Recreator

Summer registration starts at 7 a.m., May 1

Summer 2014

Fort Collins







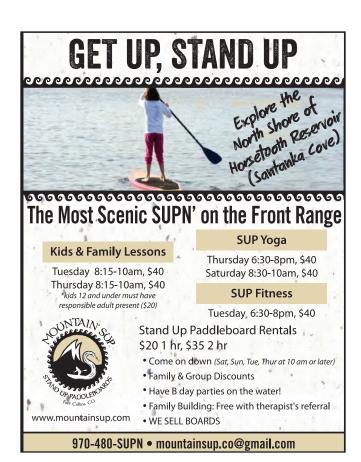
First non-profit cooperative preschool in N. Colorado

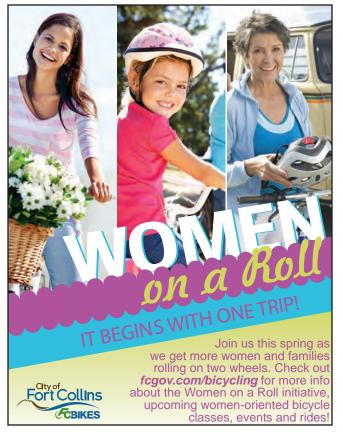
- Developmental age-appropriate curriculum with an emphasis on socialization and problem-solving
- Art and music enrichment
- 3-year olds: Tu/Th AM \$105/month (\$210 non-teach tuition)
- 4-year olds: Mo/Wed/Fri AM \$155/month (\$310 non-teach tuition)
- Junior Kindergarten: Tues-Fri AM-\$200/month (\$400 non-teach tuition)
- . Licensed through the Colorado Dept. of Human Services



Registration now open!

(970) 221-1345 • 1200 S. Taft Hill Road, Fort Collins WWW.FORTCOLLINSPRESCHOOL.COM





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Credits

City of Fort Collins

Parks and Recreation Board

Ragan Adams

Mary Carlson

Brian Carroll

Michael Chalona

Bruce Henderson

Jessica MacMillan

Scott Sinn

Dawn Theis

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Executive Director Community Services

Marty Heffernan

Recreation Director

Bob Adams

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Recreation Program Supervisors

Bridget Brownell

The Farm

Debra Bueno Teen Programs

Megan Greer

Aquatics

Renée Lee

Adaptive Recreation Opportunities

Marc Rademacher

Sports and Youth Programs

Barb Schoenberger

Adult Programs

Katie Stieber

Fitness, Dance and Adult Education

Paul Thibert

Ice Skating

Community Relations

John Litel

Community Relations and Marketing

Jill Mueggenberg

Public Relations and Communications

John Robson

Design

On the cover:

Photo courtesy of Tom Bol. To check out more images from Tom

visit tombolphoto.com



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FOR A HEALTHY DIP, OUR PEDIATRICIANS LIKE EPIC.



HERE. TO HELP YOU THRIVE. With great hiking, farmers' markets and community centers close by, our new medical offices aren't the only places to get healthy around here. At Kaiser Permanente, we're proud to be part of this community. Our medical offices are now open in Loveland and Fort Collins. We've also partnered with Banner Health to provide hospital care and additional primary care providers. So if you need us, we're here. With care — and advice on plenty of other ways to live well and thrive. Visit kp.org/colorado/expansion





From the Recreation Director

Fellow Recreators,

Welcome to summer, perhaps my favorite time of the year. I have worked in the recreation field for most of my life and the summer months are always the most active, fast paced and busy. I love every minute of it. The recreation activity in the summer rapidly increases and recreators, like you, take advantage of our incredible weather. This summer you can take a plunge in City Park Pool or participate in one of our popular hiking trips for adults. You can cool off on the ice at EPIC or take a stroll through The Farm at Lee Martinez Park. As you peruse the following pages I am sure you'll find something that will add sizzle to your summer fun.

Over the last few years the Recreation Department has been working hard on the Fort Collins Senior Center expansion. This summer the expansion will be complete and visitors will experience an improved and upgraded community center for adults. The facility will include an expanded fitness center and a new wellness center focused on keeping you healthy. You'll also notice a state-of-the-art educational center, multipurpose rooms, new social space and additional parking. We're excited to unveil the expansion and we look forward to providing you a world class recreational experience. This important community project would not have been completed without the support from the community. I would like to thank the City of Fort Collins City Council for approving vital funding for this project. In October council approved an additional \$210,971 from KFCG Parks and Recreation Reserve Funds to complete the project bring the total amount contributed by the City of Fort Collins to \$710,971. Through fundraising and grants the Fort Collins Senior Center Expansion Committee, a citizen-led 501C3 formed in 2007 has raised over \$500,000. Their hard work and dedication has provided important funding to the project. Later this summer you'll hear more about the grand opening, visit fcgov.com/recreation for more information as it becomes available. The fall issue of the "Recreator" (due out in July) will include more in-depth information on the expansion project's grand opening.

Thanks for picking up the summer "Recreator." Appreciate the awesome summer activity around you and have a sun-soaked, fun-filled season. See you at the pool!

Regards,

Bob Adams Recreation Director 970.221.6354

Contact Information

City of Fort Collins Recreation Department P.O. Box 580 Fort Collins, CO 80522

Registration and Programs 970.221.6655 recreation@fcgov.com

Advertising, Partnerships and Sponsorships 970.221.6875

The Recreator is published quarterly by the City of Fort Collins Recreation Department, 215 N. Mason St., 3rd Floor.

For subscription information please visit fcgov.com/recreator

Sib Clan





SATURDAY • APRIL 19 2014 • 10:00 AM TO 3:00 PM Yollindale Golf Yourse

FEATURING

World Famous **DIVOT THE GOLFING CLOWN**

Trick Shot Artist YOUTH ACTIVITIES **KEVIN COMPARE**

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FORT COLLINS:

Urgent Care Clinic 3519 Richmond Dr. (970) 204-0300

Horsetooth Office 3519 Richmond Dr. (970) 204-0300

Lemay Office 1107 S. Lemay, Ste. 200 (970) 484-1757

West Office 2001 S. Shields, Blda, I (970) 221-5255

WINDSOR:

Windsor Office 1455 Main St., Ste. 150 (970) 686-0124

South Office 1113 Oakridge Dr. (970) 225-0040

Timberline Office 2025 Bighorn Rd. (970) 229-9800

Harmony Office 2121 E. Harmony Rd., Suite 370 Fort Collins, CO 80528

LOVELAND:

Foxtrail Office 1625 Foxtrail Dr. (970) 619-6900 (managed by AFM for PVHS)



REGISTRATION INFORMATION

Online

Online registration begins at **7 a.m. on May 1**. Before starting your online registration session make sure you have the following:

- 1. Credit card or debit card
- 2. Your household ID number

Forgot your household ID? Please call 970.221.6256, or email recreation@fcgov.com. Once you arrive at fcgov.com/recreator.

- 1. Select WebTrac Online Registration
- 2. Enter your Household ID number
- 3. Your default password will be the last name under which your household account is registered.
- 4. If you choose to modify your password, please note the password change for future registration

Recreation Centers

Walk-in registration begins **May 1** at these locations. Registration starts at 7 a.m.

Northside Aztlan Center

112 Fast Willow

M—F: 6:00 AM—9:00 PM Sat: 8:00 AM—5:00 PM Sun: Noon—5:00 PM

Fort Collins Senior Center

1200 Raintree Drive M-F: 6:00 AM-9:00 PM Sat: 8:00 AM-5:00 PM

Sun: 10:00 AM-9:00 PM

Edora Pool Ice Center (EPIC)

1801 Riverside

M-F: 5:30 AM-8:00 PM Sat: 8:00 AM-6:00 PM Sun: Noon-5:30 PM

Council Tree Library

2733 Council Tree Avenue

May 1 Only 7:00 AM-Noon

Phone

Phone registration begins on **May 1 at 7 a.m.**. Please have your credit card (Master Card, VISA, Discover) or debit card information available. Call any of the phone numbers listed below.

970.221.6256 / 970.221.6683 / 970.221.6644

Additional Information

Make checks payable to "Recreation."

No registration can be approved by an instructor or coach.

Personal information is entered into the registration database by "household." By providing household information to the City, you are consenting to the release of information regarding your household to all members of your household.

There is a \$25 charge for returned checks. No cash refunds.

Reduced Fee Program

Reduced fees are available to residents with limited incomes. Interested persons must apply in person for fee reduction and be approved prior to registration; please allow 10 days for processing. Applications are available at all registration sites. Activities that are not discountable or partially discountable are noted as such. To utilize the reduced fee program, please register in person or by phone/online discounted activity registration is not currently available.

Cancellations/Transfers

When you register for a class, we depend on your enrollment for a successful class. Please plan carefully to avoid cancellations.

If you must cancel (or transfer) from a youth or teen activity, you must notify staff at least two business days (8 a.m.—5 p.m., Monday—Friday at 970.221.6655) before the activity begins to receive a full refund or credit. Later requests will be denied. This policy does not apply to Aquatics and Ice Skating.

If you must cancel (or transfer) from any aquatics, ice skating or adult activities, please notify staff before the first class to receive a full refund. A 75% refund will be issued if the activity is canceled after the first class and before the second class begins. Later requests for cancellation or transfer will be denied.

Refunds/Credit

For Learn-to-Swim and Learn-to-Skate activity cancellations (or transfers), please contact EPIC 970.221.6683 ext. 3, and for all other activity cancellations/transfers, please call Recreation (970.221.6655). Please submit cancellation requests as early as possible to aid in staff planning.

In accordance with Recreation policy, if the activity you wish to cancel was purchased with a credit card, the refund must be reimbursed directly to the same credit card used for the original activity registration. If the activity was originally paid with cash or check, you may choose between a refund from Finance, or if you prefer, a household credit which will remain in your account for future Recreation use.

ADA Disclosure

The City of Fort Collins will make reasonable accommodations to those with disabilities. For assistance, contact Renée Lee at rlee@fcgov.com or 970.224.6027.

LEGEND

NW Denotes no web registration for program

M Denotes program/activity has member special

◄ARO Denotes Adaptive Recreation Opportunity program.



EPIC Profile

- Indoor 50-meter x 25-yard pool
- Two 3-meter diving boards
- Two 1-meter diving boards
- Warm water therapy pool
- Wading pool
- Two indoor 200' x 85' ice surfaces

EPIC Hours

Pool & Exercise Hours		
M–F	5:30 AM-8:00 PM	
Sa	8:00 AM-6:00 PM	
Su	Noon-5:30 PM	

Ice Arena Hours 6/2–8/17		
M–F	9:30-11:00 AM	
M,W,F	1:30-3:00 PM	
Tu	7:30-9:00 PM	
M,F	7:00-9:00 PM	
Sa	Noon-4:00 PM	
	7:45-9:15 PM	
Su	1:00-4:00 PM	

EPIC Specialty Passes

Freestyle Passes (15 minutes)			
10-Admission	\$20		
50-Admission	\$100		
Fitness Skate Pass			
10-Admission	\$55		
20-Admission	\$110		
Hockey Pass			
10-Admission	\$40		
20-Admission	\$80		

Not-So-Prime-Time Discount

Mon-Fri 1 to 3 p.m. During non-prime swim hours, discounted swim fees are available. Receive \$1 off daily admission during. No discount: 6/2-8/19.

Edora Pool Ice Center

1801 Riverside | 970.221.6683 | fcgov.com/epic

Edora Pool Ice Center, also known as EPIC, is the region's premier ice and aquatics facility. EPIC serves the entire community with a variety of ice skating and aquatics programs, classes, events and activities. EPIC experiences over one million visits per year. EPIC is home to the CSU Water Polo Team, Fort Collins Area Swim Team and Fort Collins Figure Skating Club.

- Spectator seating
- · Cardio/weight room
- Concessions
- · Multi-purpose room
- Skate service/sharpening room
- Free WiFi

EPIC Closures

Pool Closures		
4/20	Closed	
4/26	Diving Well Closed from 1:30 PM—3:00 PM	
5/2	Close at 2:00 PM	
5/3-5/4	Swim Meet	
5/16	Close at Noon	
5/17	Swim Meet	
5/26	Closed	
6/20-6/22	Swim Meet	
7/4	Independence Day	
7/24–7/27	Swim Meet	

Ice Arena Closures		
4/20	Closed	
4/25-4/27	Skating Competition	
5/26	Closed	
7/4	Independence Day	
8/9	Hockey Tournament	

Skate Sharpening			
Figure Skates	\$10		
Hockey Skates			
Regular Hollow	\$5		
Flat Bottom V	\$8		
Underwater Hockey Pass			
8-Admission	\$25		
25-Admission	\$100		
MS Aqua Pass			
16-Admission	\$43		

EPIC Fees & Admission

EPIC Pool & Exercise Room Single Admission			
Age	Single	25-Admission**	Group*
Youth (2–17)	\$3.25	\$65.00	\$2.75
Adult (18-59)	\$4.00	\$80.00	\$3.50
60 & up	\$3.25	\$65.00	\$2.75
Ice Rinks Single Admission			
Age	Single	25-Admission**	Group*

Toe Killiks Single Authoston			
Age	Single	25-Admission**	Group*
Youth (2–17)	\$3.50	\$65.00	\$3.00
Adult (18–59)	\$4.50	\$80.00	\$4.00
60 & up	\$4.00	\$65.00	\$3.50

^{*} Group Rate: Group must consist of at least 10 participants and a 48 hour notice is required.

Groups over 50 people must provide one week notice. Group rates do not include skate rental.

This is not a reservation and does not guarantee space for your group.

** Valid one year from date of purchase.

Drop In Fitness Class Sin	gle Admission Fee

•			
Age	Single	10-Admission	
All ages	\$5.50	\$50.00	

Excludes Karate classes

EPIC & Mulberry Pass

Includes unlimited use of weight/cardio room, open and lap swim and locker rooms. 50% Discount on designated fitness classes.** \$1 off daily ice admission. Annual pass holders receive four guest passes.

Age	1-Month	6-Month	Annual
Youth (2–17)	\$20	\$100	\$180
Adult (18-59)	\$30	\$150	\$270
60 & up	\$20	\$100	\$180
Family* or Couple	\$50	\$250	\$450

^{*} Family: two adults and up to two kids under 18 from the same household. Additional children on a monthly basis are \$6 per child, on six month basis \$25 per child and annual basis \$50 per child.

Recreation Multi-Facility Pass

Access to EPIC, The Farm, Mulberry Pool, Northside Aztlan and Senior Center.

Age	1-Month	6-Month	Annual
Youth (2–17)	\$35	\$175	\$315
Adult (18–59)	\$50	\$250	\$450
60 & up	\$35	\$175	\$315
Family or Couple	\$75	\$375	\$675

Family: 2 adults and up to 2 children under 18 years from the same household. Additional children can be added on a monthly basis for \$6 per child, on 6 month basis \$25 per child and annual basis \$50 per child.

- \$1 off daily ice admission
- \bullet 50% discount on designated fitness classes**
- Annual pass holders receive 4 guest passes for daily admission and 10% discount on room rentals

^{**}On June 1, fitness class discount for pass holders will be 70%.



The Farm

600 North Sherwood | 970.221.6665 | fcgov.com/thefarm

The Farm at Lee Martinez Park has provided hands-on family fun since 1985. The Farm serves as an educational and interactive experience for Fort Collins residents and visitors. Your visit to The Farm will be an adventure for all ages. While visiting, you can learn more about the industry that shaped this region, have interactive, hands-on farm fun, and introduce your child to agriculture and farm life while visiting. The Farm is a great place for birthday parties.

The Farm Hours

Through 6/1/14	1
W-Sa	10:00 AM-5:00 PM
Su	Noon-4:00 PM
6/3-8/17	
Tu-Sa	10:00 AM-5:00 PM
Su	Noon-5:00 PM

Closures	
7/4	4th of July

	Pony Rides \$5 per rider			
	Sa 11:00 AM-4:00 PM			
Su		1:00-4:00 PM		

The Farm Fees and Admission

Age	Single Admission	10-Admission	25-Admission
All Ages (2 & up)	\$3.00	\$24.00	\$60.00

Annual Childcare Passes

Commercial Daycare	\$150
Home Daycare	\$72
Non-Profit	\$72

For additional information call 970.221.6665.

Barnyard Buddy Pass/Family Pass \$60.00 Per Year

Unlimited visits, up to 4 people a visit (additional guests pay half admission).

Invitation to Jingle Bell Times at The Farm.



The Pottery Studio

1541 West Oak | 970.221.6644 | fcgov.com/potterystudio

The Pottery Studio is located in the northwest corner of City Park. It has provided interactive experiences and education since approximately 1971. The Pottery Studio serves as an educational and recreational facility that offers broad and diverse opportunities and adventures for students of all ages. Including classes where you can share in the experiences with your children or spouse.

The Pottery Studio Profile

- 23 Potters Wheels
- 7 kilns
- 200 square feet of work surface
- 10 different clays in stock
- Clay pug mill

Pottery classes

There are classes to meet almost any age range. Classes are available for 3 years and up. See pages 41 and 45.

Lab Time

For people currently enrolled in class or lab during the spring session there are 18 hours per week where the Pottery Studio is open for working on projects.

Hours

Open variable hours.

- Slab-roller, 30-inch wide
- Compressor with vented spray booth
- Power 10-inch grinder
- 2 Clay Extruders with many different dies

Pottery Pals

This is a group of people who generously donate their time and talents to help with special events and help with certain studio activities. If you are interested, please contact Pat Dietemann 970,221,6204.



City Park Pool Profile

- Outdoor pool
- 30-foot drop slide
- Open curly slide
- Lazy river, shallow water, geysers
- · Large play structure
- · Picnic area
- · Located next to Sheldon Lake

City Park Pool

1599 City Park Drive | fcgov.com/cityparkpoolandtrain

City Park Pool is located in City Park. Enjoy the park surroundings and Sheldon Lake for fishing and an outdoor pool. City Park Pool is the best place to be during those hot summer days in Fort Collins. City Park Pool provides you with a water park experience right in your own backyard. The Pool will re-open May 25, 2014.

Pool & Paddle Boats

Age	Single Admission	Group	10-Admission	25-Admission	Twilight Swim*	Paddle Boats
Youth (2-17)	\$6.00	\$5.50	\$48	\$120	\$4.50	\$2.50
Adult (18-59)	\$7.00	\$6.50	\$56	\$140	\$4.50	\$2.50
60 & up	\$6.00	\$5.50	\$48	\$120	\$4.50	\$2.50

Hours

Summer Pool Hours			
5/24-5/26			
Sa-M	10:00 AM-5:30 PM		
5/31-8/17			
M–F	10:00 AM-8:00 PM		
Sa,Su 10:00 AM-5:30 PM			
8/18–8/31			
M–F	1:00 PM-8:00 PM*		
Sa,Su 10:00 AM-5:30 PM			
9/1			
М	10:00 AM-3:00 PM		

Please Note: *Slides will not be open until 4 p.m.

Drop-In Adult Water Fitness

6/2-8/15	
M–F	9:00-10:00 AM
8/18-8/29	
M–F	Noon-1:00 PM

Boats

.0:00 AM-5:00 PM
3:00-7:30 PM
.0:00 AM-5:00 PM
1:00-7:30 PM
.0:00 AM-5:00 PM
.0:00 AM-2:30 PM

Fee: \$2.50/person, no pets

Special Events

First Days of Summer

Saturday, 5/24 through Monday, 5/26 from 10 a.m.—5:30 p.m.

\$4.50/person (no age restriction)

Join us for the kick-off weekend for City Park Pool. Swim for \$4.50 regardless of age.

* Twilight Swim

5/31-8/31, Daily, 4:30 p.m. to Close

\$4.50/person

All children must be accompanied by a paying adult. Twilight admission will be charged daily after 4:30 p.m. until close. No other discounts will be honored during this swim time.

Splash Drive-In

Friday, 6/27, 7/25, 8/22, Movies begin at 8:30 p.m.

Join us for movie night at City Park Pool. Movies will be shown on the patio. Finish your swim, dry off and then join us for the movie. There is no cost for movies, however entry into the pool area must be done before 7:30 p.m.

Pooch Plunge

9/1, 4-7 p.m., \$5 per dog (\$8 at the door)

The dog days of summer are about to end and it's your pooch's chance to take a dip in the pool! Join us for a few hours of swim time and for a silent auction that has gone to the dogs. Tickets on sale August 1 at City Park Pool.

Family 4-pass - \$22.00

Includes four swim admissions (two adults and two children, each additional child is \$4.50).

City Park Pool Rental & Birthday Parties

Having a reunion, block party or just want to invite your best friends for a summer evening? Rent City Park Pool for a Saturday or Sunday evening. Rental times are from 6–8 p.m. Birthday party rentals with designated table and swimming for up to 8 children and 2 adults. Reserve 48 hours in advance. Call for prices and availability, 970.221.6202.

Refunds

No cash refunds will be given once the facility opens. If the facility needs to close due to inclement weather or a maintenance issue before 1 p.m., a pass (for use at City Park Pool only) will be issued for use at a later date. No passes will be given after 1 p.m.

Weather Closures

City Park Pool will not open if the temperature has not reached 60 degrees by 9:30 a.m. The closure will be re-evaluated at Noon for a late opening at 1 p.m. Anytime lightning is visible within 10 miles or a storm warning has been issued for the City Park area, the pool area will be cleared and closed for a minimum of 30 minutes. The refund policy will apply at all times.

City Park Pool Passes

City Park Pool passes can be purchased at EPIC or Mulberry Pool. EPIC and Mulberry Pool passes cannot be used at City Park. Passes available for purchase beginning May 1.



Mulberry Pool Profile

- Indoor 25-yard pool
- 1-meter diving board
- · Large shallow interactive play area
- Separate 7-person spa

Mulberry Pool Hours

Lap & Recreational Swim		
6/1-7/24		
M,W,F	5:30 AM-8:00 PM	
T,Th	5:30 AM-4:00 PM	
Sa	12:30-5:30 PM	
Su	Noon-3:00 PM	
7/25–8/30		
M–F	5:30 AM-8:00 PM	
Sa	12:30-5:30 PM	
Su	Noon-3:00 PM	

Mulberry Pool

424 West Mulberry | 970.221.6657 | fcgov.com/mulberrypool

Mulberry Pool, located near Downtown Fort Collins, is one of three indoor aquatic facilities operated by the City of Fort Collins Recreation Department. The pool is open year-round and includes a large "child friendly" interactive play area with slides and other fun water features. Mulberry Pool is a favorite for birthday parties and other celebrations. The pool is also popular with lap swimmers looking for an early morning or mid-day workout.

- · Birthday party room
- Spectator seating
- · Zero entry pool

Closures	
4/20	Closed
5/26	Closed
8/31	Maintenance

Recreation Multi-Facility Pass

Access to EPIC, The Farm, Mulberry Pool, Northside Aztlan and Senior Center.

Age	1-Month	6-Month	Annual
Youth (2–17)	\$35	\$175	\$315
Adult (18–59)	\$50	\$250	\$450
60 & up	\$35	\$175	\$315
Family or Couple	\$75	\$375	\$675

Family: 2 adults and up to 2 children under 18 years from the same household. Additional children can be added on a monthly basis for \$6 per child, on 6 month basis \$25 per child and annual basis \$50 per child.

- \$1 off daily ice admission
- 50% discount on designated fitness classes**
- Annual pass holders receive 4 guest passes for daily admission and 10% discount on room rentals

Need more Mulberry Pool info?

Looking for more info on Mulberry or Aquatics recreation programs? Check out this issue of Recreator starting on page 26 for more Aquatics information. Check our website for the most up-to-date lap swim times and closures.

Mulberry Pool Fees and Admission

Pool & Exercise Room

Single admission includes access to open and lap swim and locker rooms.

Age	Single Admission	25-Admission**	Group*
Youth (2-17)	\$3.25	\$65.00	\$2.75
Adult (18–59)	\$4.00	\$80.00	\$3.50
60 & up	\$3.25	\$65.00	\$2.75
\$2 Sundays	\$2 Noon—3:00 PM		

^{** 25-}Admission is valid for any facility except City Park Pool. Valid one year from date of purchase.

Not-So-Prime-Time Discount Monday — Friday 1 to 3 p.m.

During non-prime swim hours, discounted swim fees are available. Receive \$1 off daily admission during. No discount: 6/2-8/19.

EPIC & Mulberry Pass

Includes unlimited use of weight/cardio room, open and lap swim and locker rooms. 50% Discount on designated fitness classes. \$1 off daily ice admission. Annual pass holders receive four guest passes.**

Age	1-Month	6-Month	Annual
Youth (2-17)	\$20	\$100	\$180
Adult (18–59)	\$30	\$150	\$270
60 & up	\$20	\$100	\$180
Family* or Couple	\$50	\$250	\$450

^{*} Family: two adults and up to two kids under 18 from the same household. Additional children on a monthly basis are \$6 per child, on six month basis \$25 per child and annual basis \$50 per child.

Adult Supervision & Birthday Party Notice

Children under 8 years of age must be accompanied by a responsible adult in the pool. The adult must pay admission, be wearing a swimsuit and actively participating (within arm's reach) with the child.

Space for birthday parties will not be allowed in the lobbies or spectator areas at EPIC or Mulberry Pool. Space is available for a fee for refreshments and present opening. Please contact the facility where you wish to hold your party for more information.

Two Buck Sundays

Admission is just \$2.00 on Sundays. Enjoy a throw back in admission costs on Sunday from Noon to 3 p.m. This special price is per person and available to any age. Enjoy some fun-soaked Sundays at Mulberry Pool.

^{**}On June 1, fitness class discount for pass holders will be 70%.

^{*} Group Rate: Group must consist of at least 10 participants and a 48 hour notice is required. Groups over 50 people must provide one week notice. Group rates do not include skate rental. This is not a reservation and does not guarantee space for your group.



Northside Aztlan Center

112 E. Willow | 970.221.6256 | fcgov.com/north

The Center is home to a wide variety of activities, classes, programs, sports and special events. The Northside Aztlan Community Center continues to provide beneficial community programs as well as new and exciting opportunities.

Northside Aztlan Center Profile

- 50,000 square feet
- Triple gymnasium
- · Elevated running track
- Locker rooms
- Cardio/weight room
- Classrooms
- Multi-purpose Rooms
- Kitchen
- · Computer Lab
- Lounge
- Game room
- Playground
- Skate park
- · Handball courts
- Free WiFi

Northside Aztlan Center Hours

Hours		
M-F	6:00 AM-9:00 PM	
Sa	8:00 AM-5:00 PM	
Su	9:00 AM-5:00 PM	
Special Hours and Closures		
7/4	Closed	
8/17-8/23	Closed for Maintenance	

For specific drop-in hours call 970.221.6256.

Recreation Multi-Facility Pass

Access to EPIC, The Farm, Mulberry Pool, Northside Aztlan and Senior Center.

Age	1-Month	6-Month	Annual
Youth (2–17)	\$35	\$175	\$315
Adult (18-59)	\$50	\$250	\$450
60 & up	\$35	\$175	\$315
Family or Couple	\$75	\$375	\$675

Family: 2 adults and up to 2 children under 18 years from the same household. Additional children can be added on a monthly basis for \$6 per child, on 6 month basis \$25 per child and annual basis \$50 per child.

- \$1 off daily ice admission
- 50% discount on designated fitness classes**
- Annual pass holders receive 4 guest passes for daily admission and 10% discount on room rentals

^{**}On June 1, fitness class discount for pass holders will be 70%.



The Healthways SilverSneakers Fitness Program allows qualified patrons free use of weight/cardio room, open gym, walking/jogging track and locker rooms.

- Unlimited SilverSneaker fitness classes
- 70% discount on designated fitness classes.

Northside Aztlan Center Fees & Admission

NACC Admission

Includes access to open gym, walking jogging track, weight/cardio room, game room and locker rooms.

Age	Single Admission	25-Admission*
Youth (5–17)	\$1.00	\$65.00
Adult (18–59)	\$4.00	\$80.00
60 & up	\$3.25	\$65.00

^{*25-}Admission is valid for any facility except City Park Pool. Valid one year from date of purchase.

NACC Pass

Includes unlimited use of weight/cardio room, open gym, walking/jogging track and locker rooms. 50% Discount on designated fitness classes.** Annual pass holders will receive four guest passes.

Age	1-Month	6-Month	Annual
Youth (5–17)	\$20	\$100	\$180
Adult (18–59)	\$30	\$150	\$270
60 & up	\$20	\$100	\$180
Family* or Couple	\$50	\$250	\$450

^{*} Family: two adults and up to two kids under 18 from the same household. Additional children on a monthly basis are \$6 per child, on six month basis \$25 per child and annual basis \$50 per child.

Drop In Fitness Class Admission Fee

Age	Single Admission	10-Admission
Any Age	\$5.50	\$50.00

Excludes Karate classes

Get Paid To Achieve a Healthy Weight!



Personalized Health Coaching by email or text



Track your progress with quarterly weigh-ins Weigh-in at the Northside Aztlan Center!

Earn Cash Rewards every 90 days for weight loss



Join Today, It's FREE! WeighandWin.com



The Gardens on Spring Creek

2145 Centre Avenue | 970.416.2486 | fcgov.com/gardens

The Gardens on Spring Creek is your community botanic garden. Our gardens include a Children's Garden, Plant Select® demonstration garden, Xeric Parkway Strip, Rock Garden, Sustainable Backyard, and the Garden of Eatin'. The Gardens offer gardening classes for adults and youth, community events, and a beautiful setting for all to enjoy. Explore your community botanic garden...Take Root. Grow. Flourish.

Facility Profile

- · Display gardens
- Community events
- Adult and youth gardening programs
- Garden and room rentals

Hours

M—F 9:00 AM—5:00 PM Sa 9:00 AM—4:00 PM

Su Noon-5:00 PM (Beginning 5/1)

Special Hours

5/26 9:00 AM-2:00 PM 7/4 10:00 AM-2:00 PM

Friends of the Gardens on Spring Creek

The Friends is a non-profit 501(c)3 whose mission is to cultivate a world-class botanic garden through fundraising and advocacy.

Membership Benefits

- · Discount on classes at The Gardens
- · Discount on select merchandise
- 10% discount at participating nurseries

Membership Levels

Individual	\$35	Supporting	\$100
Family	\$60	Contributing	\$250
Student	\$20	Sustaining	\$500

Fees and Admission

A suggested donation of \$2 per person or \$5 per family is appreciated. Programs and/or special events may have a fee.

More Information on page 82

For more information on The Gardens please see The Gardens section in this issue of the Recreator on page 82. Visit *fcgov.com/gardens* or call 970.416.2486 for updated information, schedules and event details.



City Park Nine Golf Course

411 South Bryan Avenue 970.221.6650 fcgov.com/golf

City Park Nine is a regulation length 9 hole municipal golf course that offers enjoyment and challenges for players of all ages and abilities. The course features tight fairways, small greens, and mature trees.

- 9 Holes
- 6,424 yards
- Par 36
- Driving Range
- Practice chipping and putting greens
- Pro shop
- Clubhouse
- Patio Area
- · Food and beverages



Collindale Golf Course

1441 East Horsetooth Road 970.221.6651 fcgov.com/golf

Collindale Golf Course is a championship length, 18 hole golf course situated on 160 acres in southeast Fort Collins. Consistently recognized as having some of the best (and fastest) greens in the state.

- 18 holes
- 7,157 yards
- Par 71
- Driving Range
- Practice chipping and putting greens
- Pro shop
- Clubhouse
- C.B & Potts Restaurant
- Patio and lounge



SouthRidge Golf Club

5750 South Lemay Avenue 970.416.2828 fcgov.com/golf

Southridge Golf Course is an 18 hole golf course situated on 128 acres in southeast Fort Collins. Offering scenic views and challenging tee shots from multiple tee boxes, Southridge is ideal for players of all levels and ages.

- 18 holes
- 6,690 yards
- Par 71
- Driving Range
- Practice chipping and putting greens
- Pro shop
- Clubhouse
- Mackenzie's Pub & Grill
- · Patio and lounge



Senior Center

1200 Raintree Drive | 970.221.6644 | fcgov.com/seniorcenter

The Fort Collins Senior Center provides adults an opportunity to access and engage in recreational opportunities, stay active and socialize. The Senior Center's diverse program selection includes: travel, outdoor adventure, special events, fitness, art and more. The Center is open to all adults but specializes in programming for adults 50 years of age and older. From October 2013 through Summer 2014 the Center will undergo an expansion of its fitness and wellness facilities. For more information please visit fcgov.com/seniorcenter.

Senior Center Profile

- 25-vard, 4-lane pool
- 10-person spa
- Jog/walk track
- Gymnasium
- Multi-use area with stage
- Classrooms
- · Pool/snooker
- Art rooms
- Kitchen and lounge

- Media center/library
- · Community gardens
- Personal training
- Weight and Cardio
- Free WiFi
- Fitness
- · Wellness Center
- Auditorium
- Cardio/weight room

Senior Center Hours

Senior Center Hours		
M-F	6:00 AM-9:00 PM	
Sa	8:00 AM-5:00 PM	
Su	10:00 AM-9:00 PM	

Closures and S	Special Hours
7/4	Closed

Swim and	d Lap Hours
M-F	6:00 AM-8:00 PM
Sa	9:00 AM-3:00 PM

Closed

Single & Drop-In Admission

Single Admission

Single admission includes access to open gym, open and lap swim, walking jogging track, weight/cardio area, billiards room, library/media center and locker rooms.

Age	Single Admission	25-Admission*
Adult (18–59)	\$4.00	\$80.00
60 & up	\$3.25	\$65.00

^{*25-}Admission is valid for any facility except City Park Pool. Valid one year from date of purchase.

Drop In Fitness Class Admission Fee

Age	Single Admission	10-Admission
Adult	\$5.50	\$50.00

Excludes Karate classes.

Senior Center Pass

Available to the public. Membership is not required.

Age	1-Month	6-Month	*Annual
Adult (18-59)	\$30	\$150	\$270
60 & up	\$20	\$100	\$180

Memberships

Age	Annual
Adult (18–49)	\$50
50 & up	\$25

Membership Benefits: (*denotes for 50+ members only benefit)

Unlimited Pass and Full Access Pass discount: \$3 per month

\$1 off daily admission

Unlimited use of:

Free admission to drop-in programs such as: billiards tables, art studio, library/media center, bingo, cards, and bridge

Member celebrations*

Discounts on select services and classes, including trips and travel, outdoor recreation, special events and more.

Two day advance registration for classes

One guest pass per month for daily admission (upon request)

Opportunity to rent community garden plots (closed this summer)

Free limited legal counseling and Notary service*

Brief health chat with health district nurse and blood pressure check $\!\!\!\!\!\!^*$

Opportunity to join Member-Only clubs*

C.H.A.T. and Quilting Quorum (free)*

Senior Center Unlimited Pass features unlimited use of:

Open Gym Locker Rooms.

Weight/Cardio Area 50% off designated fitness classes**
Walking/Jogging Track Senior Center Sports Club Activities

Open & Lap Swim

For construction updates visit fcgov.com/seniorcenter



The Healthways SilverSneakers Fitness Program allows qualified patrons free use of weight/cardio room, open gym, walking/jogging track and locker rooms.

- Unlimited SilverSneaker fitness classes
- 70% discount on designated fitness classes.

^{*} Annual pass holders receive four guest passes for daily admission and 10% discount on room rentals.

^{**}On June 1, fitness class discount for pass holders will be 70%.



Lincoln Center

417 W. Magnolia Admin: 970.221.6735 Box Office: 970.221.6730

The Lincoln Center is Northern Colorado's premier cultural arts and conference center. Enjoy an evening of live theater, music, dance or comedy; view an exhibition of acclaimed visual artists in our new Art Gallery or gather for meetings and special occasions in our elegant event spaces. Visit us at LCtix.com



Natural Areas

970.416.2815 naturalareas@fcgov.com

Natural Areas are part of what makes Fort Collins such a special place to live. There are 39 natural areas to visit with 100+ miles of trail. It has been two decades since the inception of the Natural Areas Department. Help celebrate the 20th anniversary with a year of activities (details at fcgov.com/naturalareas). Everyone is invited to join the fun! It's all possible thanks to voters, thank you! Your citizen-initiated city and county sales taxes conserve natural areas and provide visitor services.





Club Tico 1599 City Park Drive 970.224.6113 or 970.224.6033

Since the 1920's Club Tico has been a community gathering place. Recently renovated, Club Tico is a great venue for receptions, dances and large gatherings.

Fort Collins Museum of Discovery

408 Mason Court 970.221.6738

Enjoy a variety of hands-on, minds-on science and history exhibits that make learning fun for the entire family! For a list of programs and activities, visit our website at *fcmdsc.org*.

Rolland Moore Racquet Complex

2201 South Shields 970.493.7000

This facility consists of 8 lighted tennis courts, 3 outdoor handball/racquetball courts, 1 platform tennis court, sand volleyball, and full-service pro shop.

Facility Rental

The City of Fort Collins Community Services Division has several facilities that can be rented for a minimal fee. Whether it's a business luncheon, wedding, birthday party or family reunion, the City of Fort Collins has community centers, banquet rooms, parks and pavilions available for your event. Please contact the appropriate department for more information.

Facility Rental Contact Information					
Senior Center/Club Tico	970.224.6113	Museum	970.221.6738		
Northside Aztlan	970.221.6723	The Farm	970.221.6665		
EPIC	970.221.6683	Parks/Park Shelters	970.221.6660		
Mulberry Pool	970.221.6657	Lincoln Center	970.221.6735		

Every child learns a second language ...

Tuition Free Kull day Kindergarten And each middle school student will have a laptop to enhance learning

你好!

HOLA!

Bonjour!

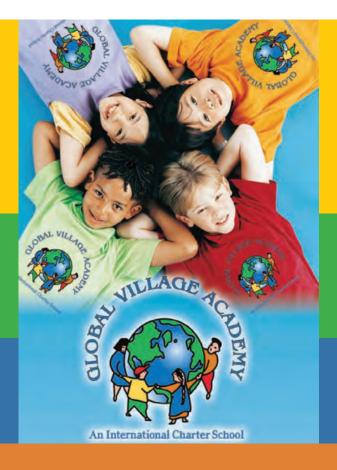


New Building Opening for 2014 school year at Northwest Corner of Horsetooth & Taft Hill Road, Ft. Collins

Tuition-Free K-8 International School With Free Full Day Kindergarten

Global Village Academies provide a rigorous multi-cultural program through research-based language immersion instruction in English and your choice of Mandarin Chinese, Spanish, or French.

Our nationally-recognized academies are among Colorado's fastest growing schools with a focus on Academic Excellence, New Language Fluency, and 21st Century Skills. (Over 1,000 kindergarten students recently applied to enroll in our Aurora Global Village Academy).



Weekly Information Meetings and Tours:

Contact us for more details Adoherty@globalvillageacademy.org or 970-282-3767

Enroll today! Free K to 6 Grade!

Note: Bus Routes Are Being Set Up

New Project-Based International Middle School The 21st Century Way to Learn NewTechNetwork.org

Global Village Academy www.globalvillageacademy.org 970-282-3767

Adaptive Recreation Opportunities ARO

The Adaptive Recreation Opportunities program provides quality and equal opportunities for recreation and leisure programs to community members with disabilities. The ARO program offers healthy and fun experiences through the following three basic service areas.

Inclusion

Do you need assistance to fully participate in activities listed throughout the Recreator? The City of Fort Collins welcomes individuals of all abilities into our classes and programs. If you are interested in participation support, please indicate any special needs you may have when you register.

Note: Requests should be made at least two weeks before the class begins. Contact Renée Lee, CTRS, 970.224.6027, rlee@fcgov.com

Transition

If you need more assistance in making your recreation and leisure choices, but want to be as independent as possible, the Transition program might be right for you. Explore new experiences; learn about exciting recreation opportunities and meet new people. A therapeutic recreation professional will help you develop your personal Passport to Recreation Profile and discuss your needs, strengths, and interests. Call 970.224.6027.

Specialized Programs ◀ARO

These programs are designed to meet the unique needs of individuals with physical, mental, and/or emotional disabilities. They can be found in the Recreator identified by the <are symbol. The Alternative Programs are designed for adults with intellectual disabilities and focus on community activities and social outings. Program descriptions can be found in the Recreator in the Alternative Programs section and include monthly dances, outings, cooking, bowling, crafts and more! Contact Jenna Moriarty, CTRS, 970.224.6125 or <code>jmoriarty@fcgov.com</code> for more information.

Attendants

There is no fee for personal care attendants providing needed assistance unless otherwise noted; however, attendants need to register separately and note whom they will be assisting. Contact Jenna Moriarty, CTRS, 970.224.6125 or jmoriarty@fcgov.com.

Volunteers Needed

Volunteers are always needed, whether assisting with a few events or being a weekly support partner. No experience is necessary; training is provided. Join us for fun and adventure! Contact Jenna Moriarty, CTRS, 970.224.6125 or jmoriarty@fcgov.com.

Thank You!

A huge thank you to our interns and fieldwork students and the many volunteers who help make our programs and services possible. We wouldn't be able to do it without them!

Check out our webpage, fcgov.com/aro

For additional information, please feel free to contact the ARO staff.

Renée Lee, CTRS, 970.224.6027, rlee@fcgov.com Jenna Moriarty, CTRS 970.224.6125, jmoriarty@fcgov.com Brenda McDowell, 970.416.2024, bmcdowell@fcgov.com ARO Interns, 970.224.6034, aro@fcgov.com

Area Recreation Opportunities

Athletes in Tandem

Athletes in Tandem, Inc. is a nonprofit organization that actively participates in relationships with athletes who have a disability to enhance the quality of their lives by competing together in triathlons, running, biking and swimming events.

Dennis Vanderheiden, 970.217.6751, dennis@athletesintandem.org

Dance Express

Modern dance training and performance opportunities for people with and without disabilities.

Mary Elizabeth Lenahan, 970.493.2113, danceexpress@juno.com

Special Needs Swim

The Student Leadership, Involvement and Community Engagement (SLiCE) office at Colorado State University matches volunteers with individuals with disabilities to provide one-on-one recreational and leisure swimming opportunities.

970.491.2321, specialneedsswim@gmail.com

Trips & Tours for People with Special Needs

"Just for the Fun of It" Joan Handley, 970.532.4032

Club Bunches

This social club includes people of all abilities who participate in weekday activities.

Christine Barrett, 970.282.0695

F.R.E.E. Front Range Exceptional Equestrians

Therapeutic horseback riding program. Sherry Butler, 970.221.0646, *ridewithfree*.org

Transportation

Participants are responsible for their own transportation unless otherwise noted. The following resources provide transportation:

 Transfort (city bus)
 970.221.6620

 Dial-A-Ride
 970.224.6066

 SAINT
 970.223.8645

 Larimer Lift
 970.498.7541

Special Olympics

Please contact the following coordinators or coaches for season information or to volunteer:

Adult Unified Softball

Renée Lee 970.224.6027

Youth/Teen Baseball for All

Renée Lee 970.224.6027

Other ARO Activities in Recreator:

Aquatic Fitness		Fitness	
MS Aqua	23	Adaptive Yoga	75
Twinges in the Hinges	23	MS Dryland Exercise	75
Twinges Plus	23		
Aqua Jogging		Ice	
with Athletes in Tandem	23	Adaptive Skate Lessons	88
Aquatics		Outdoor Recreation	
Adaptive Swim Lessons	27	Adaptive Cycling Tour	91
		Adaptive Waterskiing	92
Arts & Crafts		Poudre Raft Trip	92
Artistic Abilities	39	Adaptive Kayaking	92
Early Learning		Adaptive Watersports Day	92
Giant Friends Club	54	Sports	
		Over the Line	94
Music & Theatre		Adult Unified Softball	98
Phamaly Performance Outing	64	Youth Baseball for All	99

Alternative Programs

All programs are for ages 18 years and up unless otherwise noted.

General Information

Activities listed in this section are designed for adults with intellectual disabilities but are open to individuals without disabilities as well. These programs focus on fun and community involvement and are designed to enhance confidence and social skills.

Individuals who are not independent in activities of daily living or are in need of extra supervision are encouraged to register and participate with a personal care attendant. There is no fee for personal care attendants providing assistance unless otherwise noted; however, attendants may be asked to register separately and note whom they will be assisting so that staff can appropriately provide seating, space, and assistance in the class.

Registration is required before all trips and programs take place. Some ticketed programs will have an early registration deadline due to group purchasing. When you register for any ticketed event, the sale is considered final. No refunds are allowed unless the ticket can be resold.

Please inform us of any accommodations needed at the time of registration.

Cooking

Learn how to cook tasty foods while gaining positive eating habits. We will help you with the cooking and setting the table, and then we will all sit down to sample the finished products.

Location: Senior Center

Note: Attendants welcome at no cost. Class not discountable. Please report any food allergies to Jenna Moriarty at jmoriarty@fcgov.com or 970.224.6125.

ouiiiiioi ouiu	40			
7/16-7/23	W	6:30—8:00 рм	\$18	302401-01
Healthy Cooki	ing			
8/5-8/12	Tu	6:30-8:00 рм	\$18	302401-02

Crafts

Discover the artist within yourself. Express your creative skills while you enhance your artistic abilities by creating a variety of fun crafts.

Location: Senior Center

Note: Attendants welcome at no cost. Class not discountable.

6/13	F	4:00—5:30 рм	\$16	302402-01
8/4	M	4:00-5:30 PM	\$16	302402-02

Movie Night

Travel with a group to Cinema Saver 6 to watch a movie on the big screen. Meet new friends and see Hollywood's finest flicks!

Location: Edora Pool Ice Center

Note: Bring \$5 (cash only) for ticket and money for a snack, if desired. Attendants welcome at no cost but please inform Jenna Moriarty at jmoriarty@fcgov.com or 970.224.6125.

6/18	W	6:00—9:00 РМ	\$5	302403-01
7/29	Tu	6:00—9:00 РМ	\$5	302403-02
8/25	M	6:00-9:00 рм	\$5	302403-03

Restaurant Night

Explore different restaurants in town while hanging out with a great group of friends!

Location: Edora Pool Ice Center

Note: Bring approximately \$20 cash to cover your meal and a tip. Attendants welcome at no cost but please inform Jenna Moriarty at jmoriarty@fcgov.com or 970.224.6125.

6/12	Th	5:45—8:00 рм	\$5	302404-01
7/9	W	5:45—8:00 рм	\$5	302404-02
8/19	Tu	5:45—8:00 рм	\$5	302404-03

Outdoor Recreation

Park Games

Play in the park with friends! Games may include but not be limited to washers, bocce, badminton, disc golf and more! Inside games will be played if the weather does not cooperate.

Location: Senior Center

Note: Dress for the weather and bring a water bottle. Attendants welcome at no cost, but please notify Jenna Moriarty who you will be assisting.

Sports & Fitness

Adaptive Swim Lessons

See page 27 for details

Adult Unified Softball

See page 98 for details

Bowling

This program is designed for any skill level and emphasizes FUN!

Location: Chipper's Lanes North

Note: Fee includes 2 games per person per week and shoe rental, if needed. Class not discountable. Class will not be held on 7/26.

7/12-8/9	Sa	12:30—1:30 рм	\$48	302906-01
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Special Events

Monthly Themed Dances – NW

Dances are fun filled events to celebrate with friends. Dressing for the theme is highly encouraged!

Location: Senior Center

Note: No pre-registration; tickets will be sold at the door. Attendants welcome at no cost. Class not discountable.

Americana			
6/27	F	6:00-8:00 РМ	\$3 at the door
Beach Ball			
7/25	F	6:00-8:00 РМ	\$3 at the door
Jungle Safa	ari		
8/22	F	6:00-8:00 рм	\$3 at the door

Bingo & Ice Cream Social

Start your summer off with friends by playing BINGO and eating ice cream!

Location: Senior Center

Note: Attendants welcome at no cost. Class not discountable.

6/3	Tu	6:30-8:00 рм	\$10	302408-01

End of Summer Picnic

Celebrate the end of the season with friends, teammates, and family. For more information please contact Renée Lee at *rlee@fcgov.com* or 970.224.6027.

Location: Spring Canyon Park

Note: Please bring a potluck item to share.

8/14	Th	5:30-8:00 рм	\$5	302909-01



Trips & Outings

Midsummer Festival

The 2014 Scandinavian Midsummer Festival is downtown in Estes Park. We will learn about vikings, sword fighting and folk dancing!

Location: Edora Pool Ice Center

Note: Please dress for the weather and wear comfortable walking shoes. Attendants must pre-register separately. Class not discountable.

6/28	Sa	10:00 ам—4:00 рм	\$25	302312-01
6/28	Sa	10:00 AM-4:00 PM	No Fee	302312-1A

Greeley Stampede Rodeo

Join us for the PRCA Rodeo Day 4 show that is from 7–9 p.m. at the Greeley Stampede. Transportation will be provided home to those living within City limits if needed.

Location: Edora Pool Ice Center

Note: Please dress for the weather and bring rain gear. Attendants must pre-register separately. Class not discountable.

7/2	W	6:00—10:00 РМ	\$35	302313-01
7/2	W	6:00-10:00 PM	\$20	302313-1A

Beach Party

Cool off on a hot summer afternoon at Boyd Lake. Activities will include swimming, floating, and park and beach games.

Location: Edora Pool Ice Center

Note: Please bring a bathing suit, towel, sun screen, bug spray, water bottle, sack lunch, snacks and extra layers. Attendants must pre-register separately at no cost

8/1	F	2:00-6:00 РМ	\$15	302320-01
8/1	F	2:00-6:00 PM	No Fee	302320-1A

Phamaly Performance

See page 64 for details

Aqua-Fitness

Classes are for ages 18 years and up unless otherwise noted.

General Information

Classes with fewer than five patrons registered by the end of the first day of class will be canceled for that session. If the class enrollment is not met, the class will be canceled and there will be no drop-in. Drop-in participants do not count in registration numbers. Patrons may attend only the class for which they are registered. There are no make-up classes for missed aqua fitness classes.

Drop-In Policy:

Participants may drop-in to aqua fitness classes if space is available using either:

- \$5.50/class visit
- 1 admission from a 10 admission drop-in fitness pass (\$50)
- Reduced rates for drop-in to aqua-fitness classes do not apply

Aqua Personal Training

See page 73 for details.

Skip Dates:

Skip dates for these classes will be printed on the receipt after registration. 6/20, 6/25, 7/24, 9/1.

Low Intensity

Twinges in the Hinges ∢ARO ♣

People with arthritis can exercise! Certified instructors lead the class through gentle, no-impact movements. The warm water may help relieve pain and stiffness. The water's buoyancy and resistance provides support and help to maintain joint flexibility.

Stretch & Tone

This class designed to develop strength and flexibility in people who want to tone without an aerobic workout. The equipment provides different levels of difficulty. Sculpt your body without pounding your joints!

LEGEND

NW Denotes no web registration for program

M Denotes program/activity has member special

◆ARO Denotes Adaptive Recreation Opportunity program.

Basic H20 Workout

Get started in water exercise! This class is designed for people new to water exercise, recovering from an injury or with physical limitations. Range-of-motion, stretching and cardiovascular elements are emphasized.

Twinges Plus **◄**ARO

This class takes range-of-motion exercises from Twinges and adds low impact cardiovascular work. Twinges Plus is excellent for people who have recently been diagnosed with arthritis or other joint-related conditions.

MS Aqua ∢ARO - NW

This class is designed for people with multiple sclerosis or other neuromuscular disorders. Trained staff will give exercise modifications and assistance, and class members share a supportive social atmosphere. Exercises focus on maximizing or maintaining physical well-being, endurance, strength, and flexibility.

Note: Please bring an attendant if you need assistance with personal care. To join or volunteer assist, contact Jenna Moriarty at jmoriarty@fcgov.com or 970.224.6125.

Pool Running with AiT ∢ARO

Adaptive life vests are used to tow, interact and create movement for individuals with disabilities to inspire and stimulate physical activity in the water. Individuals are matched with a partner for a fun interactive pool experience.

Age: 8 years & up

Note: For more information or to volunteer, please contact Dennis Vanderheiden with Athletes in Tandem at 970.217.6751 or dennis@athletesintandem.org.

Silver Splash

Activate your aqua urge for variety! Silver Splash offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special Silver Sneakers kickboard is used to develop strength, balance and coordination.

Age: 50 years & up

Note: Nonmembers may attend by paying a drop in fee or register for the month.

Medium Intensity

Aqua - Natal

For women during or after pregnancy! Low and medium impact exercises will maintain muscle tone and cardiovascular fitness. The water may also ease the pressure of the pregnancy or build muscle to help you support your newborn's weight. Take off that excess weight after delivery!



Fitness & Fun

This class combines the traditional water workout with water volleyball and other fun games. If you are looking for a break from the norm, this is the class for you.

Classics

Enjoy the classic blend of aerobics, toning and stretching. This is the right place to begin an exercise program, maintain your fitness level or add a challenging workout!

High Intensity

Aqua Box

Punch and kick your way to fitness. Blast your muscles with this power trend in fitness. Mix kickboxing moves with aerobics for a fast, effective workout.

Deep H20

Take an aggressive approach to fitness with a vigorous, no-impact workout held in the deep water. This exercise method is excellent for people with back, hip and knee injuries. Water confidence and some swimming skills are recommended.

Low Intensity

Twinges in the Hinges ∢ARO 🎄

Location: Edora Pool Ice Center

6/2-7/2	M,W,F	7:30—8:30 am	\$45.50	300314-01
7/7-8/8	M,W,F	7:30—8:30 ам	\$49	300314-02
8/11–9/12	M,W,F	7:30—8:30 ам	\$49	300314-03
6/2-7/2	M,W,F	9:30—10:30 ам	\$45.50	300314-04
7/7-8/8	M,W,F	9:30—10:30 ам	\$49	300314-05
8/11–9/12	M,W,F	9:30—10:30 ам	\$49	300314-06

Stretch & Tone

Location: Senior Center

6/2-7/2	M,W,F	8:30-9:30 am	\$49	300410-01
7/7-8/8	M,W,F	8:30-9:30 am	\$52.50	300410-02
8/11–9/12	M,W,F	8:30-9:30 AM	\$49	300410-03

Basic H20 Workout

Location: Senior Center

6/2-7/2	M,W,F	6:15—7:15 РМ	\$49	300412-01
7/7-8/8	M,W,F	6:15—7:15 РМ	\$52.50	300412-02
8/11–9/12	M.W.F	6:15—7:15 рм	\$49	300412-03

Twinges Plus **∢**AR0

Location: Senior Center

6/2-7/2	M,W,F	12:15—1:15 РМ	\$49	300416-01
7/7–8/8	M,W,F	12:15—1:15 рм	\$52.50	300416-02
8/11–9/12	M,W,F	12:15—1:15 рм	\$49	300416-03
6/2-7/2	M,W,F	1:30—2:30 рм	\$49	300416-04
7/7–8/8	M,W,F	1:30—2:30 рм	\$52.50	300416-05
8/11–9/12	M,W,F	1:30—2:30 РМ	\$49	300416-06

MS Aqua ∢ARO - NW

Location: Mulberry Pool

	, ,			
6/10-8/26	Tu.Th	9:30-10:30 AM	\$39	

Pool Running with AiT ◀ARO

Location: Edora Pool Ice Center

6	/16-7/23	M,W	1:00—2:00 рм	\$48	302389-01

Sil	lver	Sn	lash
911	1001	υþ	IUSI

Location: Ser	nior Center	•		
6/3-7/3	Tu,Th	12:15—1:00 РМ	\$27.50	309447-01
7/8–8/7	Tu,Th	12:15—1:00 РМ	\$27.50	309447-02
8/12-9/11	Tu,Th	12:15—1:00 РМ	\$27.50	309447-03

Med	ium	Inter	sitv
11100			,

Aqua – Natal

Location: Senior Center					
6/2-7/2	M,W,F	4:15-5:15 PM	\$49	300418-01	
7/7-8/8	M,W,F	4:15-5:15 PM	\$52.50	300418-02	
8/11–9/12	M,W,F	4:15-5:15 PM	\$49	300418-03	

Fitness & Fun

Location: Seni	or Center			
6/2-7/2	M,W,F	7:30—8:30 ам	\$49	300420-01
7/7—8/8	M,W,F	7:30—8:30 ам	\$52.50	300420-02

7:30-8:30 AM

7:30-8:30 AM

\$49

\$49

\$49

\$49

\$49

\$49

\$49

\$52.50

300420-03

300222-01

300422-03

300422-04

300422-06

300422-07

300422-08

300422-09

\$52.50 300422-05

Classics

6/2-7/2

8/11-9/12

6/2-7/2

7/7-8/8

6/2-7/2

7/7-8/8

8/11-9/12

8/11-9/12

8/11-9/12

Location: Mulberry Pool

M,W,F

M,W,F

M,W,F

M,W,F

M,W,F

M,W,F

M,W,F

M,W,F

M,W,F

	, ,					
7/7–8/8	M,W,F	7:30-8:30 AM	\$52.50	300222-02		
8/11–9/12	M,W,F	7:30—8:30 ам	\$49	300222-03		
Location: Edora Pool Ice Center						
6/2-7/2	M,W,F	7:30—8:30 ам	\$45.50	300322-01		
7/7–8/8	M,W,F	7:30—8:30 ам	\$49	300322-02		
8/11–9/12	M,W,F	7:30—8:30 ам	\$49	300322-03		
Location: Sen	ior Center					
6/2-7/2	M,W,F	6:15—7:15 ам	\$49	300422-01		
7/7–8/8	M,W,F	6:15-7:15 AM	\$52.50	300422-02		

6:15-7:15 am

9:30-10:30 AM

9:30-10:30 AM

9:30-10:30 AM

5:15-6:15 PM

5:15-6:15 PM

5:15-6:15 PM

6/3-7/3	Tu,Th	8:00—9:00 ам	\$35	300422-10
7/8-8/7	Tu,Th	8:00—9:00 ам	\$35	300422-11
8/12-9/11	Tu,Th	8:00—9:00 ам	\$35	300422-12
6/3-7/3	Tu,Th	9:00—10:00 ам	\$35	300422-13
7/8-8/7	Tu,Th	9:00—10:00 ам	\$35	300422-14
8/12-9/11	Tu,Th	9:00—10:00 ам	\$35	300422-15
6/3-7/3	Tu,Th	10:00—11:00 AM	\$35	300422-16
7/8-8/7	Tu,Th	10:00—11:00 AM	\$35	300422-17
8/12-9/11	Tu,Th	10:00—11:00 AM	\$35	300422-18
6/3-7/3	Tu,Th	4:00—5:00 рм	\$35	300422-19
7/8-8/7	Tu,Th	4:00—5:00 рм	\$35	300422-20
8/12-9/11	Tu,Th	4:00—5:00 рм	\$35	300422-21
6/3-7/3	Tu,Th	7:00—8:00 рм	\$35	300422-22
7/8-8/7	Tu,Th	7:00—8:00 рм	\$35	300422-23
8/12-9/11	Tu,Th	7:00—8:00 рм	\$35	300422-24

High Intensity

Aqua Box

Location: Senior Center

6/3-7/3	Tu,Th	5:30—6:30 РМ	\$35	300428-01
7/8-8/7	Tu,Th	5:30—6:30 рм	\$35	300428-02
8/12-9/11	Tu,Th	5:30-6:30 РМ	\$35	300428-03

Deep H20

Location: Mulberry Pool

6/2-7/2	M,W,F	12:15—1:00 PM	\$38.50	300230-01
7/7–8/8	M,W,F	12:15—1:00 рм	\$41.25	300230-02
8/11–9/12	M,W,F	12:15—1:00 рм	\$38.50	300230-03
Location: Edor	a Pool Ice Ce	enter		
6/3-7/3	Tu,Th	5:30-6:30 PM	\$35	300330-01
7/8–8/7	Tu,Th	5:25-6:25 PM	\$31.50	300330-02
8/12-9/11	Tu,Th	5:25-6:25 РМ	\$35	300330-03

Aquatics

General Information

Children under the age of 8 must be accompanied by an adult. The adult must pay admission, be wearing a swimsuit, and be actively participating in the water with the child.

Clothing appropriate for swimming is required. No cutoffs or thongs will be allowed in any pool. T-shirts are allowed, but they must be white.

All patrons are required to shower before entering any pool.

Diapers or plastic pants with elastic around the legs are required to be worn by all individuals who do not have bowel and/or bladder control.

Patrons recreationally swimming before or after a class or private lesson must pay the drop-in fee.

Locker rooms will close 15 minutes after the pool closes. Parents must have children picked up when locker rooms are closed.

Children 6 and older are required to use the appropriate locker room, or they must be accompanied by a parent or guardian in the family locker room.

Please bring a lock; the City of Fort Collins is not responsible for lost or stolen items. Lockers are for use while utilizing the facility. Anything left overnight in the locker room will be removed and locks left on will be cut.

To teach private lessons, coach or provide pool therapy in any aquatic facility, an application form must be completed and approved, and the requirements for teaching/therapy/coaching must be met.

Group Rates for Swimming

Reduced swim admissions are available for groups. A group must schedule at least 48 hours in advance by calling the appropriate facility. It is preferable that payment be made by one individual check/credit card. In an effort to provide a safe pool experience, we require adult supervision for children under 8* according to the following ratios:

	# of in-water
# of children	adult supervisors
1-6	1
7–12	2
13–18	3
19-24	4

^{*}Children ages 8 and older that cannot swim or touch the bottom of the pool should be included in count for ages under 8. Groups not complying with above ratio will not be allowed to swim.

Scout Water Badges

Fee: \$35/group for each instructional hour (for up to 10 participants). Each additional participant is \$3. There is no charge for adult leaders. Call 970.221.6202 for more information.

Birthday Party Packages

Space for birthday parties will NOT be allowed in the lobbies or spectator areas at EPIC or Mulberry Pool. Space is available for a fee for refreshments and present opening. Please contact the facility where you wish to hold your party for more information.

Private Swim Instruction

Private swim instruction is available for all ability levels. Interested persons can leave their information with a cashier at either EPIC or Mulberry Pool facilities. Fee is \$20/half-hour for one student each additional student within that half-hour is an additional \$2/half-hour charge. These private lessons are not discountable.

Note: Patrons swimming recreationally before or after a private swim lesson must pay the drop-in fee.

Underwater Hockey

Underwater Hockey is a coed non-contact sport that is played on the bottom of a swimming pool. Players wear snorkel gear and hold a 7-inch wooden stick in one hand. Two teams of 6 players compete by attempting to score goals by pushing a weighted puck into their opponent's goal. Participants will learn the basics of underwater hockey. Masks, fins, snorkel and a hockey stick will be provided.

Age: 14 years & up

Note: Punch passes are available at a discount.

Ongoing	M	8.00-9.30 PM	\$6/dav

Scuba Challenge

This is for the experienced diver who wants to practice up on their diving skills. Challenges will be set-up and include some dryland information. Fees required for air and weights payable night of: \$14 own gear, \$19 gear supplied. Must have current certification.

Age: 10 years & up

6/16, 7/21, 8/18	M	7:00—9:00 рм	\$6.00/day plus fees

Learn-To-Swim Policies

The Learn-to-Swim program is based on the guidelines set up by the American Red Cross. We have grouped the ages for the classes based upon our knowledge of abilities of young swimmers. Although your child may have passed all of the preschool classes, they will not be allowed into the higher Level classes until age 6. One of the many differences in skills between Preschool and Level classes is distance/endurance and stroke development. Most preschoolers are not able to swim the required distances in the Level classes. We suggest that even though your child has completed the Preschool classes, he/she should continue to take the highest Level class or work on your own with them to increase endurance/distance in the various strokes.

Edora Pool Ice Center (EPIC), 1801 Riverside Mulberry Pool (MP), 424 West Mulberry

Drop-in Swim Test

Swim testing allows swim staff to evaluate your child (age 6+) on their swimming ability for proper swim level placement.

Mulberry Pool, Wednesday, 4-7 p.m.

EPIC, Saturday, Noon—5 p.m.

Prior to registration, we encourage you to have your child tested for proper placement (see schedule above)

If the class you wish to register for is filled, you may place your name on a paid waiting list no later than one week prior to the start of the class. Every attempt is made to accommodate the demand for swim lessons.

Parents are allowed on the pool deck for the last day of class only. Progress cards that are not picked up on the last day of class will be held for only one week at the lesson facility.

At the discretion of the lesson manager, if it is evident that a child is not water ready by the third lesson, the manager will contact the parent. A full refund will be issued for the class.

Patrons recreationally swimming before or after a class must pay the drop-in fee.

Make-up lessons are NOT available.

Class maximums are based on American Red Cross guidelines to ensure a safe learn-to-swim experience.

Class	Class Maximum
Guppy-Tadfish	10
Preschool 1-3	6
Levels 1–3	6
Level 4	8
Levels 5-6	10
Diving	8

Minimum for all classes based on cost efficiency is 4.

Adaptive Swim

Adaptive Swim Lessons ◀ARO

Basic swimming skills are introduced and/or enhanced for individuals with special needs. Previous participants will be put on a waiting list and matched as volunteers are available. Please bring an attendant if you need personal assistance outside of the water.

Age: 5 years & up

Location: Edora Pool Ice Center

Note: For more information or to volunteer, contact Jenna Moriarty at jmoriarty@fcgov.com or 970.224.6125. Class partially discountable.

6/24-7/29	Tu	4:15—4:45 РМ	\$30	302326-01
6/24-7/29	Tu	4:50-5:20 PM	\$30	302326-02

Adult Swim Classes

Adult 101 Beginner Swim

Class is designed for the adult beginner who may be timid about swimming or who has never swam before. The course is geared toward individual goals of the participants. It will involve reducing fears, anxieties and also improving basic swim skills.

Age: 15 years & up

Location: Edora Pool Ice Center **Note:** Class partially discountable.

6/2-6/25 M,W 7:00-7:45 PM \$50 301338-01
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Adult Advanced Swim

This class is for adults who are ready to work on improving their strokes. Participants will become more effective and efficient with their swim strokes.

Age: 15 years & up

Location: Edora Pool Ice Center **Note:** Class partially discountable.

6/30-7/23 M,W 7:00-7:45 PM \$50 301339-01



Teen Beginner

Teen Swim Instruction

This class is designed for all levels of teen swimmers. Join others your own age in this class which is designed to help not only the beginner swimmer gain swim skills but also the advanced swimmer gain endurance strength in swimming.

Age: 13-17 years

Note: Class partially discountable.

Location: Edora Pool Ice Center

6/2-6/25	M,W	4:15—4:45 рм	\$36	301335-01
6/16-6/26	M-Th	10:00—10:30 ам	\$36	301335-02
7/14–7/23	M-Th	11:20—11:50 ам	\$31.50	301335-03
Location: Mult	erry Pool			
7/13-8/10	Su	3:15—3:45 РМ	\$22.50	301235-01

Learn-To-Swim

Guppy

This class will help develop swimming readiness by leading parents and their children in water exploration activities with the objective of having FUN and becoming comfortable in, on, and around water. Parent participation required.

Age: 6-18 months

Location: Edora Pool Ice Center **Note:** Class partially discountable.

6/2-6/12	M—Th	8:30—9:00 am	\$36	301310-01
6/2-6/12	M-Th	10:40-11:10 am	\$36	301310-02
6/2-6/25	M,W	4:15—4:45 рм	\$36	301310-03
6/2-6/25	M,W	5:35—6:05 РМ	\$36	301310-04
6/16-6/26	M—Th	10:00—10:30 ам	\$36	301310-05
6/16-6/26	M—Th	10:40—11:10 ам	\$36	301310-06
6/16-6/26	M—Th	11:20-11:50 AM	\$36	301310-07
6/30-7/10	M—Th	8:30-9:00 AM	\$36	301310-08
6/30-7/10	M-Th	10:40—11:10 ам	\$36	301310-09
6/30-7/10	M—Th	11:20-11:50 AM	\$36	301310-10
6/30-7/23	M,W	4:15—4:45 рм	\$36	301310-11

0		4:
GUPP	y con	tinued

6/30-7/23	M,W	5:35—6:05 РМ	\$36	301310-12
7/14-7/23	M—Th	8:30-9:00 am	\$31.50	301310-13
7/14-7/23	M—Th	10:00—10:30 ам	\$31.50	301310-14
7/14-7/23	M-Th	10:40—11:10 AM	\$31.50	301310-15
7/14-7/23	M-Th	11:20—11:50 ам	\$31.50	301310-16
7/28-8/7	M-Th	8:30-9:00 am	\$36	301310-17
7/28-8/7	M—Th	10:00—10:30 ам	\$36	301310-18
7/28-8/7	M-Th	10:40—11:10 ам	\$36	301310-19

Advanced Guppy

Parent participation class for children who are walking. Designed to introduce your child to deep water and to the wading pool at EPIC and shallow end at Mulberry Pool while introducing beginning swimming skills.

Age: 10-24 months

Note: Class partially discountable.

Location: Mulberry Pool

6/3-6/26	Tu,Th	4:55-5:25 PM	\$36	301212-01
6/3-6/26	Tu,Th	6:15-6:45 PM	\$36	301212-02
6/7–7/5	Sa	9:00—9:30 ам	\$22.50	301212-03
6/7–7/5	Sa	10:20—10:50 ам	\$22.50	301212-04
6/7–7/5	Sa	11:40 ам—12:10 рм	\$22.50	301212-05
6/8-7/6	Su	3:55-4:25 PM	\$22.50	301212-06
6/8-7/6	Su	5:15-5:45 PM	\$22.50	301212-07
6/8-7/6	Su	6:40—7:10 рм	\$22.50	301212-08
7/1–7/24	Tu,Th	4:55-5:25 PM	\$36	301212-09
7/1–7/24	Tu,Th	6:15-6:45 PM	\$36	301212-10
7/12-8/9	Sa	8:20-8:50 AM	\$22.50	301212-11
7/12-8/9	Sa	9:40-10:10 AM	\$22.50	301212-12
7/12-8/9	Sa	11:00—11:30 ам	\$22.50	301212-13
7/13-8/10	Su	3:15—3:45 РМ	\$22.50	301212-14
7/13-8/10	Su	4:35-5:05 PM	\$22.50	301212-15
7/13-8/10	Su	5:55-6:25 РМ	\$22.50	301212-16

Advanced Guppy continued

Incation.	Edora	Pnnl	Ice Center
LUGALIUII.	Luvia	1 001	

6/2-6/12	M-Th	10:00—10:30 ам	\$36	301312-01
6/2-6/25	M,W	4:55-5:25 PM	\$36	301312-02
6/16-6/26	M-Th	8:30-9:00 AM	\$36	301312-03
6/16-6/26	M-Th	11:20—11:50 ам	\$36	301312-04
6/30-7/10	M-Th	10:00—10:30 ам	\$36	301312-05
6/30-7/10	M-Th	10:40—11:10 ам	\$36	301312-06
6/30-7/23	M,W	4:55-5:25 PM	\$36	301312-07
7/14–7/23	M-Th	8:30-9:00 AM	\$31.50	301312-08
7/14-7/23	M-Th	10:40—11:10 ам	\$31.50	301312-09
7/28-8/7	M-Th	10:00—10:30 ам	\$36	301312-10
7/28-8/7	M-Th	11:20—11:50 ам	\$36	301312-11

Tadfish

Parent participation class to prepare those youngsters not yet ready to take a class without mom or dad. Introduce new skills based on the child's age, experience and readiness.

Age: 2-4 years

Note: Class partially discountable.

Location: Mulberry Pool

Lucation: Mui	Derry Foor			
6/3-6/26	Tu,Th	4:15-4:45 PM	\$36	301214-01
6/3-6/26	Tu,Th	5:35—6:05 РМ	\$36	301214-02
6/7–7/5	Sa	8:20-8:50 AM	\$22.50	301214-03
6/7–7/5	Sa	9:40-10:10 AM	\$22.50	301214-04
6/8-7/6	Su	3:15—3:45 рм	\$22.50	301214-05
6/8-7/6	Su	4:35-5:05 PM	\$22.50	301214-06
6/8–7/6	Su	5:55-6:25 PM	\$22.50	301214-07
7/1–7/24	Tu,Th	4:15-4:45 PM	\$36	301214-08
7/1–7/24	Tu,Th	5:35—6:05 РМ	\$36	301214-09
7/12-8/9	Sa	9:00-9:30 AM	\$22.50	301214-10
7/12-8/9	Sa	10:20—10:50 ам	\$22.50	301214-11
7/12-8/9	Sa	11:40 ам—12:10 рм	\$22.50	301214-12
7/13-8/10	Su	3:55-4:25 PM	\$22.50	301214-13
7/13-8/10	Su	5:15—5:45 РМ	\$22.50	301214-14
7/13-8/10	Su	6:40—7:10 рм	\$22.50	301214-15

Tadfish continued

Location: Edora P	ool Ice Center
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6/2-6/12	M—Th	8:30—9:00 ам	\$36	301314-01
6/2-6/12	M—Th	11:20—11:50 ам	\$36	301314-02
6/2-6/25	M,W	6:15-6:45 PM	\$36	301314-03
6/16-6/26	M—Th	10:00—10:30 ам	\$36	301314-04
6/30-7/10	M-Th	8:30-9:00 am	\$36	301314-05
6/30-7/10	M-Th	11:20—11:50 ам	\$36	301314-06
6/30-7/23	M,W	6:15-6:45 PM	\$36	301314-07
7/14-7/23	M-Th	10:00—10:30 ам	\$31.50	301314-08
7/14-7/23	M—Th	11:20-11:50 AM	\$31.50	301314-09
7/28-8/7	M-Th	8:30-9:00 am	\$36	301314-10
7/28-8/7	M-Th	10:40—11:10 ам	\$36	301314-11

Preschool 1

At the completion of Preschool 1, participants should be comfortable getting in and moving through the water and be willing to put their face in the water. Children should also be able to use arm and leg movements while being supported.

Age: 3-5 years

Note: Class partially discountable.

Location: Mulberry Pool

Location: Mul	berry Pool			
6/3-6/26	Tu,Th	4:15—4:45 рм	\$36	301216-01
6/3-6/26	Tu,Th	5:35—6:05 РМ	\$36	301216-02
6/7–7/5	Sa	8:20—8:50 am	\$22.50	301216-03
6/7–7/5	Sa	9:40-10:10 am	\$22.50	301216-04
6/7–7/5	Sa	11:00—11:30 ам	\$22.50	301216-05
6/8-7/6	Su	3:15—3:45 рм	\$22.50	301216-06
6/8-7/6	Su	4:35—5:05 рм	\$22.50	301216-07
6/8-7/6	Su	5:55—6:25 рм	\$22.50	301216-08
7/1–7/24	Tu,Th	4:15-4:45 pm	\$36	301216-09
7/1–7/24	Tu,Th	5:35—6:05 рм	\$36	301216-10
7/12-8/9	Sa	8:20—8:50 am	\$22.50	301216-11
7/12-8/9	Sa	9:40-10:10 am	\$22.50	301216-12
7/12-8/9	Sa	11:00—11:30 ам	\$22.50	301216-13
7/13-8/10	Su	3:15—3:45 рм	\$22.50	301216-14
7/13-8/10	Su	5:15—5:45 рм	\$22.50	301216-15
7/13-8/10	Su	6:40—7:10 рм	\$22.50	301216-16

Aquatics

Preschool 1 continued

Location: Edor	a Pool Ice C	enter		
6/2-6/12	M-Th	8:30—9:00 AM	\$36	301316-01
6/2-6/12	M-Th	10:00—10:30 ам	\$36	301316-02
6/2-6/12	M-Th	10:00—10:30 ам	\$36	301316-03
6/2-6/12	M-Th	10:40—11:10 am	\$36	301316-04
6/2-6/12	M-Th	11:20—11:50 ам	\$36	301316-05
6/2-6/25	M,W	4:15-4:45 PM	\$36	301316-06
6/2-6/25	M,W	5:35—6:05 РМ	\$36	301316-07
6/16-6/26	M-Th	8:30-9:00 AM	\$36	301316-08
6/16-6/26	M-Th	10:00—10:30 ам	\$36	301316-09
6/16-6/26	M-Th	10:40—11:10 ам	\$36	301316-10
6/16-6/26	M-Th	11:20—11:50 ам	\$36	301316-11
6/16-6/26	M-Th	11:20—11:50 ам	\$36	301316-12
6/30-7/10	M-Th	8:30-9:00 AM	\$36	301316-13
6/30-7/10	M-Th	10:00—10:30 ам	\$36	301316-14
6/30-7/10	M-Th	10:00—10:30 ам	\$36	301316-15
6/30-7/10	M-Th	10:40—11:10 am	\$36	301316-16
6/30-7/10	M-Th	11:20—11:50 ам	\$36	301316-17
6/30-7/23	M,W	4:15-4:45 PM	\$36	301316-18
6/30-7/23	M,W	4:55-5:25 PM	\$36	301316-19
6/30-7/23	M,W	6:15-6:45 PM	\$36	301316-20
7/14-7/23	M-Th	8:30-9:00 AM	\$31.50	301316-21
7/14-7/23	M-Th	10:00—10:30 ам	\$31.50	301316-22
7/14-7/23	M-Th	10:40—11:10 ам	\$31.50	301316-23
7/14-7/23	M-Th	11:20—11:50 ам	\$31.50	301316-24
7/28-8/7	M-Th	8:30-9:00 AM	\$36	301316-25
7/28-8/7	M-Th	10:00—10:30 ам	\$36	301316-26
7/28-8/7	M-Th	10:40—11:10 AM	\$36	301316-27
7/28-8/7	M-Th	11:20—11:50 ам	\$36	301316-28

Preschool 2

At the completion of Preschool 2, participants should be gaining confidence in the water and should be willing to fully submerge. Children should also be able to use arm and leg movements with assistance as needed.

Age: 3-5 years

Note: Class partially discountable.

6/3-6/26	Tu,Th	4:55-5:25 PM	\$36	301218-01
6/3-6/26	Tu,Th	6:15—6:45 рм	\$36	301218-02
6/7–7/5	Sa	9:00—9:30 AM	\$22.50	301218-03
6/7–7/5	Sa	10:20—10:50 ам	\$22.50	301218-04
6/7–7/5	Sa	11:40 ам—12:10 рм	\$22.50	301218-05
6/8-7/6	Su	3:55-4:25 PM	\$22.50	301218-06
6/8–7/6	Su	5:15—5:45 рм	\$22.50	301218-07
6/8–7/6	Su	6:40—7:10 рм	\$22.50	301218-08
7/1–7/24	Tu,Th	4:55-5:25 PM	\$36	301218-09
7/1–7/24	Tu,Th	6:15—6:45 рм	\$36	301218-10
7/12-8/9	Sa	9:00—9:30 AM	\$22.50	301218-11
7/12-8/9	Sa	10:20—10:50 ам	\$22.50	301218-12
7/12-8/9	Sa	11:40 ам—12:10 рм	\$22.50	301218-13
7/13-8/10	Su	4:35-5:05 PM	\$22.50	301218-14
7/13-8/10	Su	5:55-6:25 РМ	\$22.50	301218-15
7/13-8/10	Su	6:40—7:10 рм	\$22.50	301218-16
7/13–8/10 Location: Edon	ra Pool Ice C		\$22.50	301218-16
			\$22.50 \$36	301218-16 301318-01
Location: Edo	ra Pool Ice C	enter		
Location: Edol 6/2–6/12	ra Pool Ice Co M—Th	enter 8:30—9:00 am	\$36	301318-01
Location: Edol 6/2-6/12 6/2-6/12	ra Pool Ice Co M—Th M—Th	8:30-9:00 AM 10:00-10:30 AM	\$36 \$36	301318-01 301318-02
6/2-6/12 6/2-6/12 6/2-6/12	ra Pool Ice Co M—Th M—Th M—Th	8:30-9:00 AM 10:00-10:30 AM 10:40-11:10 AM	\$36 \$36 \$36	301318-01 301318-02 301318-03
6/2-6/12 6/2-6/12 6/2-6/12 6/2-6/12	ra Pool Ice Co M—Th M—Th M—Th M—Th	8:30-9:00 AM 10:00-10:30 AM 10:40-11:10 AM 11:20-11:50 AM	\$36 \$36 \$36 \$36	301318-01 301318-02 301318-03 301318-04
6/2-6/12 6/2-6/12 6/2-6/12 6/2-6/12 6/2-6/25	ra Pool Ice Co M—Th M—Th M—Th M—Th M,W	enter 8:30—9:00 AM 10:00—10:30 AM 10:40—11:10 AM 11:20—11:50 AM 4:15—4:45 PM	\$36 \$36 \$36 \$36 \$36	301318-01 301318-02 301318-03 301318-04 301318-05
6/2-6/12 6/2-6/12 6/2-6/12 6/2-6/12 6/2-6/25 6/2-6/25	ma Pool Ice Comments Menth	enter 8:30-9:00 AM 10:00-10:30 AM 10:40-11:10 AM 11:20-11:50 AM 4:15-4:45 PM 4:55-5:25 PM	\$36 \$36 \$36 \$36 \$36 \$36	301318-01 301318-02 301318-03 301318-04 301318-05 301318-06
6/2-6/12 6/2-6/12 6/2-6/12 6/2-6/12 6/2-6/25 6/2-6/25 6/16-6/26	ma Pool Ice Command	enter 8:30-9:00 AM 10:00-10:30 AM 10:40-11:10 AM 11:20-11:50 AM 4:15-4:45 PM 4:55-5:25 PM 8:30-9:00 AM	\$36 \$36 \$36 \$36 \$36 \$36 \$36	301318-01 301318-02 301318-03 301318-04 301318-05 301318-06 301318-07
6/2-6/12 6/2-6/12 6/2-6/12 6/2-6/12 6/2-6/25 6/2-6/25 6/16-6/26	ma Pool Ice Commerts Menth	enter 8:30-9:00 AM 10:00-10:30 AM 10:40-11:10 AM 11:20-11:50 AM 4:15-4:45 PM 4:55-5:25 PM 8:30-9:00 AM 10:00-10:30 AM	\$36 \$36 \$36 \$36 \$36 \$36 \$36 \$36	301318-01 301318-02 301318-03 301318-04 301318-05 301318-06 301318-07 301318-08
6/2-6/12 6/2-6/12 6/2-6/12 6/2-6/12 6/2-6/25 6/2-6/25 6/16-6/26 6/16-6/26	ma Pool Ice Comments Menth	enter 8:30–9:00 AM 10:00–10:30 AM 10:40–11:10 AM 11:20–11:50 AM 4:15–4:45 PM 4:55–5:25 PM 8:30–9:00 AM 10:00–10:30 AM 10:40–11:10 AM	\$36 \$36 \$36 \$36 \$36 \$36 \$36 \$36 \$36	301318-01 301318-02 301318-03 301318-04 301318-05 301318-06 301318-07 301318-08 301318-09
6/2-6/12 6/2-6/12 6/2-6/12 6/2-6/12 6/2-6/12 6/2-6/25 6/2-6/25 6/16-6/26 6/16-6/26 6/16-6/26	ma Pool Ice Comments Menth	enter 8:30–9:00 AM 10:00–10:30 AM 10:40–11:10 AM 11:20–11:50 AM 4:15–4:45 PM 4:55–5:25 PM 8:30–9:00 AM 10:00–10:30 AM 10:40–11:10 AM 11:20–11:50 AM	\$36 \$36 \$36 \$36 \$36 \$36 \$36 \$36 \$36	301318-01 301318-02 301318-03 301318-04 301318-05 301318-06 301318-07 301318-08 301318-09 301318-10
Location: Edol 6/2-6/12 6/2-6/12 6/2-6/12 6/2-6/12 6/2-6/25 6/2-6/25 6/16-6/26 6/16-6/26 6/16-6/26 6/30-7/10	ma Pool Ice Command	enter 8:30-9:00 AM 10:00-10:30 AM 10:40-11:10 AM 11:20-11:50 AM 4:15-4:45 PM 4:55-5:25 PM 8:30-9:00 AM 10:40-11:10 AM 11:20-11:50 AM 8:30-9:00 AM	\$36 \$36 \$36 \$36 \$36 \$36 \$36 \$36 \$36 \$36	301318-01 301318-02 301318-03 301318-04 301318-05 301318-06 301318-07 301318-08 301318-09 301318-10 301318-10

FIESCHOOLZ COMMINUE	Preschool 2 co.	ntinued	1
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6/30-7/10	M-Th	11:20—11:50 ам	\$36	301318-14
6/30-7/10	M—Th	11:20—11:50 ам	\$36	301318-15
6/30-7/23	M,W	4:15-4:45 PM	\$36	301318-16
6/30-7/23	M,W	5:35—6:05 РМ	\$36	301318-17
7/14–7/23	M—Th	8:30-9:00 AM	\$31.50	301318-18
7/14–7/23	M—Th	10:00—10:30 ам	\$31.50	301318-19
7/14–7/23	M—Th	10:40-11:10 AM	\$31.50	301318-20
7/14–7/23	M—Th	11:20—11:50 ам	\$31.50	301318-21
7/28-8/7	M—Th	8:30-9:00 AM	\$36	301318-22
7/28-8/7	M—Th	10:00—10:30 ам	\$36	301318-23
7/28-8/7	M—Th	10:40-11:10 AM	\$36	301318-24
7/28-8/7	M—Th	11:20—11:50 ам	\$36	301318-25
7/28-8/7	M-Th	11:20—11:50 ам	\$36	301318-26

Preschool 3

At the completion of Preschool 3, participants should be increasingly confident in the water. Participants are starting to swim independently using arm and leg movements, but may still need assistance when taking a breath.

Age: 3-5 years

Note: Class partially discountable.

Location: Mulberry Pool

Location. Mu	iberry i oui			
6/3-6/26	Tu,Th	4:15—4:45 РМ	\$36	301220-01
6/3-6/26	Tu,Th	6:15—6:45 рм	\$36	301220-02
6/7–7/5	Sa	8:20—8:50 am	\$22.50	301220-03
6/7–7/5	Sa	9:40—10:10 ам	\$22.50	301220-04
6/7–7/5	Sa	11:00—11:30 ам	\$22.50	301220-05
6/8-7/6	Su	3:15—3:45 рм	\$22.50	301220-06
6/8-7/6	Su	4:35—5:05 рм	\$22.50	301220-07
6/8-7/6	Su	6:40—7:10 рм	\$22.50	301220-08
7/1–7/24	Tu,Th	4:15—4:45 рм	\$36	301220-09
7/1–7/24	Tu,Th	6:15-6:45 рм	\$36	301220-10
7/12-8/9	Sa	8:20—8:50 ам	\$22.50	301220-11
7/12-8/9	Sa	9:40—10:10 am	\$22.50	301220-12
7/12-8/9	Sa	10:20—10:50 ам	\$22.50	301220-13
7/13-8/10	Su	3:55—4:25 рм	\$22.50	301220-14
7/13-8/10	Su	5:55—6:25 РМ	\$22.50	301220-15
7/13-8/10	Su	6:40—7:10 рм	\$22.50	301220-16

Preschool 3 continued

7/28-8/7

M-Th

Preschool 3 contil	nued			
Location: Edo	ra Pool Ice (Center		
6/2-6/12	M-Th	8:30-9:00 am	\$36	301320-01
6/2-6/12	M-Th	10:00—10:30 ам	\$36	301320-02
6/2-6/12	M—Th	10:40—11:10 AM	\$36	301320-03
6/2-6/12	M-Th	11:20—11:50 ам	\$36	301320-04
6/2-6/25	M,W	4:55-5:25 PM	\$36	301320-05
6/2-6/25	M,W	6:15—6:45 РМ	\$36	301320-06
6/16-6/26	M—Th	8:30-9:00 AM	\$36	301320-07
6/16-6/26	M—Th	10:00—10:30 ам	\$36	301320-08
6/16-6/26	M—Th	10:40—11:10 AM	\$36	301320-09
6/16-6/26	M—Th	11:20—11:50 ам	\$36	301320-10
6/30-7/10	M-Th	8:30-9:00 am	\$36	301320-11
6/30-7/10	M-Th	10:00—10:30 ам	\$36	301320-12
6/30-7/10	M-Th	10:40—11:10 am	\$36	301320-13
6/30-7/10	M-Th	11:20—11:50 ам	\$36	301320-14
6/30-7/23	M,W	4:55-5:25 PM	\$36	301320-15
6/30-7/23	M,W	5:35—6:05 РМ	\$36	301320-16
7/14-7/23	M-Th	8:30-9:00 am	\$31.50	301320-17
7/14-7/23	M-Th	10:00—10:30 ам	\$31.50	301320-18
7/14-7/23	M—Th	11:20—11:50 ам	\$31.50	301320-19
7/28-8/7	M-Th	8:30-9:00 am	\$36	301320-20
7/28-8/7	M-Th	10:00—10:30 ам	\$36	301320-21
7/28-8/7	M-Th	10:40—11:10 ам	\$36	301320-22

11:20-11:50 AM

\$36

301320-23

Level 1

At the completion of Level 1, participants should be comfortable getting in and moving through the water and be willing to put their faces in the water repeatedly. Participants should also be able to use arm and leg movements while supported.

Age: 6–12 years

Note: Class partially discountable.

Location: Mulberry Pool

	Jerry I dui			
6/3-6/26	Tu,Th	4:55-5:25 PM	\$36	301222-01
6/3-6/26	Tu,Th	6:15—6:45 рм	\$36	301222-02
6/7–7/5	Sa	9:00-9:30 AM	\$22.50	301222-03
6/7–7/5	Sa	10:20—10:50 ам	\$22.50	301222-04
6/7–7/5	Sa	11:40 ам—12:10 рм	\$22.50	301222-05
6/8-7/6	Su	3:55-4:25 PM	\$22.50	301222-06
6/8-7/6	Su	5:55-6:25 PM	\$22.50	301222-07
6/8-7/6	Su	6:40—7:10 рм	\$22.50	301222-08
7/1–7/24	Tu,Th	4:55-5:25 PM	\$36	301222-09
7/1–7/24	Tu,Th	6:15—6:45 рм	\$36	301222-10
7/12-8/9	Sa	8:20-8:50 AM	\$22.50	301222-11
7/12-8/9	Sa	9:40-10:10 AM	\$22.50	301222-12
7/12-8/9	Sa	11:00—11:30 ам	\$22.50	301222-13
7/12-8/9	Sa	11:40 ам—12:10 рм	\$22.50	301222-14
7/13-8/10	Su	3:55-4:25 PM	\$22.50	301222-15
7/13-8/10	Su	5:15-5:45 PM	\$22.50	301222-16
7/13-8/10	Su	6:40—7:10 рм	\$22.50	301222-17
Location: Edor	a Pool Ice Co	enter		
6/2-6/12	M-Th	8:30—9:00 ам	\$36	301322-01
6/2-6/12	M-Th	10:00—10:30 ам	\$36	301322-02
6/2-6/12	M-Th	10:40—11:10 ам	\$36	301322-03
6/2-6/12	M-Th	10:40-11:10 AM	\$36	301322-04
6/2-6/12	M-Th	11:20—11:50 ам	\$36	301322-05
6/2-6/25	M,W	4:15-4:45 PM	\$36	301322-06
6/2-6/25	M,W	5:35-6:05 PM	\$36	301322-07
6/16-6/26	M-Th	8:30-9:00 AM	\$36	301322-08
6/16-6/26	M-Th	10:00—10:30 ам	\$36	301322-09

10:40-11:10 AM

11:20-11:50 AM

8:30-9:00 AM

\$36

\$36

\$36

301322-10

301322-11

301322-12

6/30-7/10	M-Th	10:00—10:30 ам	\$36	301322-13
6/30-7/10	M-Th	10:40-11:10 AM	\$36	301322-14
6/30-7/10	M-Th	11:20—11:50 ам	\$36	301322-15
6/30-7/23	M,W	4:15-4:45 PM	\$36	301322-16
6/30-7/23	M,W	5:35-6:05 PM	\$36	301322-17
6/30-7/23	M,W	6:15—6:45 РМ	\$36	301322-18
7/14–7/23	M-Th	8:30-9:00 AM	\$31.50	301322-19
7/14-7/23	M-Th	10:00—10:30 ам	\$31.50	301322-20
7/14-7/23	M-Th	11:20—11:50 ам	\$31.50	301322-21
7/28-8/7	M-Th	8:30-9:00 AM	\$36	301322-22
7/28-8/7	M-Th	10:00—10:30 ам	\$36	301322-23

10:00-10:30 AM

11:20-11:50 AM

301322-24

301322-25

\$36

\$36

Level 2

7/28-8/7

7/28-8/7

Level 1 continued

At the completion of Level 2, participants should be increasingly confident in the water. Participants are starting to swim independently using arm and leg movements, but may still need assistance when taking a breath.

Age: 6-12 years

Note: Class partially discountable.

M-Th

M-Th

Location: Mulberry Pool

Location. Mai	DOITY TOOL			
6/3-6/26	Tu,Th	4:15-4:45 PM	\$36	301224-01
6/3-6/26	Tu,Th	5:35—6:05 РМ	\$36	301224-02
6/7–7/5	Sa	8:20-8:50 am	\$22.50	301224-03
6/7–7/5	Sa	9:40-10:10 AM	\$22.50	301224-04
6/7–7/5	Sa	11:40 ам—12:10 рм	\$22.50	301224-05
6/8-7/6	Su	3:15-3:45 PM	\$22.50	301224-06
6/8-7/6	Su	5:15-5:45 PM	\$22.50	301224-07
6/8-7/6	Su	5:55-6:25 PM	\$22.50	301224-08
6/8-7/6	Su	6:40—7:10 рм	\$22.50	301224-09
7/1-7/24	Tu,Th	4:15-4:45 PM	\$36	301224-10
7/1-7/24	Tu,Th	5:35—6:05 РМ	\$36	301224-11
7/12-8/9	Sa	9:00-9:30 AM	\$22.50	301224-12
7/12-8/9	Sa	10:20—10:50 ам	\$22.50	301224-13
7/12-8/9	Sa	11:40 ам—12:10 рм	\$22.50	301224-14
7/13-8/10	Su	3:15-3:45 PM	\$22.50	301224-15
7/13-8/10	Su	4:35—5:05 РМ	\$22.50	301224-16
7/13-8/10	Su	5:55-6:25 РМ	\$22.50	301224-17

6/16-6/26

6/16-6/26

6/30-7/10

M-Th

M-Th

M-Th

Level 2 continued

	EUVOL E VOINTIAGU					
Location: Edo	ra Pool Ice	Center				
6/2-6/12	M—Th	8:30—9:00 am	\$36	301324-01		
6/2-6/12	M—Th	10:00—10:30 ам	\$36	301324-02		
6/2-6/12	M-Th	10:00—10:30 ам	\$36	301324-03		
6/2-6/12	M—Th	10:40—11:10 ам	\$36	301324-04		
6/2-6/12	M-Th	11:20—11:50 ам	\$36	301324-05		
6/2-6/12	M-Th	11:20—11:50 ам	\$36	301324-06		
6/2-6/25	M,W	4:55—5:25 рм	\$36	301324-07		
6/2-6/25	M,W	6:15—6:45 РМ	\$36	301324-08		
6/16-6/26	M-Th	8:30-9:00 am	\$36	301324-09		
6/16-6/26	M-Th	8:30-9:00 am	\$36	301324-10		
6/16-6/26	M-Th	10:00—10:30 ам	\$36	301324-11		
6/16-6/26	M-Th	10:40—11:10 ам	\$36	301324-12		
6/16-6/26	M-Th	11:20—11:50 ам	\$36	301324-13		
6/30-7/10	M-Th	8:30-9:00 AM	\$36	301324-14		
6/30-7/10	M-Th	10:00-10:30 AM	\$36	301324-15		
6/30-7/10	M-Th	10:00-10:30 AM	\$36	301324-16		
6/30-7/10	M-Th	11:20—11:50 ам	\$36	301324-17		
6/30-7/23	M,W	4:15-4:45 рм	\$36	301324-18		
6/30-7/23	M,W	4:55—5:25 РМ	\$36	301324-19		
6/30-7/23	M,W	6:15-6:45 РМ	\$36	301324-20		
7/14-7/23	M-Th	8:30-9:00 AM	\$31.50	301324-21		
7/14-7/23	M-Th	10:00-10:30 AM	\$31.50	301324-22		
7/14–7/23	M-Th	10:40—11:10 ам	\$31.50	301324-23		
7/14-7/23	M-Th	11:20—11:50 ам	\$31.50	301324-24		
7/28-8/7	M-Th	8:30-9:00 am	\$36	301324-25		
7/28–8/7	M-Th	10:00-10:30 AM	\$36	301324-26		
7/28-8/7	M-Th	10:40—11:10 ам	\$36	301324-27		
7/28–8/7	M-Th	11:20—11:50 ам	\$36	301324-28		

Level 3

At the completion of Level 3, participants are starting to show stroke proficiency in the front crawl and elementary backstroke. They demonstrate comfort in deep water and can enter the water headfirst from both sitting and kneeling positions.

Age: 6–12 years

Note: Class partially discountable.

Location:	Mulberry	Pool
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Location: Mulberry Pool						
6/3-6/26	Tu,Th	4:55-5:40 PM	\$50	301226-01		
6/7–7/5	Sa	9:00—9:45 AM	\$31.25	301226-02		
6/7–7/5	Sa	10:20—11:05 ам	\$31.25	301226-03		
6/8–7/6	Su	3:15—4:00 рм	\$31.25	301226-04		
6/8–7/6	Su	5:15-6:00 РМ	\$31.25	301226-05		
7/1–7/24	Tu,Th	5:35—6:20 РМ	\$50	301226-06		
7/12-8/9	Sa	8:20—9:05 AM	\$31.25	301226-07		
7/12-8/9	Sa	11:00—11:45 ам	\$31.25	301226-08		
7/13-8/10	Su	3:15—4:00 рм	\$31.25	301226-09		
7/13-8/10	Su	4:35—5:20 рм	\$31.25	301226-10		
Location: Edor	Location: Edora Pool Ice Center					
6/2-6/12	M-Th	10:00—10:45 ам	\$50	301326-01		
6/2-6/12	M-Th	11:20 ам—12:05 рм	\$50	301326-02		
6/2-6/25	M,W	4:15-5:00 PM	\$50	301326-03		
6/2-6/25	M,W	4:55-5:40 PM	\$50	301326-04		
6/16-6/26	M-Th	10:00—10:45 ам	\$50	301326-05		
6/16-6/26	M-Th	10:40—11:25 AM	\$50	301326-06		
6/30-7/10	M-Th	10:00—10:45 ам	\$50	301326-07		
6/30-7/10	M-Th	10:40—11:25 AM	\$50	301326-08		
6/30-7/23	M,W	4:15-5:00 PM	\$50	301326-09		
6/30-7/23	M,W	6:15—7:00 рм	\$50	301326-10		
7/14-7/23	M-Th	10:00—10:45 ам	\$43.75	301326-11		
7/14-7/23	M-Th	10:40-11:25 AM	\$43.75	301326-12		
7/28-8/7	M-Th	10:00—10:45 ам	\$50	301326-13		
7/28-8/7	M-Th	10:40—11:25 AM	\$50	301326-14		

Level 4

When completed, Level 4 swimmers will be able to show effective and efficient strokes in the front crawl and elementary backstroke. Stroke proficiency in the breaststroke, back crawl, butterfly and sidestroke will be demonstrated as well as entering the water headfirst, both from compact and stride positions.

Age: 6–12 years

Note: Class partially discountable.

Location: Mulberry Pool

Location: Mul	berry Pooi			
6/3-6/26	Tu,Th	5:35—6:20 РМ	\$50	301228-01
6/7–7/5	Sa	11:00—11:45 ам	\$31.25	301228-02
6/8-7/6	Su	3:55—4:40 РМ	\$31.25	301228-03
7/1–7/24	Tu,Th	4:15-5:00 PM	\$50	301228-04
7/12-8/9	Sa	10:20—11:05 ам	\$31.25	301228-05
7/13-8/10	Su	5:15-6:00 PM	\$31.25	301228-06
Location: Edo	ra Pool Ice C	enter		
6/2-6/12	M-Th	10:00—10:45 ам	\$50	301328-01
6/2-6/12	M-Th	10:40—11:25 ам	\$50	301328-02
6/2-6/25	M,W	6:15—7:00 рм	\$50	301328-03
6/30-7/10	M-Th	10:40—11:25 ам	\$50	301328-04
6/30-7/23	M,W	5:35—6:20 РМ	\$50	301328-05
7/14-7/23	M-Th	10:40—11:25 AM	\$43.75	301328-06
7/28-8/7	M-Th	10:00—10:45 ам	\$50	301328-07
7/28-8/7	M-Th	11:20 ам—12:05 рм	\$50	301328-08

Level 5

When completed, Level 5 swimmers will be able to show effectiveness and efficiency in all strokes. Endurance will become more important with the use of open and flip turns. Swimmers will be able to enter the water using shallow-angle dives and continue swimming.

Age: 6-12 years

Note: Class partially discountable.

Location: Mulberry Pool

LUCALIUII: WILL	erry roui			
6/3-6/26	Tu,Th	4:15-5:00 PM	\$50	301230-01
6/7–7/5	Sa	10:20—11:05 ам	\$31.25	301230-02
6/8–7/6	Su	4:35-5:20 PM	\$31.25	301230-03
7/12-8/9	Sa	9:00-9:45 am	\$31.25	301230-04
7/13-8/10	Su	3:55—4:40 рм	\$31.25	301230-05
Location: Edor	a Pool Ice Ce	enter		
6/2-6/12	M-Th	11:20 ам—12:05 рм	\$50	301330-01
6/2-6/25	M,W	5:35—6:20 рм	\$50	301330-02
6/16-6/26	M-Th	10:40-11:25 AM	\$50	301330-03
6/30-7/10	M-Th	10:00—10:45 ам	\$50	301330-04
6/30-7/23	M,W	4:55-5:40 PM	\$50	301330-05
7/14–7/23	M-Th	10:00—10:45 ам	\$43.75	301330-06
7/28-8/7	M-Th	10:40-11:25 AM	\$50	301330-07

Level 6 - Fitness

At the completion of this class, participants will demonstrate effectiveness and efficiency in all strokes. They will be able to swim continuously while using the appropriate turns for the stroke. They will also have a solid understanding of how to be safe in, on and around the water.

Age: 6–12 years

Note: Class partially discountable.

Location: Mulberry Pool

6/7–7/5	Sa	8:20—9:05 AM	\$31.25	301232-01		
7/1–7/24	Tu,Th	4:55-5:40 PM	\$50	301232-02		
Location: Edora Pool Ice Center						
6/2-6/25	M,W	5:35—6:20 РМ	\$50	301332-01		
6/16-6/26	M-Th	10:00—10:45 ам	\$50	301332-02		
7/14-7/23	M-Th	10:00-10:45 AM	\$43.75	301332-03		

Advanced Aquatics Classes

Diving

Participants will learn the fundamentals of springboard diving and utilize the 1 and 3-meter boards. Concentration on developing the basics of approach and entry, along with the mechanics for proper diving techniques in the forward and backward positions. Along with development in somersaulting and inward dive.

Age: 5-17 years

Location: Edora Pool Ice Center

Note: Skill test on first day (swim at least 25 yards using the front crawl), continuation depends on passing. Class partially discountable.

Beginning				
6/2-6/12	M-Th	9:15—10:00 ам	\$40	301336-01
6/2-6/12	M-Th	10:55—11:40 ам	\$40	301336-02
6/16-6/26	M-Th	9:15—10:00 ам	\$40	301336-03
6/16-6/26	M-Th	10:55—11:40 ам	\$40	301336-04
6/30-7/10	M-Th	9:15—10:00 am	\$40	301336-05
6/30-7/10	M-Th	10:55—11:40 ам	\$40	301336-06
7/14-7/23	M-Th	9:15—10:00 am	\$35	301336-07
7/14-7/23	M-Th	10:55—11:40 ам	\$35	301336-08
Intermediate				
6/2-6/12	M-Th	10:05—10:50 ам	\$40	301336-09
6/16-6/26	M-Th	10:05—10:50 ам	\$40	301336-10
6/30-7/10	M-Th	10:05—10:50 ам	\$40	301336-11
7/14-7/23	M-Th	10:05—10:50 ам	\$35	301336-12
Advanced				
6/2-6/12	M-Th	11:45 ам—12:30 рм	\$40	301336-13
6/16-6/26	M-Th	11:45 ам—12:30 рм	\$40	301336-14
6/30-7/10	M-Th	11:45 ам—12:30 рм	\$40	301336-15
7/14–7/23	M-Th	11:45 ам—12:30 рм	\$35	301336-16



Water Safety Aide

This course provides training for individuals who wish to assist swim instructors in teaching swim lessons. As part of the course, a group lesson requirement must be completed to receive the certification. \$20 certification fees have been included in price.

Age: 10-15 years

Location: Edora Pool Ice Center

Note: Level 5 or better swimming ability required. Skill test on first day, continuation depends on passing. Class not discountable.

6/2-6/12 M-Th 8:00-9:00 AM \$70 301346-0
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Discover Scuba Diving

Learn how to use scuba equipment in shallow water and get a quick and easy introduction to what it takes to explore the underwater world. You will learn the basics you need to dive under the direct supervision of a PADI Professional.

Age: 10 years & up

Location: Edora Pool Ice Center

Note: Participants must call CSDA 1-855-557-2822 prior to class start. Additional required paperwork must be completed to participate in class. Class not discountable.

7/19	Sa	10:00—11:30 ам	\$35	301352-01
8/16	Sa	10:00—11:30 ам	\$35	301352-02

Eree

National

GET OUTDOORS DAY

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June 14, 2014, 9AM-3PM

City Park, Fort Collins

A free day for the whole family to celebrate getting outdoors in Northern Colorado.

Demonstrations • Presentations • Live Animals

Try outdoor gear and activities like kayaking, rock climbing and slacklining.

Learn all the places you can get out and play!







For more information visit larimer.org/getoutdoorsnoco or call 970.619.4561

Advanced Aquatics Blended Learning

These blended learning courses combine online learning with hands-on skill sessions. Practice skills and demonstrate competency, reinforce skills learned with a Red Cross-certified instructor, complete interactive lessons and activities on your own time with the online portion while building the same knowledge and skills as our traditional training course.

PHOTO COURTESY: CHRISTA AHRENS

Register for the online lessons at least two days prior to your first on-site skills session (instructions will be emailed, provide a valid email address when registering). To gain access to the online lessons participants need to pay with a credit card for their course certification fees. No refunds for course certification fees for participants who cannot pass the precourse skills or drop/cancel the course. Students must pass the online assessment and print a copy of their completion certification to bring to the last class.

Open Water Diver

Here is the class to get your PADI certification. The PADI Open Water Diver course will give you the basic principles of scuba diving, the use of basic scuba gear including a dive computer and standard accessories as well as introduce you to the adventure of diving underwater.

Age: 10 years & up

Location: Edora Pool Ice Center

Note: Participants must call CSDA 1-855-557-2822 prior to class start. Additional required paperwork must be completed to participate in

class. Class not discountable.

6/28-6/29	Sa,Su	7:30 ам—4:00 рм	\$185	301354-01
7/12–7/13	Sa,Su	7:30 ам—4:00 рм	\$185	301354-02
8/2-8/3	Sa,Su	7:30 ам—4:00 рм	\$185	301354-03
8/23-8/24	Sa,Su	7:30 ам—4:00 рм	\$185	301354-04





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Lifeguard Training

This American Red Cross course provides entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatics emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. Online class content 7 hrs. 25 min.

Age: 15 years & up

Location: Edora Pool Ice Center

Note: Must attend all classes. Skill test on first day, continuation depends on passing E-book and mask included, \$35 certification fee is not. Class not discountable.

6/9-6/13	M-F	Noon-5:00 PM	\$135	301340-01
7/14–7/18	M-F	Noon-5:00 PM	\$135	301340-02

Need help coping?



connections.

mental health & substance abuse resources

221-5551

www.mentalhealthconnections.org

Connections is a partnership of the Health District and Touchstone Health Partners.

Arts & Crafts

Adult Arts

Classes are for ages 18 years and up unless otherwise noted.

Request for Exhibits

The Fort Collins Senior Center Visual Arts Committee has an open call for artists, crafters or collectors who are interested in displaying their items in a show. The Senior Center showcases both historical and contemporary artworks and collections by local, regional, national and international artists. Its exhibitions also highlight works by art faculty, students and patrons as well as emerging and established artists. The shows represent a great diversity and change regularly. Exhibits are open to the public and free of charge. Work may be for sale. For details, contact Steve Dietemann 970.224.6028 or <code>sdietemann@fcgov.com</code>

Visual Arts Committee

Volunteers needed to serve on the Visual Arts Committee. For more information about the committee's mission and duties, contact Steve Dietemann at 970.224.6028 or *sdietemann@fcgov.com*

Request for Submission, for Photo Display

The Fort Collins Senior Center Visual Arts Committee is looking for photos for consideration for display on the walk jog track. Photos are enlarged and presented on a rotational basis. For details, contact Steve Dietemann 970.224.6028 or sdietemann@fcgov.com

Teachers?

Do you have a special talent and want to share it with others? New proposals for arts and crafts programs are always welcome. If you are a skilled, competent instructor, contact Steve Dietemann at 970.224.6028 or *sdietemann@fcgov.com*

Volunteers Wanted

Volunteers are needed to help oversee the operation of a wood shop and general arts and crafts studio. If you are interested in volunteering or even teaching a class, contact Steve Dietemann at 970.224.6028 or *sdietemann@fcgov.com*.

LEGEND

NW Denotes no web registration for program
 M Denotes program/activity has member special
 ◆ARO Denotes Adaptive Recreation Opportunity program.

Drawing

Drawing From the Right Side of the Brain

Awaken your creativity and improve your drawing skills. This class intensive class is aimed at those who have little or no drawing experience. The class will guide you through basic perceptual skills to put you in touch with your creative side of your brain and learn new seeing and drawing skills.

Location: Senior Center

Note: Supply list available at registration (approximate cost \$50-\$75). Class partially discountable.

	6/2-7/21	M	5:00—7:30 РМ	\$114	303482-01
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Cartooning Made Easy

Learn how to draw your own comic strip or comic book. Develop your own style of drawing whether it is doodles, stick figures or super heroes. Learn how to draw cartoon people, places and animals. Turn your own characters and concepts into finished comics or gag cartoons or cards.

Location: Senior Center

Note: Supply list available at registration. Those 14 and older may register for this class also.

6/26-7/31	Th	6:30-8:30 PM	\$50	303407-01
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Fiber Arts

Quilting Quorum - M

All levels of quilters are welcome and may work on any projects. You may also work on items for a charity of your choice or the ones the group has adopted, that offers quilts for people in need. Meet other local quilters, swap tips, share techniques, and a common interest in quilting.

Location: Senior Center

Note: There is no instructor. No fee, but must be a Senior Center member. Sewing machines, mats, cutters, and material are available. Class will not be held 7/4.

6/6-8/29	F	1:00-3:00 PM	No Fee	303498-01
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Knitting, Beginning

Learn the basic knit and purl stitches, learn to cast on and off and how to read a pattern. If you have never held a knitting needle and want to learn or want to improve your skills, this is the class for you. Pattern will be given out in class at no additional cost.

Location: Senior Center

Note: Bring to class two straight knitting needles size 7 or 8. A ruler. Light colored worsted weight cotton yarn, for example "Peaches and Cream".

8/9-8/16	Sa	Noon-2:00 PM	\$37	303419-01
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Glass Arts

Stained Glass, Foil Beginning

This course is an introduction to the art of creating stained glass panels using the time honored traditional lead came method.

Beginning students learn basic techniques for making a small stained glass panel; cutting, leading, soldering, framing, applying patina, puttying, and cleaning your art glass piece.

Location: Senior Center

Note: Supplies and pattern are provided.

6/9-7/14 M 8:00-10:00 PM \$97 303415-01

Stained Glass, Lead Beginning

This class is designed for the beginner that wants to learn how to create stained glass panels using the Tiffany foil method of construction. This class includes how to cut glass, pattern creation, glass grinding, foiling and burnishing, soldering, applying patina, and framing your art glass piece.

Location: Senior Center

Note: Supplies and pattern are provided.

6/9-7/14 M 6:00-8:00 PM \$97 303416-01

General Arts

Artistic Abilities Art ∢ARO

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 years & up

Location: Colorado State University, Visual Arts Building, Room D102

Note: Class partially discountable. Contact Alison Cope at acope@frii.com for info.

5/21-6/11 W 4:00-6:00 PM \$30 302990-01

C.H.A.T. Crafts Hobbies Arts - M

Open for scrapbooks, crochet, watercolor, knitting, or some other hobby. Enjoy the relaxed atmosphere where you can meet new friends and share an enthusiasm for the arts and crafts. This group of creative people meets weekly to work on projects and share ideas and techniques.

Location: Senior Center

Note: No instructor provided. Learn from others, discuss the many aspects of different art related hobbies and crafts. No fee, but must be a Senior Center member.

6/4-8/27 W 1:00-3:00 PM No Fee 303496-01

Open Shop - M

Many tools available for jewelry, stained glass, and woodworking. Also available are scroll saws, wood lathes, other wood related tools as well as basic tools for mechanical repairs. A shop attendant is on duty to assist with questions. Production work or work on items for sale is not permitted.

Location: Senior Center

Note: There is no fee. A Senior Center membership is required to participate in open shop time. Class will not be held on 7/4.

6/3-8/26	Tu	8:00 am—Noon	No Fee	303497-01
6/4-8/27	W	1:00—5:00 РМ		
6/5-8/28	Th	6:00-10:00 PM		

Painting

Painting, Bob Ross Style

Complete a finished painting in one day using the Bob Ross painting technique while our certified Bob Ross instructor teaches you about the use of different brushes, a palette knife, mixing colors and the manipulation of certain special paints. If you have all your own Bob Ross supplies, there is a \$15 reduced fee.

Location: Senior Center

Note: Bring a roll of paper towels, other supplies provided. One month prior to the start of class an example can be seen at the Senior Center. Class not discountable.

6/12	Th	9:00 ам—3:30 рм	\$60	303427-01
7/10	Th	9:00 ам—3:30 рм	\$60	303427-02

Painting, Chinese Brush

If you are a beginner or have experience, this class will cater to your level. This is an ongoing class where you will learn to use the Chinese Brush on oriental paper; you will study the basic strokes and simple composition for several different styles of designs or advance your current knowledge of the techniques.

Location: Senior Center

Note: Bring an apron or wear old clothing. Bring a jar and a small dish or white saucer. All other supplies provided. Class partially discountable.

Painting, Beginning Acrylic

This ongoing entry-level course will cover important basics such as preparing your canvas, starting techniques, drawing, color, values and composition. If you never painted before and are interested, or if you have emerging skills that you would like to stretch to new levels, this class is for you.

Location: Senior Center

Note: Supply list available at registration (approximate cost \$30-\$50). Those 14 and older may register for this class also.

6/5-6/26	Th	6:30—8:30 рм	\$37	303446-01
7/3–7/31	Th	6:30—8:30 рм	\$46.25	303446-02
8/7-8/28	Th	6:30—8:30 РМ	\$37	303446-03

Porcelain Painting, Beginning

This is your chance to try porcelain painting. Students will learn proper painting techniques that include the use of oils, thinners, wiping tools and specialty brushes. Techniques for completion of the finished product takes several weeks. The entire process usually requires several firings to get the desired result.

Location: Senior Center

Note: All supplies included. Firing of your work is included in the course fee. Reduced fee when using your own supplies. Class partially discountable. Class will not be held on 7/4.

6/6-6/27	F	1:00—3:30 рм	\$47	303470-01
7/11–7/25	F	1:00-3:30 PM	\$36.50	303470-02
8/1-8/29	F	1:00—3:30 рм	\$57.50	303470-03

Porcelain Painting, Intermediate

The instructor will demonstrate varied techniques for achieving desired results. The aim is to extend your current skills and knowledge. Learn about the mixing of pigments and their application.

Location: Senior Center

Note: Firing of your work is included in the course fee. You provide the painting supplies.

6/4-6/25	W	9:00—11:30 ам	\$42	303471-01
7/2–7/30	W	9:00—11:30 ам	\$52.50	303471-02
8/6-8/27	W	9:00—11:30 ам	\$42	303471-03

Porcelain Painting, Advanced

The classes will offer one-on-one hands-on instruction as well as group demonstrations. In the classes, attention will be given to advanced brush techniques, creating the image while observing color, value, and using specific different techniques.

Location: Senior Center

Note: Firing of your work is included in the course fee. You provide the painting supplies.

6/4-6/25	W	1:00-4:00 PM	\$48	303472-01
7/2–7/30	W	1:00-4:00 PM	\$60	303472-02
8/6-8/27	W	1:00-4:00 PM	\$48	303472-03

Watercolor, Beginning

The basics of composition, painting techniques and special effects will be covered as well as setting up a palette, types of papers, using the color wheel and color theory. Design principles and techniques for handling this wonderful medium will be covered.

Location: Senior Center

Note: Supply list available at registration (approximate cost \$50-\$75). Class partially discountable.

6/5-7/10	Th	1:00-3:00 PM	\$67	303480-01
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Watercolor, Intermediate to Advanced

Prerequisite: Beginning Watercolor

This class will take you on an in-depth exploration into watercolor techniques. Emphasis on observation and various brush techniques will be covered. This class will challenge the students that have had beginning watercolor and would like to build their skills and knowledge of artistic concepts.

Location: Senior Center

Note: Supply list available at registration (approximate cost \$50—\$100). Class partially discountable. Class will not be held on 7/4.

6/6-7/18 F 1:00-3:00 PM \$71 303481-0	-01
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Paper Arts

Calligraphy, Beginning

Learn the art of beautiful writing and add a personal touch to your scrapbooks, journals, or notes and invitations. You will use a broad edge pen to write the italic hand and get ideas for using your new skill. Class includes discussion about materials, layout and design, and a brief history of writing.

Location: Senior Center

Note: Good handwriting is not a prerequisite! Supply list available at registration (approximate cost \$20). Class partially discountable.

6/18-7/23 W 6:30-8:30 PM \$73 303409-0
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Soft Cover Journal Workshop

Make your own soft cover journal that is perfect for recording everything from your travel adventures to your garden notes. Participants will learn the basics of sewing a multiple signature book as they make their own journal.

Location: Senior Center

Note: Bring pencil, Scissors and a bone folder. All other materials provided. Class partially discountable. Bring sack lunch or eat nearby.

7/19	Sa	9:00 ам—4:00 рм	\$41	303412-01

Paper Marbling

Learn the basics of paper marbling and create your own decorated stationary, envelopes, wrapping paper, etc. Learn specific techniques and how this spectacular process works to make wonderful end papers for books or scrap booking.

Location: Senior Center

Note: All supplies are provided. Feel free to bring along any papers you would like to try marbling. Class partially discountable.

6/21 Sa 9:30-11:30 AM \$19 303410-01

Paste Paper

Learn these techniques for making your own beautiful, uniquely decorated papers. It's like finger painting for adults! Uses include scrapbooking, handmade cards, calligraphy, and bookbinding.

Location: Senior Center

Note: Some supplies provided. Supply list available at registration (approximate cost \$5).

6/28	Sa	9:30-11:30 am	\$23	303411-01
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Photography

Photography, Beginning

These classes are designed for those that have a high-end digital camera or a 35mm SLR camera with interchangeable lenses and filters. Lectures and demos will teach you about camera operations, lenses, and equipment, also films, filters, depth of field, and bracketing. Composition and photo products will be covered.

Age: 16 years & up Location: Senior Center

Note: Bring a functional digital or 35mm SLR camera and its manual to class. A field trip will be on Saturday after the start of your class.

6/18-7/2	W	6:00-9:00 PM	\$49	303430-01
6/21	Sa	9:00 AM-Noon		

Photography, Intermediate to Advanced

Advanced creative techniques will be covered for specific genres including landscape, wildlife, night and close-up photos. Most of the applications and techniques apply to both film and digital photography. You must have an understanding of your camera and the basics of photography, either digital or regular film.

Age: 16 years & up Location: Senior Center

Note: Bring a functional digital or 35mm SLR camera and its manual

to class.

7/16-7/30 W 6:00-9:00 PM \$44 303431-01

Woodworking

Scroll Saw, Beginning

You learn basic operation of the saw while practicing on a cutting board pattern, Then work on projects of your choice such as a jig saw puzzle, and fret work. Also included is scroll saw setup, blades, maintenance and types of scroll saws.

Location: Senior Center

Note: Open to all skill levels. Some supplies provided. Supply list available first day of class (approximately cost \$10—\$20). Class partially discountable.

7/9–8/13 W 7:00)—9:00 pm \$89	303492-01
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Pottery

Pottery classes held at the Pottery Studio, 1541 W. Oak Street, unless otherwise noted.

Pottery Pals

This is a group of people who generously donate their time and talents to help with special events and help with certain studio activities. If you are interested, please contact Pat Dietemann 970.221.6204.

Work Study Program

This is an opportunity that is offered to individuals who have been enrolled in pottery here and wish to learn more about the pottery process. They may perform specific studio activities in exchange for class time. For more information on the application process, please contact Pat Dietemann 970.221.6204.

Private Pottery Instruction

Interested in having that intense one-on-one time to rapidly develop your skills and knowledge? Private lessons are available for all levels. Fees vary depending on the program chosen. Not discountable. For information contact Steve Dietemann 970-224-6028 or *sdietemann@fcgov.com*

Pottery, Beginning Wheel & Handbuilding

This class is for the students who have never had pottery. You will learn about clay, tools, and glazing plus much more. You will learn the basic skills, techniques and principles involved in pottery. Primary emphasis for the class is on creating using the potter's wheel as a tool. Some handbuilding will be covered.

Note: Lab time included. 25 pounds of basic clay included in the fee. Need to purchase tool kit at first class if needed. (Cost \$12.00)

6/9-8/11	M	9:00—11:00 am	\$139	304850-01
6/9-8/11	M	5:30—7:30 рм	\$139	304850-02
6/11-8/13	W	8:00—10:00 РМ	\$139	304850-03

Pottery, Beginning Plus Wheel & Handbuilding

Prerequisite: Beginning Wheel or Equivalent

This class is paced for students who have previously taken a beginning class, and are acquainted with the basic techniques involved in wheel throwing. This class is excellent for students that are not feeling comfortable with the clay and wish to hone their skills some before progressing to intermediate.

Note: Lab time and 25 pounds of clay included. Need to purchase tool kit at first class, if needed. (Cost \$12.00)

6/9-8/11	M	8:00-10:00 PM	\$139	304855-01
6/11-8/13	W	5:30—7:30 рм	\$139	304855-02
6/12-8/14	Th	9:00—11:00 am	\$139	304855-03

Pottery, Intermediate Wheel & Handbuilding

Prerequisite: Beginning Wheel or Equivalent

The class will deal with more complex ceramic/pottery techniques and skills. Expression and exploration of form will be taught. Intermediate students must have had experience working with clay and should know the principles of the wheel.

Note: Lab time and 25 pounds of clay included. Need to purchase tool kit at first class, if needed. (Cost \$12.00)

6/10-8/12	Tu	5:30—7:30 РМ	\$139	304860-01
6/11-8/13	W	9:00—11:00 am	\$139	304860-02

Pottery, Advanced Wheel & Handbuilding

Prerequisite: Beginning Wheel or Equivalent

This class looks further into the development of form while honing your high-end techniques. Emphasis is placed on combining your own creativity with conceptual thought into design.

Note: Lab time and 25 pounds of clay included. Need to purchase tool kit at first class, if needed. (Cost \$12.00)

6/12-8/14	Th	5:30—7:30 рм	\$139	304865-01

Pottery Sampler

Adults enrolled in this class will be encouraged to create while learning the techniques of clay. You will be introduced to handbuilding and wheel-throwing, as well as glazing and studio operation. If you have always wanted to know about pottery, join this introductory class.

Note: There is no lab offered with this class. All materials and tools provided. In this class, clay will be provided as needed.

6/14-7/12	Sa	12:30—2:30 РМ	\$49	304870-01
7/19-8/16	Sa	12:30—2:30 рм	\$49	304870-02

Pottery, Handbuilding Expressions

Students will explore three-dimensional form in clay using handbuilding techniques as they relate to sculpture. Create moderate-sized pieces within the framework of ceramic construction. Use additive and subtractive methods in clay to explore line and form, integrated with design and shape relationships.

Note: Lab time included. 25 pounds of basic clay included in the fee. Need to purchase tool kit at first class, if needed. (Cost \$12.00)

6/11-8/13 W 6:00-8:00 PM	\$139	304875-01
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Pottery, Construction Techniques

This class will address imaginative methods of handbuilding while using extruders, slab rollers, various textures and forms. You will push the traditional boundaries of utilitarian clay as well as concentrate with some focus on functionality.

Note: Five weeks of lab time and 25 pounds of clay included. Need to purchase tool kit at first class if needed (Cost \$12.00). Make-up 7/06 same time. Class will not be held on 7/4.

6/13-7/11	F	6:00—8:00 РМ	\$70	304880-01
7/18-8/15	F	6:00-8:00 РМ	\$70	304880-02

Pottery, Creative Clay Craft

Your creativity and inventiveness combine to create out of the ordinary clay structures that are not necessarily utilitarian. All this while drawing upon inspiration while using some of the more exotic tools like extruders, slab rollers, and incorporating various textures for rich surfaces in your work.

Note: Lab time included. 25 pounds of basic clay included in the fee. Need to purchase tool kit at first class if needed (Cost \$12.00). Class will not be held on 7/4.

6/13-8/15	F	9:00-11:00 am	\$139	304885-01
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Pottery, Raku Workshop

Starts by working in wet clay the first week and the second week glaze and finish by firing the pieces. It will include a hands-on contemporary exploration of the forming and firing process first used by the Japanese potters. Join us for American style Raku while hand-building or using the potter's wheel.

Note: No previous experience necessary. All tools, supplies, firings and 25 pounds of clay are included in the fee. Class meets 4 times.

8/29-9/5	F	6:00-9:00 PM	\$69	304890-01
8/30-9/6	Sa	9:00 AM-Noon		

Visiting Artist Demonstrations

In these demonstrations the visiting artists will demonstrate how they create their work and discuss such things as aesthetics, inspirations and technical ceramic concepts. They will talk about the clays they use and the decorating and glazing techniques. Demonstrations are open to all levels.

Age: All

Note: Workshops are held on the second floor of the Pottery Studio 1541 W. Oak St. Fee not discountable.

Karl Yost				
6/21	Sa	1:00—4:00 рм	\$15 at door	304891-01
TS Berger				
7/26	Sa	1:00—4:00 рм	\$15 at door	304891-02

Pottery Lab

Lab is for current students to practice or finish work in progress. Anyone who has taken classes at the Pottery Studio may register as a lab student. This is a recreational and educational facility. Production work is not permitted. Staff is in attendance but no formal instruction is provided.

Note: Lab fee includes 25 pounds of clay. Lab hours are for adults only. Open lab times are not available for students enrolled in the Sampler Class. Class will not be held on 7/4.

6/9-8/15	M,Th,F	$11:00 \; \text{am}{-}1:00 \; \text{pm}$	\$139	304899-01
6/10-8/14	Tu,Th	7:30—10:00 рм		
6/10-8/16	Tu,Sa	9:00 am-Noon		
6/11-8/13	W	11:00 ам—2:00 рм		

Youth Arts & Crafts

The Cave Painters

Explore the ancient cave of Lascaux. Mix "prehistoric" cave paint, create murals, cave and rock paintings.

Age: 6-10 years

Location: Lee Martinez Park, Pavilion

	6/10	Tu	9:00-11:00 AM	\$20	316042-01
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Mural Painting

Kids will create murals in the style of Jackson Pollack using a variety of media from squirt guns to darts! Messy art, messy fun!

Age: 6-12 years

Location: Northside Aztlan Center **Note:** Please wear paint clothes.

6/24	Tu	9:30-11:30 ам	\$20	316046-01

Critter Condos

Does your favorite stuffed animal need a home to call their own? Using recycled materials we will create a bungalow for one of your special stuffed animals. Be sure not to miss our finale, the "Parade of Critter Condos", when everyone can take a grand tour of each critters new home.

Location: Mulberry Pool

Note: Your stuffed animal should be beanie baby sized.

Age: 3–6 yea	rs			
6/16-6/19	M-Th	1:00—2:30 РМ	\$42	316213-01
Age: 6–9 yea	rs			
7/28–7/31	M-Th	1:00—2:30 РМ	\$42	316213-02

Nature Art

Bring the backyard into the classroom! Explore your artistic side using flowers, feathers, seashells, leaves, and dirt! We'll conduct hands-on crafts and activities to discover the beauty of the natural world around us.

Location: Mulberry Pool

Age: 3-6 years

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6/23-6/26	M-Th	1:00—2:30 РМ	\$42	316214-01
Age: 6–9 year	rs			
7/14-7/17	M-Th	1:00—2:30 рм	\$42	316214-02

Cartooning

Ever wanted to draw Superman or your very own prince charming? Learn to draw your favorite characters in this looney tooney class.

Age: 9–12 years **Location:** Mulberry Pool

7/7–7/10	M—Th	1:00—2:30 рм	\$42	316215-01
8/4-8/7	M-Th	1:00-2:30 PM	\$42	316215-02

Art Studio for Preschoolers

Discover your inner artist! For this summer's studio we will focus on different mediums and themes. Or you may create at will with various materials provided. This can be a messy class!

Age: 3-5 years

Location: Northside Aztlan Center

Note: This can be a messy class; please dress accordingly.

Water Color

mater core	•			
6/10	Tu	1:00—3:00 РМ	\$10	316506-01
Pastel				
6/24	Tu	1:00—3:00 РМ	\$10	316506-02

Create An Action Figure

Bring your favorite action figures for inspiration! We will use pencil drawing and sculpey clay to create our very own action figures.

Age: 8-10 years

Location: Northside Aztlan Center **Note:** Class partially discountable.

Canvas Painting

Using bright, bold colors, this class is geared toward teaching children the joy of painting. We will paint on canvas.

Location: Northside Aztlan Center **Note:** Class partially discountable.

Age: 3-5 years

	04.0			
7/8	Tu	10:30 AM—Noon	\$20	316543-01
7/22	Tu	10:30 AM—Noon	\$20	316543-02
Age: 6–8 y	/ears			
8/27	W	1:00 ам—2:30 рм	\$20	316543-03
Age: 8–11	years			
8/27	W	4:30—6:30 рм	\$25	316543-04

Invasion of Angry Birds, Star Wars Style

We will work with Sculpey Clay and paint on canvas to create these art inspired birds.

Age: 6–12 years

Location: Northside Aztlan Center

	7/24	Th	9:30-11:30 am	\$24	316545-01
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Girls Crafternoon

Girls, do you love doing crafts? If you do, you will love spending the afternoon with other girls doing fabulous crafts like jewelry making and duct tape designs!

Age: 7–11 years

Location: Mulberry Pool

6/30-7/3	M-Th	1:00—2:30 рм	\$42	316254-01
7/21-7/24	M-Th	1:00—2:30 рм	\$42	316254-02

Art Picnic

Bring a sketch pad and sack lunch and join us as we explore the Gardens for arty inspiration

Age: 6-12 years

Location: The Gardens on Spring Creek

Note: Please wear sunscreen, bring a sack lunch and an 8x11 sketch

book. Class will meet on the north patio.

8/5 Tu	9:00—11:00 am	\$17	316944-01
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O'Keeffe Southwest Skulls

On canvas, create your very own Georgia O'Keeffe inspired southwest skulls.

Age: 8-12 years

Location: Northside Aztlan Center **Note:** Class partially discountable.

8/5 Tu 1:00-4:00 PM \$24 316508-01

Flowers ala O'Keeffe

Create flowers using Georgia O'Keeffe as inspiration.

Age: 6-12 years

Location: Northside Aztlan Center

6/19 Th 9:30-11:30 AM \$24 316511-01

Van Gogh Sunflowers

On canvas, create your very own Van Gogh inspired flowers.

Age: 6-11 years

Location: Northside Aztlan Center **Note:** Class partially discountable.

7/8 Tu 1:00-3:00 PM \$24 316516-01

Sweet-N-Savory

Using sculpey clay we will create our very own mini morsels.

Age: 8-11 years

Location: Northside Aztlan Center

6/5 Th 9:30–11:30 AM \$24 316509-01

Youth & Teen Pottery

All classes will be held at the Pottery Studio, 1541 W. Oak Street, unless otherwise noted.

Parents or Grandparents & Children Together
Among the many classes offered are classes specifically geared for
a parent or grandparent to work together with a child on pottery
projects. Interesting clay art pieces will be completed in these unique
classes. The projects are constantly being varied so it is possible to
register for classes as many times as you wish.

The Pottery Studio is a robust fully functioning studio that offers classes for all levels and ages.



Birthday Parties

The kids will enjoy working in clay and with instruction will make a creation of their very own. They will learn the steps and processes that clay goes through and take a short tour. You invite participants and provide the refreshments (cake, ice cream, drinks, etc.) The Pottery staff will provide the "know how", supplies and tools to teach and help them make a precious object that can be treasured for years.

Parties last about 90 minutes. We can tailor a birthday package to your needs.

Cost is \$14 per child (5 children minimum). Parties are not discountable. With 10 kids or more the birthday child is free. Contact Steve Dietemann at 970.224.6028 or *sdietemann@fcgov.com*.

Boy & Girl Scouts Badge Requirements

Scouts will learn the fundamentals of clay while completing the requirements set by the organization. Scouts will go on a tour and see the workings of a Pottery Studio. They will create a piece that they can personalize with their own creativity, which will be fired and glazed.

Cost is \$14 per child (5 children minimum). Not discountable. Contact Steve Dietemann at 970.224.6028 or *sdietemann@fcgov.com*.

Pottery, Teen Wheel & Handbuilding

Participants enrolled in this program will learn potter's wheel skills, handbuilding, glazing, and decorating techniques.

Age: 13–17 years

Note: The fee includes all tools and materials. Lab time not included. Class will not be held on 7/4.

6/10-7/10	Tu,Th	3:30—5:00 РМ	\$89	304815-01
6/13-7/11	F	3:30—5:00 РМ	\$48	304815-02
7/15-8/14	Tu,Th	3:30—5:00 рм	\$89	304815-03
7/18-8/15	F	3:30-5:00 PM	\$48	304815-04

Pottery, Parent Teen & Youth Wheel & Handbuilding-NW

A unique opportunity is created for the two of you to explore the world of clay together. You will be making functional pots and whimsical, imaginative clay objects in this combination wheel/ handbuilding class.

Age: 10-17 years

Note: The fee includes all tools and materials. One parent per youth (each additional youth, \$44.50). Lab time not included. Class will not be held on 7/4.

6/13-7/11	F	5:30—7:00 рм	\$89	304845-01
7/18-8/15	F	5:30—7:00 РМ	\$89	304845-02

Pottery, Parent & Tot Mud, Handbuilding

Parent and child combine their talents in this unique pottery class. The projects are constantly being varied so it is possible to register for classes as many times as you wish.

Age: 3–5 years

Note: The fee includes all tools and materials. One parent per youth. Lab time not included.

6/10-7/8	Tu	12:15—1:15 рм	\$34	304801-01
6/11–7/9	W	2:15—3:15 РМ	\$34	304801-02
6/14-7/12	Sa	3:00—4:00 РМ	\$34	304801-03
7/15-8/12	Tu	12:15—1:15 рм	\$34	304801-04
7/16-8/13	W	2:15—3:15 РМ	\$34	304801-05
7/19-8/16	Sa	3:00—4:00 РМ	\$34	304801-06

Pottery, Child Handbuilding

Youngsters will make interesting clay projects while learning various methods of forming and glazing clay. The projects are constantly being varied so it is possible to register for classes as many times as you wish.

Age: 6-9 years

Note: The fee includes all tools and materials. Lab time not included. Make-up for 7/4 is 7/6 same time. Class will not be held on 7/4.

6/9-7/7	M	1:30—3:00 РМ	\$48	304805-01
6/10-7/8	Tu	1:30—3:00 рм	\$48	304805-02
6/13-7/11	F	1:30—3:00 РМ	\$48	304805-03
7/14-8/11	M	1:30—3:00 рм	\$48	304805-04
7/15-8/12	Tu	1:30—3:00 РМ	\$48	304805-05
7/18-8/15	F	1:30—3:00 рм	\$48	304805-06

Pottery, Youth Wheel & Handbuilding

Emphasis will be on students learning basic potter's wheel skills. Handbuilding as well as other skills and techniques will be taught.

Age: 10-12 years

Note: The fee includes all tools and materials. Lab time not included.

6/9-7/9	M,W	3:30—5:00 рм	\$89	304810-01
6/12-7/10	Th	1:30—3:00 рм	\$48	304810-02
7/14-8/13	M,W	3:30—5:00 рм	\$89	304810-03
7/17-8/14	Th	1:30-3:00 PM	\$48	304810-04

Pottery, Parent & Child Handbuilding - NW

This class will provide an opportunity for you and your youngster to work together at the Pottery Studio and share a creative experience.

Age: 6–9 years

Note: The fee includes all tools and materials. One parent per youth (each additional youth, \$44.50). Lab time not included.

6/14-7/12	Sa	4:30-6:00 PM	\$89	304835-01
7/19-8/16	Sa	4:30-6:00 PM	\$89	304835-02

Dance & Movement

Classes are for ages 18 years and up unless otherwise noted.

Ballet

Ballet, Beginning

An introduction to classical barre, positions and steps.

Location: Club Tico

Note: Ages 13–17 allowed with instructor approval.

6/3-6/24	Tu	6:45—7:45 рм	\$28	306102-01
7/8-7/29	Tu	6:45—7:45 рм	\$28	306102-02

Ballet, Low to Intermediate

Continuing work on basic technique.

Location: Empire Grange

Note: Ages 13–17 allowed with instructor approval.

6/2-6/23	М	5:30—6:45 рм	\$34	306103-01
7/7–7/28	M	5:30-6:45 PM	\$34	306103-02

Ballet, Intermediate

A more challenging, ongoing class for experienced dancers, based on Cecchetti technique.

Location: Club Tico

Note: Ages 13–17 allowed with instructor approval.

6/5-6/26	Th	5:25—6:40 РМ	\$34	306104-01
7/10-7/31	Th	5:25-6:40 РМ	\$34	306104-02

Belly Dancing

Note: Please wear yoga/exercise gear and a scarf or sash around your hips. Bare feet recommended. Class will not be held on 7/3.

Belly Dancing Beginning

Get a great workout as you learn an ancient dance form, belly dance! You'll learn fast and slow movements, work with finger cymbals and veils, create mini choreographies, and play with all these skills in fun improvisations. Along the way, you'll learn some fascinating tidbits about belly dance and its origin.

Location: Senior Center

6/5-7/10	Th	6:30—7:30 рм	\$64	306226-01
7/17-8/21	Th	6:30—7:30 рм	\$59	306226-02

Belly Dancing, Intermediate

Prerequisite: Completed two sessions of Beginning Belly Dance or instructor approval.

Go beyond the basics and learn more complex veil work finger cymbal patterns and mini choreographies. Learn to layer shimmies over other movements and how to dance while balancing props. You will continue to build your vocabulary, learn new rhythms an work on more advanced dance improvisational.

Location: Senior Center

6/5-7/10	Th	7:30—8:30 рм	\$64	306227-01
7/17-8/21	Th	7:30—8:30 рм	\$59	306227-02

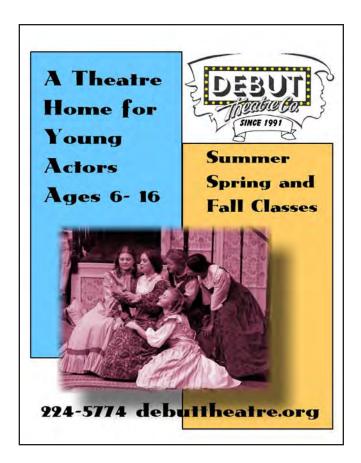
Belly Dancing, Advanced

Prerequisite: Instructor approval at the end of first class

Build on concepts learned in beginning and intermediate belly dancing to make belly dancing your own personal form of expression. Polish you're dancing, add new nuances to it, move to new rhythms, and tweak your improvisational skills. Combine all that with new material and your dancing up a notch.

Location: Senior Center

6/5-7/10	Th	8:30—9:30 рм	\$64	306228-01
7/17-8/21	Th	8:30—9:30 рм	\$59	306228-02



Line Dance

Note: Participants can pay a drop-in fee prior to the class at \$5.50.

Line Dance, Starter Class

This class is designed for people who want to "start" learning to line dance. You will learn the basic steps, terminology and easy choreography.

Location: Club Tico

6/3-6/24	Tu	12:30—1:45 рм	\$16	306436-01
7/8–7/29	Tu	12:30—1:45 рм	\$16	306436-02
8/5-8/26	Tu	12:30—1:45 РМ	\$16	306436-03

Line Dance, Continuing

This class is designed for the more experienced dancer who thrives on complex choreography.

Location: Club Tico

6/3-6/24	Tu	1:45—3:00 рм	\$16	306437-01
7/8–7/29	Tu	1:45—3:00 рм	\$16	306437-02
8/5-8/26	Tu	1:45—3:00 рм	\$16	306437-03

Modern

Modern Dance

Earthy, sometimes jazzy or lyrical movements follow a stretching/ toning warm-up which leads to release of stress and interactive fun.

Location: Club Tico

Note: Ages 13-17 allowed with instructor permission.

6/3-6/24	Tu	5:40-6:40 РМ	\$28	306156-01
7/8–7/29	Tu	5:40-6:40 РМ	\$28	306156-02

Dance & Movement - Youth

Ballet & Modern Dance

This class features live musical accompaniment and offers ballet and modern dance techniques with improvisation. Each child builds technical skills at an individual level while engaging in ever changing creative work.

Grade: Kindergarten–2 **Location:** Club Tico

7/10-7/31	Th	4:15-5:15 PM	\$34	306101-01
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Hip Hop Dance

Is your child walking into the house and turning on MTV to listen to some hip hop? Why not sign them up for a class to learn some new moves? Participants will come and learn new moves with a song!

Grade: 4-6

Location: Northside Aztlan Center

Note: No gum. Wear loose workout clothes and tennis shoes. Class will not be held on 7/1.

6/3-7/29	Tu	6:00-7:00 PM	\$40	315511-01
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Fairy Ballet Workshop

Earn your wings as you help feed the birds, help the snails and bees become friends, plant flowers and maybe ride a unicorn! Imagination and fun is what we'll discover in this pre-ballet workshop. The last day we will invite our guests into our secret fairy forest.

Age: 3-6 years

Location: Northside Aztlan Center

Note: This is a child without parent class.

0/10-0/13 W-III 1.30-2.13 W \$43 310300-0	6/16-6/19	M-Th	1:30-2:15 рм	\$49	316566-01
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Princess Ballet Workshop

Little Princesses will enter a world of make-believe, as we walk through our gardens, ride our horses and dance at the Royal Ball. On our last day, bring your gown or borrow one of ours and invite your guests to join us at the Ball.

Age: 3–6 years

Location: Northside Aztlan Center

6/2-6/5	M-Th	1:30-2:15 PM	\$49	316568-01

Animal Dance Workshop

Learn how to jump like a frog, strut like a peacock, swim like a seal and move like many other animals! Bring your favorite stuffed animal and we will learn how to move like each one.

Age: 3-6 years

Location: Northside Aztlan Center

Note: This is a child without parent class.

7/7–7/10	M_Th	1:30-2:15 PM	\$49	316569-01	

Tappin' Dumplin's

In this variation of our traditional Dancin' Dumplin's, participants will explore a little tap dancing as well as dance steps, movement, tumbling and creativity. Appropriate attire is required: leotard and tights, or T-shirts and shorts. Tap shoes are encouraged.

Age: 5-7 years

Location: Mulberry Pool

Note: Loaner shoes may be available from instructor. Please call 970.416.2528 for more information.

6/4-7/2 W	4:15-5:15 PM	\$54	316256-01
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Tappin' Dumplin's with Props - On Broadway

In this variation of our traditional Tappin Dumplins class, participants will enhance their experience through the use of props.

Age: 5-7 years

Location: Mulberry Pool

Note: Appropriate attire is required: leotard and tights, or T-shirts and

shorts. Tap shoes are also required.

7/9-8/6 W 4:15-5:15 PM	\$54	316260-01
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Dancin' Dumplin's

This class for preschoolers will introduce your child to dance rhythms, movement, tumbling and creativity. Confidence will result from this fun-filled class.

Location: Mulberry Pool

Note: Appropriate attire is required: leotard and tights,

or T-shirts and shorts.

Age: 3 years				
6/6-6/20	F	10:15—11:00 ам	\$27	316255-01
6/6-6/20	F	11:15 AM—Noon	\$27	316255-02
6/27–7/18	F	10:15—11:00 ам	\$27	316255-03
6/27–7/18	F	11:15 AM—Noon	\$27	316255-04
Age: 4–5 yea	rs			
6/3-7/1	Tu	4:15—5:15 рм	\$54	316255-05
6/6-6/20	F	9:00—9:55 AM	\$34	316255-06
6/27–7/18	F	9:00—9:55 AM	\$34	316255-07
Age: 5–6 yea	rs			
6/3-7/1	Tu	5:30—6:30 РМ	\$54	316255-08
Age: 6–8 yea	rs			
6/4-7/2	W	5:30—6:30 РМ	\$54	316255-09

Dancin' Dumplin's with Props

In this variation of our traditional Dancin' Dumplin's class, participants will explore a variety of dance steps, movement, tumbling and creativity using props as inspiration!

Location: Mulberry Pool

Age: 3 years Ribbon Dance	!			
7/23-8/6	W	10:15—11:00 ам	\$27	316259-01
7/23-8/6	W	11:15 AM— N oon	\$27	316259-02
Magic Wand				
7/25-8/8	F	10:15—11:00 ам	\$27	316259-03
7/25-8/8	F	11:15 AM—Noon	\$27	316259-04
Age: 4–5 yea Stardust	rs			
7/8-8/5	Tu	4:15—5:15 РМ	\$54	316259-05
Ribbon Dance	!			
7/23-8/6	W	9:00—9:55 AM	\$34	316259-06
Magic Wand				
7/25-8/8	F	9:00—9:55 AM	\$34	316259-07
Age: 5–6 yea Stardust	rs			
7/8-8/5	Tu	5:30—6:30 рм	\$54	316259-08
Age: 6–8 yea Masquerade	rs			
7/9-8/6	W	5:30—6:30 рм	\$54	316259-09

Just Tumbling

The emphasis of this class will be on learning all the basic tumbling skills and then incorporating them in a mini-floor exercise routine.

Age: 7–8 years

Location: Mulberry Pool

6/5-6/26	Th	5:45—6:45 РМ	\$44	316278-01
7/10-8/7	Th	5·45—6·45 PM	\$54	316278-02

Tumble Bumbles

Individual attention is paid to learning basic tumbling skills (somersault, cartwheel, and push-up bridge) and how to use the various pieces of equipment. As a result, flexibility, balance, coordination and self-confidence are developed. Age appropriate skills will be taught.

Location: Mulberry Pool

Note: Appropriate attire is required: leotard and tights, or T-shirts and shorts. No jeans are allowed.

Age: 4-5 years

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6/2-6/16	М	9:00—9:55 ам	\$34	316279-01
6/2-6/30	M	4:15—5:15 РМ	\$54	316279-02
6/4-6/18	W	9:00—9:55 ам	\$34	316279-03
6/23-7/14	M	9:00—9:55 ам	\$44	316279-04
7/7-8/4	M	4:15—5:15 РМ	\$54	316279-05
6/25-7/16	W	9:00—9:55 ам	\$34	316279-06
7/21-8/4	M	9:00—9:55 ам	\$34	316279-07
Age: 5–6 yea	rs			
6/2-6/30	М	5:30—6:30 рм	\$54	316279-08
7/7-8/4	M	5:30—6:30 рм	\$54	316279-09
Age: 6–7 yea	rs			
6/5-6/26	Th	4:15—5:15 РМ	\$44	316279-10
7/10-8/7	Th	4:15—5:15 РМ	\$54	316279-11

Petite Ballet I

Young dancers learn classical ballet technique taught progressively in an fun, safe environment.

Age: 7-11 years

Location: Northside Aztlan Center

Note: This is a child without parent class. Class will not be held on 8/23. Class partially discountable.

6/7-6/28	Sa	11:00—11:45 рм	\$44	316564-01
7/12-8/2	Sa	11:00—11:45 рм	\$44	316564-02
8/9-8/30	Sa	11:00—11:45 рм	\$34	316564-03

Nutcracker Suite

Young Ballerinas read the story of the Nutcracker, pick a song from the second act and help choreograph a scene or two!

Age: 7-12 years

Location: Northside Aztlan Center

Note: Class partially discountable. This is a child without

parent class.

Poms

Whether you like to cheer or dance, this camp is for you. Learn some moves in the very unique and fun dance style of Pom. We will also give you some tryout tips to wow the judges!

Age: 7-12 years

Location: Northside Aztlan Center

Note: Class partially discountable. This is a child without

parent class.

6/16-6/19 M-Th 2:30-3:30 PM \$56 3165

YouTube Sensations Dance Camp

Learn trendy dance crazes such as "Gangnam Style" and laugh along to "What Does the Fox Say?" We will come up with our very own dance craze!

Age: 7-12 years

Location: Northside Aztlan Center

Note: Class partially discountable. This is a child without

parent class.

6/23-6/26	M-Th	2:30—3:30 рм	\$56	316567-01

Dancing Swans

This pre-ballet/movement class will introduce three and four year olds to basic dance, movement and body awareness activities using imagery and imaginative play.

Age: 3–4 years **Location:** Club Tico

Note: This is a child without parent class.

6/3-6/17	Tu	10:00—10:45 ам	\$27	316170-01
7/1–7/15	Tu	10:00—10:45 ам	\$27	316170-02
7/22-8/5	Tu	10:00—10:45 AM	\$27	316170-03

Lil Ballerinas Workshop

We will learn about real ballets as we dance to the "Sugar Plum Fairy" and "Sleeping Beauty Waltz!"

Age: 3–6 years

Location: Northside Aztlan Center

Note: Class partially discountable. This is a child without

parent class.

6/23-6/26 M-Th 1:30-2:15 PM \$49 316575-0



Hip Hop for Preschool

Young kids will begin to learn the fundamentals of hip hop in a fun appropriate environment. Hip hop, free style, tricks and breakdancing could all be incorporated.

Age: 3–5 years **Location:** Club Tico

6/3-6/17	Tu	11:00—11:45 ам	\$27	316161-01
7/1–7/15	Tu	11:00—11:45 ам	\$27	316161-02
7/22-8/5	Tu	11:00—11:45 ам	\$27	316161-03

Teen Beach Movie Dance Camp

Surf's up! Transport into "Wet Side Story." We will jam out to the songs and learn the dances from Teen Beach Movie!

Location: Northside Aztlan Center

Note: Class partially discountable. This is a child without parent class.

Jaicin Glass.

Age: 6–11 ye	ars			
6/2-6/5	M-Th	2:30—3:30 РМ	\$56	316577-01
Age: 7–12 ye	ars			
7/14-7/17	M-Th	2:30—3:30 РМ	\$56	316577-02

Petite Ballerinas

Young dancers will learn pre-ballet and locomotor moves in this imaginative class.

Location: Northside Aztlan Center

Note: This is a child without parent class. Class will not be held on 8/22, 8/23. Class partially discountable.

Dancers must have completed Petite Ballerinas I before signing up for Petite Ballerinas II.

Dancers must have completed Petite Ballerinas II before signing up for Petite Ballerinas III.

Age: 3–4 years	
Petite Ballerinas	I

Petite Ballerii	ias i			
6/6-6/27	F	9:00—9:45 ам	\$44	316563-01
7/11-8/1	F	9:00—9:45 ам	\$44	316563-02
8/8-8/29	F	9:00—9:45 ам	\$34	316563-03
6/7-6/28	Sa	9:00—9:45 AM	\$44	316563-04
7/12-8/2	Sa	9:00—9:45 AM	\$44	316563-05
8/9-8/30	Sa	9:00—9:45 AM	\$34	316563-06
Age: 4–5 yea Petite Balleri				
8/8-8/29	F	10:00—10:45 ам	\$34	316563-07
6/7-6/28	Sa	Noon-12:45 PM	\$44	316563-08
7/12-8/2	Sa	Noon-12:45 PM	\$44	316563-09
Petite Balleri	nas III			
8/9-8/30	Sa	Noon-12:45 PM	\$34	316563-10
Age: 5–6 yea Petite Ballerii				
6/6-6/27	F	10:00—10:45 ам	\$44	316563-11
7/11-8/1	F	10:00—10:45 ам	\$44	316563-12
6/7-6/28	Sa	10:00—10:45 ам	\$44	316563-13
7/12-8/2	Sa	10:00—10:45 ам	\$44	316563-14
8/9-8/30	Sa	10:00—10:45 ам	\$34	316563-15

Fairytale Ballet Dance Camp

Young dancer's dreams come to life! Read some fairy tales and dance into the story as we twirl and leap just like Rapunzel or Odette in Swan Lake!

Age: 3–6 years

Location: Northside Aztlan Center

Note: Class partially discountable. This is a child without parent class.

	7/14-7/17	M-Th	1:30—2:15 рм	\$49	316576-01
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Day Camps

The day camps in this section were included in the Spring Recreator and may be open for registration. Please note that some of the sections listed here may be at maximum capacity already. We suggest trying to register online now for classes you are interested in.

Summer Adventure

This fun-filled camp is sure to keep you coming back for more! We're going to do it all! Outdoor play, cooking, crafts, games, and theater are just some of the awesome activities you'll enjoy. We will swim at EPIC every Tuesday and at City Park Pool every Friday. You will be notified in advance about field trips.

Age: 7-12 years

Location: Edora Pool Ice Center

Note: Class partially discountable. Please bring swimming attire and a backpack with a lunch and water bottle. Don't forget to wear sunscreen!

6/2-6/6	M-F	8:00 ам—5:00 рм	\$142	316380-01
6/9-6/13	M-F	8:00 ам—5:00 рм	\$142	316380-02
6/16-6/19	M-Th	8:00 ам—5:00 рм	\$115	316380-03
6/23-6/27	M-F	8:00 ам—5:00 рм	\$142	316380-04
6/30-7/3	M-Th	8:00 ам—5:00 рм	\$115	316380-05
7/7–7/11	M-F	8:00 ам—5:00 рм	\$142	316380-06
7/14–7/18	M-F	8:00 ам—5:00 рм	\$142	316380-07
7/21–7/24	M-Th	8:00 ам—5:00 рм	\$115	316380-08
7/28-8/1	M-F	8:00 ам—5:00 рм	\$142	316380-09
8/4-8/8	M-F	8:00 ам—5:00 рм	\$142	316380-10

EPIC Adventures Mini-Camp

This class has all the fun of our regular EPIC Adventures class wrapped up in a one-week mini-camp. Activities will include basic ice skating instruction, arts and crafts, pool fun, indoor/outdoor games, music and storytime. Fridays are swim days. Tuesday and Thursday are skate days.

Age: 4-7 years

Location: Edora Pool Ice Center

Note: Class partially discountable. Clothing for swimming and skating is needed. Please wear sunscreen and bring a water bottle. Bike helmet recommended for skating.

6/2-6/6	M–F	9:00 AM—Noon	\$75	316383-01
6/9-6/13	M–F	9:00 am—Noon	\$75	316383-02
6/16-6/19	M-Th	9:00 am-Noon	\$61	316383-03
6/23-6/27	M-F	9:00 AM-Noon	\$75	316383-04

6/30-7/3	M-Th	9:00 AM—Noon	\$61	316383-05
7/7–7/11	M–F	9:00 AM—Noon	\$75	316383-06
7/14-7/18	M–F	9:00 AM—Noon	\$75	316383-07
7/21–7/24	M-Th	9:00 AM—Noon	\$61	316383-08
7/28-8/1	M–F	9:00 am—Noon	\$75	316383-09
8/4-8/8	M–F	9:00 AM—Noon	\$75	316383-10
6/2-6/6	M–F	1:00—4:00 рм	\$75	316383-11
6/9-6/13	M–F	1:00—4:00 рм	\$75	316383-12
6/16-6/19	M-Th	1:00—4:00 рм	\$61	316383-13
6/23-6/27	M–F	1:00—4:00 рм	\$75	316383-14
6/30-7/3	M-Th	1:00—4:00 рм	\$61	316383-15
7/7–7/11	M–F	1:00—4:00 рм	\$75	316383-16
7/14-7/18	M–F	1:00—4:00 рм	\$75	316383-17
7/21–7/24	M-Th	1:00—4:00 рм	\$61	316383-18
7/28-8/1	M-F	1:00—4:00 рм	\$75	316383-19
8/4-8/8	M–F	1:00—4:00 рм	\$75	316383-20

Kids On-the-Go Half Day Camp

This series of half day camps are a perfect way to break up summer boredom. Campers will get to know each other on Monday, Swim at City Park Pool on Tuesday, go on a hike on Wednesday, go on a field trip on Thursday and cook on Friday. Each week's activities will surround a fun theme. Snack is provided.

 $\textbf{Grade:}\ 1-6$

Location: Northside Aztlan Center

Note: Class partially discountable. Drop off time is 1–1:30 p.m., pick up time is from 5–6 p.m. Bring a water bottle, wear sunscreen and dress for the weather.

6/2-6/6	M-F	1:00-6:00 PM	\$96	316582-01
6/9-6/13	M–F	1:00—6:00 рм	\$96	316582-02
6/16-6/20	M–F	1:00—6:00 рм	\$96	316582-03
6/23-6/27	M–F	1:00—6:00 рм	\$96	316582-04
6/30-7/3	M-Th	1:00—6:00 рм	\$78	316582-05
7/7–7/11	M–F	1:00—6:00 рм	\$96	316582-06
7/14–7/18	M–F	1:00—6:00 рм	\$96	316582-07
7/21–7/25	M–F	1:00—6:00 рм	\$96	316582-08
7/28-8/1	M-F	1:00—6:00 рм	\$96	316582-09
8/4-8/8	M–F	1:00-6:00 рм	\$96	316582-10

Survival in Woods Nature Camp

Learn what to do if you ever get lost in the woods. This class will address shelter building, water safety, edible forest foods, basic camping skills and more. Fridays will include a field trip to a local hiking trail. We'll make a survival kit for your future trips.

Age: 8-12 years

Location: Lee Martinez Park

Note: Bring a sack lunch, jacket and a water bottle. Please dress appropriately for outdoor activities. Class partially discountable.

6/2-6/6	M–F	9:00 ам—3:00 рм	\$150	316981-01
6/23-6/27	M–F	9:00 ам—3:00 рм	\$150	316981-04
6/30-7/3	M-Th	9:00 ам—3:00 рм	\$121	316981-05
7/7–7/11	M-F	9:00 ам—3:00 рм	\$150	316981-06
7/14-7/18	M-F	9:00 ам—3:00 рм	\$150	316981-07
7/21–7/25	M-F	9:00 ам—3:00 рм	\$150	316981-08
7/28-8/1	M-F	9:00 ам—3:00 рм	\$150	316981-09
8/4-8/8	M-F	9:00 ам—3:00 рм	\$150	316981-10

Teen

Teen Supercamp Series

Age: 11-16 years

Location: Northside Aztlan Center

Note: Bring sack lunch, water bottle, and sunscreen. Wear comfortable attire and good walking shoes. We'll be swimming at City Park Pool on Thursday, bring suit and

Chef Camp I

Let's cook up a storm! Learn proper techniques for preparing and presenting food. Prepare main courses, appetizers, salads, and desserts — best of all, enjoy what you've made! We'll work with a professional chef and finish the camp with an Iron Chef Challenge!

6/3-6/6 Tu-F 8:00 AM-5:00 PM \$149 315553-0	6/3-6/6	Tu-F	8:00 AM-5:00 PM	\$149	315553-0
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Super Hero Camp

Sign up for Super Hero Camp and learn the trademark skills of all the super heroes. Master archery like Katniss, learn how to swing on a rope and repel like Spider Man, and fly like Iron Man while zip lining. We'll catch the new Super Hero movie on opening day as well.

6/10-6/13	Tu-F	8:00 ам—5:00 рм	\$190	315553-02

Outdoor Adventure

Grab your outdoor gear and get ready for a week of adventure that includes rafting, rock climbing, hiking, orienteering and more! This camp includes an optional overnight camp out in Pingree Park the last day of camp.

6/17-6/20	Tu_F	8:00 AM-5:00 PM	\$210	315553-03
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Art & Photo Camp

Painting, drawing, photography, street art and molding will be explored in this camp. We will visit the Denver Art Museum and check out some local artists and their studios. All art supplies will be provided.

6/24-6/27	Tu-F	8:00 ам—5:00 рм	\$145	315553-04
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Girls Camp

Discover your inner goddess while you build your self confidence, strength, mind and culinary skills. We will practice yoga, take a trip to the spa, learn self defense, and cook up a storm. Fashion design, sewing, and cake decorating will be included.

7/15–7/18 Tu-	-F 8:00 AM-5:00 PM	\$150	315553-05
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Hollywood Camp

This camp will revolve around acting, improv, video production and theater. We'll make our own movie or music video, plan and execute a flash mob, play improv games and catch a show. All participants will receive a DVD of their own movie.

7/8-7/11	Tu-F	8:00 ам—5:00 рм	\$180	315553-06
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Splash Camp

The summer is heating up, so let's cool off by getting wet! We'll slip and slide, have a waterballoon fight, swim, explore the Poudre River and spend Friday at Water World. This is a camp you won't want to miss.

7/22-7/25 Tu-	8:00 AM-5:00 PM	\$144	315553-07
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Chef Camp II

Learn how to braise, candy, sear, and caramelize foods for that extra flavor and pizzazz. We'll build some extreme cakes, master the art of grilling, have a visit from a professional chef and take a field trip to see how the pros do it. Prior participation in Chef Camp I recommended.

7/29-8/1	Tu-F	8:00 am-5:00 pm	\$145	315553-08

Guys Camp

Paintball, fishing, go-karting, rock climbing, and explosive experiments are only a few examples of all the fun we'll have at Guys Camp. Grab your buddies and get ready for some serious excitement!

7/15–7/18	Tu-F	8:00 ам—5:00 рм	\$165	315553-10		
Guys Camp O	vernight					
7/18–7/19	F,Sa	5:00 рм—9:00 ам	\$20	315553-11		
Girls Camp Overnight						
7/18–7/19	ESa	5:00 pm-8:00 am	\$20	315553-12		

Early Learning

Giant Friends Club ∢ARO

Come and play together at the accessible Inspiration Playground. This club brings kids of all abilities together for fun and friendships. Themes, games, songs, crafts and more will be planned for a gigantic good time!

Age: 4–11 years

Location: Spring Canyon Park

Note: For more information about the Giant Friends Club, contact

Renée Lee at 970.224.6027 or rlee@fcgov.com.

7/2-8/6	W	10:00 AM-Noon	\$36	302974-01
112-010	VV	10:00 AM-NOOH	φου	302374-0

Funtime Discovery

Your child will discover arts and crafts, creative play, letter/number recognition and gym time in this fun transitional class. Please note age requirements. Previous class experience recommended. Must be toilet trained.

Age: 2½-3½ years

Location: Northside Aztlan Center

Note: Funtime closures/holidays correspond to the Poudre School District schedule unless otherwise notified in class. Funtime does not follow PSD weather closures.

6/3-6/12	Tu,Th	9:30—11:00 ам	\$34	317503-01
6/17-6/26	Tu,Th	9:30—11:00 ам	\$34	317503-02
7/1–7/10	Tu,Th	9:30—11:00 ам	\$34	317503-03
7/15-7/24	Tu,Th	9:30—11:00 ам	\$34	317503-04
7/29-8/7	Tu,Th	9:30—11:00 ам	\$34	317503-05

Storybook Theater

Using old time favorite stories as a basis, your child will enrich their theater experience through acting, singing, crafts, and make believe.

Location: Mulberry Pool

Note: Please tell front desk staff of allergies at the time of registration.

Age: 3–6 years					
6/2-6/5	M-Th	1:00—2:30 РМ	\$34	317530-01	
Age: 6–9 year	ırs				
6/9-6/12	M-Th	1:00—2:30 РМ	\$34	317530-02	

Curious Twos

This class will direct your child's attention to games, crafts, and stories while providing a positive first time away from Dad and Mom experience.

Age: 2 years

Location: Northside Aztlan Center

Note: This is a child without parent class.

6/2-6/11	M,W	9:30—10:30 am	\$24	317504-01
6/2-6/11	M,W	11:00 AM—Noon	\$24	317504-02
6/16-6/25	M,W	9:30—10:30 am	\$24	317504-03
6/16-6/25	M,W	11:00 AM—Noon	\$24	317504-04
6/30-7/9	M,W	9:30—10:30 am	\$24	317504-05
6/30-7/9	M,W	11:00 AM-Noon	\$24	317504-06
7/14-7/23	M,W	9:30—10:30 am	\$24	317504-07
7/14-7/23	M,W	11:00 AM—Noon	\$24	317504-08
7/28-8/6	M,W	9:30—10:30 AM	\$24	317504-09
7/28-8/6	M,W	11:00 AM-Noon	\$24	317504-10

Afternoon Adventures

Moms and Dads, do you need an afternoon to yourself? Wouldn't it be nice to run errands, go out to lunch, play golf or even paint the living room walls without having to worry about what your youngster is getting into? Now you can take care of business while we keep your kids entertained with lots of fun activities!

Age: 3–6 years

Location: Northside Aztlan Center

Note: Participants should dress for the weather and bring a water bottle. Children must be toilet trained. Please inform staff of allergies.

	\$20	317513-01
	1	
6/18 W 1:00-5:00 PM	\$20	317513-02
6/25 W 1:00-5:00 PM	\$20	317513-03
7/2 W 1:00-5:00 PM	\$20	317513-04
7/9 W 1:00-5:00 PM	\$20	317513-05
7/16 W 1:00-5:00 PM	\$20	317513-06
7/23 W 1:00-5:00 PM	\$20	317513-07
7/30 W 1:00-5:00 PM	\$20	317513-08

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I Want To Be A Scientist

Explore, learn, discover! What is it like to be a scientist? Come and find out! We will conduct hands-on investigations as we discover the world of science.

Age: 3-6 years

Location: Northside Aztlan Center

Note: Please note allergies at time of registration. Children must be toilet trained.

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uceanogra	pny			
6/3	Tu	9:30—11:30 ам	\$17	317507-01
6/4	W	9:30—11:30 am	\$17	317507-02
Entomology	y			
6/10	Tu	9:30—11:30 am	\$17	317507-03
6/11	W	9:30—11:30 ам	\$17	317507-04
Astronomy				
6/17	Tu	9:30—11:30 am	\$17	317507-05
6/18	W	9:30—11:30 ам	\$17	317507-06
Vet Medicir	1е			
6/24	Tu	9:30—11:30 ам	\$17	317507-07
6/25	W	9:30—11:30 ам	\$17	317507-08

Flight				
7/1	Tu	9:30—11:30 ам	\$17	317507-09
7/2	W	9:30—11:30 ам	\$17	317507-10
Reptiles				
7/8	Tu	9:30—11:30 ам	\$17	317507-11
7/9	W	9:30—11:30 ам	\$17	317507-12
Zoology				
7/15	Tu	9:30—11:30 ам	\$17	317507-13
7/16	W	9:30—11:30 ам	\$17	317507-14
Magnets				
7/22	Tu	9:30—11:30 ам	\$17	317507-15
7/23	W	9:30—11:30 ам	\$17	317507-16
Paleontology				
7/29	Tu	9:30—11:30 ам	\$17	317507-17
7/30	W	9:30—11:30 ам	\$17	317507-18
Concoctions				
8/5	Tu	9:30—11:30 ам	\$17	317507-19
8/6	W	9:30—11:30 ам	\$17	317507-20

When I Grow Up

Using themed props and dress up clothes, children will exercise their imaginations trying-on different grown-up jobs.

Age: 3-5 years

Location: Northside Aztlan Center

Note: Please tell front desk staff of allergies at the time of registration. This is a child without parent class. This class is partially discountable.

Constructi	on			
6/5	Th	10:00—11:30 ам	\$10	317554-01
Pizzaria				
6/12	Th	10:00—11:30 AM	\$10	317554-02
Hospital H	elpers			
6/19	Th	10:00—11:30 AM	\$10	317554-03
Flower Sho	р			
6/26	Th	10:00—11:30 AM	\$10	317554-04
Post Office)			
7/3	Th	10:00—11:30 AM	\$10	317554-05
Scientist				
7/31	Th	10:00—11:30 AM	\$10	317554-06
Constructi	on			
8/7	Th	10:00—11:30 ам	\$10	317554-07

Funtime Express

Join us for the summer version of our popular Funtime class. We will do arts and crafts, storytelling, science, creative play, singing, gym play and more — all geared toward summer fun. Children must meet the age requirement by the first day of class. This is a child without parent class.

Age: 3–5 years **Location:** Mulberry Pool

Note: Please note allergies at time of registration. Children must be toilet trained.

6/2-6/11	M,W	9:30—11:30 am	\$44	317202-01
6/3-6/12	Tu,Th	9:30—11:30 am	\$44	317202-02
6/16-6/25	M,W	9:30—11:30 am	\$44	317202-03
6/17–6/26	Tu,Th	9:30—11:30 am	\$44	317202-04
6/30-7/9	M,W	9:30—11:30 am	\$44	317202-05
7/1–7/10	Tu,Th	9:30—11:30 am	\$44	317202-06
7/14–7/23	M,W	9:30—11:30 am	\$44	317202-07
7/15-7/24	Tu,Th	9:30—11:30 am	\$44	317202-08
7/28-8/6	M,W	9:30—11:30 am	\$44	317202-09
7/29-8/7	Tu,Th	9:30—11:30 ам	\$44	317202-10

Summer Celebrations

These events will delight your child. Come and explore, learn, create and play! Activities will be centered around a theme and will include games, arts and crafts, refreshments and more. Classes are for children only.

Age: 3-6 years

Location: Mulberry Pool

Note: Please tell front desk staff of allergies at the time of registration. Children must be toilet trained.

0				
Olivia				
6/6	F	10:00-11:30 AM	\$19	317241-01
6/6	F	1:00-2:30 PM	\$19	317741-02
Butterflies-	n-Lady Bugs			
6/13	F	10:00—11:30 AM	\$19	317241-03
6/13	F	1:00-2:30 PM	\$19	317241-04
Trains & Pla	ines			
6/20	F	10:00—11:30 AM	\$19	317241-05
6/20	F	1:00-2:30 PM	\$19	317241-06
Ninja Turtle	S			
6/27	F	10:00—11:30 AM	\$19	317241-07
6/27	F	1:00-2:30 PM	\$19	317241-08
Pinkalicious	;			
7/11	F	10:00—11:30 AM	\$19	317241-09
7/11	F	1:00-2:30 PM	\$19	317241-10
Super Heros	S			
7/18	F	10:00—11:30 AM	\$19	317241-11
7/18	F	1:00-2:30 PM	\$19	317241-12
Cowboys &	Cowgirls			
7/25	F	10:00—11:30 AM	\$19	317241-13
7/25	F	1:00-2:30 PM	\$19	317241-14
Constructio	n Site			
8/1	F	10:00—11:30 AM	\$19	317241-15
8/1	F	1:00-2:30 PM	\$19	317241-16
Fire Fighter				
8/8	F	10:00-11:30 AM	\$19	317241-17
8/8	F	1:00-2:30 PM	\$19	317241-18

Little Yogis

Let your little ones come play yoga! We'll explore movement through animated poses, games, art, music and breathing exercises that help to strengthen coordination and build body awareness. We'll bark in downward dog, hiss in cobra and take a yoga journey your child will never forget!

Age: 3-6 years

Location: KidsCrave Yoga 4021B S College

Note: Class partially discountable. All sessions will be different so sign up for as many as you like. This is a child without parent class.

6/3-6/24	Tu	10:15—11:00 ам	\$38	317955-01
7/8–7/29	Tu	10:15—11:00 ам	\$38	317955-02
8/5-8/26	Tu	10:15—11:00 ам	\$38	317955-03

Superhero Yoga

Join some of your favorite Super Heroes for an action-packed yoga class! We'll go through important superhero training to strengthen our bodies. We'll explore our own super powers through fun yoga games and activities and we might even have the chance to save our city from the bad guys.

Age: 3-6 years

Location: KidsCrave Yoga 4021B S College

Note: Costumes encouraged — please come dressed as your favorite super hero!

6/10	Tu	9:00—10:00 ам	\$20	318968-01
7/15	Tu	9:00-10:00 am	\$20	318968-02

Funtime Pre-K

Children will develop fundamental kindergarten readiness skills. Curriculum will focus on small-motor, literacy, emerging reading/writing and pre-math skills; arts and crafts, movement/physical education, drama, and development of social skills. Children must be 4 by 9/15/2014.

Age: 4-6 years

Location: Northside Aztlan Center

Note: Class partially discountable. Funtime closures/holidays correspond to the Poudre School district schedule. Funtime does not follow PSD weather closures. Class will not be held on 10/17.

9/3-10/10	M,W,F	9:30 AM—Noon	\$212	417500-01
10/13-11/21	M,W,F	9:30 AM—Noon	\$212	417500-02
12/3-12/19	M,W,F	9:30 AM—Noon	\$100	417500-03



Funtime for Preschoolers

Arts and crafts, storytelling, science, math, pre-reading, creative play/dramatics and gym play are only part of the fun your child will experience in this class! Children must have turned 3 by 9/15/2014. Previous class experience recommended. Must be toilet trained.

Age: 3-4 years

Location: Northside Aztlan Center

Note: Class partially discountable. Funtime closures/holidays correspond to the Poudre School district schedule. Funtime does not follow PSD weather closures. Class will not be held on 10/16.

9/2-10/9	Tu,Th	9:30—11:30 ам	\$154	417501-01
10/14-11/20	Tu,Th	9:30—11:30 ам	\$144	417501-02
12/2-12/18	Tu,Th	9:30—11:30 ам	\$79	417501-03

Those Amazing Dinosaurs

Learn about your favorite dinosaurs. Hunt for fossils, classify by characteristics, and maybe create your own dinosaur.

Age: 3–5 years

Location: Northside Aztlan Center **Note:** This is a child without parent class.

7/10-7/24	Th	10:00-11:30 AM	\$31	318508-01
1110 1127	1111	10.00 11.00 AIVI	ΨΟΙ	010000 01

Lunch Bunch Enrichment

Kids! Bring your lunch, make new friends and learn something new! This fun class offers theme-based enrichment opportunities that compliment most Pre-K and 1/2 day Kindergarten programs.

Age: 4-7 years

Location: Northside Aztlan Center

Note: Please tell front desk staff of allergies at the time of registration. This is a child without parent class.

Exploring Art				
9/8-10/6	M	Noon-2:00 PM	\$42	417509-01
Fun Stories				
9/3-10/8	W	Noon-2:00 PM	\$49	417509-02
Science				
9/5-10/10	F	Noon-2:00 PM	\$49	417509-03
Exploring Art				
10/13-11/17	M	Noon-2:00 PM	\$49	417509-04
Fun Stories				
10/15-11/19	W	Noon-2:00 PM	\$49	417509-05
Science				
10/24-11/21	F	Noon-2:00 PM	\$42	417509-06

Parent With Child

Roly Polys

Take part with your child while he/she discovers the world of gymnastics. Children will work on agility, flexibility, strength and coordination using balance beams, swing bars, parallel bars and a mini tramp. Roly Polys is a structured, fun-filled class that includes the parent.

Location: Mulberry Pool

Note: Please wear appropriate clothing: leotards/footless tights, or T-shirt and shorts/sweats. No jeans or jewelry please. This is a parent with child class.

Age: 2 years

ngo. 2 youro				
6/2-6/16	M	11:15 am—Noon	\$27	317295-01
6/3-6/17	Tu	11:00—11:45 ам	\$27	317295-02
6/4-6/18	W	11:15 am—Noon	\$27	317295-03
6/23-7/14	M	11:15 am—Noon	\$34	317295-04
6/24-7/15	Tu	11:15 am—Noon	\$34	317295-05
6/25-7/16	W	11:15 am—Noon	\$27	317295-06
7/21-8/4	M	11:15 am—Noon	\$27	317295-07
7/22-8/5	Tu	11:00-11:45 AM	\$27	317295-08

Roly Polys continued

Age: 3 years				
6/2-6/16	M	10:15—11:00 am	\$27	317295-09
6/4-6/18	W	10:15—11:00 am	\$27	317295-10
6/5-6/19	Th	11:00—11:45 ам	\$27	317295-11
6/23-7/14	M	10:15—11:00 am	\$34	317295-12
6/25-7/16	W	10:15—11:00 am	\$27	317295-13
6/26-7/17	Th	11:00—11:45 ам	\$34	317295-14
7/21-8/4	M	10:15—11:00 ам	\$27	317295-15

11:00-11:45 AM

317295-16

\$27

Mom & Tot Science

7/24-8/7

Would your child like to make concoctions in the bath tub? Come explore the world of science with your little one. We will make and do all kinds of fun science experiments.

Age: 2-3 years

Location: Northside Aztlan Center **Note:** This is a parent with child class.

Th

6/6-6/13	F	11:00 AM—Noon	\$19	317560-01
7/11–7/18	F	11:00 AM—Noon	\$19	317560-02

Little Explorers

Curious toddlers and their parents will get a chance to experience a different kind of class each visit. Science, movement, arts and crafts, and music. All of our favorite toddler classes rolled into one!

Age: 2 years

Location: Northside Aztlan Center **Note:** This is a parent with child class.

6/6-6/13	F	9:30—10:30 am	\$15	317561-01
7/11–7/18	F	9:30-10:30 AM	\$15	317561-02

Toddlertime

This class will focus on your child's creativity and imagination. It is a combination of fun fitness games, activities, stories, crafts and movement.

Age: 18-24 months

Location: Northside Aztlan Center **Note:** This is a parent with child class.

6/20-6/27	F	9:30—10:30 am	\$15	317562-01
7/25-8/1	F	9:30—10:30 ам	\$15	317562-02

Artists Cafe

Come with your child to explore the world of art. We will play with all different mediums and materials. This is a very messy class. Please wear your grubbies and bring a bag to carry your projects home.

Age: 2-4 years

Location: Northside Aztlan Center

7/31-8/14 Th 10:00-11:00 AM \$29 317580-01

Small Hands, Big Messy Art

Parents, you and your youngster will have a ball making a mess in this hands-on art class. Paint, shaving cream, playdough are just of few of the things you'll get you hands on....and in!

Age: 18-24 months

Location: Northside Aztlan Center **Note:** This is a parent with child class.

6/20-6/27	F	11:00 AM—Noon	\$12	317585-01
7/25-8/1	F	11:00 AM—Noon	\$12	317585-02

Baby Ballerinas

You and your favorite two year old will begin to explore body movement and awareness in this fun and imaginative class!

Age: 2–3 years **Location:** Club Tico

Note: This is a parent with child class.

6/3-6/17	Tu	9:00—9:45 ам	\$27	317196-01
7/1–7/15	Tu	9:00—9:45 ам	\$27	317196-02
7/22-8/5	Tu	9:00-9:45 am	\$27	317196-03

I Can Do It Myself

These classes are for the toddler who is "not quite ready" to take a class by himself/herself. Parents and toddlers can enjoy a number of different activities together.

Age: 15 months—24 months

Location: Northside Aztlan Center **Note:** This is a parent with child class.

Zoo Animals

200 Allillais						
7/8	Tu	9:30—10:15 ам	\$8	317268-01		
Eric Carl						
8/13	W	9:00—9:45 ам	\$8	317268-02		



uchealth.org

Education

Classes are for ages 18 years and up unless otherwise noted.

Computer Classes

Free & Excellent

Stop! You do not need to pay monthly fee for your software! (new industry trend). There is free! Excellent! software available for any computer task. Bring your computer to the class; learn to locate/download/install this software; not much difference between the famous stuff and free! software. Save\$\$!

Location: Senior Center

8/16	Sa	9:00 am-Noon	\$14	307406-01

Gizmos & Gadgets Galore Update

Tablet, smartphone, e-reader. What are these? What do they do? Do I want one? Discover what these gadgets and gizmos offer. This class is a combination of demonstrations, hands-on sessions, and a layman's introduction to the technology you see in all the ads. Time for questions. Handouts will be available.

Location: Senior Center

8/2	Sa	8:30-11:30 am	\$14	307407-01

Quicken

Prerequisite: Computer Basics Class or basic computer knowledge. This class starts with the basics of creating and managing files and

accounts. The hands-on exercise includes creating both a checking and savings account, reconciling a bank statement, creating reports, and more.

Location: Senior Center

Note: Instructor provided by the Front Range PC Users Group.

8/9 Sa 8:30 AM-12:30 PM \$14 307

Blogging for Passion or Profit

Want to have total creative control of your website? No need to hire an expensive web developer. Learn how to create your own WordPress blog with your own domain name and hosting. Create unlimited pages and edits; no programming experience needed. Creating your business or hobby blog has never been easier!

Age: 16 years & up

Location: Columbine Health Computer Lab

Computer Basics

This class will provide basic computer terminology for anyone who has never used a computer. The class will start with a non-technical discussion of basic computer use, and include writing letters, using email, and using the Internet to listen to music and watch movies.

Location: Columbine Health Computer Lab

Note: Instructors provided by the Front Range PC Users Group.

	6/	2, 6/4, 6/6	M,W,F	10:00 AM-1:00	\$19	307902-01
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Excel 2010 Introduction

This class covers the basics of data entry, formulas, formatting, charts, and printing for Excel version 2010.

Location: Columbine Health Computer Lab

6/7	Sa	8:30 ам—12:30 рм	\$14	307903-01
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Excel v. 2010 Intermediate

Prerequisite: Excel Introduction.

Make your life easier when using Excel: "Timesavers": Templates/ AutoFill. Conditional formatting (automatically find and highlight important information). Tricks with cell references and more on formulas/functions/solving formula errors. Sorting/filtering/ Lists+more

Location: Columbine Health Computer Lab

Note: Instructor provided by the Front Range PC Users Group.

8/9	Sa	8:30 ам—12:30 рм	\$14	307904-01
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Facebook for Beginners

Facebook is useful and fun for interacting with family, friends, and your favorite public figures. It's also aggravating to learn, and worrisome if you're not sure what strangers can see. This hands-on class walks you through posting, 'friending', privacy controls, and more so you can easily and safely enjoy Facebook.

Location: Columbine Health Computer Lab

6/25-7/16	W	6:15—7:15 РМ	\$40	307905-01

Beginning Word v. 2010

Prerequisite: Computer Basics Class or basic computer knowledge.

This two-session class provides an introduction, using hands-on exercises, to word processing basics such as file management and text formatting, and then expands into the lesser known but useful features such as tables, mail merge and more.

Location: Columbine Health Computer Lab

Note: Instructor provided by the Front Range PC Users Group.

0/14-0/21 3a 0:30 AM-12:30 PM \$24 30/909-	6/14-6/21	Sa	8:30 AM-12:30 PM	\$24	307909-01
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Social Media for Business

Social platforms continue to provide unique options for marketing small business. Learn how businesses can leverage social media to establish leadership in their market — without spending all day in it! Participants will ideally have some experience with existing social media accounts.

Location: Columbine Health Computer Lab

7/2-7/30 W 7:30-8:30 pm \$45 307914-01

Using Windows 7

Prerequisite: Computer Basics Class or basic computer knowledge.

A 3-session class of basic terms and tools of Windows 7. Hands-on exercises demonstrate working with windows, menus, files, and customization. A brief, technical description of the computer and simple maintenance tasks suitable for even the inexperienced user. Short demo of Windows 8, depending on attendee interest.

Location: Columbine Health Computer Lab

Note: Instructor provided by the Front Range PC Users Group.

7/12-7/26 Sa 8:30 AM-12:30 PM \$25 307916-01

Cooking Classes

Healthy Greens, Indian Style

Leafy greens pack a punch of aesthetics, flavor, and versatility. We invite you for a journey into the wondrous world of East Indian preparations. They are a nutritional powerhouse that are delicious sautéed, and pair beautifully with a multitude of spices, grains, beans, and proteins from all corners of the planet.

Location: Senior Center

Menu includes: collard greens with coconut, saag (spinach and lentil curry), kale with potatoes, tumeric rice pulao, carrot pudding

6/5 Th 6:00-8:30 PM \$29 307425-01

Colorful Summer Wraps

Chill out this summer with gluten-free, vegan, light and easy International summer wraps.

Location: Senior Center

Menu includes: Vietnamese rice paper rolls, Indian samosa wraps, Mexican eggplant tacos with cashew sour cream

6/10 Tu 6:00-8:00 PM \$29 307426-01

Food for Life: Cancer Project

The Power of Food for Cancer Prevention and Survival Studies have shown that a diet built from plant foods offers the most cancer-fighting protection of any. This class is an Introduction to How Foods Prevent and Fight Cancer while enjoying a cooking demonstration and tasting delicious, healthful dishes.

Location: Senior Center

6/19 Th 6:00-8:00 PM \$25 307427-01

Coconut "Cuckoo" Curries

Learn some modern spins on the traditional Coconut curry. Coconut has a magic all of its own in mutating even the most average curry into a very flavorful dish to savor. It's used widely across all of South East Asia and South Asia. These variations on the coconut curries are delicious, vegetarian and very healthy.

Location: Senior Center

Menu includes: vegetable stew, kale with coconut, beets with coconut, coconut rice pilaf, spicy pineapple curry

7/9 W 6:00-8:30 PM \$29 307428-01

Gluten Free Breakfast

Learn how to make this quick, simple yet wholesome gluten free (and vegan) breakfast at home.

Location: Senior Center

Menu includes: vanilla chia pudding, breakfast sunshine scramble, homemade lara bar, buckwheat porridge (yes gluten-free) and green smoothie

7/17 Th 6:00-8:00 PM \$29 307429-01

Homemade Crepes

Learn how to make these awesome, simple and vegetarian creations at home! Pair them with the perfect chutneys and you've got a meal everyone will talk about!

Location: Senior Center

Menu includes: mung bean crepe with coconut chutney, semolina crepe with tomato chutney, garbanzo bean flour crepe with mint — cilantro chutney, cardmom chai

8/28 Th 6:00-8:30 PM \$29 307430-01

Super-Size Your Summer Salad

Learn how a diet high in raw foods can benefit your health and vitality in this introductory level class. Boost the nutritional value and fill factor of your summer salad while learning basic raw food preparation techniques. Class includes food demos and tasting, as well as complete recipe packet.

Location: Senior Center

7/12 Sa 9:00 AM—Noon \$39 307431-01

International Cooking

Cooking from any country is not difficult at-all! In fact, International cooking using locally available ingredients is even better! Come and learn how to cook simple every day cooking in ½ hour! Kid friendly!! Low in fat! Every week we will visit different country. All supplies included, Come have fun!

Age: 13 years & up Location: Senior Center

8/6-8/27	W	6:30—7:30 рм	\$49	307432-01

Thai Cooking 1st Course

Cooking Thai food is not that complicated. Come learn from a Thai person cooking tips and tricks, and how to choose quality ingredients to make your meals taste great.

Location: Senior Center

Menu: Pad Thai, stir fried mix vegetables with red curry paste and Thai herbs, fried bananas, Thai jasmine rice and a Thai dipping sauce.

Thai Cooking 2nd Course

It's coconut time again! If you love coconut milk this class is for you! Coconut milk is found in Thai dishes from snacks and desserts to soup and even salads. We will also use this versatile ingredient in a green curry with Thai herbs.

Location: Senior Center

Menu: Green curry, green bean salad, purple sticky rice with coconut milk, Thai jasmine rice and a Thai dipping sauce.

8/7	Th	6:00-8:30 рм	\$35	307434-01

Cheese Making, Introduction

The ancient art of cheese making has been practiced since the domestication of animals. You will create a mozzarella and ricotta. Cultured milk products such as yogurt will also be explored. Includes hands-on. Leave with the knowledge and recipes to create more cheeses. Also taste Rich's homemade artisan hard cheeses.

Location: Senior Center

6/4-6/18	W	6:00—9:00 РМ	\$55	307435-01
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LEGEND

NW Denotes no web registration for program
 M Denotes program/activity has member special
 ◆ARO Denotes Adaptive Recreation Opportunity program.

CPR & First Aid Classes

CPR & First Aid

This class will prepare you with basic first aid procedures as well as adult, child and infant CPR. This is a great class for daycare providers. Two certificates from the Emergency Care Safety Institute-AAOS will be issued at the end of the class. Book included.

Location: Senior Center

Note: Class not discountable.

6/21	Sa	9:00 ам—5:00 рм	\$67	307441-01
7/19	Sa	9:00 ам—5:00 рм	\$67	307441-02
8/9	Sa	9:00 ам—5:00 рм	\$67	307441-03

CPR Professional

Course teaches the skills of adult, child and infant CPR including barrier device-mask, use of an AED, and relief of foreign body airway obstruction. A two-year American Heart Association Certification will be issued upon successful completion of the course. Appropriate for new certifications and re-certifications.

Location: Senior Center

Note: Includes AHA student text. Class not discountable.

6/18	W	5:30—9:30 РМ	\$67	307442-01
7/16	W	5:30—9:30 рм	\$67	307442-02
8/20	W	5:30—9:30 РМ	\$67	307442-03

Cultural Classes

Hindi

Learn Hindi, the national language of India, through basic knowledge which is helpful to both the remote areas of the country and larger cities. Useful for students who intend to visit the country or study other languages. Learn conversational skills, an introduction to the alphabet and a discussion of the culture.

Age: 13 years & up Location: Senior Center

Note: Class will not be held on 7/4.

6/30-8/18 M 6:15-7:30 PM \$120 307446-01

General Classes

Flea Market Finds - Silver & Gold

Looking for treasure? Learn how to identify basic silver and gold hallmarks wherever you shop! This hands-on class arms you with the information you need to identify gold and silver jewelry and other items. You may bring 6 pieces to evaluate in class. This information is also covered in the Sterling Silver Class.

Location: Senior Center

Note: Bring a magnifying glass or jeweler's loupe to class.

6/18	W	6:00-8:00 РМ	\$35	307464-01
8/5	Tu	6:00-8:00 РМ	\$35	307464-02

Sterling Silver - Buying & Selling

Silver is the new gold! So whether you are a collector, dealer, or just holding a garage sale, this hands-on class arms you with the basics you need to identify sterling silver (and gold) and helps you determine the value, age, and quality of the silver you purchase or sell. You may bring 5 pieces to evaluate.

Location: Senior Center

Note: Bring a magnifying glass or jeweler's loupe to class.

7/16	W	6:00—9:00 РМ	\$45	307465-01
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Just Once Guitar

Have you wanted to learn the guitar but find it hard to find the time? Learn enough about playing the guitar to give you years of enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away.

Location: Senior Center

6/16	M	6:30-9:00 PM	\$54	307466-01

Just Once Piano

Begin learning the chord method professional piano players use in this one session.

Location: Senior Center

6/17	Tu	6:30—9:30 рм	\$54	307467-01

Dog Training 101 - NW

Participants will learn how to teach their canine companion new behaviors such as sit, down, recall, door behavior, loose leash walking, and stay as well as gain insight into the mind of a canine.

Location: Northside Aztlan Center

Note: Bring a lawn chair. Class will not be held on 7/5.

6/28-8/2	Sa	9:00—10:00 ам	\$84	307474-01
6/25-7/23	W	6:00—7:00 рм	\$84	307474-02

Canine Good Citizen - NW

The Canine Good Citizen Program stresses responsible pet ownership for pet parents and basic good manners for dogs. All dogs who pass the 10-step CGC test may receive a certificate from the American Kennel Club.

Location: Northside Aztlan Center

Note: Bring a lawn chair Class will not be held on 7/5.

0/20 0/2 00 10:00 11:00 //// 40 1	6/28-8/2	Sa	10:30—11:30 ам	\$84	307475-01
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Music & Theater

Beginning Guitar

In just a few lessons, students will learn the fundamental chords and basic tablature skills needed to play many of their favorite songs. Chords, strum patterns, tuning, and basic music theory will be incorporated. Participants may bring an acoustic, classical, or electric guitar.

Location: Northside Aztlan Center

Note: Students must bring their own guitar.

Age: 8–12 ye	ars				
6/2-6/30	М	4:15—5:15 рм	\$46	315560-01	
Age: 13–17 y	ears				
6/2-6/30	М	5:30-6:30 PM	\$46	315560-02	
Age: 18 years & up					
6/2-6/30	M	6:45—8:00 рм	\$46	315560-03	

Beginning Guitar II

In just a few lessons, students will learn the fundamental chords and basic tablature skills needed to play many of their favorite songs. Chords, strum patterns, tuning, and basic music theory will be incorporated. Participants may bring an acoustic, classical, or electric guitar.

Location: Northside Aztlan Center

Note: Students must bring their own guitar.

Age: 8–12 years						
7/7—8/4	M	4:15-5:15 PM	\$46	315561-01		
Age: 13–17 years						
7/7-8/4	M	5:30-6:30 РМ	\$46	315561-02		
Age: 18 years & up						
7/7_2//	M	6.45_2.00 pm	\$16	315561_03		

Phamaly Performance **◄**ARO

Physically Handicapped Actors and Musical Artists is a professional performing arts group made up of people with physical disabilities. Join us to watch this extraordinary performance "Joseph and the Amazing Technicolor Dreamcoat". This matinee will feature a sensory tour.

Age: 16 years & up

Location: Edora Pool Ice Center

Note: Lunch is included. Class not discountable.

Registration deadline 7/11/2014.

7/20 Su 9:15 AM-6:00 PM \$41 302991-01

Wellness Education

Take Your Brain On A Walk - NW

Learn how to add "cognitive" components to your walking to enhance concentration, memory and social connectiveness. Combining mental and physical activities is a proven prescription for healthy aging.

Jill Taylor, Aspen Club Manager with UCHealth leads you in this fun activity. Get ready to move...and think!

Location: Senior Center

Note: Register with the Aspen Club at 970.495.8560.

6/25 W 2:00-3:30 pm No Fee 307482-01



Handwriting & Your Personality - NW

What does your handwriting say about your personality? What do those big loops mean? How about that slant to your writing? How does left vs right handed writing differ for the interpretation? Does handwriting change with age? Opportunity to analyze handwriting.

Location: Senior Center

Note: Register with Aspen Club at 970.495.8560. Presenter certifies Graphoanalyst, Phyllis Kennemer, Ed.D

8/14 Th 2:00-3:30 PM No Fee 307483-01

Do You Have A Bossy Bladder?

Do you have a bossy bladder or bowel? Krista Covell-Pierson, Occupational Therapist certified in pelvic disorders and Michelle Conlin, Pelvic Floor Specialist and Physical Therapist will present a four-week series of lecture and exercise for individuals looking to improve bladder and bowel control. Supplies included.

Location: Senior Center

Note: Classes can be attended individually at a \$10/session fee. Fee includes take home equipment.

6/10-7/1 Tu 10:00-11:00 AM \$30 307486-01

Hearing Loss Over 50

Learn about the symptoms and etiology of hearing loss, recommended screening guidelines, treatment options and risks of untreated hearing loss. Presenter: Dr. Stuart Tomlin, Au.D.

Location: Senior Center

7/14 M 10:00–11:30 AM No Fee 307485-01

Falls & Balance

Unsteady? Want to prevent a future fall and injury? Find out your fall risk and what medical conditions can increase your risk for falling like Neuropathy, weakness, stiffness, postural imbalance, visual impairment and neurological conditions. Discover what you can do to prevent a fall, remain well balanced and active.

Location: Senior Center

Note: Presented by Advanced Spine Physical Therapy. Free balance assessments will be provided following the presentation.

7/8 Tu 10:00—11:00 AM No Fee 307487-01

Dizziness: Cause & Treatment – NW

Dizziness can be caused by many different conditions such as your inner ear or neck amongst others. Find out what causes dizziness and how physical therapy can help.

Location: Senior Center

Note: Presented by Advanced Spine Physical Therapy. Speak to the presenter about a free consultation to see if physical therapy would be helpful for your condition.

8/12 Tu 10:00–11:00 AM No Fee 307488-01

Youth & Teen Classes

Junior Staff in Training Program

The Recreation Junior Staff in Training program is designed to give 14–17 year olds hands-on, pre-employment experience aimed towards bringing better-trained future entry level employees to the City's recreation programs. The schedule of the Junior Staff in Training program is determined by the program needs of the Recreation Department. Space is limited. All candidates must fill out an application and write a short essay. To request an application or for more information call Lisa Ratajczak at 970.416.2528. Mandatory interviews will be set up with select applicants.

Before being placed in a recreation program selected Junior Staff in Training candidates must attend a scheduled orientation that will include a parent meeting, overview of recreation policies, staff manual and child labor laws and will be required to complete our Red Cross Babysitting Boot camp class. Following orientation Junior staff in Training may work up to 30 hours per week for a minimum of 5 weeks in a youth recreation programs or camp. All junior staff will under the guidance of an experienced staff person. Junior Staff will receive a performance evaluation and certificate of hours completed.

Application deadline is 5/16/2014

Cost of the program is \$140 and is partially discountable.

Babysitting Bootcamp

Topics include: Babysitting business practices, discipline and communication, feeding, diapering, safe play for infants and children, preventing accidents, recognizing and responding to emergencies, basic first aid, choking and hands only CPR. Students receive a card endorsed by the American Academy of Pediatrics for Babysitters.

Age: 11–16 years

Location: Northside Aztlan Center

Note: Bring paper, pencil & lunch. Class only partially discountable.

6/9	M	Noon-8:00 PM	\$75	315522-01
6/23	M	Noon-8:00 PM	\$75	315522-02
7/7	M	Noon-8:00 PM	\$75	315522-03
7/21	M	Noon-8:00 PM	\$75	315522-04
8/4	M	Noon-8:00 PM	\$75	315522-05

Stage Right

Students will learn acting exercises, improvisations and basic elements of character development. They will be encouraged to explore their own creative expressions in this 4-day workshop.

Age: 7-14 years

Location: Northside Aztlan Center **Note:** Class partially discountable.

7/7-7/10 M-Th 10:00-11:00 AM \$54 318528-01

Intermediate Teen Film Makers

Prerequisite: Attended the Recreator Hollywood Camp or previous video experience.

Lights! Camera! Action! This intermediate level workshop will focus on the art of filmmaking and help teens refine their skills. This workshop will cover how to script, storyboard, light a scene, shoot and edit your own film. Class fee includes the use of FCPAN equipment.

Note: Please bring a lunch and snacks daily.

Age: 13-17 years

Location: FC Public Access Network

Note: Workshop will be held at Fort Collins Public Access Network,

200 W. Mountain.

7/22-7/25 Tu-F 9:00 AM-4:00 PM \$150 315981-01

B.I.K.E. Camp, Beginner

Learn basic road rules, safe riding strategies, emergency skills, bike handling skills, drills and bike maintenance in this fun camp! Recreational riding will take place along the Poudre and Spring Creek trails with a Safe Routes Instructor.

Age: 6-11 years

Note: Child must bring their bike and a backpack with water, lunch, and sunscreen each day to camp. A helmet can be provided.

Location: Edd	ora Pool Ice	Center		
6/10-6/14	M-F	8:30 ам—12:30 рм	\$120	315985-02
7/22–7/26	M-F	8:30 ам—12:30 рм	\$120	315985-07
Location: Fos	sil Creek Pa	ark		
6/24-6/28	M-F	8:30 ам—12:30 рм	\$120	315985-04
Location: FRI	HS Track			
7/8–7/12	M-F	8:30 ам—12:30 рм	\$120	315985-06
Location: Nor	thside Aztl	an Center		
6/2-6/6	M-F	8:30 ам—12:30 рм	\$120	315985-01
Location: Rol	land Moore	Park		
7/29-8/2	M-F	8:30 ам—12:30 рм	\$120	315985-08
Location: Spr	ing Canyon	Park		
6/17-6/21	M-F	8:30 ам—12:30 рм	\$120	315985-03
Location: Boy	ıs & Girls C	lub		
7/1–7/5	M-F	8:30 ам—12:30 рм	\$120	315985-05

Go-Kart Camp

This class will teach your 8–11 year old to be a safe, educated Go-Kart driver focusing on skills that transfer to the everyday driving world! Participants who demonstrate driving competence after this experience will be given a Fort Fun Drivers Permit, allowing them to drive independently on their future paid visits.

Age: 8–11 years **Location:** Fort Fun

Note: Class partially discountable.

6/4	W	8:00-10:00 AM	\$29	316989-01
6/13	F	8:00-10:00 AM	\$29	316989-02
6/21	Sa	8:00-10:00 am	\$29	316989-03
7/9	W	8:00-10:00 am	\$29	316989-04
7/18	F	8:00-10:00 am	\$29	316989-05
7/26	Sa	8:00-10:00 am	\$29	316989-06

Young Authors Writing & Publishing

Young Authors! Here's your opportunity to learn to express your ideas in writing and see them in print. During this workshop, you will learn the proper way to submit your work to a publisher, research the market and submit your manuscript to multiple magazine publishers.

Age: 8-12 years

Location: Northside Aztlan Center

Note: Class partially discountable. Please bring a story under 2,000 words that you've written and/or a poem under 35 lines.

6/23-6/26	M-Th	10:00—11:00 ам	\$54	318550-01
7/7–7/10	M-Th	11:15—12:15 ам	\$54	318550-02

Learn To Juggle

Juggling is a combination of mental and physical activity that relieves stress, improves eye-hand co-ordination, improves focus, concentration and physical intelligence — and it is just plain old fun! Learn a new skill this summer and join for this introductory class!

Age: 8-12 years

Location: Northside Aztlan Center, Lobby

Note: Class price includes one set of juggling balls per student.

6/11-6/25	W	10:00—11:00 am	\$25	318540-01
7/2–7/16	W	10:00—11:00 ам	\$25	318540-02
7/23-8/6	W	10:00—11:00 ам	\$25	318540-03

Jedi Engineering

Young Jedi will explore worlds far, far away and engineering principles right in front of them. Build planes, droids, and palaces inspired by designs made in a galaxy far, far away! This is an offering of original designs for young Jedi from Play-Well TEKnologies.

Age: 5–6 years **Location:** Club Tico

Note: Class not discountable.

6/30-7/3	M-Th	9:00 am-Noon	\$96	318595-01

Jedi Master

Build complex machines and structures based on the best designs from a galaxy far, far away. Play-Well's Jedi instructors reinforce key engineering concepts such as gear trains, worm drives, pneumatics, eccentric motion and more as students tap into the powerful forces of imagination and engineering.

Age: 7–12 years **Location:** Club Tico

Note: Class not discountable.

6/30-7/3	M-Th	$1:00~{\rm AM}{-}4:00~{\rm PM}$	\$96	318595-02
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Robotics

Building and programming robots using the LEGO Mindstorms NXT system. Learn about mechanical and software design, problem solving, and teamwork skills. Complete projects and mini challenges while learning how to control the robot, pick up and carry objects. Structured to work in an open-ended, investigative environment

Age: 7–12 years **Location:** Club Tico

Note: Class not discountable.

Pre Engineering With LEGO

Let your imagination run wild with over 100,000 pieces of LEGO®! Build engineer designed projects such as boats, bridges, mazes, and motorized cars. Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor.

Age: 5–7 years
Location: Club Tico
Note: Class not discountable.

6/9-6/13 M-F 9:00 AM-Noon \$120 318797-01 7/28-8/1 M-F 9:00 AM-Noon \$120 318797-02

Engineering FUNdamentals-LEGO

Power up your engineering skills with Play-Well TEKnologies and over 100,000 pieces of LEGO®! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as arch bridges, motorized gondolas, and the Battletrack! Challenging for new and returning students.

Age: 7–12 years **Location:** Club Tico

Note: Class not discountable.

6/9-6/13 M-F 1:00-4:00 PM \$120 318798-01

Bashman Bots Using Legos

Want to learn how to make a massive motorized LEGO machine? Our Play Well Engineering instructors guide students in this advanced camp as they re-engineer standard Lego vehicles into mechanized machines that can traverse challenging obstacles, battle against fellow bots and take on instructors' colossal creations.

Age: 7–12 years **Location:** Club Tico

Note: Class not discountable.

7/28-8/1 M-F 1:00-4:00 PM \$120 318799-01

Cool Chemistry

You are about to be amazed by some of the coolest chemistry experiments that fizz, foam, splatter and ooze! These activities are all about having fun while learning about chemistry.

Age: 7-14 years

Location: Northside Aztlan Center

Note: There is a \$15 supply fee due to Kidz Explore the first day of

class. Class partially discountable.

7/7–7/10 M–Th 12:30–1:30 PM \$54 318549-01

Fairytales Come to Life!

Give your little ones a joyful experience. We will become our favorite characters in best known fairy tales such as, Snow White and the Seven Dwarfs and Little Red Riding Hood! We will make simple costumes, songs and dances to make this a musical theater extravaganza!

Age: 4-7 years

Location: Northside Aztlan Center **Note:** Class partially discountable.

7/7-7/10 M-Th 9:00-9:45 AM \$54 318527-01

Youth Sciences Classes

Grade: 1-8

Location: Northside Aztlan Center

Note: Each student will receive their very own experimenter's kit that they get to take home and keep.

Build A Working Catapult

Build your catapult and knock down the castle walls! We will learn about energy and the laws of motion. Then we will build our very own catapults and test their range, accuracy and overall fun factor! All materials are provided and students get to keep their own catapults.

6/10-6/12 Tu-Th 10:00-11:00 AM \$49 315573-01

Electricity & Magnets

The best way to learn about electronics is to actually build and test real circuits! We will learn about electricity, magnetism, basic circuits, motors, and more. We'll learn to recognize basic components as well as electrical diagrams. Each student will receive their very own experimenter's kit that they get to take h

6/10-6/12 Tu-Th 11:00 AM-Noon \$49 315573-02

Lego Motor Lab

LEGO engineers, come join us as we learn how a real engine works. We'll learn about mechanical motion, pistons, valves, and pressure. Then we will build and operate a real LEGO engine that you get to keep.

6/24-6/26 Tu-Th 10:00-11:00 AM \$49 315573-03

Bicycle Workshop

Calling all Bicycle mechanics! Come join us as we learn about bicycles and how they work! We will learn how to fix a flat, change a tire, and adjust the chain. Then we will completely take apart real bicycles to see how they work on the inside. All bicycles and tools are provided. This is going to be fun!

6/24-6/26 Tu-Th 11:00 AM-Noon \$49 315573-04

Build an Electric Hovercraft

A hovercraft is a special vehicle that floats on a cushion of air instead of wheels. In this club we will learn about friction, momentum, air pressure and Newton's laws of motion. Then we will build our very own battery operated hovercraft. All materials are provided and each student gets to keep their hovercraft.

7/8-7/10 Tu-Th 10:00-11:00 AM \$49 315573-05

Junior Flying Squadron

Launch your airplanes and watch them soar! We will learn all about airplanes and how they fly. Then we will experiment by building gliders and a rubber band powered flyers! Best of all each student gets to keep the planes they build!

7/8-7/10 Tu-Th 11:00 AM-Noon \$49 315573-06

Education

Youth Sciences Classes continued

Build a Real Telescope

Come build your own telescope! Discover the basic principles of light and lenses. Learn about images and color. Best of all, build your very own, very cool working telescope that you get to keep and take home!

7/22-7/24 Tu-Th 10:00-11:00 AM \$49 315573-07

RC Helicopter Flight

Learn to fly a real remote control helicopter! First we will learn how and why helicopters fly. Then we will start our flight training, including taking off and landing, hovering, forward flight, reverse flight, and flying through obstacles. There will be plenty of flying time for every student.

7/22-7/24 Tu-Th 11:00 AM-Noon \$49 315573-08

Build a Nerf Blaster

Come Build a working Nerf dart blaster. We'll experiment with store bought blasters to learn what makes them work. Then we will build and test our very own launchers capable of making Nerf darts go faster and further than they were ever meant to go! Best of all, you get to keep the blaster that you build!

8/5-8/7 Tu-Th 10:00-11:00 AM \$49 315573-09

Build a Model Rocket

Experience the thrill of launching your very own model rocket. We will learn all about rockets, how they fly and what happens during the flight. Then we will each build our very own rocket that we will launch at the end of the course. Best of all you get to keep the rocket.

8/5-8/7 Tu-Th 11:00 AM-Noon \$49 315573-10



Summer Cooking Fun!



Experience the joy of cooking with local chefs at different restaurants!

Summer registration now available.

505-681-5749 www.chefsonthego.com • christina@chefsonthego.com

Cooking Classes

Note: Please tell front desk staff of allergies at the time of registration.

Teen Cooking Classes

Age: 11-16 years

Location: Northside Aztlan Center

Vegan Cooking

Learn how to make your favorite meals and desserts 100% vegan. We'll discuss the differences and benefits of a vegan diet and how to use natural products to add flavor and depth to your traditional recipes. All supplies will be provided.

6/3-6/5 Tu-Th 1:00-3:00 PM \$34 315555-01

Crazy Cakes

Get ready to bake and design some crazy cakes. We'll experiment with fondant, piping, tiers, fillings and more!

6/10-6/12 Tu-Th 1:00-3:00 PM \$44 315555-02

Grill Masters

Have grill envy no more! We'll teach you the tricks to perfect barbeque chicken, the best burger, and the juiciest steak you've ever had. Plus, learn how to use the grill in the summer to bake, saute veggies and master french fries!

6/17-6/19 Tu-Th 1:00-4:00 PM \$34 315555-03

Delectable Desserts

Learn how to make your favorite desserts from scratch! Pie, brownies, cheese cake, and creme brulee are just a few of the delectable desserts we will make. Have a dessert you've always wanted to learn how to make? Tell us and we'll teach you how!

6/24-6/26 Tu-Th 1:00-4:00 PM \$34 315555-04

Crazy Cakes II

Get ready to bake and design some crazy cakes. Crazy Cakes II will show you how to work with modeling chocolate, gum paste and more! We'll experiment with fondant, piping, tiers, fillings and more! All supplies will be provided.

7/8-7/10 Tu-Th 1:00-4:00 PM \$44 315555-05

Cake Pop Pros

Discover how to wow your friends and family with the new trend in cakes and cupcakes: Cake Pops! We'll make all different flavors, learn how to decorate them for special occasions, and play with different ways to display and serve them.

7/15-7/17 Tu-Th 1:00-3:00 PM \$34 315555-06

Cupcake Wars

We'll take cupcakes to the next level! Learn how to make delicious cupcake fillings, creative decoration techniques and unconventional cupcake shapes that will be apart of the competition!

7/22-7/24 Tu-Th 1:00-3:00 PM \$34 315555-07

Teen Cooking Classes continued

Chopped Challenge

Join us for a day of chopping and some friendly competition! This class includes summer cooking recipes using local produce to make healthy and exciting meals.

7/29–7/31	Tu-Th	1:00-3:00 PM	\$34	315555-08
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Little Chefs Cooking Club

Let's get creative in the kitchen! These theme-based classes are all hands-on. An occasional craft will be offered to enhance the learning experience.

Age: 3-4 years

Location: Northside Aztlan Center **Note:** Class partially discountable.

Cute Cupca	akes			
6/2	M	10:00—11:30 ам	\$19	317520-01
Around the	World			
6/9	M	10:00—11:30 ам	\$19	317520-02
Breakfast /	Anytime			
6/16	M	10:00—11:30 ам	\$19	317520-03
Lunch				
6/30	M	10:00—11:30 ам	\$19	317520-04
Delicious D	esserts			
7/14	M	10:00—11:30 ам	\$19	317520-05
Tutti Fruitt	i			
7/21	M	10:00—11:30 ам	\$19	317520-06
Delightful	Dips			
8/4	M	10:00—11:30 ам	\$19	317520-07

Make It-Take It Cooking Camp

Finally, a class for those with discriminating tastes! Students in this all-day class will prepare their own snacks and lunch as well as preparing something special to take home. In addition to cooking, children will create their own recipe book.

Age: 8–12 years

Location: Northside Aztlan Center **Note:** Class partially discountable.

Age: 8-11 years

	,			
6/23	M	9:00 ам—3:00 рм	\$54	318520-01
7/28	M	9:00 ам—3:00 рм	\$54	318520-03
Age: 9–12	years			
7/7	M	9:00 am-3:00 pm	\$54	318520-02

Kids Can Cook

Do you like to cook? Come join us as we get creative in the kitchen! These themed classes will help increase your cooking knowledge!

Age: 6–8 years

Location: Northside Aztlan Center **Note:** Class partially discountable

Cake Pops				
6/2	М	1:00-3:00 PM	\$22	318519-01
Around the	e World			
6/9	М	1:00-3:00 PM	\$22	318519-02
Breakfast	Anytime			
6/16	М	1:00—3:00 РМ	\$22	318519-03
Lunch				
6/30	М	1:00—3:00 РМ	\$22	318519-04
Delicious [Desserts			
7/14	М	1:00-3:00 PM	\$22	318519-05
Tutti Fruitt	ti			
7/21	М	1:00-3:00 PM	\$22	318519-06
Delightful	Dips			
8/4	М	1.00-3.00 PM	\$22	318519-07

Saturday Chefs

Be prepared to make some excellent summer foods that are bound to satisfy your hunger!

Age: 9–12 years

Location: Northside Aztlan Center **Note:** Class partially discountable.

Oh My Pie					
6/7	Sa	1:00-3:00 PM	\$26	318522-01	
On the Grill					
6/21	Sa	1:00—3:00 РМ	\$26	318522-02	
Dazzling Desse	ert				
7/12	Sa	1:00—3:00 РМ	\$26	318522-03	
In the Microwave					
7/26	Sa	1:00—3:00 рм	\$26	318522-04	
Fondue					
8/2	Sa	1:00—3:00 рм	\$26	318522-05	

Farm

Classes are held at The Farm, 600 N. Sherwood unless otherwise noted.

Adopt an Animal

Anyone can adopt an animal at The Farm and become its "parent". As an adoptive parent, you are helping to provide for the food and care of "your" animal. Of course, your adopted animal stays at The Farm where it is cared for by farm staff. (*Note:* for all practical purposes, some of the animals are sold when they reach maturity.) It's easy to adopt! Choose your favorite farm animal and adopt it for a year by making a tax-deductible donation. A farm "parent" receives an adoption certificate, his/her name listed at The Farm, and a poster as a "thank you", because we do appreciate your support. All "adoptive parents" will be invited to a special event at The Farm in December.

Birthday Parties

Celebrate your child's birthday with a farm flair! Meeting the animals, riding a pony (April — October) or going on a hayride create a very unique party for your 3 to 9 year old. Call The Farm or stop by during open hours to reserve your date. A minimum charge is due at time of reservation. Your hostess will take care of all the details to ensure a stress-free day for you. Party package includes pony rides or hayride, lemonade, table settings, a bandana for each child, and of course a visit with the animals. For more information, contact The Farm at 970.221.6665 or visit us online at fcgov.com/recreation/thefarm.

The Farm Store

Looking for a unique farm-related gift? The Farm Store is the place to shop. We are stocked with farm toys, puzzles, T-shirts, and novelties. Open during open hours of The Farm.

The Farm Museum

Take a walk through yesteryear's farm era. Displays depict farming from the turn of the century to the early 1930's. Guess what the "mystery tool" is and how it was used. Then test your "farm strength" by lifting a bale of hay with and without the aid of a pulley system.

Pony Club

Calling all pony lovers! Join us in Pony Club where you will get exclusive access to the pony gang during special Pony Club hours. You will be on an email list to keep you informed about the ponies and upcoming activities. A monthly fee of \$18 is charged with additional fees for some activities. To be in Pony Club you must have completed at least one of The Farm's Pony Camps or Horsemanship classes and be at least 8 years old. Call The Farm at 970.221.6665 or email Bridget at bbrownell@fcgov.com for more information.

Evenings at The Farm

Enjoy all of the Farm favorites but in the evening. You can picnic alongside the animals or just stroll through the barnyard. Each evening will offer some mystery events. The Farm will be open until 7:30 p.m. Pony rides will be open 5:30–7:15 p.m. Admission, is \$3, Pony Rides \$5 per rider. Tuesday July 8, and Thursday July 31.

Not-So-Mini Day Camp

This camp is an extended version of Mini Day Camp. Campers can be found doing typical farm chores such as gathering eggs, milking the cow and riding the ponies. Other "chores" include crafts and going on a hayride.

Age: 6-7 years

Note: Bring a sack lunch everyday. Water will be provided.

7/22–7/25	Tu-F	8:30 ам—3:30 рм	\$98	308605-03
7/29-8/1	Tu-F	8:30 ам-3:30 рм	\$98	308605-04

Beginning Pony Camp

Pony campers will learn to groom, saddle and ride a pony during their week at The Farm. Pony chores will be included for our young equestrians and safety is stressed at all times.

Age: 8-12 years

Note: Bring a water bottle. Shoes worn must be closed toed.

6/10-6/13	Tu-F	11:45 ам—2:15 рм	\$120	308607-03
6/17-6/20	Tu-F	8:30—11:00 ам	\$120	308607-04
6/24-6/27	Tu-F	8:30-11:00 am	\$120	308607-05
7/8–7/11	Tu-F	8:30-11:00 am	\$120	308607-06
7/15–7/18	Tu-F	11:45 ам—2:15 рм	\$120	308607-07
7/22–7/25	Tu-F	8:30-11:00 am	\$120	308607-08

Horsemanship I

Teens will learn to groom, saddle and ride a horse in this four day class. Class size is small, so sign up soon!

Age: 12–18 years

Note: Bring a water bottle. Closed toed shoes must be worn.

6/2-6/5	M-Th	12:15—2:45 РМ	\$120	308616-01
6/16-6/19	M-Th	9:00—11:30 am	\$120	308616-02
6/23-6/26	M-Th	12:15—2:45 рм	\$120	308616-03
7/7–7/10	M-Th	12:15—2:45 рм	\$120	308616-04

Horsemanship II

This camp is designed for teens who have taken Horsemanship I or Pony Camps. Now that you know how to groom and saddle, more time will be spent riding and learning more about horses.

Age: 12–18 years

Note: Bring a water bottle. Closed toed shoes must be worn.

6/9-6/12	M-Th	12:15—2:45 рм	\$120	308617-01
6/16-6/19	M-Th	12:15—2:45 рм	\$120	308617-02
6/23-6/26	M-Th	9:00—11:30 ам	\$120	308617-03
7/7–7/10	M-Th	9:00—11:30 ам	\$120	308617-04
7/14–7/17	M-Th	9:00—11:30 ам	\$120	308617-05
7/14–7/17	M-Th	12:15—2:45 рм	\$120	308617-06
7/21–7/24	M-Th	9:00—11:30 ам	\$120	308617-07

Green Thumbs

Gardening can be a lifelong hobby, get your child started at The Farm. Worm composting, bugs and learning about the importance of plants are all part of the fun. Explore the world of gardening through this hands on class.

Age: 4-6 years

8/5-8/8 Tu-F 10:30-11:30 AM	\$24	308603-01
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Li'l Dumplin' Farmers

Mom, Dad, or any other favorite adult, you and your two-year-old can meet the animals in this class. Join us in farm chores that include gathering eggs and milking a cow. Learn about life on a farm. After the chores are finished we will enjoy a picnic with the animals.

Age: 2 years

Note: Everyone will bring their own sack lunch. The Farm staff will provide homemade dessert. Parents are expected to stay with the child.

6/9-6/23	M	11:00 AM—Noon	\$30	308609-01
6/9-6/23	M	11:15 ам—12:15 рм	\$30	308609-02
6/30-7/14	M	11:00 AM—Noon	\$30	308609-03
6/30-7/14	M	11:15 ам—12:15 рм	\$30	308609-04
7/21-8/4	M	11:00 AM—Noon	\$30	308609-05
7/21-8/4	M	11:15 ам—12:15 рм	\$30	308609-06

Little Peepers

Little Peepers explore the barnyard in each class by gathering eggs, milking a cow, reading stories in the hayloft and so much more! Parents leave their three-year-old for an hour of discovery on The Farm.

Age: 3 years

Note: Parents cannot stay with their little peepers.

6/9-6/23	M	9:00-10:00 am	\$29	308610-01
6/9-6/23	M	9:15—10:15 ам	\$29	308610-02
6/30-7/14	M	9:00-10:00 am	\$29	308610-03
6/30-7/14	M	9:15—10:15 am	\$29	308610-04
7/21-8/4	M	9:00-10:00 am	\$29	308610-05
7/21-8/4	M	9:15—10:15 ам	\$29	308610-06

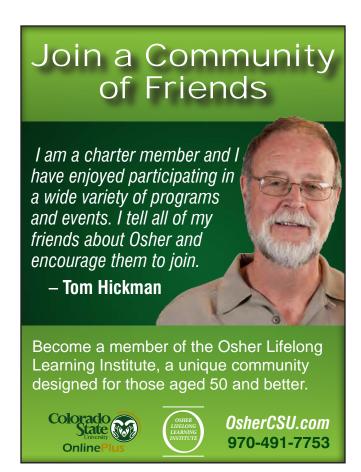
Pee Wee Farmers

The Pee Wee Farmer classes have been favorites since The Farm opened. Your child will learn what life on a farm is like through handson experience. Milking a cow, gathering eggs, helping make their own snacks and riding the ponies are all part of the fun at The Farm!

Age: 4–5 years

Note: Parents will be asked to lead their child's pony on the day they ride.

6/3-6/6	Tu-F	1:00—2:30 рм	\$39	308606-01
6/3-6/6	Tu-F	1:00—2:30 рм	\$39	308606-02
6/10-6/13	Tu-F	1:00—2:30 рм	\$39	308606-03
6/10-6/13	Tu-F	1:00—2:30 рм	\$39	308606-04
6/17-6/20	Tu-F	1:00—2:30 рм	\$39	308606-05
6/17–6/20	Tu-F	1:00—2:30 рм	\$39	308606-06
7/15–7/18	Tu-F	8:30-10:00 AM	\$39	308606-07
7/15–7/18	Tu-F	10:30 AM-Noon	\$39	308606-08
7/15–7/18	Tu-F	10:30 AM-Noon	\$39	308606-09
7/15–7/18	Tu-F	1:00—2:30 рм	\$39	308606-10
7/15–7/18	Tu-F	1:00—2:30 рм	\$39	308606-11
7/22–7/25	Tu-F	1:00—2:30 рм	\$39	308606-12
7/22–7/25	Tu-F	1:00—2:30 рм	\$39	308606-13
7/29-8/1	Tu-F	8:30-10:00 AM	\$39	308606-14
7/29-8/1	Tu-F	8:30-10:00 AM	\$39	308606-15
7/29-8/1	Tu-F	10:30 AM-Noon	\$39	308606-16
7/29-8/1	Tu-F	10:30 AM-Noon	\$39	308606-17
7/29-8/1	Tu-F	1:00-2:30 PM	\$39	308606-18
7/29-8/1	Tu-F	1:00—2:30 рм	\$39	308606-19



Pullet Surprise

"Farmers" will learn about the animals as they help take care of them. Gathering eggs, milking the cow, crafts, stories and going on a hayride are all part of the fun.

Age: 3 years

Note: Classes run more smoothly if parents do not stay. Your cooperation is appreciated.

6/24-6/27	Tu-F	9:00—10:00 am	\$35	308611-01
7/15–7/18	Tu-F	9:00-10:00 am	\$35	308611-02
8/5-8/8	Tu-F	9:00—10:00 am	\$35	308611-03

Milk & Cookies Storytelling

Join us at The Farm for storytelling by local storytellers. The barnyard is a great setting for enjoying stories, sipping milk and eating a cookie amongst the animals. Our friends at Morning Fresh Dairy provide the milk and help make this a Farm favorite!

Age: All

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6/20	F	10:30—11:00 ам	Admission	
7/11	F	10:30—11:00 ам	Admission	
7/25	F	10:30-11:00 AM	Admission	

Barnyard Experience

This class is designed for the kids who only have a little bit of time to experience life on a farm. We will explore different parts of the barnyard, gather eggs, make a snack, and go on a hayride. Join us for some farm fun!

Age: 6-10 years

6/11	W	9:30—11:30 ам	\$16	308632-01
6/25	W	9:30—11:30 ам	\$16	308632-02
7/9	W	9:30-11:30 am	\$16	308632-03

Farm Camp Out

Join us for a camp out in the pasture! Bring your tent, sleeping bags, and the kids! The Farm will provide hot dogs, chips and lemonade and a light breakfast. Join us for hayrides, singing around the "campfire" and s'mores. Fee includes one tent and up to 4 people. Additional people are \$5 each at the door.

Age: All

6/27-6/28 F,Sa	6:00 pm—9:00 am	\$45	308628-01
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Pony Riding Lessons

Round 'em up and bring those cowpokes to The Farm where both you and your child will learn to groom and saddle a pony. You will lead your child's pony as the basics of riding are taught.

Note: Other children may not attend this class because you are a full time participant with your pony rider. Parent and child must wear closed toed shoes.

Age: 3-5 years

6/9-6/12	M-Th	6:00—7:00 РМ	\$58	308614-01
6/16-6/19	M-Th	6:00—7:00 РМ	\$58	308614-02
8/5-8/8	Tu-F	9:00—10:00 ам	\$58	308614-03
Age: 6–7 year	S			
,				
8/5-8/8	Tu-F	10:30—11:30 ам	\$58	308614-04
		10:30—11:30 AM 6:00—7:00 PM	\$58 \$58	308614-04 308614-05

Pony Experience

This pony class is designed for 6 and 7 year olds to work with a partner as they learn about the ponies. Grooming and saddling will be taught with beginner riding skills.

Age: 6–7 years

6/2-6/5	M-Th	9:30—11:30 am	\$104	308625-01
6/9-6/12	M-Th	9:30-11:30 am	\$104	308625-02

Fitness

General Information & Registration Options

It is recommended that your physician be consulted before beginning any exercise program. If you are 55 or older, sedentary or exhibit any of the major coronary risk factors, you should get your doctor's clearance to start a new exercise program.

Participation options for fitness classes are:

- Participants may register for an entire class session.
- Participants may pay a drop-in fee of \$5.50/class, except for Karate.

Skip dates will be printed on the receipt after registration is complete.

Adult Fitness

Adult Fitness classes are for ages 18 years and up unless otherwise noted.

Aikido

Traditional Japanese martial art where students learn through repetitive practice, taking turns as attacker and defender. Practice improves physical conditioning-strength, stamina, flexibility, coordination, and mental conditioning, self-confidence, concentration, intuitiveness, alertness, and concern for others.

AOA Basketball & Badminton

Suit-up and get on the court for some hoops or enjoy the energetic fast-paced game of badminton!

Aqua Personal & Personal Training

Want to get back in shape or fine tune your exercise regime? Do it with the guidance of a certified fitness trainer. Select from four trainers to help you to develop an exercise program that meets your personal goals and needs. Aqua Training allows you to get a challenging workout with the most expensive piece of equipment in the gym — the pool! Have an effective workout designed to reach your own fitness goals with non-swimming, water based personal prescription.

We offer small group rates for both programs. Payment for training sessions must be received in advance. For further information contact Katie Stieber at 970.224.6029 or <code>kstieber@fcgov.com</code> or stop by Northside or Senior Center main desk.

Badminton

If you enjoy the fast-paced game of badminton, or would like to learn to play, join the group for a morning of fun games. All skill levels welcome. Rackets and plastic shuttles available.

CrossTrain

CrossTrain is an intense workout that will maximize your strength and agility all at the same time. You'll use kettlebells, plyo boxes, ropes and more to work every muscle in your body. Best of all, every workout is totally different, keeping your body guessing, forcing it to stay at its peak.

Equanimity

This class is a medley of all types of workouts. Begin class with meditation followed by focusing on your center and strengthen your core. Finish by getting your heart rate up and improving overall strength and endurance.

Fitness Discovery Aerobics

Slightly fast-paced with aerobic routines designed to work specific muscle groups targeted for active, heart-healthy individuals. Exercise includes floor exercise and weight training, low to high impact... your choice!

Kettlebells 101

This beginner kettlebell workout which combines the benefits of dumbbell training with a high intensity cardio session to help you build muscle, increase power and get lean — all in just a few sessions.

Lose To Win

Do you want to lose weight? Do you need help or lack motivation? Here is your chance to join a class designed to help you lose weight. If you have seen the Biggest Loser on TV and wondered if you could do something like that, here is your chance.

Low Impact Aerobics

Class emphasizes low-impact aerobics including floor exercise and a cool-down period. Especially benefits previously sedentary people.

MAT Pilates

Want a leaner, healthier you? Try this new craze. Gain flexibility, tone and build new muscle. You'll look and feel great.

Nia

Discover joy and pleasure with this sensory-based, non-impact, aerobic fusion of dance, healing and martial arts. Nia connects body, mind, emotions and spirit for wellness and fitness. Fit for every body and all fitness levels.

P90X

Have you always wanted sculpted arms, toned legs and ripped abs? P90X is designed to tone and sculpt your whole body head to toe. If you follow this routine you will get the results you're looking for! Come join us for a rewarding experience that includes dynamic weight training, plyometrics, and aerobic exercises.

Pickle Ball Beginner Lessons & Clinic

For those brand new to pickle ball or beginners needing some enhanced skill instruction. Class will consist of some class room time to learn the rules, scoring and the basics. Intermediates are encouraged to register for clinics to enhance particular skills. Participants will be taught a skill and then work in small groups to practice. No game play, skills and drills only. During lessons night one only of each session meets 6–6:30 p.m. and court time 6:30–7:30 p.m.

R.I.P.P.E.D.

Experience this total body "plateau proof fitness formula" workout, using resistance and cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet components of R.I.P.P.E.D. to help you attain and maintain your physique in ways that are fun, safe, and extremely effective.

Shotokan Karate

Beginning Shotokan Karate classes are designed to be an introduction. Students may be divided into groups depending on ability. Adults are welcome to participate with their children. The beginner class is getting the students ready for yellow belt level. The advanced levels of Shotokan Karate do not allow beginning Karate students and have levels up to black belt. Benefits of karate include; enhanced physical condition, increased stamina, increased confidence, self-esteem

Age: 7 years & up

Spinning, Spin & Tone

This class offers high aerobic workouts that simulate hills and interval training. These are great cardiovascular workouts that will tone and strengthen your whole body. You adjust your speed and resistance, so it's great for all ability levels. Spin and Tone incorporates an additional toning segment at the end of the workout.

Note: Please bring a water bottle and wear appropriate workout clothes and tennis shoes or cycling shoes with SPD cleats.

Strength & Tone

Develop upper and lower body strength, improve flexibility, and tone up with rhythmic weight lifting set to your favorite music. Varied routines focus on major muscle groups, along with challenging abdominal workouts, to define that swimsuit-ready figure without ever becoming boring!

Strength Training

Increase muscle strength, bone mass and stamina. The first class of each session includes an orientation to training principles and equipment.

Tai Chi, Beginning & Continuing

Tai Chi is an orthodox internal martial art from China. This class will present the four "Mother Forms" of the art which are low-impact, meditative repeating movements and provide some insight into internal movement and training. The advanced course will cover a small Yang style form sequence called Grasp Sparrow's Tail.

Total Body Boot Camp

Total Body Boot Camp is a mix of cardio, weight circuits, stretching and more. Every class will keep your body guessing and improving. You will see improvements in your strength, flexibility and stamina.

TRX Body Blast

TRX is an amazing new suspension fitness system that will help you build muscle tone, strength, and flexibility. Because you work with your own straps, TRX is perfect for all fitness levels. You can adjust your vector to increase or decrease the difficulty of every exercise.

Zumba

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away! The routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat.

Zumba Toning

30 minutes of Zumba toning and 30 minutes of high energy Zumba. After a great toning session enjoy great Latin music and have fun dancing while burning calories and improving cardio fitness!

Senior Fitness & Silver Sneakers

Senior Fitness classes are for ages 50 years and up unless otherwise noted. Non-members of Silver Sneakers may attend Silver Sneakers classes by paying a drop-in fee or by registering for the entire month.

Ageless Grace

Ageless Grace® teaches 21 Simple Tools for Lifelong Comfort and Ease. Movements come naturally, stimulate the body, and initiate a mind-body link, providing anti-aging exercises that almost anyone can do, typically the exercise is practiced in a chair. Take the tools home, benefit from practicing only 10 minutes every day.

Back & Body

Strengthen and stretch the major muscle groups of the body in this class. Physical conditions like back, hip, knee and neck problems can be prevented or alleviated through a holistic training routine.

MS Dryland Exercise ∢ARO

For people with multiple sclerosis and designed to maximize strength and endurance through performance of chair-based exercises. The instructor is aware of symptom issues and monitors participants closely. Classes end with a relaxation session. For more information, call the MS Society at 970.482.4807.

Parklane Fitness

Receive instruction while sitting in a chair to improve flexibility, strength, coordination and cardiovascular fitness.

Silver Sneakers Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a small ball are offered for resistance, and a chair is used for seated or standing support.

Silver Sneakers Circuit

Move through a series of exercises in a circuit format to improve cardiovascular endurance and muscular strength and endurance.

Silver Sneakers Yoga

Focus on poses and postures to improve joint range of movement, muscular strength, endurance and balance. Static and dynamic movements are presented with a chair for seated and standing support.

Strictly Stretching

Participants perform a variety of arm and leg movements while sitting in chairs. Class is designed for adults with physical limitations.

Swiss Theraball

Enjoy gentle, effective low-impact exercise on the Theraball. You can improve balance, endurance, flexibility, and strength with this relaxing routine. Please dress in comfortable fitness or dance attire. Theraballs are provided.

Yoga

Adaptive Yoga ◀ARO

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 for people with multiple sclerosis, spinal cord injury or other neuromuscular disorders and adapted for people of all physical abilities.

Note: For more information contact Renée Lee at 970.224.6027 or rlee@fcgov.com. No drop in rate. Class partially discountable.

Beginning, Beginning PLUS or Chair Yoga

By practicing yoga breathing and physical exercises, students gain physical strength, tone, flexibility and stamina. Students may also experience a sense of inner calm. Beginning Plus is a basic to low-intermediate level yoga and some previous beginning yoga experience is expected. Participants are encouraged to bring their own mat. Chair yoga is adapted for practice while sitting in a chair.

Family Yoga

Parents and children take this opportunity to explore yoga together! Improve your body and mind with a fun approach to breathing and movement. Increase strength, flexibility, coordination and posture. Learn relaxation techniques and fun posture poses that will create a foundation for health and wellness.

Age: 3 years & up

Note: Price is flat rate for up to 4 immediate family members.

Power Vinyasa

Power Vinyasa is a smoothed-pace yoga flow linking breath with movement. Learn the fundamental postures that create a strong practice and build core strength to support more advanced poses. Yoga mats, blocks and straps will be provided if you do not have your own.

Slow Flow Hatha Yoga

Poses will be linked together slowly, with attention to breath. Philosophy and stress management techniques will be touched on. The class is suitable for beginning and intermediate students. Yoga in the Park is also a form of Hatha Yoga.

Youth Fitness

Mixed Martial Arts

Learn the basics of Mixed Martial Arts including Boxing, Mauh Tai, Kempo, Jujitsu, and Judo in this exciting class. Participants will have the opportunity to visit the Olympic Training Center in Colorado Springs to see where the pros train!

Age: 10–17 years

Discover Your SELF

Get together with other girls for this ½ day workshop to learn the tools to creating positive body image and self-esteem as well as find confidence! Unleash your SELF (Strength, Empowerment, Love and Freedom). We will have fun exploring yoga, creating a dream board and journaling.

Age: 11-13 years

Note: Please bring a sack lunch. Bring \$5.00 for materials.

Adult Fiti	ness				Equanimity				
Aikido					Location: No	rthside Aztl	an Center		
Location: No	rthaida Aztl	on Contor			6/2-7/2	M,W	6:30—7:30 ам	\$35	309570-01
6/2-7/3	M,Th	6:30-8:30 PM	\$45	309521-01	7/7-8/6	M,W	6:30—7:30 ам	\$35	309570-02
7/7–8/7	M,Th	6:30-8:30 PM	\$45	309521-02	8/11-9/10	M,W	6:30—7:30 ам	\$24.50	309570-03
8/11–9/11	M,Th	6:30-8:30 PM	\$31.50	309521-03	Fitness Disc	ovory Aoro	hios		
0/11 3/11	141,111	0.30 0.30 I W	ψ01.00	303321 03	Location: Sei	•	nics		
AOA Badmint	ton				6/3-7/3	Tu,Th	5:30-6:25 PM	\$27.50	309402-01
Location: No	rthside Aztl	an Center			7/8–8/7	Tu,Th	5:30-6:25 PM	\$27.50	309402-02
6/3-8/28	Tu,Th	8:00—10:00 AM	Drop-Ir	ı Fee	8/12–9/11	Tu,Th	5:30—6:25 PM	\$27.50	309402-02
AOA Basketh	ıall				0/12-3/11	iu,iii	3:30—0:23 PM	φ27.50	303402-03
Location: No		an Center			Kettlebells 1	01			
6/2-8/29	M,W,F	8:00-10:00 AM	Drop-Ir	Fee	Location: No	rthside Aztl	an Center		
	,,-				6/2-7/2	M,W	8:15—9:15 am	\$35	309571-01
Badminton					7/7-8/6	M,W	8:15—9:15 ам	\$35	309571-02
Location: Se	nior Center				8/11-9/10	M,W	8:15—9:15 ам	\$24.50	309571-03
Ongoing	M,W,F	8:00—10:00 ам	Drop-Ir	ı Fee	I T- W.				
CrossTrain					Lose To Win				
Location: No	rtheida Aztl	an Contor			Location: No			¢ 4 O	309509-01
6/2-7/2	M,W,F	Noon-1:00 PM	\$49	309555-01	6/2-7/4	M,W,F	9:30-10:30 AM	\$49	
7/7–8/8	M,W,F	Noon-1:00 PM	\$52.50	309555-02	7/7–8/8	M,W,F	9:30-10:30 AM	\$52.50	309509-02
8/11–9/12	M,W,F	Noon—1:00 PM	\$38.50	309555-03	8/11–9/12	M,W,F	9:30—10:30 ам	\$38.50	309509-03
6/2-7/2	M,W,F	6:15-7:15 AM	\$49	309555-04	Low Impact I	Aerobics			
7/7–8/8	M,W,F	6:15—7:15 AM	\$52.50	309555-05	Location: Sei	nior Center			
8/11–9/12	M,W,F	6:15—7:15 AM		309555-06	6/3-7/3	Tu,Th	9:00—10:00 ам	\$27.50	309401-01
6/7-7/5	Sa	9:30—10:30 AM	\$17.50	309555-07	7/8-8/7	Tu,Th	9:00—10:00 ам	\$27.50	309401-02
7/12-8/9	Sa	9:30—10:30 AM	\$17.50	309555-08	8/12-9/11	Tu,Th	9:00-10:00 AM	\$27.50	309401-03
8/16-9/13	Sa	9:30—10:30 AM 9:30—10:30 AM	\$14	309555-09	MAT Diletes				
					MAT Pilates		0 1		
6/3-7/3	Tu,Th	1:00-2:00 PM	\$35	309555-10	Location: No		1:00-2:00 PM	\$35	309514-01
7/8-8/7	Tu,Th	4:30-5:30 PM	\$35	309555-11	6/3–7/3	Tu,Th		-	
8/12-9/11	Tu,Th	1:00-2:00 PM	\$28	309555-12	7/8-8/7	Tu,Th	1:00—2:00 PM	\$35	309514-02
6/3-7/3	Tu,Th	4:30—5:30 рм	\$35	309555-13	8/12-9/11	Tu,Th	1:00-2:00 PM	\$28	309514-03
7/8–8/7	Tu,Th	1:00—2:00 рм	\$35	309555-14	6/4-7/2	W	5:15—6:00 PM	\$17.50	309514-04
8/12-9/11	Tu,Th	4:30-5:30 PM	\$28	309555-15	7/9–8/6	W	5:15—6:00 рм	\$17.50	309514-05
					8/13-9/10	W	5:15-6:00 PM	\$14	309514-06

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Location: Club Tico						
6/5-7/3	Th	7:00—8:00 РМ	\$22.50	309111-01		
7/10-8/7	Th	7:00—8:00 рм	\$22.50	309111-02		
8/14-9/11	Th	7:00—8:00 рм	\$13.50	309111-03		
Location: Ma	sonic Center					
6/2-6/30	M	5:30—6:30 РМ	\$22.50	309911-01		
7/7-8/4	M	5:30-6:30 PM	\$22.50	309911-02		
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Pickle Ball Beginner Lessons

6/5-7/3	Th	6:30—7:30 рм	\$16	309478-01
7/10-8/7	Th	6:30—7:30 рм	\$16	309478-02
8/14-9/11	Th	6:30—7:30 рм	\$16	309478-03

Pickle Ball Clinics - Intermediates Only

Location: Senior Center

6/13	F	1:00-3:00 PM	\$14	309479-01

P90X

Location: Northside Aztlan Center

6/2-7/4	M,W,F	7:00—8:00 AM	\$49	309560-01
7/7–8/8	M,W,F	7:00—8:00 AM	\$52.50	309560-02
8/11–9/12	M.W.F	7:00-8:00 AM	\$38.50	309560-03

R.I.P.P.E.D.

Location: Northside Aztlan Center

6/3-7/1	Tu	5:15—6:15 РМ	\$17.50	309518-01
6/5-7/3	Th	5:15—6:15 РМ	\$17.50	309518-02
7/8-8/5	Tu	5:15—6:15 РМ	\$17.50	309518-03
7/10-8/7	Th	5:15—6:15 РМ	\$17.50	309518-04
8/12-9/9	Tu	5:15—6:15 РМ	\$14	309518-05
8/14-9/11	Th	5:15—6:15 РМ	\$14	309518-06
6/3-7/1	Tu	9:30—10:30 ам	\$17.50	309518-07
6/5-7/3	Th	9:30—10:30 ам	\$17.50	309518-08
7/8-8/5	Tu	9:30—10:30 ам	\$17.50	309518-09
7/10-8/7	Th	9:30-10:30 am	\$17.50	309518-10
8/12-9/9	Tu	9:30-10:30 am	\$14	309518-11
8/14-9/11	Th	9:30—10:30 am	\$14	309518-12

Shotokan Karate Beginners

Location: Club Tico

6/2-7/2	M,W	6:00—7:00 рм	\$55	309122-01
7/7—8/6	M,W	6:00—7:00 рм	\$55	309122-02
8/11–9/10	M,W	6:00—7:00 рм	\$49.50	309122-03

Shotokan Karate White through Green

Location: Club Tico

6/2-7/2	M,W	6:00-7:00 рм	\$55	309123-01
7/7-8/6	M,W	6:00—7:00 рм	\$55	309123-02
8/11–9/10	M.W	6:00-7:00 рм	\$49.50	309123-03

Shotokan Karate Purple through Black

Location: Club Tico

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6/2-7/2	M,W	7:00—8:00 рм	\$55	309124-01
7/7–8/6	M,W	7:00—8:00 РМ	\$55	309124-02
8/11–9/10	M,W	7:00—8:00 рм	\$49.50	309124-03

Shotokan Karate Orange through Green (with Saturday)

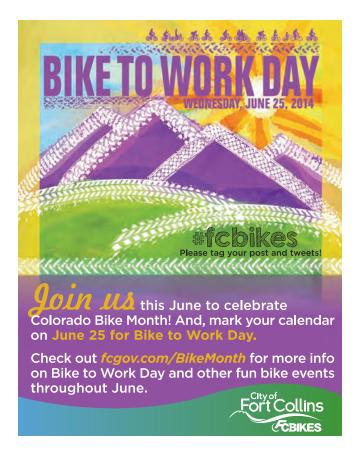
Location: Club Tico

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6/2-7/2	M,W Sa	6:00—7:00 pm 8:30—9:30 am	\$77	309125-01
7/7–8/9	M,W Sa	6:00—7:00 рм 8:30—9:30 ам	\$82.50	309125-02
8/11–9/10	M,W Sa	6:00—7:00 pm 8:30—9:30 am	\$71.50	309125-03

Shotokan Karate Purple through Black (with Saturday)

Location: Club Tico

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-	6/2–7/2	M,W Sa	7:00—8:00 PM 8:30—9:30 AM	\$77	309126-01
-	7/7–8/9	M,W Sa	7:00—8:00 PM 8:30—9:30 AM	\$82.50	309126-02
	8/11–9/10	M,W Sa	7:00-8:00 PM 8:30-9:30 AM	\$71.50	309126-03



Spin & Tone

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6/2-7/2	M,W	5:30-6:30 РМ	\$35	309551-04
7/7—8/6	M,W	5:30-6:30 РМ	\$35	309551-05
8/11-9/10	M,W	5:30-6:30 РМ	\$24.50	309551-06
6/3-7/3	Tu,Th	6:15—7:15 ам	\$35	309551-07
7/8-8/7	Tu,Th	6:15—7:15 ам	\$35	309551-08
8/12-9/11	Tu,Th	6:15—7:15 ам	\$28	309551-09

Spinning

Location: Northside Aztlan Center

6/3-7/3	Tu,Th	12:10—1:00 РМ	\$35	309554-01
7/8-8/7	Tu,Th	12:10—1:00 РМ	\$35	309554-02
8/12-9/11	Tu,Th	12:10—1:00 РМ	\$28	309554-03
6/3-7/3	Tu,Th	4:15—5:00 рм	\$35	309554-04
7/8-8/7	Tu,Th	4:15—5:00 рм	\$35	309554-05
8/12-9/11	Tu,Th	4:15—5:00 РМ	\$28	309554-06

Strength & Tone

Location: Northside Aztlan Center

6/3-7/3	Tu,Th	12:10-12:55 PM	\$35	309556-01
7/8-8/7	Tu,Th	12:10-12:55 PM	\$35	309556-02
8/12-9/11	Tu,Th	12:10—12:55 РМ	\$28	309556-03

Strength Training

Location: Northside Aztlan Center

6/2-7/2	M,W	8:30—9:30 am	\$35	309557-01
7/7-8/6	M,W	8:30—9:30 ам	\$35	309557-02
8/11-9/10	M,W	8:30—9:30 ам	\$24.50	309557-03
6/3-7/3	Tu,Th	9:15—10:10 ам	\$35	309557-04
7/8-8/7	Tu,Th	9:15—10:10 ам	\$35	309557-05
8/12-9/11	Tu,Th	9:15—10:10 ам	\$28	309557-06

Tai Chi, Beginning

Location: Senior Center

6/7-6/28	Sa	12:45—1:45 рм	\$12	309428-01
7/5-8/9	Sa	12:45—1:45 рм	\$15	309428-02
8/16-9/13	Sa	12:45—1:45 РМ	\$15	309428-03

Tai Chi, Continuing

Location: Senior Center

6/7-6/28	Sa	2:00-3:00 PM	\$12	309429-01
7/5-8/9	Sa	2:00—3:00 РМ	\$15	309429-02
8/16-9/13	Sa	2:00-3:00 PM	\$15	309429-03

Total Body Boot Camp

Location: Northside Aztlan Center

6/3-7/3	Tu,Th	5:00—6:00 рм	\$35	309572-01
7/8-8/7	Tu,Th	5:00—6:00 РМ	\$35	309572-02
8/12-9/11	Tu,Th	5:00-6:00 РМ	\$28	309572-03

TRX Body Blast

Location: Northside Aztlan Center						
6/3-7/3	Tu,Th	Noon—1:00 PM	\$35	309559-04		
7/8–8/7	Tu,Th	Noon—1:00 PM	\$35	309559-05		
8/12-9/11	Tu,Th	Noon—1:00 PM	\$28	309559-06		
6/7–7/5	Sa	8:00-9:00 am	\$17.50	309559-07		
7/12-8/9	Sa	8:00-9:00 am	\$17.50	309559-08		
8/16-9/13	Sa	8:00-9:00 am	\$14	309559-09		
6/3-7/3	Tu,Th	6:30—7:30 ам	\$35	309559-10		
7/8-8/7	Tu,Th	6:30—7:30 ам	\$35	309559-11		
8/12-9/11	Tu,Th	6:30—7:30 ам	\$28	309559-12		

Zumba

1			ΛI.	. L	T:
1	Locatio	II:	UΙ	IJ	HCO

Lood tion. Old	1100					
6/2-7/4	M,W,F	9:00-10:00 am	\$49	309120-01		
7/7-8/8	M,W,F	9:00-10:00 am	\$52.50	309120-02		
8/11–9/12	M,W,F	9:00-10:00 am	\$49	309120-03		
6/2-7/4	M,W,F	9:00-10:00 AM	\$49	309519-01		
7/7-8/8	M,W,F	9:00-10:00 AM	\$52.50	309519-02		
8/11-9/12	M,W,F	9:00-10:00 AM	\$49	309519-03		
Location: Senior Center						
6/2-6/30	M	5:30-6:25 PM	\$12.50	309416-01		
7/7 0//	NΛ	5 20	¢12.50	200/16 02		

6/2-6/30	М	5:30—6:25 РМ	\$12.50	309416-01
7/7-8/4	М	5:30-6:25 РМ	\$12.50	309416-02
8/11–9/8	М	5:30—6:25 рм	\$10	309416-03
6/4-7/2	W	5:30—6:25 рм	\$12.50	309416-04
7/9-8/6	W	5:30—6:25 РМ	\$12.50	309416-05
8/13-9/10	W	5:30—6:25 рм	\$12.50	309416-06
		0 1		

Location:	Northside	Aztlan	Center
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Location: Northside Aztlan Center						
6/4-7/2	W	6:15—7:15 РМ	\$17.50	309520-04		
7/9-8/6	W	6:15—7:15 РМ	\$17.50	309520-05		
8/13-9/10	W	6:15—7:15 РМ	\$14	309520-06		
6/5-7/3	Th	6:15—7:15 рм	\$17.50	309520-07		
7/10-8/7	Th	6:15—7:15 рм	\$17.50	309520-08		
8/14-9/11	Th	6:15—7:15 рм	\$14	309520-09		
6/8-7/6	Su	3:30—4:30 рм	\$17.50	309520-10		
7/13-8/10	Su	3:30—4:30 рм	\$17.50	309520-11		
8/17-9/14	Su	3:30—4:30 рм	\$14	309520-12		

Zumba Toning

Location: Senior Center

6/7-6/28	Sa	9:15—10:15 ам	\$10	309417-01
7/12-8/9	Sa	9:15—10:15 ам	\$12.50	309417-02
8/16-9/13	Sa	9:15—10:15 ам	\$12.50	309417-03

Senior Fitness & Silver Sneakers

Ageless Grace

Location: Senior Center

6/3-7/1	Tu	11:00—11:50 ам	\$13.75	309436-01
7/8-8/5	Tu	11:00—11:50 ам	\$13.75	309436-02
8/12-9/9	Tu	11:00-11:50 AM	\$8.25	309436-03

Back & Body

Location: Senior Center

6/2-7/2 M,W,F		9:00—9:55 ам	\$31.50	309437-01
7/7-8/8	M,W,F	9:00—9:55 ам	\$33.75	309437-02
8/11–9/12	M,W,F	9:00-9:55 AM	\$31.50	309437-03

MS Dryland Exercise ∢ARO

Location: Senior Center

6/2-7/2	M,W	11:00—11:55 ам	\$25	309438-01
7/7-8/6	M,W	11:00—11:55 ам	\$25	309438-02
8/11_9/10	M W	11.00_11.55 AM	\$22.50	300/138-03

Parklane Fitness

Location: Parklane Towers North

6/3-7/3	Tu,Th	9:30—10:30 ам	\$25	309440-01
7/8-8/7	Tu,Th	9:30—10:30 ам	\$25	309440-02
8/12-9/11	Tu,Th	9:30-10:30 am	\$25	309440-03

Silver Sneak	ers Classic				Yoga				
Location: Ser	nior Center				Adaptive Yog	2 4ADO			
6/3-7/3	Tu,Th	11:00—11:45 ам	\$27.50	309444-01			io Club		
7/8-8/7	Tu,Th	11:00—11:45 ам	\$27.50	309444-02	Location: Rai 6/26–7/24	ntree Atniet F	1:00-2:00 PM	\$37	302980-01
8/12-9/11	Tu,Th	11:00—11:45 ам	\$27.50	309444-03	0/20 //24	'	1.00 Z.001W	ΨΟΊ	302300 01
Location: No	rthside Aztlaı	n Center			Yoga, Beginn	ing			
6/2-7/2	M,W	11:00—11:45 ам	\$35	309545-01	Location: Sen	ior Center			
7/7-8/6	M,W	11:00—11:45 ам	\$35	309545-02	6/3-7/3	Tu,Th	2:45—3:45 рм	\$27.50	309463-01
8/11-9/10	M,W	11:00-11:45 AM	\$24.50	309545-03	7/8-8/7	Tu,Th	2:45—3:45 рм	\$27.50	309463-02
0:101-	0:				8/12-9/11	Tu,Th	2:45—3:45 рм	\$27.50	309463-03
Silver Sneak					6/3-7/3	Tu,Th	4:00—5:00 рм	\$27.50	309463-04
Location: Ser $6/2-6/30$	nior Center M	1:00-2:00 PM	\$13.75	309446-01	7/8–8/7	Tu,Th	4:00—5:00 рм	\$27.50	309463-05
7/7–8/4	M	1:00—2:00 PM 1:00—2:00 PM		309446-02	8/12-9/11	Tu,Th	4:00-5:00 PM	\$27.50	309463-06
			\$13.75		6/3-7/3	Tu,Th	5:15-6:15 РМ	\$27.50	309463-07
8/11–9/8	M	1:00—2:00 рм	\$13.75	309446-03	7/8-8/7	Tu,Th	5:15—6:15 рм	\$27.50	309463-08
Silver Sneak	ers – Yoga				8/12-9/11	Tu,Th	5:15—6:15 рм	\$27.50	309463-09
Location: Ser	nior Center				Location: City	/ Park Pool I	Deck		
6/3-7/3	Tu,Th	10:00-10:45 AM	\$27.50	309467-01	6/2-7/2	M,W	9:00-10:00 AM	\$35	309167-01
7/8-8/7	Tu,Th	10:00-10:45 AM	\$27.50	309467-02	7/7—8/6	M,W	9:00-10:00 AM	\$35	309167-02
8/12-9/11	Tu,Th	10:00—10:45 ам	\$27.50	309467-03	8/11–9/10	M,W	9:00—10:00 AM	\$24.50	309167-03
Strictly Stret	tohing				6/6-7/4	F	9:00—10:00 AM	\$14	309167-04
Location: Ser	_				7/11-8/8	F	9:00-10:00 am	\$17.50	309167-05
6/2-7/2	M,W,F	10:00-10:55 AM	\$35	309442-01	8/15-9/12	F	9:00-10:00 AM	\$14	309167-06
7/7–8/8	M,W,F	10:00—10:55 ам	\$37.50	309442-02	Yoga, Beginn	ing DI IIC			
8/11–9/12	M,W,F	10:00-10:55 AM	\$35	309442-03		_	0		
	, ,		,		Location: Edo	Tu,Th	6:30—7:20 AM	\$24	309364-01
Swiss Therab	all								
Location: Ser	nior Center				7/8-8/7	Tu,Th	6:30-7:20 AM	\$30	309364-02
6/5-6/19	Th	4:00—5:00 PM	\$8.25	309443-01	8/12–9/11	Tu,Th	6:30—7:20 am	\$30	309364-03
7/10-8/7	Th	4:00-5:00 PM	\$13.75	309443-02	Location: Sen		F 20 C 20	φ 0 4	200404_01
8/14-9/11	Th	4:00-5:00 PM	\$13.75	309443-03	6/2–7/2	M,W	5:30-6:20 PM	\$24	309464-01
					7/7–8/6	M,W	5:30—6:20 РМ	\$30	309464-02
					8/11–9/10	M,W	5:30—6:20 рм	\$27	309464-03

Yoga, Chair

Location:	Senior	Center
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6/2-6/30	M	8:30—9:30 ам	\$13.75	309465-01
7/7-8/4	M	8:30—9:30 ам	\$13.75	309465-02
8/11-9/8	M	8:30-9:30 am	\$11	309465-03

Yoga in the Park

Location: City Park

6/8–7/6	Su	10:00—11:00 am	\$17.50	309066-01
7/13-8/10	Su	10:00—11:00 ам	\$17.50	309066-02

Yoga & Meditation

Location: Northside Aztlan Center

6/7–7/5	Sa	10:15—11:15 ам	\$17.50	309569-01
7/12-8/9	Sa	10:15-11:15 am	\$17.50	309569-02

Family Yoga

Location: Northside Aztlan Center

6/4-7/2	W	6:30—7:30 рм	\$45	309552-01
7/9-8/6	W	6:30—7:30 рм	\$45	309552-02
8/13-9/10	W	6:30—7:30 рм	\$45	309552-03

Power Vinyasa

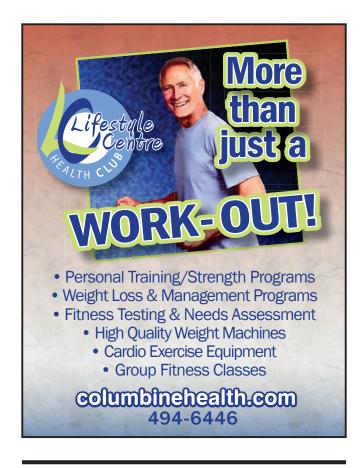
Location: Northside Aztlan Center

6/7–7/5	Sa	8:00-9:00 am	\$17.50	309568-01
7/12-8/9	Sa	8:00-9:00 am	\$17.50	309568-02
8/16-9/13	Sa	8:00-9:00 am	\$14	309568-03

Slow Flow Hatha Yoga

Location: Northside Aztlan Center

6/3-7/3	Tu,Th	5:00-6:00 PM	\$35	309561-01
7/8-8/7	Tu,Th	5:00-6:00 PM	\$35	309561-02
8/12-9/11	Tu,Th	5:00-6:00 PM	\$28	309561-03
6/4-7/2	W	4:00—5:00 РМ	\$17.50	309561-04
7/9-8/6	W	4:00—5:00 РМ	\$17.50	309561-05
8/13-9/10	W	4:00—5:00 рм	\$14	309561-06



Youth Fitness

Mixed Martial Arts

Location: Northside Aztlan Center

6/4-7/5	W.Sa	6:30—7:30 рм	\$35	309584-01
7/9–8/9	W,Sa	6:30-7:30 PM	\$35	309584-02
8/13-9/13	W,Sa	6:30-7:30 PM	\$28	309584-03

Discover Your SELF

Location: KidsCrave Yoga 4021B S College

6/19 Th	9:00 ам—1:00 рм	\$45	318966-01
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The Gardens on Spring Creek

Classes will be held at The Gardens on Spring Creek, 2145 Centre Avenue, unless otherwise noted. Registration is taken only by The Gardens: by phone 970.416.2486, in-person at 2145 Centre Avenue or online at *fcgov.com/gardens*. The Gardens does not participate in the Reduced Fee Program. Scholarships are now available to children of families with limited income. Applications are available at *fcgov.com/gardens* under Youth Programs. Discounts available to Gardens' members only. Pre-registration is highly recommended.

Special Events

Music in The Gardens

Join us for live local jazz in The Gardens. 5/25, 7/20, 8/24. Times to be determined.

See fcgov.com/gardens for musician and pricing.

ARTiculture: Sculpture Tour & Festival

8/1	F	6:00-8:00 рм	Free
0/1	Γ	0:00-0:00 PM	riee

Led by our sculpture artists, a guided walking tour through The Gardens will introduce you to the 2014 installments.

The Gardens come alive with art during ARTiculture, bringing the best of Colorado art and sculpture to the natural beauty of The Gardens. The one-day Festival will present local and regional artists the opportunity to showcase and sell their creations, interactive art demonstrations, food, and live local music.

8/2	Sa	$10:00\ { m AM} - 3:00\ { m PM}$	\$2 per person
			suggested donation

Garden a'Fare

Saturday, August 23 (Wine Night) Saturday, September 6 (Beer Tour)

Experience The Gardens through all your senses. Garden a'Fare is a series of two culinary pairing events highlighting produce grown in the Garden of Eatin' along with Odell beers and selected wines. Wine night will include a seated dinner paired with wine while beer tour will include tastings from several local restaurants paired with Odell brews. See <code>fcgov.com/gardens</code> for registration and details.

Adult

Classes are ages 18 years and up.

Produce Tastings

Enjoy tasting a unique vegetable or fruit from our Garden of Eatin' in our beautiful, outdoor teaching kitchen. Samples and recipes will be available.

7/12, 7/19, 7/26, 8/9, 8/16, 8/30	11:00 AM — Noon	Free
1/12, 1/13, 1/20, 0/3, 0/10, 0/30	11:00 AW — MOOII	1166

Guided Adult Tours

Join a Docent for a guided tour of the Gardens on Spring Creek. Each tour is unique.

Age: 16 years & up

Note: Tours are designed for adult audiences. Meet outside the Visitor Center at 9 a.m. Dress according to the weather. Registration is not required.

Celebrating Perennials with Art

6/28	Sa	9:00-10:00 am	Free	
Growing Pa	ins in Colora	ido Gardening		
7/19	Sa	9:00—10:00 am	Free	
Form and C	olor in the G	arden		
8/16	Sa	9:00—10:00 AM	Free	

Garden to Fork

Every Thursday evening beginning July 31 through September 18, Garden to Fork will offer a perfect excuse to explore new culinary adventures outdoors. This sensory experience begins at the ground level in the Garden of Eatin', our edible demonstration garden, where you will learn how to best grow and harvest the produce included in the evening's menu. Class participants will then move to the outdoor kitchen where they will interact and work with chefs to prepare and cook the featured dishes. Lots of tasting will occur so you will not go home hungry. Visit fcgov.com/gardens for a complete listing of topics and costs.

7/31-9/18	Th	6:00-8:00 рм	\$25

Youth

Read and Seed

Story time plus an educational and fun hands-on activity. This program will help your child develop the school readiness skills of early language comprehension and fine motor skills while encouraging creativity, curiosity and exploration of the natural world. This is a parent/caregiver participation class.

Monday, 10–10:45 a.m. and 11– 11:45 a.m.

Tuesday, 10-10:45 a.m. and 11-11:45 a.m.

2-4 year old children with parent/caregiver

\$3 per child. Drop-in; Registration not required. Class is not discountable.

Week of 6/2	Insect Viewer
Week of 6/9	Frogs
Week of 6/16	Nature Scavenger Hunt
Week of 6/23	Natural Play Dough
Week of 6/30	No Youth Programs this week
July	
Week of 7/7	Nasturtium Delights
Week of 7/14	Sticks
Week of 7/21	Sunshine Catchers
Week of 7/28	Walnut Shell Boats
August	
Week of 8/4	Lady Bugs
Week of 8/11	Vegetable Memory Game
Week of 8/18	Pouch for Nature Finds
Week of 8/25	Garden Tasting

Parent-Child Classes

Parent-Child classes offer a unique opportunity for adults and children to participate in a shared learning experience. All classes are garden or nature-based. Visit website for class listings, instructors and cost per class. Scholarships available.

6/1-8/31	Tu	5:30 p.m.

Youth Tours

Guided tours for groups of youth are available April—October. Choose from Garden Tour, Seed-centric Tour or the Tree-mendous Tour! Take home planting activity included.

Note: See website for self-guided tour options. No charge for adult chaperones; Scholarships available.

M,Tu,W,Th	1:00 рм	\$4 per child
W,Th,F	10:00 ам	\$4 per child

Cooking Classes

The Power of Foods for Kids

Poor diet and lack of exercise put today's children at greater risk for heart disease, diabetes, and cancer later in life. A foundation for healthy eating at a young age is needed to lessen the risk for chronic diseases. In the Food for Life Kids classes, the curriculum highlights the positives of the four food groups (whole grains, legumes, fruits, and vegetables) in the Power Plate. The curriculum aims to empower children with the knowledge and skills they need to establish healthy habits to carry them well into adulthood.

Note: Please note any food allergies at the time of registration. Scholarships available. Pre-registration required.

Food for Life

Age: 4-8 years with a parent/caregiver

Ago: 4-0 yea	iis witti a pa	ilelit/calegivel	
7/7–7/10	M—Th	10:00 AM—Noon	\$60 for 4 class series \$17 for single day
Age: 6–12 ye	ars		
8/27—9/1	W	4:00-6:00 PM	\$60 for 6 class series \$10 for single day

Summer Camps

Opportunities for exploration and investigation of gardening and the natural world — full of garden-centric games, art, music and cooking!

Note: Camp is held outdoors. Children should dress for the weather. Please bring water and snack. Pre-registration is required. Scholarships available.

June 9–13	Art in the Garden I
June 16-20	Gardeners and Chefs I
June 23–27	Music in the Garden
July 7–11	Everything Insect
July 14–18	Art in the Garden II
July 21–25	For the Birds
July 28—Aug 1	Gardeners and Chefs II

Ages: 5–8 years

M–F	8:30 am — Noon	\$135 per week \$10 discount with membership
Ages : 9–1	2 years	
M—F	8:30 a.m.—Noon	\$135 per week \$10 discount with membership

Ice Skating

General information for Learn to Skate Lessons

Lessons are taught by Certified P.S.A. instructors and follow guidelines of the United States Figure Skating Association.

Parents may observe lesson from the upstairs bleachers. It is distracting for skaters and coaches to have parents at the gate and also creates an obstruction for skaters that are entering or exiting the ice.

Individuals are not allowed on the ice with their shoes on. However, parents are welcome to skate with their child during the 15 minute practice time. EPIC's rental skates are available free of charge.

Our class student to instructor ratio is 1 instructor to 10 students. Any classes larger than 10 will have an assistant added to them. Minimum for all classes, based on cost efficiency is 5. (Class levels may be combined to meet this minimum.)

Skating lesson are 30 minutes in length with a 15 minute practice time, which may be before or after your lesson depending on scheduling.

The instructors have time in between classes to talk to parents and address their concerns.

Please be aware that some levels will need to be repeated to master all the skills.

The first day of each lesson is generally termed as level evaluation day. At this time, the instructors will evaluate all of the participants in their assigned classes to make certain they have been correctly enrolled. If there is a problem, the instructor may discuss the best course of action with the parent. Students will be moved if there is space available in the appropriate level of class.

There are no make-up lessons for missed skating classes.

If the class you wish to register for is filled, you may place your name on a Paid waiting list. We attempt to accommodate the demand for skating lessons by adding new classes, however they may not be at the same time/day as the waiting list class. Classes that do not meet the minimum may be canceled or combined.

If you are unable to attend the last day of classes for testing, please request a progress card on the last day you attend.

Good ideas for proper clothing include:

Bicycle helmet (also available at EPIC; Tot 1 and 2 Required)

Gloves (thin -not ski mittens)

Fleece or light weight Jacket

Skating dresses with tights or Leggings/Pants that are easy to move in Loose or bulky clothing is not recommended

Freestyle

Interested in knowing more about competitive or recreational figure skating programs?

Call 970.221.6683 and ask to speak with one of the professional skate instructors on staff. Program not discountable

Conditioning for Skaters

For more information, please see our conditioning information center located in the green rink. Program not discountable.

Private Skating Instruction

Private ice skating instruction is available for all abilities in Figure Skating, Dance, Edges, Style, Choreography, Hockey, and Power. Fees vary depending on instructor. Ice time and skate rental is not included in instructor fee. Program not discountable

Team & Club contacts

Adult Hockey: Fort Collins Adult Hockey Association

fcaha.org

Youth hockey: Northern Colorado Youth Hockey

ncyh.org

Figure Skating Club: Fort Collins Figure Skating Club

fortcollinsfsc.org

Women's Hockey: Flames/Phoenix/Comets

wachhockey.com

College Hockey: Colorado State University

csuhockey.com

High School Hockey: High Plains Hockey

highplainshockey.com

Figure Skating Lessons for Boy & Girl Scouts

Earn your skating Merit Badge!

A learn to skate lesson can be arranged for your troop during a public skate session at a discounted rate. Minimum of 4 skaters needed. Flexible number of weeks available.

Please call 970.416.2770 to make arrangements for your Troop.

Drop-In Activities

Curling Drop-In

Come practice and improve your, delivery, sweeping, strategy, and basic rules of curling. Participants need to wear a helmet, clean rubber soled sneakers, and dress in layers that are stretchy or loose.

Age: 8 years & up

Note: No session 8/9, 8/10. Maximum 24 per session.

6/7-8/17	Sa	2:45—4:15 рм	\$7.50/session	
6/7-8/17	Sa	4:15-5:45 PM	\$7.50/session	_
Family Curling	g Drop-in			
6/7-8/17	Su	2:45—4:15 РМ	\$7.50/session	
6/7-8/17	Su	4:15—5:45 рм	\$7.50/session	_

Speed Skating Drop-In

Previous skating experience is a must. You will gain knowledge of your edges, pushes, balance, and pressure. This class is designed to enhance your skating speed and technique of all types of skating. Come prepared wearing warm-up pants, long sleeved shirt, and speed skates (Intermediate and Advanced). Program developed by 1998 and 2002 Olympic speed skater, Jondon Trevena. Session not discountable.

Age: 7 years & up

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Dogillion				
6/1–10/13	W	4:45-5:30 PM	\$12	
Intermediate				
6/1-10/13	W	5:45—6:45 рм	\$15	

Senior Coffee & Skating Club

This program takes place during regular recreational skate sessions and is for older adults interested in social skating. Regular fees apply.

Age: 60 years & up

6/4-8/13 W 9:15-11:15 AM

Drop-In Hockey

This open practice session in for hockey players who want to sharpen their skating and shooting skills. Session not discountable.

Sign up at the front desk beginning at 6 a.m. for morning session and 6 p.m. for evening session. Payment must be made when signing up unless a hockey punch pass in on file for phone-ins. Limited to 30 players.

Fee: \$4.00/session (rental skates \$2.50)

Note: Full equipment required. No session 7/4, 8/9. 10- or 30-admission punch passes may be purchased

at the \$4.00/punch rate.

Age: 16 years & up

6/2-8/16	M-F	11:30 ам—1:00 рм	
6/2-8/16	Sa	6:00 рм—7:30 рм	
Age: 18 years	& up		
6/2-8/16	Tu,W,F	9:15—10:45 РМ	

Fitness Skate

Intermediate to advanced skaters will benefit from this aerobic exercise. Session not discountable.

Fee: \$5.50/session (rental skates \$2.50)

Age: 16 years & up

Note: No Session 6/13, 7/4. 10- or 30-admission punch passes may be purchased at the \$5.50/punch rate.

6/3-8/16 M,W, F 11:15 AM-12:45 PM

Stick & Puck

This open session requires helmet, gloves, stick, and shin guards; full equipment is recommended for younger skaters. Open to all ages. Session not discountable.

Fee: \$4.00/session (rental skates \$2.50)

Note: No session 7/4, 7/23, 8/9, 8/10

6/4-10/18	M	3:15 —4:30 pm
6/4-10/18	Tu,Th	1:30-2:45 PM
6/4-10/18	W	6:15-7:15 pm
6/4-10/18	F	4:45-6:00 PM
6/4-10/18	Sa	1:00-2:30 PM
6/4-10/18	Sa,Su	4:15—5:45 РМ

Special Event

Ice Theatre

Four new productions will be performed on a frozen stage in an intimate theatre setting. Tickets will be available on 7/9/14. Seating is very limited. For more information call 970.221.6683 x3

Age: All

7/23–7/24	W–Th	5:30-6:30 рм	\$5.00	

Learn-To-Skate

Learn-To-Skate classes are all held at EPIC, 1801 Riverside Avenue, unless otherwise noted.

Tot 1 Skate

Tots will be introduced to the ice at a relaxed pace. We require that tots wear protective helmets which are available at the rental room, or they may wear bicycle helmets. Warm clothes including gloves or mittens are needed. We prefer that parents observe from the seating area. At the completion of this level part

Age: 4–5 years

Note: We require that tots wear helmets. Warm clothes including gloves or mittens are needed. We prefer that parents observe from the seating area. Class will not be held on 7/21, 7/23, 7/22, 7/24.

6/2-6/25	M,W	4:30—5:00 рм	\$53	310302-01
6/3-6/26	Tu,Th	9:30-10:00 am	\$53	310302-02
6/3-6/26	Tu,Th	4:30—5:00 рм	\$53	310302-03
7/7-8/6	M,W	4:30—5:00 рм	\$53	310302-04
7/8-8/7	Tu,Th	9:30-10:00 am	\$53	310302-05
7/8-8/7	Tu,Th	4:30—5:00 рм	\$53	310302-06

Tot 2 Skate

Participants must have successfully completed Tot 1. At the completion of this level participants will be able to satisfactorily perform the following skills: march forward across ice, forward two-foot glide, dip while moving, rocking horse, forward swizzles, snowplow stop, two foot hop, and backward wiggles.

Age: 4-5 years

Note: We require that tots wear helmets. Warm clothes including gloves or mittens are needed. We prefer that parents observe from the seating area. Class will not be held on 7/21, 7/23, 7/22, 7/24.

6/2-6/25	M,W	4:30-5:00 PM	\$53	310304-01
6/3-6/26	Tu,Th	9:30—10:00 ам	\$53	310304-02
6/3-6/26	Tu,Th	4:30-5:00 PM	\$53	310304-03
7/7–8/6	M,W	4:30-5:00 PM	\$53	310304-04
7/8-8/7	Tu,Th	9:30—10:00 ам	\$53	310304-05
7/8-8/7	Tu,Th	4:30-5:00 PM	\$53	310304-06

Basic 1 Skate

For skaters who have never skated before. At the completion of this level participants will be able to satisfactorily perform the following skills: sit on ice and stand up, march forward across the ice, skate forward and glide on two feet, skate forward and glide with dip, rocking horse, forward two foot swizzles.

Age: 5-9 years

Note: Helmets are strongly recommended for beginners. Warm clothes including gloves or mittens are needed. Class will not be held on 7/21, 7/23, 7/22, 7/24.

6/2-6/25	M,W	4:30-5:00 PM	\$57	310306-01
6/2-6/25	M,W	4:30—5:00 рм	\$57	310306-02
6/3-6/26	Tu,Th	10:00—10:30 ам	\$57	310306-03
6/3-6/26	Tu,Th	4:30—5:00 рм	\$57	310306-04
6/3-6/26	Tu,Th	4:30—5:00 рм	\$57	310306-05
7/7—8/6	M,W	4:30—5:00 рм	\$57	310306-06
7/7—8/6	M,W	4:30—5:00 рм	\$57	310306-07
7/8-8/7	Tu,Th	10:00—10:30 ам	\$57	310306-08
7/8-8/7	Tu,Th	4:30—5:00 рм	\$57	310306-09
7/8-8/7	Tu,Th	4:30—5:00 рм	\$57	310306-10

Basic 2 Skate

Participants must have successfully completed Basic 1 or be between the ages of 10–15 and never skated. At the completion of this level participants will be able to satisfactorily perform the following skills: forward one foot glides, forward pumping on a circle, continuous forward slalom, backward two foot swizzles.

Age: 5-15 years

Note: Helmets are strongly recommended for beginners. Warm clothes including gloves or mittens are needed. Class will not be held on 7/21, 7/23, 7/22, 7/24.

6/2-6/25	M,W	4:30—5:00 рм	\$57	310310-01
6/3-6/26	Tu,Th	4:30—5:00 РМ	\$57	310310-02
7/7–8/6	M,W	4:30—5:00 РМ	\$57	310310-03
7/8-8/7	Tu,Th	4:30—5:00 РМ	\$57	310310-04

Basic 3 Skate

Participants must have successfully completed Basic 2. At the completion of this level participants will be able to satisfactorily perform the following skills: forward stroking, forward pumping on a circle, backward pumping on a circle, continuous backward slalom, moving forward to backward two foot turn.

Age: 5-15 years

Note: Class will not be held on 7/21, 7/23, 7/22, 7/24.

6/2-6/25	M,W	4:30-5:00 PM	\$57	310314-01
6/3-6/26	Tu,Th	4:30—5:00 рм	\$57	310314-02
7/7–8/6	M,W	4:30—5:00 рм	\$57	310314-03
7/8-8/7	Tu,Th	4:30-5:00 PM	\$57	310314-04

Basic 4 Skate

Participants must have successfully completed Basic 3. At the completion of this level participants will be able to satisfactorily perform the following skills: forward stroking with power, backward one foot glide, forward inside edge on an axis, forward Outside edge on an axis, forward crossovers.

Age: 5–15 years

Note: Class will not be held on 7/21, 7/23, 7/22, 7/24.

6/2-6/25	M,W	5:15-5:45 pm	\$57	310316-01
6/3-6/26	Tu,Th	5:15-5:45 pm	\$57	310316-02
7/7–8/6	M,W	5:15-5:45 pm	\$57	310316-03
7/8-8/7	Tu,Th	5:15—5:45 РМ	\$57	310316-04

Basic 5 & 6 Ice Skating

Please see individual class descriptions for Basic 5 and Basic 6.

Age: 5-15 years

Note: Class will not be held on 7/21, 7/23, 7/22, 7/24.

6/2-6/25	M,W	5:15—5:45 рм	\$57	310320-01
6/3-6/26	Tu,Th	5:15—5:45 рм	\$57	310320-02
7/7-8/6	M,W	5:15—5:45 рм	\$57	310320-03
7/8	Tu,Th	5:15—5:45 РМ	\$57	310320-04

Basic 7 & 8 Ice Skating

Please see individual class descriptions under Basic 7 and Basic 8.

Age: 5-15 years

Note: Class will not be held on 7/21, 7/23, 7/22, 7/24.

6/2-6/25	M,W	5:15—5:45 рм	\$57	310326-01
6/3-6/26	Tu,Th	5:15—5:45 рм	\$57	310326-02
7/7–8/6	M,W	5:15—5:45 рм	\$57	310326-03
7/8-8/7	Tu,Th	5:15—5:45 РМ	\$57	310326-04

Field Moves

Participants will learn Pre-preliminary/ Preliminary Moves in the Field. At the completion of this level participants will be able to satisfactorily perform the following skills: stroking with power and full extension, crossovers with power and extension, forward and backward outside consecutive edges.

Age: 8-15 years

Note: Class will not be held on 7/22.

6/3-6/24	Tu	6:00-6:30 РМ	\$33	310330-01
7/8-8/5	Tu	6:00-6:30 рм	\$33	310330-02

Beginner Free Skate 1&2

Participants must have successfully completed Basic 8. At the completion of this level participants will be able to satisfactorily perform the following skills: advanced forward stroking, forward outside consecutive edges, forward inside consecutive edges, scratch spin, waltz jump, half flip jump.

Age: 5-15 years

Note: Class will not be held on 7/22, 7/24.

6/3-6/26	Tu,Th	5:15—6:00 рм	\$90	310332-01
7/8-8/7	Tu,Th	5:15-6:00 PM	\$90	310332-02



Intermediate Free Skate 3&4

Participants must have successfully completed Free Skate 2. At the completion of this level participants will be able to satisfactorily perform the following skills: backward outside three-turn, forward and backward figure eight crossovers, salchow jump, forward consecutive swing rolls, half lutz jump.

Age: 5-15 years

Note: Class will not be held on 7/22, 7/24.

6/3-6/26	Tu,Th	5:15-6:00 РМ	\$90	310334-01
7/8-8/7	Tu,Th	5:15-6:00 РМ	\$90	310334-02

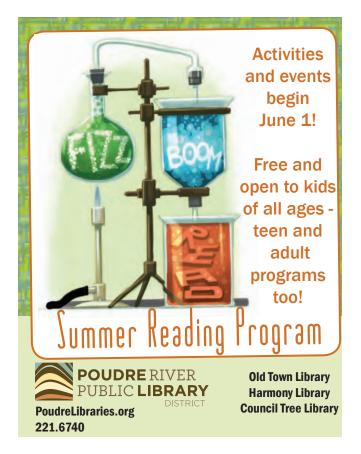
Advanced Free Skate 5 & 6

Participants must have successfully completed Free Skate 4. At the completion of this level participants will be able to satisfactorily perform the following skills: flip jump, loop/loop jump combination, camel spin, forward upright spin to back upright spin, footwork sequence, spiral sequence.

Age: 5-15 years

Note: Class will not be held on 7/22, 7/24.

6/3-6/26	Tu,Th	5:15—6:00 РМ	\$90	310336-01
7/8–8/7	Tu,Th	5:15—6:00 РМ	\$90	310336-02



Introduction to Pairs Skating

Participants must have successfully completed Basic 7 and be proficient in back skating and back crossovers. Participants will learn the basics of skating with a partner in unison forward and backward, hand in hand killian positions, and basic pair elements.

Age: 5-15 years

Note: Class will not be held on 7/22.

6/3-6/24	Tu	6:15—7:00 РМ	\$47	310342-01
7/8-8/5	Tu	6:15—7:00 РМ	\$47	310342-02

Introduction to Ice Dancing

Prerequisite: Basic 6 and above or coach recommendation

This class will teach the basic components of ice dance such as dance steps (progressives, chasses, swing rolls, etc.), dance tempos, (tango, waltz, foxtrot) and presentation. The students will learn dances from the USFS preliminary dance level.

Age: 6 years & up

Note: Class will not be held on 7/21.

6/2-6/23	M	6:00-6:45 PM	\$47	310344-01
7/7-8/4	M	6:00-6:45 рм	\$47	310344-02

Ice Dance

Prerequisite: Basic 7 or coach recommendation. Learn USFS Preliminary and/or Pre Bronze ice dance steps and patterns. Learn how to skate with a partner. Class goal is to prepare the skater to take one or more dance tests during the summer test sessions (must be UFSF member to test).

Age: 5 years & up

6/14-7/26	Sa	9:30-10:30 am	\$100	310346-01
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Adult Beginner & Intermediate Skate

These classes are for the person with little or no previous experience on ice. See Basic 1-4.

Age: 16 years & up

6/3-6/24	Tu	6:00-6:30 PM	\$33	310349-01

Adult Advanced Figure Skate

Good skaters wishing to learn new skills may take the advanced level. See Basic $5\ \&\ 6$.

Age: 16 years & up

Note: Class will not be held on 7/22.

6/3-6/24	Tu	6:00—6:30 рм	\$33	310353-01
7/8-8/5	Tu	6:00-6:30 PM	\$33	310353-02

Adaptive Skate **◄**ARO

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.

Age: 8 years & up

Note: Please bring an attendant if you need assistance off the ice. Class will not be held on 7/22.

6/3-6/24	Tu	6:00-6:30 рм	\$33	310356-01
7/8-8/5	Tu	6:00-6:30 РМ	\$33	310356-02

Introduction to Ice Theatre

Introduction of acting talent while skating to music and incorporating you skating skills in an artistic way. Slaters will learn a production number that will be Performed July 23 and 24.

Age: 8-15 years

6/2-7/21 M 6:00-6:45 PM	\$90	310361-01
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Curling

League is for those who want to experience competitive curling. Each curling team will consist of 4 curlers. Sign-up individually and add team name to roster note.

Age: 8 years & up

Note: Participants need to wear helmet, clean rubber soled sneakers, and dress in layers that are stretchy or loose.

6/5-6/26	Th	6:15—8:15 РМ	\$44	310376-01
6/5-6/26	Th	8:15—10:15 рм	\$44	310376-02
7/10–7/31	Th	6:15—8:15 рм	\$44	310376-03
7/10-7/31	Th	8:15—10:15 рм	\$44	310376-04

Hockey

Power Skating

Hockey skaters will develop power, agility, and endurance. Program developed and instructed by Olympic speed skater Jondon Trevena.

Age: 9–17 years

Note: Full hockey gear required.

6/4-6/25	W	3:45—4:30 рм	\$47	310370-01
7/9–7/30	W	3:45—4:30 рм	\$47	310370-02
8/6-8/13	W	3:45—4:30 рм	\$26	310370-03

Synchronized Skating

Synchronized Intro

Prerequisite: Basic 7

Learn unison team skating in formations.

Age: 6–12 years

Note: Class will not be held on 7/22.

6/3-6/24	Tu	6:30—7:00 рм	\$33	310340-01
7/8-8/5	Tu	6:30—7:00 рм	\$33	310340-02

Outdoor Recreation

Classes are for ages 18 years and up unless otherwise noted.

Cancellation/Refund Policy

Trips may be cancelled or destinations may be changed due to weather conditions that are deemed hazardous or unsafe for driving/transportation or activity. We regret any such cancellation, but we are committed to safe programming. In this case you will receive a full refund. If you need to cancel a trip you must notify us by 10 a.m. two (2) days prior to trip departure for refund or credit.

Adult

Hiking Trips

These hikes will provide an opportunity to enjoy the great outdoors. The hikes are designed for active 50+ adults who enjoy a good physical challenge, but can also accommodate a range of individual pace. Those wishing for less of a challenge should check out our Outdoor Strolls in the 50 Plus section of the Recreator.

Age: 50 years & up

Location: Edora Pool Ice Center

Note: Should be in good health and capable of moderate physical activity. Bring own equipment, water, food. Cost includes transportation, guide.

Roaring Creek (Poudre Canyon)

Miles (Roundtrip): 4; Elevation gain: 1200 ft.; High elevation: 8700 ft. Trail is best for views of the upper canyon.

6/9	M	8:00 ам—4:30 рм	\$25	311901-01

Member Price: \$20

Ouzel Falls (RMNP)

Miles (Roundtrip): 5.4; Elevation gain: 866 ft.; High elevation: 9366 ft. Trail is best for cascading waterfalls.

6/19 Th 8:00 AM-4:30	рм \$25 311901-02
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Member Price: \$20

Bridal Veil Falls (RMNP)

Miles (Roundtrip): 6; Elevation gain: 920 ft.; High elevation: 8880 ft. Trail is best for brilliant plumes of whitewater.

7/1	Tu	8:00 AM-3:30 PM	\$25	311901-03

Member Price: \$20

Cirque Meadows (Pingree)

Miles (Roundtrip): 7; Elevation gain: 860 ft.; High elevation: 9790 ft. Trail is best for views of four great cirques.

7/7 M	8:00 am-4:30 pm	\$25	311901-04
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Member Price: \$20

Mills Lake (RMNP)

Miles (Roundtrip): 5.3; Elevation gain: 780 ft.; High elevation: 9940 ft. Trail is best for beautiful high alpine lake.

7/16 W 8:00 AM-4:30 PM	\$25	311901-05
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Member Price: \$20

Lake Isabelle (Brainard)

Miles (Roundtrip): 4; Elevation gain: 353 ft.; High elevation: 10,868 ft. Trail is best for amazing wildflowers and beautiful scenery.

7/18	F	7:30 ам—4:30 рм	\$25	311901-06
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Member Price: \$20

Lake Trail (Snowy Range)

Miles (Roundtrip): 3.5; Elevation gain: 900 ft.; High elevation: 10,700 ft. Trail is best for panoramic views of the area.

7/25	F	7:30 ам—4:30 рм	\$35	311901-07

Member Price: \$30

Montgomery Pass (Poudre)

Miles (Roundtrip): 4; Elevation gain: 980 ft.; High elevation: 10,900 ft. Trail is best for steep trails with views of Rawah.

7/28	M	7:30 ам—4:30 рм	\$25	311901-08

Member Price: \$20

Blue Lake (Brainard)

Miles (Roundtrip): 5; Elevation gain: 830 ft.; High elevation: 11,355 ft. Trail is best for striking alpine backdrop.

8/7 Th 7:30 AM-4	30 PM \$25 311901-09
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Member Price: \$20

B-17 Bomber Site (Pingree)

Miles (Roundtrip): 5; Elevation gain: 1500 ft.; High elevation: 10,300 ft. Trail is best for viewing the site of WWII crash and views.

8/11	M	7:30 ам—4:30 рм	\$25	311901-10

Member Price: \$20

South Gap Lake (Snowy Range)

Miles (Roundtrip): 4.6; Elevation gain: 700 ft.; High elevation: 11,000 ft. Trail is best for views of lakes and glaciers.

8/18	M	7:30 ам—4:30 рм	\$35	311901-11

Member Price: \$30

The Loch (RMNP)

Miles (Roundtrip): 6; Elevation gain: 952 ft.; High elevation: 10,192 ft. Trail is best for spectacular mountain scenery.

8/26	Tu	8:00 ам—4:00 рм	\$25	311901-12

Member Price: \$20

Hiking Trips continued

Lake Agnes (Cameron Pass)

Miles (Roundtrip): 2; Elevation gain: 413 ft.; High elevation: 10,663 ft. Trail is best for spectacular views of Nokhu Crags.

8/28 In 8:00 AM=3:30 PM \$25 311901-13	8/28	Th	8:00 ам—3:30 рм	\$25	311901-13
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Member Price: \$20

Golf, Introduction

Want to play golf but don't know where to get started? This class provides you with everything you always wanted to know about golf but were afraid to ask. Learn the basic swing mechanics of putting, chipping, pitching, full swing, rules and etiquette, and how to get started in the most affordable way.

Location: Collindale Golf Course

Note: Includes clubs/balls (students may use their own), top golf instructor in CO, and course time. Class not discountable.

6/26-6/29	Th,F	5:30—7:00 РМ	\$109	311933-01
7/31–8/1	Th,F	6:00—7:30 рм	\$109	311933-02
8/23-8/24	Sa,Su	10:00—11:30 ам	\$109	311933-03

Golf - Level 2

100% of this class is on the golf course! Take the fundamentals you learned in Level 1 and apply them to real on course situations! Must have completed Level 1 to take this class.

Location: Collindale Golf Course

Note: Includes clubs/balls (students may use their own), top golf instructor in CO, and course time.

8/28-8/29 Th,F 6:30-8:00 PM \$109 311934-01

Adventure

Age: 50 years & up

Canoe St. Vrain

Canoe with us down the picturesque St. Vrain River and ending on the South Platte River. Enjoy wonderful wildlife with a certified, licensed instructor from White Water Canoeing Co. Trips are contingent upon river/water conditions. No experience necessary, but must be able to paddle a canoe.

Location: South Platte Put-In

Note: Includes instruction/gear (canoe equipment). Bring a packed lunch, snacks and water; waterproof container will be provided. Participants will meet at the put-in.

6/6 F 8:00 AM-5:00 PM \$55 311930-01

Mount Sherman

"Women of Age" climb up Mt. Sherman (14,035 ft.) one of the easiest 14'ers in CO. Overnight in Fairplay. Must be in good physical condition and able to walk on uneven terrain for extended time at a comfortable pace at 9,000–12,000 ft elevation. Previous hiking/climbing experience is not required. *Women only*.

Deposit: \$150

Location: Edora Pool Ice Center

Note: Includes 2 day/1 night lodging with private bath, transportation, meals. Participants provide trail food and day hiking gear.

*	8/4-8/5	M,Tu	2:00-6:00 РМ	311991-01
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Single \$325, Double \$275

"Women of Age" Salida Adventure

Hike along the CO Trail, white water raft on the Arkansas River, zip line and soak in hot springs while enjoying the Rockies. Must be in good physical condition and able to walk on uneven terrain for extended time at a comfortable pace at 9,000—12,000 ft. elevation. Previous hiking experience helpful but not required. *Women only*.

Deposit: \$200

Location: Edora Pool Ice Center

Note: Cost includes transportation, meals, lodging, activities (rafting, zip line, etc.) and guide/instructor.

7.00 / 11 7.00 / 11 7.00 / 11 7.00 / 11	7/21–7/23	M-W	7:00 ам—7:00 рм	311993-01
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Single \$699, Double \$599

Adaptive Recreation

Adaptive Cycling Tour ◀ARO

Adaptive Adventures will be bringing their mobile handcycle trailer and expertise for a great day of cycling. Handcycles and other adaptive bikes will be available to take on a short or intermediate bike tour.

Age: 14 years & up

Location: Lee Martinez Park

Note: For more information contact Renée Lee at 970.224.6027 or rlee@fcgov.com. Class not discountable.

8/23 Sa 9:30 AM—Noon \$5 302936-01

Adaptive Waterskiing **◄**ARO

Learn how to waterski or to improve your skills at the Boulder Reservoir. This program is designed for people with physical disabilities and visual impairments only. Adaptive ski equipment and instruction provided.

Age: 12 years & up

Location: Edora Pool Ice Center

Note: For more information, contact Renée Lee at 970.224.6027 or rlee@fcgov.com. Class partially discountable. Class will not be held on 7/1, 7/15, 7/29.

6/24-8/5 Tu 7:00 AM-12:30 PM \$55 302937-01

Poudre Raft Trip ◀ARO

Travel down the scenic Poudre River for a fun, six-mile raft trip with Rocky Mountain Adventures. This trip is designed for people with and without disabilities looking for fun and adventure.

Age: 16 years & up

Location: Edora Pool Ice Center

Note: For more information, contact Renée Lee at 970.224.6027 or rlee@fcgov.com. Attendants must pre-register separately; \$50 (#302938-1A). Class not discountable.

7/12	Sa	7:30 ам—1:30 рм	\$59	302938-01
7/12	Sa	7:30 ам—1:30 рм	\$50	302938-1A

Adaptive Kayaking **◄**ARO

Join us for an indian summer evening on the water. This event is designed for people with physical disabilities, their friends and family. Adaptive Adventures will bring equipment for flat water kayaking to get you out and paddling!

Age: 14 years & up

Location: Lone Tree Reservoir

Note: For more information, contact Renée Lee at 970. 224.6027, rlee@fcgov.com. Class partially discountable. Rides from EPIC will be arranged as needed.

7/30 W 4:30-7:30 PM \$15 302939-01

LEGEND

NW Denotes no web registration for program
 M Denotes program/activity has member special
 ⊲ARO Denotes Adaptive Recreation Opportunity program.

Adaptive Watersports Day **◄**ARO

Experience the freedom and beauty of boating at the spectacular Horsetooth Reservoir. This event will feature canoes, kayaks, sailboats and paddle boards for people with disabilities and their friends. Equipment and expertise provided by NSCD, Adaptive Adventures, and Baby Seal.

Age: 12 years & up

Location: Edora Pool Ice Center

Note: Lunch included. For more information, contact Renée Lee at 970.224.6027 or rlee@fcgov.com. Rides from EPIC arranged as needed. Class partially discountable.

6/25 W 10:00 AM-1:30 PM \$25 302973-01

General

Hunter Education

This course will give students the skills and information necessary to hunt without accidents. CO Division of Wildlife certificates will be issued to those successfully completing the course. Saturday's class involves reviewing class material, written testing, and live fire testing.

Age: 12 years & up **Location:** The Farm

Note: Attendance at all 5 classes is mandatory (total of 19 hours). This session meets on Tu & Th for two weeks and concludes on Saturday from 8 a.m.—3 p.m.

8/5-8/16	Tu,Th	7:00—10:00 рм	\$10	311932-01
`	Sa	8:00 AM-3:00 PM		

Youth & Teen

Whitewater Rafting Trips

Join us for a half day rafting trip down the Poudre Canyon! Rocky Mountain Adventures will guide us through Class II and III rapids while we paddle through the beautiful scenery and take in a few splashes along the way.

Age: 11-17 years

Location: Northside Aztlan Center

Note: Please wear appropriate clothing and shoes that can get wet. A towel, sunscreen water bottle and snack are recommended. All rafting equipment will be provided.

6/2	M	7:45 ам—12:30 рм	\$59	315989-01
6/16	M	7:45 ам—12:30 рм	\$59	315989-02
7/14	M	7:45 ам—12:30 рм	\$59	315989-03
7/28	M	7:45 ам—12:30 рм	\$59	315989-04

Special Events

Amazing Race - Fort Collins!

New venue! This year join us at Lee Martinez Park for this amazing Fort Collins event. Inspired by the Amazing Race TV show, teams comprised of families, teens or adults work together to complete a series of fun challenges. Awards will be given to first place finishers in the categories. All teams receive T-shirts.

Age: 5 years & up

Location: Lee Martinez Park

Note: Kids must be 5 or older by the day of the race. Sign up by category. Meet at pavilion near playground. For more info call Lisa at 970.416.2528, you will be contacted prior to the race for team members names and T-shirt sizes.

Age: 5-12 years

Family Tea	m–2 person			
7/26	Sa	10:00 ам—1:00 рм	\$34	316901-01
Family Tea	m—3 person			
7/26	Sa	$10.00~{\rm AM-}1.00~{\rm PM}$	\$39	316901-02
Family Tea	m–4 person			
7/26	Sa	$10.00~{\rm AM-}1.00~{\rm PM}$	\$44	316901-03
Family Tea	m-5+ person			
7/26	Sa	$10.00~{\rm AM-}1.00~{\rm PM}$	\$49	316901-04
Age: 13–1	7 years			
2 person To	een Team			
7/26	Sa	10:00 ам—1:00 рм	\$34	316901-05
Age: 18 ye	ars & up			
2 Person A	dult Team			
7/26	Sa	10:00 AM-1:00 PM	\$34	316901-06

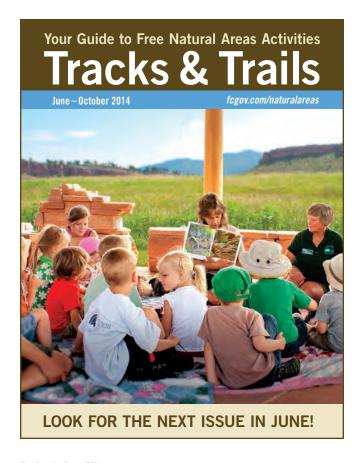
Fourth of July Parade & Celebration

Join us for a parade as we celebrate our freedom and the 150th anniversary of the fort moving to Fort Collins. The Parade begins at Jackson Avenue on Mountain Avenue and ends at Meldrum Street. Don't forget about the fireworks display that evening. For up to date information, check our website at fcgov.com/july4th.

Location: Mountain Avenue

Note: If you are interested in entering a float in the parade, see fcgov.com/july4th.

7/4	F	9:30-10:30 am	No Fee



Father's Day 5K

Celebrate Dad by getting outside for the Father's Day 5k! Enter as an individual or as a team (father/son or father/daughter). This race benefits the Adaptive Recreation Opportunities and low or reduced fee youth classes. Visit fcgov.com/fathersday for more information. Register online at active.com or visit Altitude Running or Runners Roost.

Location: Old Town Fort Collins, Mountain and Remington

6/15	Su	8-00 am	\$30-\$55
0/1:)	- 211	O.OO AM	v.2(1—v:);)

Pooch Plunge

Calling all dogs! It's canine time at City Park Pool! Each pooch can bring two human friends (no swimming with your four-legged friends, please). Bid on the Silent Auction items while you are there, Fido deserves it! Tickets go on sale beginning August 1.

Location: City Park Pool

9/1	M	4:00—7:00 рм	\$5	

Adult Special Events

For other special events, see page 120 for details.



Sports

Adaptive Sports

Over the Line ∢ARO

This event is an adapted version of wheelchair softball. There will be 3 people per team. The batter and pitcher will be on the same team and the objective is to hit the ball over the line without any of the other team players catching it. Don't miss out on the fun!

Age: 14 years & up

Location: Edora Pool Ice Center

Note: This event is designed for people with physical disabilities who use wheelchairs. However, able bodied people may join in the fun if extra manual wheelchairs are available.

6/22 Su 5:30-7:00 pm \$10 302772-01

Adult

Basketball

Summer Men's Baskethall

Escape the heat and join the fun! Gather up your co-workers and friends to come play in this Friday night basketball league. Teams will sign up for their level/playing preference on a first come-first serve basis. All games will be played at the Northside Aztlan Community Center.

Registration: Begins 5/5, ends 5/23 or when leagues fill

League Start: 6/6

Fee: \$369

Age: 16 years & up

Location: Northside Aztlan Center

Note: Rosters are unlimited (Participants age 16 and 17 need parent signature on roster prior to participation). League not discountable. Class will not be held on 7/4.

Friday Competitive 313001-01 Friday Recreational 313001-02

Kickball

Summer Coed Kickball

Play an American Classic — Kickball. Form your team and come have some fun playing a game invented on the playground. Now offering coed competitive and recreational leagues.

Registration: Begins 5/5, ends 5/29 or when leagues fill

League Start: 6/6, 8 games scheduled

Fee: \$254

Age: 16 years & up

Location: Rolland Moore Park

Note: Rosters are unlimited. (Participants age 16 and 17 need parent signature on roster prior to participation). League not discountable.

Class will not be held on 7/4.

Friday Competitive 313061-01 Friday Recreational 313061-02

Fall Coed Kickball

Registration: Begins 7/21, ends 8/8 or when leagues fill

League Start: 8/18, 8 games guaranteed

Fee: \$259

Age: 16 years & up

Location: Rolland Moore Park

Note: Rosters are unlimited (Participants age 16 and 17 need parent signature on roster prior to participation). League not discountable.

Class will not be held on 8/30, 8/29.

Coed Competitive 413061-01 Coed Recreational 413061-02

Softball

Summer Softball

Games will be played at Fossil Creek, Lee Martinez, and Rolland Moore Parks. Season ends with league tournaments and awards given to winners. Optic Yellow balls will be used. Coed leagues will play with men hitting 12" softballs and women hitting 11" softballs.

Registration: Begins 3/31, ends 4/18 or when leagues fill

Fee: \$569

Age: 16 years & up Location: TBA

Note: Rosters are unlimited (Participants age 16 and 17 need parent signature on roster prior to participation). Leagues not discountable. Class will not be held on 5/25, 7/6, 7/3, 5/23, 7/4.

Men's			
Sunday III	313021-01	Wednesday III	313021-09
Sunday IV	313021-02	Wednesday IV	313021-10
Monday III	313021-03	Thursday III	313021-11
Monday IV	313021-04	Thursday IV	313021-12
Tuesday II	313021-05	Friday IV	313021-13
Tuesday III	313021-06	Friday Wood Bat	313021-14
Tuesday IV	313021-07	Friday 40 & Over	313021-15
Wednesday II	313021-08		
Women's			
Tuesday IV	313022-01	Thursday IV	313022-04
Wednesday IV	313022-02	Thursday Leisure	313022-05
Thursday III	313022-03		
Coed			
Sunday Competitive	313023-01	Wednesday Rec	313023-06
Sunday Recreational	313023-02	Thursday Comp	313023-07
Tuesday Competitive	313023-03	Thursday Rec	313023-08
Tuesday Recreational	313023-04	Friday Rec	313023-09
Wednesday Comp	313023-05		
Fast Pitch			
Fast Pitch	313024-01		

LEGEND

NW	Denotes no web registration for program
M	Denotes program/activity has member special
∢ARO	Denotes Adaptive Recreation Opportunity program.

Fall Softball

Teams will have the opportunity to continue playing softball after the summer leagues have concluded! 8 games scheduled, 8 games guaranteed.

Registration: Begins 7/21, ends 8/8 or when leagues fill (whichever

comes first)

League Start: Week of 8/17

Fee: \$444

Age: 16 years & up Location: TBA

Note: Rosters are unlimited (Participants age 16 and 17 need parent signature on roster prior to participation). League not discountable. Class will not be held on 8/29, 9/1.

Men's			
Sunday IV	413021-01	Wednesday III	413021-06
Monday III	413021-02	Wednesday IV	413021-07
Monday IV	413021-03	Thursday III	413021-08
Tuesday III	413021-04	Friday Wood Bat	413021-09
Tuesday IV	413021-05	Friday IV	413021-10
Women's Thursday IV	413022-01		
•	.10022 01		
Coed			
Sunday Comp	413023-01	Wednesday Comp	413023-05
Sunday Rec	413023-02	Wednesday Rec	413023-06
Tuesday Comp	413023-03	Thursday Comp	413023-07
Tuesday Rec	413023-04		

Showdown Softball Tournament

Games will be played at Rolland Moore Park and other community parks if needed. Play begins 9 a.m. and continues until 10 p.m. (depending on number of entries).

Registration: Begins 5/5, ends 5/29 or when divisions fill.

Two games guaranteed

Tournament Date: Saturday, June 7 begins at 9 a.m.

Fee: \$254

Age: 16 years & up

Location: Rolland Moore Park

Note: Rosters are unlimited (Participants 16 and 17 need parent signature on roster prior to participation). Tournament fee not discountable.

 Men's II
 313025-01
 Coed Competitive
 313025-04

 Men's III
 313025-02
 Coed Recreational
 313025-05

Men's IV 313025-03







Junior Golf Academy Programs your child can grow with!

New Classes EVERY week! Check website for details!

Packages for under \$120

Ages 5-6 Beginner Series of 2- 45 Minute Clinics -\$40

Ages 7-17 Beginner Series of 4- 60 Minute Lessons -\$89

Ages 7-17 Intermediate Series of 4-90 Minute Lessons -\$119

Ages 7-17 Intermediate and Advanced Series of 5 - 2 hour Clinics (10 hours total) - \$195

10 hours of PGA Instruction • Digital V1 video swing analysis • Prizes • Mini-private Lesson • Refreshments • Goodie Bag • Graduation Doughnut Party

All Junior Clinics have a 6 to 1 Student/Professional ratio *Golf clubs are provided if needed



(970) 223-GOLF (4653) • 1441 East Horsetooth Road, Fort Collins, CO 80525 • Please visit www.collindalegolfacademy.com to sign up or for more information.

Softball Tournament (2-Day)

1st Men's Instruction 3rd Junior Instruction

olorado Avid Golfer Magazin CAGGY AWARDS!

Games will be played at Rolland Moore Park and other community parks if needed. Play begins 9 a.m. and continues until 10 p.m. (depending on number of entries).

Registration: Begins 7/7, ends 8/1 or when divisions fill.

Two games guaranteed

Tournament Date: Saturday and Sunday, August 9 and 10

begins at 9 a.m. **Fee:** \$254

Age: 16 years & up

Location: Rolland Moore Park

Note: Rosters are unlimited. (Participants 16 and 17 need parent signature on roster prior to participation). Tournament fee

not discountable.

 Men's II
 413025-01
 Coed Competitive
 413025-04

 Men's III
 413025-02
 Coed Recreational
 413025-05

Men's IV 413025-03

Volleyball

Outdoor Adult Volleyball

This is a self-officiated outdoor grass league with three matches per night. The season is approximately seven weeks long. Individual awards will be given to league winners. Matches will be played at Spring Canyon Park.

Registration: Begins 5/5, ends 5/29 or when leagues fill

League Start: 6/12

Fee: \$44/Doubles, \$84/Doubles

Age: 16 years & up

Location: Spring Canyon Park

Note: Rosters are unlimited (Participants 16 and 17 need parent signature on roster prior to participation). League not discountable.

Men's

Thursday BB Doubles 313041-01

Women's

Tuesday BB Doubles 313042-01 Tuesday B Doubles 313042-02

Coed

Monday A Doubles 313043-01 Wednesday BB Fours 313043-04 Monday BB Doubles 313043-02 Thursday B Fours 313043-05

Wednesday A Fours 313043-03

Fall Volleyball

Coed and women's leagues will be offered for 6-person and 4-person teams. Teams will sign up for their level of play and night preference on a first come basis. Levels A-Competitive, BB-Intermediate, B-Recreational.

Registration: Begins 7/21, ends 8/8 or when leagues fill (whichever comes first)

League Start: Week of 8/25, 8 games scheduled

Fee: \$274 sixes/\$174 fours

Age: 16 years & up

Location: Northside Aztlan Center

Note: Rosters are unlimited (Participants age 16 and 17 need parent signature on roster prior to participation). League not discountable.

Fall Women's

413542-01	Wednesday BB	413542-02
413543-01	Tuesday BB	413543-04
413543-02	Fri Reverse 6's	413543-05
413543-03		
	413543-01 413543-02	413543-01 Tuesday BB 413543-02 Fri Reverse 6's

Flag Football

Adult Flag Football

Leagues will be 8-on-8 non-contact.

Registration: Begins 7/21, ends 8/8 or when leagues fill (whichever

comes first); 8 games scheduled, 8 games guaranteed

League Start: Week of 8/18

Fee: \$434

Age: 16 years & up

Location: Rolland Moore Park

Note: Rosters are unlimited (Participants age 16 and 17 need parent signature on roster prior to participation). League not discountable.

Class will not be held on 9/1.

Monday Recreational 413011-01 Thurs Competitive 413011-03

Tuesday Recreational 413011-02

Fencing

Youth Fencing

Learn fundamental skills and rules of this fast, fun and intense sport. Practice footwork, body position, blade control, offense and defense. Instruction is simple and each class is lively, building on the skills learned in the previous class.

Age: 10-12 years

Location: Northside Aztlan Center

Note: Equipment provided. Wear athletic shoes, T-shirt and long loose

pants. Class will not be held on 7/4, 7/5.

6/13-8/8	F	4:30—6:00 рм	\$64	315542-01
6/14-8/9	Sa	9:00-10:30 am	\$64	315542-02

Teen/Adult Beginning Fencing

Age: 13 years & up

Location: Northside Aztlan Center

Note: Wear athletic shoes, T-shirt, and long loose pants. Equipment

provided. Class will not be held on 6/30, 7/5.

6/9-8/4	М	6:30—8:00 рм	\$64	315543-01
6/14-8/9	Sa	11:00 ам—12:30 рм	\$64	315543-02

Teen/Adult Sparring

Enjoy sparring with fellow students to develop a diverse technical and tactical repertoire in a low-key atmosphere. Improve your overall athletic readiness, speed, strength and stamina. Footwork and bladework exercises most sessions. Minimal coaching provided.

Age: 13 years & up

Location: Northside Aztlan Center

Note: Participants must have prior fencing experience. Wear athletic shoes, comfortable shirt, and long loose pants. Equipment provided.

6/6-6/27	F	6:15—8:15 рм	\$32	315544-01
7/11-8/1	F	6:15-8:15 PM	\$32	315544-02

Adult Tennis

For full program information and for online registration visit *Lewistennis.com* or call 970.493.7000.

Beginner Lessons

 $6-7:30~\mathrm{p.m.}$ weekdays, $2:30-4~\mathrm{p.m.}$ Saturdays, daytime classes also available

Whether you have never played or are getting back into the game after a long hiatus you will learn and develop your fundamentals so you can really enjoy the game. You will learn the correct way to hit forehands, backhands, volleys, overheads, and serves. You will also learn basic rules and strategies as you start competition.

Intermediate Lessons

7:30–9 p.m., 4–5:30 p.m. Saturdays, daytime classes also available Refine your skills. Learn the "Modern Game". Experience the techniques that are used by the pros. Develop your topspin and slice forehand, backhand and serves. Learn doubles and singles strategies that win! Drills, Strategies and Competition.

League Coaching

Get your team ready for the USA Tennis Leagues. Professional coaching will improve your team's strategy, technique and mental toughness to enable you to compete at your best. A variety of coaching programs are available.

Premier Clinics

These clinics are designed for the beginning through advanced player who wants more personal attention in their group instruction. Great for friends who want to learn together. Clinic times are flexible. Low student to Pro ratio.

Private Lessons & Ball Machine

Private Lessons are available with our USPTA certified professionals and also our college coaching staff. Times are flexible – just let us know when you're available.

Rent our ball machines to work on that pesky backhand.

Class Schedule

All summer sessions run for two weeks.

Session 1	June 2 – June 14	Session 4	July 14—July 26
Session 2	June 16-June 28	Session 5	July 28—Aug 9
Session 3	June 30-July 12	Session 6	Aug 11-Aug 23

Classes are held at Rolland Moore and Fossil Creek Parks

Beginning Adult

Monday and Wednesday 6—7:30 p.m. at Rolland Moore Tuesday and Thursday 6—7:30 p.m. at Fossil Creek Intermediate Adult Monday and Wednesday 7:30—9: p.m. at Rolland Moore

Tuesday & Thursday 7:30-9 p.m. at Fossil Creek

League Coaching and Premier Clinics please call 970.493.7000 for information

New! Ultimate Foam Ball League

36' court, short racquets. More fun than you can imagine — and a workout too. Check the *lewistennis.com* for information.

New! Masters Tennis

Masters Tennis is played on a smaller 60' court with a slower ball. It's easy to learn, fun to play, social and it's quite a workout! Check the *lewistennis.com* for information.

Live Music Round Robin

Thursdays 7:30-9 p.m.

Come on out to Rolland Moore and listen to some great live music as you play in a fun round robin format doubles competition. Call to reserve your spot.

Extravaganza

May 17, 3:30–5: p.m. and June 27, 6–8 p.m. at Rolland Moore Park Coaching, Prizes, Racquet Demo, Live Music, BBQUE - for the whole family

Tournaments

Adult Warmup May 10 Northern Colorado Open May 22–26 Adult Dog Days August 2

Unified Sports ◆ARO

Adult Unified Softball ◀ARO

Integrated softball teams made up of players with and without disabilities have been formed to play in a Unified Softball league this summer. Registration began in February. Please contact Brenda McDowell 970.416.2024, <code>bmcdowell@fcgov.com</code> to inquire about any available space on teams.

Age: 16 years & up

Location: Beattie Elementary

Note: Teams will have practice/games for one hour.

5/12-7/28 M 5:00-8:00 PM \$25 202055-01

Baseball For All ∢ARO

This integrated baseball league is for children and teens with and without disabilities. Teams will be formed to learn skills, teamwork and play against other integrated teams in the area.

Age: 8-15 years

Location: Beattie Park

Note: Game schedule will be available at first practice, times may vary. For more information, contact Renée Lee, rlee@fcgov.com. Class will not be held on 7/3.

Child				
6/19-8/7	Th	6:00—7:00 рм	\$25	302956-01
Family				
i aiiiiiy				
6/19–8/7	Th	6:00—7:00 РМ	\$40	302956-02

Youth Sports

C.A.R.A. Track

The basic techniques of track will be taught, and participants will be able to compete in Colorado Association of Recreational Athletics track meets held in various cities along the Front Range on Saturday mornings. Participants are responsible for their own transportation to practices and meets.

Location: Fort Collins High School

Note: Meet schedules at first practice. Fee includes team shirt, water bottle and fees for track meets.

Age: 4–10 years

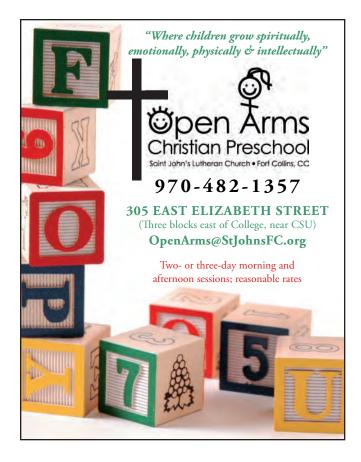
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6/9-7/25	M,W,F	9:00—10:15 ам	\$81	314031-03
Age: 11-1	6 years			
6/9-7/25	M,W,F	10:30 ам—11:45 рм	\$81	314031-04

C.A.R.A. Cross Country

This recreational cross country program promotes healthy lifestyles and is a lot of fun! Practices are held twice per week in various parks around Fort Collins. Meets are held in Front Range cities. Fee includes team shirt and fees for cross country meets.

Age: 6–14 years **Location:** City Park

Note: Parent meeting will be held on wednesday, 9/3 at 5:30 p.m. at City Park shelter #7. Practice locations will be given at this meeting.



Skyhawks Mini-Hawk

This multi-sport program is designed for campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Baseball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and focus on fun.

Age: 4-7 years

Location: City Park

6/9-6/13	M-F	9:00 am— N oon	\$118	314071-03	
8/4-8/8	M-F	9:00 am-Noon	\$118	314071-16	
Location: Mira	amont Par	k			
6/30-7/3	M-Th	9:00 am-Noon	\$94	314071-07	
Location: Radiant Neighborhood Park					
7/21–7/25	M-F	9:00 am-Noon	\$118	314071-12	

SUMMER SPORTS CAMPS

@ Northern Colorado's Largest INDOOR Sports Center Daytime Pre-School Sports Sports Camps

Boys & Girls • Ages 3 - 5 • New sessions every 6 wks
Kinder Kickers Soccer • Baseball

Tennis . Football . Golf

Basketball . Lil Laxers Lacrosse

Multi-Sport Day Camps

Explore & learn the basics of 15 or more different sports in a week! Healthy fun for kids! Full or Half-Day. Girls & Boys. Gr 1 - 6

· Jun 9-13; Jul 28-Aug 1; Aug 4-8; Aug 11-15; Aug 18

Instructional Leagues

Designed for Beginning & Intermediate Players. Sessions split between skill building & small-sided scrimmages. No scores are kept. There are no fixed teams. The focus is on learning & having FUN!

•Soccer Ages U5 - U11 6/3-24 -OR- 7/8-8/12

•Flag Football Grades K - 5 6/5-26 -OR- 7/10-8/14

• Boys Lacrosse Gr K - 8 Jun 23-27 - OR - Jul 14-18

•Girls Lacrosse Gr 1 - 8 Jun 9 - 13

• **Volleyball** Gr 3 - 8 Jun 23-27 -OR- Jul 14-18

• **Basketball** Gr K - 3 Jun 23-27 • **Rec Softball** Gr K - 8 Jul 14-18 • **Soccer** U8 - U18 Jul 21-25

• Tackle Football Gr 3 - 8 Jul 28 - Aug 1

• Baseball w/Foxes Age 4-14 Jun 16-20 -OR- Jul 7-10

• Baseball w/Beavers Age 4-14 Jun 30 - Jul 2

• Advanced Boys Lacrosse "Pinball League" - Jul 9 to Aug 13

Pre-Tryout Camps

•Competitive Soccer U

U10-U14 May 20 & 22

•Baseball Travel Team Ages 8 - 14 Jul 21 - 25

For Details & Registration <u>www.edgesportscenter.com</u> 970.472.0048



EASY ACCESS at I -25 & Hwy 14 4450 Denrose Court Fort Collins





Follow us on Facebook!

Skyhawks Multi-Sport

Designed to introduce young athletes to a variety of sports, this multisport camp combines basketball and flag football into one fun-filled week. Athletes will learn the rules and essentials of each sport, along with respect, teamwork, and self-discipline, through skill-based games and scrimmages.

Age: 5-8 years

Location: Spring Canyon Park

6/16-6/20	M-F	9:00 AM—Noon	\$118	314071-04
7/28-8/1	M-F	9:00 am-Noon	\$118	314071-15

Skyhawks Beginning Golf

Entry-level players will gain confidence in golf by focusing on proper technique and the fundamentals of form, swinging, putting, and body positioning. By adopting SNAG (Starting New At Golf), instruction is simplified so players can transition with ease onto the golf course. All equipment is provided.

Age: 5-9 years

Location: Northside Aztlan Center

7/14-7/18	M-F	9:00 am—Noon	\$133	314071-10
// 17 // 10	141 1	J.OU AW INOUII	Ψ100	0140/1 10

Skyhawks Cheerleading

Entry-level cheer camp will teach athletes skills to lead crowds and support teams! Cheers, proper hand and body movements, jumping techniques and a final choreographed performance will be taught. There is no stunting, but a focus on fun and important life skills such as teambuilding and leadership.

Age: 6-10 years

Location: Northside Aztlan Center

6/2-6/6	M-F	9:00 am—Noon	\$118	314071-01
7/21–7/25	M-F	1:00-4:00 PM	\$118	314071-13

Skyhawks Basketball

A camp for beginner and intermediate players focuses on the whole player. Using a progressive curriculum we teach the skills to be a better athlete on and off the court. A "skill of the day" progresses into passing, shooting, dribbling, and rebounding drills and games. Go to skyhawks.com for more information.

Age: 6–12 years

Location: Miramont Park

6/23-6/27	M-F	9:00 AM-Noon	\$118	314071-06



Skyhawks Flag Football

Beginner and intermediate athletes will learn skills on both sides of the ball including the core components of passing, catching, and deflagging or defensive positioning. The week ends with the Skyhawks Super Bowl, giving participants a chance to showcase their skills on the gridiron!

0/3-0/13 IVI-F 3:00 AM-NOUII \$110 3140/1-0	6/9-6/13	M–F	9:00 AM-Noon	\$118	314071-0
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Skyhawks Soccer

Skyhawks was founded as a soccer club in 1979. We remain the number one choice for introducing children to the fundamentals of soccer. Designed for beginner and intermediate players, our progressive curriculum will teach the sport knowledge and fundamentals of dribbling, passing, shooting, and ball control.

6/23-6/27	M-F	9:00 am-Noon	\$80	314071-05
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Skyhawks Lacrosse

Suit up and learn the fundamentals of stick handling, cradling, passing, and shooting in a fun, non-checking environment. Campers will also learn respect, teamwork, and discipline. Skyhawks ensures athletes will gain a deep understanding of the game and its traditions. Go to *skyhawks.com* for more information.

7/7–7/11	M-F	9:00 am-Noon	\$118	314071-09
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Skyhawks Baseball

This camp is designed for beginner and intermediate players. Using a progressive curriculum we teach the fundamentals of fielding, catching, throwing, hitting, and base running, as well as respect, teamwork, and responsibility, in a fun, positive environment. Go to <code>skyhawks.com</code> for more information.

Age: 7-12 years

Location: Northside Aztlan Center

7/14–7/18	M_F	9:00 AM-Noon	\$118	314071-11
// 17 // 10	141 1	J.UU AINI INUUII	ΨΙΙΟ	0140/1 11

Skyhawks Basketball

A camp for beginner and intermediate players focuses on the whole player. Using a progressive curriculum we teach the skills to be a better athlete on and off the court. A "skill of the day" progresses into passing, shooting, dribbling, and rebounding drills and games. Go to <code>skyhawks.com</code> for more information.

Age: 7-14 years

Location: Northside Aztlan Center

//Z1-//ZJ V - 3:00 AM-NUUH 3110 3140/1-14	7/21-7/25	M-F	9:00 AM-Noon	\$118	314071-14
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Beginning Volleyball

This co-ed program, designed for the beginning and intermediate player, teaches all aspects of the game through drills and exercises that focus on passing, setting, hitting and serving. Athletes will develop fundamental skills with game-speed drills and daily scrimmages aimed at developing the whole player.

///-//II M-F 9:00 AM-Noon \$118 3140/1-	7/7–7/11	M–F	9:00 AM-Noon	\$118	314071-0
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Amazing Athletes

7/24-8/28

Get active with Amazing Athletes today! In our action packed sports class your child will learn the basic fundamentals and mechanics of 9 different ball sports including soccer, volleyball, football, basketball, tennis, golf, lacrosse, hockey and baseball.

Location: Cottonwood Glen Park **Note:** Class will not be held on 7/3.

Th

Age: 2½–3 ye	ears			
6/2-6/30	M	9:00—9:30 am	\$45	314074-01
6/5-7/3	Th	9:00—9:30 am	\$45	314074-02
7/21-8/25	M	9:00—9:30 am	\$45	314074-03
7/24-8/28	Th	9:00—9:30 ам	\$25	314074-04
Age: 3½–5 ye	ears			
6/2-6/30	M	9:45—10:30 AM	\$45	314075-01
6/5-7/3	Th	9:45—10:30 AM	\$45	314075-02
7/21-8/25	M	9:45—10:30 AM	\$45	314075-03

9:45-10:30 AM

\$45

314075-04

Challenger British Soccer Camp

Register for challenger soccer camps at challengersports.com

British Soccer Camp provides players high-level soccer coaching from a team of international experts. Providing players the appropriate level of curriculum and a cultural/educational experience! Includes foot skills, technical drills, tactical drills, small-sided games, scrimmages, and a daily tournament.

Location: City Park

Note: Includes T-shirt, ball and graduation party!

Age: 3-3 years

First Kicks			
6/2-6/6	M–F	11:00 AM—Noon	\$98
7/28-8/1	M-F	11:00 AM—Noon	\$98
Age: 4–5 years Mini Soccer	i		
6/2-6/6	M-F	9:00—10:30 ам	\$118
7/28-8/1	M-F	9:00—10:30 ам	\$118
Age: 6–14 year Half Day	S		
6/2-6/6	M-F	9:00 AM—Noon	\$153
7/28-8/1	M-F	9:00 AM—Noon	\$153
Golden Goal (M	ust attend n	norning session)	
6/2-6/6	M-F	1:00-3:00 PM	\$58
7/28-8/1	M-F	1:00-3:00 PM	\$58

Skateboarding Camp

This 4 day camp will travel to all 5 Fort Collins Skateboard parks! Learn the basics of skateboarding from instructors with over 20 years experience! A trip to the Launch Center indoor skateboard ramp and local skateboard shops are included! Must have own helmet/safety gear. Take home a goodie bag!

Age: 7-12 years

Note: Kids are required to bring, water bottle and helmet. Knee, elbow and wrist guards are highly recommended.

Location: Fossil Creek Park

7/8–7/11	Tu-F	9:00 ам—3:00 рм	\$152	315545-02
8/12-8/15	Tu-F	9:00 ам—3:00 рм	\$152	315545-04
Location: No	rthside Azt	lan Center		
6/3-6/6	Tu-F	9:00 ам—3:00 рм	\$152	315545-01
7/22–7/25	Tu-F	9:00 AM-3:00 PM	\$152	315545-03

Paintball

If your child is into paintball, join us! This trip is designed for beginning and intermediate players to go outdoors and enjoy a full day games. Fee includes all supplies needed and 500 rounds. For more information call 970.221.6729.

Location: Two Chicks Paintball

Age: 14-18 years

Location: Northside Aztlan Center

Note: Please have your child wear a long sleeved shirt and pants. Have them bring a sack lunch to eat and additional money, if they want more than 500 rounds.

6/16	M	10:00 ам—4:00 рм	\$50	315547-01
7/21	М	10:00 AM-4:00 PM	\$50	315547-02

Archery

Archery is a skillful sport requiring; balance, poise, accuracy, vision, timing and action! Through this indoor class participants will learn the basic techniques and how to be safe.

Age: 8-16 years

Location: Rocky Mtn. Archery

Note: Location is Rocky Mountain Archery, 4518 Innovation Dr, Fort Collins, CO 80525, 970.226.5900 Equipment is provided. Check in by 4:15 p.m. Try to check in by 4:

6/5-6/12	Th	4:30—5:30 рм	\$30	315941-01
6/19-6/26	Th	4:30—5:30 рм	\$30	315941-02
7/10-7/17	Th	4:30—5:30 рм	\$30	315941-03
7/24-7/31	Th	4:30—5:30 РМ	\$30	315941-04

Intro to Cricket

The Fort Collins Cricket Club along with the USA Cricket Association and Colorado Cricket League, will introduce boys and girls to the exciting game of cricket! Learn the basics of the sport. All participants will receive a T-shirt!

Age: 7-14 years

Location: Lincoln Middle School

Note: Bring water bottle, snacks and lunch

7/7–7/11	M-F	9:30 ам—3:30 рм	\$59	314099-01
7/14–7/18	M-F	9:30 ам—3:30 рм	\$59	314099-02
7/21–7/25	M-F	9:30 ам—3:30 рм	\$59	314099-03





Baton Twirling is Catching

Give baton twirling a whirl! Yvonne Pedersen, a national renowned twirl instructor, brings out children's full potential while making learning fun. No experience required! Build self-esteem, self-discipline, and team work skills while enhancing coordination, rhythm and grace. Class focuses on twirling, dance and drilling.

Age: 5 years & up.

Location: Golden Girls Baton Studio

Note: Class partially discountable. ABC baton required and available from instructor for \$25. Performance available through Golden Girls Baton Academy at extra costs.

6/4-7/9 W 4:30-5:30 PM \$69 318969-01

JAA Cheerleading

Basic skills in jumps, tumbling, and cheers/chants will be emphasized. Cheerleaders learn various cheers, formations and dances throughout the season and perform at JAA football games. Fee includes cheerleading uniform.

Grade: 2-6

Location: Northside Aztlan Center

Note: Class partially discountable. Practices are held on Tuesday evenings; performances on Saturday mornings/some week nights. More info at fcgov.com/sports

8/26-10/25 Tu 5:30-7:00 PM \$99 414937-01

Basketball

National Basketball Academy

The National Basketball Academy and the Denver Nuggets are proud to offer a camp designed to improve the skill level of all youth players. The vast knowledge and experience of our staff will help players on fundamentals, practice habits, and teamwork. Learn the same drills as the Denver Nuggets players!

Note: All Players receive a Nuggets T-shirt, Nuggets Basketball and a ticket to a future game. Fee not discountable.

Age: 5–7 years

Location: Blevins Middle School

6/2-6/6	M-F	9:00—11:00 ам	\$200	314507-01					
Location: No	Location: Northside Aztlan Center								
8/11-8/15	M-F	9:00—11:00 am	\$200	314507-04					
Age: 8–12 ye	ars								
Location: Ble	vins Midd	le School							
6/2-6/6	M-F	Noon—3:00 рм	\$200	314507-02					
Location: No	rthside Az	tlan Center							
8/11-8/15	M-F	Noon-3:00 PM	\$200	314507-05					
Age: 13–18 y	ears								
Location: Ble		le School							
6/2-6/6	M-F	4:00—7:00 рм	\$200	314507-03					
Location: Northside Aztlan Center									
8/11-8/15	M-F	4:00-7:00 PM	\$200	314507-06					

Cheerleading Camps

Get ready for fall cheerleading or just come out for a fun filled week that will emphasize basic jumps, tumbling and cheers/chants along with various formations and dances. Participants will receive a T-shirt.

Location: Northside Aztlan Center

Note: Class partially discountable. Grades based on

2014/2015 School Year. **Grade:** Kindergarten–2

7/28-8/1	M-F	10:00—10:55 ам	\$45	314536-03
Grade: 3–6				
7/28-8/1	M-F	11:00 ам—12:30 рм	\$59	314536-01







Register now for full day Summer Camp programs!

- X-Treme Weekly Themes
- Summer Reading Challenge
- · Field Trips & Fun Guests
- Fitness & Technology Focus





SNAG Golf For Shorties

Lets explore SNAG (Starting New At Golf)! We will work on the fundamentals golf. Come play golf with us! Learn the basics in this fun and exciting class!

Age: 4–5 years **Location:** City Park

Note: All SNAG golf equipment is provided

5/20-6/3	Tu	10:00—10:45 ам	\$28	314092-01
5/21-6/4	W	10:00—10:45 ам	\$28	314092-02

SNAG Golf

SNAG golf is all about learning the game of golf at a non-golf course area and in a fun kid friendly way. The fundamentals are broken down into simple steps that allow children to learn golf while having fun. SNAG golf is the perfect introduction to golf for kids ages 5–10.

Age: 5–10 years **Location:** City Park

SNAG	Session	
JIIAU	00331011	ľ

6/10-6/26	Tu,Th	10:00—11:00 ам	\$34	314091-01
SNAG Sessio	n 2			
7/7–7/23	M,W	10:00—11:00 ам	\$34	314091-02

Summer SNAG Golf Classic

Come out and play a nine-hole tournament using the SNAG golf equipment. All equipment will be provided. This Tournament is open for all types of players from beginners to those who have played before!

Location: Spring Canyon Park

Note: Players will be contacted by email on July 9th with tee times.

Age: 6-9 years

Coed	ears			
7/12	Sa	9:00—10:00 ам	\$10	314094-01
Age: 10–1 Boys	2 years			
7/12	Sa	9:00—10:00 am	\$10	314094-02
Girls				
7/12	Sa	9:00-10:00 am	\$10	314094-03
Age: 13–1 Boys	6 years			
7/12	Sa	9:00-10:00 am	\$10	314094-04
Girls				
7/12	Sa	9:00-10:00 am	\$10	314094-05
Age: 17 ye Mens	ars & up			
7/12	Sa	9:00—10:00 ам	\$10	314094-06
Womens				
7/12	Sa	9:00-10:00 am	\$10	314094-07

Parent/Child SNAG Scramble

Kids get your parents and come out for the 2014 Parent/Child SNAG Golf Scramble! Teams will play a 9 hole scramble. Never played golf before? No problem! SNAG Golf is for beginning and experienced golfers. All equipment is provided!

Location: City Park

Note: Scramble will begin with a "shotgun" start.

2014/2015 School Grade.

Grade: 1-26/25 W 5:30-7:00 PM 314093-01 \$10 **Grade:** 3-5 6/25 W 314093-02 6:30-8:00 PM \$10 **Grade:** 6-8 314093-03 6/25 W 7:00-8:00 PM \$10

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BRING IN THIS AD AND RECEIVE 2 FREE CLASSES!

Offering gymnastics classes for ages 18 months to 18 years in a safe and enjoyable atmosphere. Come and check out our 20,000 square foot facility.

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Preschool Classes USAG Teams Girls & Boys
Beginner - Advanced Girls & Boys
Middle School Girls Class Open Gyms

Premier Gymnastics 1410 E. 11th Street Loveland, CO 80537 970.663.3173 premiergymnastics.net



Youngsters

FITKIDZ

FITKIDZ! Promotes a healthy and active lifestyle that helps build confidence and coordination. Program includes baseball, basketball, golf and fitness fundamentals. FITKIDZ is competition free. Please be on time to pick up your child after camp. Please advise if your child has allergies. Snacks are welcomed.

Age: 3–5 years **Location:** Edora Park

Note: Class not discountable.

6/2-6/6	M-F	9:00 am-Noon	\$180	314076-01
6/23-6/27	M-F	9:00 AM—Noon	\$180	314076-02
7/7–7/11	M-F	9:00 am—Noon	\$180	314076-03
7/14–7/18	M-F	9:00 am—Noon	\$180	314076-04
7/21–7/25	M–F	9:00 am—Noon	\$180	314076-05
7/28-8/1	M-F	9:00 AM—Noon	\$180	314076-06

Fostering the spirit of champions!

At Rocky Mountain Youth Sports, we believe that building great athletes means building great futures.

- Work with qualified, experienced coaches Enhance skills
- Learn from great role models and mentors
- Develop lasting friendships
- Build character
- · Have fun!

Rocky Mountain Fever Tryouts

4th to 7th grade boys & girls Boys: April 28, 29 Girls: April 30, May 1

RMYS Basketball Skills Academy

3rd to 12th grade boys & girls Starting in June, Academies are held in Summer, Fall, Winter, Spring Academy sessions held weekly for 8-12 weeks



RMYouthSports.com

RMYS is a 501 c3 non-profit organization dedicated to providing opportunities for youth of various ages to play basketball while focusing on character development.



Youth Team Sports

Basketball

Summer Basketball

Teams formed by park practice location. 1-2 Practices outside with 6 games at indoor courts plus the end of season tournament. Games will be scheduled in the evenings on various week nights. Cost is \$63 per player. Based on 2013/2014 school year.

Fee: \$63

Registration Began: February 20, 2014

League Start: Week of 6/2

Note: NBA replica jerseys are provided for this league. For more information go to fcgov.com/sports. Interested in coaching? Call 970.221.6385

Boys

Grade: 2-3

City Park	314001-01	Spring Canyon Park	314001-05
Fossil Creek Park	314001-10	Troutman Park	314001-25
Lee Martinez Park	314001-15	Warren Park	314001-30
Rolland Moore Park	314001-20		

Grade: 4–5 City Park Fossil Creek Park Lee Martinez Park Rolland Moore Park	314002-01 314002-10 314002-15 314002-20	Spring Canyon Park Troutman Park Warren Park	314002-05 314002-25 314002-30
Grade: 6-8 City Park Fossil Creek Park Lee Martinez Park	314003-01 314003-10 314003-15	Rolland Moore Park Spring Canyon Park Warren Park	314003-20 314003-05 314003-25
Girls.			
Grade: 2–3 City Park Fossil Creek Park Lee Martinez Park Rolland Moore Park	314004-01 314004-10 314004-15 314004-20	Spring Canyon Park Troutman Park Warren Park	314004-06 314004-25 314004-30
Grade: 4-5 City Park Fossil Creek Park Lee Martinez Park Rolland Moore Park	314005-01 314005-10 314005-15 314005-20	Spring Canyon Park Troutman Park Warren Park	314005-05 314005-25 314005-30
Grade: 6-8 City Park Fossil Creek Park Lee Martinez Park	314006-01 314006-10 314006-15	Rolland Moore Park Spring Canyon Park Warren Park	314006-20 314006-05 314006-25

Summer High School Basketball

Teams formed by park practice location. 1–2 Practices outside with 6 games at indoor courts plus the end of season tournament. Games will be scheduled in the evenings on various week nights. Cost is \$63 per player. Based on 2013/2014 school year.

Fee: \$63

Registration Began: February 20, 2014

League Start: Week of 6/2

Grade: 9–12

Note: NBA replica jerseys are provided for this league. For more information go to fcgov.com/sports. Interested in coaching? Call 970.221.6385

Boys 314007-01

Girls 314008-01

Summer K-1 COED Basketball

Intro basketball league for K-1st Grade. Basic skills will be taught. 6 Scheduled games, and officials. Practice will be on Tuesdays with games Thursdays. Teams will be randomly selected. Cost is \$50 per player. Based on 2013/2014 school year.

Registration Began: February 20, 2014

Grade: Kindergarten-1

Location: Northside Aztlan Center

Note: NBA replica jerseys are provided for this league. For more information go to fcgov.com/sports. Interested in coaching? Call 970.221.6385, times will vary.

6/2-7/17 4:00-7:30 PM Tu,Th \$50 314700-01

Basketball Team League

This league is for pre-formed teams. 6 Games plus a single elimination tournament included. Teams must provide an adult coach to be on the bench during the games. Teams must provide same colored jerseys with identifiable numbers on the back. Based on 2013/2014 School Year. Tuesday night games MS, Thursday HS games.

Fee: \$469

Registration Began: February 20, 2014

League Start: Week of 6/10 Location: Northside Aztlan Center

Rnys

4 & 5 Grade 6 Grade		7 & 8 Grade High School	314909-03 314909-04
Girls	314909-02	nigii Scilooi	314303-04
4 & 5 Grade	314909-05	7 & 8 Grade	314909-07
6 Grade	314909-06	High School	314909-08

Girls' Softball

This summer learn and improve your slow pitch softball skills and enjoy team competition. One/two practices held per week (days and times to be announced). Based on 2013/2014 current school year grade. Games played Tuesdays and/or Thursdays. Team visors are provided. For more information go to fcgov.com/sports

Note: 6 Games played Tuesdays or Thursdays. Green and Gold reversible jersey required for all grades (\$15, can be purchased at EPIC or at the NACC)

Fee: \$59

Registration Began: February 20, 2014

League Start: Week of 6/2

Grade: 1–3 City Park Fossil Creek Park	314021-16 314021-17	Rolland Moore Park Spring Canyon Park	314021-19 314021-20
Grade: 4–5 City Park Fossil Creek Park	314022-16 314022-17	Rolland Moore Park Spring Canyon Park	314022-20 314022-19
Grade: 6-8			
Blevins	314023-20	Lincoln	314023-25
Boltz	314023-21	Preston	314023-26
CLP	314023-22	Webber	314023-27
Kinard	314023-23	Wellington	314023-28
Lesher	314023-24		

6th Grade Fall Girls Softball

Start off your middle school softball career the right way by registering for 6th grade softball! Participants will be able to show off their school spirit by receiving a shirt with the colors of their middle school. Week night practices with Saturday morning games. More info at fcgov.com/sports

Fee: \$59

Registration Begins: 7/7 League Start: Week of 9/8

Grade: 6

Note: Practice days/times are determined by coach and will vary. Coaches will call prior to the program with practice days/times.

Blevins	414023-01	Lincoln	414023-11
Boltz	414023-03	Preston	414023-13
CLP	414023-05	Webber	414023-15
Kinard	414023-07	Wellington	414023-17
Lesher	414023-09		

Football

Position Specialty Football Camps

This camp is designed for various skill levels and to prepare tackle players for the 2014 season. All drills and skills are run by experienced football coaches. Each camper will learn the fundamentals and necessary skills to play the designated position.

Grade: 3–6 **Location:** City Park

Running Bad	ck Camp			
6/16	M	5:30-6:30 РМ	\$15	314015-01
Linebacker (Camp			
6/17	Tu	5:30—6:30 РМ	\$15	314015-02
Off/Def Line	Camp			
6/18	W	5:30—6:30 РМ	\$15	314015-03
Defensive B	ack Camp			
6/23	M	5:30—6:30 РМ	\$15	314015-05
Quarter Bac	k Camp			
6/24	Tu	5:30—6:30 РМ	\$15	314015-06
Wide Receiver Camp				
6/25	W	5:30-6:30 PM	\$15	314015-07
Kickers & Punters Camp				
6/26	Th	5:30-6:30 РМ	\$15	314015-08

All 8 Camps — \$77.00

Enroll in all 7 Position Specialty Football Camps this summer! This camp is designed for various skill levels and all drills and skills are offered. These are not tackle football camps, so coming in a shirt and shorts (depending on weather), is recommended.

6/16-6/26	M-Th	5:30-6:30 PM	\$77	314015-88
0/10-0/20	IVI—I I I	J:3U-D:3U PM	\$11	314013-00

Tackle Football Camps

This football camp will feature instruction by CSU football coaching staff and include proper tackling instruction, and character building. Fee includes equipment use, T-shirt and mouthpiece.

Equipment Check Out: 6/13, 6/20, 7/2 and 7/11 4–6 p.m. at Club Tico.

Fee: \$85

Registration Begins: May 1, 2014

Grade: 3-8 (Based on 2014/2015 School Year)

Note: Players registered for the football program will keep the equipment for the fall season. Contact Tom Zimdahl with questions,

970.221.6385. Info at fcgov.com/sports

Grade: 3–4 Location: City	y Park					
6/16-6/20	M-F	8:30-11:00 am	\$85	314016-04		
Location: Har	Location: Harmony Park					
7/7–7/11	M-F	8:30—11:00 ам	\$85	314016-01		
Grade: 5–6 Location: City	Grade: 5–6 Location: City Park					
6/23-6/27	M-F	8:30—11:00 ам	\$85	314016-05		
Location: Harmony Park						
7/14-7/18	M-F	8:30—11:00 ам	\$85	314016-02		
Grade: 7–8 Location: City Park						
6/23-6/27	M-F	Noon-2:30 PM	\$85	314016-06		
Location: Harmony Park						
7/14-7/18	M-F	Noon-2:30 PM	\$85	314016-03		

Ultimate Football

Designed for the first time football experience. This non-contact football program emphasizes the basic fundamentals of throwing and catching while combining the rules of football and ultimate Frisbee. One practice per week and 6 games.

Fee: \$52

Registration Begins: May 1, 2014

League Start: Week of 9/1 **Grade:** Kindergarten–2

Note: For more information go to fcgov.com/sports. Interested in coaching? Call 970.221.6385. \$15 Green and gold reversible jersey required.

City Park	414010-01	Greenbriar Park	414010-10
Edora Park	414010-04	Rolland Moore Park	414010-12
Fossil Creek Park	414010-07	Spring Canyon Park	414010-15



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uchealth.org

Flag Football

Our flag football program teaches the basic fundamentals of football with no tackling or blocking (1–2 graders with no football experience should play ultimate). The main emphasis will be equal participation with winning being secondary. Practices will be held twice a week with games on Saturday mornings/Week nights.

Fee: \$60

Registration Begins: May 1, 2014

League Start: Week of 9/1

Note: 6 Games plus the Rattlesnake Rumble Tournament. Coach will call with practice days/time. Based on 2014/15 school grade.

Grade: $1-2$			
City Park	414011-01	Harmony Park	414011-13
Edora Park	414011-03	Spring Canyon Park	414011-15
English Ranch Park	414011-05	Troutman Park	414011-17
Fossil Creek Park	414011-07	Warren Park	414011-19
Greenbriar Park	414011-11		
Grade: 3-4			
City Park	414012-01	Ridgeview Park	414012-11
Edora Park	414012-03	Rolland Moore Park	414012-12
Fossil Creek Park	414012-05	Spring Canyon Park	414012-15
Greenbriar Park	414012-07	Troutman Park	414012-17
Harmony Park	414012-09	Warren Park	414012-19
Grade: 5-6			
City Park	414013-01	Greenbriar Park	414013-07
English Ranch Park	414013-03	Rolland Moore Park	414013-09
Fossil Creek Park	414013-05	Spring Canyon Park	414013-11

Tackle Football

Tackle football practices are held two to three times/week with games held Saturday mornings/week nights. 8 Games scheduled! Teams formed by weight and practice area. Areas may be combined due to numbers. More information go to fcgov.com/football-area1: Bacon, Traut, Linton, Kruse, Zach, Timnath, Bethke

AREA 2: Werner, McGraw, Lopez, Johnson, Beattie, Olander

AREA 3: Odea, Shepardson, Riffenburgh, Harris, Laurel, Tavelli, Wellington

AREA 4: Bauder, Bennett, Lab School, Dunn, Putnam, Irish, CLP, Mt. Schools

Fee: \$109

Equipment Check-Out: 8/16, 8–10 a.m., Club Tico

8/18, 8/19, 5-6:30 p.m., Club Tico

Registration Begins: May 1, 2014 League Start: Week of 8/25

Location: Club Tico

Note: Mouthpieces required: Tackle equipment provided!

Grade: 3-4

AREA 1 AREA 2	414018-01 414018-02	AREA 3 AREA 4	414018-03 414018-04
Grade: 5			
AREA 1 AREA 2	414019-01 414019-02	AREA 3 AREA 4	414019-03 414019-04
Grade: 6			
Blevins	414020-01	Lincoln	414020-25
Boltz	414020-05	Preston	414020-30
CLP	414020-10	Webber	414020-35
Kinard	414020-15	Wellington	414020-40
Lesher	414020-20		



JUNIOR TENNIS

General Information

For Full Program Information and for online registration visit Lewistennis.com

Lewis Tennis School directs all tennis programs for the City of Fort Collins. With over 40 years of experience in the tennis industry, Lewis Tennis provides quality lessons, programs and tournaments for all levels and ages with USPTA certified coaches on staff. Tennis director Larry Lewis has managed five of the top tennis facilities in the United States.

The programs at Lewis Tennis School strive to provide a positive learning environment for players of all ages. Players will learn not only the techniques to become accomplished players but also life skills that help them to excel and enjoy tennis and other areas in their life. Thousands of players have participated in these programs over years as they learn and progress in this great lifetime sport!

Classes are held at Rolland Moore Park, Fossil Creek Park, Warren Park, and Fossil Ridge High School. Additional classes may be held at Spring Canyon Park and Edora.



Jeam Jennis is 9n!

Junior Team Tennis for kids of all ages. Special deals for adult league practices.

- > FREE Junior Team Tennis for all lesson takers
- Noting Tournaments Adult Lessons and Clinics
- 🚫 League Coaching 🚫 Performance Training
- Supervised Round Robin Events 🚫 🕻



www.lewistennis.com

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We are located at Rolland Moore Park 2201 S. Shields, Fort Collins, Co. 80526



Summer Junior Programs

New! Be Part of a Team!

Junior Team Tennis

All players registered for Lewis Tennis summer classes (7 years—18 years) are eligible to participate in USTA Junior Team Tennis for no extra charge. Matches are held on Mondays from June 16 thru July 28. Competition will include teams from Fort Collins, Loveland, Windsor, and Greeley. Check out our "special" low cost Saturday Junior Team Tennis package.

10 & Under

10 & Under Tennis is an exciting play format for learning tennis, designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size.

#1 Little Lobber 4-6 years 8:15-9 a.m.

#2 Future Star 7-8 years 9-10:30 a.m.

#3 Aces 9-10 years 9-10:30 a.m.

Middle School Excellence

Just starting the game or a seasoned competitor? Middle School players will develop their games to effectively compete on middle and high school teams or just enjoy the benefits of this great lifetime sport.

#1 Challenger (new player) 11–13 years 10:30 a.m.–12:30 p.m. #2 Competitive (Int/Adv) 11–13 years 10:30 a.m.–12:30 p.m.

High School Academy

High School players get ready to have some fun and develop your tennis games! Whether your goal is to play on your high school team or learn the best game to enjoy with your friends, this is the class for you.

#1 Wimbledon (new player) 14–18 years 10:30 a.m.–12:30 p.m.

#1 Grand Slam (Int/Adv) 14-18 years 10:30 p.m.-12:30 p.m.

Performance Training

This program is for the devoted junior player who has already developed a solid foundation of the game and has shown a high level of commitment. Players typically have goals of state and sectional rankings, high school varsity play, and college scholarships. Players must be accepted by Head Pro. Held Monday thru Thursday.

Tier #1 1:30-3 p.m.* Tier #2 3-4:30 p.m. * Tier #3 4:30-6 p.m.

High School Preseason Camp July 29-Aug 2

High School players have used this camp over the past 12 years to prepare for competition on their teams. Stroke production, competitive play, drills, physical conditioning, and mental toughness will get you ready to start the season in tip top shape. Held from 1–4 p.m. at Rolland Moore Park.

Middle School (6th grade) Fall League

Fort Collins has one of the largest Middle School Leagues in the U.S. Our Middle Schools only allow 7th and 8th graders to participate in the League, this program fills the gap and gets the 6th graders competing. Sign up deadline August 27.

Private Lessons & Ball Machine

Private Lessons are available with our USPTA certified professionals and also our college coaching staff. Times are flexible — just let us know when you're available.

Rent our ball machines to work on that pesky backhand.

Pizza Round Robin

Thursdays 1-3 p.m. at Rolland Moore.

7 years and up, all abilities — have some fun competition and eat pizza!

Extravaganzas

May 17, 3:30–5 p.m. and June 27, 6–8 p.m. at Rolland Moore Park Coaching, Prizes, Racquet Demo, Live Music, BBQUE – for the whole family

Tournaments

23 USTA sanctioned junior tournaments are offered for novice, intermediate and advanced players. Check *Lewistennis.com* for complete schedule.

Class Schedule

All classes except Performance Training are offered at Rolland Moore, Fossil Creek, Warren, and Fossil Ridge HS. Spring Canyon and Edora Parks are offered if there is interest (call to inquire). All summer sessions run for two weeks except for session 6 which is one week.

Session 1	June 2– June 14	Session 4	July 14–July 26
Session 2	June 16-June 28	Session 5	July 28—Aug 9
Session 3	June 30–July 12	Session 6	Aug 11-Aug 16

10 & Under

#1 Little Lobber (Age 4–6)
8:15–9 a.m.
Held twice per week or Saturdays (1–1:45 p.m.)
#2 Future Star (Age 7–8)
9–10:30 a.m.
Monday thru Friday or Saturdays
#3 Aces (Age 9–10)
9–10:30 a.m.
Monday thru Friday or Saturdays

Middle School Excellence

#1 Challenger 11–13 years (new player) 10:30 a.m.–12:30 p.m.
Monday thru Friday or Saturdays
#2 Competitive 11–13 (Int/Adv) 10:30 a.m.–12:30 p.m.
Monday thru Friday or Saturdays

High School Academy

#1 Wimbledon 14–18 years (new player) 10:30 a.m.–12:30 p.m.
Monday thru Friday or Saturdays
#2 Grand Slam 14–18 years (Int/Adv) 10:30 a.m.–12:30 p.m.
Monday thru Friday or Saturdays

Performance Training

Tier #1
1:30-3 p.m. Monday thru Thursday
Tier #2
3-4:30 p.m. Monday thru Thursday
Tier #3
4:30-6 p.m. Monday thru Thursday

High School Preseason Camp

July 29—August 2 1—4 p.m. Monday thru Friday



Yay!

Recycle bin,

here I come!

Cardboard is SO recyclable, it's now banned from the trash. Residents

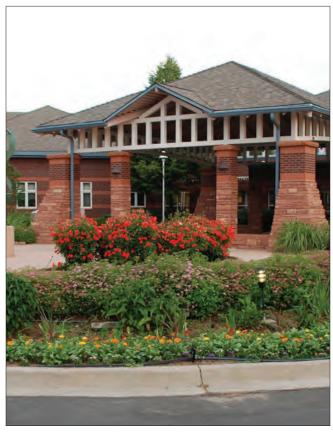
It's the law and it's easy. Place your cardboard in your recycling bin and not in your trash for your curbside hauler.

Businesses & Apartments

If you need help to start recycling or help revamping your existing system, call us! We'll visit your business or apartments and do a free waste assessment. Plus, we offer cash rebates and free communication materials.

Call 970-221-6288 or visit fcgov.com/recycling.





50 Plus

The Fort Collins Senior Center provides adults an opportunity to access and engage in recreational opportunities, stay active and socialize. The Senior Center's diverse program selection includes: travel, outdoor adventure, special events, fitness, art and more. The Center is open to all adults but specializes in programming for adults 50 years of age and older. From October 2013 through Summer 2014 the Center will undergo an expansion of its fitness and wellness facilities. For more information please visit fcgov.com/seniorcenter.

Our Vision:

Fort Collins is a community where all aging citizens are active, healthy, independent, and engaged.

Our Mission:

The Fort Collins Senior Center is a gathering place where older adults can come together for activities and services that enhance their dignity, maintain their wellbeing, support their independence, foster lifelong learning, and encourage their involvement in the community.

We value:

- Education and recreation that bring meaning to leisure time
- · Health, wellness, and active lifestyles
- A supportive setting for socialization
- Information, referral, and support
- The efforts of senior service providers who share our vision

We are expanding to meet the need.

Construction began in fall, 2013 on our expansion. If you haven't been to the Senior Center recently, please note that the main entrance has moved to the east side of the building. Front desk staff (now located in Activity Room 2) will happily help you locate your class or activity. Parking is limited so use alternative transportation or carpool whenever possible. Provide us your email address and receive construction and program updates regularly.

Senior Center Membership

Membership 50+ is \$25.00 annually with scholarships available. Membership provides a \$3 per month discount for Fitness Passes and Full Access Passes or \$1 off daily fitness admissions. Additionally 50+ members have free admission to drop-in programs including pool room, open shop, library/media center, bingo, cards and games, two day advance registration, member discounts on select services and activities, membership in member-only clubs, member celebrations, free limited legal counseling, notary service, and health and wellness services. See page 15 for details.

Pool Room

The Pool Room has 4 eight- ball tables and 1 snooker table. Players must be a member of the Senior Center or pay daily drop-in fee. Additionally, we ask that users contribute to the maintenance of the facility by making a donation in the donation box located in the room.

Library Media Center

The Senior Center's library will be closed until construction is complete. The media center has been downsized and moved to Activity Room 2.

Volunteers

Our trained volunteers are vital to supporting our goals to serve and support aging adults of our community by serving in clubs and committees, as trip drivers and guides, as greeters, librarians and cooks, assisting with clerical tasks, special events and dances, travel activities, outdoor recreation, educational and fitness related activities, supervising arts and crafts and playing a role in a myriad of other social events! If you are interested in volunteering, please contact Volunteer Coordinator Betsy Emond at bemond@fcgov.com for more information!



Get a seat in the spotlight!

Join hundreds who have supported the Senior Center, by "taking a seat" at our new state-of-the-art auditorium.

When you purchase one of our 120 new seats for \$300, your name or commemoration will be displayed on an engraved plaque directly on the seat. Commemorations range from listing your name to dedicating a seat in honor or in memory of your family or friends. This is a first-come, first-served effort, so purchase your seats now by calling 970-224-6026 or log on to SeniorCenterExpansion.org.

This is an independent campaign and seat donations are not included in cumulative donations for the recognition wall or other campaign recognition. Your gift is tax deductible.



SeniorCenterExpansion.org.

Expansion

Board of Directors

Fort Collins Senior Center Building on Basics Expansion Committee 2014

(The Expansion Committee, a 501c3 nonprofit (#77-0710427), citizen-led volunteer committee, is raising funds to supplement the tax revenues allocated to the Senior Center Expansion. They may be contacted at Senior Center Expansion Initiative, P.O. Box 1217, Fort Collins, Colorado 80522, 970.224.6026)

Eric Biedermann, bied3@comcast.net Larry Bontempo, Ipb2218@msn.com Brenda Carns, Brenda carns@yahoo.com Krista Covell. krista@covellcare.com Lizbeth Case Denkers, lizbden@aol.com Linda Hopkins, lindah@frii.com Sharon Keay, skeay@good-sam.com Bonnie Markstrom, bdmarkstrom303@yahoo.com Peggy McGough, bmcgough7@comcast.net Cindy Roccaforte, cindy@taxrecs.com John Roccaforte, john@taxrecs.com Jack Rohs, jrohs1@comcast.net Mary Shultz, shultzmary@gmail.com Christina Ulrich-Jones, cujokat50@gmail.com

Staff support provided by Barbara Schoenberger bschoenberger@fcgov.com, Katie Stieber kstieber@fcgov.com, and Peggy Bowers phowers@fcgov.com

Officers:

President:

Linda Hopkins, lindah@frii.com

Vice-president:

Eric Biedermann, bied3@comcast.net

Secretary:

Lizbeth Denkers, lizbden@aol.com

Treasurer:

Peggy McGough, bmcgough7@comcast.net

Campaign Community Chair

John Pfeiffenberger

Watch our progress at seniorcenterexpansion.org

Clubs

Senior Advisory Board

The Senior Advisory Board advises City Council on issues related to older adults and is comprised of individuals of all ages who share a concern for the aging members of our community. The board consists of 11 members; nine members are appointed by City Council, and two members are appointed from the Senior Center Council. The Senior Advisory Board meets the second Wednesday of each month at 11:30 a.m. The first 20 minutes of each meeting is devoted to public participation. (*Note:* The Senior Advisory Board is meeting at the Park Shop in City Park due to construction at the Senior Center).

Organizations Assisting Fort Collins Senior Center Staff

Senior Center Council - M

The Fort Collins Senior Center Council assists and advises the administrative staff in matters regarding the operation of the Fort Collins Senior Center and are elected representatives from the senior membership. Elected representatives meet the third Monday of each month at 1:30 p.m. Members are invited to attend. Written information for the Council to consider can be submitted on comment cards that can be found at the Registration Desk.

Clubs & Organizations Sponsored by Fort Collins Senior Center

C.H.A.T. (Crafts Hobbies Arts Time) - M

Participants meet on a weekly basis to present their arts and crafts projects to others in the group. Individuals are encouraged to share new ideas and techniques, all this while they enjoy the camaraderie of other artisans.

Location: The Farm 600 N. Sherwood

Ongoing W 1:00-3:00 PM



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- -Questions-
- -Comments-
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anytime, anywhere.

fcgov.com/accessfortcollins

Fort Collins Badminton Club

With players of varying skill levels who range from elementary school age to 70+, the Fort Collins Badminton Club is the largest badminton club in northern Colorado. To participate in many play time options at NACC and the Senior Center, players can pay a \$3.00 shuttle fee per visit or purchase a 10-punch, paper shuttle pass for a fee of \$25.00. For further details, schedule changes, and updates, please visitfcbadminton.org.

Location: Northside Aztlan

Ongoing	T, Th	8:00-10:00 am	drop in fees apply	
Ongoing	Sat	2:00-5:00 PM	drop in fees apply	
Location: Senior Center Age: 18 years & up only				
Ongoing	M, W	6:45—9:00 рм	drop in fees apply	

LEGEND

NW Denotes no web registration for program

M Denotes program/activity has member special

•ARO Denotes Adaptive Recreation Opportunity program.

Fort Collins Senior Sports Club - M

Senior Sports Club is an active group of people over 50 who have a love for playing sports. Take advantage of this opportunity to interact with people who share your same interests both through sport activities and social events. Annual dues are \$5.

Verify current schedule at 970.221.6644.

Badminton, M, W, F, 8:00-10:00 AM, Senior Center

Badminton, M, W 6:30-8:30 PM, Senior Center

Badminton, T, Th, 8:00-10:00 AM, NACC; club play

Basketball, M, W, F, 8:00-10:00 AM, NACC

Pickleball, Pick up official schedule at Senior Center front desk.

Table Tennis, T, Th, Sat, 3:00-5:00 PM, Senior Center

Tennis, M-F, 9:30 AM, Rolland Moore Park

Ice Skating, W, 9:00-11:00 AM, EPIC

Swimming, T, F, 10:00-11:30 AM, EPIC

Senior Sports Club meetings are held every other month on the second Monday with a potluck supper at 5:30 p.m. at the Senior Center. Each meeting features helpful information about living a healthy and active life. Information is shared about events and activities.

The activities of the Club are guided by a volunteer board with the assistance of a staff liaison.

Board meetings are held every 2nd Monday of the even months at 9:30 a.m. at the Senior Center.

Current list of sport contacts:

Swimming	Kathy Garwood	482.5162
Badminton	Dorris Taylor	221.3335
Bicycling	Open	226.3477
Bowling	Karen Burgess Rich Larson	484.2906 221.5190
Table Tennis	Clarence Ehlbert	221.0269
Basketball	Fritz Kitowski	282.1626
Tennis	Fritz Kitowski	282.1626
Track	Jim Frances	225.2902
Pickle Ball	Clarence Ehlbert	221.0269

Front Range Forum - M

Front Range Forum is an organization serving the residents of Northern Colorado's Front Range who are intellectually curious and dedicated to enriching their daily lives with the joy that comes with life-long learning. Members facilitate classes for each other; participants take part in short presentations and informal discussions.

The Forum offers 8–10 classes 3 times a year; classes meet two hours a week for up to eight weeks. Topics for study have varied from the Vikings to the Movies; from the Civil War to Science; and from Van Gogh to Broadway Musicals. In addition the Forum sponsors lectures, and a summer program.

For twenty years the Forum has offered friendship and camaraderie. Our newsletter, published four times a year, outlines the courses and lectures offered (Found on line at *fcgov.com/recreation/frf-index.php*). Present membership is \$20 per year. For more information call Katie Stieber at 970.224.6029.

The Forum welcomes Senior Center Members who want to enrich their lives through learning.

Harmonettes - M

Do you enjoy singing favorite songs from your younger years? The Harmonettes practice and perform seasonal and themed programs of popular music from years past for local assisted living facilities and for special events. No choral experience is required, but ability to read music is helpful. Men and women 50+ are welcome. Contact Katie Stieber at 970.224.6029 for further information.

Location: Senior Center

Practice

Ongoing M 9:00-10:30 a.m. No Fee

Older Gay Lesbian Bisexual Transgender (OGLBT)

This group meets monthly for breakfast or dinner. The locations and times change monthly. It is a social network for persons that are OGLBT and age 50+. Please contact Katie Stieber on her private phone line at 224.6029 or at kstieber@fcgov.com.

SOAP Troupe (Slightly Older Adult Players) – M

SOAP Troupe produces two major shows per year featuring a variety of acts/short skits, monologues, stand-up comedy, song, dance or instrumental performances, a short play and usually a melodrama or short comedy.

Whether you are experienced or a beginner, your talent can be used to act, pound nails, sew, sing and/or write. Monthly programs and activities are planned. Interested persons are encouraged to attend a meeting. SOAP Troupe is only open to Senior Center Members who are 50+. Dues are \$10 annually. SOAP meets at 3 p.m. on the fourth Tuesday of each month on the stage of the Senior Center.

Contact Katie Stieber at 970.224.6029 for membership information.



The Writers Group - M

Express yourself through writing in any manner you choose regardless of content, genre, or skill. Participants gather weekly to share their work and occasionally write on a topic selected by all. You will be asked to sign in at the meetings; new participants are always welcome. (Senior Center members 50+ only)

Note: Take notice of new, temporary location.

Location: The Farm 600 N. Sherwood

Ongoing Tu 10:00 AM-Noon No Fee

Health and Wellness Services

Services are for ages 50 and up unless otherwise noted.

Location: Senior Center

Services Procedures

Payment is required in advance for services. Services will include, but are not limited to, foot care and full body massage. A service reservation must be canceled at least 24 hours in advance. If not, the fee for this service will not be refunded. Following three missed appointments, the participant will no longer be able to schedule that service at the Senior Center.

Arthritis Support Group

This group is designed to offer information and support for those who have arthritis, their family members, friends and/or caregivers. Every meeting provides an opportunity to learn more about arthritis and related resources to meet other people with the condition, network, and share common experiences. Bring your lunch.

8/11 M 11:00 AM-12:30 PM No Fee

Audiology Screens - M

A certified audiologist from All About Hearing will be available for hearing screenings, cleaning of hearing aids and to check hearing aids and do simple maintenance.

Audiologist: Brenna Whittey

7/9 W 8:30–9:30 AM No Fee

Audiology Screens – M NEW

Dr. Stuart Tomlin with the Hearing Rehab Center will be available for hearing screenings, ear wax removal and questions and answers.

Audiologist: Stuart Tomlin

8/11 W 10:00 AM — 12:00 PM No Fee

Blood Pressure Checks - M

This is an opportunity for seniors to sit down with a registered nurse on a one-to-one basis to get blood pressures taken and ask any health-related questions.

Age: All ages per Health District.

Care Provider: Health District Nurse

6/16, 7/21, 8/18 M 10:00 AM-Noon No Fee

Chair Massage

Receive a therapeutic chair massage to increase circulation, reduce stress, and provide relief from muscle tension and fatigue. No clothing removed. Care provider is a certified massage therapist. Call 970.232.8589 to make your appointment. Drop-ins welcome as well.

Therapist: Annemarie Muehlbradt

Ongoing	M	9:00 AM-Noon	\$8 (10 minutes)
			\$15 (20 minutes)

Cholesterol Clinics

Blood pressure, cholesterol and glucose screenings are provided along with counseling and recommendations within 20 minutes by registered nurses. Clients are requested to fast 12 hours before the screenings (water and medications can be taken) to get complete results. Appointments are required. Please call the Health District at 970.224.5209.

Care Provider: Health District Nurse

6/3,7/1	Tu	8:30-10:30 am	\$15 or sliding scale
6/19, 7/17, 8/21	Th	8:30-10:30 am	\$15 or sliding scale

Foot Care Clinics - M

The visit starts with a foot soak followed by an assessment of your feet. Your nails are then trimmed, corns and/or calluses are addressed, a skin sloughing treatment is given and a light massage concludes the visit.

Care Provider: Erin Sunshine Keefe

Note: Footcare will not take place 4/29 and 5/6. Cancellations must be made at least 24 hours in advance.

Ongoing Tu 9:00-2:30 PM \$34/\$28

Legal Services - M

Free half-hour sessions every first Thursday of the month provided by Marla Hehn. Please call the Senior Center at 970.221.6644 to schedule an appointment. No fee.

Note: No May appointments

6/5, 7/10, 8/7 Th 1:00–5:00 PM No fee

Massage Therapy - M

Swedish, integrative and deep tissue massage.

Therapist: Mareye Bullock, 970.224.4082

Note: Payment due when appointment is made (at least 24 hours in advance). Cancellation must be made 24 hours in advance in order to receive a refund.

Olic Houl				
Ongoing	M	12:30—6:30 рм	\$50/\$45	
Half Hour				
Ongoing	M	12:30-6:30 рм	\$27/\$25	

VOA Senior Nutrition Program

Senior nutrition is a service of Volunteers of America in cooperation with the City of Fort Collins Recreation Department. A hot lunch is provided at the Northside Aztlan Center on Tuesdays, Wednesdays, and Thursdays at noon and at the Senior Center on Monday, Tuesday, Thursday, and Friday at noon. A suggested donation of \$2.50 is requested. Call 970.472.9630 for more information and reservations.

Social Opportunities

Events are held at the Senior Center, 1200 Raintree Drive and are for ages 50 years and up unless otherwise noted.

Bingo - M

The Senior Center members compete against each other for prizes.

6/9	M	1:00—2:00 рм	No Fee	
7/14	M	1:00—2:00 рм	No Fee	
8/11	M	1:00—2:00 рм	No Fee	

Cards & Games – M

Cards and board games including canasta, mahjongg, scrabble and cribbage.

Ongoing	M	9:00 am—Noon	No Fee	
	W	1:00—4:00 рм	No Fee	

Party Bridge & Pinochle - M

Drop-in bridge and pinochle for Senior Center members.

Ongoing	Tu	12:30—4:00 рм	No Fee	
Ongoing	Th	5:30—8:30 рм	No Fee	

Bridge Mentoring - M

Mentoring instruction is based on Standard American Bridge. Nila Hobbs will help you with working through the play of the hands.

6/9	M	6:30-8:30 рм	No Fee	
6/23	M	6:30—8:30 рм	No Fee	
7/14	M	6:30—8:30 рм	No Fee	
7/28	M	6:30-8:30 PM	No Fee	

Duplicate Bridge - M

Weekly Duplicate Bridge skills development and companionable play.

6/6-8/29	F	11:30 AM-4:00 PM	\$3.50	312/108_01
0/0 0/23	'	11.50 AW 4.00 IW	ψυ.υυ	312400 01

Member Price \$2.80

General

Celebrations-M

Celebrate April, May and June birthdays and anniversaries of the Senior Center members with cake and entertainment.

Age: 50 years & up **Location:** Senior Center

6/26	Th	1:30—3:00 рм	No Fee	312410-01

Donut Make U Wonder - NW M

Ongoing topical discussions with donuts and coffee.

Age: 50 years & up Location: Senior Center

Note: Activity will not be held on 7/4.

Ongoing	F	10:00—11:30 ам	No Fee	312412-01

LEGEND

NW	Denotes no web registration for program
М	Denotes program/activity has member special
∢ ARO	Denotes Adaptive Recreation Opportunity program

Movies, New Release - NW M

Join us for new release movies! Schedule of movie titles available at registration desk.

Age: 50 years & up Location: Senior Center

6/6	F	1:00—3:00 рм	No Fee
6/20	F	1:00—3:00 РМ	No Fee
7/11	F	1:00—3:00 РМ	No Fee
7/18	F	1:00—3:00 РМ	No Fee
8/1	F	1:00—3:00 РМ	No Fee
8/15	F	1:00—3:00 рм	No Fee

Events

Moonlight Melody Dances - NW

Social dance to live music. Refreshments served.

Location: Senior Center

Jim Ehrlich				
6/2	M	7:00—10:00 РМ	\$4	
Harris & Ha	arris			
6/16	M	7:00—10:00 РМ	\$4	
Darrell Sull	ivan			
6/30	M	7:00—10:00 РМ	\$4	
Pepie Calbe	erg			
7/7	M	7:00—10:00 РМ	\$4	
C.C. Collier	: Denim & La	ace Dance		
6/2	M	7:00—10:00 РМ	\$4	
Harris & Ha	nrris: Jamaic	an Jive Dance		
7/7	M	7:00—10:00 РМ	\$4	

All American Picnic – NW

The All American Picnic starts with an Apple Pie Contest and barbeque at 5:30 p.m., with serving till 7 p.m. Kenny Cordova and the Old Time Rock and Roll Band will shake, rattle and roll with listening and dancing music. Celebrate with partners, The Fort Collins Breakfast Optimists and the Fort Collins Senior Center.

Age: All

Location: Senior Center

Note: Apple Pie Contest entry forms may be picked up at the Fort Collins Senior Center.

7/3	Th	6:00—10:00 РМ	

Adults \$15, Youth (7–17 years) \$8, Under 7 years free

Picnic in the Park - NW

Get away from the daily routine and invite the older people in your lives to join you at City Park for an old fashioned picnic. There will be trolley rides, entertainment, and lots of picnic food. Suggested donation is only \$3.00.

Age: All

Location: City Park

11:00 AM-2:00 PM 8/20 \$3 Donation

Historical Cafe

Musical Memories - NW M

Learn about the history of this unique form of music that started around 1900. Did you know that it was African American men who first gathered and sang their spirituals outside the Barbershops in the South? Howard Lowell will explore with you the history and harmony of the genre. Singing will be included.

Age: All

Location: Senior Center

Note: Lunch will be served, and special dietary needs accommodated

upon request.

6/18 11:30 AM-1:30 PM \$20

Member Price \$16

The History of Magic - NW M

The Northern Colorado Presto-Digitators will share their knowledge about the fascinating performing art of magic. Join this talented group as they share their passion for magic. They will explain the origins of stage magic and they may even tell how they do it.

Age: All

Location: Senior Center

Note: Lunch will be served and special dietary needs will be

accommodated upon request.

7/16 W 11:30 AM-1:30 PM \$20 312441-01

Member Price \$16

Waggin' Tales - NW M

Waggin' Tales is a time for inspirational dog stories for everyone! Gayle Irwin, author, will share her writings that teach valuable life lessons on courage, friendship, trust, respect, and confidence. She also has contributed to the Chicken Soup for the Soul compilations and shares her spiritual observations.

Age: All

Location: Senior Center

Note: Lunch will be served and special dietary needs will be met upon request at registration.

8/21	Th	11:30 ам—1:30 рм	\$20	312443-01

Member Price \$16

Concert

Age: All

Location: Senior Center

Note: These are outdoor concerts. Popcorn and a cash bar will

be available.

Tribute to Folk Music - NW

Join local musicians in remembering the days when the youth of America communicated a vision of cultural change through music made famous by Pete Seeger, Peter, Paul and Mary, Joan Baez, Judy Collins, and more. This is a summer concert behind the Senior Center overlooking Rolland Moore Park under the sky.

	6/22	Su	7:00—10:00 РМ	\$20 at door	
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Pre-sale \$15

Tribute to the Eagles - NW

The Long Run – Tribute to the Eagles Band, one of the best bands to play at the Senior Center is returning for an encore performance. The Eagles were the worlds best loved band of the 1970's. Celebrate with us once again.

7/20 S	и 7:00—10:00 РМ	\$20 at door
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Pre-sale \$15

She Groovez in the Backyard - NW

She Groovez is a female Rhythm and Blues band that rocks the music of the 70's. They are so much fun when they are belting out "Funky Music, Fire and Good Times" that the whole audience feels like they stepped into a time machine. Who Groovez, you will at this concert.

8/31	Su	7:00—10:00 РМ	\$20 at door	
		7.00 20.00	————	

Pre-sale \$15

Trips

Information

Age: All Senior Center trips are for ages 50 and up unless otherwise noted.

Registration: Pre-registration is required for all trips. Some ticketed events will have an early registration deadline. Call 970.221.6644 to register. Online registration through WebTrac is not available for trips at this time.

Refunds/Cancellation: When you purchase seats for any ticketed event, the sale is considered final. No refunds are given unless we resell that ticket.

Discounts: No discounts are allowed for trips.

Departure: All trips leave from Edora Pool and Ice Center (EPIC), 1801 Riverside Ave, Fort Collins, CO unless otherwise noted. Out of respect for the other participants we cannot wait for those "running late". The trip will leave promptly at the posted trip time. Please arrive at least 15 minutes early to avoid missing out.

Return Times: Due to traffic situations, length of show/program or other unknown occurrences, all return times are approximate. Please do not schedule appointments close to return times in case delays occur.

What is included: All trip prices include at least transportation and escort. Many include more depending on the trip (See trip details).

Accommodations: Individuals who are not independent in daily living activities or are in need of extra supervision are encouraged to register and participate with a personal care attendant. At time of registration, please inform us of any accommodation needed.

There is no transportation fee for the personal care attendant providing assistance but he/she must pay for ticket or meal expenses if those are part of the trip fees. Attendants must register separately from individuals they are assisting so we can make sure to provide necessary seating, meals, tickets, etc.

Smoking: Trips are smoke-free whenever possible. No smoking is allowed on vans or buses.

Door-to-Door Transportation: Round trip transportation to and from your home is available for most trips if you reside within the Fort Collins city limits (with some exceptions). The cost for this service is \$3/person. Requests must be made at the time you register or at least three days prior to the trip.

Waitlist: If a trip is sold out you may have your name placed on a waitlist. This list is used to gauge whether we offer another trip or add a van. You will be called in the order it was received; however after the call it will be first come first served.

Adventure

Senior Hiking

See page 90 for details.

"Women of Age" Trips

See page 91 for details.

Trains, Peaches, Arches & More

Back by popular demand...Beat the heat as we ride the train to Glenwood Hot Springs to soak the night away. Tour Glenwood Cavern, Iron Mountain and CO National Monument. Head to Moab and tour Arches National Park. Cruise the CO river and tour High Country Peaches and bring back plenty.

Deposit: \$200

Note: 4 day/3 nights all inclusive trip Includes motor coach transportation, Amtrak, cruise, lodging, food, admissions, tours and escort.

Location: Edora Pool Ice Center

8/25-8/28 M-Th 5:15 AM-5:00 PM 305992-01

Single \$778, Double \$649

Italy: Tuscany & Cinque Terre – NW

Walk Tuscan countrysides, Europe's best vineyards, and beneath Roman aqueducts. Meet farmers preparing for the grape harvest with fresh-made wine, olive oil, and breads. Visit Siena, Montepulciano, Rome, Pienza and Cinque Terre, offering a variety of dramatic cliff walks overlooking the Mediterranean coastline.

Deposit: \$600

Location: Edora Pool Ice Center

Note: 10 day/9 night including airfare, transportation, most meals, tours, guide and escort. (5–8 miles walking most days). Trip Previews: 4/23, 5/19, 6/17, 7 p.m.–8 p.m.

9/17-9/26 305994-01

Single \$5399, Double \$4999

CO River Canoe Trip

Canoe the famous CO River from Grand Junction to Westwater, UT. Paddle through Ruby and Horsethief canyons, view the Jurassic sandstone cliffs of ancient sand dunes, hike to the Arches of Rattlesnake Canyon, star gaze or relax and enjoy a river dip. Learn to canoe skills. Must be physically able to camp and paddle.

Deposit: \$300

Location: Edora Pool Ice Center

Note: 4 Day/3 Night includes transportation, lodging (1 night hotel/2 night camping), instruction & group gear (canoe equipment, camping gear), most meals, and guide.

7/29-8/1	Tu-F	Noon-9:30 PM	311995-01

Single \$749, Double \$649

Autumn East

Witness the magnificent fall colors of New England... a train ride into the White Mountains, eat lobster on the coast, and take in the history of Boston before heading to the famed Finger Lakes of Upstate NY. Ferry up to Niagara Falls, tour the Rock and Roll Hall of Fame and ending in Amish country. Boston to Cleveland.

Trip Preview: 6/9, 6:30–7: 30 p.m.

Deposit: \$300

Location: Senior Center

Note: 10 day/9 night includes all transportation, lodging, most meals, admissions, tours, and escort. Fly 10 days (Boston-Cleveland) or roundtrip coach drive (15 Days)

10/13-10/22 M-Su Noon-9:30 PM 405995-01

Single \$3,879, Double \$2,995

June

Day at the Races - M

Ever wondered what a horse race was like? Spend a day at the races at Arapahoe Park Racetrack in Aurora, CO's only venue for horse racing. Thoroughbreds, Quarter Horses, Arabians, Paint and Appaloosa race during the track's season. Our box seats are air-conditioned and comfy.

Location: Edora Pool Ice Center

Note: Fee includes transportation, indoor clubhouse seats, programs, tip sheets, betting seminar, and lunch.

6/13 F	$10:30~{\rm AM}{-}6:00~{\rm PM}$	\$55	305903-01
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Member Price \$50

"Damn Yankees" - M

Candlelight Dinner Theatre presents this 8-time Tony Award winning musical about a middle-aged baseball fanatic who trades his soul to the Devil for a chance to lead his favorite team in the pennant race against the NY Yankees, only to realize the worth of what he's left behind. This show is a musical comedy home run!

Location: Edora Pool Ice Center

Note: Fee includes transportation, dinner including non-alcoholic drink, gratuity, show ticket, and escort. Dessert and alcohol are on your own.

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Member Price \$60

ARDEC Tour - M

The Agricultural Research, Development and Education Center (ARDEC) is part of a network of 7 research centers throughout CO. We'll tour the crop and livestock areas, receive an overview of the facility, and learn about the types of crops grown, irrigation methods and research. We'll have lunch at the Gravity 1020.

Location: Edora Pool Ice Center

Note: Fee includes transportation, tour, escort. Lunch cost is on your own. Entrees range \$10-\$15.

6/12	Th	9:30 ам—2:30 рм	\$20	305950-01

Member Price \$15

Trains, Planes & Greeley – M

Special behind-the-scenes tour of the CO Model Railroad Museum. A one-of-a-kind facility featuring over 600 railroad-related artifacts from a railroad switch key to a full-sized CO and Southern wooden caboose. See what it takes to run America's largest model train. Then watch the planes and have lunch at Barnstormers.

Location: Edora Pool Ice Center

Note: Fee includes transportation, tour, escort. Museum is in Greeley. Lunch cost is on your own. Entrees range from \$8-\$12.

6/17	Tu	9:00 ам—3:00 рм	\$30	305951-01

Member Price \$25

ONGOING EVENTS AT RIGDEN FARM



Marvelous Minds

3:00pm | Every Monday of each month 1:00pm | Every Thursday of each month

History is a Story

2:00pm | Every Thursday of each month

Happy Hour with Entertainment 4:00pm | Every first and last Friday of each month

Mad Hatters - Knitting for Therapy and Charity

1:00pm | Every Friday of each month

PLEASE JOIN US!

(970) 672-1203

2350 Limon Drive, Fort Collins, CO 80525 RigdenFarmSeniorLiving.com

A SPECTRUM RETIREMENT COMMUNITY & 🖨



Cozy Cows & Soda Jerks - M

Tour Cozy Cow Dairy in Windsor to sample some of the finest dairy products around. This private tour includes the dairy facility, question and answers, taste testing, and a visit to see the cows being milked. Then indulge in some homemade ice cream before we step back in time for a nostalgic lunch at Nana Bea's.

Location: Edora Pool Ice Center

Note: Fee includes transportation, tour, and escort. Minimal walking involved. Lunch cost is on your own. Entrees range \$7-\$10

6/26 Th 9:30 AM-2:30 PM \$20 305952-01

Member Price \$15

$Renaissance\ Festival-M$

The Colorado Renaissance Festival is celebrating its 38th season, and we'll be there for Celtic-themed weekend. Ready thyself to revel with master revelers; watch artisans create original works of ancient crafts; enjoy jugglers, musicians, jousting and other performers; and taste tantalizing roast turkey legs and more.

Location: Edora Pool Ice Center

Note: Fee includes transportation, festival entrance and escort. Located in Larkspur, CO. Lunch is on your own. Includes lots of walking but there are many shows.

6/28 Sa 8:30 AM-4:30 PM \$45 305953-01

Member Price \$40

LEGEND

NW Denotes no web registration for program

M Denotes program/activity has member special

◄ARO Denotes Adaptive Recreation Opportunity program.

DAM: Modern Masters - M

This exhibition brings together about 70 of the 20th century iconic paintings by Van Gogh, Picasso, Georgia O'Keeffe, Salvador Dalí, Frida Kahlo, Andy Warhol and Jackson Pollock. Pieces are from NY's Albright-Knox Art Gallery. Ticket includes admission to the correlative exhibition at Clyfford Still Museum.

Location: Edora Pool Ice Center

Note: Fee includes transportation, tour, entrance to both Denver Art Museum and Clyfford Still Museum, lunch cost on your own.

6/5	Th	8:00 ам—4:30 рм	\$50	305960-01
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Member Price \$45

July

Peter Pan - M

The high-flying Broadway classic is a timeless masterpiece where magic and wonder abound. Highlighted with dazzling flying effects, this spectacular production about 'the boy who refused to grow up' will transport you, like never before, into this beloved tale of lost boys, pirate rogues and a mischievous fairy!

Location: Edora Pool Ice Center

Note: Fee includes transportation, dinner including non-alcoholic drink, gratuity, show, and escort. Dessert and alcohol on your own. At the Candlelight Dinner Theatre.

7/13 Su Noon-6:00 PM \$70 305922-01

Member Price \$65

Colorado Dragon Boat Festival - M

Considered "one of CO's greatest festivals," the 14th Annual festival includes cultural performances, exhibits, demonstrations, shopping and authentic dining. The race, modeled after a Chinese tradition, includes 1,350 competitors racing intricate and colorful dragon boats. Your passport to Asia and the Pacific!

Location: Edora Pool Ice Center

Note: Fee includes transportation and escort. Lunch is on your own. Includes walking and may be some crowds

7/19	Sa	10:00 ам—4:30 рм	\$25	305954-01

Member Price \$20

"Living West" - M

The History CO Center presents "Living West," a groundbreaking 7,000-square-foot permanent exhibit that explores the living dynamics between the people of Colorado and its extraordinary environment. Explore life in Mesa Verde, see the renowned collections of archaeological finds, and experience the epic "Black Sunday."

Location: Edora Pool Ice Center

Note: Fee includes transportation, tour, entrance fee and escort. Lunch cost is on your own.

7/17 Th 8:30 AM-4:00 PM \$35 305962-0

Member Price \$30

"The Marriage of Figaro" - M

The sequel to last years "Barber of Seville." Mozart's comic opera, set in 17th century Spain, continues the story of Figaro who schemes to outwit the Count and his wish to have his way with Susanna, Figaro's bride-to-be. Performed in Italian with English supertitles. Lunch at Cinzzetti's Italian Market on the way.

Location: Edora Pool Ice Center

Note: Fee includes transportation, tickets, lunch (buffet, drink, dessert, gratuity), and escort. Great seats in the middle at the historic Central City Opera House.

7/8	Tu	10:30 ам—7:30 рм	\$100	305970-01

Member Price \$95

Shambhala Mountain Center - M

Tour the Shambhala Mountain Center, a 600-acre mountain valley retreat surrounded by rocky peaks and pine and aspen forests and nestled high in northern CO. We will visit the Great Stupa of Dharmakaya, considered one of the most significant examples of sacred architecture in the world. Buffet lunch at the center.

Location: Edora Pool Ice Center

Note: Moderate walking. Cost includes transportation, guided tour, buffet-style lunch and escort. Wear comfortable shoes and bring jacket.

7/10 Th	8:30 ам—3:30 рм	\$45	311950-01
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Member Price \$40

August

"Shrek" - M

In a faraway kingdom turned upside down, things get ugly when an unseemly ogre — not a handsome prince — shows up to rescue a feisty princess. Full of all-new songs, great dancing and breathtaking scenery, Shrek the Musical is part romance, part twisted fairy tale and all irreverent fun for everyone!

Location: Edora Pool Ice Center

Note: Fee includes transportation to Boulder Dinner Theatre, dinner including non-alcoholic drink, gratuity, show, and escort. Dessert and alcohol are extra.

8/10	Su	11:00 ам—6:00 рм	\$65	305924-01
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Member Price \$60

Red Rocks Tour - M

Red Rocks Amphitheater is a geological phenomenon — the only naturally-occurring, acoustically perfect amphitheater in the world. This tour will feature interactive educational displays featuring the geologic and music history of Red Rocks. We'll also learn about the geology, wildlife, and history of the surrounding park.

Location: Edora Pool Ice Center

Note: Fee includes transportation, lunch, tour and escort. Lunch at the beautiful Ship Rock Grille inside Red Rocks.

8/19 Tu 9:30 AM—4:00	рм \$45 305957-01
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Member Price \$40

CSU Arts & Garden Tour - M

We'll go backstage at CSU's newest art facility, view the University Art Museum and Avenir Museum of Design and Merchandising, and get an inside look at the music, theater, and dance programs. Then we'll head outside to view the beautiful Annual Flower Trial Gardens, planted with annuals from late May through October.

Location: Edora Pool Ice Center

Note: Fee includes transportation, tour, lunch and escort. All-you-care-to-eat lunch at CSU.

8/12	Tu	9:30 ам—2:30 рм	\$25	305958-01

Member Price \$20

World Tour - M

Around the world in 1 day! Tour 6 "countries" represented by some of our local senior living facilities. Each stop will give you an opportunity to tour each facility as well as eat meals from around the world. Tour includes: Good Samaritan, Collinwood, Sterling House, MacKenzie Place, Parkwood, and Rigden Farm.

Location: Edora Pool Ice Center

Note: Fee includes transportation, tours, breakfast, snacks, lunch, happy hour and gifts.

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8/23	Sa	9:00 am-4:00 pm	\$12	305959-01

Batterson Barn Studio Tour - M

The historic landmark Batterson stage station was homesteaded by some of the earliest settlers in Livermore. We'll hear their story, see barn paintings and photographs by local artists, visit the current studio's beautiful handmade jewelry and more. Then we'll take a short walk to see the beautiful barn and old stage road.

Location: Edora Pool Ice Center

Note: Fee includes transportation, and escort. Lunch on your own at Western Ridge Restaurant.

8/21	Th	9:00 ам—3:00 рм	\$20	305964-01
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Member Price \$15

Snowy Range - M

Cowboy up, people, we're heading to 'ol Wyoming. Actually, we'll have lunch at the Trading Post in Centennial, WY and then we'll make a scenic trip up to the Snowy Range, nicknamed "Great Skyroad" — it's a mini-vacation in the heat of summer. Optional short scenic walk! Beautiful with lots of photo opportunities.

Location: Rolland Moore Park

Note: Fee includes motorcoach transportation, lunch (BBQ pork and fixin's, veggie available), tour & escort. Wear layers as it can be cool. Minimal walking.

8/15 F 9:30 AM-4:00 PM \$55 311952-	01
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Member Price \$50



Ongoing Trips

Rockies Game

Enjoy the game from shaded seats in Denver's Coors Field.

Location: Edora Pool Ice Center

Note: Fee includes van transportation, ticket and escort.

Rockies vs	Dodgers			
6/8	Su	Noon-6:00 PM	\$30	305901-01
Rockies vs	Brewers			
6/22	Su	Noon-6:00 PM	\$30	305901-02
Rockies vs	Padres			
7/9	W	$11:00 \text{ am}{-}5:00 \text{ pm}$	\$30	305901-03
Rockies vs	Pirates			
7/27	Su	Noon-6:00 PM	\$30	305901-04
Rockies vs	Marlins			
8/24	Su	Noon-6:00 PM	\$30	305901-05

Casino Trips

Join us for a day in the mountains at the specified casino. The fee helps support our great Fort Collins Senior Center.

Location: Rolland Moore Park

Note: Casino trips leave from Rolland Moore Park. Fee includes transportation, casino package and escort.

Mardi Gras Blackhawk

6/24	Tu	8:00 ам—5:30 рм	\$8	305910-01
Lady Luck	Casino			
7/22	Tu	8:00 ам-5:30 рм	\$8	305910-02
Mardi Gras	Blackhawk			
8/19	Tu	8:00 AM-5:30 PM	\$8	305910-03

Sunday Out to Lunch

We will head to somewhere in the specified area for lunch to enjoy a day out of the house. We won't tell you which restaurant because the mystery is half the fun. A scenic ride home tops it off.

Location: Edora Pool Ice Center

Note: Fee includes van transportation, and escort. Lunch cost is on your own.

Ault				
6/29	Su	11:00 ам—3:00 рм	\$8	305931-01
Estes Park				
7/20	Su	11:00 ам—3:00 рм	\$8	305931-02
Lyons				
8/17	Su	11:00 ам-3:00 рм	\$8	305931-03

Mountain View Picnics - M

Join us for a scenic drive, an afternoon picnic, and a nature walk if you like. We provide the fixin's and transportation. Lunch is provided by McKenzie Place.

Location: Edora Pool Ice Center

Member Price \$15

Note: Fee includes transportation, park entrance, and lunch. Please bring rain gear and sunscreen.

Golden Por	nds Park			
6/18	W	10:00 ам—2:00 рм	\$20	305933-01
Member P	rice \$15			
Gateway P	ark			
7/2	W	10:00 ам—2:00 рм	\$20	305933-02
Member P	rice \$15			
Lake Estes	;			
8/6	W	10:00 ам—2:00 рм	\$20	305933-03

Out to Lunch - Saltgrass Steakhouse

Saltgrass Steak House in Westminster, CO recaptures the flavor of the open campfire. Steaks, chicken, and seafood chargrilled to perfection. Complete with breads, soups, and desserts made from scratch daily. Entree range: \$9-\$15.

Location: Edora Pool Ice Center

Note: The trip includes transportation and escort. Lunch is on your own.

6/23	M	10:30 AM-3:00 PM	\$12	305935-01

Out to Lunch - Santeramo's

Santeramo's Pizza House and Italian Food in Greeley, CO is named in honor of the Santeramo family. This generational family restaurant shares their famous family recipes from pizzas to homemade pasta. You're sure to leave part of the family. Entrée range: \$6-\$12.

Out to Lunch - Chataqua

Chautauqua Dining has been a Boulder tradition since 1898. Savor spectacular views from the enchanting wraparound porch while enjoying classic American cooking from roasted steak and fried chicken to a variety of burgers. The restaurant owns Three Leaf Farm to provide the freshest ingredients. Entrée range: \$10—\$13.

8/22	F	10:30 AM-3:00 PM	\$12	305935-03
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Traveling Gourmet - Humboldt

Humboldt in Denver strives to serve inspired, fresh, approachable, and honest food. Executive Chef DJ Nagle and Chef de Cuisine Kollin Gately hope to provoke your senses through modern American. The mostly local ingredients, their produce, farm, and fish are prepared on site every day. Entree range: \$15—\$30.

Age: 50 years & up

Location: Edora Pool Ice Center

Note: Fee includes van transportation, and escort. Dinner cost is on your own.

6/10	Tu	3:30-9:30 PM	\$20	305941-01

Traveling Gourmet - Volta

Volta Mediterranean Restaurant in Boulder's vibe is vibrant, natural and aims to celebrate life and nature through the living art of food, wine, and people. The chef takes you on, a turn, a "volta", into a world of modern and soulful Mediterranean-inspired cuisine using the finest and freshest ingredients. Entree range: \$20—\$30

7/15 Tu 4:00-9:30 PM \$20 30594

Traveling Gourmet - 1515 Restaurant

An independent fine dining downtown establishment, 1515 offers a relaxing environment in which to enjoy some of the city's most distinctive flavors. Seasonal menus provide new tastes to tempt your palate and an on-site sommelier to help pair the perfect selection with your meal. Entree range: \$19—\$50.

	8/14	Th	3:30—9:30 рм	\$20	305941-03
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Bike to Lunch

Bike with new friends to lunch and back. Trained cycling instructors will monitor during ride and give safe riding tips. Meet in the Roland Moore parking lot behind the Senior Center. Less than 10 miles round trip. Those wanting to brush up and get some instruction before the ride meet at 10 a.m.

Location: Rolland Moore Park

Note: Includes instructor and ride. Lunch cost is on your own. Bring a well maintained bike, helmet, and lock. Should be comfortable on low traffic volume streets.

6/4	W	11:00 ам—3:00 рм	\$10	311438-01
7/2	W	11:00 ам—3:00 рм	\$10	311438-02
8/13	W	11:00 ам—3:00 рм	\$10	311438-03

Outdoor Strolls

Want to see the great outdoors? These short, easy, level strolls in scenic areas are at your own pace and you determine the distance you want to walk. Perfect for photographers and artists. No guide, but driver will accompany. Appropriate footwear is required.

Location: Edora Pool Ice Center

Note: Fee includes van transportation. Bring your own lunch, snacks, water, and appropriate clothing (ex. rain gear, warm hat, jacket, etc.)

Bear Lake					
6/25	W	8:00 ам—3:30 рм	\$12	311905-01	
Sprague Lal	ке				
7/23	W	8:00 AM-3:30 PM	\$12	311905-02	
Watson Lak	е				
7/30	W	9:00 ам—1:30 рм	\$12	311905-03	
Lake Irene					
8/13	W	8:00 AM-3:30 PM	\$12	311905-04	
River Bend Ponds					
8/20	W	9:00 ам—1:30 рм	\$12	311905-05	







Formal attire not required

Same-day appointments available

970-484-0798 www.rmfamilyphys.com

Photo courtesy of Marina Lower

Family		3 Years Old		Artists Café	59	5 Years Old	
All American Picnic	120	Afternoon Adventures	54	Canvas Painting	44	Adaptive Swim Lessons ∢AR	o 27
Picnic In the Park	121	Animal Dance Workshop	48	CARA Track	99	Afternoon Adventures	54
Musical Memories	121	Art Studio	44	Challenger British		Animal Dance Workshop	48
The History of Magic	121	Artists Café	59	Soccer Camp	102	Art Studio	44
Waggin' Tales	121	Baby Ballerinas	59	Critter Condos	43	Ballet & Modern Dance	48
Tribute to Folk Music	121	Canvas Painting	44	Dancin' Dumplin's	49	Basketball	107
Tribute to the Eagles	121	Challenger British		Dancing Swans	50	Canvas Painting	44
She Groovez		Soccer Camp	102	EPIC Adventures		CARA Track	99
in the Backyard	121	Critter Condos	43	Mini-Camp	52	Challenger British	
Evenings at The Farm	70	Dancin' Dumplin's	49	Fairy Ballet Workshop	48	Soccer Camp	102
Milk & Cookies Storytelling	72	Dancing Swans	50	Fairytale Ballet	51	Cheerleading Camps	104
Farm Camp Out	72	Fairy Ballet Workshop	48	Dance Camp	67	Critter Condos	43
Music in The Gardens	82	Fairytale Ballet		Fairytales Come To Life!		Dancin' Dumplin's	49
Articulture	82	Dance Camp	51	FITKIDZ Food for Life	105	Diving	35
Garden A'Fare	82	FITKIDZ	105		83	EPIC Adventures	
Parent Child Classes	83	Funtime	57	Funtime	57	Mini-Camp	52
Ice Theatre	85	Funtime Discovery	54	Funtime Express	56	Fairy Ballet Workshop	48
Amazing Race —		Funtime Express	56	Giant Friends Club ∢ARO	54 71	Fairytale Ballet	Г1
Fort Collins	93	Hip Hop for Preschool	51	Green Thumbs	71	Dance Camp	51
Fourth of July Parade	93	I Want To Be A Scientist	55	Hip Hop for Preschool	51	Fairytales Come To Life!	67
Father's Day 5K	93	Learn-To-Swim	28	I Want To Be A Scientist	55	FITKIDZ	105
Pooch Plunge	93	Li'l Ballerinas Workshop	50	Learn-To-Skate	85	Food for Life	83
SNAG Golf Classic	105	Little Chefs Cooking Club	69	Learn-To-Swim	28	Funtime	57
6–15 Months Old		Little Peepers	71	Li'l Ballerinas Workshop	50	Funtime Express	56
Learn-To-Swim	28	Little Yogis	57	Little Chefs Cooking Club	69	Gardens Summer Camps	83
15-24 Months Old		Mom & Tot Science	58	Little Yogis	57	Giant Friends Club ∢ARO	54
I Can Do It Myself	59	Nature Art	44	Lunch Bunch Enrichment	58	Green Thumbs	71
Learn-To-Swim	28	Petite Ballerinas	51	Nature Art	44	Hip Hop for Preschool	51
Learn-To-Swim	28	Pony Riding Lessons	72	Pee Wee Farmers	71	I Want To Be A Scientist	55
Small Hands,	20	Pottery	45	Petite Ballerinas	51	Jedi Engineering	66
Big Messy Art	59	Princess Ballet Workshop	48	Pony Riding Lessons	72	Learn-To-Skate	85
Toddler Time	58	Pullet Surprise	72	Pottery	45	Learn-To-Swim	28
2 Years Old		Read & Seed	83	Princess Ballet Workshop	48	Li'l Ballerinas Workshop	50
	EO	Roly Polys	58	Read & Seed	83	Little Yogis	57
Artists Café	59 50	Storybook Theater	54	Skyhawks Sports Camps	99	Lunch Bunch Enrichment	58
Baby Ballerinas	59 54	Summer Celebrations	56	SNAG Golf	104	National Basketball	104
Curious Twos	54	Superhero Yoga	57	Storybook Theater	54	Academy Nature Art	44
Funtime Discovery	54 71	Those Amazing Dinosaurs	57	Summer Celebrations	56	Pee Wee Farmers	71
Li'l Dumplin' Farmers	71	When I Grow Up	56	Superhero Yoga	57		51
Little Explorers	58	4 Years Old		Those Amazing Dinosaurs	57	Petite Ballerinas	
Mom & Tot Science	58	Afternoon Adventures	54	Tumble Bumbles	50	Pony Riding Lessons	72 45
Read & Seed	83	Animal Dance Workshop	48	When I Grow Up	56	Pottery Pro Engineering With LECO	
Roly Polys	58	Art Studio	44			Pre-Engineering With LEGO	66
		ALL STUDIO	44				

Princess Ballet Workshop	48	Invasion of Angry Birds	44	Baton Twirling	103	SNAG Golf	104
Skyhawks Sports Camps	99	Jedi Engineering	66	Canvas Painting	44	Softball	107
SNAG Golf	104	Kids Can Cook	69	CARA Cross Country	99	Speed Skating	85
Storybook Theater	54	Kids On the Go	00	CARA Track	99	Stage Right	65
Summer Celebrations	56	Half Day Camp	52	Challenger British	33	Storybook Theater	54
Superhero Yoga	57	Learn-To-Skate	85	Soccer Camp	102	Summer Adventure	52
Tappin' Dumplin's	49	Learn-To-Swim	28	Cheerleading Camps	104	Synchronized Skating	89
Tennis	111	Li'l Ballerinas Workshop	50	Cool Chemistry	67	Tappin' Dumplin's	49
Those Amazing Dinosaurs	57	Little Yogis	57	Cricket	102	Teen Beach Movie	43
Tumble Bumbles	50	Lunch Bunch Enrichment	58	Critter Condos	43	Dance Camp	51
Ultimate Football	108	Mural Painting	43	Dancin' Dumplin's	49	Tennis	111
When I Grow Up	56	National Basketball		Diving	35	The Cave Painters	43
when I drow op	30	Academy	104	Engineering FUNdamentals	67	Tumble Bumbles	50
6 Years Old		Nature Art	44	EPIC Adventures		Ultimate Football	108
Adaptive Swim Lessons ∢A	ro 27	Not-So-Mini Day Camp	70	Mini-Camp	52	Van Gogh Sunflowers	45
Afternoon Adventures	54	Petite Ballerinas	51	Fairytales Come To Life!	67	Youth Sciences Classes	67
Animal Dance Workshop	48	Pony Experience	72	Flag Football	108	YouTube Sensations	
Art Picnic	44	Pony Riding Lessons	72	Flowers ala O'Keeffe	45	Dance Camp	50
B.I.K.E. Camp	65	Pottery	45	Food for Life	83	8 Years Old	
Ballet & Modern Dance	48	Pre-Engineering With LEGO	66	Giant Friends Club ∢ARO	54	Adaptive Skate	88
Barnyard Experience	72	Princess Ballet Workshop	48	Girls Crafternoon	44	Adaptive Swim Lessons	
Basketball	107	Skyhawks Sports Camps	99	Ice Dancing	88	Archery	102
Baton Twirling	103	SNAG Golf	104	Invasion of Angry Birds	44	•	44
Canvas Painting	44	Softball	107	JAA Cheerleading	103	Art Picnic	44 65
CARA Cross Country	99	Storybook Theater	54	Jedi Master	66	B.I.K.E. Camp	
CARA Track	99	Summer Celebrations	56	Just Tumbling	49	Ballet & Modern Dance	48
Challenger British		Superhero Yoga	57	Kids Can Cook	69	Barnyard Experience	72
Soccer Camp	102	Synchronized Skating	89	Kids On the Go		Baseball For All ∢ARO	99
Cheerleading Camps	104	Tappin' Dumplin's	49	Half Day Camp	52	Bashman Bots Using LEGO:	
Critter Condos	43	Teen Beach Movie		Learn-To-Skate	85	Basketball	106
Dancin' Dumplin's	49	Dance Camp	51	Learn-To-Swim	28	Baton Twirling	103
Diving	35	Tennis	111	Lunch Bunch Enrichment	58	Canvas Painting	44
EPIC Adventures	50	The Cave Painters	43	Mural Painting	43	CARA Cross Country	99
Mini-Camp	52	Tumble Bumbles	50	National Basketball Academ	ıy	CARA Track	99
Fairy Ballet Workshop	48	Ultimate Football	108	104		Challenger British Soccer Camp	102
Fairytale Ballet Dance Camp	51	Van Gogh Sunflowers	45	Nature Art	44	Cheerleading Camps	104
Fairytales Come To Life!	67	When I Grow Up	56	Not-So-Mini Day Camp	70	Cool Chemistry	67
Flag Football	108	Youth Sciences Classes	67	Nutcracker Suite	50	Create an Action Figure	44
Flowers ala O'Keeffe	45	7 Years Old		Petite Ballet I	50	Cricket	102
Food for Life	83	Adaptive Swim Lessons	. 27	Poms	50	Critter Condos	43
Funtime	57	Art Picnic	44	Pony Experience	72	Curling	84
Gardens Summer Camps	83	B.I.K.E. Camp	65	Pony Riding Lessons	72	Dancin' Dumplin's	49
Giant Friends Club ARO	54	Ballet & Modern Dance	48	Pottery	45	Diving	35
				Pre-Engineering With LEGO		-	
Green Thumbs	71 55	Barnyard Experience	72	Robotics	66	Engineering FUNdamentals	
I Want To Be A Scientist	55 88	Bashman Bots Using LEGOs Basketball	106	Skateboarding Camp	102	Flag Football Flowers ala O'Keeffe	108 45
Ice Dancing	00	Daskethall	100	Skyhawks Sports Camps	99	LIONGIS AIA O VEGILE	40

Food for Life	02	The Cove Deinters	12	ladi Maatar	CC	Adaptiva Cuim Laggana	27
Food for Life	83	The Cave Painters Ultimate Football	43	Jedi Master Kids On the Go	66	Adaptive Swim Lessons Arabaru	
Giant Friends Club ∢ARO	54		108	Half Day Camp	52	Archery	102
Girls Crafternoon	44	Van Gogh Sunflowers	45	Learn To Juggle	66	Art Picnic	44
Go-Kart Camp	66	Young Authors	66	Learn-To-Skate	85	B.I.K.E. Camp	65
Guitar	63	Youth Sciences Classes	67	Learn-To-Swim	28	Barnyard Experience	72
Ice Dancing	88	YouTube Sensations Dance Camp	50	Make It-Take It	20	Baseball For All ∢aro	99
Invasion of Angry Birds	44	Gailip	30	Cooking Camp	69	Bashman Bots Using LEGO	
JAA Cheerleading	103	9 Years Old		Mural Painting	43	Basketball	106
Jedi Master	66	Adaptive Skate ∢ARO	88	National Basketball	10	Basketball Team League	107
Just Tumbling	49	Adaptive Swim Lessons ∢A	ro 27	Academy	104	Baton Twirling	103
Kids Can Cook	69	Archery	102	Nature Art	44	Canvas Painting	44
Kids On the Go	Ε0	Art Picnic	44	Nutcracker Suite	50	CARA Cross Country	99
Half Day Camp	52	B.I.K.E. Camp	65	O'Keeffe Southwest Skulls	45	CARA Track	99
Learn To Juggle	66	Barnyard Experience	72	Petite Ballet I	50	Cartooning	44
Learn-To-Skate	85	Baseball For All ∢aro	99	Poms	50	Challenger British	100
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Poms	50	Soccer Camp	102	Softball	107	Fencing	97
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National Basketball	70	Basketball Team League	107	Pony Camp	70	CARA Track	99
Academy	104	Baton Twirling	103	Position Specialty	70	Cartooning	44
Nutcracker Suite	50	Canvas Painting	44	Football Camps	108	Challenger British	77
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Petite Ballet I	50	Cartooning	44	Saturday Chefs	69	Cool Chemistry	67
Poms	50	Challenger British	44	Scuba Challenge	26	Cricket	102
Pony Camp	70	Soccer Camp	102	Skateboarding Camp	102	Curling	84
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Robotics	66	Curling	84	Stage Right	65	Engineering FUNdamentals	
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CELEBRATING 50 YEARS OF CARE



The Chase Family

6 years with The Youth Clinic.

We value the personal care our children receive. The Youth Clinic always seems to find time to see them, and has that unique ability to make every child feel special.

The Youth Clinic is celebrating 50 Years of Care all year long, and we want your family to celebrate with us. Family-fun events, exclusive to patients and their families, will be scheduled throughout the year, and the celebrations won't be the same without you!



Call to join The Youth Clinic and visit our website to see what exciting events we have planned. 970.482.2515 • www.youthclinic.com/50years











