



FORT COLLINS

Arts

Artistic Abilities 3-D ART CLASS

Participants will learn techniques with a variety of materials to create unique pieces of art. This class is open to people of all abilities, with emphasis on accommodations for various challenges and disabilities.

Age: 13+

Location: CSU Visual Arts Building, room F113

Note: See www.artisticabilities.org for more information.

2/8-3/7 W 4:00-6:00 PM \$30 14616-01

Fitness

Workout Partners

Workout partners with and without disabilities will be matched to meet weekly at a time and day that works in both partner's schedules for 10 weeks. Strength training, cardiovascular equipment and aquatic exercise are all available to create the workout best for you.

Age: 16 years & up

Location: Northside Aztlan Center

Note: Participants will be responsible for the drop in fee at the Recreation Centers after initial consultation. Previous participants will be put on a waiting list and matched as partners are available. For more information, contact Renee Lee at 970.224.6027 or rlee@fcgov.com

2/9 Th 5:00-6:00 PM \$20 14609-01

Gentle Yoga for All

You will learn a variety of Yoga postures that can be practiced from a chair, standing or seated on the floor. This class is specifically designed to be adapted for people of all physical abilities and to help you incorporate Yoga principals into everyday life.

INSTRUCTOR: Faith Brandt

AGE: 16 years & up

LOCATION: Northside Aztlan Community Center

NOTE: Bring an attendant if personal care assistance is needed. Drop in rate is \$8 per class.

12/2-12/16	F	8:45-10:00 AM	\$21	14626-01
1/6-1/27	F	8:45-10:00 AM	\$28	14626-02
2/3-2/24	F	8:45-10:00 AM	\$28	14626-03

Outdoors

IGNITE ADAPTIVE Snow Skiing

Formerly Eldora Special Recreation Program, (ESRP), Ignite Adaptive offers adaptive instruction and equipment for skiers with disabilities. Individual volunteer ski instruction and adapted equipment will be provided

Note: An informational letter will be sent to all registered participants with program date confirmation. Attendants welcome; please register at no fee.

Contact Renee Lee for more information, 224-6027, ree@fcgov.com

Age: 12+

Location: Depart from and return to the Senior Center

Downhill Ski/ Snowboard

1/15-1/29	Su	7:30 AM-5:30 PM	\$310	14601-01
2/12-2/26	Su	7:30 AM-5:30 PM	\$310	14601-02

Bi-Ski Lessons

1/15-1/22	Su	7:30 AM-5:30 PM	\$210	14601-03
1/29 & 2/12	Su	7:30 AM-5:30 PM	\$210	14601-04
2/19-2/26	Su	7:30 AM-5:30 PM	\$210	14601-05

Nordic Ski/Snowshoe

1/15-1/29	Su	7:30 AM-5:30 PM	\$170	14606-07
2/12-2/26	Su	7:30 AM-5:30 PM	\$170	14606-06

Keystone Adaptive Ski Trips

Ski at Keystone Resort with Breckenridge Outdoor Education Center! BOEC is a nationally known adaptive ski program! They provide individual volunteer instructors, adapted ski and snowboard equipment for stand up or sit ski skiers with disabilities. This ski trip is offered to people with physical disabilities or visual impairments only.

Note: Door to door pick up service is available for an additional \$2 per person and must be requested one week in advance. Attendants welcome; please register at no fee. For more information, contact Renee Lee, (970) 224-6027, ree@fcgov.com.

DATE	D AY	TIME	FEE	CL ASS #
2/4	Sat	5:45 AM-7:30 PM	\$100	14633-01
3/4	Su	5:45 AM-7:30 PM	\$100	14633-02

Sports

Wheelchair Rugby

Wheelchair rugby is a fast paced, full contact wheelchair sport played indoors on a modified basketball court. All abilities are welcome. Extra sport chairs are available.

Age: 14 years & up

Location: Northside Aztlan Center

Note: No class on 2/20

2/6-3/5	M	6:30-8:00 PM	\$8	14619-01
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Ice

Adaptive Skate Lessons

These lessons are for people with and without disabilities. Basic skills are introduced and adapted for individuals with disabilities. Skill improvement and fun will be the focus; all abilities welcome.

Note: Please bring an attendant if you need assistance off the ice.

Age: 8 years & up

Location: Edora Pool and Ice Center

1/7-2/4	Sa	9:45-10:15 AM	\$40	13260-01
2/11-3/10	Sa	9:45-10:15 AM	\$40	13260-02

Contact: Renee Lee, CTRS

970.224.6027

rlee@fcgov.com

Adaptive Recreation Opportunities

215 N. Mason St.

Fort Collins, CO 80522