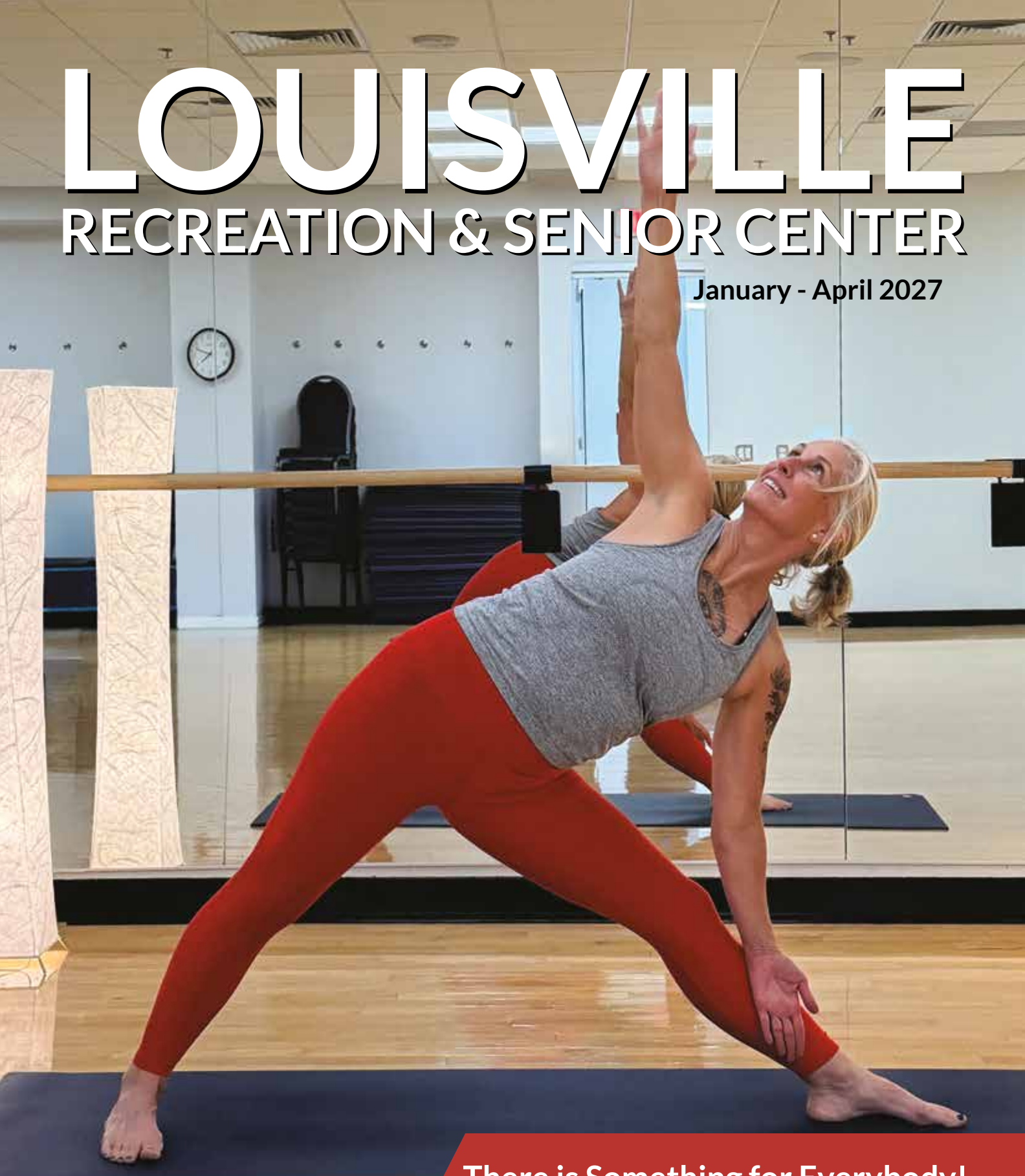
LOUISVILLE
RECREATION & SENIOR CENTER

January - April 2027



There is Something for Everybody!

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

LouisvilleRecreation.com

The Perfect Holiday Gift

Youth Pass SALE!

$140
Resident
(regular $280)

$235
Non-Resident
(regular $469)



Available for purchase
Nov. 1-Dec. 31, 2026

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

Valid for ONE YEAR from the date of purchase.

Buy now before fees go up in 2027!



SUNDANCE PASS

In town for Sundance Film Festival?
Keep your fitness routine going with our Sundance Pass. Purchase at front desk.

$41
for both Residents & Non-Residents

Valid January 18-31

We are HIRING

Hiring for summer starts early 2027!



- Summer Day Camp
- Aquatics
- Parks
- Golf
- Child Watch
- Front Desk

To view jobs and apply visit LouisvilleCO.gov/Jobs



Welcome to the Louisville Recreation & Senior Center

JANUARY-APRIL HOURS

Monday-Thursday	5:30 AM - 9 PM
Friday	5:30 AM - 7 PM
Saturday	7 AM - 7 PM
Sunday	7 AM - 5 PM

Pool area closes at 8pm M-Th, 15 min before closing on F & Su, and 4:45pm on Sat.

Register for January-April Programs

City of Louisville Residents

Resident registration begins
Wednesday, December 9
at 10 a.m.
Online and In-Person* Registration

Non-Residents

Non-Resident registration begins
Friday, December 11
at 10 a.m.
Online and In-Person* Registration

IMPORTANT:

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

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

Cancellation & Refund Policy:

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

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

The Mac and Turf gyms will close at noon on April 17 for After Prom and will reopen on April 18 once cleanup is complete around 10 a.m.

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Holiday Schedules

Thursday, Dec. 24 Christmas Eve	5:30 am - 12 pm
Friday, Dec. 25 Christmas Day	Closed
Thursday, Dec. 31 New Year's Eve	5:30 am -5 pm
Friday, Jan. 1 New Year's Day	7 am - 7 pm
Sunday, Mar. 28 Easter Day	Closed

ESPAÑOL

Para leer esta publicación en español, visite LouisvilleRecreation.com/Catalog

To read this publication in Spanish, visit LouisvilleRecreation.com/Catalog

Facilities

Staff

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

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

Recreation Manager (303) 335-4909
Jesse DeGraw, JDegraw@LouisvilleCO.gov

Recreation Assistant (303) 335-4907
Pam Lemon, PLemon@LouisvilleCO.gov

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

Senior Marketing Specialist (303) 335-4734
Ginger Cross, GCross@LouisvilleCO.gov

Recreation Manager/Aquatics (303) 335-4905
Paul Borth, PBorth@LouisvilleCO.gov

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

Aquatics Specialist (303) 335-4415
Dana Gutierrez, DGutierrez@LouisvilleCO.gov

Pool Technician (303) 335-4603
Katharine Guzzetta, KGuzzetta@LouisvilleCO.gov

Aquatics Specialist (303) 335-4927
Will Fitzpatrick, WFitzpatrick@LouisvilleCO.gov

Senior Services Supervisor (303) 335-4914
Katie Beasley, KBeasley@LouisvilleCO.gov

Community Resources Coordinator (303) 335-4919
Katie Tofte, KTofte@LouisvilleCO.gov

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

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

Fitness & Child Watch Supervisor (303) 335-4906
Lindsey Witty, LWitty@LouisvilleCO.gov

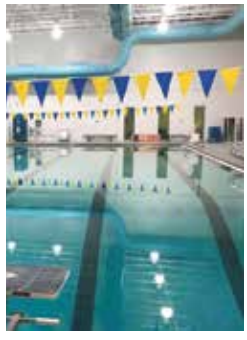
Recreation Supervisor/Youth/Adult Sports (303) 335-4912
Tim Hiney, THiney@LouisvilleCO.gov

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

Louisville Sports Complex
1200 North Courtesy Road

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





AQUATICS

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



FITNESS

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



SENIOR CENTER

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



OTHER

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

2027 Pricing	DAILY ADMISSION RES/NR	5 VISIT RES/NR	10 VISIT RES/NR	20 VISIT RES/NR	1 MONTH RES/NR	ANNUAL RES/NR
YOUTH (3-17)	$6.75 / $11.50	$24.75 / $52.25	$49.50 / $104.50	$99 / $209	$30 / $49.25	$288/ $501.75
ADULT (18-59)	$8.75 / $15	$35.50 / $67	$71 / $134	$142 / $268	$50 / $81.25	$530 / $864.50
SENIOR (60+)	$6.75 / $11.50	$24.75 / $52.25	$49.50 / $104.50	$99 / $209	$30 / $49.25	$288/ $501.75
COUPLE	NA	NA	NA	NA	$77 / $109.25	$835/ $1,203.75
FAMILY	$18.50/$48.25	NA	NA	NA	$95 / $142.25	$895 / $1,283
SINGLE HH	NA	NA	NA	NA	$77/$124	$734 / $1,147
NR BUSINESS	NA	NA	NA	NA	NA / $64.25	NA / $771

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

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

Monthly Auto Pay: Monthly passes may be purchased by auto-debit payment method. An automatic deduction from a checking account will occur on the 15th of each month, and will continue until notification is given by the member, which may be done at any time without penalty. You must cancel before the 5th of any month to avoid the fee being deducted on the 15th. Please provide bank routing number and checking account number upon joining.

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

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

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

Sundance Pass

Valid 1/18- 1/31

$41 Resident/Non-Resident

College 3 MONTH PASS

Age 18-25. Valid for 3 months.

$114 Resident | $184 Non-Resident

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

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

Family Rate: The daily admission rate includes 2 adults and 3 children under the age of 22 who represent themselves as a family unit and live at the same address. Daily Admission fees apply for more than 2 adults or 3 children.

Single Head of Household: Single head of household consists of one adult and their dependent children under the age of 22.

Recreation & Senior Center Policies

- Children ages 9 and under must be directly supervised by an individual 12 or older at all times unless the child is participating in a center supervised program.
- Please dress appropriately when in the center. Shoes and shirts are required at all times, unless in pool area.
- Smoking, chewing tobacco, vaping, ecigarettes, drugs or alcoholic beverages are not allowed in the center.
- The Recreation Center and Senior Center is not responsible for guests' personal belongings. Please leave valuables at home.
- Weapons are prohibited at the center.
- Cell phone usage is restricted to the lobby areas only.
- All guests must be 14+ years of age to be on the track, unless participating in a center sponsored program or with an adult 18+.
- Individuals must be at least 14 years of age to use equipment in the weight room or any cardio equipment. Training is available for those 11-13 years of age who wish to use the equipment.
- Strollers or car seats are not permitted on the track or in any fitness area. Front or back carriers are permitted on the track.
- Disruptive or inappropriate behavior may result in suspension of privileges.
- No loitering allowed. No sleeping allowed.
- No animals except service animals.
- Cologne, perfume or body odor that is excessive or causes discomfort to others is prohibited.

Racquetball

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

Park Shelter Rentals

2026 reservations opened Monday, February 2nd.

Rental Dates: May 1-October 31

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

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

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

Code of Conduct

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

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

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

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

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

No electioneering and/or petitioning of patrons within City buildings is allowed. Such activities may occur on public sidewalks outside the City building but shall not block passage by other users of the sidewalk and shall be conducted in accordance with applicable laws.

Motorless Boat Permits

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

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

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

Private Pool Rentals (After Hours)



AVAILABLE HOURS (JANUARY 2 -APRIL 24):
Saturday | 5 - 7 p.m.

HOW TO RESERVE A RENTAL
Pools can be rented online at LouisvilleRecreation.com.

FEES:

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

CODE	AFTER HOUR POOL RENTALS	RESIDENT	NR
13801	Splash Pool/Lazy River/Slide/ Patio/Zero Depth/Party Rooms	$331	$414

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

POLICIES:

- Rentals will be expected to abide by all pool rules
- Alcohol or glass is not allowed on the patio or in the pool area
- Reservations need to be made 14 days in advance
- See private rental web page for location change and refund policies
- **Contact Danny at DWeinstock@LouisvilleCO.gov or 303-335-4627.**

All facility rentals begin Wednesday, December 9 at 10 a.m.

Room Rentals

Reservations begin Wednesday, December 9th at 10 a.m.



FACILITY RENTALS	RESIDENT FEE/HOUR	NON-RESIDENT FEE/HOUR
Large Rooms (Brooks or Crown)	$68	$85
Small Rooms (Imperial, Ajax, Hecla, Matchless, Sunnyside)	$48	$62
Kitchen	$31	$40
South Gym	$68	$92
Grand or Summit (in pool area)	$62	$79

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

Private Turf Gym Rentals



TURF RENTALS	RESIDENT FEE/HOUR	NON-RESIDENT FEE/HOUR
Turf Gym	$104	$130
After Hour Turf Gym	$127	$156
Batting Cage	$25 per use	

DETAILS:

- Daytime, evening and after hour times available.
- Alcohol is permitted in the rubber floor area of the Turf Gym
- NO glass is allowed
- Payment is due at time of reservation
- Bring your own sports/game equipment for the Turf Gym
- **Contact Tim at 303-335-4912, or THiney@LouisvilleCO.gov to reserve a private turf gym rental.**

Birthday Parties





Reservations begin Wednesday, December 9th at 10 a.m.

POOL PARTY PACKAGES | 2 hours

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

Reservation times:

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

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

TYPE	DESCRIPTION	R/NR
Basic	Two hours in the pool area which includes swimming and private pool party room adjacent to the leisure pool, with plastic tablecloths.	$130/$163

TURF PARTY PACKAGES | 2 hours

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

Reservation times:

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

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

TYPE	DESCRIPTION	R/NR
Basic	2 hours in the Turf Gym. You provide all the supplies including sport equipment (with the exception of goal posts & soccer balls). Includes tablecloth of your color choice.	$152/$194
Basic Plus*	Basic package plus paper goods with choice of colors (red, blue, yellow, green, pink or purple), two party attendants to help with setup, cleanup and facilitate the activities and use of the indoor games. *Requires 14 day notice for staffing	$218/$275

General Information

- Rentals can be reserved online at Louisvillerecreation.com or by calling Pam at 303-335-4907, or email Plemon@LouisvilleCO.gov.
- Reservations for basic pool and turf parties must be booked at least 10 days in advance. Basic Plus Turf parties require reservations 14 days in advance.
- Rental payment is due at the time of reservation.
- Additional guests will be charged daily admission, payable on the day of the event at the front desk.
- If the party needs to be canceled, a $25 cancellation fee will apply unless the cancellation is made less than 7 days from the event date which would result in a forfeiture of the entire fee.

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

Child Watch



CHILD WATCH HOURS

Ages 6mo-12yrs

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

SERVICES

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

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

DROP-IN FEE

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

TIME	PER CHILD
1.5 Hour	$8 R/$11 NR

Drop-in use must be paid on a daily basis at the front desk and a copy of the receipt must be presented when signing the child in at Child Watch.

PUNCH CARD FEES

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

PUNCHCARD	R/NR
10 Visits	$45/$56
20 Visits	$90/$112

ANNUAL CHILD WATCH PASS

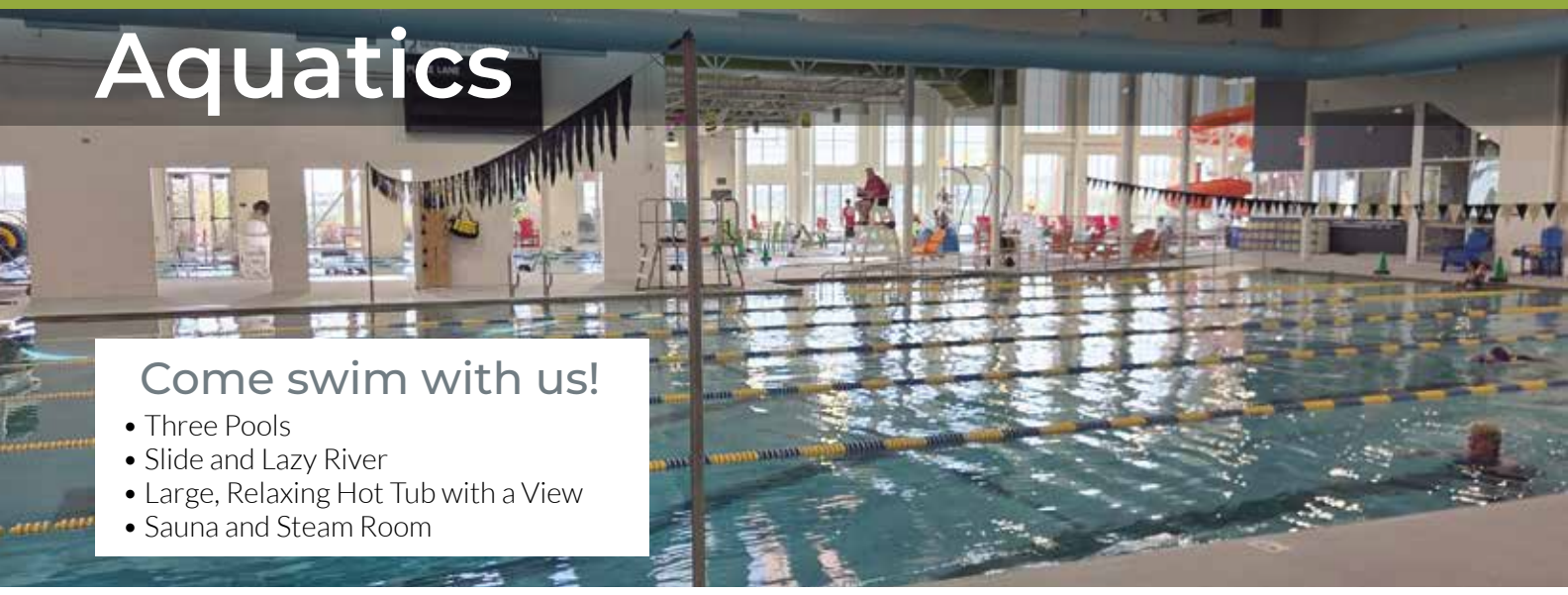
Best buy! May be purchased at the front desk.

NUMBER OF CHILDREN	FEE R/NR
First Child	$311/$389
Each additional child	$80/$100

CHILD WATCH IS OPEN FOR THESE CLASSES!

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

Aquatics



Come swim with us!

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

Enjoy Year Round Fun in Our Aquatics Area!



LAP POOL | 6 lanes, 25 meters

Temp 80°-82°

Depth 3ft 6in- 10 ft

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



PROGRAM POOL | 4 lanes, 25 yards

Temp 85°-86°

Depth 3ft 6 in- 9ft

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



SPLASH POOL with Lazy River

Temp 87°-88°

Depth 0ft-5ft

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

Open Swim EVERYDAY!

HOT TUB, SAUNA, AND STEAM ROOM

Come soak in our large 104° degree hot tub with benches, massaging jets and beautiful views or relax in our sauna or steam room. [Independent use age 12+]

SLIDE

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

POOL SAFETY PRECAUTIONS

Please enjoy our swimming pools by following these safety precautions:

- Children 6 and under must be accompanied by an adult who is actively supervising in the water.
- Children 6 and under may not use the steam room, hot tub and sauna.
- Children ages 9 and under must be directly supervised by an individual 12 or older at all times unless the child is participating in a center supervised program.
- Patrons between the ages of 7 and 11 may use the steam room, hot tub and sauna only when accompanied by an adult.
- Strollers and infant carriers must not be left unattended at any time.
- No regular diapers are allowed in the swimming pool. Plastic pants or swim diapers must be worn if needed.
- Swim lessons may only be taught by a Louisville Recreation & Senior Center aquatics employee or contractor.

Adult & Teen Swim Programs



MASTERS SWIMMING | Age 18+

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

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

CODE	DAY	TIME	FEE
10-Punch Pass	M/W/F	12:00-1:00pm	$125
	Su	8-9:30am	$125
Drop in Rate of $15/day			

ADULT SWIM LESSONS | Age 18+ (Friday evenings)

It's never too late to learn to swim or add it to your fitness routine! Join our new adults-only evening swim lessons. Adult Beginner is for those who want to learn pool entry and exit, floating, submerging, and basic swimming. If you can swim but want to build endurance and improve stroke technique, join Adult Intermediate. Classes are 45 minutes, including guided practice and free exploration time. Questions? Contact Danny Weinstock at 303-335-4627 or DWeinstock@LouisvilleCO.gov.

Session 1 | Jan. 8 - Feb. 26 **Session 2** | Mar. 5- Apr. 23

TIME		FEE R/NR
5:00-5:45 pm	Adult Beginner 13176	$99/$135
6:00-6:45 pm	Adult Intermediate 13177	$99/$135

Group Swim Lessons



UNSURE WHICH LEVEL YOUR CHILD BELONGS IN?
Schedule a 5 minute swim assessment with a certified instructor. Contact Danny at dweinstock@LouisvilleCO.gov

PARENT TOT/CHILD | Age 6 months - 2 years

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

TEEN SWIM | Age 13-17 years

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

ADULT SWIM | 18+

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

The purpose of the American Red Cross Swimming and Water Safety program is to teach individuals of different ages and abilities how to swim and be safe in, on and around the water. The program covers the knowledge and skills needed for aquatic skill development. All instructors are American Red Cross certified.

American Red Cross

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

Register | Pick your session. Pick your time!

ALL GROUP LESSON FEES | $33 R / $45 NR

REGISTRATION | Wed., Dec. 9 R / Fri., Dec. 11 NR

Group Swim Lessons

TUESDAY MORNING (4 x 30 min. lessons)

Session 1 | Jan. 5- 26
Session 2 | Feb. 2-23
Session 3 | Mar. 2-30*
Session 4 | Apr. 6-27

TIME	CLASS/CODE
9:00- 9:30 am	Parent-tot 2 13020
9:30 –10:00 am	Pollywog 13030
*No class 3/16	

TUESDAY EVENING (4 x 30 min. lessons)

Session 1 | Jan. 5- 26
Session 2 | Feb. 2-23
Session 3 | Mar. 2-30*
Session 4 | Apr. 6-27

TIME	CLASS/CODE	CLASS/CODE
4:00-4:30pm	Parent-tot 2 13023	
4:40 -5:10pm	Pollywog 13033	Tadpole 13044
5:20 -5:50pm	Level 1 13113	Level 3 13134
6:00-6:30pm	Level 3 13133	Level 2 13123
6:40 -7:10pm	Level 4 13144	Level 5 13153
*No class 3/16		

Private Mini Lessons

15-Minute Swim Lessons

PERFECT FOR:

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



New options added monthly. Register on website.

CODE	MONTH	LOCATION	R/NR
15000	Jan.-Apr.	Recreation & Senior Center	$17/$23

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

WEDNESDAY AND FRIDAY MORNING

(4 x 30 min. lessons)

Wed. Session 1 | Jan. 6 – 27
Wed. Session 2 | Feb. 3 – 24
Wed. Session 3 | Mar. 3 – 24
Wed. Session 4 | Mar. 31 – Apr. 21
Fri. Session 1 | Jan. 8 - 29
Fri. Session 2 | Feb. 5 – 26
Fri. Session 3 | Mar. 5 – 26
Fri. Session 4 | Apr. 2 - 23

TIME	CLASS/CODE
8:45 - 9:15am	Parent-tot 1 13000
9:15 - 9:45am	Parent-tot 1 13001

THURSDAY EVENING (4 x 30 min. lessons)

Session 1 | Jan. 7- 28
Session 2 | Feb. 4-25
Session 3 | Mar. 4-April 1*
Session 4 | Apr. 8-29

TIME	CLASS/CODE	CLASS/CODE
4:00-4:30pm	Parent-tot 2 13024	
4:40 -5:10pm	Pollywog 13034	Toad 13054
5:20 -5:50pm	Level 2 13124	Level 1 13114
6:00-6:30pm	Level 3 13135	Level 2 13125
6:40 -7:10pm	Level 4 13145	Level 5 13154
*No class 3/18		

SATURDAY MORNING (4 x 30 min. lessons)

Session 1 | Jan. 9- 30
Session 2 | Feb. 6-27
Session 3 | Mar. 6-27
Session 4 | Apr. 3-24

TIME	CLASS/CODE	CLASS/CODE
8:15 - 8:45 am	Pollywog 13037	Level 1 13118
8:55- 9:25 am	Parent-tot 2 13027	Tadpole 13047
9:35 -10:05 am	Toad 13058	Parent-tot 2 13028
10:15 –10:45	Pollywog 13038	Level 2 13127
10:55 -11:25 am	Level 3 13138	Level 4 13148
11:35 am- 12:05 pm	Level 5 13158	Level 3 13137

Youth Stroke Clinics

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

MONDAY EVENING

Session 1 | Jan. 4 - 25
Session 2 | Feb. 1- 22
Session 3 |Mar. 1 - 29*
Session 4 | Apr. 5 - 26

CODE	CLASS	TIME	FEE
13190	6-10yrs	4:00-4:45pm	$54
13191	9-12yrs	4:45-5:30pm	$54
13193	13-18yrs	5:30-7:00pm	$108
*No class 3/15			

TUESDAY EVENING

Session 1 | Jan. 5 - 26
Session 2 | Feb. 2 - 23
Session 3 |Mar. 2 - 30*
Session 4 | Apr. 6 - 27

CODE	CLASS	TIME	FEE
13180	6-9yrs	4:00-4:45pm	$54
13181	8-10yrs	4:45-5:30pm	$54
13182	10-12yrs	5:30-6:15pm	$54
13183	11-18yrs	6:15-7:00pm	$54
*No class 3/16			

WEDNESDAY EVENING

Session 1 | Jan. 6 - 27
Session 2 | Feb. 3 - 24
Session 3 |Mar. 3 -31*
Session 4 | Apr. 7 - 28

CODE	CLASS	TIME	FEE
13194	6-10yrs	4:00-4:45pm	$54
13195	9-12yrs	4:45-5:30pm	$54
13197	13-18yrs	5:30- 7:00pm	$108
*No class 3/17			

THURSDAY EVENING

Session 1 | Jan. 7 - 28
Session 2 | Feb. 4 - 25
Session 3 |Mar. 4 - Apr. 1*
Session 4 | Apr. 8 - 29

CODE	CLASS	TIME	FEE
13184	6-9yrs	4:00pm-4:45pm	$54
13185	8-10yrs	4:45pm-5:30pm	$54
13186	10-12yrs	5:30pm-6:15pm	$54
13187	11-18yrs	6:15pm- 7:00pm	$54
*No class 3/18			

LOUISVILLE DOLPHINS SWIM TEAM

Are your kids interested in joining a swim team?

Visit **louisvilledolphins.org** for Summer 27' season information.

Minimum swim skills are required.



Youth Surf&Turf Night





Enjoy a fun-filled night with friends!

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

grades 3rd-5th

7 - 9 P.M.
FRIDAY, APRIL 9

CODE	GRADES	DAY/DATE	TIME	R/NR
14000	3rd-5th	F 4/9	7:00-9:00pm	$13/ $16.50



GLOW IN THE DARK
POOL PARTY

6 - 8 p.m. | Saturday, February 20

All ages welcome! Enjoy free glow jewelry for kids (while supplies last), pizza, and a family-friendly DJ. Children 6 and under must have an adult actively supervising in the water.

CODE	SESS	DAY/DATE	TIME	R/NR
13999	1 - Family (2 adult + 3 youth)	Sa 2/20	6:00-8:00pm	$30/$54
13999	Individual	Sa 2/20	6:00-8:00pm	$13/$21



AMERICAN RED CROSS LIFEGUARD CLASSES | Ages 15+

This American Red Cross class is Lifeguarding with First Aid/AED/CPR for the Professional Rescuer. Prerequisites: Must be 15 years old by the last day of class, no exceptions. Must pass the pre-course swim assessment. The swim assessment is two parts: First, jump into deep water and swim 150 yards continuous freestyle/breaststroke, stop and tread water with no hands for two minutes, then immediately swim another 50 yards continuous freestyle/breaststroke. Next, without goggles you have 1:40 to swim 15 yards down the pool to the deep end, submerge and retrieve a 10lb brick, surface and kick on your back holding the brick and return to the start. These tests are completed back-to-back with minimal rest.

CODE	SESS	DAY/DATE	TIME	R/NR
13205	1	M-W 2/15-2/17	9:00am-6:00 pm	$107/$134
13205	1	W-F 3/17-3/19	9:00am-6:00 pm	$107/$134

American Red Cross

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

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

1. Register for one of the in-person class sessions below (you must be registered at least 1 week ahead of the class). You will then receive an email with your link for the online simulation course which needs to be completed before your scheduled in-person practical class.

2. Complete the online portion which is a 2-3 hour, self-paced learning experience where you will gain the knowledge needed to successfully perform the required skills in the class.

3. After completing the online portion, you will then attend your scheduled class and complete the in-person practical portion which is a 2 hour, instructor led period where you put your skills to use in a real life setting. Upon successful completion of both sections you will be eligible for certification through the American Red Cross.

CODE	SESS	DAY/DATE	TIME	R/NR
13208	1	Su 1/24	10:00am-12:00pm	$75/$100
13208	2	Sat 2/27	10:00am-12:00pm	$75/$100
13208	3	Su 3/7	10:00am-12:00pm	$75/$100
13208	4	Sat 4/24	10:00am-12:00pm	$75/$100

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



Indoor Turf Gym



Youth Indoor Soccer League

- **You can sign up with a particular coach or practice time that works for you. Each team will have its own activity number.**
- Registration is underway and space is limited.
- Come join this fun 4-on-4 youth indoor soccer league played in the Turf Gym at the Louisville Recreation Center.
- This recreational league is for all skill levels where participants can develop in a fun and safe environment.
- Practices begin the week of January 11. Practices will be held once a week for 45 minutes, scheduled on weekdays between 4 – 7 p.m.
- The 6-game season will have games on Saturdays January 23 – February 27 from 8:15 a.m. – 4 p.m. Each game is refereed by the coaches.
- Teams will consist of boys or girls grade levels K/1st, 2nd/3rd, 4th/5th
- Already have a reversible blue/white jersey from the outdoor soccer league? You can use this jersey for game day. You can also purchase these jerseys at the front desk of the recreation center for $20.
- Volunteer Coaches are needed! Please reach out to Tim Hiney at (303) 335-4912 if you are interested in coaching.

Refunds will not be given after the first week of practices.

BOYS | Grade K-5

CODE	GRADES	PRACTICE BEGINS	GAMES BEGIN	R/NR
16271	Boys K/1st	1/11	1/23	$60/$75
16272	Boys 2nd/3rd	1/11	1/23	$60/$75
16273	Boys 4th/5th	1/11	1/23	$60/$75

GIRLS | Grade K-5

CODE	GRADES	PRACTICE BEGINS	GAMES BEGIN	R/NR
16276	Girls K/1st	1/11	1/23	$60/$75
16277	Girls 2nd/3rd	1/11	1/23	$60/$75
16278	Girls 4th/5th	1/11	1/23	$60/$75

NERF GUN BATTLE DAY

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

DAY/DATE	AGES	TIME	R/NR
Sa 3/27	K-6th grade	9:00-10:30am	Free with Membership or Daily Fee

Drop-in Adult Soccer

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

DAY	AGES	TIME
Mondays	40+	7:00-9:00pm

BOCCE BALL DROP-IN

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

DAY	TIME
Th 1/7-5/27	12:30-3:30pm

Sports



Soccer

SPRING YOUTH OUTDOOR SOCCER

One of Louisville Recreation Center's flagship sports program, our Youth Soccer League focuses on participation, development of skills, and the love of the game!

Teams will consist of boys or girls grade levels K/1st, 2nd/3rd, 4th/5th, 6th – 8th.

Practices will be once a week for the K/1st grade level and twice per week for the 2nd/3rd, 4th/5th, 6th – 8th grade levels. Games are played on Saturdays with some games played with the City of Lafayette. VOLUNTEER COACHES are needed for this program. If interested, please call Tim Hiney at (303) 335-4912.

BOYS SOCCER

CODE	GRADES	PRACTICE BEGINS	GAMES BEGIN	R/NR
16221	Boys K/1st	3/30	4/3	$67/$84
16222	Boys 2nd/3rd	3/30	4/3	$67/$84
16223	Boys 4th/5th	3/30	4/3	$67/$84
16224	Boys 6th-8th	3/30	4/3	$67/$84

GIRLS SOCCER

CODE	GRADES	PRACTICE BEGINS	GAMES BEGIN	R/NR
16225	Girls K/1st	3/30	4/3	$67/$84
16226	Girls 2nd/3rd	3/30	4/3	$67/$84
16227	Girls 4th/5th	3/30	4/3	$67/$84
16228	Girls 6th-8th	3/30	4/3	$67/$84

REGISTRATION AND OTHER INFORMATION

- Registration begins on December 9, 2026, for Louisville Residents, and December 11, 2026, for non-residents.
- **Registration deadline is March 7, 2027**. Any registration after the deadline will be put on a waitlist. If a participant is moved from the waitlist to a team, there will be a $50 late registration fee. Coaches do not have the authority to add players to their team. The Sports Supervisor will place all players on teams.
- Teams will be created after the registration deadline. Participants can request to be placed with a certain coach or teammate. Questions will be asked during the registration process.
- **ROSTER REQUESTS ARE NOT GUARANTEED.**
- A full refund will be given if we are unable to place a participant on a team.
- The City of Louisville Sports Department reserves the right to combine leagues, depending on the number of participants.
- Practice times will be determined after the registration deadline, once coaches have been secured and teams have been created. Practice begins the week of March 29.
- Games will be on Saturdays from April 3 – May 15.
- The game schedule is based on a 7-week season. While every attempt is made to make-up games that are canceled, we do not guarantee 7 games.
- Each participant must wear a white/blue reversible jersey. White/blue jerseys from previous seasons can be used. You can purchase these jerseys at the front desk of the Louisville Recreation Center for $20.
- **Coaches meeting will be held on Wednesday, March 24 from 6 -7 pm at the Louisville Recreation & Senior Center. All coaches must attend.**



3RD - 12TH GRADE YOUTH BASKETBALL

- Registration is ongoing through Sunday, December 6th.
- Roster spots in the youth basketball league are almost full. Register online to secure your spot on a team before the deadline.
- Any registrations after the December 6th deadline will be put on a waitlist. If a participant is moved from the waitlist to a team, there will be a $50 late registration fee. Coaches do not have the authority to add players to their team. The Sports Supervisor will place all players on teams.
- Please reach out to Tim Hiney at THiney@LouisvilleCO.gov if you are interested in coaching.

ACCESSIBILITY TOURS

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

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

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

Sports Action

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

CODE	SESS	CLASS	DATE	TIME	R/NR
16030	2	Dodgeball/ PPK	1/5-1/28	11:00am-12:00pm	$64/$80
16030	3	Flag Football/ Tag	2/2-2/25	11:00am-12:00pm	$64/$80
16030	4	Hockey/ Soccer	3/2-3/25*	11:00am-12:00pm	$48/$60
16030	5	Track/ Basketball	3/30-4/22	11:00am-12:00pm	$64/$80
16030	6	Pickleball/ Playground Games	4/27-5/11	11:00am-12:00pm	$40/$50

*No class 2/16, 3/16, 3/18



Youth Tennis

LOBBERS | Ages 4-7

This program is designed for young children with activities geared towards movement skills such as running, chasing, balancing, transferring weight, jumping and swinging. In addition, lead up skills to the game of tennis such as pre-striking and striking will be taught in order to work on the child's movement and coordination skills.

Held at the Louisville Recreation Center tennis courts.

CODE	SESS	DAY/DATE	TIME	R/NR
16262	1	M/W 3/29-4/21	4:30-5:00pm	$47/59
16262	2	M/W 4/26-5-19	4:30-5:00pm	$47/59

HITTERS | Ages 8-10

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

Held at the Louisville Recreation Center tennis courts.

CODE	SESS	DAY/DATE	TIME	R/NR
16263	1	M/W 3/29-4/21	5:00-5:45pm	$58/73
16263	2	M/W 4/26-5-19	5:00-5:45pm	$58/73

ACERS | Ages 11-18

Teens with little or no experience with the game of tennis. The basic skills and terminology of the game will be taught. Held at Louisville Recreation Center courts.

CODE	SESS	DAY/DATE	TIME	R/NR
16266	1	M/W 3/29-4/21	5:45-6:30pm	$58/73
16266	2	M/W 4/26-5-19	5:45-6:30pm	$58/73

Other Area Youth Sports

MONARCH LITTLE LEAGUE BASEBALL
monarchlittleleague.org

LOUISVILLE YOUTH SOFTBALL & BASEBALL
lysba.net

MONARCH YOUTH WRESTLING
monarchyouthwrestling.com

COAL CREEK JR GOLF LEAGUES & PASSES
coalcreekgolf.com

80027 SOFTBALL
80027softball.org

NEW Super Tots!

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

SOCCER TOTS

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

CODE	SESS	AGE	DAY/DATE	TIME	FEE
16400	1	2.5-3.5	Tu 1/19-2/9	9:30-10:15am	$74
16400	2	3.5-4.99	Tu 1/19-2/9	10:30-11:15am	$74
16400	3	2.5-3.5	Tu 3/16-4/6	9:30-10:15am	$74
16400	4	3.5-4.99	Tu 3/16-4/6	10:30-11:15am	$74

FLAG FOOTBALL – 1STDOWNTOTS

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

CODE	SESS	AGE	DAY/DATE	TIME	FEE
16404	1	2.5-3.5	Tu 2/16 – 3/9	9:30 – 10:15am	$74
16404	2	3.5-4.99	Tu 2/16 – 3/9	10:30 – 11:15am	$74

BASEBALL TOTS

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

CODE	SESS	AGE	DAY/DATE	TIME	FEE
16403	1	2.5-3.5	Tu 4/20 – 5/11	9:30 – 10:15am	$74
16403	2	3.5-4.99	Tu 4/20 – 5/11	10:30 – 11:15am	$74

Adult Tennis

ADULT TENNIS DRILLS | Ages 18+

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

CODE	SESS	DATE	TIME	R/NR
16612	1	4/1-4/22	9:00-10:00am	$53/66
16612	2	4/1-4/22	10:00-11:00am	$53/66
16612	3	5/6-5/27	9:00-10:00am	$53/66
16612	4	5/6-5/27	10:00-11:00am	$53/66

Senior Tennis

DROP-IN SENIOR TENNIS | Ages 60+

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



Adult Pickleball

NEW

ADULT PICKLEBALL LEAGUES

Grab your paddle and a buddy and register your team for our NEW Pickleball League. Held at the Louisville Recreation Center, this 6-week league is co-ed, and sign-ups are according to your skill level: 3.0 and below (beginner) and 3.5 and above (intermediate). Teams will be registered under one player's account. You can register 2 people on your team and an alternate player if applicable. League will use official USA Pickleball Rule book. Reach out to Tim Hiney at 303.335.4912 for more information.

CODE	SESS	SKILL LEVEL	DAY/DATE	TIME	FEE
16710	1	3.0 and Below	W 1/20-2/24	1:00-3:00 pm	$100 per team
16710	2	3.5 and Above	W 1/20-2/24	1:00-3:00 pm	$100 per team
16710	3	3.0 and Below	F 3/12-4/16	6:00-8:00 pm	$100 per team
16710	4	3.5 and Above	F 3/12-4/16	6:00-8:00 pm	$100 per team

NEW

LUCK OF THE IRISH PICKLEBALL MIXER

Join us for a festive, social, and fast-paced co-ed pickleball mixer where your destiny is determined by the Luck of the Irish! Before each round, every player will reach into our Pot o' Gold and pull out a lucky coin. Find the player holding the matching coin and boom—you've found your partner for the round! Every round brings a fresh draw, a brand-new partner, and a new chance to strike gold on the court. The score of each game will be your points that will accumulate throughout the mixer. Extra points will be given for festive costumes! All skill levels are welcome!

CODE	SESS	DAY/DATE	TIME	FEE
16709	1	W 3/17	1:00-3:00 pm	$20/$25

Centennial Park Tennis Court Renovation begins May 1. East tennis courts will be closed for ten weeks. For project info, visit LouisvilleCo.Gov/ConeZone

Drop-In Pickleball - 1/1/2027

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 am - 10 am	9 am - 12 pm Intermediate	6 am - 8 am 1:30pm - 3:30pm	8 am - 11 am Beginner	6 am - 8 am	8 am - 11 am 4 pm - 7 pm (Jan. 1-Mar. 5) 4 pm - 6 pm (Mar. 12-Apr. 30)	
INDOOR Recreation & Senior Center Gymnasium						
	9am - 12 pm 6 pm - 8 pm	7am - 12 pm	8:30 am - 12:30 pm	7 am-12 pm 6 pm - 8 pm	9am - 12 pm	8 am -10 am 5 pm - 8 pm Family Pickleball
OUTDOOR Five courts at the Inline Rink						

- Pickleball only during designated times
- BYOB&P (Bring your own Balls & Paddles)
- Nets provided
- All ages
- For questions call Tim Hiney at 303-335-4912 or THiney@LouisvilleCO.gov



COMING SOON!

OUTDOOR PICKLEBALL

The outdoor pickleball courts will be ready soon! Stay in the know with the City of Louisville pickleball updates by getting on the pickleball contact list. Scan QR code to get on the list!

DROP-IN

TABLE TENNIS

Level of play is intermediate to advanced

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

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

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

For more information visit denvernorthsidett.com

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



We are
HIRING

Hiring for summer starts early 2027!



- Summer Day Camp
- Aquatics
- Parks
- Golf
- Child Watch
- Front Desk

To view jobs and apply visit LouisvilleCO.gov/Jobs

NEW

TURF GYM BATTING CAGE

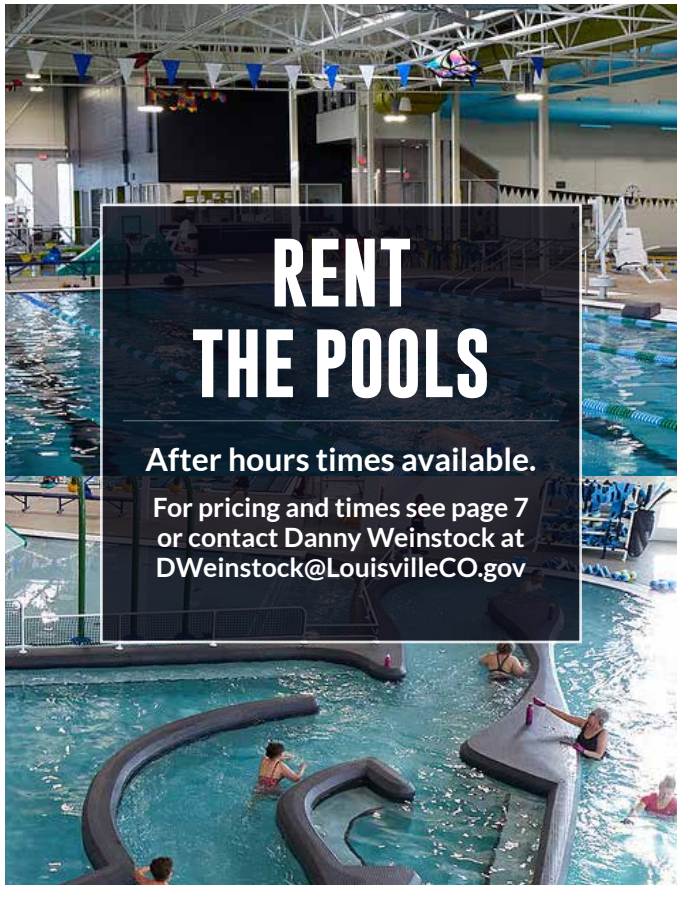
We're thrilled to announce that our brand-new **Turf Batting Cage** is available at the turf gym! Whether you're looking to sharpen your swing or celebrate a special occasion, we've got you covered.

Here are some exciting ways to use it:

- Add it to your team's gym rental
- Host unforgettable birthday parties

Included with your cage time:

- Z screens for safety
- Batter's box mats for realistic setup
- A bucket of balls to keep the reps going



RENT THE POOLS

After hours times available.

For pricing and times see page 7 or contact Danny Weinstock at DWeinstock@LouisvilleCO.gov

PRESCHOOL

at the Louisville Recreation & Senior Center



A Creative Learning Program for ages 3-5

Our part-time, state-licensed program combines play-based learning, social-emotional growth, and early academics.

Program Highlights:

- Indoor & Outdoor Learning Spaces
- Positive, Stimulating, & Safe Environment
- Professional, Experienced Teachers
- Follows State and Local Requirements/Guidelines
- Low Teacher to Student Ratio
- Potty Training Not Required

New Student Information for 2027-2028 School Year:

Enrollment Fee and Deposit are due at registration and are non-refundable. Deposit applies to May 2028 tuition.

Louisville Resident Registration begins 10 a.m., Tuesday, January 26.
Non-Resident Registration begins 10 a.m., Friday, January 29.



New Family Open House

Thursday, Jan 21 | 11:30 a.m.-12:30 p.m

Meet the teachers, tour the classrooms, learn about the programs. This is an adult-only event (babies in carriers are ok).

Building Blocks

Age 3 on/by 10/01/27

Tuition Pay Only (UPK not available for this class)

CODE	SESS	DAY/ DATE	TIME	ENROLL R/NR	DEPOSIT R/NR	TUITION R/NR
62700	1	MWF '27 - '28 School Yr	8:30am-11:30am	$100/$125	$415/$519	$415/$519 per month
62700	2	MWF '27 - '28 School Yr	12:00pm-3:00pm	$100/$125	$415/$519	$415/$519 per month

Potty training not required. Worried about nap time? As children grow, many are ready for a new routine, and afternoon preschool can be a great fit. We're happy to discuss your family's needs and help make the transition to preschool as smooth as possible.

Preschool Enrichment

Ages 3-4 on/by 10/1/27

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

CODE	SESS	DAY/ DATE	TIME	ENROLL R/NR	DEPOSIT R/NR	TUITION R/NR
62700	4	Tu Th '27 - '28 School Year	8:15am-12:00pm	$100/$125	$480/$600	$480/$600 per month

Stepping Stones

Ages 4+ on/by 10/1/27

Every child age 4 on 10/1/27 is eligible to receive 15 hours of weekly preschool through the State of Colorado MWF 8:15am-1:15pm. Please see UPK.Colorado.gov for more information.

Tuition paid options are also available.

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

Watch our video to learn more!



Youth

Enrichment

TWOODLES | Ages 2 by 10/1/26

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

CODE	SESS	DAY/DATE	TIME	FEE
12003	1	Tu/Th 1/12-5/6	8:30-9:30am	$408/$510
12004	1	Tu/Th 1/12-5/6	9:45-10:45am	$408/$510
No class 2/16, 3/16, 3/18				

TIPPI TOES DANCE | Ages 2-6

A sweet first step into the world of dance! Baby Ballet is a fun and playful class designed for little dancers to explore movement, music, and ballet. Dancers will twirl, tiptoe, stretch, and use their imaginations while building coordination, confidence, and a love for dance. Each class is filled with upbeat music, creative movement, and lots of Tippi Toes fun! This is a drop off class.

Three styles, one fun-filled class! Ballet, Tap & Jazz introduces dancers to the basics of three exciting dance styles in a positive and energetic environment. Dancers will practice ballet technique, make some noise with tap, and move and groove with jazz while building coordination, confidence, and musicality. With fun songs, creative activities, and plenty of smiles, dancers will look forward to class every week! Drop off class.

CODE	SESS	DAY/DATE	TIME	FEE
Baby Ballet | Ages 2-4				
12120	1	M 1/25-3/8	3:00 - 3:45pm	$145
12120	2	M 3/22-5/3	3:00 - 3:45pm	$145
Ballet Tap Jazz | Ages 3-6				
12121	1	M 1/25-3/8	4:00 - 5:00pm	$145
12121	2	M 3/22-5/3	4:00 - 5:00pm	$145

Join us for a Summer of Fun!



2027 SUMMER DAYCAMP

ONLINE LOTTERY ENROLLMENT
LouisvilleCO.gov/SummerCamp

Dec. 9 - Jan. 18 **(10:00am-11:59pm)** **LOTTERY OPEN!**	• **Louisville resident online lottery submission** • Verify child's age, '26-'27 grade, primary email, & phone number • Visit LouisvilleCO.gov/SummerCamp for lottery link. • Enrollment offers are for the indicated family member and are not interchangeable. Option to link siblings for initial lottery.
Monday Jan. 25	• Enrollment offer emails begin. • Accept by the receipt deadline (48 hrs from notification) to secure your camper's spot and pay tuition in full. Decline or take no action by deadline and your camper's spot will be offered to the next on the waitlist. • Campers not selected in the initial lottery will automatically be wait listed. If a slot opens you will be notified via the automated waitlist, which historically has movement. Watch your inbox! • Sibling waitlist notifications does not guarantee linked status.

Cancellation: 75% refund by Feb. 25 • 50% refund by Apr. 25 • 25% refund by 3 weeks before the session start date. Email MPerera@LouisvilleCO.gov to request cancellation.

June 1-July 29
MON.-THUR. 8am-4:30pm

Grades K-5
For the 2026-2027 school year
Scouts: K-2nd grades
(Scouts Code# 62710)
Explorers: Current 3-5th grades
(Explorers Code# 62711)

Session Dates
- 6/1-6/17* (session 1)
- 6/21-7/8 (session 2)
- 7/12-7/29 (session 3)

*Pro-rated no camp 5/31.

$810* R/ $1,013 NR
Fees for a 3 week session

Arts & crafts, sports & games, weekly field trip, guest presentations, and two swim days.
We are hiring - please help spread the word!

QUESTIONS? Visit LouisvilleCo.gov/SummerCamp or contact Camp Director MPerera@LouisvilleCO.gov

City of Louisville
Recreation & Senior Center



MINI YOGIS - PARENT/CAREGIVER & CHILD | Ages 3-6

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

CODE	SESS	DAY/DATE	TIME	R / NR
12105	1	W 1/20-3/10	9:30-10:15am	$60/ per person

BEGINNER ACOUSTIC GUITAR | Age 9-12

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

CODE	SESS	DAY/DATE	TIME	FEE
17004	1	T 1/5-1/26	5:15-6:00pm	$180
17004	2	T 2/2-2/23	5:15-6:00pm	$180
17004	3	T 3/2-3/30	5:15-6:00pm	$180
17004	4	T 4/6-4/27	5:15-6:00pm	$180
17007	1	W 1/6-1/27	5:15-6:00pm	$180
17007	2	W 2/3-2/24	5:15-6:00pm	$180
17007	3	W 3/3-3/31	5:15-6:00pm	$180
17007	4	W 4/7-4/28	5:15-6:00pm	$180
No Class 3/16, 3/17				

Karate

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

KARATE | Ages 6–adult

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

CODE	SESS	DAY/DATE	TIME	FEE
12110	1	M 1/4-1/25	5:00-6:00pm	$60
12110	2	M 2/1-2/22	5:00-6:00pm	$75
12110	3	M 3/1-3/29	5:00-6:00pm	$75
12110	4	M 4/5-4/26	5:00-6:00pm	$60
Classes meet at the IMA Dojo : 1340 Main St, Louisville				

Jump Rope

Brought to you by Levitate Jump Rope
LevitateJumpRope.org

LEVITATE BEGINNER JUMP ROPE CLUB | Ages 8-14

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

CODE	SESS	DAY/DATE	TIME	FEE
10040	1	M 3/29-5/3	6:00-7:00pm	$150

LEVITATE JUMP ROPE TEAM | Ages 8-14

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

CODE	SESS	DAY/DATE	TIME	FEE
10042	1	M/W/Th 1/4-5/12	6:00-8:00pm	$300

BVSD School Day Out Camps & Classes

HOLIDAY SLIME TIME | Ages 4-9

Come explore the messier side of art in this fun-filled holiday-themed class. We will roll up our sleeves, and make a mess as we mix up a batch of peppermint scented slime, and a gift box to store it in. Making a mess is the best, especially when you leave the mess with us! Please pack a nut free snack and drink for your child.

CODE	SESS	DAY/DATE	TIME	FEE
12195	1	F 1/1	9:00am-12:00pm	$ 64

WILD ABOUT TIPPI TOES | Ages 5-10

Get ready to ROAR, stomp, swing, and dance on a wild safari adventure! Our WILD About Tippi Toes Camp takes little dancers on an exciting journey through the jungle where they'll stomp like elephants, leap like lions, swing like monkeys, and dance like their favorite wild animals. With upbeat dancing, animal-themed crafts, music, games, and plenty of imagination, this one-day camp is packed with WILD fun from start to finish! Families are invited to arrive 15 minutes before the end of camp for a special showcase where our dancers can show off what they learned!

CODE	SESS	DAY/DATE	TIME	FEE
12125	1	M 1/18	9:00am-12:00pm	$55

WINTER WONDERLAND WORKSHOP USING LEGO® MATERIALS | Ages 5-12

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.

CODE	SESS	DAY/DATE	TIME	FEE
12175	1	M 2/15	1:00pm-4:00pm	$ 44

YOGA, MINDFULNESS, & ART CAMP | Ages 5-12

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

CODE	SESS	DAY/DATE	TIME	FEE
12107	1	M 2/15	9:00am-12:00pm	$ 60

CLAYLICIOUS | Ages 4-9

Sculpt, slab, coil, and carve... roll up your sleeves, because this camp is all clay, all the time! We'll sculpt silly puppies, fuzzy hedgehogs, a chocolate layer cake that looks good enough to eat, and more. This is your chance to use tons of air-dry clay, Model Magic®, and so much more as you have a totally claylicious time! Please pack a nut free snack and drink for your child each day.

CODE	SESS	DAY/DATE	TIME	FEE
12197	1	M-W 2/15-2/17	9:00am-12:00pm	$ 175

ANIMAL CARTOON DRAWING WORKSHOP | Ages 5-12

Laugh-out-loud funny! Wildly adorable! Awesome beyond belief! In this two-day drawing workshop, young artists will discover how to turn their favorite animals into fun and imaginative cartoon characters. Students will learn cartooning techniques as they draw animals of all shapes and sizes, adding expressive faces, silly personalities, and plenty of creative details. From cute and cuddly to wild and wacky, each drawing helps build skills while letting imaginations run wild. Perfect for kids who love animals, cartoons, and drawing. Join us for two days of creative fun and bring some unforgettable cartoon critters to life!

CODE	SESS	DAY/DATE	TIME	FEE
12181	1	M&Tu, 2/15-2/16	1:00pm-4:00pm	$ 102

LEARN CODING USING THE LEGO® SPIKE PRIME SYSTEM | Ages 6-10

Build and program robots in this introductory Robotics class using the LEGO® Spike Prime® system. Learn basic programming skills using a simple and visual block coding system that will allow kids to grasp new and diverse coding challenges. Join us as we build a variety of different robots using motors, sensors and lights that will make for a fun experience that incorporates both building with LEGO® and coding. This is a great way to prepare young Robotics enthusiasts for our more advanced Robotics programs.

CODE	SESS	DAY/DATE	TIME	FEE
12176	1	M-Th, 3/15-3/18	9:00am-12:00pm	$200

ASTRO INNOVATORS | Ages 5-12

Blast off into an exciting world of space exploration and invention! Future engineers will design mission patches, build model Mars rovers, test heat shields, and discover how technologies developed for astronauts help solve real-world problems on Earth. Through hands-on engineering challenges, teamwork, and creative problem-solving, campers will design, test, and improve their own out-of-this-world innovations.

CODE	SESS	DAY/DATE	TIME	FEE
12136	1	M-Th 3/15-3/18	1:00 pm-4:00pm	$ 245



Youth Age 3+ Recommended

Saturday, February 6

An enchanting Valentine's Day celebration- Get ready to sway to the rhythm of our live DJ, while you and your loved ones create heartwarming memories on the dance floor. Indulge in delightful crafts, where you can make keepsakes to cherish. With the added excitement of festive bingo and a delectable spread of light snacks, this afternoon promises to be a delightful blend of love, laughter, and cherished moments for the entire family. Formal to semi-formal dress encouraged.

Questions? Contact MPerera@LouisvilleCO.gov.

CODE	SESS	DAY/DATE	TIME	R/NR
12021	1	Sa 2/6	4:00-5:00pm	$18/$23 per person*

Let's Dance

***Adults and youth need to register. This is not a drop-off event.**

Teens

NEW

PROM SWAP-N-SHOP SATURDAY
MARCH 6 | ERIE COMMUNITY CENTER 450 POWERS ST. ERIE

This is a completely FREE event where local teens can shop gently used prom dresses, suits, shoes, and accessories to find their perfect look for prom!

Donate gently used prom dresses, suits, dress shirts, pants, shoes, and accessories. Donation rack located in the Louisville Recreation & Senior Center lobby February 2-20.



NEW

LIGHTS, ACTION, LOUISVILLE AFTER DARK | GRADES 8-12

Sundance is a wrap for 2027 and it's the teens' turn to enjoy a night at the movies! Watch a mix of funny and thought-provoking short films, and vote for your favorites. Craft your best snacks at the popcorn and dirty soda bar. Enjoy a little red-carpet fun!

CODE	SESS	DAY/DATE	TIME	FEE
12060	1	Th 2/18	7:00-8:30pm	FREE



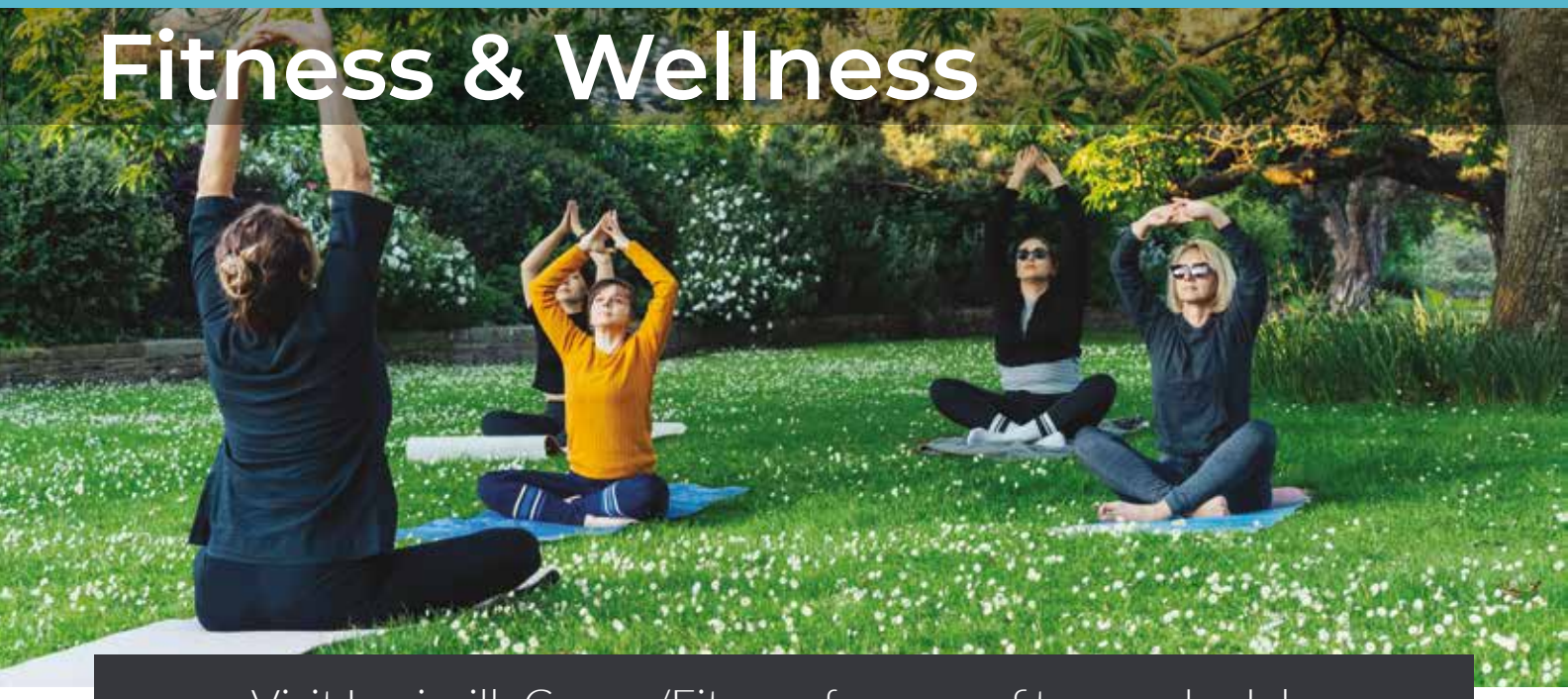
NEW

FRIDAY NIGHT BILLIARDS | GRADES 8-12

Grab your friends and kick off the weekend with Friday Night Billiards! Enjoy a night of billiard games, music, snacks, and friendly competition. Our staff will mix it up with quick games and challenges! All skill levels are welcome—no billiards experience needed. Come play, hang out, bring your friends or come solo and meet new people! Did we mention the prizes?

CODE	SESS	DAY/DATE	TIME	FEE
12011	1	F 3/5	5:30-7:00pm	$5/$6

Fitness & Wellness



Visit LouisvilleCo.gov/Fitzone for group fitness schedule

PIYO IN THE PARK

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

CODE	SESS	DAY/DATE	TIME	FEE
10027	1	T 4/6-4/27	11:30am-12:30pm	$64

ADULT WATER MAT YOGA | Ages 18+

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

CODE	SESS	DAY/DATE	TIME	FEE
10028	1	W 2/3-2/24	5:30-6:15pm	$34/$43

ROCKY MTN DEVO FITNESS TESTING INFORMATIONAL MEETING | Ages 18+

Join us on the following nights for our Community Education Series to explore fitness science through VO2 max testing. Learn how metabolic testing from Rocky Mountain Devo helps guide your fitness. Testing will be available at the Louisville Recreation & Senior Center (separate registration required). Use membership or pay drop-in fee. Learn more at rockymountaindevo.com or schedule today at rockymountaindevo.com/lrc

CODE	SESS	DAY/DATE	TIME
10014	1	W 1/13	6:00-7:00pm
10014	2	W 2/10	6:00-7:00pm
10014	3	W 3/10	6:00-7:00pm
10014	4	W 4/7	6:00-7:00pm

STRENGTH TRAINING FOR RUNNERS | Ages 18+

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

CODE	SESS	DAY/DATE	TIME	FEE
10036	1	T/Th 1/5-2/25	5:30-6:30pm	$124-2x a week
10036	2	T/Th 1/5-2/25	5:30-6:30pm	$62-1x a week

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

Whether you're at home or on the go, our Zoom Hybrid Fitness Classes make it easier than ever to stay in shape. Get the best of both worlds with live, interactive sessions you can attend in-person or virtually. From strength training to yoga, cardio to flexibility, our expert instructors will guide you through every move, ensuring you stay motivated and challenged. Visit our FitZone webpage to find classes. Click the zoom link and register for classes using your Rec pass number. No matter your fitness level or schedule, we've got you covered. Flexibility, convenience, and community – all from the comfort of your own space. **Get fit. Get stronger. Get started today!**

RESTORATIVE YOGA AND YOGA NIDRA

Join us for a Post-Holiday reset with breath and body awareness that turns our attention within and allows us to drop-in to a deep state of relaxation. Starting with restorative yoga, we will place our bodies in a few different shapes for long juicy holds using ample props. The intention is to melt stress away and shift to "rest-and—digest" mode. Yoga Nidra ("yogic sleep") will then be offered. The body remains still through a systematic guided meditation practice designed to withdraw senses from the external environment and experience a sleep-like state where the nervous system and mind are calm and still yet stay awake and conscious. The combination can have profound results. Instructor: Diane K.

CODE	SESS	DAY/DATE	TIME	FEE
10008	1	Su 1/3	3:30-4:45pm	$32/$41

BONE DENSITY TRAINING FOR WOMEN LEVEL 1

Do you want to add strength training to your routine? Join AJ to learn how to set up the machines, work with free weights, and body weight exercises. You will be able to recognize proper form and how to utilize different tools to be successful in your workout program! Through strength training, this class focuses on Bone Density improvement. Meeting twice a week is a great way to learn together and progress your workout routine over the entire session. 34 classes total Instructor: AJ

CODE	SESS	DAY/DATE	TIME	FEE
10038	1	W/F 1/6-4/30	2:30-3:30pm	$425/$531

BONE DENSITY TRAINING FOR WOMEN LEVEL 2

Ready to level up your strength training routine? Join AJ to learn the finer techniques of building strength, perfecting techniques, and becoming more versatile in the gym. You will be able to recognize how different muscles are affected by different movements and how to progress your training program. Through strength training, this class focuses on Bone Density improvement. Meeting twice a week is a great way to learn together and progress your workout routine over the entire session. 34 classes total. Instructor: AJ.

CODE	SESS	DAY/DATE	TIME	FEE
10038	2	W/F 1/6-4/30	1:30-2:30pm	$425/$531

SCIENCE-BASED FASCIA RELEASE WORKSHOP

This workshop is designed to educate you about how The Fascia System influences us and how to release deep fascia to positively impact all bodily systems. You will learn techniques this instructor has developed to identify the tight fascia that is already impacting you while releasing and opening spaces to improve the function of all systems. Fascia (connective tissue) covers every tissue in the body including organs/blood vessels/nerves. This system is a critical system in our bodies that controls most other bodily systems, such as circulatory/nervous/lymphatic. Fascia at all levels cannot be effectively stretched; it can only be released. Instructor: Deb B

CODE	SESS	DAY/DATE	TIME	FEE
10010	1	Th 3/4	5:30-7:00pm	$32/$41

LUXE AT LOUISVILLE: IMMERSIVE SOUND BATH | Ages 18+

Luxe at Louisville is your perfect 75-minute escape—a gentle, grounding experience to soothe your body, calm your mind, and recharge your spirit. You'll be treated to herbal tea, calming aromas, and a relaxing sound bath, leaving you refreshed and centered. Whether you're seeking to ease stress, find clarity, or experience a moment of peace, this sound bath offers a nurturing space for healing and rejuvenation. Embrace this opportunity to relax, recharge, and realign with your true self in a serene and supportive environment. Instructor: Ashley

CODE	SESS	DAY/DATE	TIME	FEE
10018	1	Tu 2/9	6:00-7:15pm	$20/$25
10018	2	Tu 4/13	6:00-7:15pm	$20/$25

NEW

L.O.T.U.S. LIFE LAB

(L.O.T.U.S. = LADIES OWNING THEIR UNIQUE SELVES)

A thoughtful path from overwhelm to grounded clarity. Burnout often begins as stress from juggling life's demands. Over time, it can become disconnection from your body, your joy, your voice, and your values. L.O.T.U.S. Life Lab offers a structured, supportive space for women to:

- Regulate the nervous system and reduce chronic stress
- Rebuild connection and rediscover joy and play
- Clarify what you can and cannot control
- Define your purpose and non-negotiables
- Choose intentionality instead of being dictated by expectations and conditioning
- Practice self-compassion and recognition of your inherent worth

This is not about changing your life overnight. It's about returning to yourself, protecting your energy, reclaiming your voice, and blooming sustainably and authentically. Over six progressive sessions, we will blend gentle movement and mind–body practices, science-informed learning, reflective discussion, practical experiments and guided meditation. With a maximum of 12 participants, this small-group experience allows for deeper discussion, meaningful connection, and personalized attention throughout the series. Facilitator: Karen Vizyak's passion for the mind–body connection has been a consistent thread throughout her 30-year career as a physical therapist, a Yoga and Pilates teacher, a certified Mindfulness-Based Pain Relief Practitioner, a certified Health & Wellness Coach, a rehabilitation department director and a well-being consultant. Please email karen@lotuslifelab.com with any questions about the program.

CODE	SESS	DAY/DATE	TIME	FEE
10025	1	Mon 1/11, 1/25,2/8, 2/22, 3/8, & 3/22	6:00-8:00pm	$600
10025	2	Wed 1/13, 1/27, 2/10 2/24, 3/10 3/24	9:00-11:00am	$600

Fitness & Wellness

NEW FUNCTION FIRST: MOVEMENT & STRENGTH TRAINING

Learn fundamental strength-training movements—including squats, hinges, lunges, pushes, pulls, overhead movements, and core exercises—with an emphasis on proper form, stability, and control. Exercises are adapted to your ability and progressively loaded as your strength and movement improve. You'll learn how to choose appropriate resistance, progress exercises safely, and build the skills and confidence to strength train independently. Optional fitness and movement assessments are included before the series begins. Instructor: Shelley R

CODE	SESS	DAY/DATE	TIME	FEE
10012	1	Wed 1/6-1/27	8:00-8:45am	$55/$68

NEW YOUR NEXT MOVE: CREATIVE GOAL-SETTING LAB

The best solutions are often already within you—waiting to be uncovered through thoughtful questions, curiosity, and reflection. Experiment with new ways to achieve your health and wellness goals in a supportive "group lab" setting. This interactive workshop combines personalized coaching with group learning to help participants clarify meaningful goals, break them into manageable steps, and develop strategies that fit their unique lives. As participants receive live coaching, everyone benefits from shared learning, fresh perspectives, and practical tools they can apply to their own goals. Instructor: Thomas F

CODE	SESS	DAY/DATE	TIME	FEE
10044	1	Mon 1/4-1/25	6:30-7:30pm	$65/$81

NEW TALK ON MCCALL METHOD: THE NATURAL PHYSICAL THERAPY

Learn how your daily movements are the secret to healing joint pain and limitations. Pay drop in fee or use membership.

CODE	SESS	DAY/DATE	TIME	FEE
10045	1	Mon 1/11	12:00-1:00pm	Drop in or membership

NEW THE FOUNDATION TO PAIN-FREE MOVEMENT

Learn movements that relieve pain and limitations. That is what The McCall Method: The Natural Physical Therapy can give you, the secret to pain-free living. A body that knows how to relax and move well will have little to no problem with joint pain. In this series of 4 classes, you will RE-learn "life movements": bending, lifting, sitting, standing, and the transitions to all these movements, and begin to build a strong foundation for more complex activities and sports you love to do. Author and licensed physical therapist LisaAnn McCall is the creator of McCall Method: The Natural Physical Therapy. LisaAnn has a BS in Physical Therapy, 30 years of orthopedic care, and has over 100,000 hours of experience as a physical therapist/movement coach.

CODE	SESS	DAY/DATE	TIME	FEE
10045	2	Sa 2/6-2/27	10:00-11:15am	$100/$125

BRAIN HEALTH: YOUR PATH TO LONGEVITY

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

CODE	SESS	DAY/DATE	TIME	FEE
10009	1	Sa 1/9	10:00-11:30am	$25

PLANT-POWERED COOKING FOR HEALTH & LONGEVITY

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

CODE	SESS	DAY/DATE	TIME	FEE
10009	2	Sa 1/16	12:00-2:30pm	$45

ARGENTINE TANGO | Ages 18+

This is a beginner-friendly Argentine Tango series aimed to teach you the basics of the dance! Argentine Tango is a connection-focused dance that uses walking, balance, and pivots to create a dance that flows gracefully. In this class you don't need any experience with dance, you don't need to bring a partner, and you don't need special dance shoes to participate. All you need to bring are socks or smooth-soled shoes and a winning attitude! Drop in fee is POS 0520 Instructor: AJ

CODE	SESS	DAY/DATE	TIME	FEE
10034	1	F 1/8-1/29	5:30-6:30pm	Drop in fee: $18 per class
10034	2	F 2/5-2/26	5:30-6:30pm	Drop in fee: $18 per class
10034	3	F 3/5-3/26	5:30-6:30pm	Drop in fee: $18 per class
10034	4	F 4/2-4/30	5:30-6:30pm	Drop in fee: $18 per class



NUTRITION COACHING

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

CODE	SESS	FEE
Nutrition Coaching Package Includes (1) 50-minute initial session and (3) 30-minute follow-up sessions		
10011	1	$325
Individual 50-minute session		
10011	2	$140
Individual 30-minute session (follow-up only)		
10011	3	$75

Youth Fitness

PUMP PASS CLASS | Ages 11-13

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

SESSION	PRIVATE R/NR	SEMI-PRIVATE R/NR
3 Sessions	$143/$179	$114/$143 person

Weight Room Orientation

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

Thursdays at 10:15 a.m.

FREE WEIGHTS FOR TEENS | Ages 14-17

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

SESSION	PRIVATE R/NR	SEMI-PRIVATE R/NR
3 Sessions	$143/$179	$114/$143 person

YOUTH WATER MAT YOGA | Ages 9-13

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

CODE	SESS	DAY/DATE	TIME	FEE
10026	1	W 1/6-1/27	5:30-6:15pm	$34/$43

Pilates

PILATES REFORMER CLASSES AT CONTROLOGY STUDIO | Ages 18+

Brought to you by Contrology Studio
ContrologyStudioCO.com | ContrologyStudioCO@Gmail.com

The Pilates Reformer provides dynamic, low-impact resistance using a system of springs, pulleys, and long straps to build core strength, lengthen muscles, and improve overall flexibility. This all level class will support finding balance throughout your whole body, and is a great compliment to your regular workout routine! The class will focus on increasing your core strength, flexibility, balance, and improving your posture. And with each small class size, every person in class will enjoy personal attention- allowing for focus on proper form and technique, as well support your specific movement goals! 7 person class maximum. The Louisville Recreation & Senior Center and Contrology Studio are excited to partner to offer Reformer classes! All classes will be held at the Contrology Studio LLC, 920 Main St., B Louisville.

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

CODE	SESS	DAY/DATE	TIME	FEE
10021	1	Th 1/7-1/28	8:30-9:30am	$148
10021	2	Th 2/4-2/25	8:30-9:30am	$148
10021	3	Th 3/4-3/25	8:30-9:30am	$148
10021	4	Th 4/8-4/29	8:30-9:30am	$148
10019	1	Tu 1/5-1/26	1:00-2:00pm	$148
10019	2	Tu 2/2-2/23	1:00-2:00pm	$148
10019	3	Tu 3/2-3/23	1:00-2:00pm	$148
10019	4	Tu 4/6-4/27	1:00-2:00pm	$148



COLD PLUNGE | Ages 18+

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

GUIDELINES:

- Target temp of 44 degrees
- 3min usage time when people are waiting
- Please rinse off before use (if switching between sauna and plunge please also rinse off)
- Must wear swim attire
- Remove the cover completely before use and replace it when finished.

USAGE SUGGESTIONS:

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

Physical Therapy
Now Available On-site



IMPROVE motion, mobility & strength

REDUCE pain

PREVENT injury

RECOVER from overuse, surgery, or injury

tandem PHYSICAL THERAPY

Services offered include:

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

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

ONSITE HOURS

1st, 3rd & 5th Fridays
9 AM - 12:30 PM

SCHEDULE AN APPOINTMENT

Call or text
(720) 490-2066

email
LeslieRun1@Gmail.com

MASSAGE THERAPY
with Erica Yoder Chapman



$95 1 hour

$75 1 hour Age 60+

$45 1/2 hour

$40 1/2 hour Age 60+

Appointment times will vary.

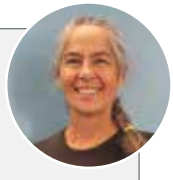
Contact Erica for availability.

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

Personal Training

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

SESSION	PRIVATE R/NR	SEMI-PRIVATE R/NR*
1 Session	$57/$83	$44/$55 person
3 Sessions	$161/$204	$128/$160 person
5 Sessions	$260/$326	$201/$251 person
10 Sessions	$508/$636	$392/$490 person
*Both participants must attend to receive this rate		



Anastasia B.
Email: Anastasia87@RocketMail.com

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



Michael B.
Email: Michael.Jo.Baird@Gmail.com

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



AJ S.
Email: AjSpencer0230@Gmail.com

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



Terry T.
Email: Terry@AskewView.com

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



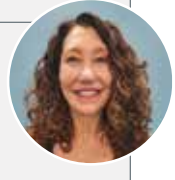
Katie C.
Email: Katie@Catterfeld.com

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



Stuart F.
Email: StuartFTrainer@Gmail.com

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



Shelley R.
Email: ShelSpins.SR@Gmail.com

- 30+ years in the fitness industry
- Designs customized training plans based on client goals and assessments that can be completed in an hour or less
- Teaches safe, effective strength training to build muscle and support bone health
- Incorporates exercise alternatives to keep training adaptable, varied, and engaging
- Shares a fitness app with exercises, sets, reps, and weights to support independent training with ongoing oversight



FITNESS TESTING & BODY COMPOSITION

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

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

InBody

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

FITNESS TESTING PACKAGES

Includes Body Composition Analysis with InBody Technology

SESS	DESCRIPTION	R/NR
Body Composition (POS 0504)	Includes InBody analysis.	$28/$35
Fitness assessments (POS 0505)	Includes InBody analysis, girth measurements, heart rate & blood pressure, cardio test (walk or step test), push-up test, squat test, curl up test, hamstring flexibility (sit and reach) and shoulder flexibility.	$49/$61

BEGINNER FITNESS TESTING

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

SESS	DESCRIPTION	FEE
Fitness assessments	Tests include: Chair Stand Test (lower body strength), Arm Curl Test (upper body strength), Chair Sit and Reach Test (lower body flexibility test), Back Scratch Test (upper body flexibility), Functional Reach Test (dynamic balance test), 8-Foot Up and Go Test (agility test), Walk Test (6 minutes) or Step in Place Test (2 minutes) — this test is used to assess aerobic fitness	$15 with your Silver Sneakers, Renew pass $18



Thomas F.
Email: ThomasForLanoCoaching@Gmail.com

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



Francesca T..
Email: TenneyFrancesca@Gmail.com

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

NEW GUIDED BREATHING/MEDITATION AND CREATIVE WRITING COURSES

These four-week courses use age-appropriate combinations of breathwork, mindfulness, meditation, movement, imagination, creative writing, storytelling, and reflection. Each program is specifically designed for its age group while sharing an overall focus on creativity, self-expression, connection, curiosity, and mindful awareness. Students will practice tools for managing everyday stress, becoming more aware of their emotions, exploring creativity, and building curiosity and self-confidence. No writing or meditation experience is needed. Just come as you are. Instructor: Kat

Breathe, Explore & Become for Women

CODE	SESS	DAY/DATE	TIME	FEE
10029	1	Tu 1/5-1/26	5:30-6:30pm	$85/$106
10029	2	Tu 2/2-2/23	5:30-6:30pm	$85/$106
10029	3	Tu 3/2-3/23	5:30-6:30pm	$85/$106
10029	4	Tu 4/6-4/27	5:30-6:30pm	$85/$106

Breathe, Remember & Create for Ages 60+

CODE	SESS	DAY/DATE	TIME	FEE
10030	1	Wed 1/6-1/27	1:00-2:00pm	$75/$94
10030	2	Wed 2/3-2/24	1:00-2:00pm	$75/$94
10030	3	Wed 3/3-3/24	1:00-2:00pm	$75/$94
10030	4	Wed 4/7-4/28	1:00-2:00pm	$75/$94

Breathe, Play & Connect Kids Ages 4-7 + Grown up

CODE	SESS	DAY/DATE	TIME	FEE
10031	1	Sa 1/9-1/30	10:00-11:00am	$85/$106
10031	2	Sa 2/6-2/27	10:00-11:00am	$85/$106
10031	3	Sa 3/6-3/27	10:00-11:00am	$85/$106
10031	4	Sa 4/3-4/24	10:00-11:00am	$85/$106

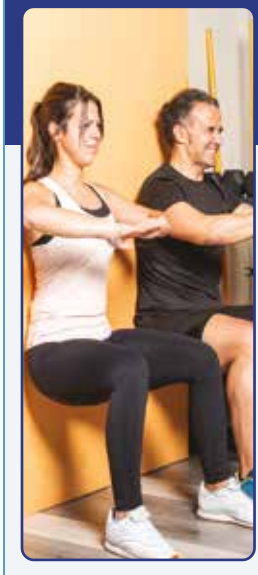
Breathe, Imagine & Create Kids Ages 8-12

CODE	SESS	DAY/DATE	TIME	FEE
10032	1	Sa 1/9-1/30	11:30am-12:30pm	$75/$94
10032	2	Sa 2/6-2/27	11:30am-12:30pm	$75/$94
10032	3	Sa 3/6-3/27	11:30am-12:30pm	$75/$94
10032	4	Sa 4/3-4/24	11:30am-12:30pm	$75/$94

Breathe, Explore & Become Teens Ages 13-18

CODE	SESS	DAY/DATE	TIME	FEE
10033	1	Sa 1/9-1/30	1:00-2:00pm	$75/$94
10033	2	Sa 2/6-2/27	1:00-2:00pm	$75/$94
10033	3	Sa 3/6-3/27	1:00-2:00pm	$75/$94
10033	4	Sa 4/3-4/24	1:00-2:00pm	$75/$94

2027 WINTER / SPRING FITNESS Challenges



JANUARY
WALL SIT WINTER

Kick off the new year with a fun fitness challenge that builds lower-body strength, muscular endurance, and determination. The Wall Sit Winter Challenge encourages you to improve their wall sit time throughout January. Participants establish their baseline wall sit time during the first week of January. Each week, they practice and work toward increasing their hold time.

FEBRUARY
HANG IN THERE!

Build grip strength, upper-body endurance, and confidence throughout February with a fun hanging challenge! Participants practice hanging from a secure pull-up bar or complete an alternative grip-strength exercise. The goal is to improve personal performance throughout the month.





MARCH
MOBILITY MAKEOVER

Move More Freely. Stretch Daily. Feel Better! Join our March Mobility Makeover Challenge and discover how just 5–10 minutes of daily movement can help improve flexibility, mobility, and everyday comfort. Your Mission: Complete at least 20 mobility sessions during March. March is all about mobility!

APRIL
ACTS OF WELLNESS

Small Actions. Big Impact. A Healthier You! Spring is here, and it's time to refresh your wellness routine! Join our April Acts of Wellness Challenge and discover how small daily habits can make a difference in your overall well-being. Complete 20 wellness activities during April!



Water Aerobics

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

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

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

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

Running H20 Running H2O provides all of the benefits of land running without any impact or even getting your hair wet. You don't have to be a runner, swimmer, or athlete to participate. This class is held in the deep end of the program pool and aqua-jogging belts are provided for flotation. All you need is your swimsuit and water bottle! Use your membership or pay the daily fee..

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

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

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



OPEN

New Year's Day

January 1, 2027

7 AM - 7 PM

Don't Miss Our ONE DAY ONLY Membership & Pass Sales

JANUARY 1ST PARTY!



InBody- Body compositions
8:30-11:30am & 12-2pm
Sign up for your timeslot!
Only 15 slots.
10023

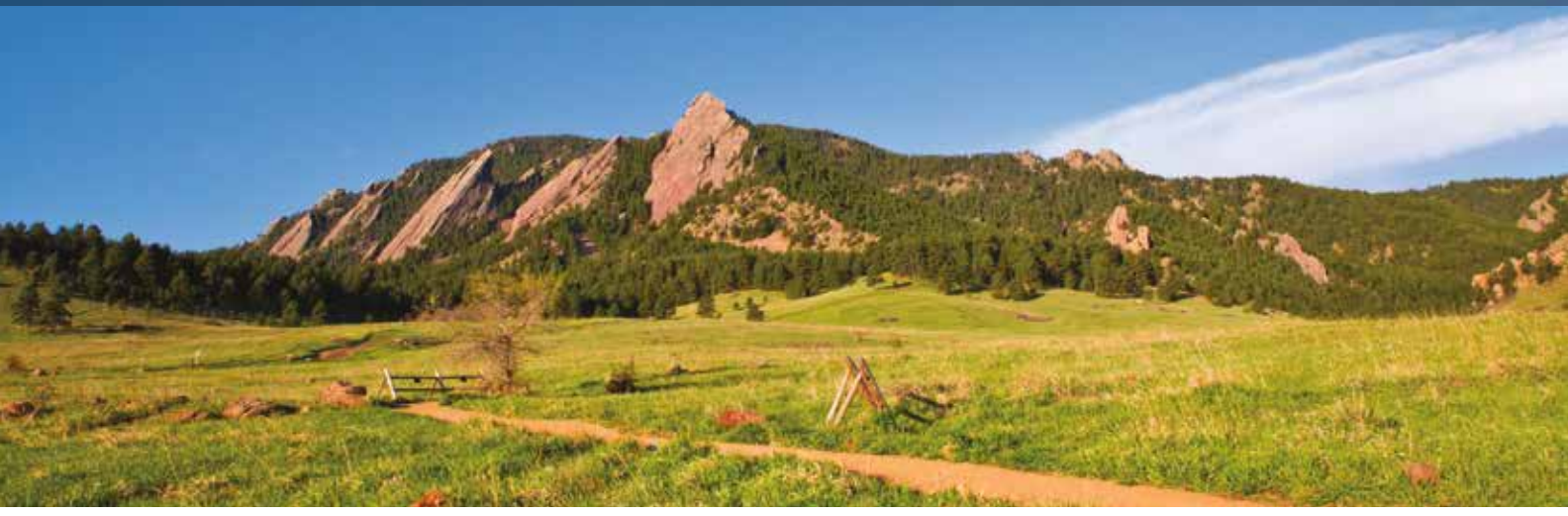
FITNESS CLASS SCHEDULE

Child watch is open 8:45AM-1:15PM

7-7:45am	Bootcamp w/ Helene
9-11am	Dance Party w/ Anastasia, Jill, Tracy & Felicia
8-9am	Body Pump w/ Lara
9:15-10:15am	Body Pump w/ Mel W
9:15-10:15am	SilverSneakers Circuit Hybrid w/ Terry
9:30-10:15am	Express Cycle w/ Shelley
10:15-11:15am	AquaFit Combo w/ Hawk
10:30-11:30am	Zumba + Lift w/ Laura
10:30-11:15am	Power Beats w/ Shelley
11:45-12:45pm	Cardio Drumming w/ Tracy
12-1pm	Healthy Back Yoga w/ Deb
12-1pm	Deep Water Aerobics w/Margie
1-1:45pm	Zonetone w/ Jenny
5:30-6:30pm	Yoga Hybrid w/ Peryl



General Interest



HIKING PROGRAM | Ages 18+

History Hike at Sanitas

Join naturalist Suzanne Michot on a hike to discover Mt. Sanitas' amazing geology, hidden rock Follies, and wildlife. Over three rocky miles you will gain about 500 feet and learn some of the history and geology of one of Boulder's most interesting parks. Come and find out how Mt. Sanitas got its name! Wear sturdy hiking shoes or boots and bring water and rain gear. Meet at the Centennial Trailhead, 301 Sunshine Canyon Rd, Boulder. This trailhead is on Mapleton, just West of 4th St., on the south side of the road. It is across the street from the shelter where the Sanitas Valley trail starts. Rain date: Sun 4/18. Instructor: Suzanne Michot

CODE	SESS	DAY/DATE	TIME	FEE
10016	1	Sa 4/17	1:00-3:00pm	$20/$25

HIKING PROGRAM | Ages 18+

Hike & Draw beneath the Flatirons

See the land with new eyes as you hike & draw on City of Boulder Open Space Mountain Parks (OSMP) trails with a view of the famous Flatirons! Explore a variety of drawing media & techniques & apply the basic visual elements of art: line, shape, space, light, color, & texture. Naturalist Suzanne Michot will guide participants along the trails, interpreting aspects of the natural world that surround us & give us inspiration. She will discuss some of the flora, wildlife, geology & history of the area. Lisa Michot, artist & teacher, will provide drawing instruction. No drawing experience necessary. Participants should bring their own supplies such as a sketchbook or loose drawing paper, drawing pencils, color pencils, & eraser. Meet at the Chautauqua Dining Hall, 900 Baseline Road in Boulder. Wear boots & bring water, rain gear & a snack. Rain Date: Sun 4/25 Instructors: Suzanne Michot and Lisa Michot

CODE	SESS	DAY/DATE	TIME	FEE
10016	2	Sa 4/24	1:00-4:00pm	$20/$25

ADULT BEGINNER ACOUSTIC GUITAR

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

CODE	SESS	DAY/DATE	TIME	FEE
17005	1	T 1/5-1/26	6:15-7:00pm	$180
17005	2	T 2/2-2/23	6:15-7:00pm	$180
17005	3	T 3/2-3/30	6:15-7:00pm	$180
17005	4	T 4/6-4/27	6:15-7:00pm	$180
17008	1	W 1/6-1/27	6:15-7:00pm	$180
17008	2	W 2/3-2/24	6:15-7:00pm	$180
17008	3	W 3/3-3/31	6:15-7:00pm	$180
17008	4	W 4/7-4/28	6:15-7:00pm	$180
No Class 3/16, 3/17				

ADULT INTERMEDIATE ACOUSTIC GUITAR

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

CODE	SESS	DAY/DATE	TIME	FEE
17006	1	T 1/5-1/26	7:15-8:00pm	$180
17006	2	T 2/2-2/23	7:15-8:00pm	$180
17006	3	T 3/2-3/30	7:15-8:00pm	$180
17006	4	T 4/6-4/27	7:15-8:00pm	$180
17009	1	W 1/6-1/27	7:15-8:00pm	$180
17009	2	W 2/3-2/24	7:15-8:00pm	$180
17009	3	W 3/3-3/31	7:15-8:00pm	$180
17009	4	W 4/7-4/28	7:15-8:00pm	$180
No Class 3/16, 3/17				

LET'S SPEAK ITALIANO FOR BEGINNERS

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

CODE	SESS	DAY/DATE	TIME	FEE
18120	1	Tu 1/5-2/23	3:30-4:30pm	$240

LET'S SPEAK ITALIANO LEVEL 3

The level 3 beginners will build upon the foundation skills introduced in level 1 & 2 and will continue to emphasize practical communication, cultural understanding, and conversational confidence in an engaging and fun environment.

CODE	SESS	DAY/DATE	TIME	FEE
18121	1	M 1/11-3/29*	3:30-4:30pm	$300
*No class on 1/18, 2/15				

BEGINNING SPANISH: STEM-CHANGING AND IRREGULAR VERBS

This class is best for Spanish students who are already comfortable with regular verbs in the present tense. We will learn and practice stem-changing and irregular verbs in the present tense. Additionally, we will deepen our understanding of Spanish grammar and add to our Spanish vocabulary. Students will have the opportunity to practice speaking with brief in-class conversations. Homework will be given between classes to further students' language studies.

CODE	SESS	DAY/DATE	TIME	FEE
18112	1	W 2/3-4/21*	2:20-3:05pm	$200
Required book: Easy Spanish Step-By-Step,1st edition by Barbara Bregstein. *No class on 2/17, 3/17				

SPANISH CONVERSATION: PRESENT TENSE IRREGULAR VERBS REVIEW AND PRACTICE

In this Spanish conversation class, students of all levels are invited to review and practice stem-changing and irregular verbs through conversation. Each week will have a different focus. This class works well as a complement to *BEGINNING SPANISH: STEM-CHANGING AND IRREGULAR VERBS*, or it works well as a stand-alone class. Optional homework will be given to support students' review and practice prior to each class.

CODE	SESS	DAY/DATE	TIME	FEE
18113	1	W 2/10, 3/3, 3/24, 4/7, 4/21	1:30-2:15pm	$100
Optional book for this class: Easy Spanish Step-By-Step, 1st edition by Barbara Bregstein.				

MASSAGE THERAPY

Please see page 48 for more information.

INTRODUCTION TO AI

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

CODE	SESS	DAY/DATE	TIME	FEE
18134	1	W 1/20	6:00-8:00pm	$42/$53
18134	2	W 3/24	6:00-8:00pm	$42/$53

ESTATE PLANNING MADE EASY

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

CODE	SESS	DAY/DATE	TIME	FEE
18212	1	M 1/11	1:00-3:30pm	$130
18212	2	M 3/8	1:00-3:30pm	$130

BREATHE TO ACHIEVE: GOALS, CLARITY AND INTENTION

Reflect on key areas of your life, identify meaningful goals, and set intentions, followed by a guided breathwork journey to reduce stress, regulate your nervous system, support healing, and gain clarity. Circular connected breathwork may not be appropriate for certain health conditions, including heart conditions, previous stroke, glaucoma, uncontrolled high blood pressure, or recent surgery. Gentle, down-regulating breathwork modifications will be available. Program by Lori Hortmann, Certified Health Coach and is certified in Trauma-Informed Guided Breathwork.

CODE	SESS	DAY/DATE	TIME	FEE
18130	1	Su 1/17	2-4:30pm	$55
18130	2	Su 2/21	2-4:30pm	$55
18130	3	Su 3/14	2-4:30pm	$55
18130	4	Su 4/11	2-4:30pm	$55

PUZZLEPALOOZA

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

CODE	SESS	DAY/DATE	TIME	FEE
18044	1	Sat 3/6	5:00-7:00pm	$26/$32



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

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

As a Platinum member, you will enjoy…

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

COST PER YEAR:	
Resident	*$28*
Non-Resident	*$43*



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



Seniors 60+

Registration Information

Program registration begins at:

Resident: 10:00am on Wednesday, December 9
Non-Resident: 10:00am on Friday, December 11

REGISTER ONLINE at LouisvilleRecreation.com

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

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

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

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

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Have an idea for a day trip or program?

Programs Committee Meeting

Wednesday, Jan. 13 at 2:00pm

Please consider joining us at this meeting. Email **KBeasley@LouisvilleCO.gov** or call **303-335-4914**



A Note About Trip Etiquette:

- Please arrive on time. Be here 15 minutes before scheduled departure time.
- Please be considerate of those with limitations who may require the front seat or a window seat.
- Respect your trip leaders. They are trained by staff to lead your trip and are volunteering their time.
- Welcome new people and be an Ambassador for Louisville Senior Services!
- Transportation provided unless otherwise noted. **Please enjoy the ride and leave the driving to the driver and leader.** Please be flexible. Sometimes things just don't go as planned – traffic jams, weather, disappointing food… we encourage you to not let these things ruin your trip. Make the most of your time!
- Tipping the driver is not included in your fee. Feel free to tip the driver when you receive exceptional customer service!
- Stay hydrated! We recommend that you bring your own water bottle. Bottled water is available for purchase in the Recreation & Senior Center lobby.
- While we try to arrange separate checks at restaurants, sometimes it's not possible. **It's a good idea to bring cash for trips that include restaurant stops.**
- **UPDATED WAITLIST ENROLLMENT POLICY, effective September 1, 2026**
  If a spot becomes available, you will be notified by email and offered enrollment. You will have 48 hours from the time the email is sent to accept the available spot. If the spot is not accepted within 48 hours, your waitlist registration will be canceled, and the spot will be offered to the next person on the waitlist.

TICKET = A Ticketed Trip, see page 43 for cancellation policy.

👣 = Minimal Walking

👣👣 = Low Amount of Walking

👣👣👣 = Moderate Amount of Walking/Exertion

👣👣👣👣 = High Amount of Walking/Exertion

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

Trips

NATIONAL WESTERN STOCKSHOW & MEXICAN RODEO

👣👣👣 TICKET

Join us for an exciting Western adventure at the National Western Stock Show and a thrilling Mexican Rodeo! Enjoy rodeo action, livestock, vendor booths, Western traditions, Mexican culture, music, and unforgettable entertainment. Come experience the excitement, celebrate the culture, and make great memories! The barns can be cold, be sure to dress in layers, with comfortable walking shoes.

CODE	SESS	DAY/DATE	TIME	R / NR
18010	1	Su 1/10	10:30am-5:45pm	$102/$128

DIVA COSTUMES & STORYTELLERS: BLACK FEET NATION @ the DENVER ART MUSEUM

👣👣👣 TICKET

Join us for a memorable day at the Denver Art Museum as we explore two captivating exhibitions: DIVA: A Century of Spectacle and Storytellers: Blackfeet Nation. Experience the glamour, creativity, and extraordinary costumes featured in DIVA, celebrating legendary performers and the art of fashion and performance. Then, explore Storytellers: Blackfeet Nation, an exhibition highlighting the rich history, culture, artistry, and stories of the Blackfeet people. After touring the museum, we will enjoy lunch at the Ponti restaurant. Entrée range: $17-$38. Lunch not included in trip price.

CODE	SESS	DAY/DATE	TIME	R / NR
18011	1	Tu 1/12	10:00am-4:30pm	$53/$67

ALPEN GLASS, LOUISVILLE

👣👣

Visit the Alpen High-Performance Glass facility for an inside look at innovative glass manufacturing and the technology behind high-performance, energy-efficient windows. Learn how quality materials and advanced processes come together to create superior building products. We will meet at Alpen Glass, 335 Centennial Pkwy A. We will stop for lunch after the tour at Murphy's, 585 McCaslin Blvd. Entrée range: $17-$31, lunch not included in trip price.

CODE	SESS	DAY/DATE	TIME	R / NR
18012	1	Th 1/21	10:15am-1:45pm	$3/$4

BRECKENRIDGE ICE SCULPTURES

Experience the magic of winter in Breckenridge at this outdoor sculpture exhibition. Teams of world-renowned snow sculptors transform 12-foot-tall, 25-ton blocks of snow into intricate works of art using only hand tools, creativity, and inspiration. Each team spends nearly 100 hours sculpting over five days, creating a temporary outdoor gallery in historic downtown Breckenridge. You'll have time to explore town and enjoy lunch on your own. Dress appropriately for the weather and walking in snow.

CODE	SESS	DAY/DATE	TIME	R / NR
18013	1	F 1/29	9:00am-4:30pm	$29/$37

DENVER CLOCK TOWER TOUR

Explore Denver's historic Daniels & Fisher Clock Tower, completed in 1911 and once the city's tallest building. Take the elevator to the 17th-floor observation deck for stunning views of downtown Denver and the Rocky Mountains. The self-guided tour will take you through the various highlights of this remarkable building. For an added adventure, climb the stairs to the 21st floor to see behind the giant clock faces and enjoy an even higher view. We'll have a late breakfast at Sam's No. 3. Entree range $16-$27, meal not included in the trip price.

CODE	SESS	DAY/DATE	TIME	R / NR
18014	1	W 2/3	9:00am-1:30pm	$31/$39

SEVEN BRIDES for SEVEN BROTHERS AT THE CANDLELIGHT

A lively musical romp through the Oregon frontier, Seven Brides for Seven Brothers delivers romance, comedy, and high-spirited adventure. With bold bachelors, clever brides, and irresistible charm, this beloved classic brings frontier fun and heartfelt laughter to the stage. Price includes fresh baked bread, garden salad, choice of included dinner entrée and gratuity. Appetizers, desserts, alcoholic beverages, and soft drinks are available for purchase in the dining room.

CODE	SESS	DAY/DATE	TIME	R / NR
18015	1	Th 2/11	4:45-10:30pm	$131/$164

BALLY'S BLACKHAWK CASINO

Enjoy a fun-filled trip to Bally's Black Hawk, with time to explore the casino, experience the lively atmosphere, and enjoy the entertainment and dining options. You will receive $10 slot play.

CODE	SESS	DAY/DATE	TIME	R / NR
18016	1	Th 2/25	9:00am-4:00pm	$29/$37

EXTENDED TRAVEL

Dreaming of your next adventure beyond Colorado? Connect with fellow travelers and explore exciting destinations and travel opportunities at a presentation by Premier World Travel and Collette Travel. Snacks and refreshments provided.

COLLETTE TRAVEL INFORMATIONAL MEETING

CODE	SESS	DAY/DATE	TIME	FEE
18045	1	Th 2/4	6:00pm	Free

DISCOVER SCOTLAND

groups.gateway.gocollette.com/link/1489660

May 8-17, 2028 **Booking #1489660**

PREMIER WORLD TRAVEL INFORMATIONAL MEETING

CODE	SESS	DAY/DATE	TIME	FEE
18045	2	W 2/24	6:00pm	Free

Upcoming Trips!

Register at PremierWorldDiscovery.com

NEW ENGLAND RAILS & TRAILS

October 4-12, 2027 **Booking #230311**

PRAGUE, BUDAPEST & DANUBE CHRISTMAS MARKET

December 8-16, 2027 **Booking #230306**

HISTORIC SAVANNAH & CHARLESTON

COMING MARCH-APRIL 2028, more details to follow.

Seniors

RASOI HOUSE RESTAURANT, LOUISVILLE

Enjoy a flavorful dinner at Rasoi House in Louisville, featuring authentic Indian cuisine, aromatic spices, and a variety of traditional dishes. Entrée range: $16-$29. Meet at the restaurant, 390 McCaslin Blvd.

CODE	SESS	DAY/DATE	TIME	R / NR
18017	1	T 3/2	4:45-6:45pm	$3/$4

DENVER BRASS, CELTIC ODYSSEY

TICKET

Enjoy an exciting performance by Denver Brass featuring the music, energy, and traditions of Celtic culture in a lively musical journey. We will stop for dinner after the show at Cracker Barrel. Entrée range: $10-$30, dinner not included with trip price.

CODE	SESS	DAY/DATE	TIME	R / NR
18018	1	Sat 3/20	1:15pm-7:45pm	$70/$88

AMAZON DISTRIBUTION CENTER TOUR

Tour the Amazon distribution center for a behind-the-scenes look at how products move from order to delivery. Explore the facility and learn about its technology, logistics, and package-handling processes. The tour may involve walking approximately one mile and going up and down at least one flight of stairs. Guests must wear flat, closed-toe, closed-heel shoes. We will have lunch at Elevated Q. Entrée range: $16-$38, lunch not included in trip price.

CODE	SESS	DAY/DATE	TIME	R / NR
18019	1	W 3/24	9:10am-2pm	$24/$30



VERDE & SWEET COW, LOUISVILLE

Enjoy a fun and delicious outing in Louisville, with a visit to Verde for a flavorful Mexican-inspired meal, followed by a sweet treat at Sweet Cow. This outing is a great way to experience two popular local spots while enjoying good food and ice cream. Meet at Verde, 640 Main St. Lunch not included in price.

CODE	SESS	DAY/DATE	TIME	R / NR
18020	1	F 4/2	11:30am-1:30pm	$3/$4



FLEA MARKET ADVENTURE

A fun day of treasure hunting at local flea markets! We'll browse through vintage finds, unique collectibles, antiques, handmade goods, and hidden gems while enjoying the atmosphere and seeing what unexpected treasures we can discover. Come ready to explore, bargain, and maybe take home something special! We will stop for lunch along the way. Restaurant to be determined. Lunch is not included in trip price. This trip is unable to accommodate people who use a walker or wheelchair. Van transportation provided. Space is limited.

CODE	SESS	DAY/DATE	TIME	R / NR
18021	1	T 4/13	10:15am- 5:30pm	$29/$37

STOMP AT THE LINCOLN CENTER, FORT COLLINS

TICKET

STOMP is explosive, inventive, provocative, witty and utterly unique, an unforgettable experience for audiences of all ages. The international percussion sensation has garnered armfuls of awards and rave reviews. The eight-member troupe uses everything but conventional percussion instruments—matchboxes, wooden poles, brooms, garbage cans, Zippo lighters and hubcaps—to fill the stage with magnificent rhythms. The return of the percussive hit also brings some surprises with the addition of new full-scale routines. We will stop at the Olive Garden for lunch before the show. Entrée range: $16-$26, lunch not included in trip price.

CODE	SESS	DAY/DATE	TIME	R / NR
18022	1	Su 4/25	10:30am-5:00pm	$79/$99

Special Events



PUZZLEPALOOZA: SENIOR SHOWDOWN!

Ready, set, puzzle! Join us for a special Senior Services edition of Puzzlepalooza! Teams of two to four will race to complete a mystery 300-piece puzzle in the shortest time. Enjoy friendly competition, snacks, and bragging rights! Puzzles are provided, and teams take theirs home. Bring a puzzle for our optional swap. Only one team member needs to register.

CODE	SESS	DAY/DATE	TIME	FEE
18044	2	W 1/27	1-3pm	$26/$32

SPRING INTO SENIOR SERVICES WELCOME BREAKFAST

Curious about everything Senior Services has to offer? Join us for a fun and welcoming morning designed to help you discover new ways to connect, learn, stay active and get involved. Enjoy a light breakfast while meeting Senior Services staff, instructors and volunteers, take a building tour, explore upcoming programs, trips, activities and resources, and find opportunities that are right for you. Whether you're brand new to Senior Services or have been participating for years, there's always something new to discover. Come hungry, bring your questions and see what's waiting for you!

CODE	SESS	DAY/DATE	TIME	FEE
18042	1	F 4/9	9-10:30am	FREE

PASSPORT TO ADVENTURE- EXTENDED TRAVEL SOCIAL GROUP

Join this welcoming social gathering to meet fellow travelers, share stories, and exchange ideas. Connect with potential travel companions, including others interested in sharing accommodations to help reduce lodging costs. Build new friendships and start planning your next getaway together! Coffee and snacks provided.

CODE	SESS	DAY/DATE	TIME	FEE
18046	1	Th 3/11	9:30-11:00am	FREE



SHAMROCKS & SHENANIGANS

Get ready for a shamrockin' good time as we celebrate St. Patrick's Day (yes--a day early)! Enjoy festive Irish entertainment and a traditional meal featuring corned beef and cabbage with Irish soda bread. Wear your green, bring your Irish spirit, and join us for an afternoon filled with good food, lively entertainment and plenty of St. Patrick's Day cheer!

CODE	SESS	OPTIONS	TIME	FEE
18041	1	Regular Lunch	12-1:15pm	Free*
18041	2	Vegetarian Entree	12-1:15pm	Free*

*suggested donation $5



WINTER BEATS & TREATS SILENT DISCO

Dance the winter blues away at our Silent Disco! Never been to one? Instead of music playing through speakers, everyone wears wireless headphones and chooses from different music channels, all spun by a live DJ! Switch between songs, find your favorite beat and dance the night away—or take off your headphones and enjoy watching everyone dance to their own tune! No dance experience needed. Come with friends or on your own for a fun, unique night filled with music, laughter and plenty of moves. We'll also have appetizers and dessert to enjoy throughout the evening!

CODE	SESS	DATE	TIME	FEE
18040	1	F 2/12	6:00-7:30pm	$15/$19

MASSAGE THERAPY

with Erica Yoder Chapman



$95 1 hour

$75 1 hour Age 60+

$45 1/2 hour

$40 1/2 hour Age 60+

Appointment times will vary.
Contact Erica for availability.

For appointments call or text 323-868-6693 or email EYoderC@Gmail.com

Soul Massage

Soul massage involves energy work and is not a traditional massage

Seniors (60+) $50 for 1 hour

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

Appointments
Saturdays 11 AM - 5PM
Available on the hour or half-hour.
Call for times.

Make an appointment:

Call: 615-767-6551
email: StephenWurzel@Gmail.com
StephenWurzel.com

CHAIR MASSAGE

with Chris Capitelli



roothealthco.com

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

Fridays, 9-12 p.m.
Walk-ins welcome
Appointments recommended

Appointments
720-289-1628
RootHealth@Yahoo.com



BROOKS CAFÉ

MONDAY-FRIDAY

Reservations required.

12

Indoor Dining: Lunch served promptly at 12 PM

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

RESERVATIONS:

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

COST:

- **Suggested donation for 60+: $5, milk is included.**
- For 59 and under, cost is $17.50.

NEED A RIDE?

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

MENU:

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

See menus here
v

NUTRITIONAL COUNSELING:

See Senior Resources guide or contact Tricia Morgan at PMorgan@LouisvilleCO.gov

BIRTHDAY DAY!

Celebrate our monthly birthdays with a cupcake.

Wednesday, January 20
Thursday, February 18
Wednesday, March 24
Thursday, April 15

BROOKS CAFÉ SPECIAL EVENTS

Bingo ..... 2nd & 4th Thurs of the month
January 1 ..... CLOSED, Happy New Year
January 18 ..... Martin Luther King Jr. Day
February 15 ..... President's Day
March 17 ..... St Patrick's Day

RSVP: *call* **303-335-4931** *or email* **PMorgan@LouisvilleCO.gov**

Meet Up Programs

MONDAY

Lending Library & Computer Lab
9:00am–4:00pm

Bridge, All Levels
1:00–4:00pm

All levels welcome! No partner required. You'll play with different players with various skills and levels. Players should be kind, patient, and helpful.

Chess Club
1:00–4:00pm



Platinum members can participate in drop- in programs free of charge.

See page 42 for more information.

TUESDAY

Lending Library & Computer Lab
9:00am–4:00pm

American Mah Jongg
9:30-11:30am – Beginner Level Play
1:00- 3:00pm – All Levels Play

Must know how to play to join these groups. Please contact Madeleine 303-661-9452 for more information on drop-in play. Learn how to play with one of our classes on page 54.

Book Club
4th Tuesday of each month
1:00pm

Book titles listed each month, but if you haven't read the book in time that's OK too!

Jan 26: THE CORRESPONDENT, (fiction) by Virginia Evans

Feb 23: ALOHA RODEO, (nonfiction)
by David Wolman & Julian Smith

March 23: SMALL THINGS LIKE THESE, (historical fiction)
by Claire Keegan

April 27: THE ROAD FROM COORAIN, (nonfiction/memoir)
by Jill Ker Conway

WEDNESDAY

Lending Library & Computer Lab
9:00am–4:00pm

Panera Bread
10:00am

Distribution of donated bread from the Superior Panera's. This program is a partnership to provide a portion of basic nutrition for those in greatest need. **Please bring your own bag.**

Oldies Singalong
11:00am-12:00pm

Singing, playing, & performing popular rock, folk and even jazzy songs. Drop in to sing some old and new pop favorites - and bring an instrument if you play! Contact Brent Wilson with any questions: Brent.Wilson@UCDenver.edu.

Scrabble
12:45-2:45pm

Players at any level are welcome to enjoy this word game.

Open Game Day
1:00-4:00pm

Join us to learn a game, or teach a game! Rummy, Dominoes, UNO, Chess, Checkers, Cribbage, and others. Not sure? Stop in and see what game(s) are being played! Feel free to bring your favorite game.

Bloomin' Seniors Garden Club
2nd Wednesday of each month, 1:00pm

Contact Katie B. for more information at 303-335-4914 KBeasley@LouisvilleCO.gov

Other Programs

PICKLEBALL
The Louisville Recreation & Senior Center has up to three courts available for play. See page 23 or visit LouisvilleRecreation.com for scheduled times.

BOOMERS
This social group meets twice monthly for lunch and happy hour at local restaurants. Meet new people and join them for friendly conversation and laughter. Email Katie Beasley at KBeasley@LouisvilleCO.gov or call 303-335-4914 to be added to the communication emails.

Meet Up Programs

THURSDAY

Lending Library & Computer Lab
9:00am–4:00pm

Loving Hands Craft Group
9:00-11:00am
For those interested in knitting, crocheting, sewing, needlework, quilting, fiber arts, embroidery, and other crafts. We accept fabric and yarn donations.

Samba
1:00-3:30pm
A congenial card game that's a combination of Canasta and Hand & Foot. Don't know how to play? That's ok, it's easy to learn! A fun game without pressure.

Senior Cinema
1:00pm

January 14: Nanny McPhee (PG 2006)

February 11: Father of the Bride (PG 1991)

March 11: The Long Long Trailer (NR 1953)

April 8: Curly Top (NR 1935)

FRIDAY

Lending Library & Computer Lab
9:00am–4:00pm

Art Club
10:00am–12:00pm

Latte Friday
10:00–11:00am

Blood Pressure Checks through December
by Advent Health Avista
3rd Friday of the month
10:00–11:30am

Singin' Seniors Choir
11:00am-12:00pm
Rehearsal is on Fridays and there are opportunities for community performances throughout the year. Contact Connie Howes for more information, 720-326-3264. Join us to sing!

Bridge, Advanced-Intermediate Duplicate
1:15-4:30pm
Players should be competent at bridge and kind to their partner. Registration begins as early as 12:45pm, and seating is limited. For more information email BridgeContact@GregandEva.net.



Coffee with Staff
Fridays, Jan. 15 & Mar. 12
10:00-11:00am
Get to know our team! Join members of Senior Services staff for a latte and conversation about senior programs.



Billiards **Available during regular facility hours.**

Senior hours are M-F 8am-4pm

Billiards Guidelines:

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

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

AARP Tax-Aide Program

at the Louisville Recreation and Senior Center

2027 Income Tax
FREE assistance

AARP Tax-Aide Foundation will be providing free tax preparation services, targeting low to moderate income seniors and others. The service will be offered most Thursdays from February 4th through April 8th at the Louisville Senior and Recreation Center.



Schedule an appointment starting Thursday, December 17, 2026:

(1) Visit: **cotaxaide.org/appt/**
Login and make an appointment, starting Dec. 17, 2026, for yourself or a friend/family member. Two appointments are allowed for each UserID.

(2) Call Katie Tofte at (303) 335-4919 Beginning Dec. 17, 2026 at the Louisville Recreation & Senior Center
Note: appointments usually fill up by mid February, so schedule yours early

Pre-appointment intake booklet, please complete prior to appointment, allow 20 minutes:

- Download from **ta-nttc.tiny.us/Tax-Aide-Intake-Booklet**
- Available at the Louisville Recreation & Senior Center starting in January
- Fill out the intake booklet to the best of your ability and bring it to your appointment

2027 process, please plan 1-2 hours for your appointment. Arrive 20 minutes early if you have not completed the intake booklet. Bring:

- **Photo ID for the taxpayer and spouse**
- **Social Security card/statement for everyone included on the tax return**
- **Prior Year (2025) tax returns**
- **Tax forms - W-2's and 1099's** for all employment, social security, dividends, interest, etc.
- **Bank account** (checkbook for routing & account numbers for refunds)
- **Summarized list of cash/check donations** to non-profit organizations.

LOUISVILLE RECREATION AND SENIOR CENTER

900 W Via Appia Way
Louisville, CO 80027

APPOINTMENT DATES:

Thursdays:

February 4, 11, 18

March 4, 18, 25

April 1, 8

Classes & Seminars

AARP SMART DRIVER

AARP's half-day class is designed to sharpen driving knowledge and skills and to develop strategies that can reduce the likelihood of having a crash. Learn how aging, medications, alcohol and other health-related issues affect driving ability, and ways to adjust for these changes. Learn how to drive safely when sharing the road with others. Graduates may be able to qualify for a discount on auto insurance. Please bring your card to class. Class taught by AARP volunteers.

CODE	SESS	DAY/DATE	TIME	FEE
18211	1	Tu 2/9	1:00-5:15 pm	see below*
18211	2	M 4/12	1:00-5:15 pm	see below*

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

SOCIAL SECURITY 101

An overview of Social Security programs, eligibility requirements, benefit calculations, the application process, and online services at SocialSecurity.gov Presented by Ivy Heuton, Public Affairs Specialist with the Social Security Administration.

CODE	SESS	DAY/DATE	TIME	FEE
18201	1	Th 3/11	5:30-6:45pm	FREE

TAX REMEDIES FOR OLDER ADULTS

2027 is a property tax reappraisal year, which means that property owners might see a change in their property values. Join the Boulder County Assessor and her staff to hear how taxes are calculated, information about mill levies, and where taxes go in Boulder County. They will also outline the Senior Homestead Exemption, the Senior Tax Worker program, and share other tools available to older adults in Boulder County.

CODE	SESS	DAY/DATE	TIME	FEE
18202	1	W 3/24	10:30-11:45am	FREE

PROJECT VISIBILITY DOCUMENTARY & DISCUSSION

Please join us for a screening and discussion of the Project Visibility documentary! Project Visibility was created in 2004 by the Boulder County Area Agency on Aging in response to the fear expressed by Rainbow Elders (LGBTQ+/50+) that they would need to return to the closet to access assisted living or nursing home care. The documentary explores themes of resilience through the stories of 11 older adults who identify as LGBTQ+. Attending this event and viewing the documentary will help folks see the strengths and differences of real people who live in our community. All ages and identities are welcome to attend this intergenerational conversation about aging.

CODE	SESS	DAY/DATE	TIME	FEE
18203	1	W 4/14	1:30-3:00pm	FREE

SOULFUL BLUES/ROCK IMPROVISATION: LEAD & RHYTHM GROOVE GUITAR INSTRUCTION

Get ready to rock! Dive into blues rock guitar as you learn four powerful scale patterns that unlock the entire neck. With clear charts and hands-on guidance, you'll learn to create expressive solos, play movable rhythm chord shapes in any key, and confidently switch between rhythm and lead. Build your skills, speed, and musical freedom while having fun making great music! Instructor: Mike Legge, MA in Music Composition.

CODE	SESS	DAY/DATE	TIME	FEE
18160	1	Tu, 2/23-4/27	2-2:30pm	$50
18160	2	Tu, 2/23-4/27	2:30-3pm	$50
18160	3	Tu, 2/23-4/27	3-3:30pm	$50
18160	4	Tu, 2/23-4/27	3:30-4pm	$50
18160	5	Tu, 2/23-4/27	4-4:30pm	$50

Check out these other classes listed on page 40

Spanish
Let's Speak Italiano
Introduction to AI

OUTSIDE RENTAL PROGRAMS

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

BREATHE TO ACHIEVE: GOALS, CLARITY & INTENTION

Reflect on key areas of your life, identify meaningful goals, and set intentions, followed by a guided breathwork journey to reduce stress, regulate your nervous system, support healing, and gain clarity. Circular connected breathwork may not be appropriate for certain health conditions, including heart conditions, previous stroke, glaucoma, uncontrolled high blood pressure, or recent surgery. Gentle, down-regulating breathwork modifications will be available. Program by Lori Hortmann, Certified Health Coach and is certified in Trauma-Informed Guided Breathwork.

CODE	SESS	DAY/DATE	TIME	FEE
18130	1	Su 1/17	2-4:30pm	$55
18130	2	Su 2/21	2-4:30pm	$55
18130	3	Su 3/14	2-4:30pm	$55
18130	4	Su 4/11	2-4:30pm	$55

ESTATE PLANNING MADE EASY

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

CODE	SESS	DAY/DATE	TIME	FEE
18212	1	M 1/11	1:00-3:30pm	$130
18212	2	M 3/8	1:00-3:30pm	$130

CONNECTION CIRCLE - MEET, SHARE & CONNECT

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

CODE	SESS	DAY/DATE	TIME	FEE
18132	1	Tu, 1/5-4/20	10:30-11:30am	FREE

BEGINNER BRIDGE

If you've been interested in learning bridge the modern way, join us. We will teach Two over One bidding using a workbook with lessons, quizzes and lots of practice hands. The required workbook is $30 paid to the instructor on 1st class day.

CODE	SESS	DAY/DATE	TIME	FEE
18108	1	Tu, F 1/12-2/16*	9:30-11:30am	$52/$65
*No class 2/5				

AMERICAN MAH JONGG FOR BEGINNERS

Learn the fundamentals of American Mah Jongg, the classic tile game that combines skill, luck, courtesy. You'll learn the tiles, card, game mechanics, and basic strategies to build confidence for play. Please bring an $8 materials fee to the first class. Instructor: Donna Mayo.

CODE	SESS	DAY/DATE	TIME	FEE
18107	1	M W 3/8, 3/10, 3/15, 3/17	9:30am-12:00pm	$105
18107	2	M W 4/12, 4/14, 4/19, 4/21	9:30am-12:00pm	$105

TECH HELP



Need a little help with technology? Volunteers Susan and Eric assist with basic computer skills, email, smartphones, tablets, e-readers, and more! Susan offers one-on-one appointments; contact Katie Beasley at 303-335-4914 or KBeasley@LouisvilleCO.gov to schedule. Eric offers drop-in assistance; no appointment for Eric. Visit our calendar at www.louisvillerecreation.com for his schedule.

Tai Chi

Discover the art of Tai Chi, a restorative exercise proven to boost vitality and physical well-being. Regular practice enhances balance, coordination, and flexibility while fostering mental clarity. These courses teach the prestigious Yang Chengfu lineage, offering a traditional path to improved health and longevity. Any questions, email Rebecca Rtsui11@Gmail.com.

YANG STYLE TAI CHI 1

CODE	SESS	DAY/DATE	TIME	FEE
18102	1	M 1/11-4/26	4:00-5:00pm	$160

YANG STYLE TAI CHI 2

CODE	SESS	DAY/DATE	TIME	FEE
18103	1	Sa 1/16-4/17*	11:30-12:30pm	$130
18103	2	M 1/11-4/26	3:00-4:00pm	$160

YANG STYLE TAI CHI 3

CODE	SESS	DAY/DATE	TIME	FEE
18104	1	Sa 1/16-4/17	10:00-11:30am	$168
18104	2	M 1/11-4/26	5:15-6:15pm	$160

Tai Chi Drop-in
Drop In is available for $12. Please give your paid receipt to the instructor. POS code 0805.

*No class on 2/6

Health & Wellness

UKEMI:THE ART OF FALLING SAFELY (LEVEL I)

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

CODE	SESS	DAY/DATE	TIME	FEE
18110	1	Th 1/7-1/28	8:30-9:30am	$65
18110	2	Th 2/4-2/25	8:30-9:30am	$65
18110	3	Th 3/4-4/1*	8:30-9:30am	$65
18110	4	Th 4/8-4/29	8:30-9:30am	$65

* No class 3/18

UKEMI: THE ART OF FALLING SAFELY (LEVEL II)

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

CODE	SESS	DAY/DATE	TIME	FEE
18111	1	Th 1/7-1/28	9:45-10:45am	$65
18111	2	Th 2/4-2/25	9:45-10:45am	$65
18111	3	Th 3/4-4/1*	9:45-10:45am	$65
18111	4	Th 4/8-4/29	9:45-10:45am	$65

* No class 3/18

A1C CIRCLE

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

CODE	SESS	DAY/DATE	TIME	FEE
18221	1	F 1/8, 2/5, 3/5, 4/2	9:00-10:00am	FREE

Seniors

DEATH OVER DONUTS

This is not a murder mystery or a grief support group. It's a chance to gather in a safe, welcoming space and talk openly about death—something that touches us all.

Guests are invited to share questions, thoughts, and reflections without pressure. The goal 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 how to live more fully. Join us for a relaxed conversation over donuts. Presented by TruCommunity Care.

CODE	SESS	DAY/DATE	TIME	FEE
18215	1	M 3/15	10:00-11:30am	FREE

LOW VISION & FALL PREVENTION

Changes in vision can make it harder to spot steps, navigate unfamiliar spaces, and move around safely at home. Learn how low vision can affect balance and everyday activities, along with practical ways to reduce fall risks. We'll cover lighting, contrast, home safety tips, and helpful tools. You'll also learn how Ensight's low vision rehabilitation services can support confidence and independence.

CODE	SESS	DAY/DATE	TIME	FEE
18216	1	Tu 4/6	10:00-11:15am	FREE

RESTORING HOPE AND HEALING FOR THOSE WITH CHRONIC PAIN

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

CODE	SESS	DAY/DATE	TIME	FEE
18217	1	W 4/7	3:00-4:30pm	FREE

PICKLEFALL

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

CODE	SESS	DAY/DATE	TIME	FEE
18100	1	W 2/17	1:00-2:15pm	$30
18100	2	W 2/24	1:00-2:15pm	$30
18100	3	M 3/29	1:00-2:15pm	$30

MEDITATION (IN PERSON)

Let longtime meditator Stephen Wurzel, with more than 50 years of experience, guide you on a journey toward greater inner peace and serenity. To be added to the meditation email list, please contact Stephen at StephenWurzel@Gmail.com.

DAY/DATE	TIME	FEE
Saturdays	10:00-11:00	FREE

*FREE with daily admission or membership.

HEARING SCREENINGS

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

CODE	SESS	DAY/DATE	TIME	FEE
18222	1	Th 3/18	9:00am	FREE
18222	2	Th 3/18	9:15am	FREE
18222	3	Th 3/18	9:30am	FREE
18222	4	Th 3/18	9:45am	FREE
18222	5	Th 3/18	10:00am	FREE
18222	6	Th 3/18	10:15am	FREE
18222	7	Th 3/18	10:30am	FREE
18222	8	Th 3/18	10:45am	FREE
18222	9	Th 3/18	11:00am	FREE
18222	10	Th 3/18	11:15am	FREE
18222	11	Th 3/18	11:30am	FREE
18222	12	Th 3/18	11:45am	FREE



Dancing

TAP DANCING

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

CODE	SESS	DAY/DATE	TIME	FEE
18116	1	Tu 1/5-4/27*	1:15-2:15pm	$200
* No class 3/30				

BEGINNING LINE DANCING

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

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

IMPROVERS LINE DANCING

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

DAY/DATE	TIME	R / NR
Thursdays	1:15-2:45pm	see below*

*Fee per class: Check in with SilverSneakers®, Renew Active, or other Recreation Center Membership or pay $6.75/$11.50 daily admission per class. Instructor: Judy Yamakishi.

Fitness Classes

Visit LouisvilleCo.gov/FitZone for schedule.

WATER AEROBICS (See page 38 for class schedule)

SENIOR FITNESS CLASSES

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

Blood Drive
February 5 & April 2
Visit Donors.Vitalant.org and use code 5552 to schedule or call 303-363-2300.
MAKE AN APPOINTMENT
vitalant

Seniors

FOOT CARE

2nd & 4th Tuesday

Jan. 12 & 26, Feb. 9 & 23, Mar. 9 & 23, Apr. 13 & 27

Cost: $55 per visit. Fingernails $25.

Credit cards preferred, checks accepted.

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

Boulder County Programs

Medicare

MEDICARE BASICS

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

BOULDER COUNTY MEDICARE COUNSELING

Wednesdays – February 10, March 10, April 14

Appointment times are 1pm or 2:30pm

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

LOCAL: Emergency 911

Louisville City Hall	303-666-6565
Non-Emergency Dispatch	303-441-4444
Louisville Recreation & Senior Center	303-666-7400
Avista Hospital	303-673-1000
Boulder Community Health	303-415-7000
Good Samaritan Medical Center	303-689-4000
Louisville Police Non-emergency	303-666-8634
Louisville Fire Dept/ Non emergency M-F	303-666-6595

BOULDER COUNTY:

Adult Protective Services	303-441-1309
Area Agency on Aging Resource Navigators	303-441-1617
District Attorney Community Protection	303-441-4972
Boulder Housing Authority	303-441-3929
Housing HelpLine	303-441-1069
Housing and Human Services	303-441-1000
Medicare Counselors	303-441-1546
Rainbow Elders of Boulder County	303-441-4518
Veterans Services	303-441-3890
Workforce Boulder County	720-776-0822

OTHER:

Alzheimer's Association	1-800-272-3900
Clinica Family Health + Wellness	303-443-8500
Coal Creek Meals on Wheels	303-665-0566
Colorado Visiting Nurse Assoc. (foot care)	303-698-6496
Cultivate	303-443-1933
Ride SouthEast	720-473-4414
RTD FlexRide	303-299-6000
Sister Carmen	303-665-4342
Via Mobility Services	303-444-3043



OPEN

New Year's Day

January 1, 2027

7 AM - 7 PM

Don't Miss Our ONE DAY ONLY Membership & Pass Sales

JANUARY 1ST PARTY!



InBody- Body compositions
8:30-11:30am & 12-2pm
Sign up for your timeslot!
Only 15 slots.
10023

FITNESS CLASS SCHEDULE

Child watch is open 8:45AM-1:15PM

7-7:45am	Bootcamp w/ Helene
9-11am	Dance Party w/ Anastasia, Jill, Tracy & Felicia
8-9am	Body Pump w/ Lara
9:15-10:15am	Body Pump w/ Mel W
9:15-10:15am	SilverSneakers Circuit Hybrid w/ Terry
9:30-10:15am	Express Cycle w/ Shelley
10:15-11:15am	AquaFit Combo w/ Hawk
10:30-11:30am	Zumba + Lift w/ Laura
10:30-11:15am	Power Beats w/ Shelley
11:45-12:45pm	Cardio Drumming w/ Tracy
12-1pm	Healthy Back Yoga w/ Deb
12-1pm	Deep Water Aerobics w/Margie
1-1:45pm	Zonetone w/ Jenny
5:30-6:30pm	Yoga Hybrid w/ Peryl



New Years Day Sale

2027

DUCK IN, & CELEBRATE



One Day Only!

Friday, January 1, 2027
7 a.m. - 7 p.m.

Buy 20 Visits
Get 5 FREE

This offer must be purchased in-person.
Offer only valid 1/1/2027

City of Louisville
Recreation & Senior Center

Pluck a Duck & Win a Prize



Stop by the front desk on January 1 and pluck a duck from our pond to see what you win. One duck per person. Offer is only valid 1/1/2027.

PRIZES INCLUDE:

- ★ 10% off admission
- ★ 20% off admission
- ★ 50% off admission
- ★ 5 Punch Pass
- ★ Turf Party
- ★ Pool Party
- ★ Free Annual Pass

PLUS! Enjoy 2026 prices until January 4, 2027!