



FOR IMMEDIATE RELEASE
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Metro District Gears Up for Spring Recreation Programs

As January comes to a close and winter sports seasons are nearing their end, it's time to think about what you and your kids can do to keep active this spring. The Highlands Ranch Metro District offers a variety of youth and adult sports programs to participate in, including a few new offerings this year.

For kids, the Metro District has their traditional spring lacrosse program open for boys and girls kindergarten through eighth grade. Adding to their spring offerings for the first time are flag football and inline hockey programs.

Parents can register their children now for spring sports at the Metro District by visiting their Web site at www.highlandsranch.org or calling 303-791-2710.

For adults who want to get outside and enjoy the outdoors the Metro District has old and new programs alike to take advantage of. Adult programs include:

- Softball
- Co-ed Kickball
- Flag Football
- Bocce Ball
- Horseshoes

In addition to the programs above, the Metro District has a new adult drop-in sports program. The drop-in league offers five different sports scheduled different days throughout the week. Individuals can come alone or bring their friends and form a team. The program allows individuals to try a new sport without committing to an entire season of games. Sports include ultimate Frisbee, outdoor volleyball, dodge ball, soccer and wiffle ball.

As sports grow in popularity, the Metro District's recreation programs are growing as well. In addition to all the new spring programs, the Metro District is launching a summer track and field program for kids. Children can experience traditional track and field events such as the 100-yard dash, long jump and relay races. The program is open for kids ages 5-17.

For more information about Metro District recreation programs visit www.highlandsranch.org or call 303-791-2710.

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