1-2:30 pm	6140816-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 Jan 21	PDRC	12-1 pm	6140817-A
Wed Jan 21	BCC	1:30-2:30 pm	6140817-B
Wed Mar 25	PDRC	12-1 pm	6140817-C
Wed Mar 25	BCC	1:30-2:30 pm	6140817-D
Wed May 27	PDRC	12-1 pm	6140817-E
Wed May 27	BCC	1:30-2:30 pm	6140817-F

### 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. For more information, Contact Kim at 303-464-5536.

**Age: 18+**

Wed Jan 14	BCC	1-2 pm	6140819-A
Wed Mar 11	BCC	1-2 pm	6140819-C
Wed May 13	BCC	1-2 pm	6140819-E

### PARKINSON'S SUPPORT GROUP

This group is for those with Parkinson's Disease, their care partners, and anyone interested. Members offer mutual support and share ideas. Guest speakers are often brought in to present helpful information. No registration required.

**Age: 21+**

1 <sup>st</sup> Tue	BCC	10:30 am-12 pm
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### PARKINSON'S CARE PARTNERS SUPPORT GROUP

This group is for care partners and families of those with Parkinson's Disease. Members share information and ideas, and offer each other support.

**Age: 21+**

1 <sup>st</sup> Fri	BCC	10 am-12 pm
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### LOW VISION PEER SUPPORT GROUP

This is a peer support group for those who have low vision, have a loved one with low vision, or those with combined vision and hearing loss. This group is facilitated by Darcy McLean, from the Center for People with Disabilities (CPWD) Beyond Vision Program. For more information, call 720-340-2088.

**Age: 21+**

2 <sup>nd</sup> Tue	BCC	1-2:30 pm
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### 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. For additional information, call Meghan Donahue at 303-813-1669 x 9642.

**Age: 21+**

3 <sup>rd</sup> Tue	BCC	10-11:30 am
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### 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. For additional information, 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
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### OLOC (OLD LESBIANS ORGANIZING FOR CHANGE) SUPPORT GROUP

OLOC provides lesbians 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, please email [olocincolorado@comcast.net](mailto:olocincolorado@comcast.net).

**Age: 55+**

2 <sup>nd</sup> Sat	BCC	12-3 pm
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### MEDICAL FOOT CARE CLINIC

Registered nurses from the Colorado Visiting Nurse Association (VNA) provide foot exams, circulation checks, and assessments for neuropathy and chronic conditions. Cost is \$55, and appointments must be scheduled through the Visiting Nurse Association at 303-698-6496.

**Age: 55+**

3 <sup>rd</sup> Tue	BCC	8 am-4 pm
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### HEARING CLINIC

Family Hearing provides hearing screenings, device maintenance and cleaning, and ear wax removal. For details or to schedule an appointment, call 303-465-4327.

**Age: 21+**

4 <sup>th</sup> Tue	BCC	1-2:30 pm
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### 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+**

6140700

**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

**LAKESHORE LUNCH: LUNAR NEW YEAR**

Come on down to Lakeshore Cafe for a Lunar New Year celebration with authentic food and entertainment. Pre-registration is required. Cancellations made after February 16 will result in no credit/refund.

**Age: ALL**

Tue Feb 17 BCC 12-1 pm \$6/\$7.50 6180901

**LAKESHORE LUNCH: VALENTINE'S DAY**

Enjoy this special day with a fabulous lunch at Lakeshore Cafe complete with entertainment. Menu includes: slow-roasted beef, mashed potatoes, creamy beets, field greens salad and cheesecake. Pre-registration is required. Cancellations made after February 12 will result in no credit/refund.

**Age: ALL**

Fri Feb 13 BCC 12-1 pm \$6/\$7.50 6180902

**LAKESHORE LUNCH: ST. PATRICK'S DAY**

Put on your green and join Lakeshore Cafe for a St. Patrick's celebration with a traditional lunch and fantastic Irish entertainment. Pre-registration is required. Cancellations made after March 16 will result in no credit/refund.

**Age: ALL**

Tue Mar 17 BCC 12-1 pm \$6/\$7.50 6180903

**LAKESHORE LUNCH: SPRING CELEBRATION**

Celebrate the Spring season with this delicious and festive lunch. Menu options will be announced at a later date, and entertainment will be provided. Pre-registration is required. Cancellations made after April 2 will result in no credit/refund.

**Age: ALL**

Fri Apr 3 BCC 12-1 pm \$6/\$7.50 6180904

**LAKESHORE LUNCH: MOTHER'S DAY**

Bring your Mom, or come to celebrate and remember her, to the Lakeshore Cafe Mother's Day luncheon. The kitchen is preparing a special slow-simmered beef lunch for all. Entertainment is provided. Pre-registration is required. Cancellations made after May 7 will result in no credit/refund.

**Age: ALL**

Fri May 8 BCC 12-1 pm \$6/\$7.50 6180906

**LAKESHORE LUNCH: HONORING OUR VETERANS LUNCH** 

Join in honoring veterans for this special luncheon. Lunches are sponsored by Griswold Home Care. Entertainment is sponsored by Broomfield Workforce Center. Pre-registration is required. If you need to cancel, please make your cancellation by May 21.

**Age: ALL**

Fri May 22 BCC 12-1 pm 6180916

## LAKESHORE LUNCH: JANUARY BIRTHDAY LUNCH

All are welcome to attend this fun lunch! If you are a Broomfield resident age 60+ and your birthday falls within the month of January, you will receive a credit back on your account, making this lunch free to you. Your lunch is sponsored by SRB (Senior Resources of Broomfield, Inc.). Reservations are required and must be received by 4 p.m. the previous business day. Financial assistance is available for those who qualify thanks to the SRB Support Fund. **Fees:** \$4.50 resident senior 60+; \$4.50 non-resident senior 60+. Resident or non-resident \$5 under age 60; \$2.50 children under age 12.

**Age: ALL**

Fri Jan 23 BCC 12-1 pm \$4.50/\$5 6180920

## LAKESHORE LUNCH: FEBRUARY BIRTHDAY LUNCH

All are welcome to attend this fun lunch! If you are a Broomfield resident age 60+ and your birthday falls within the month of February, you will receive a credit back on your account, making this lunch free to you. Your lunch is sponsored by SRB (Senior Resources of Broomfield, Inc.). Reservations are required and must be received by 4 p.m. the previous business day. Financial assistance is available for those who qualify thanks to the SRB Support Fund. **Fees:** \$4.50 resident senior 60+; \$4.50 non-resident senior 60+. Resident or non-resident \$5 under age 60; \$2.50 children under age 12.

**Age: ALL**

Fri Feb 6 BCC 12-1 pm \$4.50/\$5 6180919

## LAKESHORE LUNCH: MARCH BIRTHDAY LUNCH

All are welcome to attend this fun lunch! If you are a Broomfield resident age 60+ and your birthday falls within the month of March, you will receive a credit back on your account, making this lunch free to you. Your lunch is sponsored by SRB (Senior Resources of Broomfield, Inc.). Reservations are required and must be received by 4 p.m. the previous business day. Financial assistance is available for those who qualify thanks to the SRB Support Fund. **Fees:** \$4.50 resident senior 60+; \$4.50 non-resident senior 60+. Resident or non-resident \$5 under age 60; \$2.50 children under age 12.

**Age: ALL**

Fri Mar 6 BCC 12-1 pm \$4.50/\$5 6180921

## LAKESHORE LUNCH: APRIL BIRTHDAY LUNCH

All are welcome to attend this fun lunch! If you are a Broomfield resident age 60+ and your birthday falls within the month of April, you will receive a credit back on your account, making this lunch free to you. Your lunch is sponsored by SRB (Senior Resources of Broomfield, Inc.). Reservations are required and must be received by 4 p.m. the previous business day. Financial assistance is available for those who qualify thanks to the SRB Support Fund. **Fees:** \$4.50 resident senior 60+; \$4.50 non-resident senior 60+. Resident or non-resident \$5 under age 60; \$2.50 children under age 12.

**Age: ALL**

Fri Apr 10 BCC 12-1 pm \$4.50/\$5 6180922

## LAKESHORE LUNCH: MAY BIRTHDAY LUNCH

All are welcome to attend this fun lunch! If you are a Broomfield resident age 60+ and your birthday falls within the month of May, you will receive a credit back on your account, making this lunch free to you. Your lunch is sponsored by SRB (Senior Resources of Broomfield, Inc.). Reservations are required and must be received by 4 p.m. the previous business day. Financial assistance is available for those who qualify thanks to the SRB Support Fund. **Fees:** \$4.50 resident senior 60+; \$4.50 non-resident senior 60+. Resident or non-resident \$5 under age 60; \$2.50 children under age 12.

**Age: ALL**

Fri May 1 BCC 12-1 pm \$4.50/\$5 6180923

## LAKESHORE LUNCH: CARRY OUT ONLY

A delicious hot lunch is available to purchase Monday-Friday from January 2-January 16 for CARRY OUT ONLY. You will pick up your lunch at the front desk inside the Broomfield Community Center between 11:30 a.m.-12:30 p.m. Reserve your carry out lunch by 4 p.m. the previous business day. Financial assistance is available for those who qualify thanks to the SRB Support Fund. **Fees:** \$4.50 resident senior 60+; \$4.50 non-resident senior 60+. Resident or non-resident \$5 under age 60; \$2.50 children under age 12. Menu available at [Broomfield.org/LakeshoreCafe](http://Broomfield.org/LakeshoreCafe).

**Age: ALL**

M-F Jan 2-16 BCC 11:30 am-12:30 pm \$4.50/\$5 6180999

## HEALTHY HEARTS LUNCH

Healthy Hearts Lunches are the first and third 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 first Wednesday of the month and sponsored by Adara Living on the third Wednesday of the month. Please call 303-464-5526 for more information.

**Age: ALL**

1st/3<sup>rd</sup> Wed BCC 12-1 pm \$2.25/\$4.50/\$5 6480997

## DAILY LAKESHORE LUNCH

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

**Age: ALL**

M-F BCC 12-1 pm \$4.50/\$5 6480999



# CREATIVE BROOMFIELD

Cultural activities for all ages

MUSIC, 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: 9-23 mo

Thu	Jan 8-Mar 12	BCC	9:15-10 am	\$125/\$155	6142001-A
Thu	Apr 2-May 21	BCC	9:15-10 am	\$125/\$155	6142001-B

### 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	Jan 8-Mar 12	BCC	10:15-11 am	\$125/\$155	6142001-C
Thu	Apr 2-May 21	BCC	10:15-11 am	\$125/\$155	6142001-D

## TAPS 'N TOES

Youth Dance Classes! All classes are at Broomfield Community Center. 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!

## 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. Remember, dance is for everyone! If you have any questions please contact Taps N Toes at 303-460-0685 or [tapsntoesdancestudio@gmail.com](mailto:tapsntoesdancestudio@gmail.com). Check [B-REx.com](http://B-REx.com) for registration information!

Age: 3-4

Mon	Jan 26-Mar 16	BCC	4:15-5 pm	\$115/\$138	6142101-A
Wed	Jan 21-Mar 11	BCC	4:15-5 pm	\$115/\$138	6142101-B
Mon	Mar 23-May 11	BCC	4:15-5 pm	\$115/\$138	6142101-G
Wed	Mar 18-May 6	BCC	4:15-5 pm	\$115/\$138	6142101-H

Age: 5-7

Mon	Jan 26-Mar 16	BCC	5-5:45 pm	\$115/\$138	6142101-C
Mon	Mar 23-May 11	BCC	5-5:45 pm	\$115/\$138	6142101-E

## 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!. Remember, dance is for everyone! If you have any questions please contact Taps N Toes at 303-460-0685 or [tapsntoesdancestudio@gmail.com](mailto:tapsntoesdancestudio@gmail.com). Please check [B-REx.com](http://B-REx.com) for registration information!

Age: 5-7

Wed	Jan 21-Mar 11	BCC	5-5:45 pm	\$115/\$138	6142101-D
Wed	Mar 18-May 6	BCC	5-5:45 pm	\$115/\$138	6142101-F

## 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. Remember, dance is for everyone! If you have any questions please contact Taps N Toes at 303-460-0685 or [tapsntoesdancestudio@gmail.com](mailto:tapsntoesdancestudio@gmail.com). Please check [B-REx.com](http://B-REx.com) for registration information!

Age 5-7

Fri	Jan 23-Mar 13	BCC	5:15-6 pm	\$115/\$138	6142101-I
Fri	Mar 20-May 8	BCC	5:15-6 pm	\$115/\$138	6142101-J

Age: 8-11

Fri	Jan 23-Mar 13	BCC	6-6:45 pm	\$115/\$138	6142101-K
Fri	Mar 20-May 8	BCC	6-6:45 pm	\$115/\$138	6142101-L

### COUPLES DANCING

Adult couples dancing classes!  
Age: 18+

### ADULT BALLROOM

A relaxed and comfortable 8 week class for beginners and a great review for others. Gerry and Vera lead a fun class of Foxtrot and Swing. Please wear leather soled shoes since sneakers stick to the floor. Couples only.  
Fri Jan 9-Feb 27 BCC 6-7 pm \$180/\$192 6142103-A

### ADULT BEGINNING BALLET

Wear comfortable clothes but bring you ballet shoes! This is a beginning ballet 8 week class. Vera is a Registered Royal Academy of Dance Teacher. We will have fun, get in shape and work the body and mind.  
Fri Jan 9-Feb 27 BCC 5-6 pm \$90/\$98 6142103-B

### BOOT SCOOTIN' SENIOR DANCE

Grab your cowboy boots and head down to the rowdiest night of the season! We're bringing the honky-tonk heat 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 steps. Let's make it a boot-scootin' night to remember. Y'all in? Pre-registration fee: \$7 R/\$9 NR. Drop-In Fee: \$10 R/\$13 NR. Pre-register for the event on [B-REx.com](http://B-REx.com), call or come into one of the recreation centers or drop in during the day of the event.

Age: 55+  
Thu Mar 19 BCC 2:30-4:30 pm \$7/\$9 6142118

### SPRING FLING SENIOR DANCE

Celebrate the season with an afternoon of music, laughter, and community at our annual Spring Fling Dance. Step out onto the dance floor or simply enjoy the live band, good company, and a relaxed atmosphere. Light refreshments will be served, and no partner is required, just bring your energy and a smile. Whether you love to waltz, swing, or simply sway along to the tunes, this is your chance to reconnect, make new friends, and welcome spring in style. Pre-registration fee: \$7 R/\$9 NR. Drop-In Fee: \$10 R/\$13 NR. Pre-register for the event on [B-REx.com](http://B-REx.com), call or come into one of the recreation centers or drop in during the day of the event.

Age: 55+  
Thu May 14 BCC 2:30-4:30 pm \$7/\$9 6142119

### 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

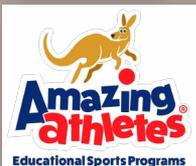
### INTERMEDIATE LINE DANCING

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



BROOMFIELD IS *Proud*  
OF *Partner* WITH  
.....



### GALLERY ON THE GO

Youth Painting Classes! All classes are on Saturdays from 10 a.m.-12 p.m. Please check [B-REx.com](http://B-REx.com) for registration information.

### KIDS N CANVAS

Age: 6+

#### AURORA FROST

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.

Sat Jan 17 PDRC 10 am-12 pm \$20/\$23 6142201-A

#### TAG THIS!

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.

Sat Feb 21 BCC 10 am-12 pm \$20/\$23 6142201-B

#### MAGIC OWL

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.

Sat Mach 21 PDRC 10 am-12 pm \$20/\$23 6142201-C

#### SPLISH SPLASH

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.

Sat April 18 BCC 10 am-12 pm \$20/\$23 6142201-D

#### BUDDIES N' BRUSHES

LAVENDER SKIES: 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 are provided.

Sat May 16 BCC 10 am-12 pm \$20/\$23 6142201-E

### KIDCREATE

Youth Art Class!

#### DRAWING MADE EASY

In this class drawing couldn't be easier! For each drawing project, students will learn a simple step-by-step method as they draw well-dressed llamas, cute kittens, adorable pandas, and more. Please check [B-REx.com](http://B-REx.com) for registration information.

Age: 5-12

M-Th Mar 16-19 BCC 9 am-12 pm \$215/\$258 6142202-A

### CHIRP AND MOO

Mental Wellness Art Classes!

#### MINDFUL ART: ALL LEVELS

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

Age: 11-17

Sat	Jan 10	BCC	10-11:30 am	\$45/\$54	6142203-A
Sat	Jan 24	BCC	10-11:30 am	\$45/\$54	6142203-B
Sat	Feb 7	BCC	10-11:30 am	\$45/\$54	6142203-C
Sat	Feb 21	BCC	10-11:30 am	\$45/\$54	6142203-D
Sat	Mar 7	BCC	10-11:30 am	\$45/\$54	6142203-E
Sat	Mar 21	BCC	10-11:30 am	\$45/\$54	6142203-F
Sat	Apr 11	BCC	10-11:30 am	\$45/\$54	6142203-G
Sat	Apr 25	BCC	10-11:30 am	\$45/\$54	6142203-H
Sat	May 9	BCC	10-11:30 am	\$45/\$54	6142203-I

#### ART OF WELL-BEING

Consider this class an invitation to take 2 hours for yourself to rediscover your incredible creative power. For many of us, somewhere along the way into adulthood we stop allowing ourselves the time for artistic expression & exploration. In this workshop, we will be making our own homemade Art Journals. All materials provided. More info at [chirpandmoo.com](http://chirpandmoo.com). Please check [B-REx.com](http://B-REx.com) for registration information.

Age: 18+

Sun	Jan 11	BCC	2-4 pm	\$75/\$90	6142203-K
Sun	Feb 8	BCC	2-4 pm	\$75/\$90	6142203-L
Sun	Mar 8	BCC	2-4 pm	\$75/\$90	6142203-M
Sun	Apr 12	BCC	2-4 pm	\$75/\$90	6142203-O

### ADULT POTTERY

Pottery programs will go through the lottery process. Register online at [B-REx.com](http://B-REx.com), by phone, or in person at the Paul Derda Recreation Center or the Broomfield Community Center. The lottery will take place on Thursday, December 11, 2025. 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.

Age: 18+

#### ADULT POTTERY: WHEEL

Have you ever wanted to create mugs, bowls, plates, vases, a teapot, or anything you can imagine with clay? This class will give you the skills to do so, whether handbuilding or on the pottery wheel. For beginning to advanced students, includes one bag of clay, tools, and Wednesday studio time.

WSa	Jan 3-Feb 11	BCC	10 am-1 pm	\$147/\$167	6142221-A
WSa	Feb 21-Apr 1	BCC	10 am-1 pm	\$147/\$167	6142221-B
WSa	Apr 4-May 16	BCC	10 am-1 pm	\$147/\$167	6142221-G

**ADULT POTTERY: HANDBUILDING**

Tuesday and Thursday classes will be learning the basics of hand building pottery or elevating your current skill set using pinch, coil and slab handbuilding techniques. Suggested projects will include pinch pot sculpture, planter pot and vessel construction, as well as a variety of decorative techniques to bring your pieces to the next level. This class is for beginner or advanced hand builders. Pottery wheel instruction will not be covered.

TuTh	Jan 6-Feb 12	BCC	6-9 pm	\$147/\$167	6142221-C
TuTh	Feb 17-Mar 26	BCC	6-9 pm	\$147/\$167	6142221-E
TuTh	Apr 9-May 14	BCC	6-9 pm	\$147/\$167	6142221-H

**ADULT POTTERY: STUDIO TIME**

This class requires previous pottery experience as there is no instruction provided. Hand building or pottery wheel proficiency would be best. Do you have lots of clay experience? Do you feel you need little to no guidance in order to make your creative vision come to light? Then this class is for you! Come enjoy the freedom of access to all our pottery studio has to offer. There will be an instructor on hand to proctor class time and to load and operate kilns.

MF	Jan 5-Feb 13	BCC	10 am-1 pm	\$147/\$167	6142221-D
MF	Feb 16-Mar 27	BCC	10 am-1 pm	\$147/\$167	6142221-F
MF	Apr 3-May 15	BCC	10 am-1 pm	\$147/\$167	6142221-I

**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.

**Age: 7-12**

Wed	Jan 7-Feb 11	BCC	4:30-6 pm	\$110/\$125	6142222-A
Wed	Feb 25-Mar 25	BCC	4:30-6 pm	\$110/\$125	6142222-B
Wed	Apr 15-May 20	BCC	4:30-6 pm	\$110/\$125	6142222-C

**YOUTH WOODSHOP CLASS**

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	Mar 3-Apr 21	BCC	5:30-7 pm	\$150/\$180	6146322-A
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**BACKSTORY THEATRE**

Youth Theater Classes!  
**Age: 5-18**

**ACTING GAMES AND TECHNIQUES**

Come play games and engage in acting exercises including improv to begin or deepen your theatrical skills!

**Age: 8-11**

Mon	Jan 5-Mar 2	BCC	5-6:30 pm	\$240/\$288	6142402-A
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**12 ANGRY JURORS**

Actors are invited to audition for our student leadership production of 12 Angry Jurors. Auditions will be January 3<sup>rd</sup> from 11 a.m.-2 p.m. Please visit [BackStorytheatre.org](http://BackStorytheatre.org) for more information.

**Age: 14-18**

MW	Jan 5-March 11	BCC	6-8:00 pm	\$375/\$400	6142402-B
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**ARCTIC TALES**

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 on the final day of camp.

**Age: 5-8**

Tue	Jan 6-Mar 3	BCC	5-6:30 pm	\$240/\$288	6142402-C
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**Age: 8-11**

Thu	Jan 8-Mar 5	BCC	5:30-7 pm	\$240/\$288	6142402-D
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**BROADWAY BOUND**

We're Broadway Bound as we sing and dance our way through famous tunes that we'll perform in early May!

**Age: 9-18**

Mon	Mar 9-May 4	BCC	5:30-7 pm	\$240/\$288	6142402-E
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**SUPERHEROES**

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 on the final day of camp.

**Age: 5-8**

Tue	Mar 10-May 5	BCC	5-6:30 pm	\$240/\$288	6142402-F
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**Age: 8-11**

Thu	Mar12-May 7	BCC	5:30-7 pm	\$240/\$288	6142402-G
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**2026 KIDS**

*Fishing Derby*

Broomfield's Kids' Fishing Derby has moved to the Spring season falling on Saturday May 2 at Tom Frost Reservoir. This all-inclusive fishing event is great for beginners or experienced anglers alike. A brief introductory fishing clinic, poles, and bait are provided. Kids will enjoy a one-hour fishing session. The fishing poles and any fish caught may be taken home. Parent/guardian supervision is required!

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





## RESOURCES AND CONNECTION

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

### CREATE AND LEARN

Online Youth Coding Classes!

Age: 5-17

#### AI EXPLORERS

In this series, students will explore artificial intelligence and its real-world applications through hands-on projects, learning how AI works, what it can and cannot do, and even building their own AI systems. With small group sessions, the program encourages creativity, critical thinking, and engagement with cutting-edge AI and machine learning technologies.

Age: 9-12

Sat Feb 7 - Apr 25 BCC 12-12:55pm \$234/\$280.80 6146001-A

#### BEGINNER ROBLOX GAME CODING - UNITS 1, 2, 3

In this class, kids who love Roblox will learn to create their own games while practicing advanced coding skills. Using a coding approach similar to Scratch but tailored for Roblox, students can effectively build games, apply their imaginations, and bring their ideas to life. To enroll, students should have completed Scratch Ninja Part 3 (ideally Part 4) or have equivalent advanced Scratch experience.

Age: 9-14

Wed Jan 14 - Apr 1 BCC 5-6:15pm \$293/\$351.60 6146001-B

Sat Mar 3-May 23 BCC 12-1:15pm \$293/\$351.60 6146001-C

#### CANVA FOR KIDS: DESIGN, VIDEO CREATION, AI ART

In this course, students will explore the world of digital design using Canva, a powerful yet simple graphic design platform. They'll learn to create cards, posters, slides, and videos, while also being introduced to AI art tools to design imaginative characters, places, and projects. Unit 1 focuses on graphic design and video storytelling, while Unit 2 incorporates AI elements for even more creative possibilities.

Age: 9-13

Tue Jan 20-Mar 10 BCC 5-6:10pm \$156/\$187.20 6146001-D

Sun Feb 15-Apr 5 BCC 12-1:10pm \$156/\$187.20 6146001-E

#### MINECRAFT MODDING QUEST

In this engaging course, kids will use Minecraft: Education Edition to learn coding and STEM skills through fun, inquiry-based projects. They'll start with the basics of stacking commands and gradually progress to key coding concepts like loops, conditionals, functions, and variables, eventually creating more advanced structures and mini-games.

Ages: 3-6

Thu Feb 5-Apr 23 BCC 5-5:55pm \$234/280.80 6146001-F

Sat Feb 21-May 9 BCC 10:30-11:25am \$234/280.80 6146001-G

#### PYTHON FOR AI

Create & Learn's Python for AI class introduces kids and teens to one of today's most popular and versatile coding languages through fun, project-based learning. Students will explore Python fundamentals and the elements most relevant to AI, including data structures and libraries, while applying their skills to engaging projects. For grades 6 and below, prior coding experience in platforms like Scratch is required; students in grade 7 and above can start without prior experience if they are willing to practice extra.

Age: 10-17

Sat Feb 21-May 9 BCC 12-1:10pm \$293/\$351.60 6146001-H

#### SCRATCH NINJA UNIT 1 AND 2

In this beginner-friendly class, students are introduced to coding through Scratch, MIT's drag-and-drop coding platform. They'll create stories, games, and animations while learning essential concepts like loops, conditionals, and variables, as well as unique Scratch features such as motion and sensing. The program also helps students develop creativity, problem-solving, and computational thinking.

Age: 7-11

Thu Feb 19-Apr 9 BCC 5-5:55pm \$156/\$187.20 6146001-I

**SCRATCH NINJA - UNITS 1, 2 & 3**

This extended version of the Scratch Ninja program builds on the foundations of Units 1 & 2, allowing students to take their coding skills further with more complex projects. In addition to mastering loops, conditionals, and variables, students will explore advanced Scratch features like clones and multi-level games, while continuing to grow their creativity and logical thinking. Small group sessions ensure personalized teacher support and interactive learning.

**Age: 7-11**  
 Tue Jan 20-Apr 7 BCC 3:30-4:40pm \$234/\$280.80 6146001-J

**PLAY-WELL TEKNOLOGIES**

Youth LEGO® STEM Classes!

**WINTER WONDERLAND WORKSHOP USING LEGO® MATERIALS**

In this workshop we will apply engineering, architecture, creativity and fun to create a magical Winter Wonderland! Build motorized contraptions like snowmobiles and gondolas, or a hilltop village with slopes for LEGO® skiers and sledders, all with the guidance of an experienced Play-Well instructor.

**Age: 6-11**  
 Fri Jan 9 BCC 4-5:30pm \$32/\$38.40 6146002-A

**DISCOVER PI DAY USING LEGO® MATERIALS**

Have you ever tried building circles with LEGO®? Get tips from the pros this Pi Day and celebrate all things circular in this workshop from Play-Well TEKnoLogies! Use LEGO® parts to investigate pi and calculate that famous ratio, then take your building skills to the next level with other circle-inspired projects. With the guidance of an experienced Play-Well instructor, the fun (just like a circle) will never end.

**Age: 6-11**  
 Sat Mar 14 BCC 10-11:00am \$32/\$38.40 6146002-B

**STAR WARS DAY WORKSHOP USING LEGO®**

Celebrate Star Wars Day with Play-Well TEKnoLogies and tens of thousands of LEGO® parts! Young Jedi will recreate iconic ships and epic battles from the Star Wars Universe, while learning about the amazing engineering that makes it all happen. May the Fourth Be With You!

**Age: 6-11**  
 Mon May 4 BCC 4:30-6pm \$32/\$38.40 6146002-D

**EASYRIDE TRANSPORTATION SERVICES**

EasyRide provides safe, dependable transportation for residents 60+ and adults (18+) 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. Limited medical transport outside of city limits is available. 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 Adults with Disabilities**  
 M-F 8:45 am-4:15 pm

**LOAN CLOSET**

The Senior Services Loan Closet provides free short-term (up to 2 months) loans of mobility and adaptive equipment for Broomfield residents 60+. Items include walkers, wheelchairs, knee scooters, canes, crutches, reachers, and portable ramps. Equipment is available on a first-come, first-served basis - no appointment needed. For additional information, visit [Broomfield.org/LoanCloset](http://Broomfield.org/LoanCloset).

**Age: 60+**  
 M-F BCC 8 am-4 pm

**FINANCIAL ASSISTANCE FOR OLDER ADULTS**

Broomfield seniors can receive financial assistance to access essential services, including discounted meals, medical support, and other unmet needs. Aid is based on income and individual circumstances, helping older adults live comfortably and independently. For more information, visit [Broomfield.org/SeniorResources](http://Broomfield.org/SeniorResources) or call 303-464-5529.

**Age: 60+**

**INFORMATION AND ASSISTANCE FOR OLDER ADULTS**

The Community Resources Coordinator helps older adults and their caregivers connect with services such as legal and financial assistance, housing, long-term care, and mental health support. Follow-up is provided when appropriate to ensure a successful connection with the right resources. A free Senior Resources Guide is also available at [Broomfield.org/SeniorResources](http://Broomfield.org/SeniorResources). For assistance, call 303-464-5529.

**Age: 60+**

**CAREGIVER RESPITE PROGRAM**

The Caregiver Respite Program provides qualified Broomfield residents with limited no-cost in-home care, giving family caregivers a break while supporting loved ones with social engagement and daily needs. Eligible care recipients must be 60+, live in Broomfield, have a primary caregiver, and need help with at least two activities of daily living. For details and how to apply, call 303-464-5529 or visit [Broomfield.org/SeniorResources](http://Broomfield.org/SeniorResources).

**Age: 60+**

**BROOMFIELD SENIOR CONNECTIONS: PROGRAMS AND SERVICES FAIR**

Learn more about the many ways the City and County of Broomfield supports older adults! This free, quarterly fair features representatives from various City and County departments, where you can explore available resources and discover opportunities to stay connected, healthy, and engaged in your community. No registration required. For more information, call 303-464-5529.

**Age: ALL**  
 Fri Jan 23 BCC 11 am-1 pm  
 Fri Apr 10 BCC 11 am-1 pm

**FINANCIAL LITERACY COURSES**

Age: 18+

**FINANCIAL LITERACY COURSES: 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.

Wed	Jan 7	BCC	1-2 pm	\$5/\$6	6146100-A
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**FINANCIAL LITERACY COURSES: 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.

Wed	Feb 4	BCC	1-2 pm	\$5/\$6	6146100-B
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**FINANCIAL LITERACY COURSES: 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.

Wed	Mar 4	BCC	1-2 pm	\$5/\$6	6146100-C
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**FINANCIAL LITERACY COURSES: 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.

Wed	Apr 1	BCC	1-2 pm	\$5/\$6	6146100-D
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**FINANCIAL LITERACY COURSES: 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.

Wed	May 6	BCC	1-2 pm	\$5/\$6	6146100-E
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**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	Jan 15	BCC	1-4 pm	\$125/\$150	6146201-A
Thu	Feb 19	BCC	1-4 pm	\$125/\$150	6146201-B
Thu	Mar 19	BCC	1-4 pm	\$125/\$150	6146201-C
Thu	Apr 16	BCC	1-4 pm	\$125/\$150	6146201-D
Thu	May 14	BCC	1-4 pm	\$125/\$150	6146201-E

**SPRING BRIDGE TOURNAMENT**

Come play a friendly competition for all who enjoy Bridge. A delicious fresh made lunch is included. Sign up with a partner. Prizes are awarded. Sign up deadline date: Fri., Apr. 15.

Age: 21+

Fri	Apr 17	BCC	12-4 pm	\$15/\$19	6146340
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**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**

Play begins promptly at 12:45 p.m. 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, please call 303-464-5536.

Age: 55+

Mon	BCC	12:30-4 pm
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**CANASTA**

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

Age: 55+

Thu	BCC	1-3:30 pm
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**MEXICAN TRAIN TILE**

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
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**NEEDLEWORK**

Drop in to 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
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**PHOTO CLUB**

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

Age: 55+

4 <sup>th</sup> Tue	BCC	6:30-9 pm
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**WOODCARVERS**

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

Age: 55+

Thu	BCC	9 am-12 pm
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**AMERICAN MAH JONGG** 

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 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 1-Dec 31 BCC 9 am-12 pm \$5/\$6.25 6446321-A

**ACTIVE ADULT TRIP LOTTERY PROCESS (RESIDENTS ONLY)**

Registration Details for Active Adult Trips (January to May 2026)

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 a.m. on Thursday, December 4 through Thursday, December 11 at 5 p.m. The Lottery Spin will take place on Friday, December 12 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 RecConnect email if they have been selected for trips and at that time payment will be due. The final payment due date is Wednesday, December 17 by 5 p.m. 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. 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 2026 Spring Active Adult Trip guide when the digital program guide is released on [Broomfield.org/346/Active-Adult-Recreation](https://www.broomfield.org/346/Active-Adult-Recreation).

**DINING: BUCATINO TRATTORIA ROMANA**

**(LAFAYETTE) (1)**

Bucatino Trattoria Romana serves authentic Roman-style Italian cuisine in a setting that's simultaneously rustic, casual, and modern. The restaurant specializes in homemade mozzarella and pasta, offering "thick hollow" pasta in at least four different recipes. Menu price range is \$20-30. Fee includes escort and transportation.

**Age: 55+**

6146401

**THE DENVER FIREFIGHTERS MUSEUM**

**(DENVER) (4)**

Housed in Historic Station No. 1, the museum uses an extensive collection of artifacts, photographs and documents dating from 1866 to the present to tell the story of the Denver Fire Department. The tour weaves the city's past with the history of firefighting in creative displays that are entertaining and educational. Lunch is on your own at the Patio at Sloans. Menu price range is \$18-30. Fee includes museum tour, escort and transportation.

**Age: 55+**

6146402

**NATIONAL CENTER FOR ATMOSPHERIC RESEARCH-NCAR (BOULDER) (4)**

Visit the research and development center devoted to service, research and education in the atmospheric and related sciences. NCAR's mission is to understand the behavior of the atmosphere related to earth and geospace systems. Lunch on your own at The Sink. Menu price range is \$10-20. Fee includes escort and transportation.

**Age: 55+**

6146403

**NATIONAL SCIENCE FOUNDATION ICE CORE FACILITY (LAKEWOOD) (3)**

The Ice Core Facility tour will take approximately 45 to 75 minutes. The tour will include an informational talk and then a walk through the freezer to see ice cores that have been recovered from glacier regions of the world. Lunch on your own at the Westrail Tap & Grill. Menu price range is \$12-21. Fee includes escort and transportation.

**Age: 55+**

6146404

**NATIONAL OCEANIC AND ATMOSPHERIC ADMINISTRATION (NOAA) TOUR (BOULDER) (3)**

The 1.5 hour tour includes stops at the Space Weather Prediction Center, the Earth System Research Lab Global Monitoring division for information on the carbon dioxide record and the National Weather Service Forecast office. See a demonstration of Science on a Sphere, a dramatic display of global phenomena. Lunch is on your own at Parkway Cafe. Menu price range is \$10-17. Fee includes escort and transportation.

**Age: 55+**

6146405

**RALPH L. CARR JUDICIAL CENTER TOUR****(DENVER) (3)**

The guided tour through the judicial center may include a visit to one or more of the courtrooms (as available), discussion about the Colorado court system and the Colorado Judicial Branch, a tour of the Ralph L. Carr Colorado Judicial Center and its public art, a visit to the Colorado Supreme Court Library, and time in the Colorado Judicial Learning Center. After the tour, lunch on your own at Smokin Yard's BBQ. Menu price range is \$10-20. Fee includes escort and transportation.

**Age: 55+**  
6146406

**DENVER MUSEUM OF MINIATURES, DOLLS AND TOYS (LAKEWOOD) (2)**

The Denver Museum of Miniatures, Dolls & Toys is a private, nonprofit museum originally founded in 1981. The museum houses a vast collection of over 20,000 items encompassing miniatures, dolls, and toys dating from the 17<sup>th</sup> century to present day. Lunch is on your own at Danny Ray's Food & Spirits. Menu price range is \$10-20. Fee includes admission, escort and transportation.

**Age: 55+**  
6146407

**NATIONAL WESTERN STOCK SHOW PRO RODEO (DENVER) (3-4)**

The National Western Stock Show offers one of the most elite rodeos in the world. It's a spectacular show and competition between the best horse and bull riding cowboys in the nation. Lunch on your own at the rodeo. Fee includes admission to stock show and rodeo, escort and transportation.

**Age: 55+**  
6146408

**BRECKENRIDGE SNOW SCULPTURES****(BRECKENRIDGE) (4)**

The Breckenridge Snow Sculptures event is a dazzling winter showcase where teams of talented artists from around the world transform massive blocks of snow into intricate and breathtaking sculptures. Set against the picturesque backdrop of the Colorado Rockies and nature, with the towering snow creations illuminated at night, adding a magical glow to the experience. It's a must-see attraction that captures the wonder and beauty of the season. Lunch is on your own. Fee includes escort and transportation.

**Age: 55+**  
6146409

**AFTERNOON TEA: LYNN'S TEA HOUSE (LITTLETON) (1)**

Lynn's Tea Shop and Cafe is a family owned restaurant that serves a proper tea service with fresh baked goods, finger sandwiches, scones and an assortment of tea. Fee includes tea and gratuity, escort and transportation.

**Age: 55+**  
6146410

**SNOW CAT RIDE (WINTER PARK) (5)**

Take in the views on a snow cat sightseeing tour with views of Winter Park Resort, Fraser Valley, Vasquez Peak Wilderness and the Continental Divide. This 90-minute tour will explore varied terrain and the guide will touch on the history of the Winter Park resort and Fraser Valley and will make stops along the way for photos. Accessibility to the tour cat is limited by a three-rung ladder and a gondola ride is required to access the snow cats. Dress appropriately for cold weather, as walking will take place in the snow, and a camera or cell phone is suggested. Lunch on your own at the lodge after the tour. Fee includes snow cat, escort and transportation.

**Age: 55+**  
6146411

## OPEN SPACE *Spring* Speaker Series

Show your support for Broomfield's Open Spaces and learn more about local trends, wildlife and the natural history of Colorado.

This series is sponsored by the Broomfield Open Space Foundation and the City and County of Broomfield Open Space and Trails. These programs are FREE to attend and NO registration is required.



Find dates and connection information at  
[Broomfield.org/SpeakerSeries](https://Broomfield.org/SpeakerSeries)

**THE DENVER MINT TOUR (DENVER) (3)**

Learn the rich history of the United States Mint and how billions of coins are produced each year for the American public. While at the Mint visit the gift shop. The gift shop is open to the public and offers a great selection of coins and one of a kind souvenirs. Lunch is on your own at Hits the Spot. Menu price range is \$13-20. Fee includes tour, escort and transportation.

Age: 55+  
6146412

**DINING: RED CEDAR BISTRO (LONGMONT) (1)**

The ambiance is warm and elegant, featuring a color palette of antique copper, dark woods, and teal. Local art, curated from rotating exhibitions, adds a creative and personal touch to the dining space. Tri-Regional Mediterranean cuisine takes center stage, with dishes crafted from scratch using fresh, locally sourced ingredients, Colorado produce, bison, and lamb. Menu price range is \$20-30. Fee includes escort and transportation.

Age: 55+  
6146413

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

This all 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 admission, escort and transportation.

Age: 55+  
6146414-A  
6146414-B

**CUSSLER MUSEUM (ARVADA) (3)**

The Cussler Museum is dedicated to the preservation of astounding rare and vintage automobiles from all over the world. This extensive collection of over 100 significant automobiles, ranging in years from 1906 to 1965 was started by renowned best selling author Clive Cussler. Lunch is on your own at Malone's Clubhouse Grill. Menu price range: \$15-25. Fee includes admission, escort and transportation.

Age: 55+  
6146415

**ROCKY MOUNTAIN PBS STUDIO TOUR (DENVER) (3)**

Take a tour through the Rocky Mountain PBS station in the Buell Public Media Center not only home of RMPBS but KUVO JAZZ and THE DROP. The tour should last approximately 60-75 minutes. After the tour, lunch on your own at The Lobby. Menu price range is \$10-19. Fee includes tour, escort and transportation.

Age: 55+  
6146416

**STATE CAPITOL TOUR (DENVER) (4)**

The Colorado State Capitol welcomes about 300,000 visitors annually, with nearly 70,000 visitors taking tours of the beautiful and historic statehouse. Come learn more about this building, the work of the General Assembly and Colorado heritage. Lunch on your own at Rupert's on the Edge. Menu price range: \$10-13. Fee includes escort and transportation.

Age: 55+  
6146417

**MUSEUM OF ILLUSIONS (DENVER) (3)**

Enter the wonderful world of illusions and experience the impossible. Illusions challenge the mind to process things differently and reveal a lot about how the brain interprets reality. Encounter intriguing visual, sensory and educational experiences with illusions ranging from tried and true classics to the never before seen. Lunch on your own at Syrup Edgewater. Menu price range is \$10-20. Fee includes museum admission, escort and transportation.

Age: 55+  
6146418

**DENVER MARCH POW WOW (DENVER) (3)**

Celebrate Native American art and culture at the 48<sup>th</sup> annual Denver March Pow Wow. This event brings people together of different tribes and nations from across the county, a way to preserve indigenous culture and pass on traditions to the next generation. There will be good food, native arts and crafts, dancers, singers and more. Lunch on your own at the food vendors booths at the event. Fee includes admission, escort and transportation.

Age: 55+  
6146419

**LIFT CHOCOLATE TOUR (BOULDER) (3)**

The Lift Chocolate Tour is an immersive experience offered by Lift Chocolates, where visitors are guided through the process of making artisan chocolates from start to finish. Known for their premium, handcrafted chocolates, Lift Chocolates combines a passion for high-quality ingredients with a love for creativity in chocolate-making. Fee includes a full chocolate tasting, escort and transportation.

Age: 55+  
6146420

**DINING: BIRDHOUSE (ERIE) (1)**

Birdhouse offers a nature-inspired setting where murals (including one surrounding a majestic 75-foot cottonwood) and cozy décor set the stage for a memorable dining experience. Birdhouse is built around the trio of tacos, ramen, and a rum-centric bar offering a fusion of comfort food with creative flair. Menu price range is \$20-30. Fee includes escort and transportation.

Age: 55+  
6146421

**DENVER HOME SHOW (DENVER) (3)**

The Denver Home Show will feature approximately 400 exhibitors offering products and services related to home improvement, remodeling, interior design, landscaping, and outdoor living. Programming includes live presentations on the Fresh Ideas Stage, where industry experts provide renovation tips and design insights. Special features include appearances by guest speakers, interactive displays such as a community mural and artisan marketplace, and a pet adoption event hosted by local organizations. Lunch on your own at The Home Show. Fee includes admission, escort and transportation.

**Age: 55+**  
6146422

**DINOSAUR RIDGE GUIDED BUS TOUR**

**(MORRISON) (2)**

Take a 45-minute guided tour with transportation on a small 12-14 passenger bus to experience Dinosaur Ridge. Take a personalized tour as well as experiencing the exhibit hall. The guides not only interpret the on-site dinosaur tracks and bone fossils, local history, and geology, and will answer specific questions. Lunch on your own at BJ's Brewhouse. Menu price range is \$13-25. Fee includes tour, escort and transportation.

**Age: 55+**  
6146423

**PARAGON SERVICE DOGS TOUR (LONGMONT) (4)**

Paragon Service Dogs is a nonprofit organization based in Longmont, Colorado, dedicated to training and placing specialized service dogs, particularly hearing and facility dogs at no cost to recipients. They operate under Assistance Dogs International (ADI) accreditation standards and has a mission centered on enhancing independence and quality of life for individuals with disabilities. Lunch is on your own at Aunt Alice's Kitchen. Menu price range \$10-20. Fees includes tour, escort and transportation.

**Age: 55+**  
6146424

**STARGAZER ALPACA FARM (LOVELAND) (4)**

Stargazer Alpaca Ranch is a family-operated alpaca farm in Loveland, Colorado, known for its focus on quality fiber production and hands-on educational experiences. Visitors have the opportunity to hand feed alpacas, learn about alpaca fiber and breeding through guided talks, and observe demonstrations in spinning, weaving, and felting. Lunch on your own at Doug's Diner. Menu price range is \$10-20. Fee includes tour, escort and transportation.

**Age: 55+**  
6146425

**RIVERSIDE CEMETERY CIVIL WAR TOUR**

**(DENVER) (5)**

This tour visits many of the over 1000 burials of those served in the Civil War and find out why they came to Colorado and why they stayed. Lunch on your own at the Red Rooster Cafe. Menu price range is \$10-20. Fee includes tour, escort and transportation. Note: The cemetery is not accessible and cannot accommodate walkers and wheelchairs.

**Age: 55+**  
6146426

**PRO RODEO HALL OF FAME AND MUSEUM OF THE AMERICAN COWBOY**

**(COLORADO SPRINGS) (3)**

The ProRodeo Hall of Fame in Colorado Springs, Colorado serves as the national archive and museum dedicated to the history of professional rodeo. Opened in 1979, the facility recognizes individuals and livestock who have made significant contributions to the sport. The museum houses permanent and rotating exhibits featuring champion rodeo athletes, legendary rodeo stock, historic artifacts, and multimedia displays. Lunch on your own at New Day Cafe. Menu price range is \$10-20. Fee includes admission, escort and transportation.

**Age: 55+**  
6146427

**AFTERNOON TEA: LUMINOUS TEA HOUSE**

**(LONGMONT) (1)**

Indulge in the afternoon tea service where every sip and bite is a journey of flavors. Savor a curated selection of fine teas, delicate pastries, and savory delights, all crafted to elevate the tea experience. Relax, connect, and let the moment unfold. Fee includes afternoon tea, gratuity, escort and transportation.

**Age: 55+**  
6146428

**DINING: NORTHSIDE TAVERN (BROOMFIELD) (1)**

North Side Tavern delivers a neighborhood tavern vibe that's both rustic and contemporary. It's the kind of place that feels laid-back yet thoughtfully designed, perfect for casual meals. The restaurant features classic comfort food elevated by creative techniques and local ingredients. Menu price range is \$20-30. Fee includes escort and transportation.

**Age: 55+**  
6146429

**COLORADO AUTO SHOW (DENVER) (3)**

The Colorado Auto Show serves as a premier showcase for the latest domestic and international vehicle models including cars, trucks, SUVs, hybrids, and crossovers. Attendees will have the opportunity to view concept vehicles, special editions, fuel-efficient technologies, and aftermarket accessories. Lunch on your own at the Auto Show. Fee includes admission, escort and transportation.

**Age: 55+**  
6146430

**BOULDER PHILHARMONIC (BOULDER) (1)**

The Boulder Philharmonic celebrates the vibrant music of Sergei Prokofiev. The concert opens with the lively Lieutenant Kijé Suite, full of humor and charm. Then, world-renowned pianist Stewart Goodyear takes the stage for the sparkling Piano Concerto No. 3. The evening ends with sweeping selections from Romeo and Juliet, Prokofiev's powerful retelling of Shakespeare's timeless love story. Fee includes tickets, escort and transportation.

**Age: 55+**  
6146431

**ARVADA CENTER: COME FROM AWAY**

**(ARVADA) (1)**

Based on an extraordinary true story, Come From Away chronicles how the isolated town of Gander, Newfoundland played host to the world. What started as an average day in a small town turned into an international sleepover when 38 planes, carrying thousands of people from around the globe were diverted to Gander’s airstrip on September 11, 2001. Fee includes admission, escort and transportation.

**Age: 55+**  
6146432

**GOVERNOR’S MANSION TOUR (DENVER) (3)**

The Colorado Governor’s Mansion offers a fascinating tour that showcases the rich history and elegant architecture of this historic residence. Visitors can explore beautifully preserved rooms filled with antique furnishings, artwork, and artifacts that reflect the state’s cultural heritage. The guided tour also provides insights into the lives of the governors who have lived there, as well as the mansion’s role in state events and ceremonies. Fee includes escort and transportation.

**Age: 55+**  
6146433

**BROKEN SHOVELS ANIMAL SANCTUARY**

**(HENDERSON) (3)**

Broken Shovels operates as a private, nonprofit rescue and educational facility dedicated to providing sanctuary for abused, neglected, unwanted, or slaughter-bound farm animals. It strives to foster healing, compassion, and understanding between humans and non-human animals through outreach and educational efforts. Lunch on your own at Cheddar’s Scratch Kitchen. Menu price range is \$10-20. Fee includes admission, escort and transportation.

**Age: 55+**  
6146434

**COLORADO WOLF & WILDLIFE CENTER**

**(DIVIDE) (4)**

Take a one hour walking tour with one of the experienced and knowledgeable guides to learn why it is important to preserve the diminishing wildlife. The tour will go through the sanctuary with up close views of the beautiful, majestic and elusive wolf. Lunch on your own at McGinty’s Wood Oven Pub. Menu price range \$7-17. Fee includes admission to sanctuary, escort and transportation.

**Age: 55+**  
6146435

**ROCKIES GAME (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+**  
6146436

**GEORGETOWN LOOP RAILROAD**

**(GEORGETOWN) (1)**

The Georgetown Loop is Colorado’s scenic “must see”. The beauty of the rugged Rocky Mountains are seen as the old-time steam locomotive or one of the other powerful diesel locomotives winds up the Clear Creek Canyon. Lunch on your own before the train trip at the Happy Cooker Restaurant. Menu prices range from \$8-10. Fee includes train ticket, escort and transportation.

**Age: 55+**  
6146437

**CITY AND COUNTY OF BROOMFIELD  
HOUSING PROGRAMS**

You may be eligible for a variety of programs to assist Broomfield residents in different stages of renting and owning a home.

Broomfield Housing Division programs provide refunds, loan assistance, eviction and foreclosure counseling, homeshare connections, as well as health- and safety-related home repairs.

**PROGRAMS INCLUDE:**

Down Payment Assistance Program	Mobile Home Park Initiative
Home Rehab Program	Paint-a-Thon
Legal Housing Assistance	Partial Property Tax Refund Program
Sunshine Home Share	





See more about Housing Programs and eligibility at  
[Broomfield.org/HousingPrograms](http://Broomfield.org/HousingPrograms)



**CHEYENNE MTN ZOO/WILL ROGERS****SHRINE (COLORADO SPRINGS) (5)**

Experience this amazing Colorado Springs Zoo where it is easy to get up close and personal with more than 950 furry, scaly and feathery creatures. Then head up to the Will Rogers Shrine of the Sun. Lunch is on your own at the zoo. Fee includes admission, escort and transportation.

**Age: 55+**  
6146438

**DINING: BUSY BREWS (NEDERLAND) (1)**

This family-owned smokehouse and brewery blends rustic charm with mountain warmth. Inside, find golden-toned woodwork, booths, and handcrafted tap handles, many made by the owners themselves. Known for award-winning smoked meats and wings. Expect slow-smoked favorites like wings, ribs, brisket, prime rib dip, turkey club, and tofu brisket with house-made sides like mac 'n' cheese, garlic mashed potatoes, and green chili. Menu price range is \$10-20. Fee includes escort and transportation.

**Age: 55+**  
6146439

**CAPITAL PRIZE GOLD MINE TOUR****(GEORGETOWN) (5)**

The Capital Prize Gold Mine, located in Georgetown, Colorado, offers guided underground tours of a former working gold mine dating back to the 1860s. The mine extends over 1,000 feet into the mountain, providing visitors with the opportunity to experience the conditions of Colorado's historic hard-rock mining era. Lunch on your own at Sasha's at the Alpine. Menu price range \$10-20. Fee includes gold mine tour, escort and transportation.

**Age: 55+**  
6146440

**CANDLELIGHT PLAYHOUSE: ANYTHING****GOES (JOHNSTOWN) (1)**

Set aboard a lively ocean liner, Anything Goes follows the hilarious antics of Billy Crocker as he tries to win over the woman he loves. With mistaken identities, romance, and Cole Porter's unforgettable songs like "I Get a Kick Out of You" and "Anything Goes," this musical is a high energy, delightful romp on the high seas! Fee includes dinner, show, gratuity, escort and transportation.

**Age: 55+**  
6146441

**BALISTRERI WINE TASTING AND TOUR****(DENVER) (2)**

Balistreri Vineyards is family owned and operated located outside of downtown Denver. Enjoy a tour of the vineyards packed with information about the grape and its many flavor notes, followed by a tasting of 15-20 varieties of wine created with Colorado-grown grapes. Fee includes wine tasting and tour, escort and transportation.

**Age: 55+**  
6146442

**FAN EXPO (DENVER) (4)**

This pop culture convention offers immersive experiences across diverse fan communities spanning comics, sci-fi, horror, anime, gaming and cosplay. Feature attractions include celebrity engagements, panels and workshops, shopping zones, and themed attractions. Lunch on your own at The Expo. Fee includes admission, parking, escort and transportation.

**Age: 55+**  
6146443

**THE FLYING W RANCH (COLORADO SPRINGS) (3)**

The Flying W Ranch, located in Colorado Springs, Colorado, is a historic western-themed ranch that has been a popular tourist attraction since its establishment in 1953. Known for its authentic cowboy experience, it offers visitors a glimpse into the traditions, culture, and lifestyle of the American West through live performances, traditional food, and scenic views. Fee includes show, dinner, escort and transportation.

**Age: 55+**  
6146444

**OLLI AT DU PRESENTS: THE STORY OF MONEY**

We work for it, chase it, save it, spend it, win it, and lose it. But do you know what money really is, and how and why it was invented? Come learn who really controls it, how it affects the economy, and what the future of money looks like. Join facilitator Joel Voelz, former teacher of Economics at University of San Francisco, for this thought provoking 4-class series, presented by Osher Lifelong Learning Institute at Denver University (OLLI@DU). **Please note:** Registration is through OLLI@DU and costs \$50 for the 4-class session. To register or for more information call 303-871-3181.

**Age: 55+**

Mon Jan 26-Feb 23 BCC 1-3 pm

**OLLI AT DU PRESENTS: WHY ARE THERE SO****MANY MIGRANTS**

What do cruise ships, the Persian Gulf, Sudan, Haiti, and Venezuela have in common? They're all at the heart of one of the most urgent global challenges of our time: migration. Whether driven by opportunity or forced by violence, millions of people are on the move every year, reshaping borders, economies, and lives. This isn't just a distant issue; it's one that touches us all. Uncover the powerful forces behind global migration, understand its impact, and discover why it matters more than ever.

The world is shifting— come learn why, and what it means for you. Join facilitator Steve Swenerton for this thought provoking 4-class series, presented by Osher Lifelong Learning Institute at Denver University (OLLI@DU). **Please note:** Registration is through OLLI@DU and costs \$50 for the 4-class session. To register or for more information call 303-871-3181.

**Age: 55+**

Wed Jan 28-Feb 18 BCC 9:30-11:30 am

## OLLI PRESENTS: STRING FEVER: MEET THE STRING INSTRUMENT WORKHORSES OF CLASSICAL MUSIC

This class highlights the essential string instruments of classical music: violin, viola, cello, and bass. Participants will explore their history, construction, and enduring role in concert music, while discovering the works and performers they've inspired. The experience includes live demonstrations and engaging video presentations. Join facilitator Susan Lauscher for this thought provoking 4-class series, presented by Osher Lifelong Learning Institute at Denver University (OLLI@DU). **Please note:** Registration is through OLLI@DU and costs \$50 for the 4-class session. To register or for more information call 303-871-3181.

**Age: 55+**

Mon Apr 6-27 BCC 1-3 pm

## OLLI AT DU PRESENTS: PRACTICAL SPIRITUALITY

Find solutions to life's challenges and difficulties we just don't know how to solve, by discovering a map of your own wisdom. In this non religious class, we look at our personal versions of spirituality and the practical wisdom and guidance they offer. Join facilitator Paula Staffeldt for this thought provoking 4-class series, presented by Osher Lifelong Learning Institute at Denver University (OLLI@DU). **Please note:** Registration is through OLLI@DU and costs \$50 for the 4-class session. To register or for more information call 303-871-3181.

**Age: 55+**

Wed Apr 8-May 6 BCC 9:30-11:30 am

## AARP TAX-AIDE REGISTRATION HELP

AARP will be providing free tax assistance to seniors with low to moderate income. The services will begin Friday, Feb. 6 and will be offered on most Fridays until April 10 at the Broomfield Community Center, by appointment only. Appointment registration opens on January 2 for Broomfield residents and then on January 15 for non-residents. Appointments can be made online - visit <https://cotaxaide.org/appt> and click on the sign-up button on the right-hand side of the screen. Need assistance scheduling an appointment? Drop in to the Broomfield Community Center in the Burns Room between 9 a.m. - 12 p.m. on any of the following Fridays: Jan. 16, Jan. 23 or Jan. 30 for assistance registering for an appointment.

**Age: 55+**

Fri Jan 16-30 BCC 9 am-12 pm

## AARP TAX-AIDE

Need help filing your taxes? AARP provides free tax assistance to older adults 55+ with low to moderate income. The service will begin Friday, Feb. 6 and will be offered by appointment only on most Fridays until April 10 at the Broomfield Community Center. Appointment registration opens on January 2 for Broomfield residents and on January 15 for non-residents. **Please note:** Appointments can be made online - visit <https://cotaxaide.org/appt> and click on the sign-up button on the right-hand side of the screen. Proceed to enter your name, email address, phone number and new password. After completing these steps the screen will refresh and you can click on Make or Change appointments. Step-by-step instructions will be displayed onscreen to help you register for an appointment. Appointments are required on the day of the event.

**Age: 55+**

Fri Feb 6-Apr 10 BCC 9 am-2 pm

## BROOMFIELD AND THE CHEYENNE AND ARAPAHO TRIBES

Discover the difficult history of the Cheyenne and Arapaho in Colorado through the lens of the recently developed Sister City relationship between Broomfield and the Cheyenne and Arapaho Tribes (headquartered in Concho, Oklahoma). Learn about the partnership work that has happened since the Sister City relationship became official in 2025 and get connected with resources and stories from both local and out-of-state Indigenous partners.

**Age: 60+**

Thu Apr 2 BCC 10-11 am

## LAW SERIES PART 1: JUDICIAL INDEPENDENCE

What does "judicial independence" mean? Why was it important enough to be mentioned in the Declaration of Independence? What happens if it doesn't exist? This is Part 1 of the series of law classes presented by retired Colorado District Court Judge Edward Moss, a board member of Senior Resources of Broomfield (SRB).

**Age: 60+**

Fri May 1 BCC 1-2 pm

## REAL ESTATE 2026: WHAT'S AHEAD

Join Gary Strohm, from Gary Strohm Real Estate for an insightful look into the 2026 real estate market. He will explore where home prices are headed in the local area, talk about new legal issues affecting real estate transactions for seniors, and share five strategies to help you get top dollar when selling your home.

**Age: 60+**

Mon Mar 2 BCC 10-11 am

**UNDERSTANDING NON-MEDICAL HOME CARE: BASICS AND NEEDS** ✓ FREE 60+

Join Sarah Sullivan from Touching Hearts at Home to explore the essentials of non-medical home care, a vital service for individuals who wish to age in place. She will cover key services such as personal assistance, companionship, housekeeping, and transportation, and explain the difference between non-medical home care and home health care. Sarah will also compare agency caregivers, trained, insured, and reliable but more costly, with private caregivers, who offer greater flexibility and cost savings but require more oversight. By the end, you'll have a clear understanding of non-medical home care and how it can support independence, improve quality of life, and promote well-being at home.

**Age: 60+**

Thu Feb 19 BCC 10-11 am

**OPENING TO CARE: A CONVERSATION ON SUPPORT AT HOME** ✓ FREE 60+

This presentation offers a safe and welcoming space to talk openly about the challenges of asking for and accepting help. Through guided discussion and Q & A, we'll explore concerns around home care support, share experiences, and learn together how opening to care can strengthen both independence and quality of life. Led by Sarah Sullivan from Touching Hearts at Home.

**Age: 60+**

Thu Mar 19 BCC 10-11 am

**UNDERSTANDING THE LINK BETWEEN ATRIAL FIBRILLATION AND STROKE** ✓ FREE 60+

This presentation discusses the connection between atrial fibrillation and stroke, focusing on the underlying mechanisms, risk factors, and clinical implications. Gain a deeper understanding of how atrial fibrillation increases stroke risk through clot formation in the heart, which can travel to the brain. Join Donelle Morse, MSN, RN, CCRN from CommonSpirit Health as she covers the latest research on preventing and managing atrial fibrillation, including anticoagulation therapy, lifestyle modifications, and emerging treatment options.

**Age: 60+**

Thu Apr 23 BCC 10-11 am

**DEATH OVER DONUTS** ✓ FREE 60+

This is not a murder mystery game or a grief support group. It's a chance to gather in a safe, welcoming space and talk openly about death as an experience that touches us all. Guests are encouraged to share questions, thoughts, and reflections without pressure, exploring a topic too often avoided. The goal of our time is to increase awareness of death and, in doing so, make the most of our finite lives. By talking about death, we may also discover ways to live more fully. Join together in a relaxed environment with donuts, as we invite death into the conversation. Hosted by The Conversation Project in Boulder County, a program of TRU Community Care. **Please note:** Pre-registration is required. The maximum number of participants is 12.

**Age: 60+**

Tue Feb 3 BCC 10-11:30 am 6186513

**INTRODUCTION TO THE CONVERSATION PROJECT: HELPING PEOPLE SHARE THEIR WISHES** ✓ FREE 60+

This session helps participants explore how to talk about their healthcare preferences and support their wishes being honored. Topics include communicating end-of-life wishes with people who should know, advance care planning, building a support network, naming a health care agent for the Medical Durable Power of Attorney (MDPOA), and accessing community resources. Whether you're just beginning the conversation or updating your plans, this session offers practical guidance and a space to reflect on what matters most. Presented by The Conversation Project in Boulder County (CPBC), a program of TRU Community Care. This is the first in a series of classes by the CPBC.

**Age: 60+**

Tue Feb 10 BCC 10-11:30 am

**SOLO AGING & THE CONVERSATION AROUND ADVANCE CARE PLANNING** ✓

✓ FREE 60+

Aging without a traditional support system can make future planning, especially healthcare decisions, feel overwhelming. This session is for those aging solo who want to ensure their values and wishes are respected. Learn how to identify someone to speak on your behalf, explore creative ways to document and share your wishes, and discover tools that support autonomy and peace of mind. Whether you're just starting or revisiting your plans, this session offers practical guidance and space to reflect. Presented by The Conversation Project in Boulder County, a program of TRU Community Care.

**Age: 60+**

Tue Mar 10 BCC 10-11:30 am

**HEALTH CARE DECISION-MAKING ACROSS THE SPECTRUM OF MEMORY LOSS** ✓ FREE 60+

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

**Age: 60+**

Tue Apr 14 BCC 10-11:30 am

## COLORADO'S END-OF-LIFE OPTION ACT: UNDERSTANDING MEDICAL AID IN DYING



Medical Aid in Dying (MAiD) is legal in Colorado, yet many people have questions about how it works. In this interactive session, you'll learn about the End-of-Life Option Act, including eligibility and qualification guidelines for MAiD. The session features a panel with a physician, a death doula, and an individual who has experienced a loved one's choice of MAiD, offering both professional insight and personal stories. There will be time for questions and open, respectful discussion. This session is intended to inform and share experiences - not to influence personal decisions. Hosted by The Conversation Project in Boulder County, a program of TRU Community Care.

Age: 60+

Tue May 12 BCC 9:30-11:30 am

## NEW TECHNOLOGIES IN ROBOTICS AND TOTAL JOINT REPLACEMENT



Learn how the latest advancements in robotic technology are transforming joint replacement surgeries - offering greater precision, faster recovery times, and improved outcomes for patients. Join orthopedic expert Dr. Ian Weber from CommonSpirit Health for this exciting and informative presentation.

Age: 60+

Tue Feb 24 BCC 1-2 pm

## STRONGER, SHARPER, SAFER: A GUIDE TO HEALTHY LIVING FOR OLDER ADULTS



Join Dr. Kaitlyn Matthey and Dr. Michaela Trainer from CommonSpirit Health, for an engaging and practical discussion designed especially for older adults who want to stay active, maintain sharp minds, and live safely at home and in the community.

Age: 60+

Tue Mar 24 BCC 1-2 pm

## STRANGE AND WONDERFUL ART STORIES



In December 1955, Salvador Dali borrowed a friend's white Rolls Royce Phantom II, filled it to the roof with 500 kg of cauliflower, and drove it to the Sorbonne in Paris, where he gave a lecture he'd impossibly titled, 'Phenomenological Aspects of the Paranoiac Critical Method'. Enjoy this and many other fascinating stories of art and artists throughout time! This class is part of the series of talks, What Great Paintings Say with Cindy Parker, co-owner of Bohemia and Purple Art. Part art history, part detective work, this interactive talk explores subtle elements of famous works, revealing details about the time, place and culture of the style, subject and artist.

Age: 60+

Wed Apr 1 BCC 10-11 am

## PURPLE ART: STRANGE AND WONDERFUL ART MAKING



Join Cindy and Abby from Purple Art, an expressive arts program that emphasizes 'process over product', making a mess, and most importantly, having FUN! Using unconventional materials, we will create some outlandish art, following lightly in the footsteps of the surrealists. Expect to laugh and let your imagination run wild! No experience necessary!! **Please note:** Pre-registration is required. Maximum class size is 12 people.

Age: 60+

Wed May 6 BCC 1-2:30 pm 6186521

## TECH CLASS FOR OLDER ADULTS



Interested in learning new skills and growing your technology confidence? Join the Library at the Broomfield Community Center on the 3<sup>rd</sup> Wednesday of each month for our Tech Class for Older Adults. Each session explores a new topic, whether it's practical tips or fun digital tools, to help you get the most out of your technology. No experience needed, just curiosity and a willingness to learn!

Age: 55+

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

## TECH CAFE FOR OLDER ADULTS



Looking for technology assistance with your smartphone or tablet? The library tech experts can help! Stop by the Broomfield Community Center on the 3<sup>rd</sup> Wednesday of the month, beginning in February 2026. Bring your device and get your questions answered! No appointment is necessary.

Age: 55+

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

### BE AN OPEN SPACE

### Volunteer

Support your local Open Spaces. We have a variety of volunteering opportunities to choose from including year-round programs like Coyote Crew, Wildlife Masters, Nature program and Trail Ambassadors as well as one off events like weed pulls, seed harvests, GRIT Teen Garden, and planting events with the Broomfield Open Space Action Network. We will be recruiting for our Coyote Crew, Trail Ambassador, and GRIT Teen Gardening programs this spring.

Sign up to participate on VolunteerHub!





Fishing Derby (this page)

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

NATURE

**PRESCHOOL NATURE WALKS**

These walks are designed especially for preschoolers and their guardians to explore Broomfield's Open Spaces while having fun! Take a walk with naturalists to learn about the animals and plant life in your own backyard. There is NO CHARGE for these programs! Visit [Broomfield.org/NaturePrograms](http://Broomfield.org/NaturePrograms) to view location maps and the full schedule.

Age: 0 - 5 With adult

Wed	Apr 8	Josh's Pond	9-10 am	FREE	6128610-A
Wed	Apr 22	Tom Frost	9-10 am	FREE	6128610-B
Wed	May 6	Metzger Farm	9-10 am	FREE	6128610-C
Wed	May 20	Commons	9-10 am	FREE	6128610-D

**KIDS' FISHING DERBY**

Have you always wanted to take your child or grandchild fishing? You can right here in Broomfield at Tom Frost Reservoir! Broomfield's Kids' Fishing Derby has moved to the Spring season falling on Saturday May 2. This all-inclusive fishing event is great for beginners or experienced anglers alike. A brief introductory fishing clinic, poles, and bait are provided. Kids will enjoy a one-hour fishing session. The fishing poles and any fish caught may be taken home. Parent/guardian supervision is required!

Age: 6-12

Sat	May 2	Tom Frost	8-9 am	FREE	6128602
Sat	May 2	Tom Frost	9-10 am	FREE	6128602
Sat	May 2	Tom Frost	10-11 am	FREE	6128602

**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 Spring Speaker Series features are TBD. 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 more information, connection details and past speakers at [Broomfield.org/SpeakerSeries](http://Broomfield.org/SpeakerSeries).

Age: ALL (12 and Younger Need Adult)



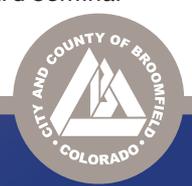
**Water is one of Colorado's most precious resources.**

## EVERY DROP COUNTS

- Adjust your watering habits
- Upgrade your appliances
- Apply for water rebates
- Plant a Garden In A Box

- Receive an sprinkler system evaluation
- Attend a free Waterwise Yard Seminar
- Replace some of your lawn
- Fix a leak

Broomfield.org/SaveWater



# ready to quit vaping?

GET **FREE**, LOCAL HELP  
JUST FOR  
TEENS AND YOUNG ADULTS

[BROOMFIELD.ORG/BREATHEFREE](https://BROOMFIELD.ORG/BREATHEFREE)



# FREE CARE FOR EVERY TEEN

at Broomfield's  
Reproductive Health Clinic



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



100 Spader Way | 720-887-2220



# LICENSED YOUTH PROGRAMS

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

## 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.

**Age: 2.5-6**

TuTh Jan 6-May 21 BCC 8:45-10:45 am \$912/\$1072 6145002-A

## 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: 4-5.5**

M-F Jan 6-May 22 BCC 8:45-11:45 am \$2208/\$2594 6145004-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: 5-6**

M-F Jan 6-May 22 BCC 12:15-3:15 pm \$2208/\$2594 6145005-A

## PARENTS' NIGHT OUT

Kids will enjoy gym time, crafts, games, cooking, and dinner while you take a night off! Sign-in starts in Child Watch, then the fun begins!

**Age: 5-12**

Sat	Jan 17	PDRC	4:30-7:30 pm	\$15/\$18	6145008-A
Sat	Feb 21	PDRC	4:30-7:30 pm	\$15/\$18	6145008-B
Sat	Mar 21	PDRC	4:30-7:30 pm	\$15/\$18	6145008-C
Sat	Apr 18	PDRC	4:30-7:30 pm	\$15/\$18	6145008-D

## ADAMS 12 SPRING BREAK CAMP EXPLORER

Spend Adams 12 Break on adventurous field trips with your friends! Camp takes advantage of time off from school by taking field trips and onsite activities every day.

**Age: 5-12**

M-F Mar 23-27 BCC 7:30 am-5:30 pm \$250/\$283 6145101-A

## BVSD SPRING BREAK CAMP EXPLORER

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

**Age: 5-12**

M-F Mar 16-20 BCC 7:30 am-5:30 pm \$250/\$283 6145102-A



Special Olympics Swimming (this page)

# ▶ THERAPEUTIC RECREATION

Programs that enhance the quality of life and provide opportunities for people of all ability levels and ages

SPECIAL OLYMPICS, TR

## 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 Rachel Robbins, C.T.R.S. at [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

Athletes are required to have a Special Olympic medical on file prior to regional competition, [www.specialolympicsco.org](http://www.specialolympicsco.org).

### TR SPECIAL OLYMPICS: BASKETBALL

Nothing but net! This league will focus on developing skills, good sportsmanship and teamwork. This is for the athlete with the basic understanding of the sport. Games are played in the Unified league in Boulder every Tuesday night, transportation is on your own.

Age: 15+ 6144001-A

### TR SPECIAL OLYMPICS: GYMNASTICS

This class is for individuals with developmental disabilities. This class works on skill development of floor routines, balance beam, vault and uneven bars for all levels. This session is for the athlete who would like to compete at the Special Olympics regional meet on Broomfield's team in early May.

Age: 7-15 6144005

Age: 16+ 6144005

### TR SPECIAL OLYMPICS: SWIM TEAM

This course is designed to prepare athletes for the Spring Special Olympics swim team regional competition.

**PREREQUISITE:** you must be able to independently swim one length of the pool to register! Athletes will work on stroke development and technique to compete.

Age: 8+ 6144020

### TR SPECIAL OLYMPICS: SOCCER

Kick - shoot - score! This program is designed to learn and improve on the game of soccer in preparation for Special Olympics regional competition.

Age: 7-15 6144070-B

Age: 16+ 6144070-A

### TR SPECIAL OLYMPICS: TRACK & FIELD

On your marks, get set, go! This program is designed to work on all aspects of track & field events for the Special Olympics regional competition this Spring.

Age: 8+ 6144090

### TR WEIGHT TRAINING

This class is designed for individuals with developmental disabilities. Learn how to use the equipment and/or increase your physical fitness level by increasing your output. Taught by a certified personal trainer.

Age: 15+ 6144221

### 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.

Age: 3-7 6144300

Age: 8-15 6144310

### 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 two weeks later, we will glaze the projects.

Age: 12+ 6144910



*Clematis at Brunner Farmhouse*

## INFORMATION

Overview of Broomfield's amenities, facilities and policies

### 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 [Broomfield.org/Parks](http://Broomfield.org/Parks)

		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				x				
BCC	Broomfield Community Center (BCC) (280 Spader Way)			x					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	x	
PD	Police and Courts Building (7 DesCombes Dr)								x												
PDRC	Paul Derda Recreation Center (13201 Lowell Blvd)			x					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	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.

#### DROP-IN FEES

<b>Resident:</b>	
0-3.....	FREE
4+.....	\$5
<b>Non-Resident:</b>	
0-3.....	FREE
4-17.....	\$7
18-59 years.....	\$9
60+.....	\$7

#### AVAILABLE PASSES\*\*\*

All Facility Pass  
 Spring 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

Jan 1 .....	11 am-4 pm
Apr 5 .....	Closed
May 25 .....	Closed

\* Please see pool schedules for hours of operation

#### DROP-IN FEES

<b>Resident:</b>	
0-3.....	FREE
4-17.....	\$3.50
18-59.....	\$5
60+.....	\$4
<b>Non-Resident:</b>	
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

Jan 1 .....	8 am- 1pm
Apr 5 .....	Closed
May 25 .....	7 am-5 pm

#### DROP-IN FEES

<b>Resident:</b>	
0-3.....	FREE
4-17.....	\$3.50
18-59.....	\$5
60+.....	\$4
<b>Non-Resident:</b>	
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

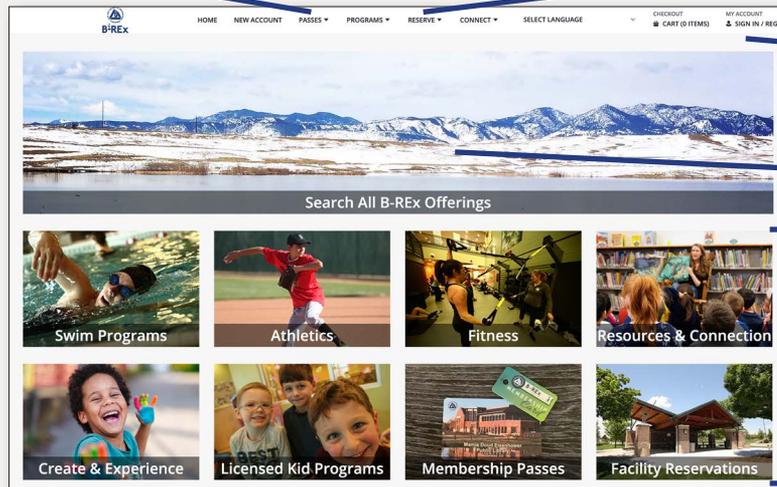
# Register ON B-REx.com

#### 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!