

Recreatorator

Registration begins 7am Feb. 19

Spring 2015



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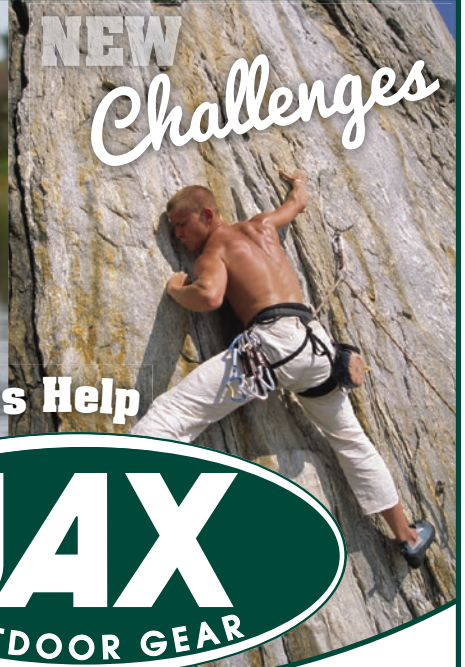
NEW Heights



NEW Skills



NEW Challenges



Let Us Help



Make This A Spring
* To Remember ... * * * We Have Your Gear

TRY SOMETHING NEW!

camping military surplus archery hunting fishing athletics clothing footwear optics & photography

NEW Views



NEW Hobbies



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Program Areas

- 18 Adaptive Recreation**
- 20 Alternative Programs

- 22 Aqua Fitness**
- 22 Low Intensity
- 23 Medium Intensity
- 23 High Intensity

- 24 Aquatics**
- 25 Advanced Blended Learning
- 26 Diving
- 27 Youth

- 30 Arts & Crafts**
- 33 Pottery
- 34 Youth

- 37 Dance & Movement**
- 37 Adult
- 38 Youth

- 41 Day Camps**

- 44 Early Learning**
- 44 Youth
- 47 Parent & Child

- 51 Education**
- 51 Adult
- 52 General
- 56 Youth

- 57 The Farm**

- 59 Fitness**
- 63 Fitness Class Schedules

- 68 Gardens on Spring Creek**

- 71 Health and Wellness**

- 77 Ice Skating**
- 78 Learn to Skate
- 80 Youth Hockey

- 81 Outdoor Recreation**

- 83 Special Events**

- 84 Sports**
- 84 Adult
- 89 Youth
- 91 Youth Team Sports

- 99 50 Plus**
- 100 Clubs & Organizations
- 105 Education
- 105 Trips & Travel

Departments

- 4 From the Recreation Director**

- 9 Registration Information**

- 10 Pass Fees**

- 11 Facility Profiles**

Credits

City of Fort Collins Parks and Recreation Board

Ragan Adams
Mary Carlson
Brian Carroll
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Jessica MacMillan
Scott Sinn
Kelly Smith
Dawn Theis

Gino Campana,
City Council Representative

Executive Director Community Services

Marty Heffernan

Recreation Director

Bob Adams

Recreation Managers

Peggy Bowers
Steve Budner
Mike McDonnell

Recreation Program Supervisors

Bridget Brownell
The Farm

Megan Greer
Aquatics

Renée Lee
Adaptive Recreation Opportunities

Marc Rademacher
Fitness, 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

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Public Relations and Communications

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Design

On the cover:
The Hamaker Family:
Shannon, Steve, Jet and Foy.



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From the Recreation Director

Fellow Recreators,

Thank you for picking up the Spring 2015 "Recreator." The following pages will provide you with hundreds of opportunities to enhance your lives this spring. The springtime is a great time to explore new recreational opportunities. Perhaps you can find a new hobby or perfect an existing skill. Wherever this spring leads you I hope you enjoy it.

Over 40 years ago a bright eyed college graduate began a career with the City of Fort Collins. Mike McDonnell has spent the last 41 years dedicating his life to Recreation. He's a big part of this department's history and his contributions have made this department what it is today. His legacy will not be forgotten. Mike's hard work, easygoing personality and "team first" approach have helped me greatly since I started with the City three years ago. He will be missed but I am sure we'll see him around. Thanks Mike for your support and many contributions to the community.

Your Recreation Department continues to work on several projects. Our organization plan for the next three years includes many elements that will help create a more cohesive department that is better prepared for the future. The organizational plan will feature opportunities for Recreation to further focus on customer service, programming and facility management. Recreation will also examine our organizational structure and consider areas for improvement. As a director I believe it is important for this department to build a better plan for succession and personal growth. Our plans moving forward will include these important aspects.

Thanks again for your patronage and support. As always, feel free to contact me if you would like to make a suggestion or discuss other Recreation related topics. Have a great spring, recreators!

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

City of Fort Collins Recreation Department

Vision

World-class recreation services which inspire people to lead engaged, healthy lives.

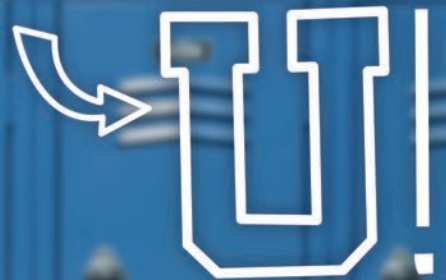
Mission

Fostering health and well-being through diverse and inclusive recreation opportunities, sustainable planning, and community partnerships.

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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, Bldg. I
(970) 221-5255

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

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

Harmony Office
2121 E. Harmony Rd.,
Suite 370
(970) 221-2290

Windsor

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

Loveland

Foxtrail Office
1625 Foxtrail Dr.
(970) 619-6900



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Registration Information

Online

Online registration begins at **7 a.m. on February 19.**

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 February 19 at these locations. Registration starts at 7 a.m.

Northside Aztlan Center

112 East Willow

M–F: 6:00 AM–9:00 PM

Sat: 8:00 AM–5:00 PM

Sun: 9:00 AM–5:00 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

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

Phone

Phone registration begins on **February 19 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

LEGEND

NW Denotes no web registration for program

M Denotes program/activity has member special

◀ARO Denotes Adaptive Recreation Opportunity program

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.

Recreation's Admission and Pass Fees

More value, more options and more benefits.

Admission, Drop-In and Single Facility Passes

Select from EPIC, Mulberry Pool, Northside Aztlan Center or Senior Center

Single Admission

Youth	\$3.25 \$1 at NACC
Adult	\$4.00
60+	\$3.25

25 Admission*

Youth	\$65.00
Adult	\$80.00
60+	\$65.00

Drop In Fitness Class Fee

Single Admission	\$5.50
10 Admission	\$50.00

1 Month: Single Facility Unlimited

Youth	\$20.00
Adult	\$30.00
60+	\$20.00
Family/Couples	\$50.00

6 Month: Single Facility Unlimited

Youth	\$100.00
Adult	\$150.00
60+	\$100.00
Family/Couple	\$250.00

Annual Pass: Single Facility

Youth	\$180.00
Adult	\$270.00
60+	\$180.00
Family/Couple	\$450.00

Pass participants will receive:

70% discount on registration for designated fitness programs
EPIC pass holders will receive \$1.00 off ice skating single admission

Recreation Multi-Facility Pass

Includes EPIC, The Farm, Mulberry Pool, Senior Center & Northside Aztlan Center.

1 Month: Multi-Facility

Youth	\$35.00
Adult	\$50.00
60+	\$35.00
Family/Couple	\$75.00

6 Month: Multi-Facility

Youth	\$175.00
Adult	\$250.00
60+	\$175.00
Family/Couple	\$375.00

Annual Pass: Multi-Facility

Youth	\$315.00
Adult	\$450.00
60+	\$315.00
Family/Couple	\$675.00

Pass participants will receive:

70% discount on registration for designated fitness programs

\$1.00 off ice skating single admission

Annual pass holders receive 4 guest passes for single admission and 10% discount on room rentals

Definitions

Youth	2–17 years of age
Adult	18–59 years of age
60+	60+ years of age
Family/Couple	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.



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Anyone that comes in and refers to "Recreator" will receive the 10% discount and 10% will be donated back to the City of Ft. Collins Sports Programs

For any City of Ft. Collins employees and their families participating in various sports events

The discount and fundraiser is available to anyone and their families participating in a sports program offered thru the City of Ft. Collins

Everyone participating MUST request the City of Ft. Collins Recreation discount/fundraiser. Offer is valid during hours of operation, not valid with any other discounts or offers, maximum discount for a single ticket is \$15.00

City of Ft. Collins Sports Dept. will receive 10% on each of those tickets

205 N. College Ave | Fort Collins, CO 80524

PH: 970-498-8898

Sun-Thursday 11 am to 9:00 pm

Fri & Sat 11 am to 9:30 pm



* Valid one year from date of purchase.



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 Fort Collins Area Swim Team and Fort Collins Figure Skating Club.

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

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*
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. Skate rental \$2.50 per pair.*
 ** *Valid one year from date of purchase.*

Drop In Fitness Class Single Admission Fee

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

*Excludes Karate classes. * Valid one year from date of purchase*

Pool & Exercise Hours*

M–F	5:30 AM–8:00 PM
Sa	8:00 AM–6:00 PM
Su	Noon–5:30 PM

*High School Swim Teams practices are held on week days 5:30–7:00 a.m. and 3:30–5:15 p.m. Meets are held on Tuesdays and Thursdays. No lanes will be available after 3:00 p.m. on meet days. Please see schedule for meet days and lane availability posted at the facility of visit fcgov.com/epic. *Exercise room closes 15 minutes before the pool.*

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: 3/13, 3/16–3/20, 4/10, 4/13, 5/15.

Ice Arena Hours: 3/1–5/31

M–F	9:00–11:00 AM
M	3:30–5:00 PM
Tu,Th	6:15–7:45 PM
F	5:45–7:15 PM
Sa,Su	12:15–2:15 PM
Sa	5:00–7:00 PM

Spring Break Hours: 3/16–3/22

M–F	9:00–11:00 AM
M–F	1:15–3:15 PM
M–F	6:00–8:00 PM
Sa,Su	12:15–2:15 PM
Sa	5:00–7:00 PM

Pool Closures

4/11	Open at 10:00 AM
5/1	Close at 3:00 PM
5/2–5/3	Closed
5/23	Open at 10:00 AM

Pool & Ice Arena Closures

3/16	Closed, Ice Arena Only 3:30–5:00 PM Session
4/5	Closed
4/9	Closed at 6:00 PM, Ice Arena Only
4/10–4/12	Closed, Ice Arena Only
5/25	Closed

For the most up-to-date pool and ice closures go to fcgov.com/epic.



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.

Fees & 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		
<i>For additional information call 970.221.6665.</i>			
Barnyard Buddy Pass/Family Pass			
\$60 per year	Unlimited visits, up to 4 people a visit (additional guests pay half admission). Invitation to Jingle Bell Times at The Farm.		
Hours			
Through 3/31			
W-Sa	10:00 AM-4:00 PM		
Su	Noon-4:00 PM		
4/1-10/31			
W-Sa	10:00 AM-5:00 PM		
Su	Noon-5:00 PM		
Closures			
4/6	Closed		
Pony Rides			
4/4-10/18			
Sa	11:00 AM-4:00 PM		
Su	1:00-4:00 PM		
\$5 per rider			



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.

- 32 Potters Wheels
- 7 kilns
- 200 square feet of work surface
- 10+ different clays in stock
- Clay pug mill
- Slab-roller, 30-inch wide
- Vented spray booth with compressed air
- Power 10-inch grinder
- 2 Clay Extruders with many different dies

Pottery classes

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

See pages 33-36.

Lab Time

For people currently enrolled in class or lab during the spring session there are 20 hours per week where the Pottery Studio is open for working on projects.

Hours

Open variable hours.

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.



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.

- Indoor 25-yard pool
- 1-meter diving board
- Large shallow interactive play area
- Separate 7-person spa
- Birthday party room
- Spectator seating
- Zero entry pool

Fees & Admission	
Pool & Exercise Room Single admission includes access to open and lap swim and locker rooms.	
Age	Single Admission
Youth (2–17)	\$3.25
Adult (18–59)	\$4.00
60 & up	\$3.25
\$2.50 Sundays Noon–3:00 PM	\$2.50
25-Admission**	Group*
\$65.00	\$2.75
\$80.00	\$3.50
\$65.00	\$2.75
** 5-Admission is valid for any facility except City Park Pool. Valid one year from date of purchase.	
* 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.	

Pool Hours	
Lap & Recreational Swim: 3/1–3/15, 3/23–5/10	
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
Lap & Recreational Swim: 3/16–3/22, 5/11–5/31	
M–F	5:30 AM–8:00 PM
Sa	12:30–5:30 PM
Su	Noon–3:00 PM
Closures	
4/5	Closed
High School Swim Teams practices are held on week days M–F, 5:30–7:00 a.m. and 3:30–5:15 p.m. beginning 11/10. Please see schedule for lane availability posted at the facility of visit fcgov.com/mulberry .	

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: 3/13, 3/16–3/20, 4/10, 4/13, 5/15.



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.

- 50,000 square feet
- Triple gymnasium
- Elevated running track
- Locker rooms
- Cardio/weight room
- Classrooms
- Multi-purpose Rooms
- Kitchen
- Innovation (coming in 2015)
- Lounge
- Game room
- Playground
- Skate park
- Handball courts
- Free WiFi

Fees & 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.		
Drop In Fitness Class Admission Fee		
Age	Single Admission	10-Admission*
Any Age	\$5.50	\$50.00
Excludes Karate classes. * Valid one year from date of purchase		
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		
4/5	Closed	
5/25	6:00 AM–5:00 PM	
For specific drop-in hours call 970.221.6256.		



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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	Closed through April
Su	Noon–5:00 PM after May 1

Special Hours

5/25	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.

For more information on The Gardens please see The Gardens section in this issue of the Recreator on page 68. 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
- 6,326 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. For more information please visit fcgov.com/seniorcenter.

- 25-yard, 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
- Dance Room
- Free WiFi
- Fitness
- Wellness Center
- Auditorium
- Cardio/weight room

Single Admission Fee		
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. * Valid one year from date of purchase		

Hours	
M-F	6:00 AM-9:00 PM
Sa	8:00 AM-5:00 PM
Su	9:00 AM-8:00 PM
Closures and Special Hours	
4/5	Closed
4/25	Closed
5/25	Closed
Swim and Lap Hours	
M-F	6:00 AM-8:00 PM
Sa	9:00 AM-3:00 PM
Su	1:00-4:00 PM



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.

Senior Center Pass			
Age	1-Month	6-Month	*Annual
Adult (18-59)	\$30.00	\$150.00	\$270.00
60 & up	\$20.00	\$100.00	\$180.00
Available to the public. Membership is not required.			

Senior Center Membership	
Adult (18-49)	\$50
50+	\$25
Senior Members will receive \$3.00 per month discount on fitness or multi-facility pass or \$1.00 single admission to use fitness facilities.	



Thank you, Mike McDonnell.

Mike McDonnell has had an effect on your life. Since October 29, 1973 Mike has dedicated his life to this community and the City of Fort Collins Recreation Department. That's 41 years of providing you outstanding recreational opportunities. Mike has worked in every aspect of recreation and his unwavering commitment is felt deep within the organization and the community. Thousands of recreators have benefitted from Mike's creativity, dedication and cooperative work ethic. Mike's work accomplishments are extensive and impressive; however, Mike is most proud of his family. Mike's wife, Rosanne and his children, Maggie (21), Kate (19) and Jack (16) inspire his positive outlook on life.

On March 1, 2015 Mike McDonnell will be retiring from the City of Fort Collins Recreation Department. Although Mike will no longer be present at meetings, events, or at his desk, his legacy continues through world class recreational opportunities that enrich and affect your lives.

Thanks for everything, Mike. Enjoy the next chapter of your life.



TRANSFORT City of Fort Collins
ridetransfort.com

**BRINGING YOU
CLOSER** RIDE max
TO WORK AND PLAY

Adaptive Recreation Opportunities

The Adaptive Recreation Opportunities, ARO, 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. Requests should be made at least two weeks before the class begins. Contact Renee 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.

Adaptive Programs

These programs are designed to meet the unique needs of individuals with physical, mental, and/or emotional disabilities. Adaptive equipment and modifications provide for optimal participation and enjoyment. The Alternative Programs are designed for adults with intellectual disabilities and focus on community activities and social outings.

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.

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 Becca Heinze, CTRS, M.Ed., 970.224.6125 or rheinze@fcgov.com.

Thank you!

A huge thank you to our therapeutic recreation intern, 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 at fcgov.com/aro

Contacts

Renee Lee, CTRS, 970.224.6027, rlee@fcgov.com
 Becca Heinze, CTRS, M.Ed., 970.224.6125, rheinze@fcgov.com
 Brenda McDowell, 970.416.2024, bmcdowell@fcgov.com
 Alison Cope, OTR, acope@friu.com
 Sarah Olear, ARO Intern, 970.224.6034, aro@fcgov.com

Other Opportunities:

Best Buddies

The Best Buddies program at Colorado State University matches student volunteers with members of the community who have disabilities in one-to-one friendships.

858.602.8218 (President, Ellen Holbrook),

bestbuddies.csu@gmail.com

Facebook: [facebook.com/CSUbestbuddies](https://www.facebook.com/CSUbestbuddies)

Website: colostatebestbuddies.webs.com

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 Soccer: Brenda McDowell, 970.416.2024

Youth/Teen Unified Soccer: Brenda McDowell, 970.416.2024

Adult Unified Softball: Brenda McDowell, 970.416.2024

Track and Field, Adult: Lois Douthit, 970.493.6395

Youth: Patsy Kutchar, 970.377.0036

Swim Team, Loveland: Sarah Newton, inthegarden@juno.com

Arts & Crafts

Artistic Abilities Art ◀ARO

Participants will learn techniques with a variety of materials to create unique pieces of 3-D art. This class is open to people of all abilities, with emphasis on accommodations for various challenges and disabilities. Class is held at Colorado State University in the Visual Arts Building, Room D102. Class is partially discountable. Contact Alison Cope at acope@frii.com for more information.

Age: 13 years & up

Location: Colorado State University

3/24-4/21	Tu	4:00-6:00 PM	\$35	202990-01
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Aquatics

MS Aqua ◀ARO – NW

This class is designed for people with multiple sclerosis or other neuromuscular disorders. Trained staff gives 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. Please bring an attendant if you need assistance with personal care. To join or volunteer assist, contact Becca Heinze at rheinze@fcgov.com or 970.224.6125.

Age: 18 years & up

Location: Mulberry Pool

3/24-5/19	Tu,Th	9:30-10:30 AM	\$43	202228-01
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Adaptive Swim Lessons ◀ARO

Basic swimming skills are introduced and/or enhanced for individuals with disabilities. Please bring an attendant if you need personal assistance outside of the water. For more information or to volunteer, contact Becca Heinze at rheinze@fcgov.com or 970.224.6125. Class will not be held on 3/18.

Age: 5 years & up

Location: Edora Pool Ice Center

3/4-4/8	W	4:15-4:45 PM	\$25	202326-01
3/4-4/8	W	4:50-5:20 PM	\$25	202326-2
4/15-5/6	W	4:15-4:45 PM	\$20	202326-3
4/15-5/6	W	4:50-5:20 PM	\$20	202326-4

Fitness

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. For more information contact Renee Lee at 970.224.6027 or rlee@fcgov.com. No drop in rate. Class is partially discountable.

Age: 18 years & up

Location: Raintree Athletic Club

4/2-4/30	Th	1:00-2:00 PM	\$38	202980-01
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Martial Arts

Adaptive Martial Arts ◀ARO

Improve physical, social, emotional and cognitive functioning, through the practice of martial arts. This class is adapted for people with disabilities and includes martial arts fundamentals, exercises and games. For more information, contact Renee Lee, 970.224.6027, rlee@fcgov.com. Class is partially discountable. Class will not be held on 3/20.

Age: 12 years & up

Location: Northside Aztlan Center

3/6-4/10	F	4:30-5:30 PM	\$31	202581-01
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Music & Theatre

Theatre Acting Class/Show ◀ARO

Express your creativity on stage! We will learn acting techniques; work on a short script, then present a show for the last class! This class is designed for people with and without disabilities. The final show will take place on May 2! For more information, contact Alison Cope at acope@frii.com. No class on 3/28.

Age: 14 years & up

Location: Club Tico

3/21-5/2	Sa	2:00-4:00 PM	\$38	202593-01
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Outdoor Recreation

Adaptive Cycling ◀ARO

Experience the freedom of cycling. Handcycles, tandems, and three wheel bikes will be available for riders with disabilities to take out on the Poudre River Trail. For more information, contact Renee Lee at 970.224.6027 or rlee@fcgov.com. Class is partially discountable.

Age: 14 years & up

Location: Lee Martinez Park

4/16-4/30	Th	4:00-5:30 PM	\$18	202034-01
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NSCD Youth Ski Trips ◀ARO

The National Sports Center for the Disabled in Winter Park is world renowned for its adaptive ski program. These ski trips are offered to youth with disabilities only. Individual volunteer instructors and adapted equipment are provided. Kids not independent in personal care or who need extra supervision must provide an attendant at no fee. Contact Coach Brad Nelson, brad.nelson@thompsonschoools.edu.

Age: 10-17 years

Location: Mountain View High School

3/13	F	6:00 AM-6:00 PM	\$90	202933-01
3/27	F	6:00 AM-6:00 PM	\$90	202933-02

Sports

Wheelchair Tennis Clinic ◀ARO

Adaptive tennis will be highlighted for players with physical disabilities. Contact Renee Lee for more information, 970.224.6027, rlee@fcgov.com. Class partially discountable.

Age: 14 years & up

Location: Rolland Moore Tennis

5/2	Sa	10:00 AM–Noon	\$5	202464-01
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Wheelchair Rugby ◀ARO

Wheelchair rugby is a fast paced, full contact wheelchair sport played indoors on a modified basketball court. All abilities are welcome. Extra sport chairs are available. Contact Renee Lee for more information, 970.224.6027. Class partially discountable.

Age: 14 years & up

Location: Northside Aztlan Center

3/24–5/5	Tu	6:00–8:00 PM	\$22	202560-01
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Goalball Plus ◀ARO

The sports of goalball, soccer and tennis, adapted for people with blindness or visual impairments, will be highlighted separately on different weeks. Participants of all levels are welcome. For more information and to arrange for transportation contact Becca Heinze at rheinze@fcgov.com or 970.224.6125.

Age: 12 years & up

Location: Qdoba Event Center

4/4–4/25	Sa	1:00–3:00 PM	\$20	202762-01
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Unified Sports

Players with and without disabilities play as teammates against other integrated teams. Unified teams will practice, play games and have the opportunity to compete in a Special Olympics Unified area tournament. For more information or to volunteer, contact Brenda McDowell at bmcdowell@fcgov.com or 970.416.2024.

Adult Soccer ◀ARO

For more information or to volunteer, contact Brenda McDowell at bmcdowell@fcgov.com or 970.416.2024. Class partially discountable.

Age: 16 years & up

Location: Troutman Park

4/1–5/6	W	5:30–6:45 PM	\$22	202053-01
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Adult Softball ◀ARO

Integrated softball teams are being formed of players with and without disabilities to play in a Unified Softball league this summer. Sign up now! Registration fee will increase to \$30 after April 20, 2015. Teams will have practice/games for one hour. Questions? Contact Brenda McDowell at 970-416-2024 or bmcdowell@fcgov.com. No practice on 3/23.

Age: 16 years & up

Location: Beattie Elementary

5/11–7/27	M	5:00–8:00 PM	\$25	202055-01
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Junior Soccer ◀ARO

Players with and without disabilities play as teammates. Unified teams will practice, and play games. For more information or to volunteer, contact Brenda McDowell at bmcdowell@fcgov.com or 970.416.2024. Class partially discountable.

Age: 8–21 years

Location: Troutman Park

Unified Jr. Child

3/30–5/4	M	5:00–6:00 PM	\$22	202054-01
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Unified Family

3/30–5/4	M	5:00–6:00 PM	\$30	202054-02
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Special Events

Giant Friends Club ◀ARO

Come and play together at the accessible Inspiration Playground at this free special event. This club brings kids of all abilities together for fun and friendships. The theme for this event is “Trains, Planes and Trucks” and will feature exciting activities, entertainment and more for a gigantic good time! **Note:** This event is provided with support from the Inspiration Playground Endowment Fund. For more information or to volunteer, contact Renee Lee, rlee@fcgov.com.

Age: All

Location: Inspiration Playground

4/10	F	10:30 am–12:30 pm	No Fee
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Alternative Programs

All Alternative Programs are for ages 18 & 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.

Movie Night

Travel with a group to local movie theatre to watch a movie on the big screen. Meet new friends and see Hollywood's finest flicks! Bring \$5.50 (cash) for ticket, and money for a snack, if desired. Attendants welcome at no cost, contact Becca Heinze at 970.224.6125 to reserve space in the van.

Age: 18 years & up

Location: Senior Center

3/23	M	5:30–9:00 PM	\$5	202303-01
4/28	Tu	5:30–9:00 PM	\$5	202303-02
5/19	Tu	5:30–9:00 PM	\$5	202303-03

Restaurant Night

Explore different restaurants in town while hanging out with a great group of friends! Bring approximately \$15 cash to cover your meal and a tip. Attendants welcome at no cost. Class is not discountable.

Age: 18 years & up

Location: Senior Center

3/12	Th	5:45–8:00 PM	\$5	202304-01
4/9	Th	5:45–8:00 PM	\$5	202304-02
5/7	Th	5:45–8:00 PM	\$5	202304-03

Bowling

This program is designed for any skill level and emphasizes FUN! Fee includes 2 games per person per week and shoe rental, if needed. Class is not discountable.

Age: 18 years & up

Location: Chipper's Lanes North

4/4–5/2	Sa	12:30–1:30 PM	\$43	202906-01
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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! No pre-registration; tickets will be sold at the door. Attendants welcome at no cost. Class is not discountable.

Age: 18 years & up

Location: Senior Center

Luck O' the Irish

3/27	F	6:00–8:00 PM	\$3.50	202405-01
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Spring Fling

4/24	F	6:00–8:00 PM	\$3.50	202405-02
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Fiesta

5/29	F	6:00–8:00 PM	\$3.50	202405-03
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Trips & Outings**Dino-Light! and Dinner**

Join us for a matinee showing of "Dino-Light" at the Lincoln Center - Puppetry, technology, music and dance, followed by dinner at an Old

Dino-Light continued

Town establishment. Price includes transportation to/from the Senior Center, and a ticket to the show. Bring approximately \$15 for dinner and a tip. Registration and cancellation deadline is 04/10/2015. No refunds will be given unless your ticket can be resold. Attendants must pre-register separately for \$10.

Age: 18 years & up

Location: Senior Center

4/25	Sa	12:30–8:00 PM	\$15	202321-01
4/25	Sa	12:30–8:00 PM	\$10	202321-1A

Denver Aquarium & IMAX Trip

The Denver Aquarium is a great escape with live animal exhibits, a sunken shipwreck, coral lagoons, and rainforests of the world! Tour the exhibits, and have lunch with a group of friends at the restaurant. Price includes trip transportation from the Senior Center, and admission. Registration and cancellation deadline is 02/27/2015. No refunds will be given unless your ticket can be resold. Attendants must pre-register separately for \$16. Please bring water bottle and \$15 for lunch.

Age: 18 years & up

Location: Senior Center

5/9	Sa	9:00 AM–5:00 PM	\$26	202322-01
5/9	Sa	9:00 AM–5:00 PM	\$16	202322-1A

Education**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. Attendants welcome at no cost. Class is not discountable. Please report any food allergies to Becca at rheinze@fcgov.com or 970.224.6125.

Age: 18 years & up

Location: Senior Center

Creative Cooking

3/4	W	6:30–8:00 PM	\$10	202401-01
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Healthy Choices

4/23	Th	6:30–8:00 PM	\$10	202401-02
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Mexican Fiesta

5/6 & 5/21	W,Th	6:30–8:00 PM	\$18	202401-03
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Outdoor**Trail Mix ◀ARO**

This is a walking club that will explore different trails located in the area. Please dress for the weather, wear comfortable walking shoes and bring a water bottle and jacket. Attendants welcome at no cost but please inform Becca Heinze at rheinze@fcgov.com or 970.224.6125 to reserve space in the van. Class not discountable

Age: 18 years & up

Location: Senior Center

4/17–5/8	F	3:30–5:00 PM	\$14	202518-01
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Aqua Fitness

Classes are for ages 18 years & up unless otherwise noted. Classes with fewer than 5 patrons registered by the end of the first day of class will be canceled for that session. 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. If the class enrollment is not met, the class will be canceled and there will be no drop-in.

Drop-In

Drop-in participants do not count in registration numbers. Reduced rates do not apply to daily drop-in fee. 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)

Aqua Personal Training

See page 59 for details.

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. No class on 5/25.

Age: 18 years & up

Location: Edora Pool Ice Center

3/16-4/17	M,W,F	7:30-8:30 AM	\$52.50	200314-01
4/20-5/22	M,W,F	7:30-8:30 AM	\$52.50	200314-02
5/27-6/26	M,W,F	7:30-8:30 AM	\$49	200314-03
3/16-4/15	M,W	9:30-10:30 AM	\$35	200314-04
4/20-5/20	M,W	9:30-10:30 AM	\$35	200314-05
5/27-6/24	M,W	9:30-10:30 AM	\$31.50	200314-06

Stretch & Tone

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! No class on 5/25.

Age: 18 years & up

Location: Senior Center

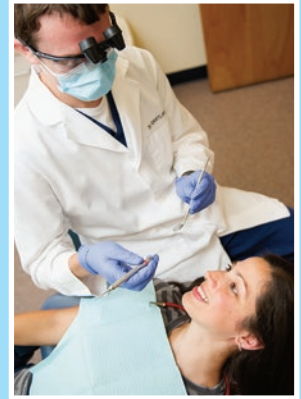
3/16-4/17	M,W,F	8:30-9:30 AM	\$52.50	200410-01
4/20-5/22	M,W,F	8:30-9:30 AM	\$52.50	200410-02
5/27-6/26	M,W,F	8:30-9:30 AM	\$49	200410-03

Putting off dental care due to cost?

We may be able to help.

Dental Connections helps find dental services for adults in Larimer County who have no insurance and can't afford care.

Even if you have modest income (up to \$14/hr. for an individual), you may qualify for our sliding fees.



Call

970-493-3366

to see if you qualify.



Health District of Northern Larimer County

healthdistrict.org/dental-connections

Basic H2O 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. No class on 5/25.

Age: 18 years & up

Location: Senior Center

3/16-4/17	M,W,F	6:15-7:15 PM	\$52.50	200412-01
4/20-5/22	M,W,F	6:15-7:15 PM	\$52.50	200412-02
5/27-6/26	M,W,F	6:15-7:15 PM	\$49	200412-03

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. No class on 5/25.

Age: 18 years & up

Location: Senior Center

3/16-4/17	M,W,F	12:15-1:15 PM	\$52.50	200416-01
4/20-5/22	M,W,F	12:15-1:15 PM	\$52.50	200416-02
5/27-6/26	M,W,F	12:15-1:15 PM	\$49	200416-03
3/16-4/17	M,W,F	1:30-2:30 PM	\$52.50	200416-04
4/20-5/22	M,W,F	1:30-2:30 PM	\$52.50	200416-05
5/27-6/26	M,W,F	1:30-2:30 PM	\$49	200416-06

Splash – Silver Sneakers

Activate your aqua urge for variety! SilverSplash offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination. Non-members may attend by paying a drop in fee or with a monthly pass

Age: 50 years & up

Location: Senior Center

3/17–4/16	Tu,Th	12:15–1:00 PM	\$22.50	209447-01
4/21–5/21	Tu,Th	12:15–1:00 PM	\$22.50	209447-02
5/26–6/25	Tu,Th	12:15–1:00 PM	\$22.50	209447-03
3/17–4/16	Tu,Th	1:15–2:00 PM	\$22.50	209447-04
4/21–5/21	Tu,Th	1:15–2:00 PM	\$22.50	209447-05
5/26–6/25	Tu,Th	1:15–2:00 PM	\$22.50	209447-06

Medium Intensity**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! No class on 5/25.

Age: 18 years & up

Location: Mulberry Pool

3/16–4/17	M,W,F	7:30–8:30 AM	\$52.50	200222-01
4/20–5/22	M,W,F	7:30–8:30 AM	\$52.50	200222-02
5/27–6/26	M,W,F	7:30–8:30 AM	\$49	200222-03

Location: Edora Pool Ice Center

3/16–4/17	M,W,F	7:30–8:30 AM	\$52.50	200322-01
4/20–5/22	M,W,F	7:30–8:30 AM	\$52.50	200322-02
5/27–6/26	M,W,F	7:30–8:30 AM	\$49	200322-03

Location: Senior Center

3/16–4/17	M,W,F	6:15–7:15 AM	\$52.50	200422-01
4/20–5/22	M,W,F	6:15–7:15 AM	\$52.50	200422-02
5/27–6/26	M,W,F	6:15–7:15 AM	\$49	200422-03
3/16–4/17	M,W,F	9:30–10:30 AM	\$52.50	200422-04
4/20–5/22	M,W,F	9:30–10:30 AM	\$52.50	200422-05
5/27–6/26	M,W,F	9:30–10:30 AM	\$49	200422-06
3/16–4/17	M,W,F	5:15–6:15 PM	\$52.50	200422-07
4/20–5/22	M,W,F	5:15–6:15 PM	\$52.50	200422-08
5/27–6/26	M,W,F	5:15–6:15 PM	\$49	200422-09
3/17–4/16	Tu,Th	8:00–9:00 AM	\$35	200422-10
4/21–5/21	Tu,Th	8:00–9:00 AM	\$35	200422-11
5/26–6/25	Tu,Th	8:00–9:00 AM	\$35	200422-12
3/17–4/16	Tu,Th	9:00–10:00 AM	\$35	200422-13
4/21–5/21	Tu,Th	9:00–10:00 AM	\$35	200422-14
5/26–6/25	Tu,Th	9:00–10:00 AM	\$35	200422-15
3/17–4/16	Tu,Th	10:00–11:00 AM	\$35	200422-16
4/21–5/21	Tu,Th	10:00–11:00 AM	\$35	200422-17
5/26–6/25	Tu,Th	10:00–11:00 AM	\$35	200422-18
3/17–4/16	Tu,Th	4:00–5:00 PM	\$35	200422-19
4/21–5/21	Tu,Th	4:00–5:00 PM	\$35	200422-20
5/26–6/25	Tu,Th	4:00–5:00 PM	\$35	200422-21

Classics continued

3/17–4/16	Tu,Th	7:00–8:00 PM	\$35	200422-22
4/21–5/21	Tu,Th	7:00–8:00 PM	\$35	200422-23
5/26–6/25	Tu,Th	7:00–8:00 PM	\$35	200422-24

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! No class on 5/25.

Age: 18 years & up

Location: Senior Center

3/16–4/17	M,W,F	4:15–5:15 PM	\$52.50	200418-01
4/20–5/22	M,W,F	4:15–5:15 PM	\$52.50	200418-02
5/27–6/26	M,W,F	4:15–5:15 PM	\$49	200418-03

Fitness and 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. No class on 5/25.

Age: 18 years & up

Location: Senior Center

3/16–4/17	M,W,F	7:30–8:30 AM	\$52.50	200420-01
4/20–5/22	M,W,F	7:30–8:30 AM	\$52.50	200420-02
5/27–6/26	M,W,F	7:30–8:30 AM	\$49	200420-03

High Intensity**Deep H2O**

Take an aggressive approach to fitness with a vigorous, no-impact workout held in the deep water. Excellent for people with back, hip and knee injuries. Water confidence and some swimming skills are recommended. No class on 5/25.

Age: 18 years & up

Location: Mulberry Pool

3/16–4/17	M,W,F	12:15–1:00 PM	\$41.25	200230-01
4/20–5/22	M,W,F	12:15–1:00 PM	\$41.25	200230-02
5/27–6/26	M,W,F	12:15–1:00 PM	\$38.50	200230-03

Location: Edora Pool Ice Center

3/17–4/16	Tu,Th	5:30–6:30 PM	\$35	200330-01
4/21–5/21	Tu,Th	5:30–6:30 PM	\$35	200330-02
5/26–6/25	Tu,Th	5:30–6:30 PM	\$35	200330-03

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.

Age: 18 years & up

Location: Senior Center

3/17–4/16	Tu,Th	5:30–6:30 PM	\$35	200428-01
4/21–5/21	Tu,Th	5:30–6:30 PM	\$35	200428-02
5/26–6/25	Tu,Th	5:30–6:30 PM	\$35	200428-03

LEARN TO SWIM YEAR-ROUND!

- Year-Round Lessons
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SWIM SCHOOLS INTERNATIONAL

“Where children grow spiritually, emotionally, physically & intellectually”

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305 EAST ELIZABETH STREET
(Three blocks east of College, near CSU)
OpenArms@StJohnsFC.org

Two- or three-day morning and afternoon sessions; reasonable rates

Aquatics

Aquatics Policies

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 children	# of in-water 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.

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 fill out a request form with a cashier at either EPIC or Mulberry Pool facilities. Fee based on a 30 min. session: 1 person \$25, 2 people \$35 and 3 people \$45. These private lessons are not discountable and are scheduled based on instructor availability.

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

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.

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.

Note: Punch passes are available at a discount.

Age: 14+

Ongoing	M	8:00–9:30 PM	\$6/day
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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, 4–7:30 p.m.

EPIC, Saturday, Noon–5:30 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, Levels 1–2	6
Level 3–4	8
Levels 5–6	10
Diving	8

Minimum for all classes based on cost efficiency is 4.

Lunchtime Splash & Dash

Join intermediate and advanced fitness swimmers for workouts designed to improve strength, endurance and form. Typical workouts vary from 1,800–3,200 yards, with an emphasis on intervals and variable speed training. Participants need a foundation in freestyle and the ability to repeatedly swim 50 yards nonstop. Class will not be held on 3/16, 3/18, 3/20.

Age: 18 years & up

Location: Mulberry Pool

3/2–5/22	M,W,F	11:00 AM–Noon	Daily Admission Fee
3/2–5/22	M,W,F	Noon–1:00 PM	Daily Admission Fee

Adult – Improving Skills and Swimming Strokes

Improve proficiency in basic aquatic skills and the six basic swimming strokes. (The butterfly stroke is optional.) Participants must be comfortable in chest deep water, able to put their face in the water, preform 15 yards. of recognized front crawl, breaststroke & back crawl.

Age: 15 years & up

Location: Edora Pool Ice Center

4/6–5/6	M,W	6:55–7:40 PM	\$67.50	201339-01
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Advanced 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.

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 certifica-

tion fees. No refunds for course certification fees for participants who cannot pass the precourse skills or drop/cancel/fail the course. Students must pass the online assessment and print a copy of their completion certification to bring to the last class.

Participants must attend all classes. There will be a skill test on the first day, continuation depends on passing. E-book included, \$35 certification fee is not.

Now Hiring Lifeguards and Instructors for Summer!

City of Fort Collins is now interviewing for lifeguard and swim lesson instructor positions. If you're currently certified as an American Red Cross lifeguard or swim instructor please fill out an application at: fcgov.com/jobs/ Those that aren't certified but are interested please contact Krista Hobbs at 221-6335 we will provide training at the fraction of the cost if you work the summer with us.

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

Age: 15 years & up

Location: Edora Pool Ice Center

3/13	F	3:30–8:30 PM	\$135	201340-01
3/14–3/17	Sa,Su,M,Tu	9:00 AM–2:00 PM		
4/10	F	3:30–8:30 PM	\$135	201340-02
4/11–4/26	Sa,Su	9:00 AM–2:00 PM		
5/13–5/15	W,Th,F	3:30–8:30 PM	\$135	201340-03
5/16–5/17	Sa,Su	9:00 AM–2:00 PM		

Water Safety Instructor

Get the training needed to teach ARC swimming and Water Safety courses. Class develops understanding of how to use the course materials, conduct training sessions and how to evaluate participants' progress. It is an extensive skill review and presentation of all levels of swimming. Online class content 6 hrs. 45 min. **Note:** Must attend all classes. Skill test on first day, continuation depends on passing. E-book included, \$35 certification fee is not. Class not discountable. Class will not be held on 4/2, 4/4, 4/5.

Age: 16 years & up

Location: Mulberry Pool

4/1	W	6:00–7:30 PM	\$112.50	201242-01
4/8–4/9	W,Th	6:00–10:00 PM		
4/11	Sa	9:00 AM–4:00 PM		
4/12	Su	10:00 AM–4:00 PM		

Lifeguard Review

This lifeguard review course is to give individuals the opportunity to review the course content within a formal course setting. Individuals with a current American Red Cross Lifeguarding/First Aid/CPR/AED certificate may participate in a review course. Online class content 7 hrs. 25 min. **Note:** Must attend all classes. Skill test on first day, continuation depends on passing. E-book included, \$35 certification fee is not. Class not discountable.

Age: 17 years & up

Location: Edora Pool Ice Center

3/29	Su	9:00 AM–3:00 PM	\$39	201341-01
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Diving

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 including but not limited to seeing what scuba equipment feels like to wear and use. **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.

Age: 10 years & up

Location: Edora Pool Ice Center

3/21	Sa	10:00–12:30 PM	\$35	201352-01
4/4	Sa	10:00–12:30 PM	\$35	201352-02
5/9	Sa	10:00–12:30 PM	\$35	201352-03

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. Additional books will need to be purchased. 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.

Age: 10 years & up

Location: Edora Pool Ice Center

3/14–3/15	Sa,Su	7:30 AM–4:00 PM	\$165	201354-01
4/11–4/12	Sa,Su	7:30 AM–4:00 PM	\$165	201354-02
5/16–5/17	Sa,Su	7:30 AM–4:00 PM	\$165	201354-03

Scuba Challenge

This is for the experienced diver who wants to practice up on their skills. Challenges will be set-up and include some dryland information. Fees required for air and weights payable night of: \$10 own gear, \$15 gear supplied. Must have current certification.

Age: 10 years & up

Location: Edora Pool Ice Center

3/23	M	6:00–9:00 PM	\$6	201356-01
4/27	M	6:00–9:00 PM	\$6	201356-02
5/26	Tu	6:00–9:00 PM	\$6	201356-03

Youth

Advanced Guppy

This parent participation is designed for children who are walking. This class promotes basic skills in the water with the goal of comfort in a water environment, in a front and back float position and breath control (i.e. blowing bubbles and voluntary submersion). Parents are given skills to make water fun. Class partially discountable. Class will not be held on 3/22.

Age: 10 months–2 years

Location: Mulberry Pool

4/7–5/7	Tu,Th	4:55–5:25 PM	\$50	201212-01
4/7–5/7	Tu,Th	6:15–6:45 PM	\$50	201212-02
4/11–5/9	Sa	9:00–9:30 AM	\$25	201212-03
4/11–5/9	Sa	10:20–10:50 AM	\$25	201212-04
3/1–3/29	Su	3:55–4:25 PM	\$20	201212-05
3/1–3/29	Su	5:15–5:45 PM	\$20	201212-06
4/12–5/10	Su	4:35–5:05 PM	\$25	201212-07
4/12–5/10	Su	5:55–6:25 PM	\$25	201212-08

Location: Edora Pool Ice Center

4/6–5/6	M,W	4:55–5:25 PM	\$50	201312-01
4/6–5/6	M,W	6:55–7:25 PM	\$50	201312-02
4/7–5/7	Tu,Th	10:10–10:40 AM	\$50	201312-03

Guppy

This class is designed to prepare young children to be comfortable in and around water so that they are ready to learn to swim. Additionally, the program provides parents with information to create a safe aquatic experience for young children. Parent participation required. Class partially discountable.

Age: 6–18 months

Location: Edora Pool Ice Center

4/6–5/6	M,W	4:15–4:45 PM	\$50	201310-01
4/6–5/6	M,W	6:15–6:45 PM	\$50	201310-02
4/7–5/7	Tu,Th	8:50–9:20 AM	\$50	201310-03

Level 1

This class is designed for children with little or no water experience. They will learn to be comfortable and safe in an aquatic environment and be introduced to basic swimming and safety skills. Class partially discountable. Class will not be held on 3/22.

Age: 6–12 years

Location: Mulberry Pool

4/7–5/7	Tu,Th	4:15–4:45 PM	\$50	201222-01
4/7–5/7	Tu,Th	6:15–6:45 PM	\$50	201222-02
4/7–5/7	Tu,Th	6:55–7:25 PM	\$50	201222-03
4/11–5/9	Sa	8:20–8:50 AM	\$25	201222-04
4/11–5/9	Sa	10:20–10:50 AM	\$25	201222-05
4/11–5/9	Sa	11:40 AM–12:10 PM	\$25	201222-06
3/1–3/29	Su	3:55–4:25 PM	\$20	201222-07
3/1–3/29	Su	5:55–6:25 PM	\$20	201222-08
3/1–3/29	Su	6:40–7:10 PM	\$20	201222-09
4/12–5/10	Su	3:15–3:45 PM	\$25	201222-10

Level 1 continued

4/12–5/10	Su	4:35–5:05 PM	\$25	201222-11
4/12–5/10	Su	6:40–7:10 PM	\$25	201222-12

Location: Edora Pool Ice Center

4/6–5/6	M,W	4:15–4:45 PM	\$50	201322-01
4/6–5/6	M,W	5:35–6:05 PM	\$50	201322-02
4/6–5/6	M,W	6:55–7:25 PM	\$50	201322-03

Level 2

This class builds on level 1 and will increase the participant's confidence and safety in the water. They will begin to have basic propulsive movements on both front and back. This is the beginning of independent swimming. Class partially discountable. Class will not be held on 3/22.

Age: 6–12 years

Location: Mulberry Pool

4/7–5/7	Tu,Th	4:55–5:25 PM	\$50	201224-01
4/7–5/7	Tu,Th	6:55–7:25 PM	\$50	201224-02
4/11–5/9	Sa	9:00–9:30 AM	\$25	201224-03
4/11–5/9	Sa	10:20–10:50 AM	\$25	201224-04
4/11–5/9	Sa	11:00–11:30 AM	\$25	201224-05
4/11–5/9	Sa	11:40 AM–12:10 PM	\$25	201224-06
3/1–3/29	Su	3:15–3:45 PM	\$20	201224-07
3/1–3/29	Su	5:15–5:45 PM	\$20	201224-08
3/1–3/29	Su	6:40–7:10 PM	\$20	201224-09
4/12–5/10	Su	3:15–3:45 PM	\$25	201224-10
4/12–5/10	Su	3:55–4:25 PM	\$25	201224-11
4/12–5/10	Su	5:15–5:45 PM	\$25	201224-12
4/12–5/10	Su	6:40–7:10 PM	\$25	201224-13

Location: Edora Pool Ice Center

4/6–5/6	M,W	4:15–4:45 PM	\$50	201324-01
4/6–5/6	M,W	4:55–5:25 PM	\$50	201324-02
4/6–5/6	M,W	6:15–6:45 PM	\$50	201324-03

Level 3

This class continues to build on the participant's skills and confidence. They will gain proficiency in several strokes and be introduced to deep water safety and skills. New strokes will be introduced along with headfirst entries. Participants at this level are independently swimming. Class partially discountable. Class will not be held on 3/22.

Age: 6–12 years

Location: Mulberry Pool

4/7–5/7	Tu,Th	4:15–5:00 PM	\$67.50	201226-01
4/7–5/7	Tu,Th	6:15–7:00 PM	\$67.50	201226-02
4/11–5/9	Sa	9:00–9:45 AM	\$33.75	201226-03
4/11–5/9	Sa	11:00–11:45 AM	\$33.75	201226-04
3/1–3/29	Su	3:15–4:00 PM	\$27	201226-05
3/1–3/29	Su	5:15–6:00 PM	\$27	201226-06
4/12–5/10	Su	3:15–4:00 PM	\$33.75	201226-07
4/12–5/10	Su	5:15–6:00 PM	\$33.75	201226-08

Location: Edora Pool Ice Center

4/6–5/6	M,W	4:55–5:40 PM	\$67.50	201326-01
4/6–5/6	M,W	6:15–7:00 PM	\$67.50	201326-02

Level 4

This level continues to build on the skills needed to be a proficient swimmer. The participant will be able to swim basic strokes for longer distances with improved technique while adding additional strokes and safety skills. Class partially discountable. Class will not be held on 3/22.

Age: 6–12 years

Location: Mulberry Pool

4/7–5/7	Tu,Th	4:55–5:40 PM	\$67.50	201228-01
4/11–5/9	Sa	8:20–9:05 AM	\$33.75	201228-02
4/11–5/9	Sa	9:40–10:25 AM	\$33.75	201228-03
3/1–3/29	Su	4:35–5:20 PM	\$27	201228-04
3/1–3/29	Su	5:55–6:40 PM	\$27	201228-05
4/12–5/10	Su	4:35–5:20 PM	\$33.75	201228-06
4/12–5/10	Su	5:55–6:40 PM	\$33.75	201228-07

Location: Edora Pool Ice Center

4/6–5/6	M,W	4:15–5:00 PM	\$67.50	201328-01
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Level 5

At this level participants will develop proficient technique for all six basic strokes. They will swim greater distances using each stroke and add correct turns for each stroke. They will continue to increase safety knowledge in all aquatic environments. Class partially discountable. Class will not be held on 3/22.

Age: 6–12 years

Location: Mulberry Pool

4/7–5/7	Tu,Th	5:35–6:20 PM	\$67.50	201230-01
3/1–3/29	Su	3:55–4:40 PM	\$27	201230-02

Location: Edora Pool Ice Center

4/6–5/6	M,W	5:35–6:20 PM	\$67.50	201330-01
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Preschool 1

This class is designed for children ready to be independent of a parent in the water. They will be introduced to basic water skills and learn how to be safe in and around water. Class partially discountable. Class will not be held on 3/22.

Age: 3–5 years

Location: Mulberry Pool

4/7–5/7	Tu,Th	4:15–4:45 PM	\$50	201216-01
4/7–5/7	Tu,Th	5:35–6:05 PM	\$50	201216-02
4/7–5/7	Tu,Th	6:55–7:25 PM	\$50	201216-03
4/11–5/9	Sa	9:00–9:30 AM	\$25	201216-04
4/11–5/9	Sa	10:20–10:50 AM	\$25	201216-05
4/11–5/9	Sa	11:00–11:30 AM	\$25	201216-06
4/11–5/9	Sa	11:40 AM–12:10 PM	\$25	201216-07
3/1–3/29	Su	3:15–3:45 PM	\$20	201216-08
3/1–3/29	Su	4:35–5:05 PM	\$20	201216-09
3/1–3/29	Su	5:55–6:25 PM	\$20	201216-10
3/1–3/29	Su	6:40–7:10 PM	\$20	201216-11
4/12–5/10	Su	3:15–3:45 PM	\$25	201216-12
4/12–5/10	Su	3:55–4:25 PM	\$25	201216-13
4/12–5/10	Su	5:15–5:45 PM	\$25	201216-14
4/12–5/10	Su	5:55–6:25 PM	\$25	201216-15

Preschool 1 continued

Location: Edora Pool Ice Center

4/6–5/6	M,W	4:15–4:45 PM	\$50	201316-01
4/6–5/6	M,W	4:55–5:25 PM	\$50	201316-02
4/6–5/6	M,W	6:15–6:45 PM	\$50	201316-03
4/6–5/6	M,W	6:55–7:25 PM	\$50	201316-04
4/7–5/7	Tu,Th	9:30–10:00 AM	\$50	201316-05

Preschool 2

This class builds on preschool level 1 by adding to the child’s water comfort and safety knowledge. Basic propulsive movements are added making this class the beginning of independent locomotion on both front and back. Class partially discountable. Class will not be held on 3/22.

Age: 3–5 years

Location: Mulberry Pool

4/7–5/7	Tu,Th	4:55–5:25 PM	\$50	201218-01
4/7–5/7	Tu,Th	6:15–6:45 PM	\$50	201218-02
4/11–5/9	Sa	8:20–8:50 AM	\$25	201218-03
4/11–5/9	Sa	9:40–10:10 AM	\$25	201218-04
4/11–5/9	Sa	11:00–11:30 AM	\$25	201218-05
3/1–3/29	Su	3:15–3:45 PM	\$20	201218-06
3/1–3/29	Su	3:55–4:25 PM	\$20	201218-07
3/1–3/29	Su	5:15–5:45 PM	\$20	201218-08
4/12–5/10	Su	3:15–3:45 PM	\$25	201218-09
4/12–5/10	Su	4:35–5:05 PM	\$25	201218-10
4/12–5/10	Su	6:40–7:10 PM	\$25	201218-11

Location: Edora Pool Ice Center

4/6–5/6	M,W	4:55–5:25 PM	\$50	201318-01
4/6–5/6	M,W	5:35–6:05 PM	\$50	201318-02
4/6–5/6	M,W	6:55–7:25 PM	\$50	201318-03
4/7–5/7	Tu,Th	10:50–11:20 AM	\$50	201318-04

Preschool 3

This class builds on preschool levels 1 and 2 and encourages total independent propulsive swim skills. The participant will gain confidence and be able to swim greater distances with little to no support on both front and back. “Look! I’m swimming!” Class partially discountable. Class will not be held on 3/22.

Age: 3–5 years

Location: Mulberry Pool

4/7–5/7	Tu,Th	4:15–4:45 PM	\$50	201220-01
4/7–5/7	Tu,Th	5:35–6:05 PM	\$50	201220-02
4/7–5/7	Tu,Th	6:55–7:25 PM	\$50	201220-03
4/11–5/9	Sa	8:20–8:50 AM	\$25	201220-04
4/11–5/9	Sa	9:40–10:10 AM	\$25	201220-05
4/11–5/9	Sa	11:00–11:30 AM	\$25	201220-06
4/11–5/9	Sa	11:40 AM–12:10 PM	\$25	201220-07
3/1–3/29	Su	3:15–3:45 PM	\$20	201220-08
3/1–3/29	Su	4:35–5:05 PM	\$20	201220-09
3/1–3/29	Su	6:40–7:10 PM	\$20	201220-10
4/12–5/10	Su	3:55–4:25 PM	\$25	201220-11
4/12–5/10	Su	4:35–5:05 PM	\$25	201220-12
4/12–5/10	Su	5:55–6:25 PM	\$25	201220-13
4/12–5/10	Su	6:40–7:10 PM	\$25	201220-14

Preschool 3 continued

Location: Edora Pool Ice Center

4/6-5/6	M,W	4:15-4:45 PM	\$50	201320-01
4/6-5/6	M,W	5:35-6:05 PM	\$50	201320-02
4/6-5/6	M,W	6:15-6:45 PM	\$50	201320-03

Tadfish

This class builds on Advanced Guppy skills and is great for children not ready to experience water without a parent. Participants will continue to work on total comfort in the water environment including float positions, breath control and water independence. Class partially discountable. Class will not be held on 3/22.

Age: 2-4 years

Location: Mulberry Pool

4/7-5/7	Tu,Th	4:15-4:45 PM	\$50	201214-01
4/7-5/7	Tu,Th	5:35-6:05 PM	\$50	201214-02
4/11-5/9	Sa	8:20-8:50 AM	\$25	201214-03
4/11-5/9	Sa	9:40-10:10 AM	\$25	201214-04
3/1-3/29	Su	4:35-5:05 PM	\$20	201214-05
3/1-3/29	Su	5:55-6:25 PM	\$20	201214-06
4/12-5/10	Su	3:55-4:25 PM	\$25	201214-07
4/12-5/10	Su	5:15-5:45 PM	\$25	201214-08

Location: Edora Pool Ice Center

4/6-5/6	M,W	5:35-6:05 PM	\$50	201314-01
4/7-5/7	Tu,Th	11:30 AM-Noon	\$50	201314-02

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Arts & Crafts

Visual Arts and Crafts Show

Call for artists and crafters. The deadline is here. Artists and crafters who are 50 and older can show their work. All mediums accepted. Awards will be given to the top three in each category. The show will be open May 1–June 3.

Pick up an entry form at the Fort Collins Senior Center registration desk or fill one out when you bring your work for submission. Please see the entry forms for detailed information.

Drop off: Submissions may be delivered to the Senior Center north entrance Thursday, April 23, 1–6 p.m. and Friday April 21, 9 a.m.–Noon. No late work will be accepted.

Reception for artists and public: Friday, May 1 from 4–6 p.m.

Display: Arts and Crafts will be displayed May 1–June 3, Monday–Friday 6 a.m.–9 p.m., Saturday 8 a.m.–5 p.m., Sunday 10 a.m.–9 p.m.

Pick up: Art will be returned to the artists Friday, June 5, 1–5 p.m. and Saturday, June 6, 9 a.m.–Noon.

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 sdietemann@fcgov.com.

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, Photography

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.

Seeking 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.

Drawing

Comics Essentials

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

Age: 18 years & up

Location: Senior Center

3/17–4/28	Tu	6:30–8:30 PM	\$49	203407-01
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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. Supply list available at registration (approximate cost \$50–\$75). Class partially discountable.

Age: 18 years & up

Location: Senior Center

3/9–4/27	M	5:00–7:30 PM	\$114	203482-01
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Fiber Arts

Felting, Needle

Walk through the techniques and tools while learning to make hand-crafted felted objects using wool roving with the needle method. This unusual process creates dolls, animals or flowers that you can wear or display. They make wonderful gifts and are roughly 6". All supplies provided. Please wear old clothes. Class partially discountable.

Age: 14 years & up

Location: Senior Center

Felting, Spring Flowers

3/14	Sa	9:00 AM–Noon	\$27	203436-01
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Felting, Easter Bunny

4/11	Sa	9:00 AM–Noon	\$27	203436-02
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Felting, Gnomes and People

5/9	Sa	9:00 AM–Noon	\$27	203436-03
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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. There is no instructor. No fee, but must be a Senior Center member. Sewing machines, mats, cutters, and material are available.

Age: 50 years & up

Location: Senior Center

3/6–5/29	F	1:00–3:00 PM	No Fee	203498-01
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General

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. 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.

Age: 50 years & up

Location: Senior Center

Ongoing	W	1:00–3:00 PM	No Fee	203496-01
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Open Shop (MO) – 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. There is no fee. A Senior Center membership is required to participate in open lab time.

Age: 18 years & up

Location: Senior Center

Ongoing	Tu	8:00 AM–Noon	No Fee	203497-01
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Ongoing	W	1:00–5:00 PM		
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Ongoing	Th	6:00–10:00 PM		
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Jewelry

Jewelry, Beginning

In this class, concentration on cutting and piercing with a jeweler's saw, filing, soldering, as well as the proper techniques for polishing and finishing will be covered. This class is for those with no metal experience as well as those just wanting to get back in to it. Tools and some supplies provided. Supply list available at registration (approximate cost \$55–\$80). Class partially discountable. Class will not be held on 4/23.

Age: 18 years & up

Location: Senior Center

3/3–4/14	Tu	5:30–7:30 PM	\$95	203486-01
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Jewelry Enameling

Explore the fundamentals of enamels on copper and silver. This class is for intermediate or advanced students that have an understanding of jewelry concepts. We will cover tools, materials, and processes used in enameling as it relates to the jewelry size scale. **PREREQUISITE:** Beginning Jewelry. Supply list available at registration. Supply cost varies with project choice. (approximate cost \$15–45). Class partially discountable

Age: 18 years & up

Location: Senior Center

3/3–4/14	Tu	7:30–9:30 PM	\$99	203489-01
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Paper Arts

Calligraphy, Continuing

Expand your calligraphy skills by learning a new letterform and working with a variety of papers and colors. Participants should have some experience working with a broad edge pen. Bring supplies to first class. Good handwriting is NOT a prerequisite! Supply list available at registration (approximate cost \$20). Class partially discountable.

Age: 18 years & up

Location: Senior Center

3/11–4/15	W	6:30–8:30 PM	\$69	203410-01
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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. Bring pencil, Scissors and a bone folder. All other materials provided. Class partially discountable. Bring sack lunch or eat nearby.

Age: 18 years & up

Location: Senior Center

4/11	Sa	9:00 AM–4:00 PM	\$40	203412-01
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Soul Collage, Introduction

Soul Collage is an internationally popular new way to develop self-insight using collage art. Amazing creations appear from cut-out images pasted into 5x7 cards. Each card picture ends up expressing parts of you and your experiences in beautiful, new, and surprising ways that you will treasure. All supplies provided. Class partially discountable.

Age: 18 years & up

Location: Senior Center

4/18	Sa	9:00 AM–12:30 PM	\$33	203415-01
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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. 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.

Age: 18 years & up

Location: Senior Center

4/1–4/15	W	6:00–9:00 PM	\$49	203430-01
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4/4	Su	9:00 AM–Noon		
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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. Bring a functional digital or 35mm SLR camera and its manual to class.

Age: 18 years & up

Location: Senior Center

4/29–5/13	W	6:00–9:00 PM	\$44	203431-01
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Painting**Painting, Bob Ross Style**

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

Age: 18 years & up

Location: Senior Center

3/19	Th	9:00 AM–3:30 PM	\$60	203427-01
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Painting, Beginning Acrylic

This ongoing entry-level course will cover important basics such as choosing and preparing your ground, 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. Supply list available at registration (approximate cost \$30–\$50). This class is ongoing and meets weekly on a month-to-month basis. Class will not be held on 5/25.

Age: 18 years & up

Location: Senior Center

3/2–3/30	M	1:30–3:30 PM	\$46.25	203446-01
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4/6–4/27	M	1:30–3:30 PM	\$37	203446-02
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5/4–5/18	M	1:30–3:30 PM	\$27.75	203446-03
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3/5–3/26	Th	6:30–8:30 PM	\$37	203446-04
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4/2–4/30	Th	6:30–8:30 PM	\$46.25	203446-05
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5/7–5/28	Th	6:30–8:30 PM	\$37	203446-06
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Porcelain Painting, Intermediate

The instructor will demonstrate varied techniques for achieving desired results. The aim is to extend your current skills and knowledge. Learn more about the chemical process of paints, mediums and firing procedure. Firing of your work is included in the course fee. You provide the painting supplies.

Age: 18 years & up

Location: Senior Center

3/4–3/25	W	9:00–11:30 AM	\$42	203471-01
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4/1–4/29	W	9:00–11:30 AM	\$52.50	203471-02
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5/6–5/27	W	9:00–11:30 AM	\$42	203471-03
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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. Firing of your work is included in the course fee. You provide the painting supplies.

Age: 18 years & up

Location: Senior Center

3/4–3/25	W	9:00–11:30 AM	\$48	203472-01
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4/1–4/29	W	9:00–11:30 AM	\$60	203472-02
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5/6–5/27	W	9:00–11:30 AM	\$48	203472-03
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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. Supply list available at registration (approximate cost \$50–\$75). Class partially discountable.

Age: 18 years & up

Location: Senior Center

3/12–4/16	Th	1:00–3:00 PM	\$74	203480-01
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Watercolor, Intermediate and Advanced

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. PREREQUISITE: Beginning Watercolor Supply list available at registration (approximate cost \$50–\$100). Class partially discountable.

Age: 18 years & up

Location: Senior Center

3/13–4/17	F	1:00–3:00 PM	\$74	203481-01
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Woodworking**Woodworking, Intermediate**

This is a continuation of Beginning Woodworking. Advanced techniques and concepts will be taught. Further exploration into varied tools will be available. Projects designed with the instructor's assistance and approval to include the use of traditional joinery techniques like mortise, tenon, dovetail, and rabbet. Some supplies provided. Supply list available first day of class (approx. cost \$20–\$30). Class partially discountable. Class will not be held on 4/29.

Age: 18 years & up

Location: Senior Center

3/25–5/6	W	7:00–9:00 PM	\$90	203490-01
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Pottery

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. Lab time included. All tools and supplies provided, 25 pounds of clay included in the fee. Need to purchase a tool kit at the first class, if needed (\$12) Class will not be held on 5/26.

Age: 18 years & up

Location: Pottery Studio

3/23-6/1	M	9:00-11:00 AM	\$139	204850-01
3/23-6/1	M	5:45-7:45 PM	\$139	204850-02
3/25-5/27	W	8:00-10:00 PM	\$139	204850-03

Pottery, Beginning Plus Wheel/Handbuilding

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. PREREQUISITE: One or more sessions of Beginning Wheel/Handbuilding. Lab time included. All tools and supplies provided, 25 pounds of clay included in the fee. Class will not be held on 5/26.

Age: 18 years & up

Location: Pottery Studio

3/23-6/1	M	8:00-10:00 PM	\$139	204855-01
3/25-5/27	W	5:45-7:45 PM	\$139	204855-02
3/26-5/28	Th	9:00-11:00 AM	\$139	204855-03

Pottery, Intermediate Wheel/Handbuilding

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. PREREQUISITE: Beginning Wheel/Handbuilding or equivalent. Lab time included. All tools and supplies provided, 25 pounds of clay included in the fee. Need to purchase a tool kit at first class for \$12.

Age: 18 years & up

Location: Pottery Studio

3/24-5/26	Tu	5:30-7:30 PM	\$139	204860-01
3/25-5/27	W	9:00-11:00 AM	\$139	204860-02

Pottery, Advanced Wheel/Handbuilding

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. PREREQUISITE: Intermediate Wheel/Handbuilding or equivalent. Lab time included, 25 pounds of clay included in the fee.

Age: 18 years & up

Location: Pottery Studio

3/26-5/28	Th	5:30-7:30 PM	\$139	204865-01
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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. There is no lab offered with this class. All materials and tools provided. In this class, clay will be provided as needed.

Age: 18 years & up

Location: Pottery Studio

3/28-4/25	Sa	12:15-2:15 PM	\$49	204870-01
5/2-5/30	Sa	12:15-2:15 PM	\$49	204870-02

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. This class is for all levels. 25 pounds of basic clay, glazes and firings provided. Lab time included. Need to purchase a tool kit at the first class.

Age: 18 years & up

Location: Pottery Studio

3/25-5/27	W	6:00-8:00 PM	\$139	204875-01
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Pottery, Construction Techniques

This 5 week 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. This class is for all levels. Lab for 5 weeks only is included with this class. 25 pounds of basic clay, glazes, and firings provided. Need to purchase a tool kit at first class for \$12.

Age: 18 years & up

Location: Pottery Studio

3/27–4/24	F	6:00–8:00 PM	\$70	204880-01
5/1–5/29	F	6:00–8:00 PM	\$70	204880-02

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. No previous experience necessary. This class is for all levels. Lab is included. 25 pounds of basic clay, glazes, and firings provided. Need to purchase a tool kit at first class for \$12.

Age: 18 years & up

Location: Pottery Studio

3/27–5/29	F	9:00–11:00 AM	\$139	204885-01
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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. 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 5/25.

Age: 18 years & up

Location: Pottery Studio

3/23–5/29	F,W,Th,M	11:00 AM–2:00 PM	\$139	204899-01
3/24–5/30	Sa,Tu	9:00 AM–Noon		
3/24–5/28	Tu,Th	7:30–10:00 PM		

Parent & Child**Art Start**

This class is hands on with independent exploration inspiring imagination and self-esteem. Explore, collage, cut, tear, drizzle, drip, paste, and paint. Play with creamy pastels and paint with vibrant tempera and juicy water colors! Please note that children 24–36 months need to be accompanied by an adult. Class will not be held on 3/18.

Age: 2–5 years

Location: Mulberry Pool

Age: 2–3 years

3/4–3/25	W	9:30–10:30 AM	\$33	217283-01
4/1–4/22	W	9:30–10:30 AM	\$44	217283-02
5/6–5/20	W	9:30–10:30 AM	\$33	217283-03

Art Start continued

Age: 2–5 years

3/4–3/25	W	11:00 AM–Noon	\$33	217283-04
4/1–4/22	W	11:00 AM–Noon	\$44	217283-05
5/6–5/20	W	11:00 AM–Noon	\$33	217283-06

Art Discovery

Explore the fascinating world of art and bring to life self-expression using a variety of mediums. We will create using paint, clay and collage. Save room on your fridge for these masterpieces. Bring a bag to carry home your projects home. Art classes can be messy. Dress accordingly.

Age: 3–4 years

Location: Mulberry Pool

3/26–4/9	Th	10:30–11:30 AM	\$34	216205-01
4/16–4/30	Th	10:30–11:30 AM	\$34	216205-02
5/7–5/21	Th	10:30–11:30 AM	\$34	216205-03

Art Studio for Preschoolers

Discover your inner artist! For this spring'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! Please dress accordingly.

Age: 3–6 years

Location: Mulberry Pool

Beads

3/3	Tu	10:00–11:30 AM	\$10	116206-08
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Saint Patrick's Day

3/10	Tu	10:00–11:30 AM	\$10	116206-09
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Tie Dye

5/19	Tu	10:00–11:30 AM	\$14	216206-05
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Bunnies & Chicks

4/7	Tu	10:00–11:30 AM	\$10	216206-02
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Paint

4/21	Tu	10:00–11:30 AM	\$14	216206-03
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Clay

3/24	Tu	10:00–11:30 AM	\$14	216206-01
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Weaving

5/5	Tu	10:00–11:30 AM	\$10	216206-04
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Art Studio

Discover your inner artist! For this spring'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! Please dress accordingly.

Age: 6–12 years

Location: Mulberry Pool

Beads 1 day

3/3	Tu	4:30–6:00 PM	\$10	116207-08
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Saint Patrick's Day

3/10	Tu	4:30–6:00 PM	\$10	116207-09
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Clay

3/24	Tu	4:30–6:00 PM	\$14	216207-01
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*Art Studio continued***Explorations**

4/7	Tu	4:30–6:00 PM	\$10	216207-02
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Paint

4/21	Tu	4:30–6:00 PM	\$14	216207-03
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Weaving

5/5	Tu	4:30–6:00 PM	\$10	216207-04
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Tie Dye

5/19	Tu	4:30–6:00 PM	\$14	216207-05
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Flowers ala O’Keeffe

Create flowers using Georgia O’Keeffe as inspiration.

Age: 6–12 years

Location: Northside Aztlan Center

3/18	W	1:00–3:00 PM	\$24	216511-01
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Canvas Painting

Using bright, bold colors, this class is geared toward teaching children the joy of painting. We will paint on canvas. **Note:** Class partially discountable.

Age: 6–12 years

Location: Mulberry Pool

4/13	M	1:00–3:00 PM	\$24	216543-01
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Pottery Youth**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 and Girl Scout Badges

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.

Scout Badges continued

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

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

Age: 3–5 years

Location: Pottery Studio

3/24–4/21	Tu	12:30–1:30 PM	\$34	204801-01
3/25–4/22	W	2:45–3:45 PM	\$34	204801-02
3/28–4/25	Sa	2:30–3:30 PM	\$34	204801-03
4/28–5/26	Tu	12:30–1:30 PM	\$34	204801-04
4/29–5/27	W	2:45–3:45 PM	\$34	204801-05
5/2–5/30	Sa	2:30–3:30 PM	\$34	204801-06

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. The fee includes all tools and materials. Lab time not included. Class will not be held on 5/25.

Age: 6–9 years

Location: Pottery Studio

3/23–4/20	M	4:00–5:30 PM	\$48	204805-01
3/25–4/22	W	4:00–5:30 PM	\$48	204805-02
4/27–6/1	M	4:00–5:30 PM	\$48	204805-03
4/29–5/27	W	4:00–5:30 PM	\$48	204805-04

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

Age: 10–12 years

Location: Pottery Studio

3/26–5/28	Th	3:45–5:15 PM	\$89	204810-01
3/27–4/24	F	4:00–5:30 PM	\$48	204810-02
5/1–5/29	F	4:00–5:30 PM	\$48	204810-03

Pottery, Teen Wheel & Handbuilding

Participants enrolled in this program will learn a variety of handbuilding and ceramic/pottery decorating techniques. They will also learn basic potter’s wheel skills. The fee includes all tools and materials. Lab time not included.

Age: 13–17 years

Location: Pottery Studio

3/24–4/21	Tu	3:45–5:15 PM	\$48	204815-01
4/28–5/26	Tu	3:45–5:15 PM	\$48	204815-02

Pottery, Parent & Child Handbuilding

This class will provide an opportunity for you and your youngster to work together creating imaginative handbuilt projects and share a creative experience. The fee includes all tools and materials. One parent per youth (each additional youth, \$44.50). Lab time not included.

Age: 6–9 years

Location: Pottery Studio

3/28–4/25	Sa	3:45–5:15 PM	\$89	204835-01
5/2–5/30	Sa	3:45–5:15 PM	\$89	204835-02

Pottery, Parent Teen & Youth Wheel & Handbuilding

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

Age: 10–17 years

Location: Pottery Studio

3/27–4/24	F	5:45–7:15 PM	\$89	204845-01
5/1–5/29	F	5:45–7:15 PM	\$89	204845-02

Theatre from Cast to Crew
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Ages 6-16

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 Professional Instruction. Variety of classes.
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 Classes in Music Performance, Chamber Music, Dalcroze, Fiddle, Theatre/Improvisation, and Visual Art

Oth Music of Light Art Show
 Classes June 17 – 18
Wizards, Wands, and Words
 Create a Pen or a Wand and Spin a Tale
Textiles + TechStyles™
 Transform Textiles and Electronics into Wearable Art
Printmaking Workshop

Other Kid's Events
 June 13 and 17
A Musical Picnic: Vi Wickam and Friends
 Free Fiddle Concert at The Farm at Lee Martinez Park
Cows, Cars, and Composers
 Laugh-a-Minute, Hands-on Creative Concert with host, Bruce Adolphe and Miami String Quartet

For More Information & To Register for All Programs:
projectchambermusic.org director@projectchambermusic.org
or call (970) 305-2261

OH OFF the HOOK
PROJECT YOUTH CHAMBER MUSIC

Dance & Movement

Adult

Belly Dancing

Belly Dancing Beginning

The ancient art of belly dance, also known as “danse orientale” (Eastern dance), is an exciting and fun way to get fit. You will learn basic fast and slow movements, create mini choreographies, and develop lead-and-follow improvisation skills, all to the beat of some of the world’s best dance music. Please wear yoga/exercise gear, and bring a scarf or sash to tie around your hips. Bare feet recommended.

Age: 18 years & up

Location: Senior Center

3/19–4/16	Th	7:30–8:30 PM	\$54	206426-01
4/30–5/28	Th	7:30–8:30 PM	\$54	206426-02

Belly Dancing, Intermediate

Prerequisite: Completed two sessions of Beginning Belly Dance or instructor approval. You will continue to develop your belly dance vocabulary, learning more complex movements, mini choreographies, and dance formations. You will learn how to layer shimmies and how to dance while balancing props. Please wear yoga/exercise gear, and bring a scarf or sash to tie around your hips. Bare feet recommended.

Age: 18 years & up

Location: Senior Center

3/19–4/16	Th	8:30–9:30 PM	\$54	206427-01
4/30–5/28	Th	8:30–9:30 PM	\$54	206427-02

Ballet

Ballet, Beginning

An introduction to classical barre, positions and steps. Ages 13–17 allowed with instructor approval. Instructor Sarah Manno.

Age: 18 years & up

Location: Club Tico

3/24–5/5	Tu	5:40–6:40 PM	\$46	206102-01
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Ballet, Low-Intermediate

Continuing work on basic technique. Ages 13–17 allowed with instructor approval. Instructor Sarah Manno.

Age: 18 years & up

Location: Empire Grange

3/23–5/4	M	5:45–7:00 PM	\$57	206103-01
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Ballet, Intermediate

A more challenging, ongoing class for experienced dancers, based on Cecchetti technique. Ages 13–17 allowed with instructor approval. Instructor Sarah Manno.

Age: 18 years & up

Location: Club Tico

3/26–5/7	Th	5:45–7:00 PM	\$57	206104-01
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Dance

Ballroom in Afternoon

Ballroom Brush Up for Boomers with 2 classic styles each series such as Waltz/Foxtrot in 3 monthly series offering rotating styles each month includes Swing, Cha Cha, and Rumba. Couples register for sections 01, 03, 05. Individuals register for 02, 04, 06. Instructor is Nancy Mandy Evans.

Age: 18 years & up

Location: Senior Center

3/6–3/27	F	2:30–3:25 PM	\$48	206410-01
3/6–3/27	F	2:30–3:25 PM	\$36	206410-02
4/3–4/24	F	2:30–3:25 PM	\$48	206410-03
4/3–4/24	F	2:30–3:25 PM	\$36	206410-04
5/8–5/29	F	2:30–3:25 PM	\$48	206410-05
5/8–5/29	F	2:30–3:25 PM	\$36	206410-06

Argentine Tango

Authentic form with dramatic with authentic character patterns and music. Couples register for sections 01, 03, 05. Individuals register for 02, 04, 06. Instructor is Nancy Mandy Evans.

3/6–3/27	F	3:35–4:30 PM	\$48	206411-01
3/6–3/27	F	3:35–4:30 PM	\$36	206411-02
4/3–4/24	F	3:35–4:30 PM	\$48	206411-03
4/3–4/24	F	3:35–4:30 PM	\$36	206411-04
5/8–5/29	F	3:35–4:30 PM	\$48	206411-05
5/8–5/29	F	3:35–4:30 PM	\$36	206411-06

Latin Salsa & Argentine Tango

Join the excitement and beat of authentic Tango, including Rhumba, Cha Cha, and fun Latin styles. Couples register for sections 01, 03, 05. Individuals register for 02, 04, 06. Instructor is Nancy Mandy Evans.

3/3–3/24	Tu	6:45–7:45 PM	\$48	206412-01
3/3–3/24	Tu	6:45–7:45 PM	\$36	206412-02
3/31–4/21	Tu	6:45–7:45 PM	\$48	206412-03
3/31–4/21	Tu	6:45–7:45 PM	\$48	206412-04
5/5–5/26	Tu	6:45–7:45 PM	\$48	206412-05
5/5–5/26	Tu	6:45–7:45 PM	\$36	206412-06

Classical Shape Up, Silver Sen

Shape and sculpt your muscles at ANY age and level with a dynamic and unique technique to Classical music. Improve posture, Arthritis relief, balance, flexibility, gracefully dancing across the floor.

Instructor is Nancy Mandy Evans.

3/6–3/27	F	11:15 AM–12:15 PM	\$36	206413-01
4/3–4/24	F	11:15 AM–12:15 PM	\$36	206413-02
5/8–5/29	F	11:15 AM–12:15 PM	\$36	206413-03

General**Mother Daughter Dance**

Enjoy an opportunity to dance with your daughter. Mary Elizabeth Lenahan has four years of training in eurhythmy, or beautiful movement, plus over 25 years of directing Dance Express in Fort Collins. For Mother's Day, how about mothers and daughters celebrating with dance? Please wear comfortable attire and either soft soled shoes or think about going barefoot.

Age: 12 years & up

Location: Senior Center

5/9	Sa	3:30–5:00 PM	\$8	206450-01
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Line Dance**Line Dance, Starter Class**

This class is designed for people who want to “start” learning to line dance. You will learn the basic line dance steps, terminology and easy choreography. **Note:** Participants can pay a drop-in fee prior to the class at \$5.50. Instructor Blanche Adams.

Age: 18 years & up

Location: Senior Center

3/3–3/31	Tu	12:30–1:45 PM	\$19	206436-01
4/7–4/28	Tu	12:30–1:45 PM	\$16	206436-02
5/5–5/26	Tu	12:30–1:45 PM	\$16	206436-03

Line Dance, Continued

This class is designed for the more experienced dancer who thrives on complex choreography. Participants can pay a drop-in fee prior to attending the class at \$5.50. Instructor Blanche Adams.

Age: 18 years & up

Location: Senior Center

3/3–3/31	Tu	1:45–3:00 PM	\$19	206437-01
4/7–4/28	Tu	1:45–3:00 PM	\$16	206437-02
5/5–5/26	Tu	1:45–3:00 PM	\$16	206437-03

Modern**Modern Dance**

Earthy, sometimes jazzy or lyrical movements follow a balanced warm up for stretching, toning, centering and fun. Ages 13–17 allowed with instructor permission. Instructor Sarah Manno.

Age: 18 years & up

Location: Club Tico

3/24–5/5	Tu	6:45–7:45 PM	\$46	206156-01
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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 creative work that is ever-changing. Instructor Sarah Manno.

Grade: Kindergarten–2

Location: Club Tico

3/31–4/28	Tu	4:00–5:00 PM	\$42	206101-01
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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

3/24–4/7	Tu	11:00–11:45 AM	\$25	216161-01
4/14–4/28	Tu	11:00–11:45 AM	\$25	216161-02
5/5–5/19	Tu	11:00–11:45 AM	\$25	216161-03

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. This is a child without parent class.

Age: 3–4 years

Location: Club Tico

3/24–4/7	Tu	10:00–10:45 AM	\$25	216170-01
4/14–4/28	Tu	10:00–10:45 AM	\$25	216170-02
5/5–5/19	Tu	10:00–10:45 AM	\$25	216170-03

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. Loaner shoes may be available from instructor. Please call 970.224.6032 for more information.

Age: 4–5 years

Location: Mulberry Pool

3/27–4/17	F	11:15 AM–Noon	\$33	216256-01
5/1–5/15	F	11:15 AM–Noon	\$25	216256-02

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

Age: 3–3 years

Location: Mulberry Pool

3/26–4/16	Th	10:45–11:30 AM	\$33	216255-01
3/26–4/16	Th	11:45 AM–12:30 PM	\$33	216255-02
3/27–4/17	F	10:15–11:00 AM	\$33	216255-03
4/30–5/14	Th	10:45–11:30 AM	\$25	216255-04
4/30–5/14	Th	11:45 AM–12:30 PM	\$25	216255-05
5/1–5/15	F	10:15–11:00 AM	\$25	216255-06

Jazz Tap Combo Recital

This extended version of our regular Jazz Tapp Combo class will end with your child participating in a recital given for friends and family. Class focus will be on the recital performance. Fee includes recital costume. Recital will be held on 5/16 at 1 p.m. Class partially discountable. Appropriate attire is required: leotard and footless tights for girls and T-shirts and shorts for boys. Class will not be held on 3/18, 4/22.

Age: 6–8 years

Location: Mulberry Pool

3/11–5/13	W	5:45–6:45 PM	\$103	216257-01
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Tappin' Dumplins Recital

This extended version of our regular Tappin' Dumplin's class will end with your child participating in a recital given for friends and family. Class focus will be on the recital performance. Price includes recital costume. Recital will be held on 5/16 at 1 p.m. Class partially discountable. Appropriate attire is required: leotard and tights, or T-shirts and shorts. Tap shoes are also required. Class will not be held on 3/17.

Age: 4–5 years

Location: Mulberry Pool

3/10–5/12	Tu	4:15–5:15 PM	\$103	216258-01
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Dancin' Dumplin's Recital

This extended version of our regular Dancin' Dumplin's class will end with your child participating in a recital given for friends and family. Class focus will be on the recital performance on 5/16 at 1 p.m. Appropriate attire is required: leotard and tights or T-shirt and shorts. Fee includes recital costume. Class will not be held on 3/17, 3/20, 4/24, 3/18, 4/22.

Age: 4–7 years

Location: Mulberry Pool

Age: 4–5 years

3/10–5/12	Tu	10:45–11:45 AM	\$103	216259-01
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3/13–5/15	F	9:00–10:00 AM	\$103	216259-02
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Age: 5–7 years

3/10–5/12	Tu	5:45–6:45 PM	\$103	216259-03
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3/11–5/13	W	4:15–5:15 PM	\$103	216259-04
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Canyon Concert Ballet

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Classes begin at only \$42 per month

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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. Class will not be held on 4/23.

Age: 7–8 years

Location: Mulberry Pool

4/9–5/14	Th	6:15–7:15 PM	\$55	216278-01
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Tumble Bumbles

Individual attention is paid to learning basic tumbling skills (somer-sault, 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. Appropriate attire is required: leotard and tights, or T-shirts and shorts. No jeans are allowed. Class will not be held on 4/20, 4/27, 4/23.

Age: 4–7 years

Location: Mulberry Pool

Age: 4–5 years

4/6–5/18	M	4:15–5:15 PM	\$55	216279-01
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Age: 5–6 years

4/6–5/18	M	5:30–6:30 PM	\$55	216279-02
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Age: 6–7 years

4/9–5/14	Th	4:30–5:30 PM	\$55	216279-03
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Petite Ballerinas

Young dancers learn pre-ballet movement skills as they discover patterns, tempo, shapes and memory skills. Registration Deadline, one week prior to class beginning. This is a child without parent class.

Age: 3–5 years

Age: 3–4 years

Club Tico

Petite Ballerinas I

3/5–3/26	Th	9:00–9:45 AM	\$44	216563-01
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Petite Ballerinas I

4/2–4/23	Th	9:00–9:45 AM	\$44	216563-02
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Petite Ballerinas I

4/30–5/21	Th	9:00–9:45 AM	\$44	216563-03
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Northside Aztlan Center

Petite Ballerinas I

3/6–3/27	F	11:45 AM–12:30 PM	\$44	216563-04
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Petite Ballerinas I

4/3–4/24	F	11:45 AM–12:30 PM	\$44	216563-05
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Petite Ballerinas I

5/1–5/22	F	11:45 AM–12:30 PM	\$44	216563-06
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Age: 4–5 years

Club Tico

Petite Ballerinas II

3/5–3/26	Th	10:00–10:45 AM	\$44	216563-07
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Petite Ballerinas II

4/2–4/23	Th	10:00–10:45 AM	\$44	216563-08
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Petite Ballerinas II

4/30–5/21	Th	10:00–10:45 AM	\$44	216563-09
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Northside Aztlan Center

Petite Ballerinas II

3/6–3/27	F	12:45–1:30 PM	\$44	216563-10
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Petite Ballerinas II

4/3–4/24	F	12:45–1:30 PM	\$44	216563-11
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Petite Ballerinas II

5/1–5/22	F	12:45–1:30 PM	\$44	216563-12
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Petite Ballerinas Performance

Perform for the Community 3–4 times, possibly in lieu of class time. Class times may be combined for rehearsals. This season’s production is TBA. Dancers MUST be registered for the Performance Prep class in March to participate in Performance Group. Class partially discountable. A performance/Costume fee of \$40 will be due the first day of class. Registration Deadline for Performance Group is March 10.

Age: 3–6 years

Location: Northside Aztlan Center

Age: 3–4 years

Petite I Prep

3/7–3/28	Sa	9:00–9:45 AM	\$44	216974-01
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Petite I Group

4/4–5/23	Sa	9:00–9:45 AM	\$94	216974-02
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Age: 4–5 years

Petite II Prep

3/7–3/28	Sa	Noon–12:45 PM	\$44	216974-03
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Petite II Group

4/4–5/23	Sa	Noon–12:45 PM	\$94	216974-04
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Age: 5–6 years

Petite III Prep

3/7–3/28	Sa	10:00–10:45 AM	\$44	216974-05
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Petite III Group

4/4–5/23	Sa	10:00–10:45 AM	\$94	216974-06
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Petite Ballet Performance

Perform for the Community 3–4 times, possibly in lieu of class time. Class times may be combined for rehearsals. This season’s production is TBA. Dancers MUST be registered for the Performance Prep class in March to participate in Performance Group. A performance/ Costume fee of \$40 will be due the first day of class. Registration Deadline for Performance Group is March 10.

Age: 7–12 years

Location: Northside Aztlan Center

Age: 7–11 years

Ballet I Prep

3/7–3/28	Sa	1:00–1:45 PM	\$44	216565-01
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Ballet I Group

4/4–5/23	Sa	1:00–1:45 PM	\$94	216565-02
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Age: 8–12 years

Ballet II Prep

3/7–3/28	Sa	11:00–11:45 AM	\$44	216565-03
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Ballet II Group

4/4–5/23	Sa	11:00–11:45 AM	\$94	216565-04
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Day Camps

General

Spring Break Mini Camp

Spring Break Mini Camp activities will include arts and crafts, pool fun, indoor/outdoor games, music and story time. Swim days are Tuesday/Thursday. Movie and Legos on Friday. Please tell front desk staff of allergies at the time of registration. Clothing for swimming is needed. Partially discountable.

Age: 4–7 years

Location: Mulberry Pool

3/16–3/20	M–F	9:00 AM–Noon	\$79	216183-01
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Go Kart Camp

This class will teach your 8–12 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. Students must be 8–12 years old AND be at least 50" tall. In case of inclement weather we will call you with a make-up date. You will receive an email with more camp information will follow. Class partially discountable.

Age: 8–12 years

Location: Fort Fun

3/21	Sa	8:00–10:00 AM	\$29	216989-01
4/10	F	8:00–10:00 AM	\$29	216989-02
4/18	Sa	8:00–10:00 AM	\$29	216989-03

Spring Break Adventures

This is the Spring Break version of our popular Summer Adventures camp. Outdoor play, cooking, crafts, games, and theater are just some of the activities you'll enjoy. On the first day of camp you will be given a schedule of ice skating, and swim times as well as what the scheduled field trip will be. Please tell front desk staff of allergies at the time of registration. Campers should bring a bottle of water and a sack lunch every day. Partially discountable.

Age: 7–12 years

Location: Northside Aztlan Center

3/16–3/20	M–F	8:00 AM–5:00 PM	\$148	216792-01
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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. Class partially discountable. Please bring swimming attire and a backpack with a lunch and water bottle. Don't forget to wear sunscreen!

Age: 7–12 years

Location: Edora Pool Ice Center

6/1–6/5	M–F	8:00 AM–5:00 PM	\$148	316380-01
6/8–6/12	M–F	8:00 AM–5:00 PM	\$148	316380-02

Summer Adventure continued

6/15–6/18	M–Th	8:00 AM–5:00 PM	\$118	316380-03
6/22–6/26	M–F	8:00 AM–5:00 PM	\$148	316380-04
6/29–7/2	M–Th	8:00 AM–5:00 PM	\$118	316380-05
7/6–7/10	M–F	8:00 AM–5:00 PM	\$148	316380-06
7/13–7/17	M–F	8:00 AM–5:00 PM	\$148	316380-07
7/20–7/24	M–F	8:00 AM–5:00 PM	\$148	316380-08
7/27–7/31	M–F	8:00 AM–5:00 PM	\$148	316380-09
8/3–8/7	M–F	8:00 AM–5:00 PM	\$148	316380-10

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. 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.

Grade: 1–6

Location: Northside Aztlan Center

6/1–6/5	M–F	1:00–6:00 PM	\$101	316582-01
6/8–6/12	M–F	1:00–6:00 PM	\$101	316582-02
6/15–6/19	M–F	1:00–6:00 PM	\$101	316582-03
6/22–6/26	M–F	1:00–6:00 PM	\$101	316582-04
6/29–7/2	M–Th	1:00–6:00 PM	\$81	316582-05
7/6–7/10	M–F	1:00–6:00 PM	\$101	316582-06
7/13–7/17	M–F	1:00–6:00 PM	\$101	316582-07
7/20–7/24	M–F	1:00–6:00 PM	\$101	316582-08
7/27–7/31	M–F	1:00–6:00 PM	\$96	316582-09
8/3–8/7	M–F	1:00–6:00 PM	\$101	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. Class partially discountable. Bring a sack lunch, jacket and a water bottle. Please dress appropriately for outdoor activities.

Age: 8–12 years

Location: Lee Martinez Park

6/1–6/5	M–F	9:00 AM–3:00 PM	\$155	316981-01
6/8–6/12	M–F	9:00 AM–3:00 PM	\$155	316981-02
6/15–6/19	M–F	9:00 AM–3:00 PM	\$155	316981-03
6/22–6/26	M–F	9:00 AM–3:00 PM	\$155	316981-04
6/29–7/2	M–Th	9:00 AM–3:00 PM	\$124	316981-05
7/6–7/10	M–F	9:00 AM–3:00 PM	\$155	316981-06
7/13–7/17	M–F	9:00 AM–3:00 PM	\$155	316981-07
7/20–7/24	M–F	9:00 AM–3:00 PM	\$155	316981-08
7/27–7/31	M–F	9:00 AM–3:00 PM	\$155	316981-09
8/3–8/7	M–F	9:00 AM–3:00 PM	\$155	316981-10

Teen

Teen Spring Camp

Need spring break plans? We got you covered! Join us for a week filled with fun! Swimming, rock climbing, laser tag and bowling are some of the activities included in the week. We will play around the kitchen and catch a new movie! **Note:** Please bring a lunch, snacks and water bottle every day. Drop off is from 8 to 9 a.m. All planned activities begin at 9 a.m. Class is partially discountable.

Age: 11–16 years

Location: Northside Aztlan Center

3/17–3/20	Tu–F	8:00 AM–5:00 PM	\$144	215552-01
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Teen Super Camp Series

Bring sack lunch, water bottle, and sunscreen. Wear comfortable attire and good walking shoes. Drop off is from 8 to 9 a.m.

Age: 11–16 years

Location: Northside Aztlan Center

Chef Camp I

Let's cook up a storm! We will 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!

6/2–6/5	Tu–F	8:00 AM–5:00 PM	\$159	315553-01
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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. Challenge yourself in this fun and adventurous camp!

6/9–6/12	Tu–F	8:00 AM–5:00 PM	\$190	315553-02
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Outdoor Adventure

Grab your outdoor gear and get ready for a week of adventure that includes tubing, rock climbing, hiking, orienteering and more!

6/16–6/19	Tu–F	8:00 AM–5:00 PM	\$160	315553-03
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Camp Relaxation

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.

6/23–6/26	Tu–F	8:00 AM–5:00 PM	\$160	315553-04
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Camp Extreme

Gear up for a wild week filled with adventure! Airsoft, fishing, go-karting, rock climbing, and explosive experiments are only a few examples of the fun we will have! Grab your buddies and get ready for some serious excitement!

7/7–7/10	Tu–F	8:00 AM–5:00 PM	\$190	315553-05
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Challenge Camp

Gear up for a week filled of challenging fun! Throughout the week you will compete in friendly activities. Challenges will be set to challenge you physically and mentally! Gear up for a week you will never forget!

7/14–7/17	Tu–F	8:00 AM–5:00 PM	\$160	315553-06
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Splash Camp

The summer is heating up, so let's cool off by getting wet! We'll slip & 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.

7/21–7/24	Tu–F	8:00 AM–5:00 PM	\$190	315553-07
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Chef Camp II

Join us for another round in the kitchen! We will prepare more intricate courses and appetizers! We will also explore with salads, and desserts! We'll work with a professional chef and finish the camp with an Iron Chef Challenge!

7/28–7/31	Tu–F	8:00 AM–5:00 PM	\$160	315553-08
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Outdoor Adventure II

Grab your outdoor gear and get ready another round of outdoor adventure! We will explore our surroundings with rafting, rock climbing, hiking, and much more!

8/4–8/7	Tu–F	8:00 AM–5:00 PM	\$160	315553-09
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Bike Camps

Spring Bike Camp

Learn basic road rules, safe riding strategies, emergency skills, bike handling skills and drills, nutrition and hydration, and bike maintenance in this fun camp! Recreational riding will take place along the Poudre and Spring Creek trails. Child must bring a functional bike without training wheels, backpack, water, lunch and sunscreen each day. A helmet can be provided.

Age: 6–11 years

Location: Edora Pool Ice Center

3/16–3/20	M–F	8:30 AM–12:30 PM	\$120	215985-01
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Bike Camp I

Learn basic road rules, safe riding strategies, emergency skills, bike handling skills, drills and bike maintenance in this fun camp! 10–20 miles of recreational riding will take place along the Poudre and Spring Creek trails with a Safe Routes Instructor. **Note:** Child must bring a functional bike without training wheels. Backpack, water, snacks, lunch and sunscreen each day. A helmet can be provided.

Age: 6–11 years

Location: Edora Pool Ice Center

6/22–6/26	M–F	8:30 AM–12:30 PM	\$120	315985-02
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7/13–7/17	M–F	8:30 AM–12:30 PM	\$120	315985-04
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Location: Northside Aztlan Center

6/8–6/12	M–F	8:30 AM–12:30 PM	\$120	315985-01
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Location: Rolland Moore Park

7/6–7/10	M–F	8:30 AM–12:30 PM	\$120	315985-03
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Bike Camp II

Learn basic road rules, safe riding strategies, emergency skills, bike handling skills and drills, nutrition and hydration, and bike maintenance in this fun camp! Recreational riding will take place along the Poudre and Spring Creek trails. You'll get your own safety pack and tool kit. **Note:** Child must bring a functional bike without training wheels, backpack, water, lunch and sunscreen each day. A helmet can be provided.

Age: 6–11 years

Location: Northside Aztlan Center

7/27–7/31	M–F	8:30 AM–12:30 PM	\$120	315986-02
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Location: Spring Canyon Park

7/20–7/24	M–F	8:30 AM–12:30 PM	\$120	315986-01
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Farm Camps**Spring Break Pony Camp**

Spend your Spring Break at The Farm learning to groom, saddle and ride a pony. No horse experience necessary. This is a beginner class, and safety will be stressed at all times. Please wear closed toed shoes, equestrian helmets will be provided.

Age: 8–12 years

3/17–3/20	Tu–F	Noon–2:30 PM	\$135	208611-01
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Farm Day Camp

Every summer is new and exciting at day camp! Each session is packed full of games, crafts, barnyard trivia and of course chores. Campers will help take care of the animals by gathering eggs, milking the cow, “slopping” the pigs and so much more. A field trip and an overnight at the Farm highlight the second week. The second Thursday of each camp is the overnighter. Campers need to be picked up the next day by 8:30 a.m. Campers need a lunch and water bottle every day.

Age: 8–12 years

6/2–6/12	Tu–F	8:30 AM–3:30 PM	\$208	308602-01
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6/16–6/26	Tu–F	8:30 AM–3:30 PM	\$208	308602-02
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7/7–7/17	Tu–F	8:30 AM–3:30 PM	\$208	308602-03
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Mini Day Camp

Fun on The Farm involves your child, the animals and hours of activities designed to entertain and educate. Campers explore country life as they milk the cow, gather eggs, ride the ponies and go on treasure hunts. Mornings are topped off with picnic lunches in the silo, hayloft or maybe even on a hayride! Bring a sack lunch every day. Water will be provided. Wear closed toed shoes.

Age: 6–7 years

6/2–6/5	Tu–F	8:30 AM–12:30 PM	\$64	308604-01
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6/9–6/12	Tu–F	8:30 AM–12:30 PM	\$64	308604-02
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6/16–6/19	Tu–F	8:30 AM–12:30 PM	\$64	308604-03
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7/21–7/24	Tu–F	8:30 AM–12:30 PM	\$64	308604-04
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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. Bring a sack lunch every day. Water will be provided. Wear closed toed shoes.

Age: 6–7 years

6/23–6/26	Tu–F	8:30 AM–3:30 PM	\$128	308605-01
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7/7–7/10	Tu–F	8:30 AM–3:30 PM	\$128	308605-02
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7/21–7/24	Tu–F	8:30 AM–3:30 PM	\$128	308605-03
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7/28–7/31	Tu–F	8:30 AM–3:30 PM	\$128	308605-04
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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. Bring a water bottle. Shoes worn must be closed toed.

Age: 8–12 years

6/2–6/5	Tu–F	8:30–11:00 AM	\$135	308607-01
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6/2–6/5	Tu–F	11:45 AM–2:15 PM	\$135	308607-02
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6/9–6/12	Tu–F	11:45 AM–2:15 PM	\$135	308607-03
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6/16–6/19	Tu–F	8:30–11:00 AM	\$135	308607-04
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6/23–6/26	Tu–F	8:30–11:00 AM	\$135	308607-05
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7/7–7/10	Tu–F	8:30–11:00 AM	\$135	308607-06
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7/14–7/17	Tu–F	11:45 AM–2:15 PM	\$135	308607-07
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7/21–7/24	Tu–F	8:30–11:00 AM	\$135	308607-08
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Advanced Pony Camp

Once your child has mastered grooming and saddling, this camp is for them. The basics of riding will be reviewed and more time will be spent riding. Bring a water bottle. Shoes must be close-toed.

Age: 8–12 years

6/9–6/12	Tu–F	8:30–11:00 AM	\$135	308608-01
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6/16–6/19	Tu–F	11:45 AM–2:15 PM	\$135	308608-02
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6/23–6/26	Tu–F	11:45 AM–2:15 PM	\$135	308608-03
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6/29–7/2	M–Th	8:30–11:00 AM	\$135	308608-04
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7/7–7/10	Tu–F	11:45 AM–2:15 PM	\$135	308608-05
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7/14–7/17	Tu–F	8:30–11:00 AM	\$135	308608-06
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7/28–7/31	Tu–F	8:30–11:00 AM	\$135	308608-07
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7/28–7/31	Tu–F	11:45 AM–2:15 PM	\$135	308608-08
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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

Early Learning

Youth

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 & crafts, movement/physical education, drama, and development of social skills. Children must have turned 4 by 9/15/2014. Funtime closures/holidays correspond to the Poudre School district schedule. Funtime DOES NOT follow PSD weather closures.

Age: 4–6 years

Location: Northside Aztlan Center

4/6–5/13	M,W,F	9:30 AM–Noon	\$197	117500-03
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Funtime for Preschoolers

Arts & 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! Previous class experience recommended. Children must have turned 3 by 9/15/2014. Funtime closures/holidays correspond to the Poudre School district schedule. Funtime DOES NOT follow PSD weather closures.

Age: 3–4 years

Location: Northside Aztlan Center

4/7–5/14	Tu,Th	9:30 AM–Noon	\$157	117501-03
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Lunch Bunch Enrichment

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

Age: 4–6 years

Location: Northside Aztlan Center

Exploring Art

4/6–5/4	M	Noon–2:00 PM	\$33	117509-03
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Fun Stories

4/8–5/6	W	Noon–2:00 PM	\$41	117509-06
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Science

4/17–5/8	F	Noon–2:00 PM	\$33	117509-09
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Ultimate Fort Making

Blankets, towels, parachutes, boxes, hula hoops, floor mats and anything else we can think of will be used to make and create fun forts for an ultimate afternoon of building! Please tell front desk staff of allergies at the time of registration. Snack will be provided.

Age: 3–6 years

Location: Northside Aztlan Center

3/3	Tu	1:00–2:30 PM	\$10	217539-01
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Super Heroes

Come and create your very own Super Hero! In this class we will dress up and play like legendary Super Heroes! Please tell front desk staff of allergies at the time of registration. This is a child without parent class.

Age: 3–6 years

Location: Northside Aztlan Center

3/24–3/31	Tu	1:00–2:30 PM	\$20	217548-01
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Secret Agents

Create your very own spy tools and work as a team to solve a mystery! Please tell front desk staff of allergies at the time of registration.

Age: 3–6 years

Location: Northside Aztlan Center

4/21–4/28	Tu	1:00–2:30 PM	\$20	217552-01
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Builders & Bulldozers

In this class your child will help build and destroy life size structures. Class includes dramatic play, and arts and crafts. Please tell front desk staff of allergies at the time of registration. This is a child without parent class.

Age: 3–6 years

Location: Northside Aztlan Center

3/10	Tu	1:00–2:30 PM	\$10	217553-01
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Shake, Rattle, Roll Pre-K

Sing, dance, play instruments, explore rhythm and movement and have fun being silly!

Age: 3–4 years

Location: Northside Aztlan Center

3/3–3/24	Tu	10:00–11:00 AM	\$32	217535-01
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3/31–4/21	Tu	10:00–11:00 AM	\$32	217535-02
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4/28–5/12	Tu	10:00–11:00 AM	\$24	217535-03
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My Pretty Pony

You child will enjoy my pretty pony games, crafts and stories. Bring your ponies with you and have fun playing pretend with your friends!

Age: 3–5 years

Location: Northside Aztlan Center

5/7–5/14	Th	1:00–2:30 PM	\$20	217542-01
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Ninja Turtles

Leonardo, Raphael, Donatello, Michelangelo, inspired crafts and games. Snack included. Pizza anyone?

Grade: 3 & up

Location: Northside Aztlan Center

5/5–5/12	Tu	1:00–2:30 PM	\$20	217543-01
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Cars with Friends

You and your new friends will have fun racing match box cars and making your own car from a box!

Grade: 3 & up

Location: Northside Aztlan Center

4/7–4/14	Tu	1:00–2:30 PM	\$20	217544-01
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Playdough World

In this class we will spend time creating scented, edible and even glow in the dark play dough! We will also create our very own worlds made completely from play dough!

Age: 3–5 years

Location: Northside Aztlan Center

3/26–4/9	Th	1:00–2:30 PM	\$30	217547-01
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Afternoon Play Pals

This class offers a variety of activities to keep your child's afternoons educational and active. Classes are theme-based and will include arts & crafts, science, story-telling, music/movement along with recreational swim time both T & TH. This class serves as a great complement to preschool or kindergarten. Please have children arrive dressed in swim clothes. Swim time is 2–2:45 p.m. Parents please arrive 15 minutes early to help your child dress after swimming.

Age: 4–6 years

Location: Mulberry Pool

3/24–4/9	Tu,Th	12:30–3:00 PM	\$79	217215-01
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4/14–4/30	Tu,Th	12:30–3:00 PM	\$79	217215-02
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5/5–5/21	Tu,Th	12:30–3:00 PM	\$79	217215-03
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Funtime Discovery

Your child will discover arts & 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. This is a child without parent class. Funtime closures/holidays correspond to the Poudre School District schedule unless otherwise notified in class. Funtime does not follow PSD weather closures. Class will not be held on 3/17, 3/19.

Age: 2.5–3.5 years

Location: Northside Aztlan Center

3/3–4/9	Tu,Th	9:30–11:00 AM	\$79	217503-01
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4/14–5/14	Tu,Th	9:30–11:00 AM	\$79	217503-02
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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. Please tell front desk staff of allergies at the time of registration. This is a child without parent class. Class will not be held on 3/16, 3/18.

Age: 2 years

Location: Northside Aztlan Center

3/2–4/8	M,W	9:30–10:30 AM	\$54	217504-01
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3/2–4/8	M,W	11:00 AM–Noon	\$54	217504-02
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4/15–5/13	M,W	9:30–10:30 AM	\$54	217504-03
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4/15–5/13	M,W	11:00 AM–Noon	\$54	217504-04
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Babies born, *lives changed.*

**We know babies. We know kids.**

Poudre Valley Hospital has been part of Fort Collins since 1925. Our hospital nursing staff and our provider partners are proud to be part of your children's birth stories.

Our team includes:

- A Woman's Healing Center.
- A Woman's Place.
- Associates in Family Medicine.
- Family Medicine Center.
- Fort Collins Youth Clinic.
- Miramont Family Medicine.
- Pediatric Associates.
- Rocky Mountain Family Practice.
- UCHealth Internal Medicine and Pediatrics.
- UCHealth Primary Care.
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- Women's Clinic of Northern Colorado.

We're here to listen to your concerns, answer your questions, celebrate the moments in life that truly matter.

It is an honor to care for you.



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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. This is a child without parent class.

Age: 3–6 years

Location: Northside Aztlan Center

Paleontology

3/5	Th	9:30–11:00 AM	\$16	217507-01
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Astronomy

3/12	Th	9:30–11:00 AM	\$16	217507-02
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Magnets

3/26	Th	9:30–11:00 AM	\$16	217507-03
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Oceanography

4/23	Th	9:30–11:00 AM	\$16	217507-04
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Concoctions

4/30	Th	9:30–11:00 AM	\$16	217507-05
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Vet Medicine

5/7	Th	9:30–11:00 AM	\$16	217507-06
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Entomology

5/14	Th	9:30–11:00 AM	\$16	217507-07
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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

4/2–4/16	Th	9:30–11:00 AM	\$30	217508-01
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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. On days that school is out we've increased the age so older kids may attend. Great for siblings! Please tell front desk staff of allergies at the time of registration. This is a child without parent class.

Age: 3–8 years

Location: Northside Aztlan Center

Age: 3–6 years

Rubber Ducky Cupcake

4/24	F	9:30–11:00 AM	\$21	217520-03
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Cookie Caterpillar

5/8	F	9:30–11:00 AM	\$21	217520-04
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Age: 3–8 years

Green Omelets

3/13	F	9:30–11:00 AM	\$21	217520-01
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Mini Mac-n-Cheese

4/10	F	9:30–11:00 AM	\$21	217520-02
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Storybook Theater

Using old time favorite stories as a basis, your child will enrich their theater experience through acting, singing, crafts, and make believe. This is a child without parent class.

Age: 3–5 years

Location: Northside Aztlan Center

3 Little Pigs

3/4	W	1:00–2:30 PM	\$10	217530-01
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Henny Penny

3/11	W	1:00–2:30 PM	\$10	217530-02
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3 Billy Goats

3/25	W	1:00–2:30 PM	\$10	217530-03
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Gingerbread Boy

4/1	W	1:00–2:30 PM	\$10	217530-04
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Stinky Cheese Man

4/8	W	1:00–2:30 PM	\$10	217530-05
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Sound Stories

5/13	W	1:00–2:30 PM	\$10	217530-06
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Storybook Theater-Performance!

Over the course of this 4 week class children will create simple props, backgrounds and costumes while taking turns acting out the various parts of the selected story. Parents will be invited to a special performance on the last day of the class.

Age: 4–7 years

Location: Northside Aztlan Center

Are you my Mother?

4/15–5/6	W	1:00–2:30 PM	\$40	217532-01
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Disney Delights

Your child will find this Disney themed class absolutely delightful! Crafts, games, music and story time is all part of the fun! On days when school is out we've increased the age so older kids may attend. Great for siblings! Please tell front desk staff of allergies at the time of registration. This is a child without parent class.

Age: 3–8 years

Location: Northside Aztlan Center

Age: 3–6 years

Planes

4/24	F	1:00–2:30 PM	\$16	217540-03
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Toy Story

5/8	F	1:00–2:30 PM	\$16	217540-04
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Age: 3–8 years

Frozen

3/13	F	1:00–2:30 PM	\$16	217540-01
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Little Mermaid

4/10	F	1:00–2:30 PM	\$16	217540-02
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Hospital Helpers

A class specifically for those who love to help! In this class we will simulate what it is like to be a doctor or nurse. We will learn how to take care of minor cuts, scrapes, and bruises.

Age: 3–6 years

Location: Northside Aztlan Center

4/16–4/30	Th	1:00–2:30 PM	\$30	217545-01
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Hello Kitty

Stories, crafts, snack, fun and games themed around Hello Kitty! Class partially discountable. This is a child without parent class.

Age: 3–6 years

Location: Northside Aztlan Center

3/5–3/12	Th	1:00–2:30 PM	\$20	217546-01
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When I Grow Up

Using themed props and dress up clothes, children will exercise their imaginations trying-on different grown-up jobs. Please tell front desk staff of allergies at the time of registration. This is a child without parent class.

Age: 3–5 years

Location: Northside Aztlan Center

Construction

3/6	F	1:00–2:30 PM	\$12	217554-01
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Police Station

4/3	F	1:00–2:30 PM	\$12	217554-02
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Post Office

4/17	F	1:00–2:30 PM	\$12	217554-03
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Flower Shop

5/1	F	1:00–2:30 PM	\$12	217554-04
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Preschool Tools

Under close supervision preschoolers will have hands-on practice using real tools!

Age: 3–5 years

Location: Northside Aztlan Center

Hammers and Nails

3/2	M	1:00–2:00 PM	\$12	217556-01
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Screws, Bolts, Nuts

4/6	M	1:00–2:00 PM	\$12	217556-02
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Take-it-apart

5/4	M	1:00–2:00 PM	\$12	217556-03
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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! Class partially discountable. All sessions will be

Little Yogis continued

different so sign up for as many as you like. This is a child without parent class. Class will not be held on 3/20.

Age: 3–6 years

Location: KidsCrave Yoga 4021B S College

3/6–4/3	F	11:00–11:45 AM	\$38	217955-01
4/10–5/1	F	11:00–11:45 AM	\$38	217955-02
5/8–5/29	F	11:00–11:45 AM	\$38	217955-03

Pirate Yoga

Climb aboard our yoga pirate ship as we set sail in search of secret treasure! We'll learn how to talk, dress and train liked pirates. Meet some of our pirate animal friends too but be clever mateys we want to get the treasure before all the other pirates do! AARRRGH! Come dressed in your favorite pirate gear. Class partially discountable. All sessions will be different so sign up for as many as you like.

Age: 3–6 years

Location: KidsCrave Yoga 4021B S College

3/6	F	Noon–1:00 PM	\$20	218570-01
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Downward Doll Yoga

This playful class is a chance for kids to share yoga fun with their favorite friend! Have your child bring their own doll so they can practice together. We will explore pint-sized poses, bitsy balances and teensy twists. We will even provide a mini yoga mat to take home so they can practice with their special friend. Class partially discountable. All sessions will be different so sign up for as many as you like.

Age: 3–6 years

Location: KidsCrave Yoga 4021B S College

4/3	F	Noon–1:00 PM	\$25	218571-01
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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 Costumes encouraged – please come dressed as your favorite super hero!

Age: 3–6 years

Location: KidsCrave Yoga 4021B S College

5/1	F	Noon–1:00 PM	\$20	218968-02
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Parent & Child**Baby Ballerinas**

You and your favorite two year old will begin to explore body movement and awareness in this fun and imaginative class! This is a parent with child class.

Age: 2 years

Location: Club Tico

3/24–4/7	Tu	9:00–9:45 AM	\$25	217196-01
4/14–4/28	Tu	9:00–9:45 AM	\$25	217196-02
5/5–5/19	Tu	9:00–9:45 AM	\$25	217196-03



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Shake Rattle and Roll

Come and shake, rattle and roll! We will have fun with singing, playing simple games, finger plays and instrument play. Class will not be held on 4/10.

Age: 12 months–3 years

Location: Northside Aztlan Center

3/3–3/24	Tu	9:00–9:45 AM	\$32	217575-01
3/6–3/27	F	9:00–9:45 AM	\$32	217575-02
3/31–4/21	Tu	9:00–9:45 AM	\$32	217575-03
4/3–4/24	F	9:00–9:45 AM	\$24	217575-04
4/28–5/12	Tu	9:00–9:45 AM	\$24	217575-05
5/1–5/15	F	9:00–9:45 AM	\$24	217575-06

Mom and Tot Science

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. This is a parent with child class.

Age: 2–3 years

Location: Northside Aztlan Center

4/8–4/15	W	10:00–11:00 AM	\$20	217560-01
5/6–5/13	W	10:00–11:00 AM	\$20	217560-02

Mother Hubbard's Crafts and Cupboard

Join us for some fun in the kitchen! Each class is themed with hands-on activities. Class includes cooking, arts & crafts, and story time. Please tell front desk staff of allergies at the time of registration.

Age: 2 years

Location: Northside Aztlan Center

Green Treats				
3/6	F	10:00–11:00 AM	\$16	217571-01
Citrus Chick Cookies				
4/3	F	10:00–11:00 AM	\$16	217571-02
Teddy Bear Treats				
4/17	F	10:00–11:00 AM	\$16	217571-03
Caterpillar Cupcakes				
5/1	F	10:00–11:00 AM	\$16	217571-04

Daddy & Me Surprise for Mom

Kids and dads will work together to create a special gift for mom. This is a parent with child class.

Age: 2–3 years

Location: Northside Aztlan Center

5/9	Sa	10:00 AM–Noon	\$20	217581-01
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Mommy (or Daddy) and me learn together

This class is designed for the older toddler who is not quite ready to take a class by themselves. This class provides an introduction to our instructors and classrooms, easing the transition to child without parent classes.

Age: 18 months–2 years

Location: Northside Aztlan Center

Zoo Animals

3/6	F	9:30–10:30 AM	\$10	217569-01
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Cars & Trucks

3/27	F	9:30–10:30 AM	\$10	217569-02
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Farm Animals

4/3	F	9:30–10:30 AM	\$10	217569-03
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Bugs & Butterflies

4/24	F	9:30–10:30 AM	\$10	217569-04
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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, flubber and playdough are just a few of the things you'll get your hands on...and in!

Age: 18 months–2 years

Location: Northside Aztlan Center

3/25–4/1	W	10:00–10:45 AM	\$20	217585-01
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4/22–4/29	W	10:00–10:45 AM	\$20	217585-02
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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. 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: 2–3 years

Location: Mulberry Pool

Age: 2 years

3/23–4/13	M	10:00–10:45 AM	\$33	217295-01
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3/23–4/13	M	11:05–11:50 AM	\$33	217295-02
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3/25–4/15	W	10:30–11:15 AM	\$33	217295-03
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5/4–5/18	M	10:00–10:45 AM	\$25	217295-04
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5/4–5/18	M	11:05–11:50 AM	\$25	217295-05
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4/29–5/20	W	10:30–11:15 AM	\$33	217295-06
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Age: 3 years

3/23–4/13	M	9:00–9:45 AM	\$33	217295-07
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3/25–4/15	W	9:30–10:15 AM	\$33	217295-08
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5/4–5/18	M	9:00–9:45 AM	\$25	217295-09
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4/29–5/20	W	9:30–10:15 AM	\$33	217295-10
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Art Discovery Together

You and your favorite two-year-old will be exposed to a variety of mediums and explore the fascinating world of art. **Note:** This is a parent with child class

Age: 2 years

Location: Mulberry Pool

3/26–4/9	Th	9:00–10:00 AM	\$30	217286-01
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4/16–4/30	Th	9:00–10:00 AM	\$30	217286-02
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5/7–5/21	Th	9:00–10:00 AM	\$30	217286-03
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Splish Splash Playgroup

You and your child will have fun meeting and playing with others! Activities will include arts & crafts, music, social time and pool play. This is a great opportunity for parents in our community to meet others and let your children of the same age socialize and play. Older siblings may attend and participate for a drop-in fee of \$5.

Age: 12 months–2 years

Location: Mulberry Pool

3/27–4/10	F	10:00–11:30 AM	\$31	217290-01
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4/17–5/1	F	10:00–11:30 AM	\$31	217290-02
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5/8–5/22	F	10:00–11:30 AM	\$31	217290-03
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Little Explorers

Curious toddlers and their parents will get a chance to experience a different kind of class each week. Science, movement, arts and crafts, and music. All of our favorite toddler classes rolled into one! This is a parent with child class. Class will not be held on 3/17.

Age: 2 years

Location: Northside Aztlan Center

3/3–3/24	Tu	11:00 AM–Noon	\$18	217561-01
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3/31–4/14	Tu	11:00 AM–Noon	\$18	217561-02
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4/21–5/5	Tu	11:00 AM–Noon	\$18	217561-03
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5/12–5/19	Tu	11:00 AM–Noon	\$12	217561-04
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Toddertime

This class will focus on your child's creativity and imagination. It is a combination of fun fitness games, activities, stories, crafts and movement. This is a parent with child class. Class will not be held on 3/18.

Age: 18 months–2 years

Location: Northside Aztlan Center

3/3–3/24	Tu	9:30–10:30 AM	\$18	217562-01
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3/31–4/14	Tu	9:30–10:30 AM	\$18	217562-02
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4/21–5/5	Tu	9:30–10:30 AM	\$18	217562-03
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5/12–5/19	Tu	9:30–10:30 AM	\$12	217562-04
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POUDRE RIVER PUBLIC LIBRARY DISTRICT &
CITY OF FORT COLLINS RECREATION PRESENT



Beginning in February 2015 Poudre River Public Library District Staff will provide students who participate in the Northside Aztlan Center afterschool activities with learning activities in the STREAM Lab.

The STREAM Lab (Science, Technology, Reading, Engineering, Art, Math) will be a maker space activity area at Northside Aztlan Community Center designed to promote youth engagement in learning about and practicing digital citizenship, encouraging the use of library resources as well as learning about STREAM-related careers and lifelong learning.

Beginning in February 2015 Poudre River Public Library District Staff will provide

students who participate in the Northside Aztlan Center afterschool activities with learning activities in the STREAM Lab such as: how to use iPads, 3-D printers, e-textiles, digital citizenship, Minecraft activities, LEGO Robotics and more. Recreation Department staff will oversee visitors who wish to participate in self-guided maker activities at the Northside Aztlan Center. This project was made possible in part by the Institute of Museum and Library Services*.

Watch the Recreator for continuing information!



*The Institute of Museum and Library Services is the primary source of federal support for the nation's 123,000 libraries and 35,000 museums. Our mission is to inspire libraries and museums to advance innovation, lifelong learning, and cultural and civic engagement. Our grant making, policy development, and research help libraries and museums deliver valuable services that make it possible for communities and individuals to thrive. To learn more, visit www.imls.gov and follow IMLS on Facebook and Twitter.

CPR Professional continued

Age: 18 years & up
Location: Senior Center

3/11	W	5:30–9:30 PM	\$67	207442-01
4/15	W	5:30–9:30 PM	\$67	207442-02
5/6	W	5:30–9:30 PM	\$67	207442-03

Wilderness 1st Aid

This course includes assessment, short and long term management of injury, medical emergencies and conditions when definitive care is more than one hour away. The field day will focus on hands-on scenarios and techniques needed to stabilize the victim and others in the group. AAOS Emergency Care and Safety Institute Certification will be completed and is valid for three years. Book included. Class not discountable.

Age: 18 years & up
Location: Senior Center

3/31–4/2	Tu,Th	5:30–9:30 PM	\$67	207443-01
4/4	Sa	9:00 AM–5:00 PM		

Cooking

Indian Fusion

This class offers participants to bring a bit of globalization to their dinner table. Instructor and Indian cooking expert, Sapna Von Reich, enjoys mixing and matching her traditional recipes with common local ingredients. She'll teach you how easy it is to spice up your everyday dishes with an Indian spin. Menu: cardamom chai tea, mushroom, pepper and green pea curry on pasta, and tofu tikka masala on baguette and Indian style quinoa.

Age: 18 years & up
Location: Senior Center

3/10	Tu	6:00–8:15 PM	\$29	207425-01
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Slow Cooker Curries

Let your slow cooker make an authentic Indian Curry for your dinner tonight. Join Sapna for this easy, delicious, gluten-free, dairy-free, and vegetarian class. Menu: spicy lentil soup, garbanzo bean curry, saag-a popular spinach curry, vegetable korma.

Age: 18 years & up
Location: Senior Center

3/26	Th	6:00–8:15 PM	\$29	207426-01
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Healthy Ethiopian Dishes

Join us for this enjoyable and hands-on Vegetarian Ethiopian Cuisine class. You will have a chance to learn some basic cooking techniques and explore Ethiopian ingredients such as fresh herbs, grains, and spices. Menu: misir wot (red lentils), collard gomen, atkilt wot (cabbage, carrot and potato stew), duba wot (butternut squash in berbere sauce) and teff flour crepe.

Age: 18 years & up
Location: Senior Center

4/9	Th	6:00–8:15 PM	\$29	207427-01
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Education

Adult

CPR & First Aid

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. Class not discountable.

Age: 18 years & up
Location: Senior Center

4/11	Sa	9:00 AM–5:00 PM	\$67	207441-01
5/9	Sa	9:00 AM–5:00 PM	\$67	207441-02

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. Includes AHA student text. Class not discountable.

Homemade Crepes & Indian Chutney

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! Menu: mung bean crepe with coconut chutney; semolina crepe with tomato chutney, garbanzo bean flour crepe with mint-cilantro chutney, cardamom chai.

Age: 18 years & up

Location: Senior Center

4/30	Th	6:00–8:15 PM	\$29	207428-01
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Healthy Greens Indian Style

Leafy greens pack a punch of aesthetics, flavor, and versatility. Many of us do not know how easy it is to cook leafy greens. They are a nutritional powerhouse and are not only delicious sautéed, but pair beautifully with a multitude of spices, grains, beans, and proteins from all corners of the planet. Menu: collard greens with coconut, saag (spinach and lentil curry), kale with potatoes, turmeric rice pulao, carrot pudding.

Age: 18 years & up

Location: Senior Center

5/14	Th	6:00–8:15 PM	\$29	207429-01
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Homemade Indian Flatbreads

Impress your family and friends with some exotic and fantastic Indian bread. Menu: Spinach and mint bread, cauliflower and spiced chickpea flour bread, potato stuffed bread and chai tea.

Age: 18 years & up

Location: Senior Center

5/13	W	6:00–8:15 PM	\$29	207430-01
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Food for Life: Cancer Project

Studies have shown that a diet built from plant foods offers the most cancer-fighting protection of any. This 4-class series includes discussion on maintaining a healthy weight and a variety of cancer related topics demonstrating how to prepare delicious, simple and healthy meals easily recreated at home. Introduction to How Foods Fight Cancer, fueling up on low-fat, high fiber foods, discovering dairy and meat alternatives, cancer-fighting compounds and healthy weight control.

Age: 18 years & up

Location: Senior Center

3/24–4/14	Tu	6:00–8:00 PM	\$90	207431-01
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3/24	Tu	6:00–8:00 PM	\$25	207431-02
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Cooking Around the World

Learn about a new country each week through its cuisine. The recipes are simple and adaptations using locally available ingredients, and designed for convenience. The complete meals should take you about 30 minutes. Vegetarian version, If needed, eggs can be optional too.

Age: 18 years & up

Location: Senior Center

4/7–4/28	Tu	6:30–7:30 PM	\$49	207432-01
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Thai Cooking 1st Course

Cooking Thai food is not that complicated. You just need a little know how. Come join me and I will show you how to cook vegetarian food Thai style and how to choose quality ingredients to make your meals taste great. Menu: tom kha soup the classic coconut soup; pineapple fried rice; fresh roll made from fresh sliced cucumber, cilantro, mint leaves and rice noodles.

Age: 18 years & up

Location: Senior Center

3/3	Tu	6:00–8:30 PM	\$35	207433-01
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Thai Cooking 2nd Course

Make a family style dinner without ever leaving your house. Gaeng Kiaw Wan; sweet green curry. Larb; The thai version of the Chinese lettuce cup. Minced pork, mint leaves, shallots and lime juice. Bua Loi: Sticky rice balls in coconut milk. Rice and Prik Nam Pla: Two traditional items served with every Thai meal.

Age: 18 years & up

Location: Senior Center

5/5	Tu	6:00–8:30 PM	\$35	207434-01
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General

Henna Tattoo

Come learn about the all-natural temporary tattoo that you paint on your hands and which lasts a few weeks. No experience necessary. All supplies are included, but you need to be ready to participate—this is a very hands-on class, where you will draw and paint on your own and other class-mates' palms.

Age: 18 years & up

Location: Senior Center

3/9–3/30	M	6:30–7:30 PM	\$49	207462-01
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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: 18 years & up

Location: Senior Center

3/11–5/13	W	6:30–8:00 PM	\$99	207446-01
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Wine Tasting Basics

Learn to taste wine like the pros and check out the most popular wine varieties in a side by side format. Gain familiarity with basic wine terms, learn to identify various wine components and discern which wine styles they prefer and why. A little wine education can go a long way in selecting and enjoying wine.

Age: 18 years & up

Location: Senior Center

3/6	F	7:00–8:30 PM	\$35	207459-01
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Wines of Spain

Spain's wine scene is versatile with well-priced, accessible wines. With the many grape varieties, regions and classic styles, there's something for all. Try Spain's white wine diva, Albarino, from the northwest Rias Baixas region, Tempranillo a food-friendly red from Rioja, a Spanish sparkler known as Cava, and more.

Age: 18 years & up

Location: Senior Center

5/5	Tu	7:00–8:30 PM	\$35	207460-01
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Jack Reacher in Book and Film

Prior to the program read Lee Child's novel One Shot. Then join us to view the movie based on the novel. We will discuss the question: Which format tells the story better and why? Brought to you by Front Range Forum.

Age: 18 years & up

Location: Senior Center

3/26	Th	1:00–4:00 PM	\$5	207478-01
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Creative Writing

Creative writing, especially fiction, with suggestions, direction, and critiques. An honest look at the changing field of publishing and agents in the digital age. This will be challenging, fun, mind-expanding, and imaginative, making us all better writers. The instructor will be Linda Krantz, author of three novels.

Age: 18 years & up

Location: Senior Center

4/9–5/28	Th	7:00–8:00 PM	\$40	207461-01
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Success Strategies

Review and discuss information from one of 12 respected leaders in the field of consciousness evolution. Class focuses on practical information and discussions for applying these ideas.

Age: 18 years & up

Location: Senior Center

3/11–4/8	W	4:00–5:00 PM	\$29	207468-01
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Organizing Made Easy

Learn how to easily organize any space in your home using basic principles and tools of organizing.

Age: 18 years & up

Location: Senior Center

3/21	Sa	10:00 AM–Noon	\$20	207469-01
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Fly Cheap, Stay Cheap, Travel Cheap

Learn the secrets of traveling in grand style on a limited budget. Discover how to obtain great deals on airfares, accommodations, cruises, entertainment, and creative lodging ideas. Supplies are optional at \$15 fee.

Age: 18 years & up

Location: Senior Center

3/3	Tu	6:00–9:00 PM	\$50	207476-01
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4/7	Tu	6:00–9:00 PM	\$50	207476-02
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How to be a Travel Writer: The Easy Way

Do you love to travel and write about your journeys? Turn that passion into a career in travel journalism and see the world for free. Ron Stern, a veteran travel photojournalism will show you the insider steps to get started. Supplies are optional at a \$25 fee.

Age: 18 years & up

Location: Senior Center

3/2	M	6:00–8:00 PM	\$60	207477-01
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5/4	M	6:00–8:00 PM	\$60	207477-02
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Parenting

Nurturing Your Child's Self Esteem

This workshop will take a closer look at self-esteem and its various components so you may understand how to build a solid foundation in the early years. Families with children from 2–8 years old will find ideas and suggestions that easily apply.

Age: 18 years & up

Location: Senior Center

3/12	Th	6:30–8:30 PM	\$20	207470-01
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The Language of Encouragement

Encouragement provides positive and realistic feedback that can have a powerful impact on behavior. Use the power of words to strengthen the parent/child bond and encourage good behavior.

Age: 18 years & up

Location: Senior Center

3/24	Tu	6:30–8:30 PM	\$20	207471-01
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The Four Mistaken Goals of Misbehavior

Social psychologists Alfred Adler and Rudolf Dreikurs laid the groundwork for helping adults guide children to be their best selves. When parents understand the child's real need behind the misbehavior they can help satisfy the unmet need and avoid developing challenging patterns in the parent/child relationship.

Age: 18 years & up

Location: Senior Center

4/2	Th	6:30–8:30 PM	\$20	207472-01
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Developing the Culture of the Family

Every family has its own culture. Bonding and communication that is a part of family meetings allows members to enhance the family culture with problem solving, building traditions, and crafting agreements that work for everyone's good. Learn how to develop a format for starting and making the most of family meetings.

Age: 18 years & up

Location: Senior Center

4/14	Tu	6:30–8:30 PM	\$20	207473-01
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Music & Theatre

Just Once Guitar

In just a few hours you can learn enough about playing guitar to give you years of musical 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. Bring your acoustic guitar. For more information go to justonceclasses.com. Fee includes workbook and practice DVD.

Age: 18 years & up

Location: Senior Center

4/7	Tu	4:00–6:30 PM	\$54	207466-01
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Just Once Piano

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. While regular piano teachers teach note reading, piano professionals use chords. And you can learn all the chords you'll need to play any song in this one session. Total beginners can print out a free pamphlet on the treble clef at justonceclasses.com and click on classes then piano.

Age: 18 years & up

Location: Senior Center

4/7	Tu	6:40–9:30 PM	\$96	207467-01
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Technology

Excellent & Free Software

You do not need to pay monthly fee for your software! There is 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).

Age: 18 years & up

Location: Senior Center

5/2	Sa	9:00 AM–Noon	\$14	207406-01
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Microsoft Live Movie Maker

Create computer videos from new/old photos and save as files/DVD for special occasion or archives. Will cover scanning, enhancing and repair of photos. Incorporate music, animations, themes, photo transitions, captions, and saving in multiple formats.

Age: 18 years & up

Location: Senior Center

3/10–4/14	Tu	5:00–7:00 PM	\$79	207417-01
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Quicken Introduction

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. **PREREQUISITE:** Computer Basics Class or basic computer knowledge. Instructor provided by the Front Range PC Users Group.

Age: 18 years & up

Location: Senior Center

5/2	Sa	8:30 AM–12:30 PM	\$14	207412-01
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Gizmos & Gadgets

Tablet? Smartphone? 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. Instructor provided by the Front Range PC Users Group.

Age: 18 years & up

Location: Senior Center

4/11	Sa	9:00 AM–Noon	\$14	207407-01
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Blogging for Passion or Profit and Lab Option

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 & hosting. Create unlimited pages and edits; no programming experience needed. Creating your business or hobby blog has never been easier! Those under 18 welcome with parent permission.

Age: 18 years & up

Location: Columbine Health Computer Lab

4/22–5/20	W	7:30–8:30 PM	\$45	207901-01
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An optional extension of the Blogging for Passion or Profit class. Students will apply the lessons covered in class with guidance from the instructor. A great way to practice your most common WordPress blogging tasks and build your website with confidence.

4/25–5/16	Sa	9:00–10:00 AM	\$40	207901-02
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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. Instructor provided by the Front Range PC Users Group.

Age: 18 years & up

Location: Columbine Health Computer Lab

3/3–3/6	Tu–F	10:00 AM–Noon	\$19	207902-01
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Excel Introduction

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

Age: 18 years & up

Location: Columbine Health Computer Lab

4/18	Sa	8:30 AM–12:30 PM	\$14	207903-01
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Facebook for Beginners

Ever get frustrated trying to figure out Facebook? Learn to build a meaningful network and keep up with family, friends and brands. Control your privacy and the visibility of what you share. If you can manage online email you can handle Facebook.

Age: 18 years & up

Location: Columbine Health Computer Lab

3/25–4/15	W	7:30–8:30 PM	\$45	207905-01
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Beginning Word v. 2010

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. **PREREQUISITE:** Computer Basics Class or basic computer knowledge. Instructor provided by the Front Range PC Users Group.

Age: 18 years & up

Location: Columbine Health Computer Lab

3/7-3/14	Sa	8:30 AM-12:30 PM	\$24	207909-01
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Social Media for Business

Social platforms are great resources for marketing small business. Learn how to leverage social networking tools to establish leadership in your market—without spending all day in it! Participants will ideally have some experience with existing social media accounts. Those under 18 welcome with parent permission.

Age: 18 years & up

Location: Columbine Health Computer Lab

4/8-5/6	W	6:15-7:15 PM	\$45	207914-01
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Using Windows 7

This 3-session class covers the basic terms and tools of Windows 7. Included are hands-on exercises that demonstrate working with windows, menus, and files, plus how to customize. Also a brief, non-technical description of the computer and simple maintenance tasks suitable for even the most inexperienced user. **PREREQUISITE:** Computer Basics Class or basic computer knowledge. Instructor provided by the Front Range PC Users Group.

Age: 18 years & up

Location: Columbine Health Computer Lab

3/21-4/4	Sa	8:30 AM-12:30 PM	\$25	207916-01
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Twitter for Regular Folks

Social networking 140 characters at a time—simple, but very powerful! Use Twitter to create your personalized feed and follow influential people, track breaking news in real time, and even become an influencer yourself. Perfect for beginners!

Age: 18 years & up

Location: Columbine Health Computer Lab

4/1	W	6:15-7:15 PM	\$15	207918-01
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Teen

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 or email at lratajczak@fcgov.com. Mandatory interviews will be set up with select applicants. Application deadline is May 8.

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, certificate of hours completed and a small stipend.

Cost of the program is:

- \$160 for new applicants (includes Babysitting Boot Camp class).
- \$85 for new applicants that have completed Babysitting Boot Camp class.
- \$65 for Returning Junior Staff

The Junior Staff in Training program is partially reducible for those who qualify.

Schools Out Teen Trips

Age: 11-16 years

Location: Northside Aztlan Center

RM National Park

4/10	F	9:00 AM-4:00 PM	\$20	215538-01
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Poudre Trail Riding

5/15	F	9:00 AM-4:00 PM	\$20	215538-02
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Babysitting Bootcamp

Babysitting business practices, discipline & communication, feeding, diapering, safe play for infants and children, preventing accidents, recognizing & responding to emergencies, basic first aid, choking and hands only CPR. Students receive a card endorsed by the American Academy of Pediatrics for Babies. Bring paper, pencil & lunch. Class partially discountable.

Age: 11-16 years

Location: Northside Aztlan Center

3/16	M	Noon-8:00 PM	\$75	215522-01
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4/10	F	Noon-8:00 PM	\$75	215522-02
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5/15	F	Noon-8:00 PM	\$75	215522-03
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Crazy Cakes

New cake recipes every time! You'll work with fondant, modeling chocolate, gum paste and more to make the tastiest, most awesomely decorated cakes ever! Please note food allergies at registration. All supplies will be provided. Class partially discountable.

Age: 11-16 years

Location: Northside Aztlan Center

3/14	Sa	1:00-4:00 PM	\$26	215556-01
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4/11	Sa	1:00-4:00 PM	\$26	215556-02
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5/16	Sa	1:00-4:00 PM	\$26	215556-03
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Youth

After-School Enrichment

The After-School Enrichment Program provides homework help, food, games, crafts, computers, sports and more. Limited transportation is provided from Lincoln, Putnam, Irish and select schools. Anyone registering that needs transportation must call Tyler at 970.221.6729

Grade: Kindergarten–8

Location: Northside Aztlan Center

3/2–3/6	M–F	4:00–6:00 PM	\$40	215525-01
3/9–3/12	M–Th	4:00–6:00 PM	\$30	215525-02
3/23–3/27	M–F	4:00–6:00 PM	\$40	215525-03
3/30–4/3	M–F	4:00–6:00 PM	\$40	215525-04
4/6–4/9	M–Th	4:00–6:00 PM	\$30	215525-05
4/14–4/17	Tu–F	4:00–6:00 PM	\$30	215525-06
4/20–4/24	M–F	4:00–6:00 PM	\$40	215525-07
4/27–5/1	M–F	4:00–6:00 PM	\$40	215525-08
5/4–5/8	M–F	4:00–6:00 PM	\$40	215525-09
5/11–5/14	M–Th	4:00–6:00 PM	\$30	215525-10
5/18–5/22	M–F	4:00–6:00 PM	\$40	215525-11
5/26–5/28	Tu–Th	4:00–6:00 PM	\$20	215525-12

Youth Sciences Classes

Build an AM Radio

Build a real working radio! We will learn about radios and radio waves. We will experiment with antennas and circuits. Then we will assemble all the pieces into a very cool radio that you get to keep and take home.

Grade: 1–8

Location: Northside Aztlan Center

Build an AM Radio

3/28–4/11	Sa	10:00–11:00 AM	\$49	215573-01
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Build a Hovercraft

Come join us as 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.

4/18–5/2	Sa	10:00–11:00 AM	\$49	215573-02
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Build a 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!

5/9–5/23	Sa	10:00–11:00 AM	\$49	215573-03
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Jedi Academy

Jedis in training, learn the ways of the Force! Create a light saber and practice your tie-fighting skills.

Age: 6–10 years

Location: Northside Aztlan Center

3/7	Sa	1:00–3:00 PM	\$19	218542-01
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Legomania

Creating a master city with a wide variety of legos. Bring your creativity with you and join us for a fun afternoon of construction. Snack provided.

Age: 6–10 years

Location: Northside Aztlan Center

4/11	Sa	1:00–3:00 PM	\$19	218547-01
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Lego Crazy Schools Out Day

Lego enthusiasts, spend your schools out day with other Lego fanatics! Kids will enjoy other fun activities such as arts & crafts, a movie, snacks and gym time! Please tell front desk staff of allergies at the time of registration. Please bring a sack lunch.

Grade: 1–6

Location: Northside Aztlan Center

4/13	M	8:00 AM–5:00 PM	\$36	216598-01
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Van Gogh Sunflowers

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

Age: 6–11 years

Location: Northside Aztlan Center

3/19	Th	9:00–11:00 AM	\$24	216516-01
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School's Out Day

STEM projects & challenges, arts & crafts, gym time & an end of day movie will keep your child busy on their day off of school. Please tell front desk staff of allergies at the time of registration. Please bring a sack lunch.

Grade: 1–6

Location: Northside Aztlan Center

4/10	F	8:00 AM–5:00 PM	\$36	216597-01
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Schools Out Elementary Drop-In

What will your elementary-aged children do on their schools out day? Come visit the Northside Aztlan Community Center. Open gym will provide various balls, scooters, obstacle courses, boxes (and other fun things). In our Innovation lab a variety of materials will be available to explore and create with. This is not a drop off program. Kids must be accompanied by an adult. One adult may accompany multiple children. Younger siblings welcome. Adults and kids 2 and older.

Grade: Kindergarten–5

Location: Northside Aztlan Center

3/13	F	10:00 AM–Noon	\$4	216503-01
4/13	M	10:00 AM–Noon	\$4	216503-02
5/15	F	10:00 AM–Noon	\$4	216503-03

The Farm

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.

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.) 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.” Adoptions made before December 9 will be sent an invitation to a special holiday event in December!

Birthday Parties

Celebrate your child’s birthday with 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.

The Farm Celebrates 30 Years!

Watch for information in the Summer Recreator for specials in July at The Farm. Mark July 25, 2015 on your calendar for a day filled with special activities, food, and entertainment!

After School Farmers

Experience life on a farm by participating in farm activities such as milking the cow, taking a hayride, feeding the animals and some surprises too!

Age: 6–10 years

3/25–4/15	W	4:00–5:30 PM	\$40	208601-01
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Barnyard Experience

Join us as we explore the barn and the barnyard! Kids will learn how hay is stored, and learn about the animals that will have babies this spring! A craft and snack will round out the morning!

Age: 6–10 years

3/18	W	9:30–11:30 AM	\$16	208623-01
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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 hands-on experience. Milking a cow, gathering eggs, helping make their own snacks and riding the ponies are all part of the fun at The Farm! Parents will be asked to lead their child’s pony on the day they ride.

Age: 4–5 years

3/25–4/15	W	9:30–11:00 AM	\$40	208606-01
3/26–4/16	Th	1:30–3:00 PM	\$40	208606-02
3/27–4/17	F	9:30–11:00 AM	\$40	208606-03
3/27–4/17	F	1:30–3:00 PM	\$40	208606-04
4/21–5/12	Tu	9:30–11:00 AM	\$40	208606-05
4/21–5/12	Tu	1:30–3:00 PM	\$40	208606-06
4/22–5/13	W	9:30–11:00 AM	\$40	208606-07
4/23–5/14	Th	9:30–11:00 AM	\$40	208606-08
4/23–5/14	Th	1:30–3:00 PM	\$40	208606-09
4/24–5/15	F	1:30–3:00 PM	\$40	208606-10

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. Everyone will bring their own sack lunch. The Farm staff will provide homemade dessert. Parents are expected to stay with the child.

Age: 2–2 years

3/23–4/6	M	11:00 AM–Noon	\$30	208609-01
3/24–4/7	Tu	11:00 AM–Noon	\$30	208609-02
4/13–4/27	M	11:00 AM–Noon	\$30	208609-03
5/4–5/18	M	11:00 AM–Noon	\$30	208609-04

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. Parents cannot stay with their little peepers.

Age: 3 years

3/26–4/9	Th	9:00–10:00 AM	\$29	208610-01
3/26–4/9	Th	10:15–11:15 AM	\$29	208610-02
4/24–5/8	F	9:00–10:00 AM	\$29	208610-03
4/24–5/8	F	10:15–11:15 AM	\$29	208610-04

Spring Break Pony Camp

Learn to groom, saddle and ride a pony. No horse experience necessary. This is a beginner class, and safety will be stressed at all times. Please wear closed toed shoes, equestrian helmets will be provided.

Age: 8–12 years

3/17–3/20	Tu–F	Noon–2:30 PM	\$135	208611-01
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Farm Day Camp

Each session is packed full of games, crafts, barnyard trivia and of course chores. Campers will help take care of the animals by gathering eggs, milking the cow, “slopping” the pigs and so much more. A field trip and an overnight at the Farm highlight the second week.

Farm Day Camp continued

The second Thursday of each camp is the overnighiter. Campers need to be picked up the next day by 8:30 a.m. Campers need a lunch and water bottle every day.

Age: 8–12 years

6/2–6/12	Tu–F	8:30 AM–3:30 PM	\$208	308602-01
6/16–6/26	Tu–F	8:30 AM–3:30 PM	\$208	308602-02
7/7–7/17	Tu–F	8:30 AM–3:30 PM	\$208	308602-03

Pony Riding Lessons

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. Other children may not attend this class because you are a full time participant with your pony rider. Parent and child need to wear closed toed shoes.

Age: 3–5 years

4/1–4/22	W	1:00–2:00 PM	\$58	208614-01
4/11–5/2	Sa	9:30–10:30 AM	\$58	208614-02
4/29–5/20	W	1:00–2:00 PM	\$58	208614-03
5/9–5/30	Sa	9:30–10:30 AM	\$58	208614-04

Li'l Dumplin's & Beyond

Along with gathering eggs, milking a cow and riding the ponies, we will create a mini-scrapbook using pictures taken during class, and each Dumplin' will receive a souvenir T-shirt. Parents are expected to stay with their child. This class does not include lunch.

Age: 2–2 years

3/30–4/13	M	9:30–10:30 AM	\$45	208624-01
3/31–4/14	Tu	9:30–10:30 AM	\$45	208624-02
4/20–5/4	M	9:30–10:30 AM	\$45	208624-03

Mini Day Camp

Fun on The Farm involves your child, the animals and hours of activities designed to entertain and educate. Campers explore country life as they milk the cow, gather eggs, ride the ponies and go on treasure hunts. Mornings are topped off with picnic lunches in the silo, hayloft or maybe even on a hayride! Bring a sack lunch every day. Water will be provided. Wear closed toed shoes.

Age: 6–7 years

6/2–6/5	Tu–F	8:30 AM–12:30 PM	\$64	308604-01
6/9–6/12	Tu–F	8:30 AM–12:30 PM	\$64	308604-02
6/16–6/19	Tu–F	8:30 AM–12:30 PM	\$64	308604-03
7/21–7/24	Tu–F	8:30 AM–12:30 PM	\$64	308604-04

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. Bring a sack lunch every day. Water will be provided. Wear closed toed shoes.

Age: 6–7 years

6/23–6/26	Tu–F	8:30 AM–3:30 PM	\$128	308605-01
7/7–7/10	Tu–F	8:30 AM–3:30 PM	\$128	308605-02
7/21–7/24	Tu–F	8:30 AM–3:30 PM	\$128	308605-03
7/28–7/31	Tu–F	8:30 AM–3:30 PM	\$128	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. Bring a water bottle. Shoes worn must be closed toed.

Age: 8–12 years

6/2–6/5	Tu–F	8:30–11:00 AM	\$135	308607-01
6/2–6/5	Tu–F	11:45 AM–2:15 PM	\$135	308607-02
6/9–6/12	Tu–F	11:45 AM–2:15 PM	\$135	308607-03
6/16–6/19	Tu–F	8:30–11:00 AM	\$135	308607-04
6/23–6/26	Tu–F	8:30–11:00 AM	\$135	308607-05
7/7–7/10	Tu–F	8:30–11:00 AM	\$135	308607-06
7/14–7/17	Tu–F	11:45 AM–2:15 PM	\$135	308607-07
7/21–7/24	Tu–F	8:30–11:00 AM	\$135	308607-08

Advanced Pony Camp

Once your child has mastered grooming and saddling, this camp is for them. The basics of riding will be reviewed and more time will be spent riding. Bring a water bottle. Shoes must be close-toed.

Age: 8–12 years

6/9–6/12	Tu–F	8:30–11:00 AM	\$135	308608-01
6/16–6/19	Tu–F	11:45 AM–2:15 PM	\$135	308608-02
6/23–6/26	Tu–F	11:45 AM–2:15 PM	\$135	308608-03
6/29–7/2	M–Th	8:30–11:00 AM	\$135	308608-04
7/7–7/10	Tu–F	11:45 AM–2:15 PM	\$135	308608-05
7/14–7/17	Tu–F	8:30–11:00 AM	\$135	308608-06
7/28–7/31	Tu–F	8:30–11:00 AM	\$135	308608-07
7/28–7/31	Tu–F	11:45 AM–2:15 PM	\$135	308608-08

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! Bring a water bottle. Closed toed shoes must be worn.

Age: 12–18 years

6/1–6/4	M–Th	12:15–2:45 PM	\$135	308616-01
6/15–6/18	M–Th	9:00–11:30 AM	\$135	308616-02
6/22–6/25	M–Th	12:15–2:45 PM	\$135	308616-03
7/6–7/9	M–Th	12:15–2:45 PM	\$135	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. Bring a water bottle. Closed toed shoes must be worn.

Age: 12–18 years

6/8–6/11	M–Th	12:15–2:45 PM	\$135	308617-01
6/15–6/18	M–Th	12:15–2:45 PM	\$135	308617-02
6/22–6/25	M–Th	9:00–11:30 AM	\$135	308617-03
7/6–7/9	M–Th	9:00–11:30 AM	\$135	308617-04
7/13–7/16	M–Th	9:00–11:30 AM	\$135	308617-05
7/13–7/16	M–Th	12:15–2:45 PM	\$135	308617-06
7/20–7/23	M–Th	9:00–11:30 AM	\$135	308617-07
7/27–7/30	M–Th	9:00–11:30 AM	\$135	308617-08

Fitness

See Fitness class schedules for each facility on page 63.

Adult

Most Fitness Classes are for ages 18 years or older. Northside Aztlan Community Center offers all fitness classes for ages 16 years and older. Teen Fitness classes, ages 13–18, are available at Northside Aztlan Community Center.

General Information

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.

Registration Options

For fitness classes, participation options are available:

- 1) Participants may register for an entire class session.
- 2) Participants may pay a drop-in fee of \$5.50/class, except for Karate.

Special Classes

Personal Training

Utilize our certified personal trainers to maximize your workouts and reach your goals at low costs. Single sessions: \$25 per hour, \$15 per half hour, 2 person session for \$45 per hour, 3 person session for \$60 per hour, 4 person session for \$80 per hour. Personal trainer "bios" are located at fcgov.com/fitness. For more information contact Linda Morris at lmorris@fcgov.com or 970.224.6032, Katie Stieber at kstieber@fcgov.com or 970.224.6029.

Trainers

Talisa Gula Yeast 970.302.8414	Deborah Knobel 970.221.6256	Terence Lenoir-Legros 970.488.9218
Dominick Jones 970.481.2416	Jimmie Laney 970.581.9017	Tes Pasternak 970.694.2629

Aqua Personal Training

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 a non-swimming, water based personal prescription. You will be encouraged by a certified trainer as you utilize the properties of the water to tone muscles, build endurance, lose body fat, and develop core strength, balance and flexibility. Deborah Knobel is a certified Personal Fitness Professional. Rates are \$25 per session and we offer small group rates. Sessions are approximately one hour. Further information can be obtained by contacting Katie Stieber at 970.224.6029, kstieber@fcgov.com or stop by the main desk of the Senior Center. Or to schedule an appointment call Deborah at 970.658.5710.

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.

Location: Senior Center

Ongoing	M, W, F	8:00–10:00 AM	Drop in fees apply
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Aerobics

Fitness Discovery

Slightly fast-paced with routines designed to work specific muscle groups. Includes floor exercise and weight training. (Low to High Impact...your choice!) Targeted for active, heart-healthy individuals.

Low Impact Aerobics

Emphasis is on low-impact aerobics including floor exercise and a cool-down period. Especially good for previously sedentary persons.

Athletic Conditioning

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. Age: 16 years & up.

CrossTrain

CrossTrain is an intense workout that will maximize your strength and agility! You'll use kettle bells, 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. Age: 16 years & up.

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. Age: 16 years & up.

R.I.P.P.E.D.

Experience this total body "plateau proof fitness formula" workout, using resistance & 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. Age: 16 years & up.

Insanity

Are you ready to dig deep? Insanity is a high intensity cardio and strength training workout that will get you insane results in less than two months. It's a fun, fast-paced workout with H.I.T.T (High Intensity Interval Training) concepts. Age: 16 years & up.

Power Train

Similar to CrossTrain, PowerTrain is an intense body strengthening workout using free weights, resistance machines & cardio equipment! You'll pump iron & your heart. Each powerful cardio & weightlifting session is totally different, keeping your body guessing, forcing it to stay at its peak. Age: 16 years & up.

TRX Body Blast – NW

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 straps to increase or decrease the difficulty of every exercise. Age: 16 years & up.

TRX/KettleBell Fusion

Take your workout to a whole new level with this Atomic workout! This class combines both TRX and Kettle Bell. Increase core strength, balance, stamina, overall strength and endurance! And get ripped doing it! If your looking for something challenging and new this class is for you! Age: 16 years & up.

Dance

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 is the most fun you will ever have exercising! Age: 16 years & up.

Zumba – Vida Sana

This Zumba class accepts Vida Sana passes. Vida Sana is a call for collaboration to unite for the health equity and well-being of the low income and Hispanic/Latino communities in Fort Collins. Vida Sana is a health movement desiring to bring communities together to improve health. Apply for a Vida Sana pass at Northside. Age: 16 years & up.

Zumba Toning & Zumba

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! Age: 18 years & up.

Bollywood Dance

The sounds of original Bollywood movies come alive in this fusion of traditional and classical Indian dances with the influence of some jazz, hip-hop and modern dance. Timing, rhythm, energy, and sharp controlled expressive movements are the important elements! Join us for an exercise that is fun beyond words! Age: 16 years & up.

General

Koshi Waza

For posture, balance, and movement, your hips are your body's powerhouse. Koshi Waza (hip techniques) teaches you Japanese movements and exercises that stretch, strengthen, and stabilize your hips and back, and help balance. Also explore concepts such as "belly breathing", "moving from the hips", "samurai walking". Age: 18 years & up.

Nia

Claim wellness and explore your joy with this sensory-based, non-impact, aerobic fusion of dance, healing, and martial arts. Connect body, mind, emotions, and spirit for wellness, conditioning, and overall fitness. Classes are ongoing; advance registration strongly encouraged. Age: 18 years & up.

Pound Rockout Workout

Pound combines cardio, conditioning and core work with drumming using lightly weighted drumsticks called Ripsticks. You'll rock your entire body into beautiful shape while burning calories, strengthening muscles, and improving coordination and balance. Join the Pound Posse and get ready to sweat, sculpt and ROCK! Age: 18 years & up.

Taijifit

TaijiFit is a mind/body exercise that combines the best of traditional Taiji (Tai Chi) with modern Western fitness. There are no routines to learn or choreography to remember. TaijiFit is a special kind of movement experience, more than exercise it is a moving meditation, a shield against disease and a dance of flow. No class on 5/19. Age: 18 years & up.

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. For every body and fitness levels. Every experience can be adapted to individual needs and abilities. *NiaNow.com/practice*. **Note:** under 18 welcome with permission. Age: 18 years & up.

Martial Arts

Tai Chi, Beginning

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. **Note:** Class will not be held on 4/25. Age: 18 years & up.

Tai Chi, Continuing

Additional Tai Chi concepts and training. Recommended after taking the Beginning Tai Chi class to further your development and understanding and it will cover a small Yang style form sequence called Grasp Sparrow's Tail. **Note:** Class will not be held on 4/25. Age: 18 years & up.

Silver Sneakers

Classic – NW

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. **Note:** Nonmembers may attend by paying drop in or register for the month. Class will not be held on 4/25. Age: 50 years & up.

Circuit – NW

Move through a series of exercises in a circuit format to improve cardiovascular endurance and muscular strength and endurance. **Note:** Nonmember may attend via drop in payment or register for the month. Class will not be held on 4/15. Age: 50 years & up.

Yoga – NW

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. **Note:** Nonmembers can attend by paying drop in fee or register for the month. Age: 50 years & up.

Spin

Group Spin

This class offers high aerobic workouts that simulate hills and interval training. A great cardiovascular workout that will tone and strengthen your whole body. A great class for beginner “spinners”, yet challenging for all levels. You adjust your speed and resistance! Age: 16 years & up.

Spin & Tone

Class includes the same challenging workout as the Spin classes with an additional toning segment at the end of the workout. A great cardiovascular workout and total body strengthening and toning. Spin & Tone includes the same challenging workout that other Group Spin classes offer but with an additional toning segment. Age: 16 years & up.

Quick Ride

This class is a 30 minute version of our Group Spin class which offers a high aerobic workout, simulating hills and including interval training. This is a great cardiovascular session paired with dynamic fun and intense music to keep you motivated! You adjust your speed and resistance, so it's great for all levels. Age: 16 years & up.

Toning & Strength

Strength Training

Increase muscle strength, bone mass and stamina. The first class of each session includes an orientation to training principles and equipment. Age: 18 years & up.

Mat Pilates

Want a leaner, healthier you? Try this new craze. Gain flexibility, tone and build new muscle. You'll look and feel great. This class assists in helping you gain flexibility, muscle strength, definition and core balance by learning correct posture and alignment through a series of body movements. Age: 16 years & up.

Strength & Tone

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! Designed to develop strength and flexibility in people who want to tone without an aerobic workout. Various routine. Age: 16 years & up.

Strength Training

Increase muscle strength, bone mass and stamina. The first class of each session includes an orientation to training principles and equipment. Age: 16 years & up.

30 Minute Abs

Tighten & tone your abs, obliques & lower back! Focus on strength & endurance exercises through a variety of movements using stability balls, bosus, floor mats, medicine balls, TRX equipment & more! You are guaranteed to learn new exercises! All skill levels welcome. Your mind & abs will be blown away! Age: 16 years & up.

Barre Fitness

Leave your ballet shoes at home! This fat-burning class turns classic ballet on its head. Utilizing a mix of ballet barre movements, stretching and Pilates-based core exercises, this class is designed to sculpt, strengthen and stretch the entire body in an intelligent and safe way. You'll be tutu ready in no time! Age: 16 years & up.

Yoga

Yoga, Beginning PLUS (Morning)

Basic to low-intermediate level yoga. Some previous beginning yoga experience expected. Practice that most can do. Practice yoga breathing and physical exercises (asanas) to enjoy improved strength and flexibility. Mindfulness focus and regular practice. Encouraged to bring your own mat. Age: 18 years & up.

Before You Yoga

Intimidated by yoga? This short series of 5 classes helps. Basic poses broken down, phrases explained. Get the most out of yoga by learning the basics in a relaxed environment that takes 'complex' out. Prepare for Beginning Yoga class with this informational class. **Note:** Own yoga mat encouraged but not required. No drop ins please. Age: 18 years & up.

Yoga, Beginning

By practicing yoga breathing & physical exercises, students gain physical strength, tone, flexibility and stamina. Students may also experience a sense of inner calm. Age: 18 years & up.

Yoga, Advanced Beginner

Advanced beginner level yoga. Previous yoga experience expected, with modifications offered for varying levels. This practice will help release stress; improve balance, flexibility, and strength with sometimes challenging poses. Mindfulness and breathing techniques will be offered as well. Age: 18 years & up.

Yoga, Beginning Plus

Basic to low-intermediate level yoga. Some previous beginning yoga experience expected. Practice that most can do. Practice yoga breathing and physical exercises (asanas) to enjoy improved strength and flexibility. Mindfulness focus and regular practice. Encouraged to bring your own mat. Age: 18 years & up.

Therapeutic Yoga

Slow moving, directed yoga to improve specific health conditions, body issues. Age: 18 years & up.

Yoga All Levels

An emphasis on precision in alignment will be taught in standing poses, forward bending, back bending, twisting and restorative poses. Age: 18 years & up.

FAC Yoga

Wind down after a long week and start the weekend off right. Age: 18 years & up.

Slow Flow Hatha Yoga

Nurturing, fun, non-competitive session to improve balance, strength & flexibility. Poses will be linked together slowly, with attention to breath. Philosophy & stress management techniques will be touched on. Advanced beginner level, modifications offered, so class is suitable for beginning & intermediate students. Age: 16 years & up.

Yoga Flow

A gentle yoga flow designed to guide you into listen to your body. The pace is based on your own breath and body. A time to be in the moment and let go of your day. Age: 16 years & up.

Partner Yoga

This class is a fun and collaborative yoga practice for couples, families, friends, or individuals wanting to practice with others. Partners will practice yoga asanas together and side by side, relying on each other to assist in balance, alignment and depth of experience. Age: 16 years & up.

Vinyasa Flow Yoga

A fun and fast paced flow linking breathing with movement. Learn the fundamental postures and principles that create a strong yoga practice and build your core strength to support you in more advanced poses. Age: 16 years & up.

Yoga in the Park

Enjoy Yoga outdoors in beautiful City Park: A relaxed & creative class where you can explore yoga at your own pace, creating a different dimension to your practice. Being outdoors in nature helps to reduce

Yoga in the Park continued

stress & increases self-awareness! Please bring a mat, water, sunscreen & a towel. **Note:** Class will be held outside. Please bring your own mat, water, sunscreen & towel. Held at Shelter #7. Age: 16 years & up.

Prenatal Yoga

If you're pregnant & looking for ways to relax or stay fit, consider prenatal yoga. Good for you & your baby! Prenatal yoga may also help you prepare for labor & promote your baby's health. Much like other types of childbirth-preparation classes, prenatal yoga is a multifaceted approach to exercise. Age: 16 years & up.

Yoga & Meditation

Enhance your health with Hatha Yoga through incorporating mindful meditation into your Yoga practice. Learn more about yourself, quieting the mind and finding inner balance. Begin class with meditation moving into asanas. This class is a calm approach to being present, rejuvenated and healthier you. Age: 16 years & up.

Ashtanga Based Yoga

Explore the sequence of postures of traditional Ashtanga. Ashtanga is considered a "meditation in motion", a fluid and athletic yoga sequence consisting of sun salutations, standing, seated, and finishing postures with an emphasis on the breathing and concentration techniques that make up the practice. **Note:** Yoga mats, blocks and straps will be provided if you do not have your own. Age: 16 years & up.

Hiking Yoga Workshop

A workshop for Yogis & hikers! Explore & combine the beauty of Yoga & the outdoors. Participants will locally meet & hike to a place of Zen to share a soulful Hatha Yoga experience under the Colorado open sky then regroup for a return hike! Hike will be easy to moderate hiking on trails. **Note:** Participants will need to bring and carry their own Yoga mat/s & other equipment needed. Age: 16 years & up.

Partner Yoga Workshop

Fun & collaborative yoga practice for couples, families, friends, or individuals wanting to practice with others. Partners will practice yoga asanas together & side by side, relying on each other to assist in balance, alignment & depth of experience. **Note:** Yoga mats, blocks and straps will be provided if you do not have your own. Age: 16 years & up.

Restorative Yoga

Restorative yoga is a pleasant way to relax & soothe frayed nerves. Using blankets & blocks to prop students in passive poses your body can experience the benefits of a pose without having to exert much or any effort. During the practice we can open, release, & connect with self-healing. Age: 16 years & up.

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 & fun posture poses that will create a foundation for health and wellness. **Note:** Price is flat rate for up to 3 participants. Age: 0–10 years.

General Senior

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! Fun and a little silly – we laugh a lot! Usually practiced in a chair.

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. Age: 18 years & up.

MS Dryland Exercise

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. **Note:** Class will not be held on 5/26. Age: 18 years & up.

N'Balance

An effective fall prevention class that achieves results! Enjoy practice exercises and movements to strengthen your core balance and to overcome the fear of falling. This is an evidence-based program designed from the kinetic principles of Fall Proof!, a balance program created by Cal State University/Fullerton. Age: 50 years & up.

Body & Mind in Motion

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. **Note:** Class will not be held on 5/9. Age: 18 years & up.

Yoga, Chair

You will improve your health through an amazing form of adaptive exercise. You are supported by a chair so you can receive yoga's healing and restorative benefits. Yoga relaxes your body and mind, improves your musculoskeletal fitness and flexibility. **Note:** Own yoga mat encouraged but not required. No drop-ins please. Age: 18 years & up.

Youth Fitness

Teen Spin

A teen spin class that offers the same type of cardio workout that our Group Spin class offers for adults but designed for ages 13–18 years. Age: 13–18 years

Teen Cross Train

Fun & intense athletic training for teens – similar to our adult Cross Train class but designed for ages 13–17 years. Age: 13–18 years.

Teen TRX Fusion

A teen fitness class that fuses TRX with boot camp instruction and includes a variety of training equipment including kettlebells, stability & medicine balls and good old fashion calisthenics. This Class tackles and FUSES it all. Age: 13–18 years.

Teen Zumba

Zumba is can be even more fun when you are a teenager who loves to dance! Bring your friends to this fun hypnotic exercise fitness class! Same great music as in our adult Zumba classes, with the same great moves for ages 13–17 years. Age: 13-18 years.

Teen Yoga

A yoga class for beginner to intermediate level teenagers. This class embraces the same concepts as our Slow Flow Hatha Yoga but is designed for teens. Age: 13–18 years.

Northside Aztlan Community Center

Athletic Conditioning

Lose to Win

3/16–4/17	M,W,F	9:30–10:30 AM	\$45	209570-01
4/20–5/22	M,W,F	9:30–10:30 AM	\$45	209570-02
5/27–6/26	M,W,F	9:30–10:30 AM	\$42	209570-03

CrossTrain

3/16–4/17	M,W,F	6:15–7:15 AM	\$42	209571-01
4/20–5/22	M,W,F	6:15–7:15 AM	\$42	209571-02
5/27–6/26	M,W,F	6:15–7:15 AM	\$42	209571-03
3/16–4/17	M,W,F	Noon–1:00 PM	\$42	209571-04
4/20–5/22	M,W,F	Noon–1:00 PM	\$42	209571-05
5/27–6/26	M,W,F	Noon–1:00 PM	\$42	209571-06
3/17–4/16	Tu,Th	12:30–1:30 PM	\$30	209571-07
4/21–5/21	Tu,Th	12:30–1:30 PM	\$30	209571-08
5/26–6/25	Tu,Th	12:30–1:30 PM	\$30	209571-09
3/16–4/17	M,W,F	1:00–2:00 PM	\$45	209571-10
4/20–5/22	M,W,F	1:00–2:00 PM	\$45	209571-11
5/27–6/26	M,W,F	1:00–2:00 PM	\$42	209571-12

Total Body Boot Camp

3/17–4/16	Tu,Th	5:30–6:30 PM	\$30	209572-01
4/21–5/21	Tu,Th	5:30–6:30 PM	\$30	209572-02
5/26–6/25	Tu,Th	5:30–6:30 PM	\$30	209572-03

R.I.P.P.E.D.

3/16–4/13	M	5:30–6:30 PM	\$15	209573-01
4/20–5/18	M	5:30–6:30 PM	\$15	209573-02
6/1–6/22	M	5:30–6:30 PM	\$12	209573-03
3/18–4/15	W	5:30–6:30 PM	\$15	209573-04
4/22–5/20	W	5:30–6:30 PM	\$15	209573-05
5/27–6/24	W	5:30–6:30 PM	\$15	209573-06

Insanity

3/17–4/16	Tu,Th	7:30–8:30 AM	\$30	209574-01
4/21–5/21	Tu,Th	7:30–8:30 AM	\$30	209574-02
5/26–6/25	Tu,Th	7:30–8:30 AM	\$30	209574-03

Power Train

3/17–4/16	Tu,Th	11:30 AM–12:30 PM	\$30	209575-01
4/21–5/21	Tu,Th	11:30 AM–12:30 PM	\$30	209575-02
5/26–6/25	Tu,Th	11:30 AM–12:30 PM	\$30	209575-03

TRX Body Blast – NW

3/21–4/18	Sa	8:00–9:00 AM	\$15	209580-01
4/25–5/23	Sa	8:00–9:00 AM	\$15	209580-02
5/30–6/27	Sa	8:00–9:00 AM	\$15	209580-03

TRX/KettleBell Fusion

3/16–4/15	M,W	6:30–7:30 PM	\$30	209581-01
4/20–5/20	M,W	6:30–7:30 PM	\$30	209581-02
5/27–6/24	M,W	6:30–7:30 PM	\$27	209581-03
3/17–4/16	Tu,Th	Noon–1:00 PM	\$30	209581-04
4/21–5/21	Tu,Th	Noon–1:00 PM	\$30	209581-05
5/26–6/25	Tu,Th	Noon–1:00 PM	\$30	209581-06
3/17–4/16	Tu,Th	6:30–7:30 AM	\$30	209581-10
4/21–5/21	Tu,Th	6:30–7:30 AM	\$30	209581-11
5/26–6/25	Tu,Th	6:30–7:30 AM	\$30	209581-12

Dance

Bollywood Dance

3/17–4/14	Tu	6:30–7:30 PM	\$15	209511-01
4/21–5/19	Tu	6:30–7:30 PM	\$15	209511-02
5/26–6/23	Tu	6:30–7:30 AM	\$15	209511-03

Zumba

3/17–4/14	Tu	6:30–7:30 PM	\$15	209518-01
4/21–5/19	Tu	6:30–7:30 PM	\$15	209518-02
5/26–6/23	Tu	6:30–7:30 PM	\$15	209518-03
3/19–4/16	Th	6:30–7:30 PM	\$15	209518-04
4/23–5/21	Th	6:30–7:30 PM	\$15	209518-05
5/28–6/25	Th	6:30–7:30 PM	\$15	209518-06
3/22–4/19	Su	3:30–4:30 PM	\$15	209518-07
4/26–5/24	Su	3:30–4:30 PM	\$15	209518-08
5/31–6/28	Su	3:30–4:30 PM	\$15	209518-09

Zumba – Vida Sana

3/17–4/14	Tu	6:30–7:30 PM	No Fee	209519-04
4/21–5/19	Tu	6:30–7:30 PM	No Fee	209519-05
5/26–6/23	Tu	6:30–7:30 PM	No Fee	209519-06
3/19–4/16	Th	6:30–7:30 PM	No Fee	209519-07
4/23–5/21	Th	6:30–7:30 PM	No Fee	209519-08
5/28–6/25	Th	6:30–7:30 PM	No Fee	209519-09
3/22–4/19	Su	3:30–4:30 PM	No Fee	209519-10
4/26–5/24	Su	3:30–4:30 PM	No Fee	209519-11
5/31–6/28	Su	3:30–4:30 PM	No Fee	209519-12

Silver Sneakers

Classic

3/16–4/15	M,W	11:00–11:45 AM	\$20.25	209545-01
4/20–5/20	M,W	11:00–11:45 AM	\$22.50	209545-02
5/27–6/24	M,W	11:00–11:45 AM	\$20.25	209545-03

Spin

Group Spin

3/16–4/15	M,W	6:15–7:00 AM	\$22.50	209550-01
4/20–5/20	M,W	6:15–7:00 AM	\$22.50	209550-02
5/27–6/24	M,W	6:15–7:00 AM	\$20.25	209550-03
3/17–4/16	Tu,Th	8:30–9:30 AM	\$30	209550-04
4/21–5/21	Tu,Th	8:30–9:30 AM	\$30	209550-05
5/26–6/25	Tu,Th	8:30–9:30 AM	\$27	209550-06

Spin & Tone

3/16–4/15	M,W	5:30–6:30 PM	\$30	209551-01
4/20–5/20	M,W	5:30–6:30 PM	\$30	209551-02
5/27–6/24	M,W	5:30–6:30 PM	\$27	209551-03
3/17–4/16	Tu,Th	6:15–7:15 AM	\$30	209551-04
4/21–5/21	Tu,Th	6:15–7:15 AM	\$30	209551-05
5/26–6/25	Tu,Th	6:15–7:10 AM	\$30	209551-06

Quick Ride

3/16–4/17	M,W,F	12:15–12:45 PM	\$22.50	209552-01
4/20–5/22	M,W,F	12:15–12:45 PM	\$22.50	209552-02
5/27–6/26	M,W,F	12:15–12:45 PM	\$21	209552-03

Toning & Strength

Mat Pilates

3/17–4/16	Tu,Th	1:00–2:00 PM	\$30	209520-01
4/21–5/21	Tu,Th	1:00–2:00 PM	\$30	209520-02
5/26–6/25	Tu,Th	1:00–2:00 PM	\$30	209520-03
3/16–4/13	M	5:30–6:30 PM	\$15	209520-04
4/20–5/18	M	5:30–6:30 PM	\$15	209520-05
6/1–6/22	M	5:30–6:30 PM	\$12	209520-06
3/18–4/15	W	5:30–6:30 PM	\$15	209520-07
4/22–5/20	W	5:30–6:30 PM	\$15	209520-08
5/27–6/24	W	5:30–6:30 PM	\$15	209520-09

Strength & Tone

3/17–4/16	Tu,Th	12:10–12:55 PM	\$30	209530-01
4/21–5/21	Tu,Th	12:10–12:55 PM	\$30	209530-02
5/26–6/25	Tu,Th	12:10–12:55 PM	\$30	209530-03

Strength Training

3/16–4/15	M,W	8:30–9:30 AM	\$30	209531-01
4/20–5/20	M,W	8:30–9:30 AM	\$30	209531-02
5/27–6/24	M,W	8:30–9:30 AM	\$27	209531-03
3/17–4/16	Tu,Th	9:30–10:30 AM	\$30	209531-04
4/21–5/21	Tu,Th	9:30–10:30 AM	\$30	209531-05
5/26–6/25	Tu,Th	9:30–10:30 AM	\$30	209531-06

30 Minute Abs

3/16–4/15	M,W	1:00–1:30 PM	\$15	209533-01
4/20–5/20	M,W	1:00–1:30 PM	\$15	209533-02
5/27–6/24	M,W	1:00–1:30 PM	\$12	209533-03

Barre Fitness

3/16-4/15	M,W	9:00-10:00 AM	\$30	209534-01
4/20-5/20	M,W	9:00-10:00 AM	\$30	209534-02
5/27-6/24	M,W	9:00-10:00 AM	\$27	209534-03
3/16-4/15	M,W	1:00-2:00 PM	\$30	209534-04
4/20-5/20	M,W	1:00-2:00 PM	\$30	209534-05
5/27-6/24	M,W	1:00-2:00 PM	\$27	209534-06
3/16-4/15	M,W	6:30-7:30 PM	\$30	209534-07
4/20-5/20	M,W	6:30-7:30 PM	\$30	209534-08
5/27-6/24	M,W	6:30-7:30 PM	\$27	209534-09

Yoga

Slow Flow Hatha Yoga

3/16-4/13	M	4:00-5:00 PM	\$15	209561-01
4/20-5/18	M	4:00-5:00 PM	\$15	209561-02
6/1-6/22	M	4:00-5:00 PM	\$12	209561-03
3/17-4/14	Tu	5:00-6:00 PM	\$15	209561-04
4/21-5/19	Tu	5:00-6:00 PM	\$15	209561-05
5/26-6/23	Tu	5:00-6:00 PM	\$15	209561-06
3/18-4/15	W	4:00-5:00 PM	\$15	209561-07
4/22-5/20	W	4:00-5:00 PM	\$15	209561-08
5/27-6/24	W	4:00-5:00 PM	\$15	209561-09
3/19-4/16	Th	5:00-6:00 PM	\$15	209561-10
4/23-5/21	Th	5:00-6:00 PM	\$15	209561-11
5/28-6/25	Th	5:00-6:00 PM	\$15	209561-12

Yoga Flow

3/18-4/15	W	7:30-8:15 PM	\$11.25	209562-01
4/22-5/20	W	7:30-8:15 PM	\$11.25	209562-02
5/27-6/24	W	7:30-8:15 PM	\$11.25	209562-03
3/16-4/13	M	7:00-7:45 AM	\$11.25	209562-04
4/20-5/18	M	7:00-7:45 AM	\$11.25	209562-05
5/27-6/22	M	7:00-7:45 AM	\$9	209562-06
3/18-4/15	W	7:00-7:45 AM	\$11.25	209562-07
4/22-5/20	W	7:00-7:45 AM	\$11.25	209562-08
5/27-6/24	W	7:00-7:45 AM	\$11.25	209562-09
3/20-4/17	F	7:00-7:45 AM	\$11.25	209562-10
4/24-5/22	F	7:00-7:45 AM	\$11.25	209562-11
5/29-6/26	F	7:00-7:45 AM	\$11.25	209562-12

Partner Yoga

3/22-4/19	Su	1:00-2:00 PM	\$15	209564-01
4/26-5/24	Su	1:00-2:00 PM	\$15	209564-02
5/31-6/28	Su	1:00-2:00 PM	\$15	209564-03

Vinyasa Flow Yoga

3/21-4/18	Sa	8:00-9:00 AM	\$15	209565-01
4/25-5/23	Sa	8:00-9:00 AM	\$15	209565-02
5/30-6/27	Sa	8:00-9:00 AM	\$15	209565-03

Prenatal Yoga

3/18-4/15	W	8:00-9:00 AM	\$15	209567-01
4/22-5/20	W	8:00-9:00 AM	\$15	209567-02
5/27-6/24	W	8:00-9:00 AM	\$15	209567-03

Yoga & Meditation

3/17-4/14	Tu,Th	9:00-10:00 AM	\$30	209569-03
4/21-5/19	Tu,Th	9:00-10:00 AM	\$30	209569-04

Yoga & Meditation continued

5/26-6/23	Tu,Th	9:00-10:00 AM	\$30	209569-05
3/22-4/19	Su	10:00-11:00 AM	\$30	209569-06
4/26-5/24	Su	10:00-11:00 AM	\$30	209569-07

Ashtanga Based Yoga

3/20-4/17	F	8:30-9:30 AM	\$15	209585-01
4/24-5/22	F	8:30-9:30 AM	\$15	209585-02
5/29-6/26	F	8:30-9:30 AM	\$15	209585-03

Hiking Yoga Workshop

5/9	Sa	8:00-10:00 AM	\$10	209587-01
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Partner Yoga Workshop

4/4	Sa	1:00-3:00 PM	\$8	209588-01
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Restorative Yoga

3/16-4/15	M,W	Noon-1:00 PM	\$30	209589-01
4/20-5/20	M,W	Noon-1:00 PM	\$30	209589-02
5/27-6/24	M,W	Noon-1:00 PM	\$27	209589-03

Family Yoga

Baby & Toddler Yoga

3/20-4/17	F	10:30-11:30 AM	\$30	209560-07
4/24-5/22	F	10:30-11:30 AM	\$30	209560-08
5/29-6/26	F	10:30-11:30 AM	\$30	209560-09

Age: 3-6 years

3/16-4/13	M	8:00-9:00 AM	\$30	209560-04
4/20-5/18	M	8:00-9:00 AM	\$30	209560-05
6/1-6/22	M	8:00-9:00 AM	\$24	209560-06

Age: 7-10 years

3/19-4/16	Th	6:30-7:30 PM	\$30	209560-01
4/23-5/21	Th	6:30-7:30 PM	\$30	209560-02
5/28-6/25	Th	6:30-7:30 PM	\$30	209560-03

Youth Fitness

Teen Spin

3/17-4/16	Tu,Th	4:30-5:30 PM	\$20	209555-01
5/26-6/25	Tu,Th	4:30-5:30 PM	\$20	209555-03
4/21-5/19	Tu,Th	4:30-5:30 PM	\$20	209555-02

Teen Cross Train

3/16-4/15	M,W	6:30-7:30 PM	\$20	209578-01
4/20-5/20	M,W	6:30-7:30 PM	\$20	209578-02
5/27-6/24	M,W	6:30-7:30 PM	\$20	209578-03

Teen TRX Fusion

3/16-4/15	M,W	4:30-5:30 PM	\$20	209576-01
4/20-5/20	M,W	4:30-5:30 PM	\$20	209576-02
5/27-6/24	M,W	4:30-5:30 PM	\$18	209576-03

Teen Zumba

3/20-4/17	F	4:30-5:30 PM	\$20	209512-01
4/24-5/22	F	4:30-5:30 PM	\$20	209512-02
5/29-6/26	F	4:30-5:30 PM	\$20	209512-03

Teen Yoga

3/17-4/16	Tu,Th	4:00-5:00 PM	\$20	209563-01
4/21-5/21	Tu,Th	4:00-5:00 PM	\$20	209563-02
5/26-6/25	Tu,Th	4:00-5:00 PM	\$20	209563-03

Senior Center

Dance

Zumba

3/16-4/13	M	5:30-6:25 PM	\$15	209416-01
4/20-5/18	M	5:30-6:25 PM	\$15	209416-02
6/1-6/22	M	5:30-6:25 PM	\$12	209416-03
3/18-4/15	W	5:30-6:25 PM	\$12	209416-04
4/22-5/20	W	5:30-6:25 PM	\$15	209416-05
5/27-6/24	W	5:30-6:25 PM	\$15	209416-06

Zumba Toning & Zumba

3/16-4/15	M,W	12:05-1:00 PM	\$27	209417-01
4/20-5/20	M,W	12:05-1:00 PM	\$30	209417-02
5/27-6/24	M,W	12:05-1:00 PM	\$27	209417-03
3/21-4/18	Sa	9:15-10:15 AM	\$15	209417-04
4/25-5/23	Sa	9:15-10:15 AM	\$15	209417-05
5/30-6/27	Sa	9:15-10:15 AM	\$12	209417-06

General

Koshi Waza

3/16-4/13	M	6:45-7:45 PM	\$15	209409-01
4/20-5/18	M	6:45-7:45 PM	\$15	209409-02
6/1-6/22	M	6:45-7:45 PM	\$12	209409-03

Nia

3/19-4/16	Th	6:30-7:20 PM	\$11.25	209411-01
4/23-5/21	Th	6:30-7:20 PM	\$11.25	209411-02
5/28-6/25	Th	6:30-7:20 PM	\$11.25	209411-03

Pound Rockout Workout

3/18-4/15	W	6:45-7:30 PM	\$11.25	209418-01
4/22-5/20	W	6:45-7:30 PM	\$11.25	209418-02
5/27-6/24	W	6:45-7:30 PM	\$11.25	209418-03

Taijifit

3/16-4/15	M,W	7:00-7:45 AM	\$20.25	209419-01
4/20-5/20	M,W	7:00-7:45 AM	\$22.50	209419-02
5/27-6/24	M,W	7:00-7:45 AM	\$20.25	209419-03
3/17-4/14	Tu	4:00-4:45 PM	\$11.25	209419-04
4/21-5/19	Tu	4:00-4:45 PM	\$11.25	209419-05
5/26-6/23	Tu	4:00-4:45 PM	\$11.25	209419-06
3/19-4/16	Th	3:00-3:45 PM	\$11.25	209419-07
4/23-5/21	Th	3:00-3:45 PM	\$11.25	209419-08
5/28-6/25	Th	3:00-3:45 PM	\$11.25	209419-09
3/21-4/18	Sa	3:15-4:00 PM	\$11.25	209419-10
5/2-5/23	Sa	3:15-4:00 PM	\$6.75	209419-11
5/30-6/27	Sa	3:15-4:00 PM	\$11.25	209419-12

Martial Arts

Tai Chi, Beginning

3/21-4/18	Sa	12:45-1:45 PM	\$15	209428-01
5/2-5/23	Sa	12:45-1:45 PM	\$12	209428-02
5/30-6/27	Sa	12:45-1:45 PM	\$15	209428-03

Tai Chi, Continuing

3/21-4/18	Sa	2:00-3:00 PM	\$15	209429-01
5/2-5/23	Sa	2:00-3:00 PM	\$12	209429-02
5/30-6/27	Sa	2:00-3:00 PM	\$15	209429-03

Silver Sneakers

Classic

3/17-4/16	Tu,Th	11:10-11:55 AM	\$22.50	209444-01
4/21-5/21	Tu,Th	11:10-11:55 AM	\$22.50	209444-02
5/26-6/25	Tu,Th	11:10-11:55 AM	\$22.50	209444-03
3/21-4/18	Sa	10:30-11:15 AM	\$11.25	209444-04
5/2-5/23	Sa	10:30-11:15 AM	\$9	209444-05
5/30-6/27	Sa	10:30-11:15 AM	\$11.25	209444-06

Circuit

3/16-4/17	M,W,F	1:00-1:45 PM	\$31.50	209446-01
4/20-5/22	M,W,F	1:00-1:45 PM	\$33.75	209446-02
5/27-6/26	M,W,F	1:00-1:45 PM	\$31.50	209446-03

Yoga

3/17-4/16	Tu,Th	10:10-10:55 AM	\$22.50	209467-01
4/21-5/21	Tu,Th	10:10-10:55 AM	\$22.50	209467-02
5/26-6/25	Tu,Th	10:10-10:55 AM	\$22.50	209467-03
3/16-4/13	M,W	4:15-5:00 PM	\$20.25	209467-04
4/20-5/20	M,W	4:15-5:00 PM	\$22.50	209467-05
5/27-6/24	M,W	4:15-5:00 PM	\$20.25	209467-06
3/21-4/18	Sa	11:15 AM-Noon	\$11.25	209467-07
5/2-5/23	Sa	11:15 AM-Noon	\$9	209467-08
5/30-6/27	Sa	11:15 AM-Noon	\$11.25	209467-09

Toning & Strength

Strength Training

3/17-4/16	Tu,Th	9:00-10:00 AM	\$30	209410-01
4/21-5/21	Tu,Th	9:00-10:00 AM	\$30	209410-02
5/26-6/25	Tu,Th	9:00-10:00 AM	\$30	209410-03

Yoga

Before You Yoga

6/3-7/8	W	7:00-8:00 PM	\$15	209462-01
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Yoga, Beginning

3/17-4/16	Tu,Th	2:45-3:45 PM	\$30	209463-01
4/21-5/21	Tu,Th	2:45-3:45 PM	\$30	209463-02
5/26-6/25	Tu,Th	2:45-3:45 PM	\$30	209463-03
3/17-4/16	Tu,Th	4:00-5:00 PM	\$30	209463-04
4/21-5/21	Tu,Th	4:00-5:00 PM	\$30	209463-05
5/26-6/25	Tu,Th	4:00-5:00 PM	\$30	209463-06
3/17-4/16	Tu,Th	5:15-6:15 PM	\$30	209463-07
4/21-5/21	Tu,Th	5:15-6:15 PM	\$30	209463-08
5/26-6/25	Tu,Th	5:15-6:15 PM	\$30	209463-09
3/18-4/15	W	Noon-1:00 PM	\$12	209463-10
4/22-5/20	W	Noon-1:00 PM	\$15	209463-11
5/27-6/24	W	Noon-1:00 PM	\$15	209463-12
3/18-4/15	W	1:15-2:15 PM	\$12	209463-13
4/22-5/20	W	1:15-2:15 PM	\$15	209463-14
5/27-6/24	W	1:15-2:15 PM	\$15	209463-15

Yoga, Advanced Beginner

3/17-4/14	Tu	6:30-7:30 PM	\$15	209464-01
4/21-5/19	Tu	6:30-7:30 PM	\$15	209464-02
5/26-6/23	Tu	6:30-7:30 PM	\$15	209464-03

Yoga, Beginning Plus

3/16-4/15	M,W	5:30-6:20 PM	\$27	209465-01
4/20-5/20	M,W	5:30-6:20 PM	\$30	209465-02
5/27-6/24	M,W	5:30-6:20 PM	\$27	209465-03

Therapeutic Yoga

3/19-4/16	Th	10:00-11:00 AM	\$15	209469-01
4/23-5/21	Th	10:00-11:00 AM	\$15	209469-02
5/28-6/25	Th	10:00-11:00 AM	\$15	209469-03

Yoga All Levels

3/21-4/18	Sa	9:30-10:30 AM	\$15	209470-01
4/25-5/23	Sa	9:30-10:30 AM	\$12	209470-02
5/30-6/27	Sa	9:30-10:30 AM	\$15	209470-03

FAC Yoga

3/20-4/17	F	4:30-5:30 PM	\$15	209471-01
4/24-5/22	F	4:30-5:30 PM	\$15	209471-02
5/29-6/26	F	4:30-5:30 PM	\$15	209471-03

General

Ageless Grace

3/17-4/14	Tu	11:00-11:50 AM	\$15	209436-01
4/21-5/19	Tu	11:00-11:50 AM	\$15	209436-02
5/26-6/23	Tu	11:00-11:50 AM	\$15	209436-03

Back & Body

3/16-4/17	M,W,F	8:50-9:50 AM	\$45	209437-01
4/20-5/22	F,M,W	8:50-9:50 AM	\$36	209437-02
5/27-6/26	M,W,F	8:50-9:50 AM	\$42	209437-03

MS Dryland Exercise

3/16-4/15	M,W	11:00-11:55 AM	\$27	209438-01
4/20-5/20	M,W	11:00-11:55 AM	\$30	209438-02
5/27-6/24	M,W	11:00-11:55 AM	\$27	209438-03

N'Balance

3/30-5/6	M,W	2:30-3:30 PM	No Fee	209439-01
5/11-6/17	M,W	2:30-3:30 PM	No Fee	209439-02

Body & Mind in Motion

3/16-4/17	M,W,F	10:00-10:55 AM	\$42	209442-01
4/20-5/22	M,W,F	10:00-10:55 AM	\$45	209442-02
5/27-6/26	M,W,F	10:00-10:55 AM	\$42	209442-03

Swiss Theraball

3/19-4/16	Th	4:00-5:00 PM	\$15	209443-01
4/23-5/21	Th	4:00-5:00 PM	\$15	209443-02
5/28-6/25	Th	4:00-5:00 PM	\$15	209443-03

Yoga, Chair

3/16-4/13	M	8:30-9:30 AM	\$15	209466-01
4/20-5/18	M	8:30-9:30 AM	\$15	209466-02
6/1-6/22	M	8:30-9:30 AM	\$12	209466-03

Club Tico

Dance

Zumba

3/16-4/13	M	9:00-10:00 AM	\$15	209118-01
4/20-5/18	M	9:00-10:00 AM	\$15	209118-02
6/1-6/22	M	9:00-10:00 AM	\$12	209118-03
3/18-4/15	W	9:00-10:00 AM	\$15	209118-04
4/22-5/20	W	9:00-10:00 AM	\$15	209118-05
5/27-6/24	W	9:00-10:00 AM	\$15	209118-06
3/20-4/17	F	9:00-10:00 AM	\$15	209118-07
4/24-5/22	F	9:00-10:00 AM	\$15	209118-08
5/29-6/26	F	9:00-10:00 AM	\$15	209118-09

Zumba - Vida Sana

3/16-4/13	M	9:00-10:00 AM	No Fee	209119-01
4/20-5/18	M	9:00-10:00 AM	No Fee	209119-02
6/1-6/22	M	9:00-10:00 AM	No Fee	209119-03
3/18-4/15	W	9:00-10:00 AM	No Fee	209119-04
4/22-5/20	W	9:00-10:00 AM	No Fee	209119-05
5/27-6/24	W	9:00-10:00 AM	No Fee	209119-06
3/20-4/17	F	9:00-10:00 AM	No Fee	209119-07
4/24-5/22	F	9:00-10:00 AM	No Fee	209119-08
5/29-6/26	F	9:00-10:00 AM	No Fee	209119-09

Masonic Center

General

Nia

3/16-4/13	M	5:30-6:30 PM	\$15	209911-01
4/20-5/18	M	5:30-6:30 PM	\$15	209911-02
6/1-6/22	M	5:30-6:30 PM	\$12	209911-03

Edora Pool Ice Center

Yoga

Yoga, Beginning PLUS (Morning)

3/17-4/16	Tu,Th	6:30-7:20 AM	\$30	209365-01
4/21-5/21	Tu,Th	6:30-7:20 AM	\$30	209365-02
5/26-6/25	Tu,Th	6:30-7:20 AM	\$30	209365-03

City Park

Yoga

Yoga in the Park

5/31-6/28	Su	10:00-11:00 AM	\$15	209566-01
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The Gardens on Spring Creek

Special Event

Spring Plant Sale

May 8, 3–6 p.m., Members Only Sale

May 9–10, 9 a.m.–4 p.m.

Home gardeners can select from many standard and unique varieties of annual plants, vegetable starts, herbs, and perennials. Plants are grown by the Gardens on Spring Creek and the students of Colorado State University and Front Range Community College.

Adult Classes

Note: All the following classes are recommended for adults age 18 and up. Pre-registration is highly recommended.

Grow your Own Veggies

Create your own food-producing gardens at home. Get tips on garden size, site selection, container possibilities, choosing seeds and transplants. Learn how and when to plant, tend and harvest your garden.

Note: \$3 discount for members of The Gardens on Spring Creek.

3/7	Sa	10:00 AM–Noon	\$18
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Using Earthworms to Create Better Soil

This workshop will teach you how to use worms to generate a nutrient-rich, organic soil amendment ideal for starting seeds, reducing transplant shock, controlling soil pathogens and helping plants resist insect pests. Learn the simple steps to set up a worm bin and make compost tea. **Note:** Price reduced by Fort Collins Utilities to promote water conservation

3/21	Sa	10:00 AM–Noon	\$8
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Botanical Drawing

Use colored pencils and pens to create technically detailed plant drawings. Focus on line, form, texture, color and composition with an emphasis on producing realistic illustrations. Select your own subjects from the Gardens, then get expert help to “see” and draw the plant. **Note:** \$10 discount for members of The Gardens on Spring Creek. Materials list provided.

3/25, 4/1,8,15,22	W	1:00–3:00 PM	\$75
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Season Extension – Techniques for Early Veggie Planting

Learn ways to extend the vegetable growing season in both the early spring and autumn to enjoy a greater bounty of fresh garden produce. This class will cover simple, useful and achievable techniques that will provide tender plants and seedlings protection from weather’s elements. Face a cold snap knowing your crops are protected! **Note:** \$3 discount for members of The Gardens on Spring Creek.

3/28	Sa	10:00 AM–Noon	\$18
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Ornamental Grasses

From petite to statuesque, well-watered to dry soil, sun or shade – there is an ornamental grass for your area! Learn the newest and best varieties of grasses to add movement and an architectural element to your yard. This class will provide information on growing a wide range of grasses and suggestions for choosing where to place them in your landscape. **Note:** Price reduced by Fort Collins Utilities to promote water conservation.

4/2	Sa	1:00–3:00 PM	\$8
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Designing, Building and Planting Raised Beds for Vegetables

You’ll learn the advantages and disadvantages of growing plants in raised beds, how to size, design and build raised beds from wood timbers and concrete blocks, and what plants grow best in raised beds. **Note:** \$3 discount for members of The Gardens on Spring Creek.

4/11	Sa	10:00 AM–Noon	\$18
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Building Patios

Learn how to design and install flagstone and paver patios and walkways according to professional standards. This hands-on class will teach you how to prep the space and base, calculate for drainage and grade, installation tips and tricks, compaction and cutting.

Note: \$2 discount for members of The Gardens on Spring Creek.

4/11	Sa	1:00–2:00 PM	\$12
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Just Drip It!

This hands-on class covers the basics of drip irrigation. Learn the components’ functions and how they fit together to create a simple watering system for your patio, vegetable garden or flower beds. This class will teach you how to design and install or troubleshoot your own system. **Note:** Price reduced by Fort Collins Utilities to promote water conservation.

4/18	Sa	9:00 AM–Noon	\$14
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4/18	Sa	1:00–4:00 PM	\$14 (repeat of above)
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Underused Perennials

Learn about some of the best perennial varieties you’re not growing now. The class will feature easy to grow, drought tolerant plants including many that will be available at our Mother’s Day weekend plant sale. Topics include perennials with multi-season interest, those that are good for pollinators, long blooming varieties and cultivars that are better than the ones commonly grown. **Note:** Price reduced by Fort Collins Utilities to promote water conservation.

4/25	Sat	10:00 AM–Noon	\$8
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Butterfly Gardening

You can create butterfly habitat in any space, from a couple of container plants on your patio to an entire yard. Learn to recognize our most common local butterflies and know which plants they prefer for nectar and for their larvae. Get gardening tips that will encourage more butterflies to visit and enjoy your space. **Note:** \$3 discount for members of The Gardens on Spring Creek.

4/25	Sa	1:00–3:00 PM	\$18
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All About Lawns

Learn how to plant a lawn from seed or sod and techniques for properly maintaining your turf. The pros and cons of different varieties of lawn grasses will also be discussed including the newest and best bluegrass varieties, as well as more drought-tolerant and native grass species. **Note:** Price reduced by Fort Collins Utilities to promote water conservation.

5/2	Sa	1:00–3:00 PM	\$8
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The Secret Lives of Bees Revealed

Take a trip inside a beehive to learn about how bees live together in a hive. Beekeeper Tom Cavanagh will share with you the yearly cycle of bees, beginning with the placement of a swarm of bees in a hive in the spring to removal of honeycomb the following spring. As part of this class you will be invited to see inside an actual beehive maintained by Tom at the Gardens on Spring Creek. **Note:** \$3 discount for members of The Gardens on Spring Creek.

5/16	Sa	1:00 AM–Noon	\$18
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Sprinkler Efficiency – How To Get the Most Out Of Your Sprinkler System

Learn what can be done for your individual irrigation system to improve its efficiency. This hands-on class will let you work with sprinkler components and teach you cycle-soak programming for your controller. Lower your water bills while maintaining a beautiful landscape through efficiency rebates and a free water audit (if you live in the available area). **Note:** Price reduced by Fort Collins Utilities to promote water conservation.

5/23	Sa	10:00–Noon	\$8
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Overcoming Common Problems In Your Veggie Garden

An in-depth look at the major issues affecting vegetable gardens here and how to overcome them. Topics covered will include organic control of common garden pests and diseases, tomato growing tips, soil problems, extending the growing season, irrigation and mulching. Bring your garden questions for professional answers. **Note:** \$3 discount for members of The Gardens on Spring Creek.

5/30	Sa	10:00 AM–Noon	\$18
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Youth Classes

Read & 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.

M, Tu	10:00–10:45 AM and 11:00–11:45 AM	\$3 per child.
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Drop-in.

Registration not required; class is not discountable.

March

Week of 3/2	Plant Lifecycle
Week of 3/9	Citrus Window Spray
Week of 3/16	Plants from Parts
Week of 3/23	Balancing Butterfly
Week of 3/30	Clothespin Bunny

April

Week of 4/6	Plant a Rainbow
Week of 4/13	Rain Sticks
Week of 4/20	Earth Dumplings
Week of 4/27	May Baskets

May

Week of 5/4	Seed Tape
Week of 5/11	Nature Prints
Week of 5/18	Zinnias
Week of 5/25	Build a Garden

School's Out Day Camps

9:00 a.m.–4:00 p.m.

\$45 per child.

March 13, April 10, April 13, May 15, May 25

School's Out Day Camps will be available for children ages 5–11. Pack a lunch and come spend a day gardening, composting, cooking, crafting and discovering. Scholarships are available. Preregistration is required. Call 970.416.2486, drop in to The Gardens or register online at fcgov.com/gardens.

Parent/Child classes

First Tuesday of every month

6:00 p.m.–7:30 p.m.

Children \$10, adults free

Preregistration preferred

March 3 – Tiny Terrariums

Enter the world of tiny terrariums! We'll be learning about closed-loop ecosystems and potting small plants into necklaces, terrarium magnets and hanging window ornaments. Open to ages 5+.

April 7 – Lavender

Trudy Perry, from Berthoud's Heritage Farms, will be leading a lavender themed class. We'll be learning about the benefits of lavender for relaxation, stress relief and its culinary attributes all the while enjoying the wonderful fragrance. She is bringing cuttings of local lavender to pot up and enjoy along with her wealth of knowledge about the subject. Open to ages 4+.

May 5 – Plantable Papermaking

What do you get when you combine gardening, crafts and recycling? Plantable paper! Come learn the art of papermaking with a fun, flowery twist! Open to ages 5+.

Spring Break Camps

Wild Roots Nature Art Camp

Join Wild Roots Studio on an interactive journey through Earth Art. Children will enjoy nature based games, crafts, and educational fun. Come ready to get in tune with nature and explore your artistic side! **Note:** \$10 discount with a family membership to The Gardens. Children may be dropped off as early as 8 a.m.; camp programming will not begin until 9 a.m.

Ages: 5–11 years

3/16–3/20	M–F	9:00 AM–Noon	\$135
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Discovering the Garden

Join us for hands-on exploration and investigation of gardening and the natural world. Children will enjoy science experiments, nature-based activities, learn some tricks of the gardening trade and even plant a raised bed. **Note:** \$10 discount with a family membership to The Gardens.

Ages: 5–11 years

3/16–3/20	M–F	1:00 PM–4:00 PM	\$125
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Participating in both camps? Or need to come early or stay late? Pack a lunch and stay at The Gardens for supervised fun in the Children’s Garden from Noon–1 p.m. for an additional \$20 for the week.

Other Programs

Scout Badge Program

Scout programs are customized to fit the needs of your troop including (but not limited to) gardening, natural resources and cooking. Programs last two hours and cost \$10 per scout. One adult required for every five scouts. Each program offers hands-on exploration and activities led by Gardens on Spring Creek guides. All ages are welcome.

Preregistration required. Programs available year-round, gardening activities depend on weather and seasonal availability. Call to schedule today!

Youth Tours

Youth tours are available from April 1–October 31 to schools, home-school groups, day cares, camps and youth groups. The Gardens on Spring Creek offers a Seed-centric Tour, a Tree-mendous Tour and a sensory-based Garden Tour.

All tours last 90 minutes and cost \$4 per child. Scholarships are available.



To join us for a free lunch and learn about our caring community, call (970) 226-4909.



Good Samaritan Society®
FORT COLLINS VILLAGE

 All faiths or beliefs are welcome.

Tree Trunks

Looking for forestry-related educational resources for your classroom, family, or daycare? Tree Trunks are now available for check-out! Two trunks are available:

- Pre-K through 5TH grade
- Middle School through Adult

Filled to the brim with activities and materials for all ages, Tree Trunks make teaching lessons about trees successful and fun. These arbor-themed kits were a collaborative project made possible by Society of American Foresters, the Gardens on Spring Creek, Front Range Community College, Colorado State Forest Service, and US Forest Service. Call 970.416.2486 to check availability or inquire about the materials.

Health & Wellness

All Classes: Age: 18 years & up, Location: Senior Center

What it Takes to Age Well

Peter Smith MD, will share an “age well” prescription, with stories from those aging well (mental attitude, health practices) to those who haven’t “put in the work”. Discussions include cognitive function & strength, along with the importance of fall prevention strategies & safe use of medications.

5/14	Th	2:00–3:30 PM	No Fee	225400-01
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Pilates

The focus is on conscience control of movement and resistance against gravity. Muscles are lengthened and strengthened, thighs slimmed, buttocks toned, and abdominals firmed in a low impact workout. Learn exercises that can be done at home.

3/5–4/23	Th	1:30–2:30 PM	\$80	225401-01
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Seniors on the Ball

This low intensity class focuses on safety and proper technique to help anyone looking to improve their overall strength and balance in a fun and supportive environment. No age restrictions here – all adults welcome!

3/2–3/25	M,W	8:00–8:50 AM	\$28	225402-01
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4/6–4/29	M,W	8:00–8:50 AM	\$28	225402-02
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5/4–5/27	M,W	8:00–8:50 AM	\$28	225402-03
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Arthritis Exercise Program

This low impact class is designed for anyone with arthritis, related rheumatic disease or musculoskeletal conditions including those with very limited mobility due to joint impairment.

3/2–3/25	M,W	9:00–9:50 AM	\$28	225403-01
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4/6–4/29	M,W	9:00–9:50 AM	\$28	225403-02
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5/4–5/27	M,W	9:00–9:50 AM	\$28	225403-03
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Improving Balance Through Exercise

This class will cover balance related issues from footwear to vision to muscle weakness to posture and medications. Taking the balance assessment prior to class is highly recommended.

4/22–5/27	W	1:00–2:00 PM	\$30	225405-01
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Tai Chi Chih Beginner Class

An inner discipline focusing on circulating & balancing your body’s natural energy, this slow moving meditation is fun, easy & enjoyable. Benefits include reduced stress, strengthened immune system, weight & B/P control and better balance & flexibility. Can be done by anyone regardless of age and physical ability.

3/3–4/21	Tu	1:00–2:00 PM	\$80	225406-01
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Yoga for Healthy Backs

3 week series. Viniyoga principles with gentle postures and breath. Appropriate for anyone who would like to build back strength, increase flexibility, improve posture, or reduce chronic pain. Great for people new to yoga as well as experienced students to improve back health.

3/2–3/16	M	10:00–11:30 AM	\$90	225407-01
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Smooth Out Your Life with Yoga

A 3 week series. Will combine 3 potent tools of yoga; postures to stretch, relax, and balance your body; breath to bring energy and relaxation; and meditation to invite a sense of calm and focus so that you can explore issues uniquely to you.

4/13–4/27	M	10:00–11:30 AM	\$90	225408-01
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Improve Your Digestion with Yoga

This 2 week series uses Viniyoga practices to heal & prevent chronic digestive complaints. Digestive woes may have mental & emotional roots; practicing yoga helps achieve mind/body balance to aid digestion. Give gentle massage to organs increasing blood flow while aligning the digestive tract for optimal function.

5/11–5/18	M	10:00–11:30 AM	\$90	225409-01
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Bike Safety & Maintenance

Bike safety and maintenance is a two-part course that will get your spring riding season off to a great start. Week one you will learn how to ride safely on streets and trails. Week two you will acquire basic bicycle maintenance skills and learn to change a flat.

4/14	Tu	3:00–4:00 PM	\$20	225410-1
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4/28	Tu	3:00–4:00 PM		
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Back Care for Parents and Women during Pregnancy

A physical therapist will give tips on back care specific for this time you work as a “manual laborer” caring for yourself or your toddler/infant. Includes ideas on lifting, house cleaning, and every day activities. Great for Dads as well!

4/7	Tu	10:00–11:00 AM	\$10	225411-01
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Coping With Fatigue

Finding an exercise activity and intensity you can enjoy and maintain can have many benefits. We will discuss appropriate modifications to help you exercise safely with a variety of medical conditions.

5/7	Th	1:00–2:00 PM	\$10	225412-01
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Balance Class

Specialists from UC Health Rehabilitation Services will discuss basic fall prevention strategies including how medications, vision, and hearing impact potential for falls. Hear about assistive devices. You’ll also learn about specific gait and balance training along with physical therapy options.

3/11	W	9:00–10:00 AM	\$10	225413-01
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Antioxidants & Nutrition

Learn what antioxidants are, what foods contain them and how they affect your overall health. Presented by a registered dietitian.

5/11	M	9:00–10:00 AM	\$12	225422-01
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Longevity Secrets from the “Blue Zones”

Living a healthy, active life well into your 90’s and possibly 100’s is achievable. Meet some of the planets longest lived people, and learn the powerful, but simple lessons for longer healthy lives, learned from the “Blue Zones”.

5/19	Tu	2:00–4:00 PM	No Fee	225416-01
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Age of Champions

This award winning documentary highlights the spirit of the athlete in all of us, regardless of age. Basketball grandmas, 100 year old tennis player, brothers who swim despite life challenges, 86 year old pole-vaulters and more. See the resilience of the human spirit and never losing that competitive edge.

4/23	Th	2:00–4:00 PM	No Fee	225414-01
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The Conversation Project

More than 9 of 10 people feel it is important to talk about end-of-life issues, however, less than 3 of 10 have done so. Journalist, Ellen Goodman, developed a very impactful program to help people get this important conversation started before a health crisis or emergency.

4/16	Th	1:30–3:00 PM	No Fee	225417-01
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Steppin' On 

Steppin' On is an evidenced based fall prevention program for adults older than 65 that live independently. It includes balance and strengthening exercises and presentations by physical therapists, a pharmacist, vision expert and community officer.

4/8–5/20	W	9:00–11:00 AM	\$10	225418-01
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Meditation with Swamiji Dharmananda

The physical, psychological and spiritual benefits of various types of meditation will be explained and practiced. Meditation has been shown to have significant health benefits for things such as heart disease, insomnia, decreasing pain, and more.

4/10–5/1	F	10:00–11:30 AM	\$40	225419-01
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Successful Communication

Learn how to create opportunities for positive interaction by using effective communication techniques. This class covers successful communications skills for interacting with people with dementia, as well as how to observe and respond to different and unusual behaviors often experienced with this diagnosis.

4/16	Th	1:00–2:00 PM	No Fee	225420-01
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DASH Diet

Dietary Approaches to Stop Hypertension. This is one of the most medically recommended diets in America. Come learn about DASH and its benefits from a registered dietician.

3/16	M	10:00–11:00 AM	\$12	225421-01
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Hiring a Caregiver

What makes a good caregiver? This class will focus on what to look for when hiring help for your home. What qualities to look for, costs, qualifications and compatibility. Also discussion regarding home safety, adaptive equipment & transfers. Bring your questions!

3/27	F	9:30–11:30 AM	\$15	225423-01
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Filling in the Gaps in Cancer Care

Improving care for our complete selves during and after cancer treatment, setting reasonable expectations and realistic goals for healing and moving forward with our lives.

4/8	W	6:00–7:30 PM	No Fee	225428-01
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Prostate Cancer, Nutrition and You

Learn which foods and nutrients might prevent prostate cancer, show promising benefit for men with prostate cancer or even prevent or delay occurrence. Join us for a safe and open conversation where you will have ample opportunity to have your questions answered. **Note:** By Brian S. Miller, MS RD Nutrition & Cancer Consultant

3/10	Tu	10:00–11:00 AM	\$10	225424-01
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Breast Cancer, Nutrition and You

Whether you are looking to prevent, are newly diagnosed or are a cancer survivor this class is for you. Learn ways to incorporate the food and nutrients your body needs to help protect, improve and empower your life. **Note:** By Brian Miller, MS RD Nutrition & Cancer Connection

4/29	W	10:00–11:00 AM	\$10	225425-01
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Nutrition Misconceptions

There is a lot of nutrition information or rather misinformation out there. Come learn about the latest nutrition claims and find out if they are true or not. Topics include: sugar and cancer, organic food, genetically modified foods, alkaline diet, supplements, and more.

Note: By Brian Miller, MS RD Nutrition & Cancer Connection

5/13	W	6:00–7:00 PM	\$10	225426-01
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Stress, Sleep or Worry Problem

Worried? Trouble sleeping? Hands-on healing has been used in Japan for hundreds of years to reduce stress, relieve physical ailments, and much more. Reiki balances your brain, body, and emotions powerfully, yet gently. Learn a practical method to sleep better, rid yourself of worry & stress and gain mental clarity.

3/5	Th	1:00–2:00 PM	No Fee	225427-01
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Cancer, Exercise & Your Health

Learn the role of exercise in cancer prevention, preventing recurrences, improving function & restoring the body during & after cancer treatment. Answers to exercise & cancer-related questions for those recently diagnosed, living with cancer, finished with treatments, caregivers or anyone else interested in the topic.

5/12	Tu	10:00–11:30 AM	No Fee	225429-01
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Healthy Weighs

This 6 week group program offers a highly structured, easy-to-follow diet that emphasizes healthy eating habits & strategies for lifelong weight loss & maintenance. You get up to date nutrition and exercise information and motivational strategies for building healthy eating and exercise habits for life. **Note:** Taught by registered dietician – Extra \$10 for private 20 minute consult.

3/23–4/27	M	5:30–6:30 PM	\$90	225430-01
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Osteoporosis

Gets a basic overview from a Physical Therapist from Columbine Health Systems regarding osteoporosis education, exercise, and prevention.

5/14	Th	8:30–9:30 AM	No Fee	225461-01
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Chill Out

During this session we'll discuss alternative therapies currently used to treat anxiety and anxiety disorders including stress and relaxation techniques, qigong, acupuncture, nutrition, and herbal remedies. You'll leave with ideas and strategies that will help you manage the stress in your life.

4/28	Tu	6:00–7:00 PM	No Fee	225431-01
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Happy Meals

Neurotransmitters in the brain help us relate to, react and remember the world around us. Symptoms of deficiencies include depression, insomnia, irritability, memory loss, panic attacks & lack of motivation. Learn how these critical chemicals work & what to eat, including the 5 nutrients necessary for your brain.

5/11	M	6:00–7:00 PM	No Fee	225432-01
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Enhance Wellness 

Enhance Wellness is an evidence-based 20 week program. Program includes goal setting with a nurse, registered dietician, group workout sessions with certified trainers and more. Participants are successful in their goals by learning to incorporate activity and healthy eating into their lives. Call the Aspen Club for more info. Must register through the Aspen Club at 970.495.7335.

2/3	T	7:30–8:30 AM	\$125	125406
6/25	Th	12:15–1:15 PM		

Alternative Medicine: Enhancing Your Healthcare!

Discussion of alternative medicine in treating common health issues, such as arthritis, indigestion, knee/hip pain, and insomnia facilitated by a chiropractor and acupuncturist from Sunstone Health Associates. Demonstrations will be provided; wear loose clothing to participate.

3/25	W	6:00–7:30 PM	No Fee	225433-01
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Time to Downsize!

"Where do I begin?" It's the #1 question of downsizing. If this is you, come speak with our Senior Transition Realtors from Keller Williams. Let us give you some great tips, and go over some myths and mistakes in downsizing and real estate transactions.

3/19	Th	11:30 AM–12:30 PM	No Fee	225434-01
4/16	Th	Noon–1:00 PM	No Fee	225434-02
5/21	Th	1:00–2:00 PM	No Fee	225434-03

Manage your Mind, Manage your Stress

Don't have time for complex meditation programs? There are simple, practical tips that anyone can use to lower their stress & increase their wellness. Whether you are struggling with significant health challenges or simply wanting to increase the quality of your daily life. Help is as close as your own mind!

4/6	M	2:00–3:00 PM	No Fee	225435-01
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Resolutions, Take Two!

How are you doing on your New Year's Resolutions to eat better, move more, save money, quit a bad habit? Many of us start with high hopes, but 88% fail to keep resolutions. Learn a strategy for success based on what science knows about forming a new habit. **Note:** Presented by Dianne Grimmert, RN, M.Ed.

3/26	Th	11:00 AM–Noon	No Fee	225436-01
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Basic Wound Care

A wound and Ostomy nurse will present how to treat basic skin tears and blisters, discuss what some causes of wounds could be, when to call the doctor, some basic first aid (no hands-on treatment, but recommendations of doctor care.)

3/4	W	3:00–4:00 PM	No Fee	225437-01
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The Mind/Body Link

The secret to health and long life is no secret. Join Fred Singer, professor and author of Change Your Mind, Save Your Life in a fascinating and practical exploration of how your attitudes, personality and feelings about life impact your health, happiness, well-being and longevity. **Note:** Book included in price

4/16–5/14	Th	7:00–8:00 PM	\$25	225438-01
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Boost Your Brain Power

This 6 week series includes a variety of research based techniques to improve brain and body performance. Learn fun and healthy strategies including brain balance movements, memory enhancers, and meditation techniques. One BioConnection brain integration session at the Senior Center is included.

3/5–4/9	Th	9:00–10:00 AM	\$60	225439-01
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Estate Planning for the Sandwich Generation

You're raising your children, caring for aging parents, and looking at your own needs. What approach should you take to planning for this increasingly complex situation? Presented by Cheryl Lee Van Ackern of Wolf, Van Ackern and Cuyppers, LLP, Attorneys at Law.

3/5	Th	10:00–11:00 AM	No Fee	225440-01
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Legal Planning for Family and Multi Properties

Family cabins & multi-family retreats: Creating harmony or wreaking havoc? Do you have a cherished family property that you want to preserve for generations? Are you considering a ski condo with friends? Don't miss this seminar on the do's and don'ts of structuring these arrangements to create harmony.

4/21	Tu	10:00–11:00 AM	No Fee	225441-01
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"Rolling" Away the Pain

Roll out Pain! Bring your rolling pin and learn some creative techniques to roll out leg pain, low back pain and knee pain. Also get information on Rossiter and how it can help free your body from pain and increase your ability to move. Seated class for reasonably healthy individuals.

3/20	F	10:00–11:00 AM	No Fee	225443-01
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Women's Journaling Workshop

This workshop for personal growth, creative expression, and life enhancement is based on the book "Journal to the Self". Gently but powerfully explore yourself, your life, and your relationships through journal writing – exploration of 18 different journaling techniques.

Note: Required text "Journal to the Self" by Kathleen Adams. Bring journal and pen.

4/1–5/6	W	9:00–11:00 AM	\$90	225444-01
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Blood Sugar Balance

A licensed naturopathic doctor will share a detailed account of how sugar reacts in the body and how we can control it. This informational discussion will focus on lifestyle choices and a whole-foods diet.

3/20	F	9:00–10:30 AM	\$12	225445-01
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Doctoring from Your Kitchen

Need relief from nausea or a sore throat? Those are only a couple of ailments that can be relieved by using "home remedies" from your own kitchen. Naturopathic Doctor, Keri Brown, N.D. will help you look at food in a different way – to help what ails you!

4/30	Th	1:00–2:30 PM	\$12	225446-01
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Favoring Fiber

Learn how fiber helps the immune system function properly as well as facilitating the removal of harmful waste. Building your diet from fiber-rich plant foods is important for cancer prevention as well as overall health. In this class, enjoy a fiber-rich light meal as you work toward your goal of 40g per day.

3/9	M	10:00–11:30 AM	\$20	225447-01
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The Power of Your Plate and Grocery Cart

This practical class encourages a new way of eating. Experience better blood sugar levels, weight loss and other health benefits. Create your own weekly planner and learn how to navigate the grocery store to find treasures and avoid troublemakers.

5/11	M	10:00–11:30 AM	\$20	225449-01
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Encore Careers

If you're motivated to do meaningful work in the second half of your life – work that provides continued income & honors your personal priorities – this is for you! Learn about exploring possibilities; identifying the roles & industries in demand & how to conduct career research that will lead you to your 2nd act.

3/10	Tu	1:00–2:00 PM	No Fee	225450-01
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Stress & Anxiety: A Yoga Perspective

Do you know someone suffering from anxiety or depression? Are you a professional in stress management, psychology, teaching, social work? Join us for a powerful revealing discussion on the origins of anxiety and 12 steps to overcome. Based on yoga philosophy and teachings of great masters.

5/16	Sa	10:00 AM–1:00 PM	\$35	225451-01
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Healthy Whole Grains – Gluten

This class will focus on bountiful whole grains, which are naturally gluten free and good for you! These recipes are vegan friendly. Menu: Buckwheat porridge, wild rice salad and quinoa chickpea burger.

4/20	M	10:00–11:30 AM	\$20	225448-01
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Laughter Yoga

Laughter Yoga is a series of simple yet profound exercises based on the philosophy of acting happy. Feel good by engaging the body in physical actions of happiness and relaxation, i.e.: laughter and deep breathing. Relieve tension.

3/14–5/30	Sa	9:00 AM–10:00 PM	No Fee	225452-01
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Do You Have a Bossy Bladder?

Do you have a bossy bladder or bowel? Krista Covell-Pierson, Occupational Therapist certified in pelvic disorders and staff will present a lecture and exercise class for individuals looking to improve bladder and bowel control. Supplies included.

3/10	Tu	2:00–3:00 PM	\$25	225453-01
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5/21	Th	10:30–11:30 AM	\$25	225453-02
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Natural Ways to Improve Your Sleep

Trouble falling asleep? Or do you wake up early, and are not able to fall back asleep? Joan Waters, naturopathic doctor will discuss common causes of insomnia and how you can utilize sunlight, darkness, herbs, diet and lifestyle to improve your sleep.

4/20	M	6:30–7:30 PM	No Fee	225454-01
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Natural Ways to Manage Allergies and Asthma

Are allergies or asthma getting you down? Joan Waters, naturopathic doctor, discusses seasonal allergies, asthma and food sensitivities and provides practical strategies to cope/alleviate to enable you to live a full life.

3/2	M	6:30–7:30 PM	No Fee	225455-01
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Natural Ways to Improve Your Cardiovascular Health

Ever wonder why cardiovascular disease is so prevalent? Is cholesterol the cause of cardiovascular disease? Joan Water, naturopathic doctor, will discuss practical strategies for improving your cardiovascular health.

5/4	M	6:30–7:30 PM	No Fee	225456-01
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Mastectomy Support Group

Join us for E.M.B.R.A.C.E.: Empower, Me, Breather, Rest, Accept, Courage, and Engage. Ask and feel better, group discussions, healthy recipes, stretching/breathing & hugs.

3/9, 4/13, 5/11	M	4:45–5:45 PM	No Fee	225457-01
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Arthritis Support Group

This quarterly group is designed to offer information and support for those who have arthritis, their family members, friends and/or caregivers. Learn more, find related resources, and meet people, network, and share experiences. **Note:** Please register with the Aspen Club at 970.495.8560

5/11	M	11:00 AM–12:30 PM	No Fee	225458-01
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Why Weight?

Become empowered and motivated to conquer triggers, change habits, and gain confidence to control your weight for long-range health and happiness. Join Cheryl, MS Behaviorist, and acquire skills to move toward a healthier lifestyle. This is an enjoyable and informative program.

3/3–3/24	Tu	10:00–11:30 AM	\$60	225459-01
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Get a Jump on Your Day – the Home Exercise Way!

Have you been looking for a video so you can exercise in the comfort of your own home? A physical therapist from Columbine Health Systems will review 2–3 home exercise videos appropriate for varied levels of fitness. Included will be general fitness and balance training routines where you can preview and evaluate.

3/26	Th	8:30–9:30 AM	No Fee	225460-01
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Grief Support of the Rockies

This course aims to provide education to the community regarding grief & loss. We will discuss how to identify normal grief reactions, ways to memorialize a loved one & how to support someone who is grieving. Local and national resources provided.

4/22	W	9:30–10:30 AM	No Fee	225462-01
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Tennis Ball Massage

Relieve body aches and pains through self-massage using tennis balls. Reduce muscle tightness, increase range of motion, and improve your quality of life with just a tennis ball! Comfortable clothes are suggested. This class is appropriate for any level.

4/18	Sa	10:00–11:00 AM	\$10	225463-01
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Basics of Essential Oils

Take control of your health naturally. Learn the basics of how to use essential oils, how to apply the oils, and the benefits you can reap from using oils. It can address root causes without side effects.

3/14	Sa	9:00–10:00 AM	No Fee	225464-01
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4/18	Sa	9:00–10:00 AM	No Fee	225464-02
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Myths of Hospice Care

Truth or Myth: Hospice is a place; hospice is only for people with cancer; hospice is for old people; hospice care is expensive. There are many commonly held misconceptions regarding the nature of hospice care, even by medical professionals. This presentation will set the record straight on hospice.

3/4	W	1:30–2:30 PM	No Fee	225465-01
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Honoring Veterans by Pathways

About 38000 veterans live in Larimer and Weld counties and many face unique challenges at end of life as a result. This program provides respectful and compassionate care to those who have served. Get information on our Veteran-to-Veteran volunteer program and capturing Veteran Life Stories.

3/30	M	1:00–2:00 PM	No Fee	225466-01
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Consider the Conversation

“Consider the Conversation” is a powerful and inspiring film on the struggle with communication and preparation for end-of-life. The 55 minute PBS film combines personal stories and interviews along with opinions of experts in care. Discussion following video.

4/13	M	10:00–11:00 AM	No Fee	225467-01
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Take Control of Your End of Life Decisions

By planning ahead and preparing just a few documents, you can take control of your end-of-life wishes. You will leave with a clear understanding of what is a living will; a medical power of attorney, and when these documents are implemented. The well-known 5 Wishes Brochure is part of the discussion.

5/8	F	1:00–2:00 PM	No Fee	225468-01
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Stabilize & Strengthen Upper Body

Instructional upper body class, intended to help increase overall mobility, strength and range of motion. Taught by local CSU Health & Exercise Science student, Sam Nott. This class is intended to expand previous knowledge and to help explore new possible workout options from the gym to at home exercises. **Note:** Class will not be held on 3/19.

3/5–4/2	Th	3:00–4:00 PM	No Fee	225469-01
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Quarterly Balance Assessments

UC Health rehabilitation staff will assess participants balance using STEADI system for CDC. Participants will be rated as to fall risks and staff will make suggestions base on the information obtained.

4/8	W	1:00–3:00 PM	\$15	
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Golf Fitness Assessments

This mini-assessment is designed to help improve your overall golf game by assessing strength and flexibility components specific to golf. Based on the results of the assessment, exercises and suggestions will be shared to help you become a stronger golfer (hopefully – with lower scores!). 30 minute session.

3/3	Tu	8:00 AM–11:30 AM	\$20	
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4/7	Tu	8:00 AM -11:30 AM	\$20	
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Hearing Screenings and Wax Removal

Ring in the ears? Frequently exposed to loud noises? Ears feel clogged? Difficulty following conversations in noisy restaurants? Come check your hearing and talk with a licensed audiologist from Hearing Rehab Center of Fort Collins, Dr. Stuart Tomlin, an expert in hearing and tinnitus issues.

3/9– 5/18	Every other M	10:00 AM–12:00 PM	no fee	
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Massage

Treat yourself to a massage today! Relieve stress, treat stiff and achy muscles, flush the toxins from your body. It not only feels good, it's good for your health!

10 minute chair massage	\$12
20 minute chair massage	\$21
60 minute table massage	\$60

Fitness Check-up

It's time for your fitness check-up! Check your body fat percentage and BMI – then perform simple strength, cardio, and flexibility test, you can find your strengths and weaknesses. Test periodically to see changes.

3/2–5/18	Every other M	1:00–4:00 PM	\$5
3/5–5/14	Every other Th	9:00 AM–Noon	\$5

Converse with a Nurse

Need clarification, guidance, basic info? This is your chance to sit down with a nurse and get some answers – plus get your get your blood pressure checked.

3/9	M	10:00–11:00 AM	no fee
5/13	W	1:00–2:00 PM	no fee

Cholesterol Clinics

Blood pressure, cholesterol panel & glucose tests with counseling & recommendations in 20 minutes. 8 hour fast recommended (water & medications permitted). Appointments strongly recommended; walk-ins only accepted if space allows. Call the Health District 970.224.5209. \$15 cost; sliding scale available. **Note:** Care Provider: Health District Nurse

3/3, 4/7, 5/5	Tu	8:15–10:30 AM	
3/19, 4/16, 5/21	Th	8:15–10:30 AM	

Blood Pressure Checks

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.

3/9, 4/13, 5/11	M	10:00 AM–Noon	
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Rossiter

Restore connective tissue to its natural, healthy, state creating freedom from pain and increased mobility. Relieve back pain, sciatica, knee pain, hip pain, tennis elbow, plantar fasciitis, and more. Rossiter is done fully clothed and takes about ½ hour. You must be able to get up and down off the floor.

3/3–5/26	T	10:00 AM–1:00 PM	\$45
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Reflexology

In these relaxing sessions, your hand and feet will be massaged, paying special attention to pressure points that connect with organ and glands throughout the body. Enjoy the sugar scrub to soften your skin and remove dry skin. 30 minute appointments.

3/10, 3/24, 4/7, 4/21, 5/5, 5/19	T	10:30–4:00 PM	\$45
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Reiki – Support Healing and Well-Being

Discover how Reiki treatments can reduce stress, relieve physical complaints and clear away blockages from your body & mind. Using light touch, Reiki activates your Ki so you feel tangible change in your overall well-being. Offered by Reiki Master and Teacher, Paula Harrison. 1 hour appointments. Wear Comfortable Clothing.

3/2–5/28	M/Th	9:00–11:00 AM	\$45
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Become a Master Naturalist volunteer!

Share your love of natural areas with the community by leading educational field trips.

Applications due March 6 at fcgov.com/naturalareas

Affordable CommUnity Acupuncture Treatments

Thousands of years old, Acupuncture is globally popular! Tiny hair-sized needles stimulate healing without pain or negative side effects. These 1 hour treatments by Fort Collins CommUnity Acupuncture are affordable, relaxing & effective. It helps pain, anxiety, arthritis, insomnia, depression, migraines, etc. 1 hour sessions, scheduled every 10 minutes.

3/2– 5/18	M	8:00 AM–12:00 PM	\$25
3/4– 5/27	W	9:00 AM–12:00 PM	\$25

Bio-Connection

Bio-Connection is an energy medicine therapy that relieves stress and anxiety. With ongoing session it can improve brain performance as it addresses issues of insomnia, learning, memory, focus, balance and coordination. Deeply calming and relaxing, you will feel like you've had a wonderful day at the spa! 30 minute appointment by Nancy Evans, RN, BSN, CH.

Age: 18 years & up

3/4–4/8	W	9:00–11:30 AM	\$45
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E This symbol represents those classes that are evidence based programs. These programs are backed by independent research and have been shown to yield measurable results in health.

Ice Skating

All programs take place at Edora Pool Ice Center.

General information for Learn to Skate Lessons

Lessons are taught by Certified P.S.A. instructors and are in compliance with 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 tot, basic 1 or basic 2 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 lessons 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:

Helmet (also available at EPIC; Tot 1 & 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

Skate Sharpening Services

EPIC offers Skate Sharpening services for Figure and Hockey skates (Blackstone Flat Bottom V). Drop-off and walk-in service available. Please call 970-221-6683 x3 for hours and fees.

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
wachockey.org

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 stretch or loose.

Age: 8 years & up

Ongoing	Tu	1:00–2:30 PM	\$7.50
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Power Skating

Hockey skaters will develop power, agility, and endurance. Program developed and instructed by Olympic speed skater Jondon Trevena.

Note: No Session 3/18. Full hockey gear required

Age: 9–17 years

Ongoing	W	3:45–4:30 PM	\$12
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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. **Note:** No Session 3/18.

Age: 7 years & up

Beginner

Ongoing	W	4:45–5:30 PM	\$12
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Intermediate

Ongoing	W	5:45–6:45 PM	\$15
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Senior Coffee 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

March–May

Ongoing	W	9:15–10:45 AM	Drop-In Fees Apply
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Drop-In Hockey

This open practice session is for hockey players who want to sharpen their skating and shooting skills. Session not discountable. 10 or 30 admission punch passes may be purchased at the \$4.00 rate. 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 is on file for phone-ins. Limited to 30 players. Full equipment required. No session 4/10, 5/25. Skate rental is \$2.50 per pair.

Age: 16 years & up

Ongoing	M–F	11:15 AM–12:45 PM	\$4/session
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Ongoing	Th	1:00–2:30 PM	\$4/session
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Fitness Skate

Intermediate to advanced skaters will benefit from this aerobic exercise. Session not discountable. No session 3/13, 4/10, 4/17, 5/15, 5/25. 10- or 30-admission punch passes may be purchased at the \$5.50/punch rate. Skate rental is \$2.50 per pair.

Age: 16 years & up

Ongoing	M–F	11:15 AM–:00 PM	\$5.50/session
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Stick & Puck

This open session requires helmet, gloves, stick, and shin guards; full equipment is recommended for younger skaters. Open to all ages. No Goalies in net. Session not discountable. No session 4/5, 4/11, 4/12. Skate rental is \$2.50 per pair.

March–May

Ongoing	Sa, Su	2:30–3:30 PM	\$4/session
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March 16–20

Ongoing	M–F	4:30–5:30 PM	\$4/session
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Adult Ice Skating**Adult Beginning and Intermediate Skate**

These classes are for the person with little or no previous experience on ice. See Basic 1–4. **Note:** Class will not be held on 3/19.

Age: 16 years & up

3/5–4/2	Th	6:15–6:45 PM	\$32	210349-01
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4/16–4/30	Th	6:15–6:45 PM	\$24	210349-02
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Adult Advanced Skate

Good skaters wishing to learn new skills may take the advanced level. See Basic 5 & 6.

Age: 16 years & up

3/5–4/2	Th	6:45–7:15 PM	\$33	210353-01
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4/16–4/30	Th	6:45–7:15 PM	\$24	210353-02
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Curling**Curling**

Learn to Curl classes are for those that have never curled before, and would like to see what it's all about. You will learn the terminology and proper curling technique. In two classes you will learn to slide, throw stones, and sweep. **Note:** Participants need to wear helmet, clean rubber soled sneakers, and dress in layers that are stretchy or loose. Helmets will be provided. No class on 4/5.

Age: 8 years & up

3/1–4/12	Su	3:00–4:30 PM	\$66	210376-01
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4/19–5/17	Su	3:00–4:30 PM	\$55	210376-02
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Learn to Skate**Tot 1 Skate**

Tots will be introduced to the ice at a relaxed pace. Upon completion of this level participants will be able to do the following skills: sit on ice and stand up, march in place, standing swizzle, dip, march forward, forward marching with two-foot glide, and introduced to backward wiggles and rocking horse. **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 3/17, 3/19, 4/11.

Age: 4–5 years

3/3–4/2	Tu,Th	4:45–5:15 PM	\$60	210302-01
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3/3–4/2	Tu,Th	9:30–10:00 AM	\$60	210302-02
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3/28–5/2	Sa	10:30–11:00 AM	\$38	210302-03
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4/7–4/30	Tu,Th	4:45–5:15 PM	\$60	210302-04
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4/7–4/30	Tu,Th	9:30–10:00 AM	\$60	210302-05
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Tot 2 Skate

Participants must have successfully completed Tot 1. Upon 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,

Tot 2 Skate continued

and backward wiggles. **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 3/17, 3/19, 4/11.

Age: 4–5 years

3/3–4/2	Tu,Th	4:45–5:15 PM	\$60	210304-01
3/3–4/2	Tu,Th	9:30–10:00 AM	\$60	210304-02
3/28–5/2	Sa	10:30–11:00 AM	\$38	210304-03
4/7–4/30	Tu,Th	4:45–5:15 PM	\$60	210304-04
4/7–4/30	Tu,Th	9:30–10:00 AM	\$60	210304-05

Basic 1 Skate

For skaters who have never skated before. Upon completion of this level participants will be able to do the following skills: sit and stand up, march forward, two-foot glide, glide with dip, rocking horse, forward two-foot swizzles, two-foot snowplow stop, two-foot hop, wiggles, and intro to forward one-foot glide. **Note:** Helmets are strongly recommended for beginners. Warm clothes including gloves or mittens are needed. We prefer that parents observe from the seating area. Class will not be held on 3/16, 3/17, 3/19, 4/11.

Age: 5–9 years

3/2–3/30	M	4:00–4:30 PM	\$30	210306-01
3/2–3/30	M	4:30–5:00 PM	\$30	210306-02
3/3–4/2	Tu,Th	4:45–5:15 PM	\$60	210306-03
3/3–4/2	Tu,Th	10:00–10:30 AM	\$60	210306-04
3/28–5/2	Sa	10:30–11:00 AM	\$38	210306-05
4/6–4/27	M	4:00–4:30 PM	\$30	210306-06
4/6–4/27	M	4:30–5:00 PM	\$30	210306-07
4/7–4/30	Tu,Th	4:45–5:15 PM	\$60	210306-08
4/7–4/30	Tu,Th	10:00–10:30 AM	\$60	210306-09

Basic 2 Skate

Participants must have successfully completed Basic 1 or be between the ages of 10–15 and never skated. Upon completion of this level participants will be able to do the following skills: forward glides, pumping, slalom, backward two-foot swizzles, two-foot glide, turn, snowplow stop, and T-position. **Note:** Helmets are strongly recommended for beginners. Warm clothes including gloves or mittens are needed. We prefer that parents observe from the seating area. Class will not be held on 3/16, 3/17, 3/19, 4/11.

Age: 5–15 years

3/2–3/30	M	4:00–4:30 PM	\$30	210310-01
3/2–3/30	M	4:30–5:00 PM	\$30	210310-02
3/3–4/2	Tu,Th	4:45–5:15 PM	\$60	210310-03
3/3–4/2	Tu,Th	10:00–10:30 AM	\$60	210310-04
3/28–5/2	Sa	10:30–11:00 AM	\$38	210310-05
4/6–4/27	M	4:00–4:30 PM	\$30	210310-06
4/6–4/27	M	4:30–5:00 PM	\$30	210310-07
4/7–4/30	Tu,Th	4:45–5:15 PM	\$60	210310-08
4/7–4/30	Tu,Th	10:00–10:30 AM	\$60	210310-09

Basic 3 Skate

Skaters must have successfully completed Basic 2. Upon completion of this level participants will be able to do the following skills: stroking, forward and backward pumping, backward slalom, two foot turn,

Basic 3 Skate continued

gliding backward on one foot, hold inside and outside edge on a circle, and two foot spin. **Note:** Class will not be held on 3/17, 3/19, 4/11.

Age: 5–15 years

3/3–4/2	Tu,Th	4:45–5:15 PM	\$60	210314-01
3/3–4/2	Tu,Th	10:30–11:00 AM	\$60	210314-02
3/28–5/2	Sa	11:15–11:45 AM	\$38	210314-03
4/7–4/30	Tu,Th	4:45–5:15 PM	\$60	210314-04
4/7–4/30	Tu,Th	10:30–11:00 AM	\$60	210314-05

Basic 4 Skate

Participants must have successfully completed Basic 3. Upon completion of this level participants will be able to do the following skills: stroking with power, backward one-foot glide, forward inside and outside edge on an axis, forward crossovers, forward outside three turn right and left, and backward snowplow stop. **Note:** Class will not be held on 3/17, 3/19, 4/11.

Age: 5–15 years

3/3–4/2	Tu,Th	4:45–5:15 PM	\$60	210316-01
3/3–4/2	Tu,Th	10:30–11:00 AM	\$60	210316-02
3/28–5/2	Sa	10:30–11:00 AM	\$38	210316-03
4/7–4/30	Tu,Th	4:45–5:15 PM	\$60	210316-04
4/7–4/30	Tu,Th	10:30–11:00 AM	\$60	210316-05

Basic 5 Skate

Participants must have successfully completed Basic 4. Upon completion of this level participants will be able to do the following skills: forward crossovers, hold outside and inside edge on a circle, backward crossovers, one-foot spin, T-stop, side toe hop, and forward outside three turn. **Note:** Class will not be held on 3/17, 3/19, 4/11.

Age: 5–15 years

3/3–4/2	Tu,Th	5:30–6:00 PM	\$60	210318-01
3/28–5/2	Sa	11:15–11:45 AM	\$38	210318-02
4/7–4/30	Tu,Th	5:30–6:00 PM	\$60	210318-03

Basic 6 Skate

Participants must have successfully completed Basic 5. Upon completion of this level participants will be able to do the following skills: backward crossovers, forward inside three-turn, backward to forward two-foot turn, hockey stop, bunny hop, forward straight line spiral, forward lunge, beginning one foot spin. **Note:** Class will not be held on 3/17, 3/19, 4/11.

Age: 5–15 years

3/3–4/2	Tu,Th	5:30–6:00 PM	\$60	210322-01
3/28–5/2	Sa	11:15–11:45 AM	\$38	210322-02
4/7–4/30	Tu,Th	5:30–6:00 PM	\$60	210322-03

Basic 7 Skate

Participants must have successfully completed Basic 6. Upon completion of this level skaters will be able to do the following skills: backward to forward two-foot turn, forward inside open and closed mohawk, ballet jump, backward crossovers to backward outside edge, one-foot spin, and inside forward three turn. No class on 4/11.

Age: 5–15 years

3/28–5/2	Sa	11:15–11:45 AM	\$38	210324-01
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Basic 7 & 8 Ice Skating

Please see individual class descriptions under Basic 7 and Basic 8.

Note: Class will not be held on 3/17, 3/19.

Age: 5–15 years

3/3–4/2	Tu,Th	5:30–6:00 PM	\$60	210326-01
4/7–4/30	Tu,Th	5:30–6:00 PM	\$60	210326-02

Basic 8 Skate

Participants must have successfully completed Basic 7. Upon completion of this level participants will be able to do the following skills: moving forward outside three turn, moving forward inside three turn, stand still waltz jump, mazurka, combination move, forward inside pivot, and backward inside pivot. No class on 4/11.

Age: 5–15 years

3/28–5/2	Sa	11:15–11:45 AM	\$38	210328-01
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Field Moves

Participants will learn Pre-preliminary and Preliminary Moves in the Field. The following skills will be taught: stroking, crossovers, forward and backward outside and inside consecutive edges, waltz eight, straight line spiral, figure eight crossovers, right and left 3 turns, consecutive spirals, alternating 3 turns. **Note:** Class will not be held on 3/17.

Age: 5–15 years

3/3–3/31	Tu	6:15–6:45 PM	\$32	210330-01
4/7–4/28	Tu	6:15–6:45 PM	32	210330-02

Beginning Free Skate 1 & 2

Participants must have successfully completed Basic 8. This is a 45-minute class that will focus on Spins, Jumps, and Moves (15 minutes each). For a detailed description of skills please see the Learn To Skate Bulletin Board. **Note:** Class will not be held on 3/17, 3/19.

Age: 5–15 years

3/3–4/2	Tu,Th	5:15–6:00 PM	\$96	210332-01
3/28–5/2	Sa	9:30–10:15 AM	\$60	210332-02
4/7–4/30	Tu,Th	5:15–6:00 PM	\$96	210332-03

Intermediate Free Skate 3 & 4

This is a 45-minute class that will focus on Spins, Jumps, and Moves (15 minutes each). For a detailed description of skills please see the Learn To Skate Bulletin Board. **Note:** Class will not be held on 3/17, 3/19, 4/11.

Age: 5–15 years

3/3–4/2	Tu,Th	5:15–6:00 PM	\$96	210334-01
3/28–5/2	Sa	9:30–10:15 AM	\$60	210334-02
4/7–4/30	Tu,Th	5:15–6:00 PM	\$96	210334-03

Advanced Free Skate 5 & 6

This is a 45-minute class that will focus on Spins, Jumps, and Moves (15 minutes each). For a detailed description of skills please see the Learn To Skate Bulletin Board. **Note:** Class will not be held on 3/17, 3/19, 4/11.

Advanced Free Skate 5&6 continued

Age: 5–15 years

3/3–4/2	Tu,Th	5:15–6:00 PM	\$96	210336-01
3/28–5/2	Sa	9:30–10:15 AM	\$60	210336-02
4/7–4/30	Tu,Th	5:15–6:00 PM	\$96	210336-03

Intensive Ice Skating Clinic

Spend Spring Break at EPIC ice arena for a week long Intensive Skating Clinic. This program is open to all Basic 1 - Free Skate 6 skaters (must have completed basic 1). Classes will be arranged by combined levels.

Age: 5–15 years

3/16–3/19	M–Th	4:45–5:45 PM	\$35	210338-01
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Adaptive Skating ◀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.

Note: Please bring an attendant if you need assistance off the ice. No class on 4/11.

Age: 8 years & up

3/28–5/2	Sa	9:45–10:15 AM	\$38	210356-01
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Youth Hockey**Basic 1 Hockey Skate**

Hockey equipment NOT required. For skaters who have never skated before. See Basic 1. **Note:** Helmets are strongly recommended for beginners. Warm clothes including gloves or mittens are needed. We prefer that parents observe from the seating area. No class on 4/11.

Age: 5–9 years

3/28–5/2	Sa	11:15–11:45 AM	\$38	210308-01
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Basic 2 Hockey Skate

Hockey equipment NOT required. Participants must have successfully completed Basic 1 or be between the ages of 10–15 and never skated. See Basic 2. **Note:** Helmets are strongly recommended for beginners. Warm clothes including gloves or mittens are needed. We prefer that parents observe from the seating area. No class on 4/11.

Age: 5–15 years

3/28–5/2	Sa	10:30–11:00 AM	\$38	210312-01
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Beginner Cub Hockey

Prerequisite: Tot 1 or Basic 1. Practice will be held on Tuesdays where the focus will be on basic hockey and skating skills, a recreational game will be held on Thursdays. Equipment can be checked out with a \$150 deposit check. Rental skates are included; sticks are available at equipment check out for \$10. **Note:** The equipment handout is Thursday, March 26 from 4–6 p.m. at EPIC. Equipment check-in is immediately following last game of the session.

Age: 4–8 years

3/31–5/21	Tu,Th	4:15–5:00 PM	\$156	210372-01
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Outdoor Recreation

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.

Hikes

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 and those 18+ are welcome. Those wishing for less of a challenge should check out our Outdoor Strolls in the 50 Plus section of the Recreator. **Note:** Should be in good health and capable of moderate physical activity. Bring own equipment, water, food. Cost includes transportation, guide.

Age: 18 years & up

Location: Senior Center

Red Mountain Open Space

Mileage (round trip): 5.5 miles; Lowest Elevation: 6300 ft.; Highest Elevation: 7200 ft.; explore the “Big Hole” near Wyoming; stunning redrock cliffs and grassy plains.

4/15	W	8:00 AM–3:00 PM	\$25	211903-01
\$20 member				

Homestead Meadows

Mileage (round trip): 4.5 miles; Lowest Elevation: 8300; Highest Elevation: 8600; Explore beautiful open-space area rich in homestead history.

4/23	Th	8:00 AM–4:00 PM	\$25	211903-02
\$20 member				

Grey Rock/Meadow Loop

Mileage (round trip): 7 miles; Lowest Elevation: 5558 ft.; Highest Elevation: 6800 ft. Popular trail with views of the valley and peaks to the west.

5/5	Tu	8:00 AM–4:00 PM	\$25	211903-03
\$20 member				

Gem Lake (RMNP)

Mileage (round trip): 3.5 miles; Lowest Elevation: 7870 ft.; Highest Elevation: 8860 ft.; outstanding views of Estes Park, Longs Peak and the surrounding mountains.

5/13	W	8:00 AM–4:00 PM	\$25	211903-04
\$20 member				

Mt Margaret

Mileage (round trip): 4 miles; Lowest Elevation: 8105 ft.; Highest Elevation: 8166 ft.; Scenic hike along an old roadbed through meadows, granite outcroppings, and ponderosa pine.

5/20	W	8:00 AM–4:00 PM	\$25	211903-05
\$20 member				

Downhill Skiing

Motor coach trips are made to various Colorado ski resorts. Cross-country skiers and shoppers are welcome on the Breckenridge trips. Participants are responsible for their own equipment, lift ticket and lunch. Cancellation must be made by 10 a.m. Monday prior to the trip for a refund or credit. Class not discountable. Trips depart from Rolland Moore Park promptly at 7 a.m. and stops in Loveland at the park and ride at I-25 and Hwy. 34 around 7:20 a.m. **Note:** Cancellation must be made by 10 a.m. four days prior to trip for refund or credit.

Age: 18 years & up

Location: Rolland Moore Park

Winter Park

3/4	W	7:00 AM–7:00 PM	\$41	211910-01
\$35 member				

Copper Mountain

3/9	M	7:00 AM–7:00 PM	\$41	211910-02
\$35 member				

Keystone/A-Basin

3/11	W	7:00 AM–7:00 PM	\$41	211910-03
\$35 member				

Copper Mountain

3/18	W	7:00 AM–7:00 PM	\$41	211910-04
\$35 member				

Loveland Ski Area

3/23	M	7:00 AM–7:00 PM	\$41	211910-05
\$35 member				

Winter Park

3/25	W	7:00 AM–7:00 PM	\$41	211910-06
\$35 member				

Keystone/A-Basin

4/1	W	7:00 AM–7:00 PM	\$76	211910-07
\$35 member				

Copper Mountain

4/8	W	7:00 AM–7:00 PM	\$76	211910-08
\$35 member				

Snowshoe and Cross-Country Skiing Trips

These snowshoe/cross-country trips will provide an opportunity to enjoy the great outdoors and are designed for 50+ adults who enjoy a good physical challenge, but can also accommodate a range of individual pace and those 18+ are welcome. There is no formal instruction; however all of our trips are led by experienced guides with wilderness first aid training. Our vans are equipped with portable AED's and the SPOT GPS positioning in case of emergency. We handle the details and the driving so you can enjoy the outdoors. Some trips are in the backcountry of the Poudre Canyon without an available Nordic Center. Trips made to RMNP require a parks pass, Golden Age pass or \$20. Beaver Meadows, Snow Mtn. Ranch, Devil's Thumb, Eldora, Frisco and Breckenridge have an additional day use fee for which you are responsible. Costs range from \$10–\$25. Our trips to WY have an additional fee due to crossing state lines. Other equipment can be used on the trips designated Cross Country or Snowshoe ONLY

OUTDOOR RECREATION

Snowshoe and Cross-Country Skiing Trips continued

with guide approval 970.224.6136. **Note:** Should be in good health and capable of moderate physical activity. Bring own equipment, water, food. Cost includes transportation, guide.

Age: 18 years & up

Location: Senior Center

Beaver Meadows Resort

Mileage (round trip): varies; Lowest Elevation: 8600 ft.; Highest Elevation: 10600 ft.; 10K of groomed trails through pristine forest.

3/3	Tu	9:00 AM–4:00 PM	\$30	211920-01
\$25 member				

Emerald Lake (RMNP)

(Snowshoe) Mileage (round trip): 3.6 miles; Lowest Elevation: 9475 ft.; Highest Elevation: 10,080 ft.; forested trail with beautiful mountain and glacial views.

3/12	Th	8:00 AM–4:30 PM	\$30	211920-02
\$25 member				

Brainard Lake (Indian Peaks)

(Cross country skiing only) Mileage (round trip): 5.6 miles; Lowest Elevation: 10080 ft.; Highest Elevation: 10140 ft.; Surrounded by subalpine forest set in a glacially-carved valley.

3/17	Tu	8:00 AM–4:30 PM	\$30	211920-03
\$25 member				

Michigan Ditch (Cameron Pass)

(Both x-country ski & snowshoe) Mileage (round trip): 4.4 miles; Lowest Elevation: 10,255 ft.; Highest Elevation: 10,320 ft.; Spectacular views of the Nokhu Crags.

3/26	Th	8:00 AM–4:00 PM	\$30	211920-04
\$25 member				

Hunter Education

This course will give students the skills and information necessary to hunt without accidents. Colorado Division of Wildlife certificates will be issued to those successfully completing the course. Saturday's class involves reviewing of class material, written testing and live fire testing. **Note:** Attendance at all 5 classes is mandatory (19 hours). All firearms are provided – do not bring them to class. Class not discountable.

Age: 12 years & up

Location: The Farm

3/10–3/19	Tu,Th	7:00–10:00 PM	\$10	211932-01
3/21	Sa	8:00 AM–3:00 PM		

Teen

Schools Out Teen Trips

Age: 11–16 years

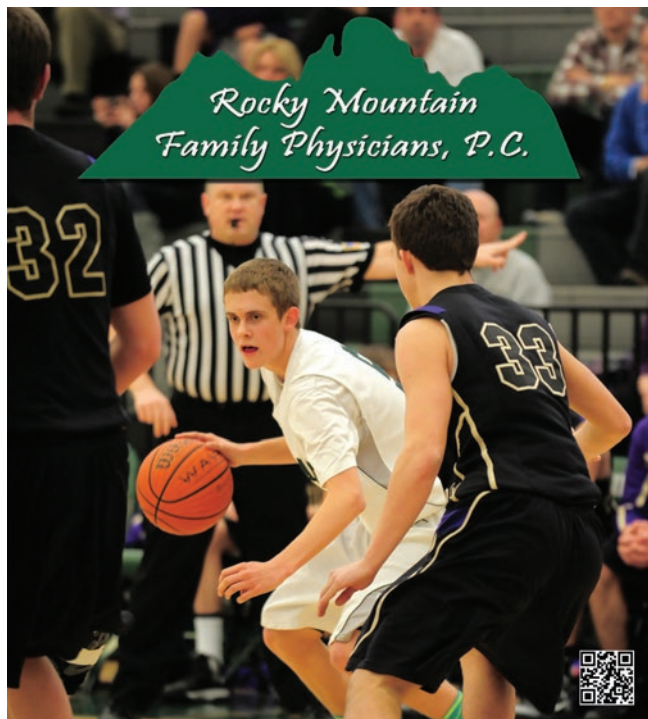
Location: Northside Aztlan Center

RM National Park

4/10	F	9:00 AM–4:00 PM	\$20	215538-01
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Poudre Trail Riding

5/15	F	9:00 AM–4:00 PM	\$20	215538-02
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Special Events

Cinco De Mayo

The celebration of this annual fiesta provides an excellent means of education and sharing of cultural diversity among our communities. We hope you will join us for a celebration of family, culture and community. For more information contact Tyler Robertson at 970.221.6729 or visit our website at fortcollinscincodemayo.com.

Location: Northside Aztlan Community Center

5/2–5/3 11:00 AM–7:00 PM

18th Annual Father's Day 5k

Register online for the 18th annual Father's Day 5k. The race features several different racing categories including, father/daughter teams, father/son teams, individual race, and wheelchair divisions. The race benefits the Adaptive Recreation Opportunities. Race numbers and shirts will be available for pre-race pickup from June 19–20. Avoid the lines at the day of race and pick up your gear early. Register at fcgov.com/recreator.

Youth Open

6/21	Su	\$15	313035-04
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Father & Daughter

6/21	Su	\$45	313035-05
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Father & Son

6/21	Su	\$45	313035-06
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13 years & up

Male

6/21	Su	\$30	313035-01
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Female

6/21	Su	\$30	313035-02
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Wheelchair

6/21	Su	\$30	313035-03
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Kites in the Park

Celebrate spring, family and the outdoors at the 7th Annual Kites in the Park Festival. Little ones can get their face painted for free and build and decorate their own kite. Watch kite fights, kite ballet and giant kites soar in the spring sky. Food vendors and other booths will be available to purchase food and kite products. The Kite Festival is free to the public. Bring your own kite and experience a unique Fort Collins spring festival.

Location: Spring Canyon Community Park

May 17, 2015 10:00 AM–4:00 PM

LEGEND

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

Adaptive Recreation Opportunity Events

Giant Friends Club ◀ARO

Come and play together at the accessible Inspiration Playground at this free special event. This club brings kids of all abilities together for fun and friendships. The theme for this event is "Trains, Planes and Trucks" and will feature exciting activities, entertainment and more for a gigantic good time! Note: This event is provided with support from the Inspiration Playground Endowment Fund. For more information or to volunteer, contact Renee Lee, rlee@fcgov.com.

Age: All

Location: Inspiration Playground at Spring Canyon Park

4/10	F	10:30 AM–12:30 PM	No Fee
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Monthly Themed Dances ◀ARO

Dances are fun filled events to celebrate with friends. Dressing for the theme is highly encouraged! No pre-registration; tickets will be sold at the door. Attendants welcome at no cost. Class is not discountable.

Age: 18 years & up

Location: Senior Center

Luck O' the Irish

3/27	F	6:00–8:00 PM	\$3.50	202405-01
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Spring Fling

4/24	F	6:00–8:00 PM	\$3.50	202405-02
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Fiesta

5/29	F	6:00–8:00 PM	\$3.50	202405-03
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Sports

Adult Sports

Basketball

Spring Adult Men's Basketball

Keep the ball rolling into the spring. Men's leagues are offered for a Friday night league, Teams will sign up for their level preference on a first come basis. 6 games scheduled. Registration begins 2/12, ends 3/20 or when leagues fill. Leagues begin the week of 3/27. **Note:** Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Age: 16 years & up

Location: Northside Aztlan Center

Friday Men's Competitive

3/27-5/1	F	6:00-10:00 PM	\$340	213901-01
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Friday Men's Recreational

3/27-5/1	F	6:00-10:00 PM	\$340	213901-02
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Sat Men's 3 on 3

3/28-5/2	Sa	9:00 AM-1:00 PM	\$340	213901-03
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Summer Adult Men's Basketball

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 5/4, ends 5/22. **Note:** Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable. Class will not be held on 7/3.

Age: 16 years & up

Location: Northside Aztlan Center

Friday Competitive

6/5-7/31	F	6:00-10:00 PM	\$369	313001-01
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Friday Recreational

6/5-7/31	F	6:00-10:00 PM	\$369	313001-02
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Flag Football

Spring Adult Flag Football

Leagues will be 8-on-8 non-contact. Registration begins 2/12, ends 3/6 or when leagues fill (whichever comes first); 6 games scheduled, 6 games guaranteed. League begins the week of 3/23. **Note:** Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Age: 16 years & up

Location: Rolland Moore Park

3/23-4/27	M	6:00-10:00 PM	\$329	213011-01
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Spring Adult Indoor Flag Football

Indoor league will be 8 on 8 non-contact. Games played Sunday mornings between 8 a.m.- 12 p.m. Registration begins 2/12, ends 3/20 or when league fills (whichever comes first); 6 games scheduled, 6 games guaranteed. League begins 3/29. **Note:** Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Age: 16 years & up

Location: TBA

3/29-5/3	Su	8:00 AM-Noon	\$449	213912-01
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Kickball

Spring Coed Kickball

Play an American Classic – Kickball. Form your team and come out to have some fun playing a game invented on the playground. The league is coed recreational. Registration begins 2/12, ends 3/6 or when league fills. League begins 3/27, 6 games scheduled. **Note:** Rosters are unlimited. (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Age: 16 years & up

Location: Rolland Moore Park

Coed Competitive

3/27-5/1	F	6:00-10:00 PM	\$184	213061-01
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Coed Recreational

3/27-5/1	F	6:00-10:00 PM	\$184	213061-02
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Summer Adult 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 5/4, ends 5/22 or when league fills. League begins 6/5, 8 games scheduled. **Note:** Rosters are unlimited. (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable. Class will not be held on 7/4.

Age: 16 years & up

Location: Rolland Moore Park

Friday Competitive

6/5-7/31	F	6:00-10:00 PM	\$254	313061-01
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Friday Recreational

6/5-7/31	F	6:00-10:00 PM	\$254	313061-02
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Martial Arts

Shotokan Karate Beginners

Designed to introduce Shotokan Karate to individuals who may be interested in this Japanese martial art form. 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.

Shotokan Karate Beginners continued

Age: 7 years & up

Location: Club Tico

3/16–4/15	M,W	6:00–7:00 PM	\$55	222122-01
4/20–5/20	M,W	6:00–7:00 PM	\$55	222122-02
5/27–6/24	M,W	6:00–7:00 PM	\$49.50	222122-03

Shotokan Karate White through Purple

The physical and mental benefits of karate are numerous. Some physical benefits are enhanced physical condition, increased stamina, and coordination. Some mental benefits include increased confidence, self-esteem, discipline and concentration. Text is supplemented via fitness manual document. **Note:** NO beginning Karate students.

Age: 7 years & up

Location: Club Tico

3/16–4/15	M,W	6:00–7:00 PM	\$55	222123-01
4/20–5/20	M,W	6:00–7:00 PM	\$55	222123-02
5/27–6/24	M,W	6:00–7:00 PM	\$49.50	222123-03

Shotokan Karate Brown through Black

Age: 7 years & up

Location: Club Tico

3/16–4/15	M,W	7:00–8:00 PM	\$55	222124-01
4/20–5/20	M,W	7:00–8:00 PM	\$55	222124-02
5/27–6/24	M,W	7:00–8:00 PM	\$49.50	222124-03

Aikido

Traditional Japanese martial art where students learn through repetitive practice, taking turns as attacker, and defender. Practice improves physical condition and mental conditioning, self-confidence, concentration and intuitiveness.

Age: 18 years & up

Location: Northside Aztlan Center

3/17–4/16	Tu,Th	6:00–8:00 PM	\$50	222521-01
4/21–5/21	Tu,Th	6:00–8:00 PM	\$50	222521-02
5/26–6/25	Tu,Th	6:00–8:00 PM	\$50	222521-03

Softball**Spring Softball**

Teams will have the opportunity to get the rust off before the summer leagues begin! Registration begins 2/12, ends 3/6, or when leagues fill. Leagues begin the week of 3/22, 6 games scheduled. **Note:** Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Age: 16 years & up

Cost: \$334

Dates: 3/22–4/30

Location: Rolland Moore Park

Sun Men's IV	213021-01	Tues Men's IV	213021-05
Mon Men's III	213021-02	Wed Men's II	213021-06
Mon Men's IV	213021-03	Wed Men's III	213021-07
Tues Men's III	213021-04	Wed Men's IV	213021-08

Spring Softball continued

Thurs Men's III	213021-09	Sun Coed Rec	213023-02
Fri Men's IV	213021-10	Tues Coed Comp	213023-03
Women's	213022-01	Tues Coed Rec	213023-04
Coed		Wed Coed Comp	213023-05
Sun Coed Comp	213023-01	Wed Coed Rec	213023-06
		Thurs Coed Rec	213023-07

Summer Adult Men's 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 3/30, ends 4/17 or when leagues fill. **Note:** Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). Leagues not discountable. Class will not be held on 5/25, 7/5, 5/24, 5/22, 7/3.

Age: 16 years & up		Friday Wood Bat	313021-14
Cost: \$569		Friday 50 & Over	313021-15
Dates: 5/3–8/7		Women's	
Location: TBA		Tuesday IV	313022-01
Men's		Wednesday IV	313022-02
Sunday III	313021-01	Thursday III	313022-03
Sunday IV	313021-02	Thursday IV	313022-04
Monday III	313021-03	Coed	
Monday IV	313021-04	Sunday Rec	313023-02
Tuesday II	313021-05	Tuesday Comp	313023-03
Tuesday III	313021-06	Tuesday Rec	313023-04
Tuesday IV	313021-07	Wednesday Comp	313023-05
Wednesday II	313021-08	Wednesday Rec	313023-06
Wednesday III	313021-09	Thursday Comp	313023-07
Wednesday IV	313021-10	Thursday Rec	313023-08
Thursday III	313021-11	Friday Rec	313023-09
Thursday IV	313021-12	Fast Pitch	313024-01
Friday Men's IV	313021-13		

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 5/4, ends 5/29, or when divisions fill. Two games guaranteed. **Note:** Rosters are unlimited (Participants 16 & 17 need parent signature on roster prior to participation). Tournament fee not discountable.

Age: 16 years & up

Cost: \$254

Date: 6/6

Location: Rolland Moore Park

Men's II	313025-01	Coed Comp	313025-04
Men's III	313025-02	Coed Rec	313025-05
Men's IV	313025-03		

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Adult Tennis

General Information

Spring Adult Classes – check *Lewistennis.com* or call 970.493.7000 for days and times

Beginner Lessons

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

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 Programs

We have coaches available to get your team ready for the 2015 league season. 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.

Adult Spring Tournaments

5/9/2015 Adult Warmup. Enter by calling 970.493.7000

Class Schedule

Lesson programs are offered at Rolland Moore. You may sign up for as many days as you like (We recommend at least two days per week). Complete schedule and times can be viewed at *Lewistennis.com*.

Winter/Spring Sessions run for four weeks.

Session #1	Jan. 5 thru Jan. 31
Session #2	Feb. 2 thru Feb. 28
Session #3	March 2 thru March 28
Session #4	March 30 thru April 25
Session #5	April 27 thru May 23

Special Events

May 23 Memorial Weekend Extravaganza Noon–2 p.m. at Rolland Moore.

Volleyball

Spring Adult Women Volleyball

Coed and women's leagues will be offered for 6-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 2/12, ends 3/6 or when leagues fill. Leagues begin the week of 3/29, 8 games scheduled. **Note:** Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Age: 16 years & up

Location: TBA

Sunday Women's B

3/29–5/17	Su	6:00–11:00 PM	\$274	213942-01
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Wednesday Women's A

3/25–5/13	W	6:00–11:00 PM	\$274	213942-02
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Wednesday Women's BB

3/25–5/13	W	6:00–11:00 PM	\$274	213942-03
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Spring Adult Coed Volleyball

Coed and women's leagues will be offered for 6-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 2/12, ends 3/6 or when leagues fill. Leagues begin the week of 3/29, 8 games scheduled. **Note:** Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Age: 16 years & up

Location: Northside Aztlan Center

Monday Coed B

3/23–5/11	M	6:00–11:00 PM	\$274	213943-02
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Tuesday Coed A

3/24–5/12	Tu	6:00–11:00 PM	\$274	213943-03
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Tuesday Coed BB

3/24–5/12	Tu	6:00–11:00 PM	\$274	213943-04
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Location: TBA

Monday Coed BB

3/23–5/11	M	6:00–11:00 PM	\$274	213943-01
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Friday Coed BB

3/27–5/15	F	6:00–11:00 PM	\$274	213943-05
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Senior Sports

AOA Badminton

If you enjoy the energetic fast-paced game of badminton, join the group of Active Older Adults that play on Tuesday and Thursday mornings! **Note:** Drop In Fees Apply

Age: 18 years & up

Location: Northside Aztlan Center

3/3–5/28	Tu,Th	8:00–10:00 AM	No Fee	215519-01
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Senior Travel Softball

50 & Over Seniors Travel to games in other cities as far as Colorado Springs and in Fort Collins. Registration begins 2/9, ends 3/20. Twenty-eight league games plus a season ending tournament, 32 total. **Note:** Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). Leagues not discountable. Class will not be held on 5/25, 7/5.

Age: 16 years & up

Location: TBA

4/29–8/19	W	5:00–10:00 PM	\$75	313026-01
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AOA Basketball

Still got game? Suit-up and get on the court for some hoops! These Active Older Adults own the court on Monday, Wednesday, and Friday mornings! **Note:** Drop In Fees Apply

Age: 18 years & up

Location: Northside Aztlan Center

3/2–5/29	M,W,F	8:00–10:00 AM	No Fee	215520-01
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Pickle Ball

Adult Pickleball League

Mixed Doubles pickleball teams of various skill levels will have the opportunity to play matches against teams with similar skills each week for the duration of the league. Registration begins 2/12, ends 3/20 or when leagues fill. League begins week of 3/30. **Note:** Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Age: 16 years & up

Location: Senior Center

3/31–5/26	Tu	5:00–9:00 PM	\$36	213991-01
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Pickle Ball Beginner Lessons

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. Rotational court time to begin to play.

Age: 18 years & up

Location: Senior Center

4/11	Sa	8:15–11:30 AM	\$16	209478-01
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3/17–4/14	Tu	10:15–11:15 AM	\$16	209478-02
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4/21–5/19	Tu	10:15–11:15 AM	\$16	209478-03
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5/26–6/23	Tu	10:15–11:15 AM	\$16	209478-04
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Pickle Ball Clinics

Intermediates are encouraged to register for these 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.

Age: 18 years & up

Location: Senior Center

3/20–4/17	F	10:00 AM–Noon	\$14	209479-01
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4/24–5/22	F	10:00 AM–Noon	\$14	209479-02
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5/29–6/26	F	10:00 AM–Noon	\$14	209479-03
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Ultimate Frisbee

Adult Indoor Ultimate Frisbee

5-on-5 Ultimate Frisbee is being offered at the Edge Sports Center. Register in teams of 12. Minimum of 4 women on the roster, with 2 women and 3 men on the field at all times. Registration begins 2/12, ends 2/20 or when league fills. League begins the week of 2/24, 6 games scheduled. **Note:** League schedules will be mailed to managers. Schedules will be mailed 1 week before the league begins. If you have not received it by this time, please call the sports office

Age: 16 years & up

Location: The Edge

2/24-4/23	Tu,Th	6:00-10:00 PM	\$439	213091-01
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Youngsters

SNAG Golf Spring Kickoff

SNAG (Starting New at Golf) is a program designed to teach kids the basics of Golf. During this event kids will have a 45 minute introductory lesson to Golf using the SNAG Equipment. Following the lesson they will play 9 holes of SNAG Golf! **Note:** PSD Schools are closed on Friday, April 10 due to PSD Collaboration Date.

Location: City Park

Grade: All

4/10	F	1:00-2:30 PM	\$5	214091-06
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Grade: 1-2

4/10	F	10:30 AM-Noon	\$5	214091-05
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Grade: 3-5

4/10	F	1:00-2:30 PM	\$5	214091-04
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Parent/Child SNAG Golf Scramble

Kids get your parents and come out for the 2015 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; Tee Times will be between 1 p.m.-3:30 p.m. **Note:** Teams will be notified on May 9th of Tee Times. Registration fee is per team (1 child/1 parent).

Location: City Park

Grade: 1-2

5/17	Su	1:00-3:30 PM	\$10	214092-04
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Grade: 3-5

5/17	Su	1:00-3:30 PM	\$10	214092-05
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Grade: 6-8

5/17	Su	1:00-3:30 PM	\$10	214092-06
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Amazing Athletes

Get active with Amazing Athletes today! Our action packed sports program is specifically designed to enhance your child's learning experience through movement. Your child will learn the basic fundamentals and mechanics of 9 different ball sports while also building self-confidence, practicing teamwork, and improving.

Amazing Athletes continued

Location: Northside Aztlan Center

Age: 2.5-3 years

4/13-5/18	M	9:00-9:30 AM	\$45	214574-05
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4/16-5/21	Th	9:00-9:30 AM	\$45	214574-06
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Age: 3.5-5 years

4/13-5/18	M	9:45-10:30 AM	\$45	214575-05
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4/16-5/21	Th	9:45-10:30 AM	\$45	214575-06
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Sporties for Shorties

Let's explore the world of sports in this fun-filled class. We will work on the fundamentals of sports as they relate to throwing, kicking, and catching. Come play ball with us! Each session will highlight different skills and different sports along with team work!

Age: 3-5 years

Location: Northside Aztlan Center

2/25-3/11	W	10:00-10:45 AM	\$28	214776-04
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3/24-4/7	Tu	10:00-10:45 AM	\$28	214776-05
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4/15-4/29	W	10:00-10:45 AM	\$28	214776-06
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Basketball for Shorties

Let's explore basketball! We will work on large and small motor skills as they relate to shooting, dribbling, and passing. Come play ball with us! Learn the basketball basics in this fun and exciting class!

Age: 4-6 years

Location: Northside Aztlan Center

2/24-3/10	Tu	10:00-10:45 AM	\$28	214777-02
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Football for Shorties

Let's explore football! We will work on large and small motor skills as they relate to throwing, kicking, and catching. Come play ball with us! Learn the football basics in this fun and exciting class!

Age: 4-5 years

Location: Northside Aztlan Center

3/25-4/8	W	10:00-10:45 AM	\$28	214778-02
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Mighty Kicks

Mighty Kicks is a fun exciting way to introduce soccer to your child. Each innovative session is designed to build up your child's motor skills, life skills, self-confidence, and basic soccer skills. Our proven age-appropriate curriculum enhances the soccer experience while leaving a lasting positive impression.

Location: City Park

Ages: 3 years

4/1-5/20	W	9:30-10:15 AM	\$90	214972-07
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Ages: 4-5 years

4/1-5/20	W	9:30-10:15 AM	\$90	214972-08
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Location: Fossil Creek Park

Ages: 3 years

3/31-5/19	Tu	9:30-10:15 AM	\$90	214972-05
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Ages: 4-5 years

3/31-5/19	Tu	10:30-11:15 AM	\$90	214972-06
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Mighty Kicks continued

Location: Harmony Park

Ages: 3 years

3/30–5/18	M	9:30–10:15 AM	\$90	214972-01
3/30–5/18	M	4:30–5:15 PM	\$90	214972-02

Ages: 4–5 years

3/30–5/18	M	10:30–11:15 AM	\$90	214972-03
3/30–5/18	M	5:30–6:15 PM	\$90	214972-04

Location: Troutman Park

Ages: 3 years

4/2–5/21	Th	9:30–10:15 AM	\$90	214972-09
4/2–5/21	Th	4:30–5:15 PM	\$90	214972-10

Ages: 4–5 years

4/2–5/21	Th	10:30–11:15 AM	\$90	214972-11
4/2–5/21	Th	5:30–6:15 PM	\$90	214972-12

Youth Sports**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. **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.

Age: 8–16 years

Location: Rocky Mtn. Archery

3/5–3/12	Th	4:30–5:30 PM	\$30	215941-01
4/9–4/16	Th	4:30–5:30 PM	\$30	215941-02
5/14–5/21	Th	4:30–5:30 PM	\$30	215941-03

YOSA – School of Sport**Teen's Sports**

Teen Sports Multi-sport program for promoting and teaching sports for teens in a fun, social, coed environment. Program includes but it is not limited to Flag Football, Capture the Flag, German Team Handball, Volleyball, Indoor Soccer, Track & Field, Ultimate Frisbee, Floorball, Brazilian Peteca, Rugby, Weights and other games.

Location: Qdoba Event Center

Ages: 14 and up

4/17–5/22	F	6:30–7:45 PM	\$35	214971-25
5/29–6/26	F	6:30–7:45 PM	\$35	214971-26

Futsal

International Brazilian Futsal (Indoor Soccer). Players will practice and improve their ball control, foot skills and moves that Brazilian soccer is famous for. Players are grouped according to age and ability. We will challenge players to raise their game and reach new heights within an excellent learning environment **Note:** Class will not be held on 1/19.

Location: Qdoba Event Center

Futsal continued

Elementary School

4/14–5/22	Tu,F	5:30–6:30 PM	\$60	214971-01
5/26–6/30	Tu,F	5:30–6:30 PM	\$60	214971-02

Middle School

4/14–5/22	Tu,F	4:30–5:30 PM	\$60	214971-03
5/26–6/30	Tu,F	4:30–5:30 PM	\$60	214971-04

Intro – Inline Skate

Introduction to the fundamentals of basic skating skills. Test to next Level Skating Skills will be taught to increase participant's confidence on inline or quad skates. The program is designed for those new to skating and will prepare them for Learn to play hockey, Jr Derby and open skating Participation.

Location: Qdoba Event Center

Ages: 4–12

4/14–5/20	W	4:40–5:30 PM	\$35	214971-05
5/20–6/24	W	4:40–5:30 PM	\$35	214971-06

Indoor Track

The basic techniques of Track and Field will be taught. Great program for CARA Track offseason training!

Grades:3–8

Location: Qdoba Event Center

4/15–5/20	W	6:30–7:30 PM	\$35	214971-07
5/27–6/24	W	6:30–7:30 PM	\$35	214971-08

Intermediate Volleyball

This coed class is designed to pick up where Volleykids classes left off. Following the Awesome Volleyball Method of Dr. Da Matta and the FIVB Mini Volleyball, this program will be a high level volleyball advanced initiation focus of universal positions and developmentally appropriate practices for more experienced kids.

Location: Qdoba Event Center

Grades: 3, 4, 5

4/13–5/21	M,Th	4:30–6:00 PM	\$60	214971-09
5/25–6/30	M,Th	4:30–6:00 PM	\$60	214971-10

Grades: 6, 7, 8

4/13–5/21	M,Th	4:30–6:00 PM	\$60	214971-11
5/25–6/30	M,Th	4:30–6:00 PM	\$60	214971-12

VolleyKids

This class is designed to develop the FUNdamental volleyball skills form youth. Following the Volleyball method of Dr. DaMatta and FIVB Volleyball. This program will be a high level volleyball initiation focus of universal positions and developmentally appropriate practices for young kids.

Location: Qdoba Event Center

Grades: 3, 4, 5

4/13–5/21	M,Th	4:30–6:00 PM	\$60	214971-13
5/25–6/30	M,Th	4:30–6:00 PM	\$60	214971-14

Grades: 6, 7, 8

4/13–5/21	M,Th	4:30–6:00 PM	\$60	214971-15
5/25–6/30	M,Th	4:30–6:00 PM	\$60	214971-16

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Call for info on adult cheer and tumbling classes

Spots available on the following teams:

- Tiny Cheer Prep
- Mini Cheer Prep
- Junior Cheer Prep
- Youth Level 1 All Star
- Senior Level 2 All Star



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Beach Volleyball

Develop skills beginning players need to master: serving, passing, setting, attacking, blocking, and digging. The FUNdamental volley skills. Using the Volleyball Method of Dr. Da Matta and FIVB MiniVolleyball, this class will be a high level focus of universal positions and developmentally appropriate practices for all.

Location: Rolland Moore Sand Courts

Grades: 3, 4, 5

4/13-5/21	Tu,F	6:00-7:30 PM	\$60	214971-17
5/25-6/30	Tu,F	6:00-7:30 PM	\$60	214971-18

Grades: 6, 7, 8

4/13-5/21	Tu,F	4:30-6:00 PM	\$60	214971-19
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Youth Invasion Games

Our gym will be set up for Floorball, Ultimate Frisbee, Flag Football and German TeamHandball. Rules and basic skills will be taught for these Olympic Sports games.

Location: Qdoba Event Center

Grades: 3, 4, 5

4/14-5/22	Tu,F	5:30-6:30 PM	\$60	214971-21
5/26-6/30	Tu,F	5:30-6:30 PM	\$60	214971-22

Grades: 6, 7, 8

4/14-5/22	Tu,F	4:30-5:30 PM	\$60	214971-23
5/26-6/30	Tu,F	4:30-5:30 PM	\$60	214971-24

Beginning 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. **Note:** wear athletic shoes, T-shirt, and long loose pants. Equipment provided

Location: Qdoba Event Center

Ages: 10-12

4/15-5/20	W	4:30-6:00 PM	\$68	214971-27
5/27-7/1	W	4:30-6:00 PM	\$68	214971-28

Ages: 13 and up

4/15-5/20	W	6:00-7:30 PM	\$68	214971-29
5/27-7/1	W	6:00-7:30 PM	\$68	214971-30

Fencing 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 blade-work exercises most sessions. Minimal coaching provided. Must have prior fencing experience.

Location: Qdoba Event Center

Ages: 13 and up

4/17-5/1	F	6:00-7:30 PM	\$30	214971-31
5/8-5/22	F	6:00-7:30 PM	\$30	214971-32
5/29-6/12	F	6:00-7:30 PM	\$30	214971-33
6/19-7/3	F	6:00-7:30 PM	\$30	214971-34

Golf

SNAG Golf for Shorties

Let's explore Golf; we will work on the fundamentals of driving, chipping and putting. Learn the basics in this fun and exciting class!

Age: 4–5 years

Location: City Park

5/12–5/26	Tu	9:00–9:45 AM	\$24	214780-03
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Youth Team Sports

Basketball

Freeze Basketball Tryouts

This program will provide an introduction to competitive basketball. Teams will be registered in the City Summer Basketball League in the Comp Division and 2 Power to Play Tournaments. Tryouts to form teams based on skill level. Fee includes: 1–2 indoor practices/week, coaches, league and tournament costs and uniforms. **Note:** Boys and Girls Divisions for 4/5th, 6th, 7th and 8th. Tryouts April 11 (TBA) practices begin April 18. For More information go to fcgov.com/basketball.

Grade: 4–8

Cost: \$225

Dates: 4/11–7/26

Location: Northside Aztlan Center

Boys 4/5th	314000-01	Boys 7th	314000-05
Girls 4/5th	314000-02	Girls 7th	314000-06
Boys 6th	314000-03	Boys 8th	314000-13
6th Girls	314000-04	Girls 8th	314000-14

Summer Boys & Girls 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. Based on 2014/2015 school year. **Note:** NBA replica jerseys are provided for this league. For more information go to fcgov.com/sports. Interested in coaching? Call 970.221.6385

Cost: \$63

Dates: 6/1–7/16

Boys Grade: 2–3		Lee Martinez Park	314002-15
City Park	314001-01	Rolland Moore Park	314002-20
Fossil Creek Park	314001-10	Spring Canyon Park	314002-05
Lee Martinez Park	314001-15	Troutman Park	314002-25
Rolland Moore Park	314001-20	Warren Park	314002-30
Spring Canyon Park	314001-05	Boys Grade: 6–8	
Troutman Park	314001-25	City Park	314003-01
Warren Park	314001-30	Fossil Creek Park	314003-10
Boys Grade: 4–5		Lee Martinez Park	314003-15
City Park	314002-01	Rolland Moore Park	314003-20
Fossil Creek Park	314002-10	Spring Canyon Park	314003-05

Warren Park	314003-25	Troutman Park	314005-25
Girls Grade: 2–3		Warren Park	314005-30
City Park	314004-01	Girls Grade: 6–8	
Fossil Creek Park	314004-10	City Park	314006-01
Lee Martinez Park	314004-15	Fossil Creek Park	314006-10
Rolland Moore Park	314004-20	Lee Martinez Park	314006-15
Spring Canyon Park	314004-05	Rolland Moore Park	314006-20
Troutman Park	314004-25	Spring Canyon Park	314006-05
Warren Park	314004-30	Warren Park	314006-25
Girls Grade: 4–5		Boys Grade: 9–12	
City Park	314005-01	TBA	314007-01
Fossil Creek Park	314005-10	Girls Grade: 9–12	
Lee Martinez Park	314005-15	TBA	314008-01
Rolland Moore Park	314005-20	Boys and Girls Kindergarten–1	
Spring Canyon Park	314005-05	Northside	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 the 2014/2015 School Year. Tuesday or Thursday night games. **Note:** Single elimination tournament week of July 13.

Cost: \$469

Date: 6/9–7/17

Location: Northside Aztlan Center

Boys 4/5th	314909-01	Girls 4/5th	314909-06
Boys 6th	314909-02	Girls 6th	314909-07
Boys 7th	314909-03	Girls 7th	314909-08
Boys 8th	314909-04	Girls 8th	314909-09
Boys High School	314909-05	Girls High School	314909-10

Youth Football

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. **Note:** Begins week of 3/23; \$15 Green/gold City reversible jersey required; 6 games scheduled. Coach will call you with the practice days and times.

Cost: \$52

Grade: Kindergarten–2

City Park	214011-01	Rolland Moore	214011-12
Edora	214011-03	Spring Canyon	214011-09
Fossil Creek	214011-06		



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At Rocky Mountain Youth Sports, we believe that building great athletes means building great futures.

- Work with qualified, experienced coaches
- Learn from great role models and mentors
- Develop lasting friendships
- Enhance skills
- Build character
- Have fun!

Rocky Mountain Fever Team

Tryouts for boys & girls in 4th to 7th grades (for 2015-16) are early April 2015. Learn more at www.RMFever.com.

Basketball Skills Academy

Sessions meet 2 hrs/week for 6-8 weeks for boys & girls in 3rd to 12th grades (for 2015-16). Spring Session starts March 2, 2015 and Summer session starts in June 2015. Learn more at Academy.RMYouthSports.com





970.631.9310 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.

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. **Note:** Begins week of 3/23; \$60 (plus \$15 jersey, if needed); 6 games scheduled plus the Rattlesnake Rumble Tournament.

Cost: \$60

Dates: 3/23-5/9

Grades 1-2		Fossil Creek Park	214013-29
Blevins Park	214012-32	Greenbriar Park	214013-11
City Park	214012-01	Harmony Park	214013-13
Edora Park	214012-03	Rolland Moore Park	214013-19
English Ranch Park	214012-07	Spring Canyon Park	214013-21
Fossil Creek Park	214012-11	Troutman Park	214013-23
Greenbriar Park	214012-14	Warren Park	214013-25
Harmony Park	214012-17	Grades 5-6	
Spring Canyon Park	214012-21	City Park	214014-03
Troutman Park	214012-25	Edora Park	214014-05
Warren Park	214012-29	Fossil Creek Park	214014-21
Grades 3-4		Greenbriar Park	214014-08
Beattie Park	214013-01	Harmony Park	214014-11
Blevins Park	214013-03	Rolland Moore Park	214014-13
City Park	214013-31	Spring Canyon Park	214014-17
Edora Park	214013-07	Troutman Park	214014-23

Warren Park	214014-25	Preston	214015-13
Grades 7-8		Webber	214015-15
Blevins	214015-01	Wellington MS	214015-17
Boltz	214015-03	Grades 9-12	
CLP	214015-05	Case Park	214016-01
Kinard	214015-07	City Park	14016-09
Leshner	214015-09	Fossil Creek Park	214016-05
Lincoln	214015-11	Spring Canyon Park	214016-15

Spring Football Camp

Put on the pads for Spring Drills! This Spring Football Camp will work on the fundamentals of tackle football. Players will have 5 practices with a "spring game" on the final day! Practices M/W's. **Note:** Tackle football gear will be provided on the first day of the camp. Meet at Club Tico in City Park at 4:45 p.m.

Location: City Park

Grade: 3-4

5/4-5/27	\$45	214020-01
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Grade: 5-6

5/4-5/27	\$45	214020-02
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Softball

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 2014/2015 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).

Cost: \$59

Dates: 6/1–7/18

Grades: 1–3		Rolland Moore Park	314022-20
City Park	314021-16	Spring Canyon Park	314022-19
Fossil Creek Park	314021-17	Grade: 6–8	
Cubs		Blevins	314023-20
Rolland Moore Park	314021-19	Boltz	314023-21
Mariners		CLP	314023-22
Rolland Moore Park	314021-21	Kinard	314023-23
Spring Canyon Park	314021-20	Leshner	314023-24
Grades: 4–5		Lincoln	314023-25
City Park	314022-16	Preston	314023-26
Fossil Creek Park	314022-17	Webber	314023-27
Fossil Creek Park	314022-18	Wellington	314023-28

Skyhawks Sports Camps

All participants receive a t-shirt, and a merit award. Participants should wear appropriate clothing, running shoes, and sunscreen.

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

6/8–6/12	M–F	9:00 AM–Noon	\$118	314071-03
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Location: Miramont Park

6/29–7/2	M–Th	9:00 AM–Noon	\$94	314071-07
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7/20–7/24	M–F	9:00 AM–Noon	\$118	314071-12
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Location: City Park

8/3–8/7	M–F	9:00 AM–Noon	\$118	314071-16
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Beginning Golf

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 onto the golf course. All equipment is provided.

Age: 5–9 years

Location: Spring Canyon Park

7/13–7/17	M–F	9:00 AM–Noon	\$118	314071-10
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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

6/1–6/5	M–F	9:00 AM–Noon	\$118	314071-01
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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: Northside Aztlan Center

6/22–6/26	M–F	9:00 AM–Noon	\$118	314071-06
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Flag Football

Beginner and intermediate athletes will learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning. The week ends with the Skyhawks Super Bowl, giving participants a chance to showcase their skills on the gridiron!

Age: 7–14 years

Location: Miramont Park

6/8–6/12	M–F	9:00 AM–Noon	\$118	314071-02
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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.

Age: 6–12 years

Location: Miramont Park

6/22–6/26	M–F	9:00 AM–Noon	\$118	314071-05
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Multi-Sport

Designed to introduce young athletes to a variety of sports, this multi-sport camp combines basketball and flag football into one fun-filled week. Athletes will learn the rules & essentials of each sport, along with respect, teamwork, and self-discipline, through skill-based games and scrimmages.

Age: 7–14 years

Location: Miramont Park

8/3–8/7	M–F	9:00 AM–Noon	\$118	314071-15
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Location: Radiant Neighborhood Park

6/15–6/19	M–F	9:00 AM–Noon	\$118	314071-04
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Don't Forget to Register for Summer Baseball!

Registration for 2015 Summer Baseball has begun for
Pre-K through 11th Grade!

Registration will run 1/15/15 - 3/30/15, details can be found at the FCBC website.






Intermediate Tryouts:

March 1, 2015
At The Edge Sports Center
Ages 9-12 (DOB as of 4/30/15)

- 10/Under: Check in at 11:30 am
Session runs 12 pm - 2:45 pm
- 12/Under: Check in at 2:15 pm
Session runs 2:45 pm - 5:00 pm

*Players MUST be registered with FCBC PRIOR to the TRYOUTS to try out for Intermediate.
If cancelled by FCBC, please check our website for schedule.

www.fortcollinsbaseballclub.org • Follow us on Facebook



211 S. Bryan Ave (by City Park) • P.O. Box 1031 • Fort Collins, CO 80522

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.

Location: Spring Canyon Park

Age: 7–14 years

7/20–7/24	M–F	9:00 AM–Noon	\$118	314071-09
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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 skyhawks.com for more information.

Location: Spring Canyon Park

Age: 7–14 years

7/13–7/17	M–F	9:00 AM–Noon	\$118	314071-11
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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: 7–14 years

Location: Northside Aztlan Center

7/27–7/31	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.

Age: 6–12 years

Location: Northside Aztlan Center

7/6–7/10	M–F	9:00 AM–Noon	\$118	314071-08
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Track

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. **Note:** Meet schedules at first practice. Fee includes team shirt, water bottle and fees for track meets.

Age: 3.5–16 years

Location: Fort Collins High School

Age: 3.5–10 years

6/8–7/24	M,W,F	9:00–10:15 AM	\$81	314031-03
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Age: 11–16 years

6/8–7/24	M,W,F	10:30 AM–11:45 PM	\$81	314031-04
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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. USPTA certified professional Larry Lewis has managed five of 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.

Programs are held at Rolland Moore Racquet Complex.

Spring Junior Classes

Visit Lewistennis.com or call 970.493.7000 for days and times

Summer Junior Team Tennis

Matches are held on Mondays from June 15 thru July 27. Competition will include teams from Fort Collins, Loveland, Windsor, and Greeley. Entry deadline is May 25th.

10 & Under

This 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. Check Lewistennis.com for details.

Little Lobber 4–6 years

Young players develop their basic hand and eye coordination and athletic skills. Movement, balance, and proper techniques will be taught by using fun games. Sportsmanship and encouraging words are emphasized.

**APEX MOVEMENT
FORT COLLINS**

Registration for pre-school classes now open

PARKOUR CLASSES

Pre-school Youth Teen Adult
2649 E. Mulberry St. 30 Fort Collins (970) 480-7537
apexmovement@gmail.com
APEXMOVEMENTFC.COM

Fun Fitness & Kids

GYMNASTICS GK

Recreational Gymnastics

Parent/Tot Classes
\$50 a month

Preschool Classes
\$65 a month

Beginning Classes
1 hour - \$65 a month
1 1/2 hour - \$110 a month

Competitive Gymnastics

All levels of USAG
Boys and Girls

GK GYMNASTICS

970-226-0306 • 2026 Lowe St., Ft. Collins
gk-gymnastics.com

Future Star STAR 7–8 years

Hundreds of youngsters have taken these classes to start a lifetime of tennis. Learn basic stroking fundamentals, rules, play fun games to develop skills. Players will learn the correct way to hit the ball in order to build a strong foundation for future play. As they learn the game they will participate in fun drills and games. Sportsmanship and positive attitude is emphasized. Most players will stay in this level for at least two years.

Aces 9–10 years

Players learn basic stroking fundamentals, rules, and play fun games to develop skills. As players progress, they will develop more advanced strokes such as topspin and slice serves and develop match skills. Players will be encouraged to participate in novice level tournaments.

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 to just enjoy the benefits of this great lifetime sport! There are 2 EXCELLENCE divisions.

Challenger 11–13 years

New players learn the basics of the game, play games, learn scoring and rules.

Competitive 11–13 years

Intermediate middle schoolers improve your basic skills, develop more advanced strokes and develop match skills.

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 play with your friends, this is the class for you. There are 2 academy divisions.

Wimbledon 14–18 years

New players will learn the foundation of proper techniques to build a lifetime of tennis. Players will also play games, learn scoring and rules.

Grand Slam 14–18 years

Intermediate to Advanced players will develop advanced stroking skills, learn doubles and singles strategy, and learn how to compete effectively on their high school teams and in tournaments.

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.

Middle School Tennis League

6th, 7th and 8th grades, beginners welcome, get ready to learn the game, improve your skills, make new friends, have an amazing amount of fun and great competition. Four weeks of clinics and match play. Starts April 3. Deadline March 31.

Home School Classes

These classes are held at flexible times during the day. Give us a call to arrange a home school class for your children.

Junior Spring Tournaments

3/7/2014	Junior March Madness Satellite
4/4/2014	Junior Spring Fling Satellite
4/25/2014	Junior Summer Super Set Satellite Series #1

Enter these tournaments by calling 970.493.7000

Class Schedule

Lesson programs are offered at Rolland Moore after school and on weekends. You may sign up for as many days as you like (We recommend at least two days per week). Complete schedule and times can be viewed at Lewistennis.com.

Winter/Spring Sessions run for four weeks.

Session #1	Jan. 5 – Jan. 31
Session #2	Feb. 2 – Feb. 28
Session #3	March 2 – March 28
Session #4	March 30 – April 25
Session #5	April 27 – May 23

GET WITH THE BEAT!

Free Cholesterol Testing in February

We're offering **FREE** cholesterol testing during American Heart Month in February.*

Find out your **total cholesterol, HDL, LDL, triglycerides & glucose** results.



224-5209

healthdistrict.org/heart

Appointment strongly recommended.
Schedule yours today!

* You must be a Health District resident to be eligible for free testing.
Cost for non-residents is \$15.

Register **NOW**: Winter-Spring Sports

at Northern Colorado's Largest **INDOOR** Sports Center

Daytime Pre-School Sports

Boys & Girls • New sessions every six weeks
Call for days & times

Ages 3 - 5

Kinder Kicker Soccer
First Baseball
First Football
First Basketball

Ages 4 - 5

First Tennis
First Golf
Kinder Karate



Instructional Leagues

Boys & Girls - Beginning & Intermediate Players
Learn, practice & play in the same day!

• Soccer

U7 - U11 Tuesdays 2/17 - 3/31
U9 - U11 PDL/Advanced Tues 2/17 - 3/31
U5 - U6 Wednesdays 2/18 - 4/1

• Lacrosse

BOYS Gr 1 - 8 Mondays 3/23 - 5/18
GIRLS Gr 1 - 8 Tuesdays 3/24 - 5/19

• Volleyball

Gr 3 - 8 Thursdays 3/26 - 5/21

• Flag Football

Gr K - 6 Saturdays 3/28 - 5/16
Gr K - 3 Sundays 3/29 - 5/17

Baseball

Gr PK - 8 Wednesdays 4/1 - 5/6

• Softball

Gr K - 8 Tuesdays 4/7 - 5/12

• Basketball

Gr K - 2 Tuesdays 2/17 - 3/31
4/7 - 5/12
Gr K - 2 Saturdays 2/28 - 4/4
4/11 - 5/16

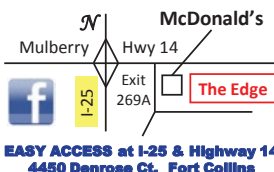
"Perpetual Motion" Program

This program was designed by a local pediatric occupational therapist to help kids who "don't fit" in the typical youth athletic stereotype.

The premise is simply to give every child an opportunity to use all their body muscles in a fun, exploratory setting using a structured, "perpetual motion" circuit. Children need only to be able to walk and to independently follow an 'obstacle course' activity format. Preschool & Gr K - 5 classes



Classes after school
Wednesdays & Fridays



EASY ACCESS at I-25 & Highway 14
4450 Denrose Ct. Fort Collins

Sports Camps & Clinics

• Volleyball

PSD Middle School Pre-Tryout Clinic
Gr 6 - 8 Mon - Thu 2/17 - 20

• Baseball

FCBC Level III Baseball Pre-Tryout Camp
Ages 9 - 12 Mon - Wed 2/23 - 2/25

• Fastpitch Softball

FC STARS Modified SB Pre-Tryout Camp
Ages 8 - 18 Tue - Thur 2/24 - 2/26

• Tennis - Small Group Lessons

Gr K - 6 Tuesdays 3/3 - 3/31

• Golf - Small Group Lessons

Ages 6 - 18 Saturdays 3/28 - 4/11

Multi-Sport Day Camps

Explore & learn the basics of four different sports per day - Girls & Boys - Grades K - 5
(Full-Day: 9am - 4pm or Half-Day: 9am - noon)

On All PSD School Days Off, including

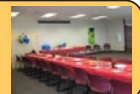
- Presidents' Day 2/16
- Spring Break 3/13 & 3/16 - 20
- Teacher Work Days 4/10, 4/13, 5/15

Recreational Soccer Leagues

These are regular leagues with officials, score keeping & standings. Awards for champions.

- **U5/U6 & U7/U8** Co-ed 3 v 3 3/7 to 4/4
- **U9/U10 PDL** 6 v 6 3/7 to 4/4

Sports-themed Birthday Parties for all Ages!



For Details & Registration
edgesportscenter.com
970.472.0048

Locally owned & Operated by Phil & Pat Ebersole

BIRTHDAY PARTIES • BATTING CAGES • BASEBALL & LACROSSE INSTRUCTION • FIELD TRIPS • MEETING ROOM

WHERE WILL YOU GO THIS SUMMER?



SUMMER CAMPS
& WORKSHOPS

**ONLINE
REGISTRATION
OPENS MARCH 1**

FOR FCMoD MEMBERS
(March 4 for Non-Members)

Programs for
all grade levels



10 a.m.-5 p.m., Tue.-Sun.
Open till 8 p.m. Thurs.
408 Mason Court
(970) 221-6738
fcmod.org



50Plus

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.

Providing information and connecting older adults to resources in the community is an important service of the Senior Center. Included among the many resources at the Senior Center are:

- AARP Resource Center
- Answers on Aging Resource Guide provided by the Larimer County Office on Aging
- Materials provided from a variety of local agencies, organizations and services
- Information on businesses and services of interest to aging adults and their families

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 a 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 and media center offers a quiet location for reading, reflecting, relaxing or using a computer. Users must be members of the Senior Center. Six public access computers are available. Each has internet access, Microsoft Word, and Quicken, a basic accounting program. Several large print books are available, along with books by local artists and several special interest magazines. Volunteer Library Attendants are available to assist members during the day and they keep an ever-rotating supply of reading material indexed and shelved! Book donations are accepted as space allows. Persons wishing to serve as a volunteer in the library are encouraged to contact Betsy Emond, Volunteer Coordinator at 970.224.6030 or bemond@fcgov.com.

Volunteers

Expand your horizons by sharing your skills, knowledge and passions as a Fort Collins Senior Center volunteer! We have a long and successful history of tapping the talents and resources of our community to enhance our programs and services! We strive to provide our trained volunteers with quality opportunities that meet their expectations, align with their skills and needs and capitalize on the many talents they possess! Our volunteers gain new skills, forge new friendships, interact with fellow community members, enrich their community through purposeful activity, utilize their life experiences to enhance the lives of others, learn new things about themselves, set and achieve personal goals and make a positive difference in the lives of others! Volunteers may choose from one time special events to longer term commitments in a variety of areas. For more information on volunteer opportunities and how you can become a trained Senior Center Volunteer, visit fcgov.com/recreation/faq.php?2 or contact Volunteer Coordinator Betsy Emond at 970.224.6030, or at bemond@fcgov.com.

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.

LEGEND

- NW** Denotes no web registration for program
- M** Denotes program/activity has member special
- ◀ARO** Denotes Adaptive Recreation Opportunity program

Organizations

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.

Clubs and Organizations

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: Senior Center

Ongoing	W	1:00–3:00 PM
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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 visit fcbadminton.org.

Location: Northside Aztlan

Ongoing	Tu,Th	8:00–10:00 AM	Drop-in Fees Apply
Ongoing	Su	2:00–5:00 PM	Drop-in Fees Apply

Location: Senior Center

Ongoing	M,W	6:45–9:00 PM	Drop-in Fees Apply
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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	Tu,Th	8:00–10:00 AM	NACC, club play
Badminton	Su	2:00–5:00 PM	NACC
Basketball	M,W,F	8:00–10:00 AM	NACC
Pickleball	Pick up official schedule at Senior Center front desk		
Table Tennis	Tu,Th,Sa	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	Tu,Th	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 PM 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.

Sports Contacts

Swimming	Kathy Garwood	970.482.5162
Badminton	Dorris Taylor	970.221.3335
Bicycling	Tessa Greegor.	970.416.2471
Bowling	Karen Burgess	970.484.2906
	Rich Larson	970.221.5190
Table Tennis	Clarence Ehlbert	970.221.0269
Basketball	Fritz Kitowski	970.282.1626
Tennis	Fritz Kitowski	970.282.1626
Track	Jim Frances	970.225.2902
Pickle Ball	Clarence Ehlbert	970.221.0269

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. Subjects have varied from the Vikings to the stories of Chekov and Jewett; from the Civil War to ethics; and from Van Gogh to Broadway musicals. In addition, the Forum sponsors lectures, a summer arts program, and offers two brand new programs – FRF Travels and FRF Goes to the Movies.

For over twenty years the Forum has offered classes in a friendly, relaxed environment. Join our community. Front Range Forum: Enriching Life through Learning.

Our newsletter, published four times a year, outlines the courses and programs offered and can be found at the Senior Center or online at fcgov.com/recreation/frf-index.php. Membership is \$20 per year. For more information call Katie Stieber at 970-224-6029.

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 Barbara Schoenberger at 970-224-6026 for further information.

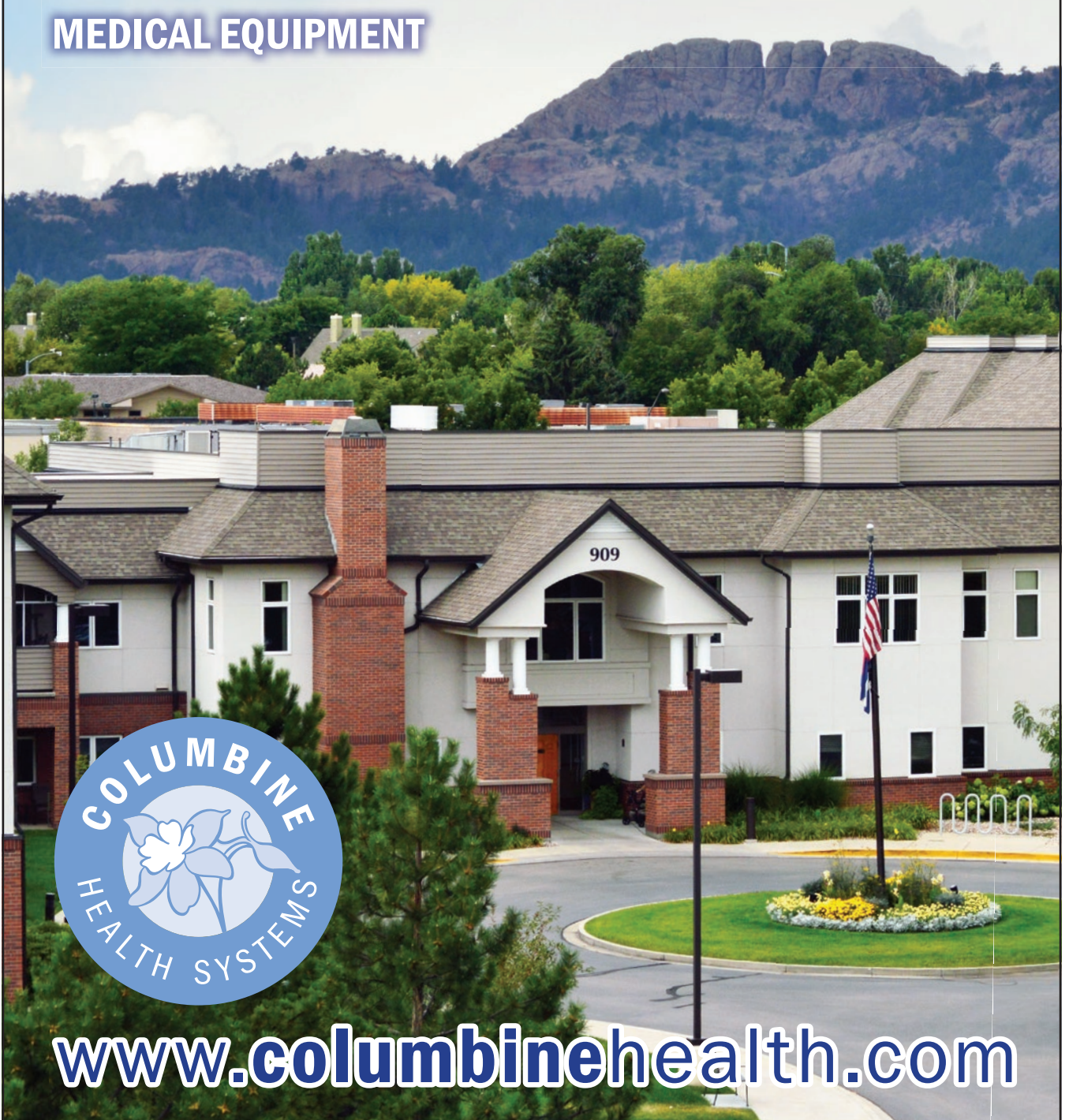
Location: Senior Center

Practice

Mondays	9:00–10:30 AM (Except 3rd Monday)
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LOCAL MATTERS!

HOME CARE | INDEPENDENT LIVING | ASSISTED LIVING
REHABILITATION | NURSING HOMES
MEDICAL EQUIPMENT



www.columbinehealth.com

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 970.224.6029 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 Barbara Schoenberger at 970-224-6026 for membership information.

The Play's the Thing – M

Come and read a play with us! Here is how it will work: we'll sit in a circle with our playbooks and start with a scene. Starting with a person at a random spot in the circle, the parts for each character in the scene will be assigned in clockwise order. You could be reading a part for a man, woman, boy, girl – or perhaps a pet or a ghost! At the next scene, the parts are assigned to the next set of people in the circle, 'round and 'round. We'll start with Shakespeare and see which other playwrights are appealing. Interested? Call Barbara Schoenberger at 970.224.6026 for more details. (Senior Center members 50+)

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)

Location: Senior Center

Ongoing	Tu	10:00 AM–Noon
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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.

LEGEND

NW Denotes no web registration for program

M Denotes program/activity has member special

◀ARO Denotes Adaptive Recreation Opportunity program

Aging and Disability Resources for Colorado – Larimer County Office on Aging

Meet with ADRC representative to find out about programs, services, and resources for older and disabled adults. Get reliable information about government benefits and programs as well as community resources. Explore choices for long-term care, and connect to the right services and resources. 9–11 a.m. on Tuesday March 10, Wednesday April 22, and Thursday May 13.

Legal Services – MO

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

Location: Senior Center

Dates 3/5, 4/2, 5/7, Th, 1–5 p.m., 1 day, No fee

Social Opportunities

Events are held at the Senior Center, 1200 Raintree Drive and are for ages 50 years and up unless otherwise noted.

Life Options Fair

Are you at that point in life when you are starting to think about what's next? After working hard for years, you may be questioning how you want to spend your time to have real impact for the rest of your life. Visit the "Life Options Fair" at the Fort Collins Senior Center on Saturday, March 7 from 9 a.m. to 4 p.m. and discover hundreds of possibilities available right in our community.

Hear from experts from AARP's Life Reimagined Institute: A new you, within reach.

The life you've dreamed of having is actually very possible. To make it real doesn't require major tasks or grand gestures. It's about making small and simple steps to help you figure out what you really want, and then starting to make that happen. Also, find out about hobby clubs, creative opportunities, service organizations, volunteer opportunities, travel possibilities, and much, much more.

New Member Orientations

Get a tour of the Center and learn about the resources and opportunities available to you. All your questions will be answered and you will start your relationship with the people of the Senior Center.

First Friday	9:00–10:00 AM	No Fee
Third Tuesday	5:30–6:30 PM	No Fee

Member Night

Thursday night is the time to unwind, get a drink or two and visit with other members of the Senior Center. On the third Thursday entertainment will be provided in addition to the cash bar.

Ongoing	Th	6:00–8:30 PM	No Fee
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Bingo – M

The Senior Center members compete against each other for prizes.

3/9, 4/13, 5/11	M	1:00–2:00 PM	No Fee
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Senior Center Health & Wellness

Health Awareness

Lifestyle Management

Wellness & Education



Three Organizations... ONE GOAL!

Cards & Games – M

Cards and board games played including canasta, mahjongg, scrabble and cribbage.

Ongoing	M	9:00 AM–Noon	No Fee
W		1:00–4:00 PM	No Fee

Party Bridge and Pinochle – M

Drop-in cards for Senior Center members.

Ongoing	T	12:30–4:00 PM	No Fee
Ongoing	Th	5:30–8:30 PM	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.

3/9, 3/23, 4/13, 4/27, 5/11, 5/25	M	6:30–8:30 PM	
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Duplicate Bridge – M

Weekly Duplicate Bridge skills development and companionable play.

Ongoing	F	11:30 AM–4 PM	\$3.50
Member price: \$2.80			

Celebrations: January, February, March – M

Celebrate July August, and September birthdays and anniversaries of the Senior Center members with cake, gifts and entertainment.

3/26	Th	1:30–3:30 PM	112410-01
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Donut Make U Wonder – M

The group engages in local, national and global topical discussions with donuts and coffee.

Ongoing	F	10:00–11:30 AM	No Fee
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Movies, New Release – M

Join us for new release movies! Schedule of movie titles is available at the registration desk.

3/6, 3/20, 4/3, 4/17, 5/8, 5/15	F	1:00–3:00 PM	
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Prairie Sage Dances

Dance to live music. Refreshments served.

Darrell Sullivan, Bluebird on My Shoulder – wear blue

3/2	M	7:00–10:00 PM	\$4
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PTL Trio, Saint Pat's – wear green

3/16	M	7:00–10:00 PM	\$4
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Pepie Carlberg, It's Raining Violets – wear purple

4/6	M	7:00–10:00 PM	\$4
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CC Collier, 50's Theme

4/20	M	7:00–10:00 PM	\$4
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Harris and Harris, Mexican Fiesta – Potluck

5/4	M	7:00–10:00 PM	\$4
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Jim Ehrlich, Polka Dot Dance

5/18	M	7:00–10:00 PM	\$4
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Pool Tournament

8 Ball tournaments with prizes for the top three scores. **Note:** Rules will be reviewed. Snack and beverages provided.

Age: 18 years & up

Location: Senior Center

3/14	Sa	Noon–5:00 PM	\$25	212460-01
4/11	Sa	Noon–5:00 PM	\$25	212460-02
5/9	Sa	Noon–5:00 PM	\$25	212460-03

Historical Cafe

Historical Cafe: Same War Different Memories

Learn how people from Japan, Germany, America, England, Luxembourg, and Holland experienced unimaginable adversity during World War II. Jean Messinger interviewed Front Range residents and she will share their courageous stories. Her books are “Same War Different Battlefields” and “Voices from the Other Side.” **Note:** Lunch served after presentation. Please indicate dietary needs at registration.

Age: 18 years & up

Location: Senior Center

3/18	W	11:30 AM–1:30 PM	\$20	212440-01
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\$16 member

Historical Cafe: Bumping Into History

Born in 1916, Paul Barlin will share his extraordinary life’s experiences with the audience. He has written his biography of how one man experienced the Depression and World War II and went on to make history himself. **Note:** Lunch served after presentation. Please indicate special dietary needs at registration.

Age: 18 years & up

Location: Senior Center

4/15	W	11:30 AM–1:30 PM	\$20	212441-01
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\$16 member

Experience the World...

Experience ... Thailand in our next chapter of Experience...the World. Members of the Fort Collins community who generously share their hereditary culture or those who have had the opportunity to study, to reside or to travel, provide us with a glimpse of ways of their world through art, music, food, dance, religion, traditions, history, geology and the influence of politics. Thailand sits on the borders of Myanmar, Malaysia, Laos and Cambodia. Unlike its southeast Asian neighbors, Thailand has never been colonized by a European force, leaving the culture untouched and distinctly its own. Thailand history dates back thousands of years, though the modern history of Thailand began with the founding of the Kingdom of Sukhothai. Thailand is a constitutional monarchy today. This series is presented by the City of Fort Collins Recreation Department and Global Village Museum of Arts and Cultures.

Special displays will be viewable at the Senior Center during our exploration of Thailand including memorabilia, artifacts and art.

Welcome

Check Out Collinwood’s New Memory Care Addition!

We recognize each individual will be affected differently with memory loss and it is our focus to provide an individualized program in a safe and stimulating atmosphere. Our Memory Care program is uniquely designed to help Residents with memory loss function as independently as possible within a secure setting.

- Beautifully Landscaped Grounds
- No Long-Term Contracts
- Transportation Available
- Spacious Floor Plans
- Enriching Activities
- Pets Welcome



Collinwood
ASSISTED LIVING & MEMORY CARE
A BETHESDA SENIOR LIVING COMMUNITY



Collinwood • Assisted Living and Memory Care
5055 S. Lemay Ave. Fort Collins, CO 80525
(970) 223-3552 • www.BethesdaSeniorLiving.com

Cooking Classes

Thai Cooking 1st Course

Vegetarian night. Cooking Thai food is not that complicated. You just need a little know how. Come join me and I will show you how to cook vegetarian food Thai style and how to choose quality ingredients to make your meals taste great.

207433-01	3/3	6:30–8:30 PM	\$29
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Thai Cooking 2nd Course

Make a family style dinner without ever leaving your house. Gaeng Kiaw Wan: sweet green curry. Larb: The Thai version of the Chinese lettuce cup. Minced pork, mint leaves, shallots and lime juice. Bua Loi: Sticky rice balls in coconut milk. Rice and Prik Nam Pla: Two traditional items served with every Thai meal.

207434-01	5/5	6:30–8:30 PM	\$29
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Lunch and Learn

An American Experience in Thai – NW M

Mark Oberschmidt, Fort Collins resident was a Peace Corps Volunteer in Thailand. He will tell of his experiences and share photographs of the country he has come to know. Thai lunch will be served.

Age: 18 years & up

Location: Senior Center

3/25	W	11:30 AM–1:30 PM	\$32	212410-01
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*Bus Education 101 continued***Thai Student Presentation**

Thai students will present a colorful and personal vision of their homeland. Thai lunch will be served.

Age: 18 years & up

Location: Senior Center

4/9	Th	11:30 AM–1:30 PM	\$32	212411-01
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Urban Thai – Out to Lunch

Urban Thai in Longmont offers authentic Thai cuisine, one of the world's renowned delicacies. Ingredients are hand selected with the highest quality and every dish is made fresh to offer the best taste of Thai cuisine, cooked by native Thai Chefs. Entrees range from \$11–\$16. **Note:** Includes transportation and escort. Lunch cost is on your own.

4/9	Th	10:30 AM–3:00 PM	\$20	205934-02
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\$15 member

A number of films will be shown during the celebration, please pick up a schedule at the Senior Center.

Education**Bridge Beginning 2 “Play”**

This course will practice the bridge playing and bidding concepts learned in Bridge Beginning 2 class using structured play in the ACBL Play of the Hand “Play” Course manual. **Note:** Prerequisite: Beginning Bridge 2 or instructor permission. Taught by Nila Hobbs, ACBL accredited teacher. Price includes supplies.

Age: 18 years & up

Location: Senior Center

3/4–3/25	W	5:30–8:30 PM	\$64	212462-01
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\$32 members

Bridge Beyond Beginning

Suitable for people who have played but want to get back into the game or who want to learn the modern 21st century Standard American conventions; Stayman, Jacoby Transfers, Weak Two's, Negative Doubles, Jacoby 2NT, Michaels, etc. Prepare to play in the Practice ACBL SAYC Duplicate Bridge session. **Note:** Taught by Nila Hobbs, ACBL accredited teacher. Cost includes supplies. Prerequisite: Bridge Beginning 2 or bridge playing experience (permission of instructor). No class on May 20, Book fee \$12 discountable.

Age: 18 years & up

Location: Senior Center

4/1–5/27	W	5:30–8:30 PM	\$128	212461-01
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\$64 member

Bus Education 101

Get on board! Sign up for an educational bus trip and start riding the bus the next day. Learn how to buy a ticket or pass, read the bus schedule, plan bus trips, make route transfers and more, all while riding the bus with Transfort's travel trainer. Build your bus riding confidence in just one session!

Age: 50 years & up

Location: Senior Center

3/18	W	1:00–3:00 PM	No Fee	205981-01
4/22	W	1:00–3:00 PM	No Fee	205981-02
5/20	W	1:00–3:00 PM	No Fee	205981-03

Trips and Travel**General Information**

Age: All Senior Center trips are for ages 50 & 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 or online at webtrac.fcgov.com.

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 the Fort Collins Senior Center, 1200 Raintree Drive, 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.

March

“Always Patsy Cline”

Based on the true story of Patsy Cline’s friendship with Houston housewife Louise Seger. Chatting over a pot of strong coffee, the 2 women strike up a surprising personal friendship that lasts until Cline’s untimely death. Sing along to unforgettable country hits like *Walkin’ After Midnight*, *I Fall to Pieces*, & *Crazy*. **Note:** Includes transportation to Candlelight Dinner Playhouse, dinner with non-alcoholic drink, gratuity, ticket, and escort. Dessert and alcohol are on your own.

Age: 50 years & up

Location: Senior Center

3/15	Su	Noon–6:00 PM	\$75	205921-01
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\$70 members

Forever Plaid

Four young, eager male singers are killed in a car crash in the 1950s on the way to their 1st big concert. Miraculously revived for the post-humorous chance to fulfill their dreams, the “Plaids” entertain with beloved songs & delightful patter that keeps audiences both rolling in the aisles & humming along to 1950’s hits. **Note:** Fee includes transportation to Boulder Dinner Theatre, dinner including non-alcoholic drink, gratuity, show and escort. Dessert and alcohol are extra.

Age: 50 years & up

Location: Senior Center

3/29	Su	11:00 AM–6:00 PM	\$75	205922-01
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\$70 members

Denver Powwow

American Indian heritage is celebrated every year at the Denver March Powwow, one of the largest events of its kind in the US. More than 1,600 dancers from 100 tribes from 38 states and 3 Canadian provinces are featured. We’ll see the “Grand Entry” and then visit the Fry Bread, arts, music, and storytelling booths. **Note:** Fee includes transportation, Powwow entry and escort. Lunch cost is on your own.

Age: 50 years & up

Location: Senior Center

3/20	F	9:00 AM–4:00 PM	\$25	205950-01
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\$20 member

Downtown Aquarium Denver

Interested in how they care for the 1000’s of animals at Downtown Aquarium? We’ll take a guided behind-the-scenes tour to explore the filtration systems, animal food prep area & more. Experience a unique view of sea turtles & sharks as you gaze into the exhibits from above! **Note:** Fee includes transportation, guided behind-the-scenes tour, aquarium admission, & escort. Closed-toe comfortable walking shoes required. Lunch cost on your own.

Age: 50 years & up

Location: Senior Center

3/31	Tu	9:30 AM–4:30 PM	\$50	205951-01
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\$45 member

Join a Community of Active Learners

Designed for those aged 50 and better, CSU’s Osher Lifelong Learning Institute offers on and off campus learning adventures, plus the chance to meet new and like-minded people.

970-491-7753
CSUOsher.com

Colorado State University
OnlinePlus



History CO Center: 1968 Exhibit

Join us at the History Colorado Center for their special “1968 Exhibit”. This ambitious, multimedia exhibit brings to life this pivotal American year through photographs, artifacts, vintage pop culture items & interactives. Special presentation “The American War in Vietnam with Ted Englemann” included. **Note:** Fee includes transportation, museum entry, special presentation entry, and escort. Lunch cost is on your own.

Age: 50 years & up

Location: Senior Center

3/23	M	9:00 AM–4:00 PM	\$35	205961-01
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\$30 member

Glenn Miller Orchestra

With its unique jazz sound, the Glenn Miller Orchestra is considered one of the greatest bands of all time. This legendary group continues to perform the music of the 30’s & 40’s. Performing in all 50 states, the 18 member band features 5 saxophonists, 4 trumpeters, 4 trombonists, 3 rhythm musicians, & two vocalists. **Note:** Fee includes transportation, ticket and escort. Great middle seats. Show is at UCCC in Greeley.

Age: 50 years & up

Location: Senior Center

3/1	Su	12:45–6:00 PM	\$50	205970-01
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\$45 member

April

Altan

This world-renowned group of traditional Irish musicians has been touring for more than 25 years. Award-winning Altan has moved audiences from Tokyo to Seattle with heartwarming, dynamic live performances, ranging dynamically from the most sensitive & touching old Irish songs all the way to hard-hitting reels & jigs. **Note:** Fee includes transportation, ticket and escort. Great middle seats. Show is at UCCC in Greeley.

Age: 50 years & up

Location: Senior Center

4/3	F	6:15–10:30 PM	\$55	205924-01
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\$50 member

Motown the Musical

The smash Broadway hit tells the true story of Motown founder Berry Gordy's journey from featherweight boxer to heavyweight music mogul. His American dream launched the careers of Diana Ross, Michael Jackson, shattered barriers, & made us move to the same beat. Features classics such as My Girl & Dancing in the Street. **Note:** Includes transportation, tickets and escort. Great seats in the middle of the middle (Orchestra C) on the main level. The show is at the Denver Buell theatre.

Age: 50 years & up

Location: Senior Center

4/16	Th	Noon–6:30 PM	\$105	205925-01
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\$100 member

Union Station Tour

Union Station, Denver's historic train station since 1881, re-opened after a \$500 million redevelopment. Join us for a guided tour of the beautiful renovations including the light rail platform, bus concourse, Amtrak rail platform & the Great Hall. You'll have time for lunch & strolling there or on 16th Street. **Note:** Fee includes transportation, tour & escort. Lunch cost is on your own at Union Station or the 16th Street Mall restaurants. Parts of the tour is outside & includes a lot of walking.

Age: 50 years & up

Location: Senior Center

4/17	F	9:30 AM–3:30 PM	\$25	205956-01
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\$20 member

Cheese, Wine, & Baby Goats

We'll visit the award-winning Broken Shovels Farm for a tour of the facility & pasture, & a visit with the cute baby goats, chickens, guinea hens, turkeys & a small pig, too! We'll also tour the cheese kitchen & sample delicious creative cheeses. We'll stop at Bonacquisti Wine Company for lunch and wine tasting. **Note:** Fee includes transportation, tours, cheese & wine tasting, & escort. Lunch cost is included. Part of the tour is outside & includes walking.

Age: 50 years & up

Location: Senior Center

4/28	Tu	8:45 AM–4:30 PM	\$40	205957-01
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\$35 member

Colorado Symphony "Natasha Paremksi Plays Brahms"

The Colorado Symphony brings back pianist Natasha Paremksi playing her personal & audience favorite, "Brahms Piano Concerto No. 1". The evening opens with a unique strings-only first half, featuring Schoenberg's "Verklerte Nacht", often regarded as the most beautiful work of the abstract expressionist movement. **Note:** Fee includes transportation, pre-concert lecture, Mezzanine 5 or better seats and escort. Bring a lunch for the van ride.

Age: 50 years & up

Location: Senior Center

4/12	Su	10:30 AM–4:30 PM	\$70	205971-01
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\$65 member

The Midtown Men

After taking Broadway by storm, The Midtown Men are singing their favorite "Sixties Hits" from The Beatles, The Rascals, Motown & more in this one-of-a-kind magical concert. This sensational production reunites four stars from the original cast of Broadway's Jersey Boys celebrating the music that defined the 60's. **Note:** Fee includes transportation, ticket and escort. Great middle seats. Show is at UCCC in Greeley.

Age: 50 years & up

Location: Senior Center

4/30	Th	5:45–10:30 PM	\$75	205973-01
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\$70 member

May

The Church Basement Ladies in "The Last Potluck Supper"

The Church Basement Ladies are back in the 5th & final installment of the national hit musical comedy series! It's 1979 & the church's Centennial Celebration day. As the parishioners gather for food & fellowship, the church ladies reminisce about their lives through fun-filled flashbacks & brand new musical numbers. **Note:** Fee includes transportation, ticket and escort. Great middle seats. Show is at UCCC in Greeley.

Age: 50 years & up

Location: Senior Center

5/3	Su	12:45–5:30 PM	\$48	205926-01
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\$43 member

Fort Lupton Heritage Fair

This fair brings the past alive! Presented as a historical timeline with re-enactor camps spanning the Vikings through World War II, you'll also see swordsmanship, blacksmithing, weaving demos and more. Watch English Renaissance era dancers, Revolutionary War and Buffalo Soldier mounted combat, and 1890's baseball. **Note:** Fee includes transportation and entrance fee. Lunch and explore on your own. Wear comfortable walking shoes.

Age: 50 years & up

Location: Senior Center

5/2	Sa	9:00 AM–4:00 PM	\$20	205952-01
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\$15 member

Barr Lake State Park: Bald Eagle Nest Hike

Join Rocky Mountain Bird Observatory educators for a 3-mile, round-trip flat hike to view the Bald Eagle nest at Barr Lake State Park. Learn about courtship & nesting behaviors, discover what led them to the brink of extinction, celebrate their successful recovery, and possibly view a nesting pair & their nestlings. **Note:** Includes transportation, guided hike, & escort. Bring rain gear, warm layers, water, & food. Loaner binoculars & spotting scopes provided; bring your own if you have.

Age: 50 years & up

Location: Senior Center

5/8	F	8:30 AM–3:30 PM	\$25	211901-01
\$20 member				

Lucky Three Ranch Tour

The beautiful, 127 acre, “Lucky Three Ranch” is a haven for the promotion & preservation of mules & donkeys. Our tour will begin with an intro film that covers the history of mules & the Ranch & much more. Then we'll visit with the mules & donkeys, & finally tour the unique sculpture dispersed throughout the ranch. **Note:** Fee includes transportation, tour & escort. Lunch cost is on your own. Tour carts available for walking part of tour.

Age: 50 years & up

Location: Senior Center

5/12	Tu	9:30 AM–2:30 PM	\$38	205954-01
\$33 member				

Capitol Hill Walking Tour

This private architecture & history walking tour will tell the stories of the Denver Capitol Hill area's most famous residents, including Senators, heiresses, & more. From Historic Denver docents we'll learn about the wonderful mix of architectural home styles designed by some of Colorado's most prominent architects. **Note:** Includes transport, guided tour, & escort. Lunch cost on your own. Need comfortable shoes, rain gear, warm layers, & water. Tour 75 minutes, 1.5 miles walking.

Age: 50 years & up

Location: Senior Center

5/15	F	9:00 AM–3:30 PM	\$35	205955-01
\$30 member				

Bee Squared Tour

Bees are responsible for 1/3 of what you eat. Yet, most of us know little about them. We'll visit Beth Conrey, President of the Colorado State Beekeepers Association & owner of Bee Squared Apiary, for a talk about bees and a tour of a working bee yard to find out more about this fascinating insect that we depend upon. **Note:** Fee includes transportation, presentation, guided tour, & escort. Lunch cost is on your own.

Age: 50 years & up

Location: Senior Center

5/19	Tu	9:30 AM–2:30 PM	\$20	211951-01
\$15 member				

Bird Banding with Denver Audubon Society

We'll watch research in action & see warblers, sparrows, woodpeckers, thrushes, & other songbirds up close at Rocky Mountain Bird Observatory's bird banding research station. There will be time afterward to explore the beautiful easy trails at Chatfield State Park, stroll the native gardens, & visit the nature center. **Note:** Fee includes transportation, guided hike, & escort. Bring comfortable walking shoes, rain gear, warm layers, & water. Lunch cost on your own.

Age: 50 years & up

Location: Senior Center

5/27	W	6:30 AM–2:00 PM	\$35	211950-01
\$30 members				

Adventure Travel

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. Ride through the picturesque beauty of the CO National Monument. Head to Moab and tour Arches National Park. Wine and dine cruise on the CO River and tour High Country Peaches and bring back plenty. **Note:** 4 day/3 nights all inclusive trip Includes all motor coach transportation, Amtrak, cruise, lodging, food, admissions, hot springs, tours and escort.

Age: 50 years & up

Location: Senior Center

8/17–8/20	M–Th	305951-01
Double Occupancy: \$675, Single Occupancy: \$799, Deposit: \$200		

Walking the Coast Maine Trip

Enjoy the glorious fall colors of Maine firsthand with daily walks through some of the most scenic landscapes in the entire U.S. Feast on fresh caught lobster, ferry to beautiful Monhegan Island, sail on Penobscot Bay, sample local wines, explore Acadia National Park and enjoy relaxing evenings in comfortable B&B's. **Note:** 9 day/8 nights trip includes airfare, transportation, lodging, most meals, guide, boat trip, tours and escort. 4–8 miles of walking per day.

Age: 50 years & up

Location: Senior Center

10/1–10/9	Th–F	305998-01
Double Occupancy: \$2999, Single Occupancy: \$3899, Deposit: \$600		

African Rift Valley Safari

Experience the Serengeti during the great wildebeest migration in Serengeti National Park. Includes Tarangire National Park, Ngorongoro Crater, Lake Victoria, Arusha National Park, interaction with Masai and other tribes including traditional hunting demo, getting close to incredible wildlife in the wild and much more! **Note:** 12 Day/11 Night Safari + 2 travel days (14 total) includes airfare, exclusive 4x4 transportation, entry fees, lodging, meals, tours, guide and escort.

6/2–6/15	Tu–M	105997-01
Double Occupancy: \$9595, Single Occupancy: \$10,395, Deposit: \$800		

The Charming South

See the beauty of the Old South. Travel from the beaches and Spanish Moss of Savannah and Charleston to the beautiful mountain town of Asheville set in the Great Smokey Mountains. End in the legendary music center Nashville. Includes plantations, carriage rides, beaches, mountains, Biltmore House, amazing food and more! **Note:** 10 Day/9 Night includes airfare, motorcoach transportation, lodging, most meals, admissions, tours, escort. Bus (15 days) or Fly (10 days) option available, same price for either option.

Bus

4/20–5/3	M-Su	105993-01
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Fly

4/23–5/2	M-Su	105993-02
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Double Occupancy: \$2995, Single Occupancy: \$3995, Deposit: \$300

Ongoing Trips

Rockies Games

Enjoy the game from shaded seats in Denver's Coors Field. **Note:** Fee includes transportation, ticket with shaded seats and escort.

Age: 50 years & up

Location: Senior Center

Rockies vs Giants

4/26	Su	Noon–7:00 PM	\$35	205901-01
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\$30 member

Rockies vs Diamondback

5/6	W	11:00 AM–6:00 PM	\$35	205901-02
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\$30 member

Rockies vs Phillies

5/21	Th	11:00 AM–6:00 PM	\$35	205901-03
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\$30 member

Casino Trips

Join us for a day in the mountains at the specified casino. The fee helps support our great Fort Collins Senior Center. **Note:** Casino trips leave from Rolland Moore Park. Fee includes transportation, casino package and escort.

Age: 50 years & up

Location: Rolland Moore Park

3/24	Tu	8:00 AM–5:30 PM	\$8	205910-01
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4/14	Tu	8:00 AM–5:30 PM	\$8	205910-02
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5/19	Tu	8:00 AM–5:30 PM	\$8	205910-03
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Sunday Out to Lunch

We will head to an area for lunch to enjoy a day out of the house. We will give you an area, but we won't tell you which restaurant because the mystery is half the fun. A scenic ride home tops off our outing. **Note:** Fee includes transportation and escort. Lunch cost is on your own.

Age: 50 years & up

Location: Senior Center

Sunday Out to Lunch continued

Westminster

3/8	Su	11:00 AM–3:00 PM	\$10	205930-01
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Lyons

4/19	Su	11:00 AM–3:00 PM	\$10	205930-02
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Estes Park

5/17	Su	11:00 AM–3:00 PM	\$10	205930-03
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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. **Note:** Fee includes transportation and escort. Please bring your own lunch, snacks, water and appropriate clothing (ex: rain gear, warm hat, jacket, etc.).

Age: 50 years & up

Location: Senior Center

Pawnee Buttes

4/21	Tu	9:00 AM–3:00 PM	\$20	211904-01
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\$15 member

Rocky Mountain Arsen

5/18	M	9:00 AM–3:00 PM	\$20	211904-02
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\$15 member

Gateway Natural Area

5/29	F	9:00 AM–3:00 PM	\$20	211904-03
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\$15 member

Out to Lunch

Note: Includes transportation and escort. Lunch cost is on your own.

Age: 50 years & up

Location: Senior Center

Conor O'Neill's

Let's celebrate St. Patrick's Day week at a traditional Irish pub and restaurant, Conor O'Neill's in Boulder. To achieve a truly authentic traditional Irish Pub, the pub was designed and built in Ireland. Try a traditional Irish dish or enjoy one of the other delicious menu offerings. Entrees range from \$9–\$12.

3/19	Th	10:30 AM–3:00 PM	\$20	205934-01
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\$15 member

Urban Thai

Urban Thai in Longmont offers authentic Thai cuisine, one of the world's renowned delicacies. Ingredients are hand selected with the highest quality and every dish is made fresh to offer the best taste of Thai cuisine, cooked by native Thai Chefs. Entrees range from \$11–\$16.

4/9	Th	10:30 AM–3:00 PM	\$20	205934-02
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\$15 member



SpectraCircuitSM Fitness Class
1:00pm | Every Tuesday and Thursday

History is a Story
With Outstanding Senior Volunteer Award Winner David McKibbin, PhD
2:00pm | Every Thursday

Marvelous Minds
3:00pm | Every Monday
1:00pm | Every Thursday

Mad Hatters - Knitting for Therapy and Charity
1:00pm | Every Friday

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Blue Bonnet Mexican

This family owned authentic Mexican restaurant in Denver was transformed in the 60's into the fresh, award-winning eatery where every item is made from scratch using fresh ingredients and local products whenever possible. Huge menu includes unique tamales, famous chile rellenos, enchiladas and more. Entrees from \$10–15.

5/7	Th	10:30 AM–3:00 PM	\$20	205934-03
\$15 member				

Traveling Gourmet

Note: Fee includes transportation and escort. Dinner cost is on your own.

Age: 50 years & up
Location: Senior Center

Duo

Duo Restaurant is a hidden treasure for those seeking a special dining experience. This seasonal, and local farm focused restaurant serves Contemporary American cuisine in a relaxed atmosphere. Entrees range from \$20–26.

3/26	Th	3:30–9:30 PM	\$25	205942-01
\$20 member				

Linger

Olinger's old mortuary is now a high-energy restaurant with stunning downtown views and an affordable, meant-to-be-shared menu of global street food. Entrees range from \$12–\$15.

4/15	W	3:30–9:30 PM	\$25	205942-02
\$20 member				

Dunraven Inn

The much recommended Dunraven Inn offers fresh ingredients and recipes perfected over 40 years of business. Come try the delicious Italian fare, steaks & seafood. Entrees range from \$14–31

5/14	Th	3:30–9:30 PM	\$25	205942-03
\$20 member				

Bus to Lunch

When was the last time you took a class on riding a bus? Attend this fun, educational travel training class & have a tasty lunch at Enzo's. You'll learn how to read the bus schedule, plan your next trip, & see how new rider tools make bus riding easier than ever. Build your bus riding confidence in just one session! **Note:** Fee includes instruction and an all-inclusive lunch (lunch, non-alcoholic drink & tip) at Enzo's.

Age: 50 years & up
Location: Senior Center

3/4	W	11:00 AM–3:00 PM	\$15	205980-01
4/1	W	11:00 AM–3:00 PM	\$15	205980-02
5/6	W	11:00 AM–3:00 PM	\$15	205980-03

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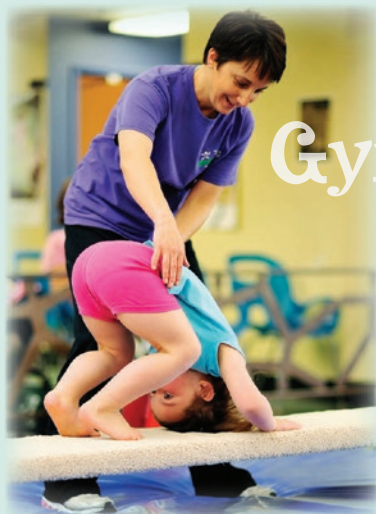
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